



Nisha Shantakumari

MBBS, MD, DNB

College of Medicine, Ajman University

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EDUCATION

- **MBBS** - Medical College Trivandrum, Kerala University, India (1994-2000)
- **Diploma from National Board of examinations (DNB) Physiology** -New Delhi, India (2005)
- **MD Physiology** - Medical College Trivandrum, Kerala University, India (2002- 2005)
- **Graduate Diploma in Health Professionals Education (GradDipHPE)** -Gulf Medical University, Ajman, UAE (2010-2011)

CERTIFICATIONS

- Good clinical practice (ICH -GCP) certification- Dec 2011
- Certificate course in Statistics in Medicine - Stanford University -Aug 2013

CURRENT APPOINTMENT

- Assessment Coordinator & Lecturer, Ajman University, College of Medicine (August, 2019 - Present), Ajman, United Arab Emirates

EMPLOYMENT HISTORY

- Adjunct Faculty, Ajman University (January, 2017 - May, 2018), Ajman, United Arab Emirates.
- Clinical Tutor, Ajman University, College of Medicine (September, 2017 - August, 2018), Ajman, United Arab Emirates.
- Assistant Professor& Research Associate, Gulf Medical University (November, 2010 - December, 2015), Ajman, United Arab Emirates.
- Assistant Professor, Universal Empire Institute of Medical Sciences (July, 2006 - September, 2010), Dubai, United Arab Emirates.
- Lecturer, Universal Empire Institute of Medical Sciences (July, 2005 - June, 2006), Dubai, United Arab Emirates.

WORK EXPERIENCE

A. TEACHING

- **Courses taught:**

MBBS program- All Organ system blocks General concepts, GIT, CVS, Respiratory, Renal, Musculoskeletal, Neuroscience, Integumentary, special senses, Endocrine and reproduction blocks

Dentistry: Human Physiology (DMD), Integrated Biological Sciences (DDS), General Medicine and infectious diseases (DDS)

Pharma D program: Anatomy and Physiology, General Pathology (B Pham),

BPT program: Physiology and Biochemistry

Masters in Toxicology program: Tissues and Organ systems

- **Facilitation of CBL and PBL sessions** in the Integrated MBBS curriculum

- **Courses Designed:**

Human Anatomy and physiology -Bachelor of Biomedical Sciences program

Neurosciences -Bachelor of Biomedical Sciences program

Reproductive physiology -Masters in reproductive Biology

Physiology - Masters in internal medicine

Nervous system -Higher Diploma in Preclinical Sciences

Nutrition for sports and human performance- Certificate Course in community outreach program

Exercise physiology - Bachelors in Health sciences program

- **Mentoring of student groups**

B. ADMINISTRATIVE EXPERIENCE

- Assessment Coordinator, College of Medicine
- Coordinator of Phase I MBBS program
- Course Chairperson: Reproductive block and Nervous system block of MBBS curriculum

C. SERVICE EXPERIENCE

COMMITTEE MEMBERSHIPS

- Membership in University Committees- Institutional Effectiveness committee (IEC), Teaching and learning center, AU Collection Development Committee, Scientific committee of Gulf Medical University
- Membership in Block/Course committees for MBBS program
- Member of College Committees-Assessment committee, curriculum committee, Student admission committee

SERVICE TO THE PROFESSION

Board Member: PRJ Editorial Review Board

- Indian Journal of Cardio Biology & Clinical Sciences
- International Journal of Physiology

Reviewer: Ad Hoc Reviewer for a Journal

- Journal of Diabetes & Metabolism
- International journal of Pediatrics and Adolescent Medicine
- Journal of Sports Medicine & Doping Studies
- Education in Medicine Journal
- The Journal of Family Practice

Workshops conducted

- Workshop on Online TBL-Faculty development, Ajman, United Arab Emirates. Target population COM faculty and students
- Workshop on Exam soft -Faculty development, Ajman, United Arab Emirates. Target population COM faculty and students
- Workshop on Team based learning and audience response system (Clickers), Ajman, United Arab Emirates. Target population COM faculty and students
- Workshop on standard setting methods in Assessments-Angoff Method, Ajman, United Arab Emirates. Target population-COM Faculty

SERVICE TO COMMUNITY

Offering community course in -Nutrition for sports performance at the center for continuing education and community outreach, Gulf Medical University

RESEARCH AND PUBLICATIONS

Journal publications

1. **Nisha Shantakumari**. Deschooling society, Asia Pacific Journal of Education, 2021; DOI: 10.1080/02188791.2021.1897255
2. Lone, R., Sequeira, s., & **Shantakumari N**, Compliance with accreditation and standardization of point of care Testing- from vision to action. Journal of International Dental and Medical Research. Int Dent Med Res 2021; 14(2): 860-864
3. Al Omar, S., Khair, A. B., **Shantakumari, N.**, Abdelmagied, M., & Hadi, K. M.H. (2020). Perceived sources of stress and stress coping strategies among junior Dental students at Ajman University. Journal of International Dental and Medical Research.
4. Muttappallymyalil, J., Mendis, S., John, L. J., **Shantakumari, N.**, Sreedharan, J., & Shaikh, R. Evolution of technology in teaching: Blackboard and beyond in Medical Education. Nepal J Epidemiology. 2016; 6(3); 588-594.
5. John LJ, **Shantakumari N**. Herbal Medicines Use during Pregnancy: A Review from the Middle East. Oman Medical Journal 2015; 30(4): 229–236
6. **Shantakumari N**, Muttappallymyalil J, Lisha JL, Sreedharan J. Cigarette Alternatives: Are they Safe? Asian Pac J Cancer Prevention 2015, 16 (8), 3587- 3590
7. John LJ, Esheiba EM, Fathi MAM, Agarwal AK, Sreedharan J, Muttappallymyalil J, **Shantakumari N**. Efficacy of Statins in Dyslipidemia: A Non-interventional comparative study in a tertiary care hospital, Ajman, UAE. Nepal Journal of Epidemiology 2014; 4(5): 428-32
8. **Shantakumari N**, Eldeeb, Ibrahim S.A.M Sreedharan J, Otoum S. Effect of PUFA on patients with hypertension: A hospital-based study. Indian Heart Journal 2014; 66(4): 408–414.
9. Jayakumary Muttappallymyalil, Jayadevan Sreedharan, Mawahib Abd Salman Al Biata, Kasturi Mummigatti, **Nisha Shantakumari**. Prolactin level in women with Abnormal Uterine Bleeding visiting Department of Obstetrics and Gynecology in a University teaching hospital in Ajman,

UAE. GMJ, ASM 2014;3(S2): S91-S98

10. **Shantakumari N**, Eldeeb R, Sreedharan J, Gopal K. Computer Use and Vision-Related Problems Among University Students In Ajman, United Arab Emirate, Annals of Medical and Health Sciences Research, 2014; 4 (2):258-263
11. **Shantakumari N**, Gopakumar A, Sreedharan J .The effects of smoking on the hearing status - A hospital based study.[Letter to the Editor] Journal of Clinical and Diagnostic Research 2013 ; 7(10):2416 :<http://www.jcdr.net>
12. **Shantakumari N**, Sequeira S, Eldeeb R. Effects of a yoga intervention on lipid profiles of Diabetic patients with dyslipidemia. Indian Heart Journal 2013; 65 (2):127-131
13. Eldeeb R &**Shantakumari, N**. Outcome Based Education (OBE) - Trend Review. IOSR Journal of Research & Method in Education (IOSR-JRME)2013; 1(2) :09-11
14. **Shantakumari N**. The Evolving Role of Technology in Physiology Laboratories. Education in Medicine Journal 2013;5(1): e61-66
15. Eldeeb R, **Shantakumari N**, Gamal-EldinM.H., Effat A. Khowailed, Fathy MM. The Response of Lipolytic Activity in Adipose Tissue to Saturated Fat. IOSR Journal of Pharmacy 2013;3(1) :35-40
16. Eldeeb R, Gamal-Eldin MH, Khowailed EA, Fathy MM, **Shantakumari N**, Saleh ME. Effect of Insulin Resistance on Lipolytic activity of Adipose Tissue in Male Rats. Nepal Journal of Medical sciences 2012; 1(2): 68-73
17. **Shantakumari, N.**, &Eldeeb R. Best Evidence Medical Education (BEME) - A critical review. Education in Medicine Journal 2012, 4(1); e15-20
18. **Shantakumari N**, Sequeira S, Eldeeb R. Effect of a Yoga Intervention on Hypertensive Diabetic Patients. Journal of Advances in Internal Medicine 2012; 1(02):60-3
19. **Shantakumari N**, Eldeeb R, Sreedharan J, Gopal K. Awareness and Practice of Computer Ergonomics among University Students. International Journal of Medical and Health Sciences.2012; 1(4):15-20

Conference presentations

1. Shantakumari N, John LJ, Muttappallymyalil J, Sreedharan J. E-Cigarettes- “Old wine in a new bottle?” Proceedings of 16th world tobacco conference on tobacco or health.17- 21 March 2015
2. John LJ, Muttappallymyalil J, Shantakumari N, Sreedharan J.E-cigarettes: An update on the Prevalence and Recent developments on its regulations. Proceedings of 16th world tobacco conference on tobacco or health.17-21 March 2015
3. Shantakumari N, Sajith P.A Study of Student’s Perceptions of a Blended Learning Environment Offered in certificate courses of Gulf Medical University. Proceedings of 6th Annual Scientific Meeting of Gulf Medical University Nov 2014
4. John LJ, Farag Esheiba EM, Mohamed Fathi MA, Sreedharan J, Agarwal AK, Muttappallymyalil J, Shantakumari N. Efficacy of Statins in Dyslipidemia: A Non-interventional comparative study in a tertiary care hospital, Ajman, UAE. Proceedings of 6th Annual Scientific Meeting of Gulf Medical University Nov 2014
5. Muttappallymyalil J, Sreedharan J, Salman Al Biate MA, Mummigatti K, Shantakumari N. Prolactin level in women with Abnormal Uterine Bleeding visiting Department of Obstetrics and Gynecology in a University teaching hospital in Ajman, UAE. Proceedings of 6th Annual Scientific Meeting of Gulf Medical University Nov 2014
6. Shantakumari N. Future prospects for physiologists in an integrated PBL curriculum Proceedings of INTED2014 Conference Valencia, Spain 3435-37 Mar/2014
7. Shantakumari N & Lisha JJ. Distance Education: A systematic review on Attitudes and perceptions of faculty from the Middle East. Proceedings of Dubai International Conference in Higher education: sustaining success through innovation. Jan2014
8. Eldeeb R, Shantakumari N, , Ibrahim S.A.M Sreedharan J, Shehnaz S. Does Diabetic patient benefit from Omega-3 Polyunsaturated fatty acids (PUFA) supplements? Proceedings of the First NCD Congress in the UAE, Jan 2014: p71-72
9. Shantakumari N, Eldeeb R, Ibrahim SAM Sreedharan J, Otoum S. PUFA supplementation and blood pressure control. Proceedings of 5th Annual Scientific Meeting of Gulf Medical

University Nov 2013; P36-43

10. Eldeeb R, Shantakumari N, , Ibrahim S.A.M Sreedharan J ,Shehnaz .Effects of PUFA on lipid levels in Patients: Hospital based study. Proceedings of 5th Annual Scientific Meeting of Gulf Medical University Nov 2013; P64-70
11. John LJ, Shantakumari N. Use of herbal Medicines during Pregnancy: A Systematic Review from the Middle East. Proceedings of Abu Dhabi Obstetrics Gynecology and Midwifery congress 2013, Oct 2013: 030.
12. Premadasa G, Shantakumari N. Power points in instruction-beyond the basics. Proceedings of International Conference in Higher Education, 28-29 Jan 2013 Dubai, UAE.
13. Shantakumari N, Eldeeb R, Sreedharan J, Gopal K. Computer use and Vision-Related Problems amongst University Students in Ajman, UAE Proceedings of 4TH annual scientific meeting of Gulf Medical University,5-6 Nov 2012, Ajman, UAE 2012: p 22-27
14. Shantakumari N, Eldeeb R, Sreedharan J, Gopal K. Awareness and Practice of Computer Ergonomics among University Students. Proceedings of 4TH annual scientific meeting of Gulf Medical University,5-6 Nov 2012, Ajman, UAE: p11-
15. Shantakumari N. Replacement of animal labs with simulations-The pedagogical advantage. Proceedings of the 5th International Conference of Education, Research and Innovation (ICERI2012), 19- 21 November, 2012.Madrid (Spain): p2411-2415
16. Shantakumari N. Computer based alternatives vs. animal experiments in undergraduate Medical education. Proceedings of International Conference on internet-learning and educational technologies (ICIEET), Sept 2012, Abu Dhabi, UAE: p27-32
17. Shantakumari N, S. Sequeira, R. Eldeeb, Yoga: A Holistic approach to hypertensive diabetics. In the proceedings of the Third annual scientific meeting of Gulf Medical University,29-30 Nov 2011, p40-45)
18. Shantakumari N, S. Sequeira, R. Eldeeb. Yoga, as an option to supplement the management of dyslipidemia in diabetes. In the proceedings of the Third annual scientific meeting of Gulf Medical University,29-30 Nov 2011, Ajman: p172-76

PROFESSIONAL MEMBERSHIPS

- American Physiological Society
- Member of national academy of medical sciences (MNAMS)
- Editorial board of Indian Journal of Cardio Biology & Clinical Sciences
- International advisory board of International Journal of Physiology

HONORS

- Award for Excellence in teaching at GMU Excellence awards, 5th Jan 2014.
- Best poster award at the 6th Annual scientific meeting, Gulf Medical University, Ajman, Nov 2014.
- Best paper award at the 5th Annual scientific meeting, Gulf Medical University, Ajman, Nov 2013.
- Best paper award at the 4th Annual scientific meeting of Gulf Medical University, Ajman, Nov 2012

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