

Curriculum vitae



Personal details:

Name	Dr.R.Abinaya
Age	31 years
Gender	Female
Citizenship	Indian
Religion	Hindu
Marital status	Married
Languages known	Tamil, English
Permanent Address	Flat no 15,Third floor, A Block, SAF Grand Tower apartments, SAF Games Village, Koyambedu,Chennai -600107
Address for communication	Flat no 15,Third floor, A Block, SAF Grand Tower apartments, SAF Games Village, Koyambedu,Chennai -600107.
Email id	abinayamuthukumaran91@gmail.com
Mobile number	9943992518

Educational Qualification:

Matriculation(X th)	
Year completed:	2007
School studied:	MLM Mamallan Matriculation Higher Secondary School, Kanchipuram.
Higher Secondary (XII th)	
Year completed:	2009
School studied:	MLM Mamallan Matriculation Higher Secondary School, Kanchipuram.
Last Education degree	M.B.B.S
College studied (UG)	Meenakshi Medical College Hospital and Research Institute, Enathur, Kanchipuram.
Year qualified	2015
Internship period	27 th March,2014 to 31 st March 2015
University	Meenakshi Academy of Higher Education and Research (Meenakshi University),Meenakshi University,Tamilnadu,India
College studied (PG)	Dhanalakshmi Srinivasan Medical College and Hospital,Siruvachur,Perambalur.
Qualification	M.D.Community Medicine
Year qualified	2018-2021
University	The Tamilnadu Dr. M.G.R.Medical University

Working Experience:

Designation	Institute	Period
Senior Resident	Panimalar Medical College Hospital & Research Institute	Oct 2021 to June 2023
Assistant Professor	ACS Medical College & Hospital	July 2023 to February 2026
Associate Professor (Medical Sciences)	NIEPMD, Muthukadu	March 2026 to till date

Workshop, Training courses and CME attended as a part of organizing committee

- 1) Successfully conducted various Health day celebrations in the community and department such as
 - a. National Nutrition Week – 2018 and 2019,
 - b. Breast Feeding week – 2019
 - c. National Deworming day – 2018 and 2019
- 2) ‘CRISP’ 18’ - Three-day workshop on ‘Computers and research and related platforms’ - between Aug 3rd and 4th- 2018.
- 3) “How to do research in 3 days” for 2017 batch students (September’ 18) and 2015 Batch students (February’ 19)
- 4) ‘CRISP’ 2.0’- Three-day workshop on ‘Computers and research and related platforms’ - between Aug 1st and 3rd 2019.
- 5) “How to do research in 3 days” for 2018 batch students (September 2019)

- 6) 'ELECTRIC-19' – e-learning: effective use of computers and technology, revolutionizing the use of internet and communication – conducted on 20.12.2019
- 7) National CME on 'Community Geriatrics' – conducted on 28.02.2020

Workshop, Training courses and CME attended as Delegate (other than DSMCH)

- 1) SIMSCON – June 22nd and 23rd 2018 – held at Sri Manakula Vinayagar Medical College and Hospital.
- 2) Research Methodology and Biostatistics: How to do a Good Dissertation and Publish? – July 18th to 20th 2018 – held at The Tamil Nadu Dr.M.G.R.Medical University, Chennai.
- 3) PG Refresher course on 'Public Health Sociology-New direction – September 28th and 29th 2018 – held at Government Stanley Medical College, Chennai.
- 4) Participated in 'Interstate Nutritional Quiz' for Post Graduates – 24th September 2018 – held at Madras Medical College, Chennai.
- 5) Dietary Concept in Health – 25th September 2018– Held at Madras Medical College, Chennai.
- 6) Public Health Entomology – 1st October 2018 – held at Madras Medical College, Chennai.
- 7) 'COM'petency – 8th and 9th February 2019 – held at PSG Institute of Medical Sciences and Research.
- 8) 'International Health Research Convention' on 19th to 21st July 2019 – held at Sri Balaji Vidyapeeth, Pondicherry.
- 9) 'IAPSMCON-20' held on 28th to 30th January 2020 – at Ideal Beach Resort, Mahabalipuram organized by Institute of Community Medicine, Madras Medical College-Chennai.

Workshop, Training courses and CME attended as Delegate (in DSMCH)

- 1) CME on Neurophysiology – Department of Physiology – 8th June 2018.
- 2) ‘STANCE’ - CME on posture Physiology – Department of Physiology - 2nd February 2019.
- 3) CME on Inborn errors of Metabolism – Department of Biochemistry – 5th April 2019.
- 4) CME on Pain Management – Department of Pharmacology – 30th August 2019
- 5) Revised Basic Course Workshop in Medical Education Technologies – conducted by Faculty of Medical Education Unit – 3rd and 4th October 2019.
- 6) CME on Obstetrics Emergencies – Department of Obstetrics and Gynecology – 29th November 2019.

Paper/Poster presentation

- 1) Poster presentation - on the topic “Barriers to Health Insurance: An unrecognized threat to Universal Health Coverage” at ‘International Health Research Convention’ on 19th to 21st July 2019 – held at Sri Balaji Vidyapeeth, Pondicherry.
- 2) Paper presentation – on the topic “Subjective assessment of Quality of Sleep among Healthcare Professionals working in a teaching medical college in Perambalur District “at ‘IAPSMCON-20’ held on 28th to 30th January 2020.

Awards:

- 1) **Third** prize for poster presentation on the topic “Barriers to Health Insurance: An unrecognized threat to Universal Health Coverage” at

‘International Health Research Convention’ on 19th to 21st July 2019 – held at Sri Balaji Vidyapeeth, Pondicherry.

Publications:

- 1) Abinaya R, SivapriyaKRS, George N, Britto R, Parthiban A, Anukruthi N. Sleep Quality among Healthcare Pro-fessionals in a Tertiary Care Hospital. *Natl J Community Med* 2022;13(4):213-218. DOI: 10.55489/njcm.1342022434
- 2) Balamurugan V, Ravi A, Mer HT, Chellamuthu L, Devarasu U, Balamurugan K. Assessment of nomophobia and its determinants among adults and adolescents in Semi-urban Chennai. *J Family Med Prim Care*. 2024;13(6):2361-2366. doi:10.4103/jfmprc.jfmprc_1571_23
- 3) Abinaya R, Selvaraju M, Muniyapillai T, Muthu Raaj Kumar RS, Rejee NI. Understanding the Neck's Significance: Exploring Neck Circumference as a Marker for Obesity and Hypertension in Perambalur District's 40–70 Age Group. *Natl J Community Med* 2025;16(4):360-368. DOI: 10.55489/njcm.160420254981
- 4) George N, Britto R, Abhinaya R, Archana M, Aruna AS, Narayan MA. Child sex ratio - declining trend: Reasons and consequences. *Indian J Child Health*. 2021; October 25
- 5) Ravi A, Dharmaraj RB, George N, et al. Sensorineural hearing loss in chronic kidney disease patients - A major concern. *J Evolution Med Dent Sci* 2021;10(38):3454-3456, DOI: 10.14260/jemds/2021/699