

Tehamina

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Address: Vijayawada, Andhra Pradesh, India.

Objective

To apply strong pedagogical skills and subject knowledge in Food Science & Technology to deliver student-centered instruction. To promote experiential learning, effective evaluation, and academic excellence within the department.

Academic Qualifications

- Pursuing B.Ed., 2026.
- M.Sc. in Food Science, Nutrition and Dietetics, Acharya Nagarjuna University, Guntur, 2024.
- B.Sc. in Food and Nutrition, Microbiology, Chemistry, S.D.M. Siddhartha Mahila Kalasala, Vijayawada, 2022.

Professional Experience

- Lecturer, Department of Food Science & Technology, Sri Durga Malleswara Siddhartha Mahila College, Vijayawada. From 5 February 2025 – Present.
- Dietitian Intern, Aster Ramesh Hospitals, Vijayawada. 2 September 2022 - November 2022 (internship under a senior dietitian).
- Laboratory Diagnostics Intern, Sri Venkateswara Diagnostics, Vijayawada. 10 October 2021.
- Assistant (Food safety, quality control, nutritional analysis), Cherry's The Sweet Way, Kannur, Vijayawada. 11 October 2021 – 10 November 2021.

Research & Publications

1. A. Annapurna, Tehamina. "Nutrient Evaluation of Millet-based Laddu using Eleusine coracana, Cicer arietinum and Moringa oleifera." *International Journal of Innovative Research in Technology (IJIRT)*, Vol. 12, Issue 12, p. 9570–9574, May 2026. ISSN: 2349-6002. (Impact factor 8.412).
2. A. Annapurna, Ch. Gayathri, Tehamina, T. Kundana. "Formulation and Quality Assessment of Laddu (Indian Traditional Sweet) using Eleusine coracana, Cicer arietinum and Moringa oleifera." *International Journal of All Research Education and Scientific Methods (IJARESM)*, Vol. 14, Issue 5, p. 2005–2010, May 2026. ISSN: 2455-6211. DOI: <https://doi.org/10.56025/IJARESM.2026.140526284> (Impact factor 9.175).
3. Tehamina, Ch. Gayathri. "Amino Acid Composition and Quality Improvement in Multi Millet Biscuits using Amaranthus viridis leaf." *Science, Technology and Development Journal (STD)*, Vol. 14, Issue 12, Dec 2025. ISSN: 0950-0707. (Impact factor 6.1).
4. T.V. Kundana, Tehamina, Ch. Gayathri. "An Evaluation of Enhancing the Shelf Life of Pearl Millet Flour Through Integrated Thermal and Packaging Interventions." *Tanz Research Journal*, Vol. 11, Issue 12, p. 144–152, Dec 2025. ISSN: 1869–7720. DOI: <https://tanzresearch.com/volume-11-issue-12-2025/> (Impact factor 5.3).

5. A. Annapurna, Gayathri C., Tehamina. “Glycemic Response of Millets-based Diets – A Review.” *International Research Journal of Engineering and Technology (IRJET)*, Vol. 12, Issue 10, p. 815–819, Oct 2025. e-ISSN: 2395-0056; p-ISSN: 2395-0072. (Impact factor 8.315).
6. Gayathri C., Annapurna A., Tehamina. “Frontiers in Nano-Nutraceuticals: Revolutionizing Bioavailability, Stability, and Targeted Delivery in Functional Foods.” (Journal details to be added, if available).
7. Tehamina. Book chapter: “Myths in Food–Food Interactions” in *Food Myths vs Facts*, edited by Smt. A. Annapurna, pp. 163–170. ISBN: 978-93-344-0823-2, Sept 2025.

Conferences / Workshops / Seminars

- iThera-2025: International Conference on Next Generation Drug Discovery & Personalized Therapeutics, 16–17 Oct 2025.
- National Seminar: Climate and Sustainability — Glacial Crisis and Waste Management, Institution’s Innovation Council & AP Pollution Control Board, Vijayawada, 25 Feb 2025.
- National Seminar: Microbial Farming for Sustainable Future of Millets, Andhra Loyola College, Vijayawada, 17–18 Feb 2025.
- 1st Annual State Level Conference on Clinical Nutrition, IAPEN Vijayawada Chapter, 5 Sept 2024.
- UGC-Sponsored Two-Day National Seminar: Reservations of Women in Legislature — Dimensions of Political Empowerment, Acharya Nagarjuna University, 13–14 Feb 2024.
- UGC Sponsored Two-Day National Workshop: Food Analysis, Acharya Nagarjuna University, Guntur, 22–23 Jan 2024.
- CFNS UGC Sponsored Two-Day National Seminar: COVID-19 Outbreak & Nutritional Security, ANU, Guntur, 3–4 Apr 2023.
- State Level Workshop: Carbs and Calorie Count using Food Exchange List, 16 Sept 2023.
- Violence — An Impediment to Women Empowerment, ANU, Guntur, 2023.
- Academic Exhibition on Global Science for the Wellbeing of Humanity, 15–17 Mar 2023.

Certifications

- MOOCs in Life Skills, 3 July 2023.
- DCA (Diploma in Computer Applications), MS Office, 2017.
- Academic Exhibition participation certificate, March 2023.

Skills

- Nutritional assessment and diet planning.
- Food analysis and quality assessment.
- MS Office (Word, Excel, PowerPoint).

Languages

- English, Urdu, Hindi, Telugu.