

## **Curriculum Vitae (CV) of Dr Sabita Yograj for the post of Professor , Dept. of Physiology**

- **Name:** DR. SABITA YOGRAJ    o **Age:** (Date of Birth) 56+Years (16-08-1967)
- **Sex:** Female    o **Nationality:** Indian
- **Address: Residence:** 31-C Karan Nagar,  
Jammu- 180005  
J & K, India  
**Office:** Professor, Dean & Head,  
Coordinator(MEU&CC)  
Department of Physiology,  
SMVDIME(Shri Mata Vaishno Devi Institute of  
Medical Excellence)  
J&K, India.
- **Phone no: Residence:** 0191 – 4061020
  - **Office:** 01991-295012
- **Mobile No:** +91 9419222754;
  - +917006450577
- **Qualifications:**
  - **MBBS,MD(Physiology),AMAHA,ACME,FIMSA, MBA(HM)(Pursuing from AHA,(Academy of Hospital Administration, Noida, 3<sup>rd</sup> sem)**
  - **Internal Assessor (trained) NQAS, J&K**
  - **FIMSA** (Fellow of The International Medical Sciences Academy) awarded on 27<sup>th</sup> of March 2014, Received in the convocation ceremony at IMSACON, 35<sup>th</sup>Annual Conference of International Medical Sciences Academy, 6<sup>th</sup> – 8<sup>th</sup> Oct 2016 Mauritius
  - **AMHA(Associate Member of Academy of Hospital Administration)**
  - **ACME(Advanced course in Medical education) 2019 B batch;**
  - **BCW (29<sup>th</sup>-31<sup>st</sup> March 2012); rBCW(4h-6<sup>th</sup> Nov 2019);**
  - **CISP(7<sup>th</sup>-9<sup>th</sup> Nov 2019) all from NMC Nodal centre, Christian Medical College, Ludhiana, Punjab**
  - **BCBR(Basic Course in Biomedical research) Aug-Dec 2020 from ICMR**
  - **MOCA ((Montral Cognitive Assessment) certified)certified**

- **Email:** [sabyyograj@gmail.com](mailto:sabyyograj@gmail.com)
- **Trained in different workshops related to physiology at multiple prestigious institutes, like AIIMS Delhi, etc.**
- **Appointments/Assignments: Teaching, research and clinical experience of more than 33 years**
  - Junior resident Dept of Paediatrics, GMC, Jammu, J&K, India (1st Jan 1992-30th June 1992)
  - Junior resident Dept of Obst & Gynae, SMGS Hospital, GMC, Jammu, J&K, India (1st July 1992-31st Dec 1992)
  - Medical officer, Jeevan Jyoti Nursing Home, Jammu, J&K, India (Oct 1993- Dec 1994)
  - Junior resident Dept of Obst & Gynae, SMGS Hospital, GMC, Jammu, J&K, India (27th Jan 1995-30th June 1995)
  - Junior Resident, ASCOMS & Hospital, Sidhra, Jammu (J&K), India (Aug 1995-June 1997)
  - Assistant Surgeon, J&K Health Services, India (01/09/1997 to 16/09/2006 FN)
  - Demonstrator, Dept. of Physiology, GMC, Jammu, J&K, India (20/10/2000 to 09/02/2004)
  - Tutor/Assistant Surgeon, Dept. of Physiology, GMC, Jammu, J&K, India (10-02-2004 to 16-09-2006 FN)
  - Assistant Professor, Dept. of Physiology, ASCOMS & Hospital, Sidhra, Jammu (J&K), India (16-09-2006 AN to 30-09-2011)
  - Associate Professor, Dept. of Physiology, ASCOMS & Hospital, Sidhra, Jammu, (J&K), India (01-10- 2011 to 31-07-2017) XI.
  - Prof. Dept. of Physiology, ASCOMS & Hospital, Sidhra, Jammu (J&K), India (01-08-2017 to 06-03-2019)
  - Prof & Head, Dept of Physiology, (Coordinator CC & MEU), Ex-designated Academic registrar, Govt Medical College, Kathua, (J&K), India. (07-03-2019 to 20-09-2024)
  - Prof, Dean & Head, Dept of Physiology, (Coordinator CC & MEU), Shri Mata Vaishno Devi Institute of Medical Excellence (SMVDIME), Kakryal. Katra, J&K, India

## o **Areas of Special Expertise & achievements:**

- Attended, chaired and speaker at multiple National and
- International medical as well as publishers conferences.
- Govt Medical College Kathua, J&K is one of the new medical colleges of J&K. While working there played many roles few of which were:
  - As the senior most Professor, established the dept. of Physiology
  - As Coordinator of MEU & CC & Designated Academic Registrar
- ✓ Established the medical education dept. sensitized the new faculty members towards the UG CBME curriculum, planned and helped in the implementation of the Foundation and CBME curriculum timetables for different phases of MBBS students planned & conducted online CISP workshop & two rBCW at the college in which faculty from GMC Doda was also trained
- ✓ Started e-learning platforms for students from 17<sup>th</sup> March 2019 during COVID for all subjects
- ✓ Started departmental Y-tube channel, and helped prepare Physiology practicals videos which were shared with students
  - ✓ Conducted an online competition among Phase 1 MBBS students for preparing the video presentation on COVID-19 with few inspirational words for Doctor, prize-winning videos were appreciated all over India and abroad. link is given below:  
[https://www.youtube.com/playlist?list=PL8Jy6GefrSumULo80v030WKI\\_PgD2p09Wv](https://www.youtube.com/playlist?list=PL8Jy6GefrSumULo80v030WKI_PgD2p09Wv)
- ✓ Started own you-tube channel to share physiology lectures with students, which was helpful during pandemic, the link is given below:  
[https://www.youtube.com/playlist?list=PL8Jy6GefrSuldCEuWMTg\\_GdYikx3ODucAZ](https://www.youtube.com/playlist?list=PL8Jy6GefrSuldCEuWMTg_GdYikx3ODucAZ)
- ✓ Was able to procure 2 seats in DNB Physiology at GMC, Kathua
- ✓ Our students participated in all India Physiology competition held at Lady Harding Medical college, New Delhi and secured 1<sup>st</sup> in poetry and 3<sup>rd</sup> in the skit competition

- Conducted autonomic function tests at ASCOMS & Hospital, Sidhra, Jammu, linked it with HRV directory at AIIMS New Delhi, which will shortly start at GMC Kathua too
- As ex-adjunct faculty of ACME under the aegis of NMC Nodal centre CMC Ludhiana Punjab, promoted the faculty development
- NMC observer for rBCW under aegis of NMC Nodal centre CMC Ludhiana Punjab at different medical colleges across India
- Resource faculty: rBCW & CISP
- As Examiner DNB and NEET PG examiner under NBEMS(National Board of Examinations of Medical Sciences)
- Instrumental in Starting the J&K Chapter of Association of Physiologists of India(ASSOPI) as its General secretary and Joint Secretary North Zone ASSOPI.
- Ex-Executive Member ASSOPI
- Member of medical education committee of Physiological Society of India(PSI)
- Executive member IESRF(Innovative Education & Scientific Research Foundation)
- Fellow of International Medical Sciences Academy(IMSA)
- A medical journalist for IESRF-insight, medico-journalism
- Part of social work network and visit schools for advice and guidance
- MBBS, MD & PhD examiner of multiple universities
- Trained in multiple national and international workshops in autonomic function tests, sleep physiology, exercise physiology, medical education, simulation workshops, etc
- Editorial board member & Reviewer of multiple National & International Scientific(medical)Journals
- Reviewer of Amazon OTT
- **At present Dean (Academics), Prof & Head, Dept. of Physiology & Coordinator (MEU&CC), SMVDIME(Shri Mata Vaishno Devi Institute of Medical Excellence)**
- **Awards:** Received best editor and teachers awards
- **Area of Interest:** Medical Education & Autonomic nervous system, Exercise physiology

- 0 Membership of Professional Societies/Organizations (Mention only)**
- 1. Full member of the Physiological Society (International).**
  - 2. Fellow & member of the International Medical Sciences Academy(IMSA).**
  - 3. Associate Member of Academy of Hospital Administration.**
  - 4. Life member of the Association of Physiologists of India.**
  - 5. Life member of the Association of Physiologists and Pharmacologists of India.**
  - 6. Life member of The Physiological Society of India.**
  - 7. Member, PSI(Physiological Society of India) Education Committee**
  - 8. Life member of the Basic Medical Scientists Association**
  - 9. Life member of the Indian Science Congress**
  - 10. The reviewer of Journal of Physiology and Pharmacology Advances (International)**
  - 11. Member Editorial Board, Translational Clinical Biology. Open access Peer reviewed Scientific Journal**
  - 12. Joint secretary North zone of Association of Physiologists of India(ASSOPI)**
  - 13. Ex-executive member: ASSOPI**
  - 14. Member Editorial Board and Reviewer, Anatomy Physiology & Biochemistry International Journal (APBIJ)**
  - 15. Member Editorial Board, International Journal of Anatomy Physiology and Biochemistry (IJAPB)**
  - 16. Member Editorial Board, Indian Journal of Clinical Anatomy and Physiology (IJCAP)**
  - 17. Member Editorial Board of Journal of Human Applied Physiology**
  - 18. Instrumental in starting the J&K chapter of ASSOPI, application sent, General Secretary of J&K chapter of ASSOPI**
  - 19. Reviewer Journal of Nature and Science of Medicine**
  - 20. Reviewer Journal of Pharmaceutical Research International**

## 21. Reviewer of multiple other medical National & International journals

### o List of Publications

1. **Yograj S**, Sadhoo AK, Kalsotra L, Bhat AN, Arora A. Effect of Graded Head-up-Tilt & Head Reverse Tilt on the Sympathetic Nervous System Versus Parasympathetic Nervous System. J K Sci 2004;6(3):144-8
2. Bhat AN, Sadhoo AK, **Yograj S**, Kaur G. Autonomic Function in Postmenopausal Women. J K Sci 2005;7(3):135-9
3. Bhat AN, Kalsotra Leela, **Yograj S**. Autonomic Reactivity with Altered Thyroid Status. J K Sci 2007;9(2):377-81
4. Bhat AN, **Yograj S**, Sahi M. Presence of Iron deficiency anaemia in adolescent girls of Jammu District and its effect in their physical performance. Ind J Clin Anat Physiol 2015;2(4):164-8
5. **Yograj S**, Gupta G, Nomani MG, Bhat AN, Gupta RK. Gender based alteration in autonomic activity in young adults. Ind J Clin Anat Physiol 2016;3(2):155-60
6. **Yograj S**, Bhat AN, Gupta G, Kalsotra L, Gupta RK. Assessing the existing learning methodology in Physiology: A feedback study from students of two medical colleges in northern India. Ind J Clin Anat Physiol 2016; 3(3):260-4
7. Bhat AN, **Yograj S**, Bahl R. Alteration in Autonomic reactivity from Hypothyroid to Euthyroid status. Ind J Clin Anat Physiol 2016; 3(3):377-81
8. Gupta G, **Yograj S**, Gupta AK, Langer B, Goni M. Forced Vital Capacity(FVC), Forced Expiratory Volume in 1st second(FEV<sub>1</sub>) and Forced Expiratory Ratio (FEV<sub>1</sub>)/FVC) in automobile spray paint workers. Int J Res Med Sci 2016; 4(9):3724-8
9. **Yograj S**, Gupta G, Gupta V, Bhat AN, Arora A. Flaxseed- A Shield against Diseases? Anat Physiol Biochem Int J 1(4):555568. DOI:10.19080/APBIJ.2017.01.555568
10. Gupta G, **Yograj S**, Gupta AK, Langer B, Goni M, Kalsotra L. Relationship between intake of artificial sweeteners and body mass index in young non-diabetic adults: a cross-sectional study. Int J Res Med Sci 2016;5 (4):1208-12
11. **Yograj S**, Bhat AN, Gupta G, Kalsotra L, Gupta R, Arora A Approach of medical students to Physiology: A feedback study from two

- medical schools in a sub Himalayan state of India.. Int J Scient Res 2018;7(4):506-09
12. Gupta G, Langer B, Gupta P, **Yograj S**, Gupta AK, Goni M. Association of ABO and Rhseus blood group with Type-2 Diabetes Mellitus in Northern India: A cross-sectional study. Int J Med Sci Innovative Res 2018; 3(2):241-46.
  13. Sharma N, **Yograj S**. Case Report: Haemophilia-B. J Med Sci 2017; 20(1):e1- e3
  14. **Yograj S**, Bhat AN, Gupta RK, Gupta G, Kalsotra L. Role of basic sciences in making of a clinician: Perspectives of medical students from North India. J Edu Health Promot 2019;8:171
  15. Kotwal SD, Bhat AN, **Yograj S**, Kotwal S. Evaluation of Vitamin D status in premenopausal and postmenopausal Type 2 Diabetic women and its relation to glycemic control. Accepted in Int J Res Med Sci 2020;8(4):1292-8
  16. **Yograj S**. Sharpening of medical undergraduates' minds under COVID-19 crisis. J Family Med Prim Care 2020; 9:6291-2.
  17. Gupta G, Kaur G, G Veena, **Yograj S**, Goni M, Kaur R. Peak expiratory flow changes among welders. Int J Scient Res 2020;9(8):37-9
  18. **Yograj S**, Gupta RK, Bhat AN, Badyal DK, Arora A, Arora A. Perceptions of stakeholders regarding the foundation course. *Indian J Physiol Pharmacol* 2020;64(Suppl\_1): S51-S8
  19. Arora A, Sood V K, Chaudhary H K, Banya ID K, Kumar S, Devi R, Kumari A, Khushbu, Priyanka, **Yograj S**. Genetic diversity analysis of oat morphological and SSR markers. Range Mgmt. Agroforestry 2021;42 (1): 38-48.
  20. Badyal D, Chandy S J, Chugh PK, Faruqui A, Gupta YK, Hazra A, Kamat S, Kamboj VP, Kaul R, Kshirsagar N, Maulik S, Medhi B, Menon G, Ranjalkar J, Rao V, Shetty Y, Tripathi R, Xavier D. Hydroxychloroquine for SARS CoV2 Prophylaxis in Healthcare Workers – A Multicentric Cohort Study Assessing Effectiveness and Safety.( **As one of the Co-authors and Principal investigator from other RUMC and collaborating centres** ) J Assoc Physicians India(JAPI) 2021;69:17-23.
  21. Sharma M, **Yograj S**, Singh O, Rao J, Memoalia J. Evaluation of sleeping patterns during the pandemic. Nat J Physiol Pharma

Pharmacol

2021;12(6):1-6;

DOI:

[10.5455/njppp.2022.12.11404202112112021](https://doi.org/10.5455/njppp.2022.12.11404202112112021)

22. Rao J, Memoalia J, **Yograj S**, Sharma M, Singh O. Physical Fitness Index of Medical Students in a Tertiary Health Institution. Eur J Mol Clini Med 2022;9(4):2286-92.
23. Sharma M, **Yograj S**, Singh O, Rao J, Memoalia J. Assessment of Awareness among Medical Students about Hand Hygiene Practices Amidst the Covid-19 Pandemic. Ind J Public Health Res & Develop 2021 12(4), 463–9. <https://doi.org/10.37506/ijphrd.v12i4.17797>
24. Memoalia J, Rao J, **Yograj S**, Sharma M, Singh O. Medical Teaching - Online or Offline J Cardiovas Dis Res 2023;(02): 16-29.
25. Anusuya GS, Yograj S, Patki MB, Kumar A. Perception of Faculty Regarding Competency-based Medical Education: A Qualitative Study from Mizoram, India J Clin of DiagnRes.2024; 18(1):JC05JC09. <https://www.doi.org/10.7860/JC DR/2024/67085/18919>

o **Chairperson, Paper presentations & Delegate in multiple medical, medical education, management conferences across India and abroad.**