Keshav Naidu

Keshav is 28-year-old from Malaysia. He started his culinary journey in Singapore. He worked there for 4 years.

Keshav is passionate when it comes to preparing food for people. He sees food as a way of expressing love for his family and friends. He did not see it as a job. He sees it as a way of reaching out to people.

Keshav came to Whitehorse with his family. It was not an easy transition. The darkness of wintertime took a toll on his well-being. He became depressed. Missing his home and other members of his family.

Keshav turned to alcohol as a way of filling what seems to be missing in his life. From social drinking to an everyday routine. Turning to alcohol to overcome his depression deemed not enough. Soon, he started taking substances. He was not aware of how badly things were going for him. His relationship with his family was dwindling. Every day was a battle.

Keshav finally took the courage to turn his back on alcohol and substances. He started building relationship with his family. His journey has started. He continues to battle the depression with a more positive approach. He started going to the gym and spending time outdoors with his son.