Tamara Poddubnaya studied with Boris Lysenko and Irina Kugucheva at the Rimsky Korsakov Conservatory in St. Petersburg, from which she graduated with distinction in 1976.

Tamara has won numerous prizes in Russia, Georgia and further afield. She is active as a soloist and chamber musician and has performed on radio, television and at such events as the Arcady Music Festival (USA), the Scriabin Festival (Netherlands) and the "White Nights" and "International Virtuosos of the Year 2000" Festival (St. Petersburg).

She has also given recitals in several European countries and the United States. Tamara Poddubnaya has been giving masterclasses in the Netherlands, Germany, Italy, Great Britain, Turkey, Israel and the United States, Bulgaria and Russia. She taught at the College of Music of the Rimsky-Korsakov Conservatory and the Russia State Pedagogical University in St. Petersburg.

For many years she had adjudicated in a number of international festivals and competitions, such as Hopes, Talents, Masters in Bulgaria, the Maria Yudina Piano Competition in St.Petersburg, the Valery Gavrilin International Governor Competition in Vologda (Russia) and the International Schubert Piano Competition in Ruse (Bulgaria).

She is a member of the Union of Concert Performers of the Russian Federation since 2000. Also, since 2003 Tamara Poddubnaya is a listed guest professor of piano at the North Netherlands Conservatoire (now Prince Claus Conservatoire) and guest professor of Portland Conservatory of Music in Maine (USA) and Long Island Conservatory of Music in New York.

Together with Rineke Smilde she set up Peter the Great Festival, giving her expertise in coaching Young Talent a place in the North of the Netherlands.