



# DR. BHARATI MEHTA

(M.D., Ph.D.)

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## EDUCATIONAL BACKGROUND

- **Ph.D.** (*Rajasthan University of Health Sciences, 2016*)

Topic: Epileptiform and audiometric brainstem evoked responses in children with speech and language impairment.

- **M.D.**, (*JawaharLal Nehru Medical College, Ajmer; 2004*)

Thesis: Effect of yoga and oral calcium intake in decreasing Premenstrual Syndrome (Tension) in young females- *A Comparative Physiological and Biochemical Study*.

- **M.B;B.S.** (*Dr. S. N. Medical College, Jodhpur; 1989*)

## PROFESSIONAL EXPERIENCE

- **Professor** (July 2020- till date):

*Department of Physiology, All India Institute of Medical Sciences (AIIMS), Jodhpur  
Rajasthan, India.*

- **Additional Professor** (July 2016 – June 2020):

*Department of Physiology, All India Institute of Medical Sciences (AIIMS), Jodhpur  
Rajasthan, India.*

- **Associate Professor** (August 2012– June 2016):

*Department of Physiology, All India Institute of Medical Sciences (AIIMS), Jodhpur  
Rajasthan, India.*

- **Associate Professor** (February 2011 – August 2012):

*Department of Physiology, Dr. S. N. Medical College, Jodhpur, Rajasthan, India*

- **Assistant Professor** (December 2010 – February 2011):  
*Department of Physiology, Dr. S. N. Medical College, Jodhpur, Rajasthan, India.*
- **Assistant Professor** (December 2005 - December 2010):  
*Department of Physiology, J. L. N. Medical College, Ajmer, Rajasthan, India.*
- **Senior Demonstrator** (August 2000 – December 2005):  
*Department of Physiology J. L.N. Medical College, Ajmer, Rajasthan, India.*
- **Medical Officer** (April 1991 – August 2000):  
*Various PHCs, CHCs & Urban Centres of Udaipur, Chittorgarh & Jodhpur District.*

## PUBLICATIONS

### Book:

**Mehta B**, Bhandari B. MCQs in Medical Physiology 1<sup>st</sup> Edition Redflower Publications;2019

### Articles:

1. **Mehta B**, Dixit A, Bhagat O, et al. (January 05, 2022) Critical Self-Appraisal Towards the Better Use of a Webinar Series as an Online Tool for Postgraduate Teaching. Cureus 2022 Jan; 14(1): e20976. doi:10.7759/cureus.20976
2. **Mehta B**, Kamble PH, Gadhvi M, Kaushal A. Correlation of self-reported sleep duration with working memory of adolescents. J Family Med Prim Care 2020; 9(8) 4196-99
3. **Mehta B**, Bhandari B, Singhal A, Mavai M, Dutt N, Raghav P. Screening asymptomatic school children for early asthma by determining airway narrowing through peak expiratory flow rate measurement. J Educ Health Promot. 2020, March; 9:72
4. Bhandari B, Mavai M, Singh YR, **Mehta B**, Bhagat OL. Rhythmic Breath Holding and Its Effect on Arterial Blood Pressure and Its Correlation With Blood Gases. Acta Medica Iranica, 2019 Vol. 57, No. 8; 492-98
5. Bhandari B, Kumar A, **Mehta B**. Correlation Between Rate Pressure Product and Severity of Chronic Obstructive Pulmonary Disease. International Physiology 2019 Aug; 2(7):.
6. Vyas N, Vyas A, Maheshwari S, Singhal A, **Mehta B**. Cardiovascular Status in Newly Detected Chronic Kidney Disease Patients. Int J of Med Res & Health Sci, 2019, 8(8): 46-49
7. Bhandari B, **Mehta B**, Singh S. *Implementation and Evaluation of Priming as a Teaching-learning Tool for Enhancing Physiology Learning Among Medical Undergraduates.* Indian J Physiol Pharmacol 2019; 63(1): 37- 41

8. **Mehta B**, Anu Vyas, Bhandari B, Parakh M. *Association between Childhood Seizures and Speech and Language Impairment*. Br J Med Health Res. 2019; 6(03)
9. Jain A, Gupta N, Bafna G, **Mehta B**. *Impact of Noise Exposure on Hearing Acuity of Marble Factory Workers*. Indian J Physiol Pharmacol 2017; 61(3): 295–301
10. Bhandari B, **Mehta B**, Mavai M, Singh YR and Singhal A. *Jigsaw Method: An Innovative Way of Cooperative Learning in Physiology*. Indian J Physiol Pharmacol 2017; 61(3) : 315–321
11. **Mehta B**, Bhandari B, Sharma P, Kaur R. *Short Answer Open-Ended versus Multiple-Choice Questions: A Comparison of Objectivity*. Ann Natl Acad Med Sci (India) 2016; 52(3): 173-182
12. **Mehta B**, Bhandari B, *Engaging medical undergraduates in question making: a novel way to reinforcing learning in physiology*, ADV. PHYSIOL. EDUC., 2016 40: 398–401.
13. **Mehta B.**, *Comparing the Effects of Yoga & Oral Calcium Administration in Alleviating Symptoms of Premenstrual Syndrome in Medical Undergraduates*, JOURNAL OF CARING SCI, 2016, 5(3), 179-185.
14. **Mehta B.**, Garg K, Ambwani S, Bhandari B, Bhagat OL, *Peak Expiratory Flow Rate: A useful tool for early detection of airway obstruction in school children*, OPEN MEDICINE JOURNAL, 2016, 3: 159-165.
15. **Mehta B.**, Bhandari B. *The Mirror Neuron System: Basic Concepts*, INTERNATIONAL PHYSIOLOGY, 2016 Dec; 2(4): 77-80.
16. Bhandari B, **Mehta B**, Mavai M, Singh YR, *Chemotherapy Induced Peripheral Neuropathy; Mechanism and Treatment*, INTERNATIONAL PHYSIOLOGY, 2016 Dec; 2(4): 73-76.
17. **Mehta B**, Chawla VK, Parakh M, Parakh P, Bhandari B, Gurjar AS, *EEG Abnormalities in Children with Speech and Language Impairment*, JCDR, 2015 Jul; 9(7): CC04-CC07.
18. Bhandari B, **Mehta B.**, *Vorapaxar, a protease-activated receptor-1 antagonist, a double-edged sword!*, RECENT ADVANCES IN CARDIOVASCULAR DRUG DISCOVERY, 2015, 9(2): 73-7.
19. **Mehta B**, Chawla VK, Parakh M, Bhandari B, Gurjar AS, *ABER Assessment in Pre-School Children with developmental speech and language impairment*, JCDR; May 2015, Vol 9(5): CC01-CC03.
20. Bhagat OL, Bhandari B, **Mehta B**, Sircar S., *Objective Structured Practical Examination versus Conventional Practical Examination: A comparison of scores*, MED. SCI EDUC. 2014; 24: 395-399.

21. Kaur R, Ambwani S, **Mehta B**, *Calcium channel blockers: effect on the Serum Testosterone levels*, ASIAN JOURNAL OF PHARMACEUTICAL RESEARCH, 2014;4:7-11.
22. Kaur R, **Mehta B**, Ambwani S, Gehlot A., *Effect of calcium channel blockers on the serum levels of thyroid hormone*, INTERNATIONAL JOURNAL OF BASIC & CLINICAL PHARMACOLOGY 2013;2: 476-479.
23. Choudhary R, Rathore R, Soni ND, **Mehta B**, Choudhary S, Choudhary K, *Human health and biotoxic effects of heavy metals*, MEDICAL PROGRESS 2012 (4) 3: 77-79.
24. Bafna G, **Mehta B**, *Effect of yoga on changes in Biochemical Parameters due to stress of examination amongst medical students in Ajmer*, IMJ 2008; (102)8:265-266
25. **Mehta B**, Sharma RD, Bafna G. *Yoga, A complementary approach for treating Premenstrual syndrome (PMS) in young females*, IMJ 2007 (101) 12: 418-419
26. **Mehta B**, Sharma RD. *Oral Calcium, The wonder supplement for PMS in young females*, IMJ 2006 (100) 8: 269-270

#### RESEARCH PAPERS PRESENTED AT NATIONAL/ INTERNATIONAL CONFERENCES

1. *Leadership challenges in academia*: Panel discussant at WISE India, NIMHANS, 6-7 March 2020
2. *Correlation of self-reported sleep duration with working memory of teenagers*. Sleep Down Under 2019, 16<sup>th</sup> to 19<sup>th</sup> October 2019, ICC, Sydney
3. *Teaching Learning Methods in AETCOM*, NCPE, 2019, AIIMS, Jodhpur
4. *Role of Feedback in Medical Education*, FIPS Congress, 27-29 September 2019, Faridabad
5. *Screening asymptomatic school children for early asthma by determining mild airway narrowing through PEFR measurement*. Europhysiology 2018, London
6. *Association between childhood seizures and speech and language impairment*. APPICON 2017, Puducherry.
7. *Designated Resource Person in a symposium on Research Methods*, at NMOCON 2017, AIIMS, Jodhpur
8. *Designated Resource Faculty in the workshop on "Developing study skills for Undergraduate Medical Students"* at IX NCHPE 2017, JMC, Jorhat, Assam
9. *Engaging Medical Undergraduates in question writing: a novel way of reinforcing learning*, FAIMER RESIDENTIAL SESSION 2, Feb. 2016, CMC, Ludhiana.
10. *Pulmonary Function Tests- an overview*, APPICON 2015, AIIMS, Jodhpur.

11. *EEG and ABER abnormalities in children with speech and language delay*, ICMBE 2015, June 2015, Toronto, Canada.
12. *Designated Resource Person* at EBM WORKSHOP, May 2016, AIIMS, Jodhpur.
13. *Peak expiratory flow rate: A useful tool for early detection of airway obstruction in school children*, ASSOPICON 2014, JIPMER, Puducherry.
14. *Practical Assessment: Is Objective Structured Practical Examination better than Conventional Method?*, NCHPE 2013, Seth GS Medical College & KEM Hospital, Mumbai.
15. *Question-making, an interesting way of learning*, NCHPE 2013, Seth GS Medical College & KEM Hospital, Mumbai.
16. *Open ended versus multiple choice Questions: A Comparison of Objectivity*, ETHICSCON 2014, AIIMS, Jodhpur.

#### **FELLOWSHIPS & MEMBERSHIPS**

1. Received FAIMER fellowship at CMC Ludhiana in February 2017
2. Life Member, The Indian Society for Sleep Research
3. Life Member, Indian Sleep Disorders Association
4. Life Member, National Academy of Medical Sciences
5. Life Member, Association of Physiologists & Pharmacologists of India
6. Life Member, Association of Physiologists of India.
7. Life Member, Indian Association for Adolescent Health
8. Member, Indian Society for Lead Awareness & Research

#### **SPECIAL COURSES & CMEs ATTENDED**

1. Workshop on Undergraduate and Post Graduate Curriculum In Medical Physiology organized by the Department of Physiology, AIIMS, Jodhpur, February 2013.
2. Workshop on tools on Autonomic Research in Human organized by the Department of Physiology, AIIMS, Jodhpur, August 2013.
3. NAMS-AIIMS Regional Symposium on Sleep Medicine, AIIMS, Jodhpur (2013).
4. How to write research paper? NCHPE 2014, at MGIMS, Sewagram, Wardha.
5. Engaging large classes in active learning. NCHPE 2014, at MGIMS, Sewagram, Wardha.
6. Integrating Biochemistry in the Medical Curriculum at ACBICON 2014, AIIMS, Jodhpur.

7. Training on Public Health Ethics, organized by the Department of Community Medicine, AIIMS, Jodhpur, 1st-5th Dec. 2014.
8. NAMS, Regional Symposium on 'Emerging Epidemics of obesity: Causes, Concerns and Consequences' at AIIMS, Jodhpur 12<sup>th</sup> March 2015.
9. CME 'Horizons in Medical Education' CMC Ludhiana 8<sup>th</sup> February 2015.
10. Methods in Epidemiology, clinical and operational Research (MECOR 2016) by American Thoracic Society at Jaipur, January 2016.
11. Workshop on Literature search in Pubmed & Reference Management, April 2016, AIIMS, Jodhpur.
12. Introduction to Cochrane Systemic Reviews & Meta-analysis, Aug 2016, AIIMS, Jodhpur.
13. Workshop on Evidence Based Medicine, May 2016, AIIMS, Jodhpur.
14. Short course on Biostatistics & Epidemiology for Clinical & Public Health Research using SPSS, April 2017, CMC, Vellore.
15. Workshop on Qualitative Research, IPHACON 2017, AIIMS, Jodhpur
16. Short term training on Sleep Medicine, AIIMS, Delhi 2017
17. NSTC, GoaSleep, 2017
18. BLS training at 2018, AIIMS, Jodhpur
19. Good Clinical Practice, Online course by NIDA Clinical Trials Network, 2020
20. "Basic course on Sleep Medicine, Theory & Practical" by Sleep Medicine Institute, 2020

#### **RESEARCH PROJECTS COMPLETED/ONGOING**

1. Review of WHO PEN competencies in preservice courses in health and medical courses to build NCD- ready workforce to deliver people-centered NCD services.
2. Prevalence of Metabolically Healthy Obese (MHO) and its association with Sleep Quality in Obese Adults of Jodhpur. Intramural Project funded by AIIMS, Jodhpur
3. Evaluation of an online webinar series on basic research methodology and thesis writing in Physiology.
4. Impact of implementation of the healthy workforce model (Integration of Occupational Health Services in Primary Health Care) to improve preventive measures of Silicosis among workers exposed to silica sand in mines of rural Jodhpur. Intramural Project funded by AIIMS, Jodhpur

5. Screening asymptomatic school children for early asthma by determining mild airway narrowing through PEFr measurement; Intramural Project Funded by AIIMS, Jodhpur.
  6. Gender differences in working memory and sleep duration of teenagers and its association with academic performance.
  7. Crossword Puzzles for Understanding Concepts of Renal Physiology
  8. Priming through Open Book MCQ Test: A Tool for Enhancing Learning in Medical Undergraduates.
  9. Evaluation of Autonomic activity and Endothelial Dysfunction in patients receiving Chemotherapy.
  10. Engaging undergraduate medical students in question writing: a novel way of reinforcing learning.
  11. Peak Expiratory Flow Rate: a useful tool for early detection of airway obstruction in school children. STS project approved by ICMR.
  12. Epileptiform and auditory brainstem evoked responses in children with speech and language impairment.
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