

CURRICULUM VITAE



Dr. Monika Bansal

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MCI Registration No. : 32149, Dated-12.02.2001

Personal Statement - Philosophy of teaching

My philosophy is guided by some of the adult learning principles; motivation, respect and value to individuality and active involvement....

-I am passionate about student centric instructional methods, the students learn best when they are involved in the teaching learning process

Educational qualification

- **M.B.B.S**
- **M.D. (Physiology)**

Fellowship in Medical Education (FIME-2015A) from Medical Council of India (MCI) Nodal Centre for Faculty Development at Christian Medical College, Ludhiana, Punjab, India

Completed Revised Basic Course Workshop (RBCW) in Medical Education Technologies at MCI Regional Center, MAMC, New Delhi on 3rd-5th May, 2016

Pursuing FAIMER fellowship (2018 Batch) from PSG-FAIMER Regional Institute, Coimbatore, Tamilnadu, INDIA awarded by Foundation for

advancement of International Medical Education & Research, Philadelphia, USA.

Professional Experience (9 years after MD)

- Resident in Department of Physiology, Govt. Medical College, Patiala (India) from **June 2005 to May 2008**.
- As Assistant Professor in the Dept. of Physiology in M.M Institute of Medical Sciences & Research Institute , Mullana, Ambala, Haryana, INDIA from **27.05.2008 to 26.05.2012**.
- As Associate Professor in the Dept. of Physiology in M.M Institute of Medical Sciences & Research Institute , Mullana, Ambala, Haryana, INDIA from **27.05.2012 to 26.05.2015**.
- As Professor in the Dept. of Physiology in M.M Institute of Medical Sciences & Research Institute , Mullana, Ambala, Haryana, INDIA from 27.05.2015 till 10.1.2017.
- As **Professor** in the Deptt. of Physiology in NC Medical College & Hospital, Israna, Panipat, Haryana, INDIA from 11.1.2017 till 17.10.2018.
- As **Professor** in College of Applied Medical Sciences, Imam Abdul Rahman bin Faisal University, Dammam, Saudi Arabia from 30.10.2018 till date.

Publications

1. *Understanding Migraine- An Overview*: Indian Journal of Clinical Practice; Vol. 21, No. 3 Aug. 2010.
2. *Perceptions and suggestions of 2nd professional students about their teaching and learning process: An analytical study*; National Journal of Integrated Research in Medicine; 2010; Vol. 1(4) Oct.-Dec.
3. *Longitudinal Study of Peak Expiratory flow Rate in Pregnant Women of Punjab*- National Journal of Integrated Research in Medicine; 2012; Vol. 3(1) Jan-March.

4. ***Premenstrual syndrome- a monthly menace.*** Indian Journal of Clinical Practice. Vol. 22 No.10, Mar. 2012.
5. ***Nanomedicine: current status and future implications:*** Indian Journal of Clinical Practice. Vol.22, No.12, May 2012.
6. ***Probiotics: the friendly microbes:*** Indian Journal of Clinical Practice. Vol.23, No.3, August 2012.
7. ***BPH: current and future therapeutics.*** Indian Journal of Clinical Practice. Vol.24, No.2, July 2013.
8. ***To assess the attitude, knowledge and practices of medical professionals about adverse drug reactions and their reporting in a teaching hospital*** Indian Journal of Clinical Practice. Vol.24, No.3, August 2013.
9. ***Cerebroprotein hydrolysate: Innovation in neurodegenerative disorders.*** International Journal of Medical and Dental Sciences. 3(1), January 2014
10. ***Extended spectrum beta lactamase and Amp C beta lactamase production among Gram negative bacilli isolates obtained from urinary tract infections and wound infections.*** Indian Journal of Clinical Practice. Vol.24, No.11 April 2014
11. ***Pharmaceuticals in the Environment: An unforeseen disaster.*** Indian Journal of Clinical Practice. Vol.24, No.12 May 2014
12. ***Isometric handgrip strengthening exercise and hemodynamic responses in mild hypertensive females in Indian population.*** Indian Journal of Clinical Practice. Vol.24, No.12 May 2014
13. ***Risk Factors Associated with Trimethoprim-sulfamethoxazole and Ciprofloxacin Resistance Among Escherichia coli Strains Isolated from Community-acquired Urinary Tract Infection.*** Indian Journal of Clinical Practice. Vol. 29 No. 9 February 2015.
14. ***Direct to consumer advertising: a mixed blessing.*** National Journal of Integrated Research in Medicine Vol. 6(3) May-June 2015.
15. ***Effectiveness of modified jigsaw as an active learning strategy in physiology.*** National Journal of Integrated Research in Medicine. Vol. 7(6) Nov-Dec 2016.
16. ***To introduce and measure the effectiveness of Case Based Learning (CBL) in physiology.*** International Journal of Research in Medical Sciences. Vol.5(2) February 2017.
17. ***Impact of Educational Intervention on the Awareness of Disposal of Leftover/Expired Medicines among Health care Professionals.*** Journal of Pharmacology and Pharmacotherapeutics. Vol. 9(2) April-June 2018

Papers Presented

- ***Cooperative Learning Strategy in Physiology-oral research presentation*** at PHYSIOCON-2016, 1st conference of Association of Physiologists of Haryana, organized by Department of Physiology in collaboration with Physiology club, PGIMS Rohtak on 24th April, 2016
- ***Effectiveness of CBL in Physiology-*** poster presentation at VII National Conference of Health Professions Education(NCHPE), MAMC New Delhi on 19th-21st Nov, 2015
- ***To introduce and measure the effectiveness of Case based learning(CBL) in Physiology-*** a poster presentation at CMC LDH, MCI nodal center for faculty development on 5th Sept, 2015
- ***Hand Grip Strength: Impact of Anemia-*** an oral presentation at Defense Institute of Physiology and Allied Sciences(DIPAS), New Delhi on 9th-12th Aug, 2012
- ***To determine the motivation factors of medical students for choosing the medical field-*** a poster presentation at CME Physiology update 2012 organized by Dept.of Physiology, Government Medical College, Patiala, Punjab on 10th March,2012
- ***Longitudinal Study of Peak Expiratory flow Rate in Pregnant Women of Punjab-*** An oral research presentation at 19th Annual Conference of Physiology organized by Physiological society of India and Manav Rachna Educational Institutions at Faridabad Institute of Technology, Faridabad on 6-8 Dec. 2007
- ***The wrath of Ixtab- Suicide:*** A Poster presentation at 9th Punjab Science Congress under the auspices of Punjab Academy of Sciences at Guru Nanak Dev Dental College and Research Institute, Sunam, Punjab (India) held on 7th-9th Feb, 2006.

FDP/Conferences/CME/Workshop organized- Guest lecture/session conducted

- International CME cum Conference-2012 on Hospital acquired super bugs: return to the preantibiotic era at MMIMSR, Mullana, Ambala, Haryana, India from 4th-5th Feb, 2012.
- ***Basic Course Workshop in Medical Education Technologies*** certified by Medical of India at MMIMSR, Mullana from 24th-26th April, 2014.
- Faculty development program` on **“Interactive teaching”** at MMIMSR on October 17th, 2014.
- ***Basic Course Workshop in Medical Education Technologies*** certified by Medical of India at MMIMSR, Mullana from 28th-30th January, 2015.
- Conducted a guest session on ***“Art of large group teaching and Interactive teaching”*** at Himachal Institute of Dental Sciences, Paonta Sahib, Himachal Pradesh on 21.04.2015.
- Delivered a guest lecture on ***“Effectiveness of Jigsaw as an active learning strategy in Physiology”*** in CME Physiology Update 2016 at Govt. Medical College Patiala on 12th March, 2016
- Organized a Physiology Quiz for 1st year MBBS students, ***Physioquest 2016*** Dept. of Physiology, MMIMSR, Mullana, Ambala on 18th April, 2106
- Organized 3T- IBHSc training course in Bioethics training for Health Professionals of Health Science Universities accredited by the UNESCO Chair in Bioethics, Haifa an initiative of the Indian program of the UNESCO Chair in Bioethics, Haifa & Maharishi Markandeshwar University, Mullana, Ambala from April 25th - 27th, 2016 at MMU, Mullana, Ambala.

In addition to the above I am a member of **Medical Education Unit** of our Institute and playing a key role in identifying the training needs of our faculty, planning and executing and evaluating the faculty development programs.

Moreover, we are organizing workshops on **Research methodology, Thesis and protocol writing** and Teaching learning process on regular basis for our Post Graduate medical students.

I have also guided 1st year students in STS-ICMR Projects and Oral and Poster presentations in National and Regional Conferences.

Conferences/CME attended (apart from the presentations)

- Workshop on Quality, Leadership & Excellence in Academic Programs & Patient Care (Q:LEAP) organized by Medical Humanities Group of University College of Medical Sciences in collaboration with CT QUEST on 4th August, 2017 at University College of Medical Sciences, Delhi.
- ***‘Young Scientist Training Workshop on Tools and Techniques in Physiological and Pharmacological Sciences’*** sponsored by DST on 14th Dec. 2011 as a part of 57th Annual Conference of Physiologists and Pharmacologists of India at the All India Institute of Medical Sciences, New Delhi
- 57th Annual Conference of Physiologists and Pharmacologists of India ***APPICON 2011*** held at All India Institute of Medical Sciences, New Delhi from 13-17 Dec. 2011
- Scientific programme on ***‘Pharmacovigilance’*** conducted by Knowledge Academy at Maharishi Markandeshwar Institute of Medical Sciences, Mullana, Ambala, Haryana, India on sponsored by Abbott Laboratories Ltd.
- CME on ***Physiology update 2011*** organized by Deptt. of Physiology, Government Medical College, Patiala on January 15th 2011
- CME on ***Migraine*** organized by Association of Physiologists and Pharmacologists of India at Dayanand Medical College & Hospital, Ludhiana on April 24th, 2010
- Workshop on ***Literature search*** organized by Medical Education Unit, MMIMSR, Mullana in collaboration with QMed Knowledge foundation held at MMIMSR, Mullana, Ambala on 22nd and 23rd April 2010
- CME on ***“Alternatives to Animals in Medical Education (AAME)”*** sponsored by Medical Council of India organized by Department of Pharmacology, Christian Medical College and Hospital, Ludhiana on 27th February, 2010

- CME on ***Concepts of Neurophysiology in Spasticity & Management, Physiotherapy Assessment in Neuro Intensive Care Unit and Concepts of Neurophysiology of Bladder & Management*** organized by M.M. Institute of Physiotherapy & Rehabilitation, Mullana, Ambala, Haryana on 23rd February 2010
- CME on ***Obesity- A Growing Challenge*** organized by department of Pharmacology & Department of Dietetics at Government Medical College & Hospital, Chandigarh on 29th January, 2010
- 19th Annual Conference of Physiology organized by Physiological society of India and Manav Rachna Educational Institutions at Faridabad Institute of Technology, Faridabad on 6-8 Dec. 2007
- 4th Congress of Federation of Indian Physiological Societies organized by Defence Institute of Physiology and Allied Sciences, Delhi from 11-13 January 2007
- CME on ***Trauma Management*** held on 16th December, 2006 at Govt. Medical College, Patiala, Punjab (India).
- CME on ***Living Anatomy*** held on 7th October, 2006 at Govt. Medical College, Patiala , Punjab (India).
- CME cum Workshop on ***'Drafting skills in Medical Research'*** organized by Chandigarh chapter of APPI(Association of Physiologists and Pharmacologists of India) held on 16th September, 2006 at Govt. Medical College, Chandigarh, Punjab(India).
- 9th Punjab Science Congress under the auspices of Punjab Academy of Sciences at Guru Nanak Dev Dental College and Research Institute, Sunam, Punjab (India) held on 7th-9th February, 2006.

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