

DIETALLEY

CORPORATE WELLNESS & WORKPLACE NUTRITION

Practical online nutrition education for organisations.



Healthier Habits. Healthier Workplaces.

Online programmes for India, Bahrain, and GCC countries.

Nutrition guidance designed for real working lives.

DietAlley is founded by Drisya Sajeesh, Clinical Dietitian & Founder. The work centres on practical, personalised nutrition education that takes everyday routines, food preferences, culture, and work schedules into account.

DietAlley can support organisations with:

- Online nutrition awareness sessions
- Healthy eating education and practical workshops
- Individual online nutrition consultations
- Themed awareness campaigns and follow-up education

Programmes are customised around organisational requirements. Fees are available on enquiry.

Everyday nutrition questions belong in the workplace conversation.

Busy schedules can make regular meals, hydration, movement, and reliable nutrition information harder to navigate. An online education session gives teams a practical place to discuss everyday habits - without making medical claims or replacing individual care.

- Irregular meals and long working hours
- Busy schedules and limited movement
- Hydration habits and beverage choices
- Shift work and changing routines
- Conflicting nutrition information

A practical, evidence-conscious approach

Nutrition education is designed around the needs of your audience and organisational setting.

OUR PROGRAMMES

Flexible online nutrition education for your organisation.

ONLINE WORKSHOP

Typical duration: 30-45 minutes

A focused education session around a relevant workplace nutrition topic.

INDIVIDUAL CONSULTATION

Online guidance

Personalised nutrition guidance can be discussed as part of a corporate programme.

RECURRING EDUCATION

Follow-up sessions

Optional continuing education planned around organisational needs.

Programme topics may include healthy eating during busy workdays, balanced lunchbox planning, nutrition for shift workers, hydration, food labels, balanced meals, portion awareness, and practical nutrition for Indian and GCC workplaces.

HOW IT WORKS

A simple route to a tailored programme.

- 1 Share your organisation's requirements.
- 2 Discuss suitable nutrition topics and programme format.
- 3 Receive a customised proposal.
- 4 Schedule an online session.
- 5 Explore optional follow-up education.

Designed around your organisation

There are no fixed participant limits or published programme prices. Enquire to discuss a suitable format.

GET IN TOUCH

Let's discuss your workplace wellness requirements.

DietAlley currently provides corporate wellness programmes online for organisations in India, Bahrain, and other GCC countries. Share your preferred format, topic interests, and scheduling requirements to begin.

DietAlley Corporate Wellness Enquiry

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[Request a Corporate Wellness Programme](#)