



# A. YAMINI

## ASSISTANT PROFESSOR AND DIETITIAN

Dedicated and experienced Faculty in Clinical Nutrition with a strong background in dietary management, medical nutrition therapy, and evidence-based nutritional practices. Passionate about educating future healthcare professionals and conducting research to advance clinical nutrition science. Committed to fostering a deep understanding of the role of nutrition in preventing and managing chronic diseases while promoting healthy lifestyle interventions for diverse populations.

### PERSONAL DETAILS



+91 7540017666



write2yaminiend@gmail.com



Indian



Female

### FAVOURITE QUOTE

*Healthy Outside starts from Inside*

**-Robert Urichu**

### SKILLS

- ✓ Nutrition Science Expertise
- ✓ Curriculum development
- ✓ Teaching and Lecturing
- ✓ Student Mentorship
- ✓ Clinical experience

### PROFESSIONAL EXPERIENCE



**Assistant Professor**

Sep'25 - Present

Padmashree Institute of Management and Sciences,  
Bengaluru



**Assistant Professor cum Dietitian**

Feb'24 - Feb'25

Mahatma Gandhi Medical College & Research Institute,  
Sri Balaji Vidyapeeth, Puducherry



**Dietitian**

Nov'23- Dec'23

Madras Institute of Orthopaedics and Traumatology  
(MIOT INTERNATIONAL), Chennai

Cleared the National Eligibility Test (UGC-NET), June 2024 & 2025, for Eligibility for the post of Assistant Professor and Admission to Ph.D

### EDUCATION



**M.Sc., Clinical Nutrition**

Nov 2021 – Sep 2023

Mahatma Gandhi Medical College & Research Institute, Puducherry  
CGPA : **9.46 (Gold Medalist)**

Thesis : Impact of Coronavirus imposed lockdown on Puducherry Healthcare Professionals and the change in their dietary habits, psychological state, physical activity and sleep pattern



**B.Sc., Clinical Nutrition and Dietetics**

Jul 2018 – May 2021

Bharathidasan Government College for Women, Puducherry  
CGPA : **8.4 (Gold Medalist)**



**Higher Secondary Education**

Jun 2016 – Mar 2018

Sri Sankara Vidyalaya Higher Secondary School, Puducherry  
Percentage : **90%**



**Secondary School Education**

Jun 2015 – Mar 2016

Sri Sankara Vidyalaya Higher Secondary School, Puducherry  
Percentage : **98%**

## COURSES

- ✓ **Research Methodology** April 2024  
(*Elite + Silver - 78%*)
  - ✓ **Maternal Infant and Young Child Nutrition** April 2023  
(*Elite + Gold - All India Topper - 99%*)
  - ✓ **Health Research Fundamentals** March 2023  
(*Elite + Gold - All India Topper - 93%*)
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## KEYNOTE SPEAKER

Delivered a talk on "Green Innovation - Driving sustainability in Business Practices" on occasion of World Environment Day at Mahatma Gandhi Medical College and Research Institute.

June 2024

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## INTERNSHIPS

- ✓ **Intern (Clinical Nutrition and Dietetics)** Nov 2023 – Dec 2023  
Madras Institute of Orthopaedics and Traumatology (MIOT), Chennai
  - ✓ **Intern (Clinical Nutrition)** Nov 2022 – Dec 2022  
Pondicherry Institute of Medical Science (PIMS), Puducherry
  - ✓ **Intern (Clinical Nutrition)** Dec 2020 – Dec 2020  
Pondicherry Institute of Medical Science (PIMS), Puducherry
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## REFERENCES

- ✓ **Prof. Vimal Karani**  
Professor in Nutrigenetics & Nutrigenomics, University of Reading, UK  
+4479698265286, v.karani@reading.ac.uk
- ✓ **Dr. A.N. Uma**  
Principal, School of Allied Health Sciences, MGMCRI, SBV, Puducherry  
9994040421, principalahs@sbvu.c.in
- ✓ **Dr. Kayalvizhi Balamurugan**  
Associate Professor, Dept. of Home Science, BGCW, Puducherry  
9597266308, kayalbalapdy@gmail.com

## LANGUAGES KNOWN

- ✓ English
- ✓ Tamil
- ✓ French
- ✓ Hindi

## QUALITIES

- ✓ Humility
- ✓ Conscientiousness
- ✓ Honesty
- ✓ Reliability
- ✓ Loyalty

## OTHER SKILLS

- ✓ Interdisciplinary Collaboration
- ✓ Internal Examiner and Paper valuation
- ✓ Development of Teaching Schedule, Lesson plans, Internal Schedule, SNACS & SPECS and various other documents
- ✓ Computer (MS Word, Excel & Powerpoint)
- ✓ Communication

## EXTRACURRICULAR ACTIVITIES

- ✓ Lifetime Member of IAPEN (Indian Association for Parenteral and Enteral Nutrition)
- ✓ Committee Member of Entrepreneurship Development Cell, BGCW, Puducherry.
- ✓ Dedicated Medical Service to the people at Upilikundu Village in a Medical Camp, organized by Aram Seivom Family Trust.
- ✓ Dedicated Medical Service to the people at a Village in Madurai in a Medical Camp, organized by Aram Seivom Family Trust.

## HOBBIES & INTERESTS



Painting



Gardening



Reading books



Handsketching

I have also took part in various National and International Conferences to expand and have a widespread knowledge of various sectors

# CONFERENCES & WORKSHOPS

- ✓ Jul 2023 - Participated as a delegate in the 10th Dr. Mohan's International Diabetes Update 2023 at Hotel ITC Grand Chola, Chennai.
- ✓ Mar 2023 - Participated as a delegate in the International Women's Day on theme "Embrace Equity" organized by IAPEN India, Puducherry Chapter.
- ✓ Feb 2023 - Participated in the "Pediatric Oncology Nutrition - Virtual Workshop", organized by National Society for Change for Childhood Cancer in India.
- ✓ Jan 2023 - Participated as a delegate at the Nutri-Fete 2023 - International Conference on Recent Advances in Clinical & Sports Nutrition, organized by School of Allied Health Sciences, MGMCRI, Puducherry.
- ✓ Nov 2022 - Participated as a delegate in the IAPEN India GI Nutrition Congress 2022, organized by IAPEN India, Puducherry Chapter & GI Nutrition Core Group.
- ✓ Sep 2022 - Participated as a delegate in NUTRIUTSAV 2022, a National Conference & Workshop in view of National Nutrition Month and World Heart Day, organized by Dept. of Clinical Nutrition and Dept. of Nursing, Madras Medical Mission in association with IAPEN, Chennai Chapter, NetProFan, Chennai Chapter & IDA, Chennai Chapter.
- ✓ Mar 2022 - Participated as a delegate in the IAPEN Indian Clinical Nutrition Congress - 2022, conducted by IAPEN, Delhi Chapter at AIIMS, New Delhi.
- ✓ Sep 2022 - Attended the MGMCNC 2022 - Clinical Nutrition Conference "Nutrifest" on Critical Care Nutrition Management, organized by the Dept. of Nutrition & Dietetics, MGM Healthcare, Chennai & IAPEN, Chennai Chapter.
- ✓ Jan 2022 - Participated as a delegate in the orientation programme on "Basics of Clinical Nutrition - Enteral and Parenteral Nutrition", organized by IAPEN, Puducherry Chapter.
- ✓ Jan 2022 - Participated in the One day Workshop on "The Detox Diet", organized by NDM.

# SEMINARS & WEBINARS

- ✓ Sep 2022 - Participated as a delegate in the National Webinar on Rejuvenate, Recharge& Redefine - A Holistic Approach Towards Wellbeing, organized by IAPEN, Puducherry Chapter, in view of National Nutrition Month Programme - September 2022 (Poshan Maah).
- ✓ Aug 2022 - Participated in the Live Webinar on "Healthcare Leadership", organized by Faculty of Medicine Academic Program (FoMAP), Centre of Excellence, Learning & Teaching (COELT), AIMST University, Malaysia.
- ✓ Apr 2022 - Participated in the one day online International Webinar in connection with "World Health Day", conducted by the Dept. of Home Science, IQAC & IIC, Anna Adarsh College for Women in association with Nutrition Society of India, Chennai Chapter.
- ✓ Mar 2022 - Participated in National Webinar titled "Our Blueprint to Achieve Good Health and Wellbeing (SDG-3), Organized by PG Dept. of Home Science - Food Science, Nutrition and Dietetics, SDNB Vaishnav College for Women, Chennai in association with NetProFan, Chennai Chapter.
- ✓ Mar 2022 - Participated in the National Webinar on "Medicinal values of Indian Traditional Foods, organized by the Dept. of Tamil & Home Science, V.V. Vanniaperumal College for Women, Virudhunagar, Tamil Nadu.
- ✓ Feb 2022 - Participated in a National Webinar on "Promoting Health and Combating Malnutrition in Hospital and Community Setting, organized by IAPEN, Puducherry Chapter.
- ✓ Feb 2022 - Participated in the 'Recent Trends in Sensory Evaluation - Integration of Science& Technology', organized to celebrate National Science Day on 27th Feb 2022 by Nutrition Society of India, Mumbai Chapter.
- ✓ Dec 2021 - Attended the one day International Webinar on "Advances in Nutrition and Health", organized by the Dept. of Nutrition & Dietetics, Periyar University, Salem, Tamil Nadu.
- ✓ Nov2021 - Participated as a delegate in the Webinar on "Diabetes Care : Pursuit for a Healthier Tomorrow", organized by IAPEN, Puducherry Chapter.
- ✓ May 2021 - Participated online in Nutrigenomics Webinar Series - Nutritional Genomic Update : Practical Approach and Application in Children, organized by the University of Reading, UK.

- ✓ Oct 2020 - Participated in a Regional Seminar on the topic 'Nutritional Care with Special Needs', organized by Satya Special School, Puducherry.
  - ✓ Aug 2019 - Participated in the one day Regional Seminar on the topic "Educate Future Mothers on Breast Feeding (EFMBF)", organized by Entrepreneurship Development Cell, BGCW and Satya Special School, Puducherry.
  - ✓ Jun 2018 - Participated in an awareness program on the UN - World Environment Day, organized by APSCC, Pondicherry University, PPCC (Govt. of Puducherry) and Dept. of Science, Technology and Environment (Govt. of Puducherry).
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## CME/ CNE/ CE

- ✓ Mar 2023 - Participated in the "E-CME on Bone Health Management in Arthritis", organized by Bone Health and Nutrition - An IAPEN India Core group and Varanasi Dietician Association.
- ✓ Feb 2022 - Attended a CME on Winning COVID with Nutrition, organized by the Dept. of Biochemistry, Chettinad Hospital and Research Institute, Chennai, Tamil Nadu.
- ✓ May 2023 - Participated in the CME on "Hearts for your Heart" held on 17th May 2023, organized by the Dept. of Community Medicine, MGMC&RI, in view of World Hypertension Day 2023.
- ✓ Oct2021 - Completed the Education Activity titled : Putting Evidence into Practice : Preventing, Managing and Treating Enteral Feeding Intolerance in the Critical Care Setting, organized by Abott Nutrition Health Institute, USA.
- ✓ Sep 2022 - Attended a CME on the occasion of "National Nutrition Week2022",organized by the Dept. of Community Medicine, MGMC&RI.

# PARTICIPATIONS/ COMPETITIONS

- ✓ Sep 2023 - Had been the Master of Ceremony for an International Webinar on “Precision Nutrition and Artificial Intelligence - Upcoming Horizons in Nutrition”, organized by the Indian Association for Parenteral and Enteral Nutrition.
- ✓ Jan 2023 - Organized quiz competition in Nutri-Fete 2023 - International Conference on Recent Advances in Clinical & Sports Nutrition, organized by School of Allied Health Sciences, MGMCRI, Puducherry.
- ✓ Aug 2023 - Moderated a National Webinar on the theme "Enabling Breastfeeding making a difference for Working Parents - Promote, Protect and Support Breastfeeding”, organized by the India Association for Parenteral and Enteral Nutrition, Puducherry Chapter.
- ✓ Sep 2022 - Participated in an online quiz organized by Elite Diet Studio, Chennai, in Commemoration of National Nutrition Week 2022.
- ✓ Mar 2023 - Participated in a Poster Competition, conducted by the Dept. of Community Medicine, MGMCRI in view of World Tuberculosis Day.
- ✓ Aug 2021 - Participated in Poetry Competition in view of 75th'Independence Day Celebrations - 2021, organized by EBSB Club of KANCHI Mamunivar Govt. Institute for Post Graduate Studies and Research (Autonomous) Lawspet, Puducherry.
- ✓ Mar 2023 - Participated in Reels Competition, conducted by the Dept. of Community Medicine, MGMCRI in view of World Tuberculosis Day.
- ✓ Aug 2021 - Participated in Drawing Competition in view of 75th'Independence Day Celebrations - 2021, organized by EBSB Club of KANCHI Mamunivar Govt. Institute for Post Graduate Studies and Research (Autonomous) Lawspet, Puducherry.
- ✓ Jan 2023 - Presented a poster on "Cholesterol lowering Nutraceuticals" in view of Nutri-Fete 2023 - International Conference on Recent Advances in Clinical & Sports Nutrition, organized by School of Allied Health Sciences, MGMCRI, Puducherry.
- ✓ Sep 2020 - Participated in the "Food Photography - Aesthetic Immunity" on the occasion of Nutrition Month Celebration - September 2020, conducted by the PG & Research Department of Home Science, BGCW, Puducherry.



- ✓ Sep 2020 - Participated in the "Slogan Writing" on the occasion of Nutrition Month Celebration - September 2020, conducted by the PG & Research Department of Home Science, BGCW, Puducherry.
  - ✓ Sep 2020 - Participated in the "Video Clipping - Healthy Eating Habits" on the occasion of Nutrition Month Celebration - September 2020, conducted by the PG & Research Department of Home Science, BGCW, Puducherry.
  - ✓ Aug 2019 - Had been in the Registration Committee as part of the Entrepreneurship Development Cell Member, BGCW, Puducherry during Breastfeeding Week August 2019.
  - ✓ Jan 2019 - Participated in the Student Entrepreneurship idea & Start-Up competition, conducted by ED Cell. Govt. of Puducherry.
  - ✓ Oct 2018 - Participated in Class - II Floral Arrangement, Section - I Flower vase Arrangement (Western Style), organized by the Dept. of Agriculture, Govt. of Puducherry.
  - ✓ Sep 2018 - Performed a play at Rajiv Gandhi Maternity Hospital, to create awareness on Breastfeeding among Pregnant mothers and Lactating mothers.
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## AWARDS/ ACHIEVEMENTS

- ✓ Sep 2024 - Best Alumni Award of the year 2024 (M.Sc. Clinical Nutrition Alumna of 2021 Batch of School of Allied Health Sciences)
- ✓ Apr 2023 - Secured All India Level Topper in the course "Maternal Infant and Young Child Nutrition" on NPTEL (SWAYAM).
- ✓ Mar2023 - Awarded First Prize in the Slogan Contest, conducted by the Dept. of Community Medicine, MGMCRI, Puducherry, in view of World Tuberculosis Day.
- ✓ Mar 2023 - Won Consolation Prize in the Millet Recipe Contest, organized by IAPEN India, Puducherry Chapter in view of "Women's Day"
- ✓ Mar 2023 - Secured All India Level Topper in the course "Health Research Fundamentals", conducted by the NIE, ICMR on NPTEL (SWAYAM).
- ✓ Feb 2022 - Secured First Prize in Digital Slogan Competition on the Theme : "Efforts to Fight against Malnutrition (English).



- ✔ Feb 2022 - Secured First Prize in Digital Slogan Competition on the Theme : "Efforts to Fight against Malnutrition (English).
  - ✔ Sep 2020 - Awarded First Prize in the "Crossword Competition" on the occasion of Nutrition Month Celebration 2020, conducted by the PG & Research Department of Home Science, BGCW, Puducherry.
  - ✔ Sep 2020 - Awarded Second Prize in the "Low Cost Protein Snacks - The Right Protein Bite" on the occasion of Nutrition Month Celebration - September 2020, conducted by the PG & Research Department of Home Science, BGCW, Puducherry.
  - ✔ Sep 2020 - Awarded First Prize in the "Nutri - Quiz 2020", organized by the Dept. of Nutrition and Dietetics and B.Voc Food Processing, Seethalakshmi Ramaswamy College, Trichy, Tamil Nadu.
  - ✔ Organized various Seminars and Workshops for students of BGCW, as part of the Entrepreneurship Development Cell.
  - ✔ Gained key insights and hands-on experience in different aspects of Nutrition through different Internships, Seminars and Conferences.
  - ✔ Presented Posters in multiple Conferences.
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## DECLARATION

I consent to the processing of my personal data for the purpose of recruitment for the position to which I am applying. I hereby declare that the above particulars of facts and information stated are true, correct and complete to the best of my belief and knowledge.