



EFFATH YASMIN RCST®

2026 Candidate for the BCTA/NA Board of Directors



BIOGRAPHY

Effath Yasmin is an International Board Certified Lactation Consultant and Biodynamic Craniosacral Therapy practitioner based in Mumbai, India. She is the founder of Nourish & Nurture, an integrative clinic dedicated to maternal and infant wellbeing. Her work focuses on the intersection of birth trauma, breastfeeding science, nervous system regulation, and biodynamic craniosacral therapy. Effath has supported thousands of families with complex feeding challenges and teaches healthcare professionals internationally on the integration of biodynamic principles in infant care. She is passionate about restoring respect for the innate intelligence of the body and supporting the early mother infant relationship through compassionate, evidence informed care.

STATEMENT / LETTER OF INTENT

Thank you for the opportunity to express my interest in serving on the BCTA/NA Board of Directors. I am honored to be considered and would welcome the opportunity to contribute to the growth, integrity, and impact of the association.

My interest in serving on the Board stems from a deep commitment to advancing the understanding and application of Biodynamic Craniosacral Therapy and supporting the growth of a strong, ethical, and professionally respected community. Throughout my career, I have witnessed the profound impact that this work can have on individuals and families, particularly infants, children, and mothers. I believe that serving on the Board would allow me to contribute meaningfully to the profession while helping strengthen educational standards, professional development opportunities, and public awareness of the work.

During my tenure, I would hope to contribute in several areas:

- Strengthening professional education and mentorship pathways for practitioners.
- Supporting interdisciplinary collaboration between BCST practitioners and related healthcare professionals.
- Expanding awareness of BCST among families, healthcare providers, and the broader public.
- Contributing strategic thinking around organizational growth, sustainability, and member engagement.
- Supporting initiatives that uphold the integrity, ethical standards, and scientific credibility of the profession.
- Bringing a global perspective from my work in infant feeding, trauma resolution, and integrative healthcare.

I bring a diverse professional background that bridges healthcare, education, leadership, and community engagement. My areas of expertise include:

- Biodynamic Craniosacral Therapy practice and clinical application.
- Infant and maternal health.
- Lactation consulting as an International Board Certified Lactation Consultant (IBCLC).
- Trauma informed care and nervous system regulation.
- Program development, education, and mentorship.
- Public speaking, teaching, and professional training. Nourish & Nurture Lactation & Family Wellness Clinic, Mumbai
- Strategic planning and organizational development.
- Building interdisciplinary networks and collaborative professional relationships.

In addition, I have extensive experience communicating complex concepts in accessible ways for both professionals and the public.

Throughout my professional journey, I have participated in leadership, educational, and community-building initiatives within healthcare and professional development settings. I have contributed to the development of training programs, mentorship initiatives, professional communities, and collaborative projects that support practitioner growth and client outcomes. I have also worked closely with multidisciplinary professionals, facilitated educational events, and supported organizations dedicated to maternal, infant, and family wellbeing. These experiences have strengthened my ability to work collaboratively, contribute thoughtfully to governance discussions, and support mission-driven organizations.

I understand the responsibilities associated with Board service and can commit the required time to attend meetings, review materials, and fulfill Board-related responsibilities. I recognize that effective governance requires preparation, consistency, and active engagement, and I am prepared to contribute accordingly.

I would be pleased to serve as an ambassador for the association. Community engagement, professional networking, education, and advocacy have been integral aspects of my professional work. I understand the importance of representing the association positively and professionally and am willing to support outreach efforts, educational events, conferences, and initiatives that advance the mission of the organization.

At this time, I am not aware of any personal, professional, or financial conflicts of interest that would interfere with my ability to serve the association objectively and in its best interests. Should any potential conflicts arise in the future, I would promptly disclose them and adhere to the association's conflict of interest policies and governance standards.

Thank you for considering my application. I would be honored to contribute my experience, leadership, and commitment to the continued growth and success of BCTA/NA.