



My name is Anele Khanye. I am currently doing my second year at Sefako Makgatho Health Sciences University which was formally known as MEDUNSA. Nutrition has always been a significant aspect of my life and now thanks to ADSA, my dream of becoming a dietitian is gradually becoming a reality. I am greatly honoured and humbled to be the recipient of this bursary and I intend to continue working hard and to make ADSA proud wherever I go. One of my favorite Ayurveda quotes that has kept me determined and focused says, “When diet is wrong, medicine is of no use but when diet is correct then medicine is of no need”.