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#### **PROFESSIONAL QUALIFICATIONS**

S.No	Degree	Year	College/University
1.	B.Sc. Nursing	2002-2006	National Institute of Nursing Education, PGIMER, Chandigarh, India
2.	M.Sc. (Community health Nursing)	2009-2011	National Institute of Nursing Education, PGIMER, Chandigarh, India
3.	Ph.D. (Nursing)	2022	Indian Nursing Council, New Delhi in Collaboration with RGUHS, Bengaluru.

#### **OTHER QUALIFICATIONS**

S.No	Degree	Year	College/University
1.	PGD Health, Family Welfare & Pop studies	2006-2007	Panjab University, Chandigarh, India
2.	M.Sc. Applied Psychology	2007-2009	Annamalai University, Chidambaram, Tamilnadu
3.	Certificate course in Yoga	2010	NIMHANS, Bangalore in collaboration with Morarji Desai National Institute of Yoga, New Delhi
4.	Certificate Course in Essentials of Palliative Care.	2011	IAPC & PGIMER, Chandigarh
5.	Diploma in Naturopathy and Yoga (NDDY)	2012-2014	Gandhi Samarak Prakritik Chikitsa Samiti, New Delhi
6.	Certificate course in Executive program in Public health policy, leadership and management	2025	School of Public Health, AIIMS, Jodhpur

#### **PROFESSIONAL EXPERIENCE (FROM PRESENT TO PAST)**

S.No	Post/Designation held	Organization	Date/period
1.	Assistant Professor	College of Nursing, AIIMS, Jodhpur, Rajasthan	22 <sup>nd</sup> Apr 2016-till date
2.	Tutor/Clinical Instructor	College of Nursing, AIIMS, Jodhpur, Rajasthan	8 <sup>th</sup> Oct 2013-22 <sup>nd</sup> Apr 2016
3.	Lecturer	Silver Oaks College of Nursing, Mohali, Panjab	18 <sup>th</sup> Jul 2011 to 07 <sup>th</sup> Oct 2013
4.	Staff Nurse	Advanced Pediatric Centre, PGIMER, Chandigarh	23 <sup>rd</sup> Jan 2007 to 11 <sup>th</sup> Jul 2009
5.	Clinical Instructor	Swami Devi Dayal College of Nursing, Barwala, Haryana, India	1 <sup>st</sup> Aug 2006 to 31 <sup>st</sup> Dec 2006

**Total Teaching/Research/Clinical Experience: 18 years**

### **AWARDS/HONOURS/RECOGNITIONS**

- 3<sup>rd</sup> prize in PGD health, family welfare & Population studies, 2006-2007, Punjab University, Chandigarh
- Best oral presentation award, 10<sup>th</sup> Annual Conference of India Psychiatric Society- Haryana Chapter (Panipat, Haryana, 3-4 November, 2012)
- Honourable Jury Mention Certificate for Excellence in research. 5<sup>th</sup> South Asian Education Awards 2020 Jan 25.
- Outstanding researcher in Nursing Education award, Venus International Foundation, Chennai October 2020.
- Trainer of Trainers on Simulation Based Education, 17<sup>th</sup> Oct -22<sup>nd</sup> Oct 2022, NRSC, SGT University, Gurugram.
- Nominated member to attend leadership programme on mental health systems, Melbourne, Australia
- Best Teacher award by Rajasthan Nursing Council, 15<sup>th</sup> August 2023.
- Certificate for appreciation for research contribution for authoring book chapter, Annual research Day-2024, AIIMS Jodhpur.
- Best paper award (Co author) at 5<sup>th</sup> national Conference of SPHERE on the theme “Transforming Public Health Nursing in India- Education, Leadership and Digital Innovation” at SGT University, Gurugram from 13-14<sup>th</sup> December 2024.
- Organizing Secretary, Symposium on Forensic Nursing organized by College of Nursing in Collaboration with Department of Forensic Medicine & Toxicology, 28<sup>th</sup> September 2024.
- Joint Secretary, Society of Public Health Education, Research and Empowerment (SPHERE).

### **REGISTRATIONS/MEMBERSHIPS/ORGANIZATIONAL ACTIVITIES**

1. Reviewer, International Journal of Nursing Practice, Wiley Publisher
2. Adjunct Faculty, Executive Post Graduate Diploma in Primary Healthcare Management for Community Health Officer, PGIMER, Chandigarh.
3. Adjunct faculty, School of Public health, AIIMS Jodhpur
4. Member Epidemiological Foundation of India EFI No: 03034
5. Life associate member IPS
6. Member of the SEAR NCD Service Delivery Network; WHO SEARO
7. Reviewer Nursing & Midwifery Research Journal. SAGE publisher
8. Invited reviewer PLOS ONE
9. Review Editor on the Editorial Board of Aging Psychiatry (specialty section of Frontiers in Psychiatry), September 2020.
10. Invited reviewer, Medical Journal of Dr. D.Y. Patil Vidyapeeth, Pune, India, 2020.
11. Invited reviewer for the article titled “Specialty satisfaction, positive psychological capital, and nursing professional values in nursing students: a cross-sectional survey”, Nurse Education Today, Oct 2016
12. Life member of Indian Public Health Association, TNAI, Nursing Research Society of India, Society of Community Health Nurses of India, Life Member of World NCD Federation, National Neonatology Forum & member of society of Midwives of India.
13. Member, Board of Editors, Journal of Medical Science and Clinical Research (Online ISSN: 2347-176X)
14. Examiner for Undergraduate Nursing courses at various universities, India.
15. IPS combat depression Task force member: Role of Nurses in Combating Depression May 2018.
16. Editorial member, Journal of Indian Association for Child and Adolescent Mental Health

17. Team Member of Skills, Competencies and Research group, Swedish delegation visit to AIIMS, Jodhpur, Feb 22-23 2019.

18. Research guide to graduate and post graduate nursing and MPH students.

**CONFERENCE SPEAKER/RESOURCE PERSON:**

1. Resource person, National Workshop on Epidemiological Research & Biostatistics” , Manikaka Topawala Institute of Nursing, Charusat, Gujarat from 17-18<sup>th</sup> March 2025.
2. Resource person, Access for all: Strategies for achieving global health equity” Biyani International Conference 2024 at Biyani group of colleges, Jaipur on 21.12.2024.
3. Panelist, Harnessing digital health innovations in Public Health Nursing, 5<sup>th</sup> national Conference of SPHERE on the theme “Transforming Public Health Nursing in India- Education, Leadership and Digital Innovation” at SGT University, Gurugram from 13-14<sup>th</sup> December 2024.
4. Chairperson, Driving transformation in Public health outcome through digitalization, 5<sup>th</sup> national Conference of SPHERE on the theme “Transforming Public Health Nursing in India- Education, Leadership and Digital Innovation” at SGT University, Gurugram from 13-14<sup>th</sup> December 2024.
5. Chairperson, Symposium on Forensic Nursing organized by College of Nursing in Collaboration with Department of Forensic Medicine & Toxicology, 28<sup>th</sup> September 2024.
6. Resource person, Understanding Health care rights-An overview, Webinar on World Health Day-2024 organized by Narayan Nursing College, 8<sup>th</sup> April 2024.
7. Resource person (Online mode)- Project Dissemination workshop on functionality and utilization of health & Wellness centres and the user experience organized by Institute of Nursing Education & Research, AIIMS Bhatinda 12<sup>th</sup> Feb 2024.
8. Resource person, “ Research designs- An overview” at workshop on Research methods organized by College of Nursing, AIIMS Nagpur, 10-12<sup>th</sup> Jan 2024.
9. Resource person at South East Asia Conference on Non communicable Diseases on Theme “Empowering Governments and civil societies towards realizing NCD-SDG global goals, 4-6 Jan 2024, Kerala.
10. Panelist, “Expanding primary health care” on Universal health coverage day organized by SPH and College of Nursing, 12<sup>th</sup> December 2023, Jodhpur.
11. Resource person on Topic, “Health affecting span of life-Geriatric” at 4<sup>th</sup> National Conference of SPHERE organized by College of Nursing, AIIMS Delhi, 7-8<sup>th</sup> November 2023.
12. Resource person at 27<sup>th</sup> Annual National Conference of NRSI organized by NINE, PGIMER, 2-3<sup>rd</sup> November 2023.
13. Resource person on Topic, “Research process in Qualitative studies” at Research workshop organized by SPHERE, 9-10<sup>th</sup> September 2023, Jaipur
14. Resource person at Training session for Medical officers on Comprehensive Geriatric care, 14<sup>th</sup> July 2023, AIIMS Jodhpur.
15. Resource person at seminar on World Health Day, 10<sup>th</sup> April 2023 organized by College of Nursing & Dept of CMFM AIIMS Jodhpur
16. Resource person,” Use of SPSS & Sample size estimation in biomedical research, College of Nursing, AIIMS Jodhpur-24<sup>th</sup>-25<sup>th</sup> February 2023.”
17. Resource person on topic, “ Emergency medical services in India: from life courses approach to reorientation of professional education” at 3<sup>rd</sup> National conference on Comprehensive primary health care, University College of Nursing, BFMHS, 9-10<sup>th</sup> Dec 2022.
18. Invited talk on Occasion of World Mental Health Day at Akaashvaani office, All India Radio, 10<sup>th</sup> Oct 2022.
19. Resource person on topic “Validity and reliability in quantitative research” at Research workshop, SPHERE, 17-18<sup>th</sup> Sept 2022

20. Resource person on topic Diabetic education and care specialist: Fitting a new title into established system at N-DECON - the Nursing Diabetes & Endocrine Conference, 11-12<sup>th</sup> June 2022.
21. Nominated faculty for integrated teaching on Role of Nurses in Palliative care, Dept of CMFM, AIIMS Jodhpur, 28<sup>th</sup> May 2022
22. Resource person at Virtual Midwifery conference on ICM essential competencies for Midwifery practice: Indian perspectives, College of Nursing, AIIMS Jodhpur, 26-27<sup>th</sup> April 2022.
23. Resource person at Webinar on World Health Day, 7<sup>th</sup> April 2022 organized by College of Nursing AIIMS Jodhpur
24. Resource person at Training session for Medical officers on Comprehensive Geriatric care, 21-23<sup>rd</sup> March 2022, AIIMS Jodhpur.
25. Resource person, training on soft skills for security personnel and ward attendants, AIIMS Jodhpur.
26. Resource person at training programme on Nurses' Upskilling in NCD's as part of India-Sweden Healthcare Innovation Centre, 26-27<sup>th</sup> October 2021, AIIMS Jodhpur.
27. Resource person at Panel discussion on World Health Day, 7<sup>th</sup> April 2021 organized by College of Nursing AIIMS Jodhpur
28. Resource person and speaker at International Conference of Perioperative Nursing, AIIMS, Jodhpur, 25<sup>th</sup>-27<sup>th</sup> Feb 2020.
29. Resource person for Workshop on Role of Nurses in combating depression: A module based workshop for nurses at 72<sup>nd</sup> Annual National Conference of Indian Psychiatric Society, Kolkata from 22<sup>nd</sup> to 25<sup>th</sup> Jan 2020.
30. Resource person and speaker at symposium: Excessive use of internet among school children: A growing matter of concern in India at 5<sup>th</sup> Biennial National Conference of Indian Association of Child and Adolescent Mental Health (IACAM) Organized by Department of Psychiatry, Government Medical College & Hospital (GMCH) Sector-32, Chandigarh from 8<sup>th</sup> - 10<sup>th</sup> November, 2019.
31. Resource person & speaker for the National Conference on "Combat Depression" Organized by Departments of Pharmacology & Psychiatry JSS Medical College & Hospital, Mysuru, Karnataka, in association with Indian Psychiatric Society Combat Depression Task Force, IPS-KC, Oct 22-23, 2018
32. Literature Search skills. National Nursing Conference on "Transforming innovations in Education, Practice and Research", College of Nursing, AIIMS, Jodhpur, 18<sup>th</sup>-19<sup>th</sup> January 2018.

#### **RESEARCH PROJECTS:**

##### ***Multicentric:***

##### ***As Co-PI:***

1. Functionality and utilization of health and wellness centres and the user experience with their health services in rural areas of selected states of North India funded by ICSSR

##### ***Intramural non funded***

##### ***Completed (Co-PI).***

1. Stress and coping strategies among nursing students at AIIMS, Jodhpur.
2. Nursing as a career: Motivating factors for Nursing students, AIIMS, Jodhpur.
3. To what extent does "Feeling good, doing well" training program enhance the mental health of medical students, AIIMS, Jodhpur.

4. The impact of musculoskeletal dysfunction on quality of life of pregnant women seeking antenatal care at OPD, AIIMS Jodhpur.
5. Knowledge and attitude towards Post-partum insertion of intra uterine devices (PPIUCD) among Pregnant women attending antenatal clinic at AIIMS, Jodhpur

#### ***Completed (As PI)***

1. Menopausal symptoms and quality of life among women at selected area of Jodhpur, Rajasthan.
2. Assessment of COVID-19 induced anxiety and protective behaviour among nursing students.

#### **Ongoing**

##### ***As Co-PI***

1. A study to address the challenges regarding the Diabetes programmatic management among tuberculosis patients under NTEP in Jodhpur, Rajasthan.

#### ***Student research projects:***

##### ***M.Sc. Nursing:***

##### ***Guide:***

- Awareness, perceived risk and benefits of lifestyle modifications in cardiovascular diseases among adults residing in selected region of western Rajasthan: A cross sectional study.
- Health motivation and perceived belief regarding benefits and barriers to cervical cancer screening uptake among women in selected regions of Western Rajasthan: A cross sectional study.
- Quality of life and challenges experienced by family members of patients with Thalassemia Major: A Mixed Method Design
- Assessment of health promoting lifestyle and self-compassion among menopausal women- A cross sectional study.
- Assessment of millets' awareness and consumption among adult population residing in selected urban area of Western Rajasthan: A cross sectional study.
- Effectiveness of screen time management program (STEMP) on screen addiction and social connectedness among adolescents - A Quasi Experimental Study
- Risk assessment of Type 2 Diabetes Mellitus among adult in Jodhpur: A Cross sectional Study.
- Fear of fall, level of functional independence and preventive practices among elderly: A cross sectional study
- Utilization of services and level of satisfaction among beneficiaries under Janani Shishu Suraksha Karyakaram at selected urban area of Jodhpur.
- Knowledge and barriers towards use of family planning methods among women residing at selected rural area of Jodhpur
- A mixed method study to explore perception of tobacco users related to tobacco addiction and barriers in cessation at selected area of Jodhpur
- Assessment of cardiovascular disease risk in adult population residing at selected urban area of Jodhpur.

##### ***Co-Guide:***

- A study to assess perceived social support status and subjective well-being among elderly residing at urban area of Jodhpur: A Cross Sectional Study.
- Effectiveness of mindfulness-based mandala coloring therapy on perceived stress among individuals with cervical cancer admitted to inpatient oncology ward, AIIMS Jodhpur: A Randomized Controlled Trial.
- A study to assess the coping mechanism of adults with Type 2 Diabetes Mellitus in western Rajasthan: A cross sectional study.

- Effectiveness of training program among security personnel regarding knowledge of violence management in hospital setting – A quasi-experimental study.
- Drug attitude and medication adherence among patients with psychiatric illness: A cross-sectional analytical study.”
- Effectiveness of antenatal perineal preparation during first and second stage of labour on perineal trauma and duration of second stage of labour in primigravidae parturient at AIIMS, Jodhpur.
- Perceived stress and coping strategies among caregivers of children with intellectual disability residing in selected areas of Jodhpur: A cross sectional study
- Knowledge and medication adherence regarding hypertension patients attending urban health training centre, Pratap nagar with a view to develop an information booklet regarding self-care management of hypertension.
- Effectiveness of prenatal lactation counselling on Breastfeeding practices, breast engorgement and Newborn feeding behavior among postnatal mothers at AIIMS Jodhpur.
- Effects of birthing ball exercise on labour pain and labour outcome among primigravidae parturient mothers at AIIMS, Jodhpur.
- A study to assess knowledge, burden and coping strategies among caregivers of thalassemic children with a view to prepare thalassemia self-care module for caregivers attending thalassemia day care centre of selected hospital, Jodhpur
- A community survey to explore mother’s knowledge and expressed practices of managing minor ailments of children under five years at selected area of Jodhpur

#### ***MPH:***

- Assessment of Night eating syndrome and its relationship with sleep, circadian rhythm and mood among college going students in urban Jodhpur.
- The association between fear of hypoglycemia and diabetic related distress among T2DM Patient in Primary, Secondary Healthcare Setting in Jodhpur, Rajasthan”
- Workplace Related Stress, Burnout and Satisfaction among ASHA Workers of Jodhpur.
- A mixed method study of LAQSHYA initiative on respectful maternity care and quality of institutional deliveries in Jodhpur, Rajasthan.

#### ***B.Sc. Nursing:***

- Mindful eating behaviour and mental well-being among adults residing at selected area of Jodhpur -A cross sectional study”
- Oral health-related quality of life among elderly residing at selected area of Jodhpur: A cross sectional study.
- Insomnia and associated factors among elderly residing at selected area of Jodhpur-A cross sectional study
- Barriers related to self-care management among people with diabetes mellitus- A narrative review
- Assessment of Knowledge and Attitude Regarding Fire Safety Preparedness among Nursing Officers at IPD of AIIMS, Jodhpur
- Knowledge regarding prevention of acute respiratory infection among the mothers of under five children attending outpatient department of AIIMS, Jodhpur
- A study to assess the knowledge on prevention of breast cancer among females attending outpatient department of All India Institute of Medical Sciences.

#### ***PUBLICATION***

##### ***Book Chapter:***

1. Rani Raj, **Mamta**. Environmental Ecosystem. In: Chauhan DS, Kumar A, Garg PK, Gupta SC, Dubey S. Environmental Studies. New Delhi: Centre for education growth & research; 2017. p.33-50.
2. Rani Raj, **Mamta**. Waste Management. In: Chauhan DS, Kumar A, Garg PK, Gupta SC, Dubey S. Environmental Studies. New Delhi: Centre for education growth & research; 2017. P.109-124.
3. Rani Raj, **Mamta**. Recruiting, orienting and retaining academic and administrative staff. In: Arora VPS, Pathak D, Goswami VK, Agarwal SS, Marwah S. Higher education leadership and management. New Delhi: Centre for education growth & research; 2016. p. 78-97

**Article published:**

**Pubmed Indexed:**

1. Nebhinani N, Kuppili PP, Mamta. Feasibility and effectiveness of stress management skill training in medical students. Med J Armed Forces India. 2024 Mar-Apr;80(2):140-144. doi: 10.1016/j.mjafi.2021.10.007. Epub 2021 Dec 13. PMID: 38525462; PMCID: PMC10954490.
2. Nebhinani N, **Mamta**, Singh L, Lakra V. Mental Health System Development in Australia: Reflections, opportunities and challenges for India. Indian Journal of Psychiatry. 2023;65 (Suppl 1):S45-46. (Pubmed Indexed) PMCID: PMC10124792; Scopus
3. Jha S, Vyas H, **Nebhinani M**, Singh P, T D. The Effect of Birthing Ball Exercises on Labor Pain and Labor Outcome among primigravidae Parturient Mothers at a Tertiary Care Hospital. Cureus. 2023 Mar 13;15(3):e36088. doi: 10.7759/cureus.36088. PMID: 37065328; PMCID: PMC10097428.
4. Pooja, **Nebhinani M**, Rani R. Tobacco addiction: exploring perception of tobacco users at selected area of Jodhpur. Indian J Appl Res 2022 Sep; 12 (9):1-3.
5. Yadav N, Vyas H, **Mamta**, Goyal M. Effectiveness of prenatal lactation counselling on breastfeeding practices, breast engorgement, and new-born feeding behavior among postnatal mothers at a teaching institution. J Family Med Prim Care 2022;11:1146-51. Epub 2022 Mar 10. PMID: 35495845; PMCID: PMC9051700.
6. Mamta M, Nebhinani N. ANCIPS-2022 Abstract for e Poster Title- Role of nurses in combating Depression: A module based Workshop for Nursing Officers. Indian J Psychiatry. 2022 Mar;64(Suppl 3):S672. doi: 10.4103/0019-5545.341973. Epub 2022 Mar 24. PMCID: PMC9129736.(Scopus/Pubmed)
7. **Nebhinani M**, Parihar A, Kumar A, Gomathi A, Nebhinani N, Rani R. COVID-19 induced anxiety and protective behaviour among nursing students: a survey from western India. J Family Med Prim care 2021; 10: 4483-8. DOI: 10.4103/jfmpc.jfmpc\_747\_21. Epub 2021 Dec 27. PMID: 35280645; PMCID: PMC8884335.
8. Nebhinani N, Kuppili PP; Mamta. Stress, Burnout, and Coping among First-Year Medical Undergraduates. J Neurosci Rural Pract. 2021 Jul; 12(3):483-489. PMID: 34295102; PMCID: PMC8289521.(Scopus)
9. Nebhinani M, Saini SK. Leveraging role of non-physician health workers in prevention and control of non-communicable diseases in India: Enablers and challenges. J Family Med Prim Care. 2021 Feb;10(2):595-600. doi: 10.4103/jfmpc.jfmpc\_1516\_20. Epub 2021 Feb 27. PMID: 34041047; PMCID: PMC8138392.
10. Nebhinani N, Patnaik PK, **Nebhinani M**, Paul K. Effectiveness of brief educational training on Medical students' attitude towards suicide prevention. Journal of Neuroscience

in Rural Practice 2020; 11 (4); 609-615 DOI <https://doi.org/10.1055/s-0040-1716769>. PMID: 33144799; PMCID: PMC7595766.

11. **Nebhinani M**, Kumar A, Parihar A, Rani R. Stress and Coping Strategies among Undergraduate Nursing Students: A Descriptive Assessment from Western Rajasthan. *Indian J Community Med.* 2020 Apr-Jun;45(2):172-175. doi: 10.4103/ijcm.IJCM\_231\_19. Epub 2020 Jun 2. PMID: 32905220; PMCID: PMC7467204. (Scopus)
12. Nebhinani N, Chahal S, Jagtiani A, **Mamta**, Gupta R. Medical Students' Attitude towards Suicide attempters. *Industrial Psychiatry J* 2016 Jan–Jun; 25(1): 17-22. DOI: 10.4103/0972-6748.196050. PMID: 28163403; PMCID: PMC5248414.
13. **Rajput M**, Saini SK. Prevalence of Constipation among general population: A Community based survey from India. *Gastroenterology Nursing Journal* 2014 Nov-Dec: 37(6); 425-429. doi: 10.1097/SGA.000000000000074. PMID: 25461464.
14. **Mamta**, Nebhinani N, Tamphasana L, Gaikwad AD. Nursing students' attitude towards suicide attempters. *Journal of Neurosciences in Rural Practice* 2014 Apr-June; 5(2):207-8. doi: 10.4103/0976-3147.131701. PMID: 24966579; PMCID: PMC4064206.
15. Mamta. [Nursing informatics: the future now.](#) *Nurs J India.* 2014 Sep-Oct;105(5):198-9. PubMed PMID: 25924417.
16. Nebhinani N, **Mamta**, Gaikwad AD, Tamphasana L. Nursing student's attitude towards suicide prevention. *Industrial Psychiatry Journal* 2013 Jul-Dec; 22(2): 114-117. doi: 10.4103/0972-6748.132922. PMID: 25013311; PMCID: PMC4085802.
17. **Mamta**, Nebhinani N, Tamphasana L, Gaikwad AD. Nursing students' attitude towards suicide attempters: A study from rural part of Northern India. *J Neurosciences in rural practice* 2013; 4:400-407. doi: 10.4103/0976-3147.120240. PMID: 24347946; PMCID: PMC3858758.

#### Non PubMed Indexed:

1. Kumari P, Parihar A, Suthar N, **Nebhinani M**, Khan A. Drug attitude and medication adherence among patients with psychiatric illness: A cross-sectional analytical study. *Indian J Psy Nsg* 2024;21:108-14. DOI: 10.4103/iopn.iopn\_72\_23 (DOAJ)
2. Rajpurohit SS, Nebhinani N, **Nebhinani MR**, Modi S, Soni PK. Promoting well-being: Mental health programs for medical students. *Med J DY Patil Vidyapeeth* 2024; 17:S423-4. 10.4103/mjdrdypu.mjdrdypu\_956\_24 ( DOAJ, Scimago Journal Ranking, SCOPUS)
3. Nebhinani N, **Mamta**, Modi S, Singh SR, Soni P. Correlates of Psychological wellbeing among First year Medical Students: An Exploratory Study. *Medical Journal of Dr. D.Y. Patil Vidyapeeth* 2023 June. DOI: 10.4103/mjdrdypu.mjdrdypu\_1006\_22
4. Nebhinani N, Singh P. Substance Use Disorders in Children and Adolescents. *Journal of Indian Association for Child and Adolescent Mental Health.* 2022; 18(2):128-136. doi:[10.1177/09731342221096503](https://doi.org/10.1177/09731342221096503)
5. **Nebhinani M**, Avasthi RD, Meena M, Parihar M, Sharma M, Nagar M, Neha, Nisha. Barriers related to self-care management among people with diabetes mellitus- a narrative review. *Biomedicine*: 2022; 42(4): 628-634. DOI: <https://doi.org/10.51248/v42i4.876>
6. **Nebhinani MR**, Phalswal U, Ohri U, Raj S, Vineeta, Suman, et al. Knowledge on prevention of breast cancer among females attending outpatient department of All India Institute of Medical Sciences, Jodhpur, Rajasthan. *Int J Community Med Public Health* 2021; 8: 3888-94.
7. Pushpa, Rani R, Nebhinani M. Knowledge, burden and coping strategies among caregivers of thalassemic children attending thalassemia day care centre of selected hospital, Jodhpur. *Int J Community Med Public Health* 2021; 8: 2929-36.



8. Vyas H, Deviga T, **Mamta**. Impact of Musculoskeletal Dysfunctions on Quality of Life of Pregnant Women. *Int J Nurs Midwif Res* 2020; 7(2): 27-31. **DOI:** <https://doi.org/10.24321/2455.9318.202015>
9. Vyas H, Deviga T, **Mamta**. Knowledge and attitude towards post-partum insertion of intra uterine devices (PPIUCD) among pregnant women attending antenatal clinic at a tertiary care teaching hospital. *Int J Community Med Public Health* 2020; 7: 5093-9.
10. Goel P, Nebhinani M, Rani R. A study to assess knowledge and barriers towards use of family planning methods among women in Rajasthan, India. *Int J Community Med Public Health* 2020; 7:4385-91.
11. Sharma A, Rani R, **Nebhinani M**, Singh P. Knowledge and practices regarding management of minor ailments of pregnancy among antenatal mothers: A descriptive study from Rajasthan. *Int J Community Med Public Health* 2020; 7:4010-6.
12. Kajla P, **Nebhinani M**, Rani R. Tobacco chewing habits and barriers in cessation among tobacco users: A survey from western Rajasthan, India. *Int J Community Med Public Health* 2020; 7:3617-22.
13. **Nebhinani M**, Saini SK. Knowledge, skills of female health workers regarding selected non communicable diseases risk reduction and client satisfaction: a pilot study from western part of Rajasthan, India. *Int J Res Med Sci* 2020 Aug; 8 (8): 2802-8. DOI: <http://dx.doi.org/10.18203/2320-6012.ijrms20203089>
14. Nebhinani N, Patnaik PK, Kapoor V, Vaishali R, Singhai K, **Mamta**. Reflections of medical students on causes of rising suicide among medical aspirants. *Journal of Indian Association of Child and Adolescent Mental Health* 2020 Jan; 16 (1): 102-7.
15. **Mamta**. Rehabilitation Nursing: maximizing the efforts. *Indian Journal of Community Health Nursing* 2016 June; 3(1):12-15.
16. **Nebhinani Mamta Rajput**. Effectiveness of structured teaching programme on prevention of worm infestation among school children. *Research & review: Journal of Nursing and health sciences. Research & Reviews: Journal of Nursing & Health Sciences* 2015 May-June: 1 (3): 29-33.
17. Batra K, **Mamta**. Effectiveness of structured teaching protocol on knowledge related to cardio pulmonary resuscitation among B.Sc. Nursing students. *Indian Journal of Community Health Nursing* 2014 Dec; 1 (2): 1-5.
18. Batra K, **Mamta**. Effectiveness of Structured teaching protocol on knowledge related to Kangaroo mother care among staff nurses. *Nursing and Midwifery Research Journal* 2014 July: 10 (3); 100-105.
19. **Mamta**, Kaur N. Reproductive tract infections: Prevalence and health seeking behaviour among women of reproductive age group. *International Journal of Science & Research* 2014 Apr; 3(4): 138-142.
20. **Mamta**, Tamphasana L. Prevalence of Anemia and Knowledge regarding anemia among reproductive age women. *IOSR Journal of Nursing & Health Science* 2014 March-April; 3 (2): 54-60.
21. **Mamta**, Saini SK. Obstetric morbidities among pregnant women: a community based survey. *Indian Journal of Continuing Nursing Education* 2013; 14(2): 73-76.
22. Nebhinani N, **Mamta**, Misra AK, Kaur M. Knowledge & attitude towards substance use in school students. *Indian J Social Psychiatry* 2013; 29:114-18.
23. Nebhinani N, **Mamta**, Misra AK, Seema. Substance related knowledge and attitude in school and college students. *German J Psychiatry* 2013; 16:15-19. (Scopus)
24. **Mamta**, Saini Sushma Kumari, Kavita. Effect of consumption of home-made sugar salt drink on health status of children (3-6 years) residing in Dadu Majra Colony, U.T., Chandigarh. *Nursing and midwifery research journal* 2012; 8(3):189-197.

25. **Mamta**, Saini Sushma Kumari. Health tourism in India: New opportunities for nurses. *Nightingale Nursing Times* 2012; 7(12): 29-30.
26. **Mamta**, Saini Sushma Kumari. Public Private Partnership: A Reform in Health Care. *Journal of Nursing Science & Practice* 2012; 2(2):53-58.

#### ***Abstracts:***

1. Kumar Ashok, **Mamta**, Parihar A, Rani Raj. Stress and coping strategies among nursing students. *International Journal of Non-Communicable Diseases* 2017 November; 2 (1): S131-132.
2. **Mamta**, Nebhinani N. Stress management skill training program for medical students: an exploratory study from North-Western India. *International Journal of Non-Communicable Diseases* 2017 November; 2 (1): S117.

#### ***PAPER/POSTER PRESENTATIONS***

##### **International:**

1. Priya, **Mamta**, Prof. Raj Rani. Knowledge and barriers towards use of family planning methods among women residing at selected rural area of Jodhpur. *International Conference of Perioperative Nursing, College of Nursing, AIIMS, Jodhpur, 25<sup>th</sup>-27<sup>th</sup> Feb 2020.*
2. Pooja, **Mamta**, Prof. Raj Rani. Tobacco addiction: exploring perception of tobacco users at selected area of Jodhpur. *International Conference of Perioperative Nursing, College of Nursing, AIIMS, Jodhpur, 25<sup>th</sup>-27<sup>th</sup> Feb 2020*
3. Ankita, Prof. Raj Rani, **Mamta**. Knowledge and practices regarding management of minor ailments of pregnancy at selected hospital of Jodhpur. *International Conference of Perioperative Nursing, College of Nursing, AIIMS, Jodhpur, 25<sup>th</sup>-27<sup>th</sup> Feb 2020*
4. **Mamta**. Stress and Coping strategies among nursing students (poster). *World NCD Congress (Chandigarh, India, 4<sup>th</sup>-6<sup>th</sup> November 2017)*
5. **Mamta**. Stress and management skill training program for medical students: An exploratory study from North-Western India (poster). *World NCD Congress (Chandigarh, India, 4<sup>th</sup>-6<sup>th</sup> November 2017)*
6. Nebhinani N, **Mamta**, Misra AK, Seema. Knowledge and attitude regarding drug abuse in school vs. college students (poster). *7<sup>th</sup> Congress of the Asian Society for Child & Adolescent Psychiatry & Allied Professions and 12<sup>th</sup> Biennial Conference of Indian Association for Child and Adolescent Mental Health (IACAMH) (New Delhi, India, September 25-28<sup>th</sup>, 2013).*
7. **Mamta**, Nebhinani N, L Tamphasana, Achla D Gaikwad. Attitude towards suicide among nursing students (Poster). *5<sup>th</sup> Asia Pacific Conference of the International Association for Suicide Prevention (Chennai, 28<sup>th</sup> November- 2<sup>nd</sup> December, 2012).*
8. Nebhinani N, **Mamta**, Achla D Gaikwad, L Tamphasana. Nursing student's attitude towards suicide prevention. *5<sup>th</sup> Asia Pacific Conference of the International Association for Suicide Prevention (Chennai, 28<sup>th</sup> November- 2<sup>nd</sup> December, 2012).*
9. **Mamta**, Saini Sushma. Prevalence of constipation among geriatric age group: community based survey (poster). *8th international Conference on Geriatric care (Amritsar, India, November 5-6, 2011).*

**National:**

1. Monika Gupta, **Mamta Nebhinani**, Gomathi A, Rishi Avasthi, Manoj Gupta, SR Didel. 5<sup>th</sup> national Conference of SPHERE on the theme “Transforming Public Health Nursing in India- Education, Leadership and Digital Innovation” at SGT University, Gurugram from 13-14<sup>th</sup> December 2024.
2. Jayvardhan Singh, **Mamta**, Suresh K Sharma, Pankaj Bhardwaj, Satyaveer. Risk assessment of Type 2 Diabetes Mellitus among adult in Jodhpur: A Cross sectional Study. 3<sup>rd</sup> National conference on Comprehensive primary health care, University College of Nursing, BFUHS, 9-10<sup>th</sup> Dec 2022
3. Pooja, **Mamta**, Dr. Raj Rani, Barriers in cessation of tobacco chewing habit among tobacco users at selected area of Jodhpur. 5<sup>th</sup> Annual Nursing Research Society of India, North Zone Conference, 14<sup>th</sup>-16<sup>th</sup> March 2019.
4. Knowledge on prevention of breast cancer among females attending out-patient department of All India Institute of Medical Sciences, Jodhpur (poster) at National Nursing Conference on Transforming Nursing through Innovations in Education, Practice and Research, 18<sup>th</sup>-20<sup>th</sup> Jan 2018, College of Nursing, AIIMS, Jodhpur
5. **Mamta**. Rising suicide in medical aspirants: students’ reflection of causes & possible solution (Oral). 69<sup>th</sup> Annual National Conference of Indian Psychiatric Society (Raipur, 5-8<sup>th</sup> Jan 2017)
6. **Mamta**. Disaster Knowledge Factors: Benefits and challenges for community health nurses (Poster). 4<sup>th</sup> National Conference of SOCHNI (Jaipur, 6-7<sup>th</sup> Feb 2016)
7. **Mamta**. Nursing student’s attitude towards suicide prevention initiatives (Poster). 66<sup>th</sup> Annual National Conference of Indian Psychiatric Society (Pune 16-19<sup>th</sup> Jan 2014)
8. **Mamta**. Nebhinani N. Nursing personnel attitude towards suicide prevention initiatives (Poster). 20<sup>th</sup> National Conference of Indian Association for Social Psychiatry (Kolkata, 8-10 November 2013).
9. Nebhinani N, **Mamta**, Gaikwad AD, L Tamphasana. Nursing students’ attitude towards suicide attempters: a study from rural part of northern India. 20<sup>th</sup> National Conference of Indian Association for Social Psychiatry (Kolkata, 8-10 November 2013).
10. **Mamta**, Saini Sushma. Obstetric morbidities among pregnant women: a community based survey. XV annual national conference of nursing research society of India (17-19<sup>th</sup> November 2011)

**CONFERENCES/ WORKSHOPS ATTENDED**

1. National Workshop on Epidemiological Research & Biostatistics” 17-18<sup>th</sup> March 2025. Manikaka Topawala Institute of Nursing, Charusat, Gujarat. .
2. South East Asia Conference on Non communicable Diseases on Theme “Empowering Governments and civil societies towards realizing NCD-SDG global goals, 4-6 Jan 2024, Kerala.
3. Panel discussion on Universal health coverage day organized by SPH and College of Nursing, 12<sup>th</sup> December 2023, Jodhpur.
4. 4<sup>th</sup> National Conference of SPHERE organized by College of Nursing, AIIMS Delhi, 7-8<sup>th</sup> November 2023.
5. Preconference workshop on Systematic review & meta-analysis, 4<sup>th</sup> National Conference of SPHERE organized by College of Nursing, AIIMS Delhi, 6<sup>th</sup> November 2023.
6. Post conference workshop on Sampling technique, 27<sup>th</sup> Annual National Conference of NRSI organized by NINE, PGIMER, 4<sup>th</sup> November 2023.

7. Mixed method research conference, 27<sup>th</sup> Annual National Conference of NRSI organized by NINE, PGIMER, 2-3<sup>rd</sup> November 2023.
8. Research process in Qualitative studies” at Research workshop organized by SPHERE, 9-10<sup>th</sup> September 2023, Jaipur
9. Indian conference on MedTech innovation (ICMI 2023), IIT Jodhpur & AIIMS Jodhpur from 24-26<sup>th</sup> February 2023.
10. 3<sup>rd</sup> National conference on Comprehensive primary health care, University College of Nursing, BFUHS, 9-10<sup>th</sup> Dec 2022.
11. Leadership programme on mental health systems development, Melbourne, Australia, 7<sup>th</sup> - 11<sup>th</sup> November 2022.
12. Leadership programme on mental health systems development, New Delhi, 5<sup>th</sup> November 2022.
13. Research workshop, SPHERE, 17-18<sup>th</sup> Sept 2022
14. Virtual N-DECON - International Diabetes and Endocrine Conference, 11-12<sup>th</sup> June 2022.
15. Emerging issues in food safety, 9<sup>th</sup> June 2022, World Health education.
16. Virtual Midwifery conference on ICM essential competencies for Midwifery practice: Indian perspectives, College of Nursing, AIIMS Jodhpur, 26-27<sup>th</sup> April 2022.
17. Online training course on Building Nursing and Midwifery Leadership in the context of Universal health Coverage/Sustainable development goals, 28<sup>th</sup>-30<sup>th</sup> March 2022, NIHFWS, New Delhi, India.
18. Fundamentals of good clinical practice (GCP) online workshop organized by Department of Pharmacology, AIIMS Jodhpur in collaboration with Dr. Reddy's Laboratory, 15<sup>th</sup> Jan 2022.
19. SEAR NCD Service Delivery Network Induction Training for People-centred NCD Service Delivery. 2<sup>nd</sup> to 13<sup>th</sup> December 2021.
20. Workshop on Electronic Data Capture in Epidemiology and Research organized by Community Medicine and Family Medicine, School of Public Health, All India Institute of Medical Sciences, Jodhpur, 26<sup>th</sup> October, 2021.
21. Second Annual National Conference of Epidemiology Foundation of India organized by Community Medicine and Family Medicine School of Public Health All India Institute of Medical Sciences, Jodhpur, 29-30 October, 2021
22. Regional Training of Network of Institutions to deliver People-centred integrated NCD Care organized by WHO SEAR NCD network, 4-8 October 2021.
23. International Workshop on Advance Statistical Data Analysis Using SPSS, 21-27 sept, 2021.
24. National Webinar on Addressing Diabetes Mellitus through Front of Package labelling (FOPL) is being organized jointly by AIIMS Jodhpur in collaboration with AIIMS Rishikesh, 28<sup>th</sup> June 2021.
25. Reviewers Training Workshop organised by Craniofacial Research Foundation, 21-30<sup>th</sup> June 2021.
26. Online National Webinar on Non-Alcoholic Fatty Liver Disease (NAFLD): Population-level Strategies for Prevention. at AIIMS Jodhpur in Collaboration with the Institute of Liver and Biliary Sciences, New Delhi on Monday, 7<sup>th</sup> June 2021.
27. Webinar on International Day of Midwives organized by Indian Nursing Council in collaboration with JHPIEGO and UNFPA, 5<sup>th</sup> May 2021.
28. Simulus. 6<sup>th</sup> Annual Conference of PEDISTARS on health care simulation, 24<sup>th</sup>-25<sup>th</sup> April 2021.
29. International E-Conference on mental health first aid, Department of Nursing, DY Patil University School of Nursing, 4<sup>th</sup>-6<sup>th</sup> Feb 2021.
30. Workshop on Statistics made easy: Virtual SPSS workshop on Basics and beyond, PGIMER, 26<sup>th</sup>-31<sup>st</sup> October 2020.

31. Webinar on Health Journalism in the times of COVID, School of Public Health, PGIMER, India, 8<sup>th</sup> September 2020.
32. Webinar on eliminating Trans fats from oils/ fats and foods, School of Public Health, PGIMER, India, 5<sup>th</sup> August 2020.
33. International Webinar on Community Health Nursing preparedness and challenges in COVID-19, Apollo College of Nursing, Chennai, India, 4<sup>th</sup> August 2020.
34. Online interactive CME on Statistics in Health Research, School of Public Health, AIIMS, Jodhpur, 29<sup>th</sup> June 2020.
35. Certificate course on Essential upskilling for nurses on COVID-19 pandemic management. Trained Nurses Association of India, New Delhi, 26.06.2020
36. Webinar Training on ERMED resources organized by National Medical Library in association with Wolters Kluwer and Editage on the 03rd of June, 2020.
37. One week STTP on statistical analysis in SPSS software, REST Society for research international, Tamilnadu, India, 01-06 June 2020.
38. Online National summit on world no tobacco day 2020, E resource Centre for tobacco control (E-RCTC), Deptt of Community Medicine & School of Public Health, PGIMER, Chandigarh, 29<sup>th</sup> May 2020.
39. International Conference of Perioperative Nursing, AIIMS, Jodhpur, 25<sup>th</sup>-27<sup>th</sup> Feb 2020.
40. 72<sup>nd</sup> Annual National Conference of Indian Psychiatric Society, Kolkata from 22<sup>nd</sup> to 25<sup>th</sup> Jan 2020.
41. 5<sup>th</sup> Biennial National Conference of Indian Association of Child and Adolescent Mental Health (IACAM) Organized by Department of Psychiatry, Government Medical College & Hospital (GMCH) Sector-32, Chandigarh from 8<sup>th</sup> -10<sup>th</sup> November, 2019.
42. Communication Skill and Personality development, 23<sup>rd</sup>-24<sup>th</sup> March 2019, AIIMS, Jodhpur
43. Rajasthan Nuerosciences updates, 23<sup>rd</sup>-24<sup>th</sup> March 2019, AIIMS, Jodhpur.
44. Mentorship Workshop, 15<sup>th</sup> Feb 2019, AIIMS, Jodhpur.
45. Joint leadership conclave on Health technologies, AIIMS, Jodhpur, 3-4<sup>th</sup> Dec, 2018
46. National Conference on “Combat Depression” organized by Departments of Pharmacology & Psychiatry, JSS Medical College & Hospital, Mysuru, Karnataka, in association with Indian Psychiatric Society Combat Depression Task Force, Oct 22-23, 2018
47. HIV Symposium Clinical Challenges in HIV/AIDS Care. AIIMS, Jodhpur, 30<sup>th</sup> September, 2018
48. 3T- IBHSc Training course for health science faculty, 23-25<sup>th</sup> May 2018, AIIMS, Jodhpur.
49. National Nursing Conference on “Transforming Nursing through innovations in Education, Practice and Research”, College of Nursing, AIIMS, Jodhpur, 18<sup>th</sup>-19<sup>th</sup> January 2018.
50. Workshop on Nurse Practitioners for Chronic NCDs, World NCD Congress, PGIMER, Chandigarh, 7<sup>th</sup> November 2017.
51. World NCD Congress, PGIMER, Chandigarh, 4<sup>th</sup>-6<sup>th</sup> November 2017.
52. 61<sup>st</sup> Annual National Conference of Indian Public Health Association (IPHA) & First state conference of IPHA Rajasthan Branch, AIIMS, Jodhpur, 24<sup>th</sup>- 26<sup>th</sup> Feb 2017.
53. Preconference workshop on, “Rediscovering effective communication in public health related service, teaching & research-hands on experience”, AIIMS, Jodhpur, 23<sup>rd</sup> Feb 2017.
54. 69<sup>th</sup> Annual National Conference of Indian Psychiatric Society.” Raipur, 5-8<sup>th</sup> Jan 2017.
55. TNAI 75<sup>th</sup> Biennial National Conference on “Nurses: A force for change: Improving health system resilience.” Jaipur, Rajasthan, 17-18<sup>th</sup> Oct 2016.

56. Workshop on “Manuscript writing & publication ethics and research methodology”, Research Cell, AIIMS, Jodhpur, 20<sup>th</sup>-21<sup>st</sup> September 2016.
57. Workshop on “Introduction to Cochrane systematic reviews and meta-analysis” Department of Pharmacology, AIIMS, Jodhpur, 20<sup>th</sup> August 2016.
58. Workshop on “Literature Search in PubMed & Reference Management”, Department of Community Medicine & family Medicine, AIIMS, Jodhpur, 8<sup>th</sup> April 2016.
59. CME on “Diabetes: High time to act”, Department of Community Medicine & family Medicine, AIIMS, Jodhpur, 7<sup>th</sup> April 2016.
60. 4<sup>th</sup> National Conference of SOCHNI on “Disaster Preparedness: Community Health Nurses take responsibilities”, Government college of Nursing, Jaipur, 6-7<sup>th</sup> Feb 2016.
61. 1<sup>st</sup> International conference on “Lead, Environment and Health”, All India Institute of Medical Sciences, Jodhpur, 26<sup>th</sup>-27<sup>th</sup> October 2015.
62. CME on “Behavioral addiction: New Challenges”, Dr. SN Medical College, 5<sup>th</sup> April 2015.
63. CME on “Programmatic Management of Drug Resistant Tuberculosis (PMDT)”, Dept of Microbiology, AIIMS, Jodhpur, 22 Nov 2014
64. International workshop cum 3<sup>rd</sup> research methods course. BFUHS in collaboration with UBC, Vancouver, Canada, 27-28<sup>th</sup> October, 2014
65. Conference on Stress reduction skills: scientific update: IIT New Delhi, 30<sup>th</sup> -31<sup>st</sup> August, 2014.
66. 4<sup>th</sup> National conference on Rabies “CARCON: 2014, Rabies Prevention in primary care”, AIIMS, Jodhpur, 1<sup>st</sup> February 2014.
67. Annual national conference of Indian Psychiatric Society, Pune, 16-19<sup>th</sup> Jan, 2014
68. CME: Hospital infection control, AIIMS, Jodhpur, 13-14<sup>th</sup> Dec 2013
69. Annual Conference on Ethics in Medical research, AIIMS, Jodhpur, 9-10<sup>th</sup> Dec 2013
70. 37<sup>th</sup> Annual Conference of India Psychiatric Society- Haryana Chapter, Panipat, Haryana, 3-4 November, 2012
71. XV annual national conference on “Evidence based practice and research methodology” by nursing research society of India, 17-19<sup>th</sup> November 2011.
72. 8<sup>th</sup> international Conference on “Geriatric care” Amritsar, India, November 5-6, 2011.
73. 6<sup>th</sup> national conference of FINGODAP on “Quality assurance in service delivery & reducing negative consequences of drug use” in collaboration with National Institute of Social Defence and Ministry of Social Justice and Empowerment, Chandigarh, October 28-30, 2011.
74. Workshop on “Dietary assessment techniques in children” at PGIMER, Chandigarh on 11<sup>th</sup> May 2011.
75. Workshop on “Role of Nurses in Protection and Promotion of Child Rights as National Initiative for Child Protection-(NICP)” at PGIMER, Chandigarh on 30<sup>th</sup> Nov 2010.
76. Workshop on “Evidence Based Nursing Practice”, held on 27<sup>th</sup> Sep – 6<sup>th</sup> Oct 2010 at National Institute of Nursing, PGIMER, Chandigarh
77. Workshop on “IMNCI: Supportive supervision” held on 14<sup>th</sup> Dec 2010 at school of public health, PGIMER, Chandigarh.
78. Workshop on “Behavioural Problems in School Children: Intervention and Management Strategies” held on 21<sup>st</sup> November 2009 at Advanced Pediatric Center, PGIMER, Chandigarh.

79. Workshop on “Pediatric Intensive Care Nursing”, on 25<sup>th</sup> Oct 2009, as 11<sup>th</sup> annual Conference of Pediatric Cardiac Society of India, at PGIMER, Chandigarh.
80. Workshop on “obstetric analgesia/CPR/Difficult Airway/ Research Methodology” held on 18<sup>th</sup>-20<sup>th</sup> September 2009 at PGIMER, Chandigarh.
81. Workshop on “Pediatric Critical Care nursing workshop” held on 1<sup>st</sup>-2<sup>nd</sup> March 2007 at Advanced Pediatric Center PGIMER, Chandigarh.
82. Workshop on “Better Diabetic Care” held on 9<sup>th</sup>-10<sup>th</sup> January 2006 at National Institute of Nursing Education, PGIMER, Chandigarh.
83. CME on “HIV/AIDS & SYMPOSIUM on recent advances in AIDS research” held on 9<sup>th</sup>-10<sup>th</sup> January 2005 at PGIMER, Chandigarh.

***DR. MAMTA***