

CURRICULUM VITAE

Dr. Pooja Ojha

EDUCATION

Bachelor of Medicine and Bachelor of Surgery (MBBS)
ELMC, Lucknow. Uttar Pradesh

Doctor of Medicine (MD) – Physiology
B.R.D. Medical College, Gorakhpur. Uttar Pradesh

TEACHING EXPERIENCE:

Associate Professor
All India Institute of Medical Sciences, Jodhpur

Assistant Professor
All India Institute of Medical Sciences, Jodhpur

Assistant Professor
Era's Lucknow Medical college, Lucknow. Uttar Pradesh

Senior Resident
Lady Hardinge Medical College, New Delhi

Junior Resident
B.R.D. Medical College, Gorakhpur. Uttar Pradesh

AREA OF SPECIALIZATION: Chronophysiology, Electroencephalogram, Migraine, stress physiology, Quantitative EEG and yoga

SUMMARY OF PUBLICATIONS (Numbers indicated):

	Publications	Numbers
a	Papers published in peer reviewed Journals	28
b	Papers published in Conferences / seminars	08
c	Chapters in Books	1
d	Technical Reports / Posters	07
e	General / popular articles published in newsletter / bulletin	2

f	Link for researcher ID	<u>Google Scholar</u> <u>Orcid</u>
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AWARDS AND RECOGNITION:

- Received Certificate of Excellence for standing 1st among Associate Professors in Basic Science Department for publishing of Original Research in High impact journal during the year 2024 on the occasion of 2nd Research Day held at AIIMS Jodhpur
- Received APPI Award for Best Research Paper in Natural Health, Naturopathy and Yoga Instituted in the name of Shushila Thaker Prakrithi Mandir
- Prof. Satipati Chatterjee Memorial Oration from The Physiological Society of India
- Shri B.M. Patil Memorial award by Association of Physiologists of India.
- Fellowship awarded by Indian Society of Chronomedicine at WCC 2023
- Best paper publication award by Indian Society of Chronomedicine at WCC 2023
- APPI Award for Best Research Paper in Endocrinology/Neuro-endocrinology Physiology/Pharmacology or allied sciences, instituted in the name of **A V Tilak Parvathi Devi**
- Best poster presentation award (coauthor) at ASSOPICON 2023 held at King George Medical University, Lucknow in October 2023
- Best paper presentation award (coauthor) at APPICON held at ESI MC Faridabad in April 2022
- Second Prize in oral presentation at Sixth annual national conference of Association of Physiologists of India (ASSOPICON 2019) held at JSS Medical College, Mysuru from 12th -14th September 2019.
- Best poster presentation award at Nutrition for Health program held at Kalam center, King George Medical University, Lucknow on 16th October 2018.
- Best Paper Presentation award at 4th International conference of South-East Asian Academy of Sleep Medicine, 12th-14th October 2018.
- Certificate of Distinction in M.B.B.S. and a silver medal from Chief Minister of Uttar Pradesh
- Certificate of Excellence in Obstetrics and Gynecology in M.B.B.S
- Certificate of Excellence in Surgery in M.B.B.S

PROFESSIONAL MEMBERSHIPS AND ACTIVITIES

- Life member of The Physiological Society of India
- Life member of Association of Physiologists of India.
- Life member of Association of Physiologists and Pharmacologists of India
- Life member of Indian Society of Chronomedicine
- Member of South East Asian Academy of Sleep Medicine (SEAASM)
- Full Member of International Headache Society
- Member of American Clinical Neurophysiology Society

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- Member of American Headache Society
 - Member of Indian Academy of Neuroscience
 - Full Member of The Physiological Society, UK
 - Full Member of the American Physiological Society.
 - Editorial Board member SAAP bulletin January 2023
 - Physiology Education member SAAP
 - Member Royal Society of Biology
 - Executive committee member of The PSI Rajasthan branch
 - Member Society for Research on Biological Rhythm

RESEARCH EXPERIENCE:

- MD Thesis titled “Electroencephalographic observations in normative population with effect of fragrance on EEG” from November 2012 to October 2013.
- Intramural research project titled “Assessment of cognition, using P300 Evoked Potential in patients with Migraine and its correlation with MIDAS score.” (Grant received from ELMC& H Lucknow)
- Intramural research project titled “Impact of Anthropometric profile and lifestyle habits on characteristics of Migraine in Indian population”. (Grant received from ELMC& H Lucknow)
- Nonfunded project on “Electroencephalographic Analysis in Migraine clinical phenotypes” at AIIMS, Jodhpur.
- Intramural research project titled “Quantitative sensory testing of allodynia in migraine: Its association with endogenous sex hormones & TRPV1 expression” (Grant received from AIIMS Jodhpur)
- **Extramural research** project titled “Effect of Kriya Yoga on brain oscillations and perceived stress in health care providers, during Pandemic COVID-19: A pilot study” (Extramural grant from **Department of Science and Technology: SATYAM under special call for COVID**)
- Nonfunded project on “**EEG analysis in dancers during rest and audio-visual signal processing**” at AIIMS, Jodhpur.

As Co-Investigator

- “Evaluation of a series of post-lecture online self-assessment tests on academic performance in medical undergraduates.” (Completed)
- “Evaluation of a webinar series on basic research methodology and thesis writing in Physiology (Completed)
- Effect of 2 types of relaxation techniques on stress and cardiac oscillations among healthy volunteers (In collaboration with NIMHANS, Bengaluru)

PUBLICATIONS

1. Vani V, **Ojha P**, Gadhvi MA, Dixit A. Impact of artificial colored lights on performance in working memory task. Acta Psychol (Amst). 2025 Apr 14;256:105001. doi: 10.1016/j.actpsy.2025.105001. Epub ahead of print. PMID: 40233655.

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2. **Ojha P**, Nebhinani N, Chandani A. Quantitative EEG correlates of 'Kriya yoga' benefits for mental health among health care providers. *Indian J Psychiatry* 66(7):p 649-655, July 2024. | DOI: 10.4103/indianjpsychiatry.indianjpsychiatry_120_24
 3. **Ojha P**, Panda S. Resting-state Quantitative EEG Spectral Patterns in Migraine During Ictal Phase Reveal Deviant Brain Oscillations: *Potential Role of Density Spectral Array*. *Clin EEG Neurosci*. 2024 May;55(3):362-370. doi: 10.1177/15500594221142951
 4. Ojha P. CONFERENCE REPORT National Conference of PSI (PHYSICON RAJ 2024)2024 / Volume 7, Issue 3 / ISSN: 2714-1756
 5. Ojha P. Berger and the Breakthrough: A Centennial Celebration of the Human Electroencephalogram. *The Neurodiagnostic Journal*. 2024 May 21:1-6.
 6. Vani V, **Ojha P**, Gadhvi MA, Dixit A. Attentional correlates of colored lights: Considerations for cognitive testing. *Neuroscience*. 2024 Feb 23:S0306-4522.
 7. **Ojha, P.** (2023). An accolade to Nobel Laureates 2023. *INDIAN JOURNAL OF PHYSIOLOGY AND ALLIED SCIENCES*, 75(04), 57–58.
<https://jipas.org/index.php/jipas/article/view/204>
 8. Shikha D, **Ojha P**, Shukla KK, Bhagat OL, Dixit A. Citrus Odour Produces Resilient Response to Cognitive Load and Enhances Performance in the N-Back Task. *Annals of Neuroscience*. 2024;0(0). doi:10.1177/09727531231215556
 9. Shikha D, **Ojha P**, Shukla KK, Bhagat OL, Dixit A. Autonomic Correlates of Letter Cancellation Task: What the Attention Load May Evoke? [published online ahead of print, 2023 Apr 13]. *J Atten Disord*. 2023;10870547231167563. doi:10.1177/10870547231167563
 10. **Ojha P**, Malhotra V. Implication of High Body Fat Percentage on Migraine Chronification in Premenopausal Females. *Neurol Res Int*. 2022 Oct 15;2022:8219254. doi: 10.1155/2022/8219254. PMID: 36284543; PMCID: PMC9588375.
 11. **Ojha P**, Dixit PK. The Initial Flexible Submission of Manuscript: Tackles Bottleneck and Saves Resources". *Acta Scientific Medical Sciences*. 2022; 6(4): 105-107.
 12. **Ojha P**, Dixit A. Olfactory training for olfactory dysfunction in COVID-19: A promising mitigation amidst looming neurocognitive sequelae of the pandemic. *Clinical and experimental pharmacology & physiology*. 2022; 49(4), 462–473.
<https://doi.org/10.1111/1440-1681.13626>
 13. Mehta B, Dixit A, Bhagat OL, Nayak P, Srivastav S, **Ojha P**, et al. Critical Self-Appraisal Towards the Better Use of a Webinar Series as an Online Tool for Postgraduate Teaching. *Cureus*. 2022; 14(1), e20976. <https://doi.org/10.7759/cureus.20976>
 14. **Ojha P**. An inspirational reflection on Nobel Prize-winning researches in nerve signaling from over a century: some lessons for inquisitive minds. *Brain Struct Funct*. 2021;226(6):1641-1645. doi:10.1007/s00429-021-02294-9
 15. **Ojha P**, Dixit PK. Role of examples in contextualizing novel information: a neuroscience insight. *Neurological Sciences*. 2021;42, 3505 - 3507.
 16. **Ojha P**. The Upsurge of Graphical Abstracts: A Neuroscience Perspective. *Neuroscience*. 2021 Jan 7:218-219. doi: 10.1016/j.neuroscience.2020.12.029. Epub ahead of print. PMID: 33421570.

17. **Ojha P**, Malhotra V, Pandey N. Association between Generalized Obesity and Migraine Features in Indian Females. *Indian J Physiol Pharmacol*. 2018; 62(4):453-457
18. Dixit PK, **Ojha P**. Clinical Presentation & Diagnosis of Deep Vein Thrombosis: A Literature Review. *IJEM*. 2018;4(3):216-221
19. **Ojha P**, Pandey N, Singh S. Cortical generators of normal electroencephalographic waveforms: A literature review. *Ind J Clin Anat Physiol*. 2018;5(3):291-294
20. **Ojha P**, Malhotra V, Pandey N, Singh S. Effect of abdominal obesity on migraine features in Indian population. *Natl J Physiol Pharm Pharmacol*. 2018;8(6):903-906.
21. **Ojha P**, Malhotra V, Pandey N, Zaidi Z. Cognition in adult migraineurs: An electrophysiological study *Ind J Clin Anat Physiol*. 2018;5(1);77-80
22. Farooqui S, AbdusSalam, Anwer E, **Ojha P**, Singh S. Effect of maternal preeclampsia on neonatal red cell parameters. *Ind J Clin Anat Physiol* 2018;5(1);85-90
23. **Ojha P**, Pandey N, Singh S. Physical fitness score and academic performance in medical students. *Natl J Physiol Pharm Pharmacol* 2018;8(7):1031-1034
24. Salam A, **Ojha P**. Nutritional status in sputum positive and sputum negative cases of pulmonary tuberculosis. *Natl J Physiol Pharm Pharmacol*.2018;8(4):600-603.
25. Dixit PK, **Ojha P**. Role of D- Dimer Assay in Early Detection of Suspected Deep Vein Thrombosis in Obese Individuals. *NIJS*. 2018;9(1):32-36
26. **Ojha P**, Singh V, Thacker AK. Odor-induced modulation of electroencephalogram waves in healthy controls. *Natl J Physiol Pharm Pharmacol* 2017;7(9):952-956
27. Pandey N, Salam A, **Ojha P**, Siddiqui S, Zaidi Z. Galvanic skin resistance in different phases of menstrual cycle in acne vulgaris. *Natl J Physiol Pharm Pharmacol* 2017;7(5):455-457
28. Siddiqui S, Singh S, Sarma A, Abdussalam, Anwer E, **Ojha P**, et al. Prevalence of diabetes, hypertension, dyslipidemia and obesity in patients of nonalcoholic fatty liver. *Int. J. Adv.Multidiscip. Res*.2017;4(8):16-20.

ARTICLES PUBLISHED IN NEWSLETTER / BULLETIN

- Ojha P. Learning the Basics of Electroencephalogram Recording and Interpretation. *SAAP Bulletin*.2023 Volume 6, Issue 2 / Page 23-24. ISSN: 2714-1756

BOOKS / CHAPTERS

- Ojha P, Electroencephalography. In: *Practical Physiology*, Nayak P, 1st edition, Kolkata, Taurean Publications, 2023, 233-237

RESOURCE FACULTY

- Delivered lecture in Basic research methodology and thesis writing webinar organized by Department of Physiology in collaboration with The Physiological Society of India from 17th – 23rd August 2020.
- Conducted workshop on “Electroencephalogram: Basics of recording and interpretation”. On 2nd March 2023.
- Poster session judge in PHYSICON 2022
- Session chair at the PHYSICON 2022

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- Poster session judge at RAJ-PHYSICON 2024 from 16th -17th March 2024

Invited lecture

- Symposium speaker on topic “Circadian Rhythm and Zeitgebers: Synchronizing internal clock” during FIPS ASSOPICON 2024 held at AIIMS Patna from 23rd -26th October 2024
- Panelist on topic “Evidence-based traditional Medicine” at International Leh Symposium, August 4th-9th
- “Use of Artificial Intelligence in healthcare and research” at RAJ-PHYSICON 2024 held at JLNMC Ajmer Rajasthan from 16th -17th March 2024
- Quantitative EEG as a tool in Neurophysiology research at APPICON 2023 held at AIIMS Kalyani from November 29th-December 2nd
- “Spectrum of Quantitative EEG application in Neurophysiology” at ASSOPICON 2023 held at KGMU Lucknow in October 2023
- Conducted Symposium on Yogic interventions for tackling mental health issues: A desideratum for contemporary times
- Pakistan Physiological Society third seminar on “Curricular reforms in Physiology” online mode Topic” Teaching EEG in a Physiology class: Keeping spotlight on ‘threshold concepts’ on 22nd February 2023
- Invited lecture: “Breaking barriers to teaching EEG” PHYSICON 2022 on 3rd March 2023.
- Invited talk “Basics of Electroencephalogram” on foundation day of PSI July 13, 2023 during online webinar conducted by PSI.

Dated: May 16, 2025

Dr. Pooja Ojha