

JANANI TAMILVANAN

Director | Institute of Nutrigenetics



Summary

From her background as a nutrition expert, she obtained her doctoral degree in Food Science and Nutrition from Avinashilingam University, India. She heads the Institute of Nutrigenetics, an education forum to promote research & education in nutrigenetics. This institute has trained & certified more than 3000+ dietitians in India and abroad. We have reached and trained more than 100,000 students in India and abroad through our outreach programs in the last five years. Her forte is her thirst for learning about the nutrient- gene interaction and the latest developments in the field of nutrigenetics and nutrigenomics and aims at translating the scientific, evidence-based knowledge into precise, personalised lifestyle recommendations for health promotion and diet- related complex diseases prevention.

Education

Bachelor's in Food Science & Nutrition & Food Quality Control (2001-04) Avinashilingam University, India.

Master's in Foods & Nutrition (2004-06), PSG College of Arts and Science, Coimbatore.

Master's in Food Science, Technology and Nutrition sponsored by European Commission (2010-12) (Erasmus Mundus Scholarship fellow), Dublin, Portugal, Berlin and Ghent.

PhD in Food Science & Nutrition (2018-2023) Avinashilingam University, India. (Precision Nutrition & Obesity).

Experience

Director, Institute of Nutrigenetics| September'17 – present

Founder & Nutrigenetics Specialist | Geneobe Wellness| September'16- present

Senior Nutrigeneticist | Xcode Life Sciences | Feb' 13- Aug' 16

Junior Nutrition Consultant | Food & Agriculture Organisation, Rome & Cambodia| Oct'11- April'12

Research Scholar | Purdue University| Department of Foods and Nutrition| June'11- September'11

Senior Dietitian| VLCC Middle East| Dubai| Certified by Dubai Health Authority| Feb'10-

Sept'10

Nutrition Expert & Corporate Trainer | Nestle India| May'07- Feb'10

Publications

Janani Tamilvanan and Chinnappan.A. Kalpana, Using Gut Microbiome as a Tool in Dietary Intervention for Prevention and Management of Obesity, Journal of Advanced Zoology, 2023, Corpus ID: 264988501.

Janani Tamilvanan, Chinnappan.A. Kalpana, Insights into consumer acceptance and usability of genetic testing for personalized nutrition in the management of obesity among Indians, European Chemical bulletin, doi:10.48047/ecb/2023/12/si4.892.

Janani Tamilvanan, Chinappan.A. Kalpana, A comparative analysis: Improved weight management using nutrigenetically tailored diet among Indians, Journal of Survey in Fisheries Sciences, 10 (1S) 4856-4862,2023.

Janani Tamilvanan, Chinappan.A.Kalpana, Improved weight management using nutrigenetically tailored diet among Indians, Neuroquantology, August 2022, Volume 20, Issue 10, Page 3779-3785/ 2022/20.10.NQ55368.

Awards:

Best Presentation award for the session on “ Personalised Nutrition”, International Conference on Nutritional and Genetic Epidemiology, held in Colombo, Srilanka (October 2017)

“Be A Change Award” for being the emerging start up for the year 2017 (June 24th, 2017)

Erasmus Mundus Scholarship grant (€48,000 grant amount) (2010-2012)

University gold medalist (2001-04) (Food Quality control)

Vice chairman (Avinashilingam University) (2003-04)

RYLA award recipient (2005)

Notable achievements:

Partnered with NUGO, Wageningen, The Netherlands (2019 -2020).

Signed up MoU with 10 reputed universities and colleges in India to disseminate our online courses.

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