

PERSONAL DETAILS

Dr. Raakhi Mehraa

Body-Mind-Emotion Transformation Expert,
Holistic Lifestyle Counsellor, Researcher, YOGAYU Expert,
Scientist-Surgeon-Specialist Consultant,
Writer-Author-Orator, Presenter of Clinical
Ayurveda-Yoga Medical Sciences, Coordinator for courses
on Life & Diet at Bhartiya Vidya Bhavan



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Seeking new challenges across life –In Health – education management / Rejuvenation, Wellness Program Management, Preventive and Promotive Health Care Management, Ayurveda, Science of Yoga,

The objective is also to work on Happiness with holistic life style for all age groups from school going children to older citizens, Women in all productive or non-productive phases right from menarche to menopause, with special features on Youth for their all type of physical, mental, emotional, behavioural counselling to tackle the trauma with her extensive experiences and expert holistic techniques.

Has a passion and flair for writing on life, culture, philosophy, ethics, science, medical and nonfiction bilingually. Has been writing regularly on health issues in Times of India, Meri Dilli, Hari Bhoomi, Amar Ujala, Employment News, YOJANA, Global Ayurveda magazine, Ayushman, Ayurveda Patrika, various Medical Journals, both in English and Hindi. Has also been involved in translating a 260 pages coffee table book on Indian Army into Hindi, the same was highly appreciated. A biography on CL Bharany has admired by the publisher and process of publishing. Have the ability to take down notes on Dictaphone and thereafter converting it into script.

SUMMARY

- Extensive work experience of 25 years in health-care (Tertiary Hospitals and Medical units), in Clinical Research Organisations, Academic Research Organisation, Hospital Management Organisation, Teaching Ayurveda and Yoga, Holistic lifestyle, Wellness, Stress management and Psycho-social Health.
 - A multifaceted dynamic healthcare and clinical research professional combined with prompt and astute decision-making capabilities and organisational skills.
 - Demonstrated and proven track record for *managing, administration and coordination of several research programs (clinical studies) in various capacities.*
 - Held managerial positions as Director, Program officer, Technical Advisor, Project Manager and Instructor in various organisations and institutions.
 - "Roll up the sleeves" and "on the floor" attitude with strong quantitative/ qualitative reasoning abilities.
 - Expert in delivering full scope lectures in Ayurveda, Yoga, Life style disorders, Counseling in stress, spiritual and holistic healing, Wellness and in Academic Studies.
 - Strong leadership, communication & problem-solving skills, Target oriented, Ability to enthuse, motivate, involve individuals and teams; passionate, forward thinking and growth-oriented individual with an analytical bent of mind who likes to take up new challenges and believes in thinking out-of-the-box.
 - **Expert** in workshops, national and international seminars, **Consultant** in conferences, **Exhibitor** in various AYUSH Melas and vast OPD and IPD experience.
 - Promotion and propagation of *Ayurveda, Yoga and Holistic* system of medicine through various modes like All India Radio as well as through different TV channels, Guest Celebrity for Sanjivani program and Call for Care in Pragya TV channel and You tube.
 - **Author** of ten books, efficient and effective **Orator, Writer- Presenter** of 678 researches in communicated, open papers published in International journals, health magazines, national news papers etc.,
 - **Foreign Representation:** She has also represented Govt of India as an AYUSH delegate for International Trade Fair and Exhibition at Prague (Czech Republic), 2nd SAARC Ministerial Meet at Colombo (Sri Lanka), International conference at Dubai, Indo- US symposium.
 - She has also contributed her services which earned Gold Medal for the Health Pavilion in the 30th India International Trade Fair 2010.' She has been trained on usage of science and technology in development of society in 2013 from Lal Bahadur Shastri Academy of Administration (LBSNAA), Mussoorie.
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OVERALL EXPERIENCE IN HOLISTIC MANAGEMENT, HEALTHCARE, AND GOVERNMENT SERVICE

▪ **Project Leadership and Administration:**

- Overseen project and program delivery for various Govt of India project work ensuring metrics and organisational goals are achieved, consolidating resources, sharing best practices, and achieving results.
- Established and lead activities related to the Executive and Operational Governance bodies and be directly responsible for resolution of issue escalation, both internally and externally
- Interactions with key officials at Ministries of Health and premier Academic Institutions for translation of innovation for improving public health
- Managed staff in accordance with organization's policies and applicable regulations. Responsibilities include planning, assigning, and directing work; appraising performance and guiding professional development; rewarding and disciplining employees; addressing employee relations issues and resolving problems. Approved actions on human resources matters. Worked with Program Directors, Program Managers and Line Managers to determine and meet the needs of specific programs
- Facilitated team building and communication
- Worked with other internal departments to ensure project related tasks and/or issues are resolved
- Promoted and championed process development and implementation efforts within department for improved operational efficiencies. Identified and implemented strategic opportunities (risk management, contingency planning, and enrolment strategies) to enhance and improve the project deliverables. Monitor performance metrics
- Ensured study launch, conduct, and closeout according to the Govt of India policies, and study progresses according to quality standards, SOPs, local and federal regulations
- Managed study budgets and expenses. Review and approve timesheets/expense reports (billable and non-billable)
- Overseen and tracked site payment issues in coordination with Finance departments
- Ensured clients are invoiced in a timely manner and follows up on receipt of payment
- Reviewed protocol, CRF, ICFs and other documents for consistency and local requirements
- Headed a project for development of drugs for cure in Cancer in collaboration with AIIMS, New Delhi at IRCH (2012-15)
- Overseen the regulatory document collection and submission process
- Ensured project documentation are complete and audit-ready
- Negotiation and contracting process with outside vendors (labs, printers, outsourcing, hiring of manpower etc)
- Vendor Management - Regulatory Consultants, Auditors, Central Lab, Trainers, etc.
- Author/reviewer for SOPs/ process guidance for projects.

▪ **Costing and Budgeting:**

- Incharge Director of Rs. 5 Cr Budget of Ayurveda Central Research Institute New Delhi with the management of 50 Bedded hospital. Provided information for costing or

budgeting (number of hours for writing or reviewing the medical content in the protocol, ICF and SAE forms, capture of appropriate medical information as per protocol in the paper CRF/eCRF, site visits for SAE assessment, assessment of enrolment criteria, review of medical information that goes to Site and Regulatory Authorities, etc.)

▪ **Reporting:**

- Maintained and evaluated project progress by maintaining timelines and other tracking/analysis tools
- Ensured that staff is meeting defined workload and quality metrics through regular review.

▪ **Communication:**

- Guided effective communication with the Client and project team
- Reviewed and approved information from PMs for internal review meetings
- Lead project team meetings.

▪ **Knowledge Sharing/Training:**

- Facilitated team training in accordance with protocol and/or project requirements, including therapeutic area and process training
- Implemented appropriate Project Management practices with associated staff training to support improved efficiency, development, and management
- As Project/Medical Director, trained project teams on current therapeutic environment, drug development trends, facilitate knowledge sharing and 'Lessons Learned' sessions for junior staff
- Facilitated training for building young researchers, through regular classes and sessions in Bhartiya Vidya Bhawan, Morarji Desai Institute of Yoga and Amity University.

▪ **General Skills:**

- Ability to work across multiple functions and cultures
- Ability to travel domestically and internationally as required
- Excellent English communication skills: written and verbal
- Strong organizational skills and ability to deal with competing priorities
- Strong reasoning and creative solving skills
- Excellent presentation skills.

• **Strength :**

- Honesty,
- integrity
- Straight forward
- Complete the assigned task/goals with full Devotion, Dedication under Discipline without compromising in quality and time.

• **Motive:**

To be Happy and spread the happiness through Indian wisdom to the humanity.

EDUCATION

Qualification	Year	Board / University	Other Information / Remarks
Bachelor of Science (B.Sc.)	1984	Ravi Shankar University, Raipur, M.P.	Botany, Zoology, Chemistry , English
Bachelor of Ayurveda medicine and surgery (B.A.M.S.)	1991	Pt. Ravi Shankar University, Raipur, Chattisgarh.	with two GOLD MEDALS , 1st in merit with distinction in Udbhijang Pratyanga, Padarth Vigyana, Ayurveda Itihas, Caraka , Prasuti Tantra , Salya-Salaky,
Doctor of Medicine (Ayurveda) M.D. (Ay)	1995	IPGT & RA, Gujarat Ayurved University, Jamnagar, India	Salya (Surgery)
Ayurvedyav-aridhi -Ph.D.	2000	IPGT & RA, Gujarat Ayurved University, Jamnagar, India	Salya Tantra (Surgery) Wound Healing
Post Graduate Diploma in Medico Legal System. (PGDMLS)	2002	SYMBIOSIS, Pune, Maharashtra, India	with distinction in medico legal
Post Graduate Diploma in Preventive and Promotive Health Care. (PGDPPHC)	2005	Apollo Hospital, Hyderabad, A.P., India	with distinction in Exercise and Fitness
Post Graduate Certificate in Hospital Management (PGCHM)	2006	National Institute of Health and Family Welfare, New Delhi, India.	Up gradation of Minor OT with Special reference to Kshar Sutra
Post Graduate Diploma in Disaster Prevention and Rehabilitation (PGDDP&R)	2012	Guru Gobind Singh University , New Delhi, Indian Red Cross Society	First with distinction Thesis: Role of Ayurveda in Psychosocial- Mental Support
Yoga Instructor Course (YIC)	2015	S-VYASA University , Bengaluru	Passed with distinction
Diploma in Yoga	2016	Bhartiya Vidya Bhawan, New Delhi	Passed with distinction
M Sc (Yoga)	2018	S-VYASA University , Bengaluru	Passed with Excellence

WORK EXPERIENCE – CLINICAL RESEARCH

Name of Post	Department/Org	Period	Competency
House Physician,	Govt.. Ayurveda College Hospital, Raipur.		Clinical classes for B.A.M.S students along with OPD and IPD duties.
Medical Officer,	Mata Laxmi Nursing Home, Raipur	1993	History taking, examine, diagnosis, treatment for Gynae obstetrician patients.
House Physician/Surgeon, Junior & Senior Resident, Jamnagar, GAU Project Officer	IPGT&RA, Gujrat Ayurveda University. Cancer Institute, Rajkot	1995	Regular OPD, OT, Dressing, clinical and experimental trial, dissertation work, regular classes etc Teach Ayurveda to Foreign delegates/students. Guest lecturers to Dental Ayurveda College, Ratanpar, Gujarat
Clinical Registrar,	Jamnagar, GAU	1998	Regular OPD, OT, Dressing, clinical and experimental trial, dissertation work, regular classes etc Teach Ayurveda to Foreign delegates/ students.
Research Officer	THCRP, Carnicobar, Andaman & Nicobar Island	1999-02	Administration, Liaison, Regular OPD, Survey, Surveillance Field Job, Collection of Medicinal Folk Lore/Claims, Collaboration with Botanical Survey of India Port Blair, Awareness, promotion and propagation of Ayurveda system of medicine.
Research Officer	CRIA, Punjabi Bagh, New Delhi	2002-03	Protocol for Dental Hygeine, Update Library along with regular OPD and IPD duties.
Research Officer	CCRAS, Janakpuri, New Delhi.	2003	Program projection for 2003 to 2008,
Research Officer	CRU, Safdarjung Hospital, New Delhi	2003-04	Regular OPDs, Administration,
Research Officer	Base Hospital, Delhi Cantt.	2004-05	Establishment of Ayurveda System of Medicine with administration and proposal of Phase I and phase II, regular OPD at Army Hospital New Delhi.
Research Officer	Deptt. of AYUSH	2005-06	Up gradation of CGHS Hospital, Lodhi Road New Delhi from 25 to 50 bedded, Liaison as well as the administration of the CGHS hospital Lodhi Road , writer of Gender Issue for Annual report of Ministry of Health & Family Welfare, Presentation regarding the status of Ayurveda Kendra BHDC at JS Defence and DGFAMS office and other assigned duties towards Director and JS (AYUSH),

Research Officer	CGHS Hospital Lodhi Road, New Delhi.	2006	Co-ordination and up gradation of CGHS Hospital along with regular OPD and administration.
Assistant Director Incharge	CRU, Safdarjung Hospital, Delhi	2006-07	Administration, OPD and Research-Hypertension, obesity, Diabetes mellitus Programme
Assistant Director	CRIA. Punjabi Bagh, New Delhi.	2009	Officer in Charge for AIDS Cell, Revalidation of various project in technical cell, Officer in Charge for the department of Kshara Sutra, O/I Publicity cell of CRIA, Conduction of Seminar, organize various Mela such as MTNL Perfect Health Mela, STATE Open World, March for Mental Health Care with RML, Perfect Health Parade, AROGYA etc. and Guest Lectures and Clinical Demonstration to the Doctors in training workshop. Incharge for AIDS, Hypertension, Obesity, Iron Deficiency Anaemia, Pharmaco-vigilence, RUDRA Hospital Soft ware, Cancer , Geriatric Care Research Projects, National Campaign I/C OPDs I/C, Library I/c,, Hindi Officer Incharge and other assigned duties.
Assistant Director	AIIMS (IRCH)	2009-15	Quality of life in Breast Cancer with chemo and Radio therapy.
Director Incharge	CRIA. Punjabi Bagh, New Delhi.	2014	Administrative and Technical Head of the Institute of Rs. 4.5 crs budget and 175 manpower with 50 bedded hospital.

STRENGTHS

- **Wide experience in** Ayurveda, Medicine Kayachikitsa –Double Gold Medalist, Ano Rectal Surgery with Kshar Sutra Therapy, Wound Healing, Medico Legal system, Preventive and Promotive Health Care, **Hospital Management**
- **Excellent networking capabilities** within academic institutions, hospitals, and governmental agencies
- **Expert in delivering full scope lectures on Yoga, Ayurveda, life style management, stress management, Health shows, writing study protocols, designing study-related documents, preparing regulatory dossier for Regulatory and Ethics Committee submission, site and investigator feasibility, auditing, data queries and resolution, assist in interpretation of results, and writing study reports**
- **Successfully managed and staffed** hospital, clinic and Lead a team of 40 to 140 people with national and local reporting
- Global awareness of cultures having traveled to many countries worldwide
- Represented Govt of India at several exhibitions and conferences including representing India in SAARC.
- Strong skills in **Microsoft Office suite** (Word, Excel, PowerPoint), **Adobe Professional, Oracle Clinical** (basic), and **Internet**
- **Speaker** at several (170+) global and local scientific forums, including SAARC
- **Reviewer** for Perspectives in Clinical Research, official publication of the Indian Society for Clinical Research
- A dynamic orator and presenter with managerial skills.
- Anchor, Co coordinator, Feature writer, Expert, Narrator and Consultant in All India Radio as well TV Channel for promotion of Ayurveda, yoga and holistic life style related issues.

AWARDS

- Three Gold Medals, University topper
 - Ayurveda Visheshagya Puruskar
 - Ayurveda Bhushan Puruskar
 - Ayurveda Martand
 - Dhanwantari Puruskar
 - Vishishishta Seva Puruskar
 - Shodha Puruskar
 - Young Scientist Award,
 - Best Paper Award
 - Ayurveda Shodha Vibhuti Puruskar
 - Ayu Prashashti Samman
 - Distinguished Service Award, National excellence award. Radisson's International Women Award-2015
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Dr Raakhi Mehraa

Technocrat, Reformist, Thinker, Awardees' Writer, Manager, Author, Orator, Presenter, Expert, Counsellor, Researcher, Yoga Therapist, Scientist-Surgeon-Specialist Consultant
For

Holistic Body-Mind-Emotion-spiritual Health, Healing, Harmony & Happiness through YOGAYU

YIC, B Sc, M.Sc (YOGA),MD (Ay), PhD, PGDMLS,PGDPPHC, PGCHM, PGDPR, DIPLOMA IN YOGA, PRANAYAM
EXPERT (Double Gold Medalist)



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You tube: drrakhimehra

- Technocrat, Yoga, Ayurveda, Medicine, Ano Rectal Surgery, Wound Healing, Medico Legal system, Preventive and Promotive Health Care, Hospital Management, Disaster preparedness & Rehabilitation expert, Life Style Reformist.
- Excellent networking capabilities within academic institutions, hospitals, managed clinic with national and local reporting and governmental agencies
- 20 years experiences in Kshar Sutra surgeries and in Government services.
- Author of Eight Book, 578 popular-research papers in national, international journals, magazine, National news papers
- Represented Government of India at many exhibitions and conferences including policy making in SAARC Summit Colombo.
- Reviewer for Perspectives in Clinical Research, and of the Indian Society for Clinical Research
- Worked efficiently with managerial skills in various Tertiary Hospitals of Delhi.
- Anchor, Co coordinator, Feature writer, Expert, Narrator and Consultant for health policies in several All India Radio, Raipur, Rajkot, Port Blair, Delhi and in Doordarshan Raipur and in Delhi.
- Guest expert in many TV channels Shakti, IndiaTN, Mh 1, Channel 7,
- Celebrity Guest in Sanjivani and Call for Care Health Show at Pragma TV
- You Tube Performer, Expert to Live News Hrs Channel.