



Deepa ●●● PRASHAD

Television and Radio Personality



TheSpotlightAgency.com



DEEPA PRASHAD

Television and Radio Personality

The hilarious co-host of *Daryn and Deepa Mornings*, Deepa Prashad is one of the friendliest faces in media. Known across Canada for her work in radio and television and as a celebrated Toronto “foodie”, she originally rose to fame through her work on Family Channel and blogTO. An experienced host and content producer, Deepa is a hit with all of her partners.

A graduate of Toronto Metropolitan University’s Radio and Television Arts program, Deepa became the Family Channel’s official host while still an undergraduate and travelled across Canada emceeing their live concerts. After that, she joined blogTO as one of their first digital hosts, producing, writing, and presenting her own segments. These ranged from restaurant reviews to event and local business coverage, and from “streeters” to red carpet interviews at high-profile events, including at the Toronto International Film Festival.

Since then, Deepa has been a regular on Canadian radio, appearing on popular programs such as *The Roz and Mocha Show*, and *Mornings with Chris Kelly*, before landing her current spot on *Daryn and Deepa Mornings* for Toronto’s Virgin Radio. Deepa has often appeared on CTV’s *The Social* and has guest hosted *The Good Stuff with Mary Berg*.

Passionate about her love of Formula 1 racing, Deepa dives into all things F1 on her social media accounts. She also hosts her own funny and informative social media series, “The Car Radar” in which she does a deep dive on cars new and old.

Deepa lives in the GTA with her husband and her adorable cats.

@DeepaPrashad1

80.7K+ Followers on *Instagram*

and @FormulaDeepa

6.4K+ Followers on *Instagram*

Audience Demographics



54.7%

27.4% ages 25-34



45.3%

41.2% ages 35-44

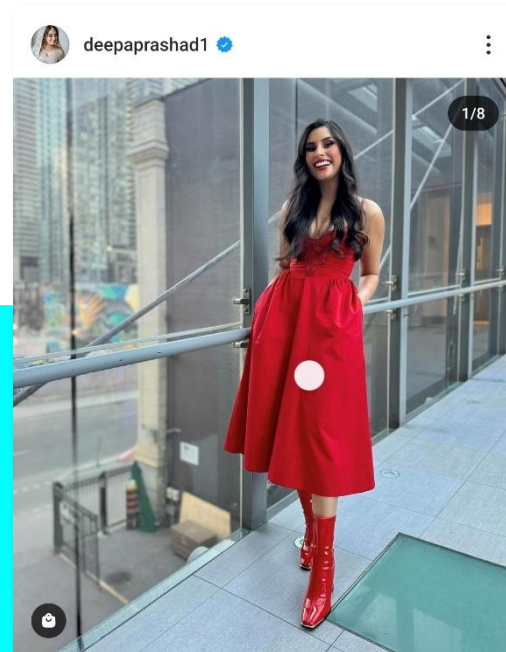
19.1% ages 45-54

Over **60%** of Deepa's followers are **Canadian!**

Deepa's audience are interested in food and food trends, restaurant reviews, cars, and entertainment news.



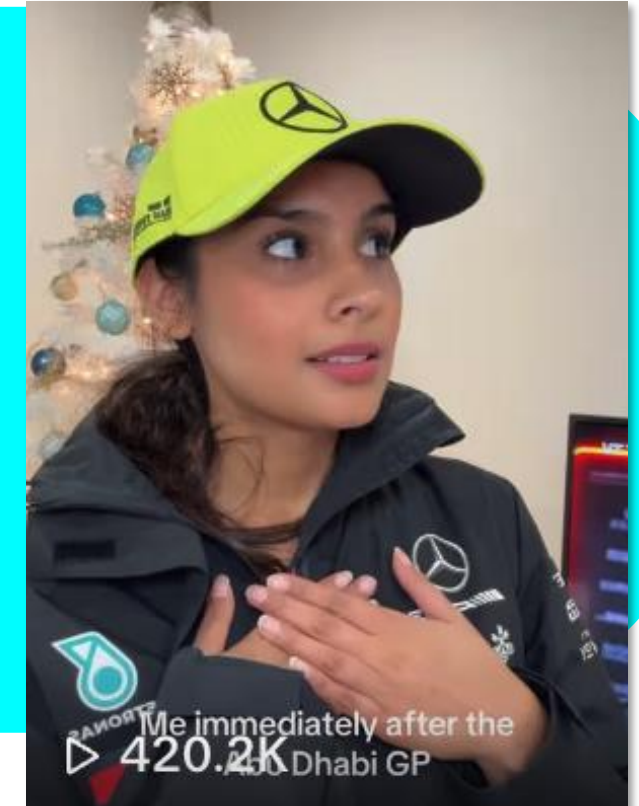
Social Media: Instagram ●



Social Media: Instagram



@FormulaDeepa
6.9K+ Followers on TikTok



Social Media: TikTok



Deepa joined KISS 92.5 as an entertainment reporter and became a regular on such hit programs as *The Roz* and *Mocha Show* and *KISS 30* with *Chris Kelly*. She is now co-host of *Daryn and Deepa Mornings*.



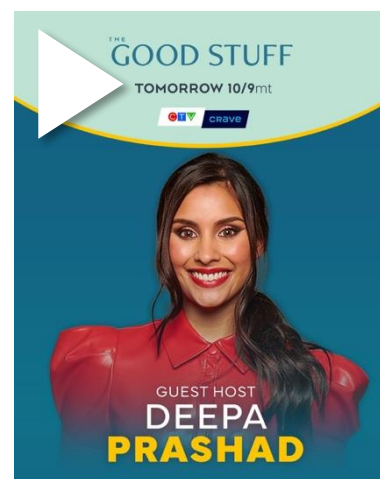
A Guide to the Most Popular Diwali Sweets | *Cityline*



Foodie Friday with Deepa Prashad: Bom-Bay Snack Bar | *Breakfast Television*



Deepa Prashad on *The Social*



Guest hosting *The Good Stuff*

Deepa was previously the resident “foodie reporter” for both *Breakfast Television* and *Cityline*. She has appeared regularly as a guest on *The Social* and has guest hosted *The Good Stuff* with Mary Berg.

Chop it
like it's
HOT

PRESENTATION

TASTE

HEART

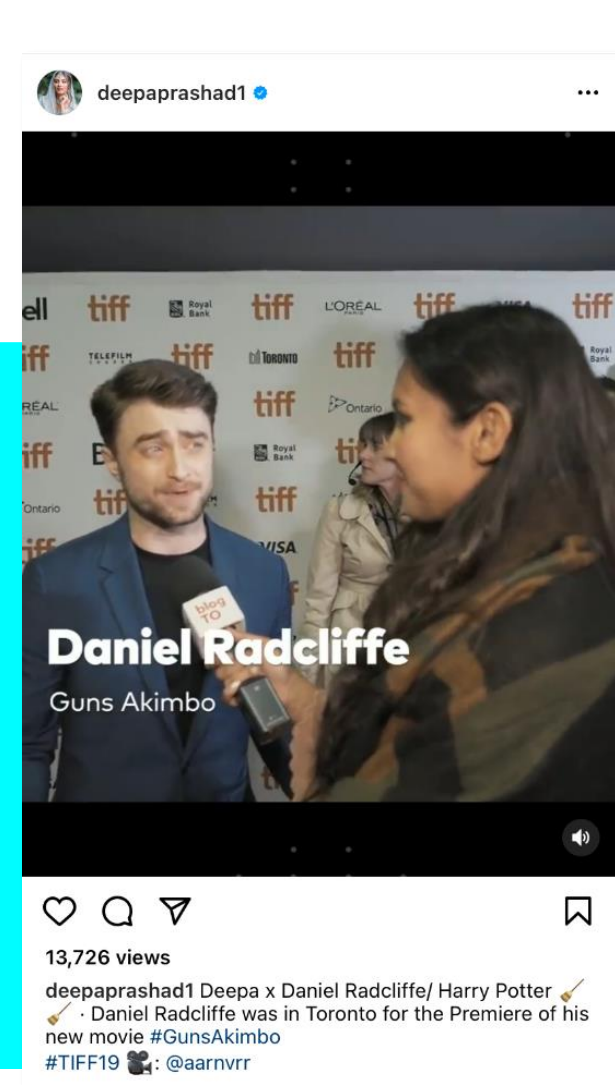
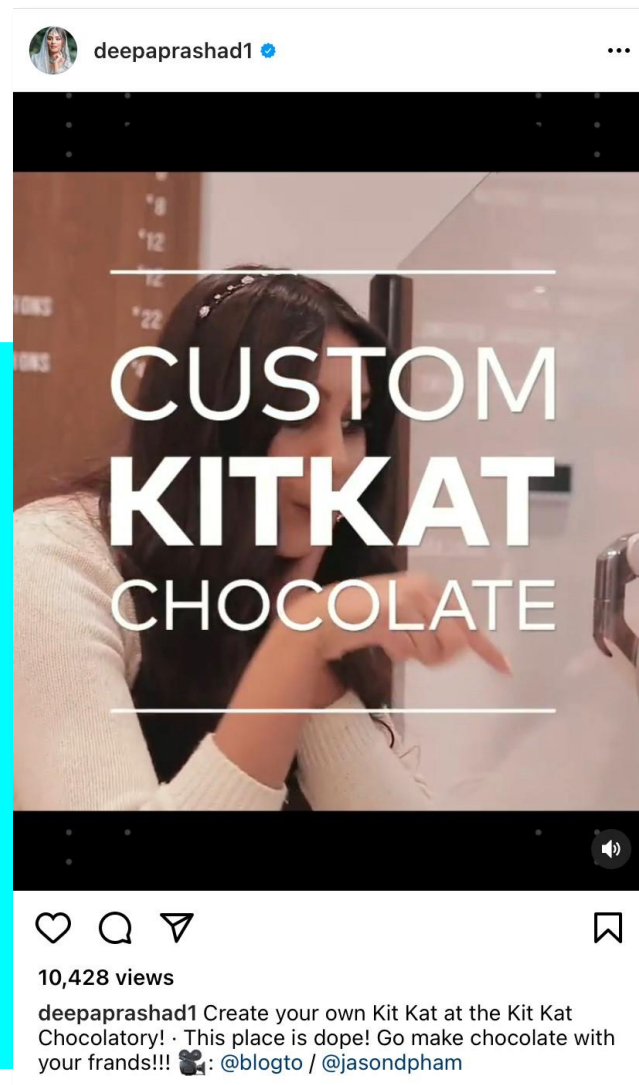
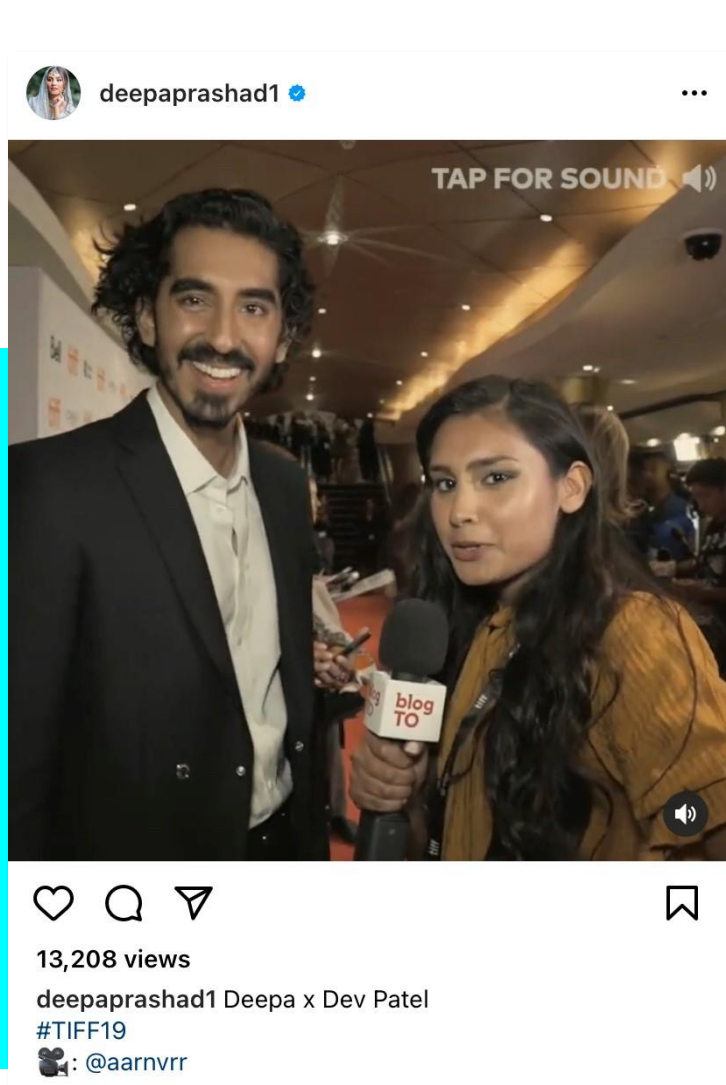
In 2021, Deepa hosted *Cityline*'s digital lifestyle series, *Deepa Does It*. In each episode, Deepa was joined by a professional chef to recreate a trending dish.

THE BACHELOR AFTER SHOW

AFTER PARADISE CANADA



Deepa joined Daryn Jones to co-host *The Bachelor After Show: After Paradise Canada*. They were both nominated for Best Host, Talk Show, or Entertainment News at the 2022 Canadian Screen Awards.



Deepa was one of *blogTO*'s first digital hosts. She produced, presented, and wrote hundreds of her own segments that ranged from restaurant reviews to local business coverage, from “streeters” to red carpet interviews at high-profile events.



» TORONTO STAR «

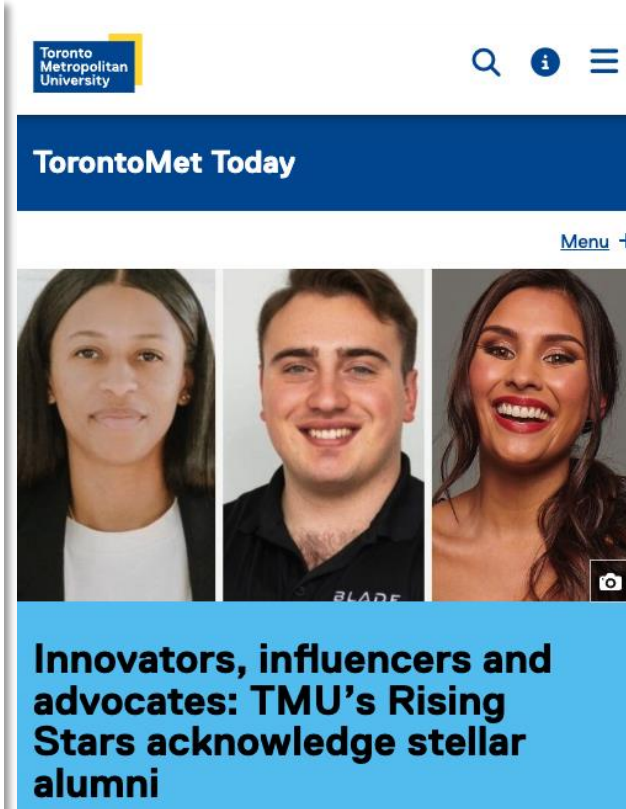
blogTO



2025 Young Broadcaster of the Year
Deepa Prashad

Connie Thiessen December 5, 2025

Twitter LinkedIn Email Copy URL



Citytv
the
social



Publicity and Media ●

An experienced host and digital content producer, Deepa develops custom, creative, digital content for her brand partners to ensure their message resonates with a wide array of audiences.

Deepa is available to partner with brands for a variety of initiatives, including:

- Spokesperson roles
- Media appearances
- Digital video and influencer content
- Event hosting
- Guest appearances
- and more

Past partners:



Partnership Opportunities ●





For more information, please contact:

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thespotlightagency.com

Contact Us 