

Dr. VIKAS YADAV BNYS, MD (Nutrition & Dietetics)

Contact Information

- **Phone:** +91 9936412234
- **Email:** vikasalld0532@gmail.com
- **Address:** 119/139 Mundera Gram, Prayagraj, Uttar Pradesh – 211011
- **Registration Number:** BN-0179



Professional Summary

Dr. Vikas Yadav is a dedicated Nutrition & Dietetics specialist with postgraduate training in clinical nutrition and a comprehensive background in evidence-based naturopathy and therapeutic yoga. Expertise spans clinical diet formulation, preventive healthcare, and integrative medicine, combining scientific principles with holistic wellness approaches to address chronic lifestyle disorders, particularly diabetes and cardiovascular diseases. Proficient in teaching Pathology, Biochemistry, and Nutrition across undergraduate and postgraduate curricula, with strong ability in student mentorship and community health education. Clinical practice emphasizes personalized nutrition interventions, therapeutic lifestyle modification, and patient-centered wellness strategies for measurable health improvement and sustained quality of life enhancement.

Teaching & Mentorship

- Delivered comprehensive lectures and practical demonstrations in Nutrition and Dietetics for undergraduate and postgraduate students.
- Facilitated case discussions and therapeutic diet planning workshops with emphasis on evidence-based clinical nutrition.
- Organized community education programs integrating yoga, nutrition science, and preventive health awareness.
- Teaching expertise in Pathology, Biochemistry, and Nutrition with focus on translating scientific principles to clinical practice.

- Mentored students in nutritional assessment methodologies and personalized dietary intervention planning.

Clinical Nutrition & Medical Dietetics

- Specialized expertise in clinical diet formulation for diabetes management, hypertension, and cardiovascular disease prevention.
- Advanced proficiency in medical nutrition therapy, therapeutic dietary interventions, nutritional assessment, and anthropometric analysis for chronic lifestyle disorder management.

Clinical Experience

Narayan Swaroop Hospital, Prayagraj, Uttar Pradesh

Clinical Nutrition & Dietetics Experience | December 2025 – May 2026

- Completed 6 months of clinical experience in a 200-bedded allopathy hospital.
- Conducted nutritional assessment and therapeutic diet planning for hospitalized and ambulatory patients.
- Provided dietary counseling for patients with lifestyle and medical disorders under clinical supervision.
- Supported integrated patient care through nutrition intervention, monitoring, and follow-up.

MD Postings – Chhatrapati Shivaji Subharti Hospital, SVSU, Meerut, Uttar Pradesh

April 1, 2024 – September 30, 2024

- Comprehensive clinical rotations across thirteen specialized departments: General Medicine, Respiratory Medicine, Cardiology, Oncology, Emergency Medicine, Dermatology, Surgery, Obstetrics & Gynaecology, Psychiatry, ENT, Ophthalmology, Radiology, and Community Medicine.
- Clinical responsibilities included patient consultations, participation in ward rounds, clinical decision-making, diagnostic assessment, and treatment planning.
- Developed advanced proficiency in modern diagnostic techniques and integrated nutrition-based interventions within conventional medical frameworks.

Sir Sunderlal Hospital, Institute of Medical Sciences, Banaras Hindu University (IMS-BHU)

2020 – 2021

- Structured clinical training in traditional AYUSH specialties including Swasthvritta & Yoga, Vikriti Vigyan, Kayachikitsa, Prasuti Tantra, Kaumarbhritya/Balroga, Shalya Tantra, Emergency Duty, Panchkarma, and Physiotherapy.
- Developed expertise in patient assessment, clinical diagnosis, minor procedures, and emergency care.
- Integrated traditional AYUSH principles with evidence-based clinical evaluation and holistic therapeutic protocols.

Academic Qualifications

Degree	Institution	University/Board	Year
MD in Nutrition & Dietetics	Swami Vivekanand Subharti University	SVSU, Meerut, UP	2022–2025 (58%)
Bachelor of Naturopathy and Yogic Sciences (BNYS)	Faculty of Ayurveda, Banaras Hindu University	BHU, Varanasi, UP	2016–2020 (64%)
12th (Science)	Swami Vivekanand Inter College	UP Board	2009 (56%)
10th	B.R. Memorial Inter College	UP Board	2007 (60%)

Clinical Internships

Yoggram Naturopathy Treatment & Research Centre, Patanjali, Uttarakhand (3 months)

- Clinical nutrition planning and therapeutic diet formulation.
- Acupuncture OPD consultation and patient management.
- Yoga therapy and physiotherapy delivery.

NAVDEH AYUSH Hospital, Sikar (May–Aug 2022, 3 months)

- Therapeutic diet planning and nutritional assessment.
- Physiotherapy, Acupuncture, Hydrotherapy, and Mud Therapy.

- Patient dietary counseling and therapeutic outcome monitoring.

Baldev Agarwal Naturopathy Centre, Moradabad

- Modern naturopathy principles and natural therapeutic modalities.
- Acupressure, massage therapy, and herbal medicine applications.
- Clinical experience in integrative wellness interventions.

Research & Publications

MD Dissertation (2022–2025)

“Efficacy of Guava Leaves Juice on Heart Rate Variability in Hypertensive Patients: A Randomised Control Trial”

- Manuscript submitted to a journal and awaiting review.
- Research focused on innovative nutritional interventions for cardiovascular health management using rigorous clinical trial methodology.
- Work included dietary analysis, evidence-based patient counseling, statistical analysis using SPSS and Excel, and therapeutic outcome evaluation.

Research Competencies

- Clinical trial design and implementation.
- Dietary analysis and nutritional assessment.
- Statistical analysis using SPSS and Excel.
- Therapeutic outcome measurement and evaluation.
- Evidence-based nutrition intervention development.

Conferences, Workshops & Seminars

Event	Role	Organization	Year
Workshop on Research Methodology	Participant	SMS Medical College Jaipur, CCRYN & Rajasthan Ayurved University	2025
Yeongdeok International H-Wellness FESTA	Delegate	International Health & Wellness Federation, South Korea	2024

BIG BIRAC's Flagship Program Workshop	Participant	IIT Delhi Collaboration	2024
Eat Right Millets Mela	Participant	CCS University, Meerut	2023
One Week Workshop on Stress Management	Participant	Rajiv Gandhi South Campus, BHU	Sept 2018
One Week Workshop on Transcendental Meditation	Participant	Rajiv Gandhi South Campus, BHU	Feb 2019

Professional References

Dr. Sunil Yadav

Assistant Professor & HOD, BNYS, MD (Yoga)

Faculty of Naturopathy & Yoga, SGT University

Mobile: +91 8445464731

Email: suniljigyasu128@gmail.com