

## BIODATA



**NAME** : **Dr. ANITA KALE (CHALAK)**

**DESIGNATION** : **Professor, Department of Biochemistry.**

**SEX** : Female

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**DATE OF BIRTH** : 14<sup>th</sup> April, 1975.

### EDUCATIONAL QUALIFICATIONS :

Degree	Year	Reg. No. of UG & PG with date	No. of Attempts	Name of College and University	Name of the state Medical Council
MBBS	1996	85551 dt. 10 Feb. 1998	One	<b>GMC Aurangabad</b> Dr. BabasahebAmbedkar Marathwada University, Aurangabad.	MMC
M.D. (Biochemistry)	2001	85551 dt.11 <sup>th</sup> April 2001	One	<b>GMC Aurangabad</b> Dr. BabasahebAmbedkar Marathwada University, Aurangabad	MMC
M.Phil (Health Professionals Education)	2013	-	One	DMIMS (DU)	-
Ph.D. (Health Professionals Education)	2017	-	One	DMIMS (DU)	-

**TEACHING EXPERIENCE:**

Sr. No.	Post	Total Experience		Total Period	Name of College
		From	To		
1.	Resident/Tutor	28.12.98	27.12.01	3 yrs.	Govt. Medical College, Aurangabad.
		09.02.02	15.07.04	2 yrs. 5 months.	Pravara Institute of Medical Sciences, Loni.Pravara Nagar
		16.07.04	10.02.07	2 yrs. 7 months	NDMVPS Medical College, Adgaon, Nashik.
3.	Associate Professor	24.03.07	23.3.11	4 yrs.	Jawaharlal Nehru Medical College, Sawangi (M), Wardha.
4.	Professor	24.3.11	06.11.15	4 year 7 months	Jawaharlal Nehru Medical College, Sawangi (M), Wardha.
5.	Professor	07.11.15	Till Date	1 year 9 months	GSMC & KEM Hospital, Parel, Mumbai
	Total teaching experience			18 yrs 4 months	

**WORKSHOPS/CONFERENCES ATTENDED:**

Sr. No.	Name	Place	Date
1.	Workshop on Medical education & Teaching Technology	GMC, Aurangabad, MUHS, Nashik.	18 <sup>th</sup> – 20 <sup>th</sup> January, 2001.
2.	National symposium on Medical Ethics.	Pravara Institute of Medical Sciences, Deemed University, Loni.	12 <sup>th</sup> & 13 <sup>th</sup> Feb, 2004.
3.	Medical Council Of India Platinum Jubilee Celebration (CME).	MGM University of Health Sciences, Navi Mumbai.	28 <sup>th</sup> Jan, 2009.
4.	National Hands-on-Training on Immunodiagnosics for Infectious Diseases organized by J B Tropical Disease Research Centre & Dept. of	MGIMS, Sewagram.	9-14 <sup>th</sup> Feb, 2009.

	Biochemistry.		
5.	Workshop on basic course in Medical Education.	JNMC, Sawangi (M), Wardha. <b>Regional centre recognized by MCI.</b>	1 <sup>st</sup> -3 <sup>rd</sup> July, 2009.
6.	Workshop on Evidence Based Medicine.	JNMC, Sawangi (M), Wardha.	28.7.12
7	National conference in Biochemistry (AMBICON)	Hyderabad,AP	11-14Nov-2010
8	National conference in Biochemistry (AMBICON)	Trichirapally, TN	15-18 Dec-2011
9	CME on Genetics, organized by department of anatomy, DMIMS	JNMC, Sawangi (M), Wardha.	30.4.2011
10	Conference on Research In Medical Education Technology	NKP Salve, SIMS & RC, Nagpur	13 Jan 2012

**WORKSHOPS/CONFERENCE ORGANIZED:**

Sr. No.	Name	Place	Responsibility	Date
1.	National conference in Biochemistry (AMBICON)	Sawangi(M), Wardha	Tresurer	11-13 Dec,2009
2.	CME on Metabolic Syndrome	JNMC, Sawangi (M), Wardha.	Organising Secretary	25.09.2011
3.	CME on Research Methodologies	JNMC, Sawangi (M), Wardha.	Organising Secretary	21.3.2011
4.	Workshop on Research Methodologies	JNMC, Sawangi (M), Wardha.	Organising Chairman	2012
5.	CME on Quality Assurance in Clinical Laboratory	JNMC, Sawangi (M), Wardha.	Organising Chairman	2013
6.	CME on Sickle Cell Disease	JNMC, Sawangi (M), Wardha.	Organising Chairman and <b>SPEAKER</b>	17.12.14

**PAPER/ POSTER PRESENTED:**

Sr. No.	Name	Place	Date
1.	Evaluation of Serum & Pleural fluid Proteins & Total Cholesterol in cases of Nephrotic Syndrome & Tuberculosis.	Pravara Institute of Medical Sciences, Deemed University, Loni.	3 <sup>rd</sup> July, 2003
2.	Study of Malondialdehyde as an indicator of oxidative stress and its modulation by NAC in chronic pulmonary disease.	AMBICON – 2009, Sawangi, Wardha. MS.	12 <sup>th</sup> Dec 2009
3.	Capsulation – A condiment added to SPICES	NCHPE SEARAME-2011 (South East Asian International & Indian National Conference)	6 <sup>th</sup> Sep 2012
4.	Speaker in International e CME on Obesity	JNMC Sawangi (M), Wardha	May 2014
5.	Guest lecture on “Laboratory Errors and its Management”	AMBI-BIOCON 2015, Sion Medical College Mumbai.	27 <sup>th</sup> -28 <sup>th</sup> Feb 2015
6.	Talk in “Young Achievers Session”	AMBI-BIOCON 2015, Sion Medical College Mumbai.	27 <sup>th</sup> -28 <sup>th</sup> Feb 2015
7.	Speaker in CME on Sickle Cell Diseases	JNMC Sawangi (M), Wardha	17 <sup>th</sup> Dec 2014

**MONOGRAPH BOOK PUBLISHED: Total - 3 (Scholar’s Press Germany)**

1. Evaluation of Biochemical Parameters in Pleural Effusions.  
Authors: **Dr Anita Chalak**, Dr.Shivaji Chalak. Scholars Press Germany ISBN NO. 978-3-639-51725-5
2. A Study of Oxidative Stress and Antioxidants in Diabetic Retinopathy.  
Authors: Ms Anjali Vagga, **Dr Anita Chalak** and Dr.Kishor Deshpande. Scholars Press Germany. ISBN NO. 978-3-639-76358-4
3. Early Clinical Exposure in classroom setting.  
Authors: **Dr Anita Chalak**, Dr.Shivaji Chalak and Dr.SunitaVagha. Scholars Press Germany. ISBN NO. 978-3-639-51190-1

## **COPYRIGHT RECEIVED: Total- 3**

1. Early Research Exposure Model” (ERE Model) for Medical Undergraduates.  
**Dr Anita Chalak**, Dr. Sandeep Shrivastava, Dr Ved Prakash Mishra,  
ROC Number :L-64024/2016. Diary No: 12260/2015-CO/L
2. DMIMS Eleven Steps Model for Post Graduate Curriculum Revision.  
Dr. Sunita Vagha, **Dr Anita Chalak**, Dr Ved Prakash Mishra, L-64631/2017
3. DMIMS Model for Undergraduate Curriculum Revision- An Eleven Step Approach.  
**Dr Anita Chalak**, Dr. Sunita Vagha, Dr Ved Prakash Mishra, L-12227/2015-CO/L

## **NUMBER OF PUBLICATIONS: 20 (National/International Indexed Journal)**

1. Sherie Sharma, Ashish Anjankar and **Anita Kale**. Comparison of glucose levels using glucometer and GOD-POD method in diabetic patients. International journal of clinical Biochemistry and research. 2017;4(1):6-10.
2. Pratibha Sharma and **Anita Chalak**. Does the parental history of type II Diabetes Mellitus affect the prevalence of insulin resistance syndrome in adolescents? IJSR. Oct. 2016: volume:5, issue:10: 544-547. (ISSN- 2277-8179)
3. SB Kale, AB Patil, Anita Kale. Effects of administration of oral N-acetylcysteine on oxidative stress in chronic obstructive pulmonary disease patients in rural population. IJBCP. 2016;5(3):775-781. (Index Copernicus and Index Medicus)
4. KuchewarVaishali ,Tankhiwale Suresh, **Anita Chalak(Kale)**. Randomized Clinical Trial of FicusReligiosa on Blood Sugar level in Type II Diabetes Mellitus -A Pilot Study. IAMJ: Volume 2; Issue 6; November- December – 2014. (Research Bible)
5. Pratibha Sharma,**Anita Chalak**,ShivajiChalak, Laxminarayan. Comparative Study of Insulin Resistance Syndrome Components in Adolescents of Parents with Type 2 Diabetes Mellitus.. Innovative Journal of Medical and Health Science 4:6 November-December (2014) 188-191. (Copernicus Index, DOAJ, Google Scholar, Science centre)
6. PritiV Puppulwar, AlkaRawekar, **Anita Chalak**. Introduction of Objectively Structured Viva-Voce in Formative Assessment of Medical and Dental Undergraduates in Biochemistry. Journal of Research in Medical Education and Ethics. Vol. 4. No. 3, November 2014, pp 321-325 {EBSCO Discovery, Summon (Proquest), Google Scholar,CNKI Scholar,Indian Science Abstracts,Indian Citaion Index (In Process)}
7. Pratibha Dawande, **Anita Kale**, SunitaVagha. One minute Preceptorship Programme for Teaching Postgraduate students in pathology. JHSE, vol 2 , no. 1. Jan 2015. ()
8. ChadrashekharMahakalkar, V. K. Deshpande, **Anita Chalak (Kale)**,Meghali N. Kaple, Anujalkhar, D.D. Wagh. Students’ perception of the effectiveness of ICT use in improving teaching and learning in surgery. 2014. JHSE. June, vol-1, Issue-1: 1-8
9. Shubham Gupta, Priti Vijay Puppulwar, **Anita Chalak**. Corelation of fasting and postmeal plasma glucose level to increased Hb A1c levels in type 2 DM. Int. J. Adv. Med. 2014; 1(2): 127-131. (Index Copernicus, Index Medicus, Scopmed, Research bible)
10. Meghali N Kaple, **Anita Chalak (Kale)**, Vishal Khatri, Anjali Vagga, ShivajiChalak, MVR Reddy. Protein and Sialic Acid Profile of Normozoospermia and Oligozoospermia. Asian Journal of Biochemical and Pharmaceutical Research. 2013 Issue 1 (Vol.4): 183-192 (Ulrich's periodicals Directory) (Impact factor 0.456)
11. Samarth Shukla, SouryaAcharya, NeemaAcharya, TriptiShrivastava, **Anita Chalak**. Quality theory paper writing for medical examinations. JCDR.2014 Apr, vol-8(4): XC01-XC04. (PUBMED, Scopus)

12. **Anita B.Kale**, Sunil B.Kale, Shivaji S. Chalak, S.R.Tankhiwale, G.Bang, MohitAgrawal, MeghaliKaple. Lipid Parameters- Significance in Patients with Endogenous Depression. JCDR. 2014 Jan, Vol 8 (1): 17-19. (PUBMED, Scopus)
13. ShivajiChalak, **Anita Kale**, A Rawekar , N Khatib, VK Deshpande. DA BiswasA comparison of auditory Brainstem response obtained using monaural & binaural in normal children and in children with hearing loss. Int. J Bio. / Med. Res. 2013; 4 (3) : 3453- 3457 (Index Copernicus, Google Scholar, NML Catalog)
14. Shivaji Chalak, **Anita Kale**, V. K Deshpande. DA Biswas Establishment of Normative data for normal recordings of Auditory Brainstem response and its application in screening patients with hearing loss- A cohort study. JCDR, 2013 Dec; vol-7(12):2677-79. (PUBMED, Scopus)
15. Ameeta Patil, **Anita Kale**, Sameer Singhal, Tanveer Khan.Study of Malondialdehyde as an indicator of oxidative stress and its modulation by NAC in Chronic obstructive pulmonary disease. JCDR, 2011 feb; vol-5(1):48-51. (PUBMED, Scopus)
16. ShivajiChalak, **Anita Kale**, VK Deshpande, MV Sawane, DA Biswas, ARawekar. BERA in detection of Hearing Loss in Children – A Retrospective Study. JDMIMSU 2010; 5(1):45-48. (Index Copernicus)
17. **Kale AB**, Modi M, Thorat AP, Chalak SS, Patil AB. Evaluation of biochemical parameters to differentiate transudates from exudates in certain diseases. JCDR, 2010 June; (4): 2478-83. (PUBMED, Scopus)
18. Anjali Vagga, **Anita Kale**, NR Akarte, KumudHarle. Evaluation of Nitric Oxide and Trace Elements in Breast and other Cancer Patients. JDMIMSU 2010; 5(1): 18-22. (Index Copernicus)
19. VK. Deshpande, ShivajiChalak, **Anita Kale**. Brain stem auditory evoked potentials in patients with external and middle ear malformation. JDMIMSU 2009 Aug; 4(2): 110-3. (Index Copernicus)
20. **Anita Kale**, Anil Kale, SR Joharapurkar. Caraka (Charaka): A legendary physician. JDMIMSU 2008; 3(3): 155-9. (Index Copernicus)

#### **RESEARCH PROJECTS COMPLETED- 09**

1. Effect of immediate class tests on students' performance in successive exams.
2. Comparative study of effect of monosodium glutamate on liver functions of adult rats-“A pre and post interventional analysis.”
3. A study on distribution of determinants of Indian Diabetic Risk Score and its Comparison with Biochemical and Anthropometric factors among Adolescents.
4. Study of Biochemical Parameters in Sickle Cell patients of Vidarbha.
5. Competency Based Education Using Mastery Learning Model.
6. Assessing the Risk of Renal Microvascular Involvement in Patients of Type II Diabetes Mellitus.
7. Correlation between HbA1C and atherogenic Index in Type 2 Diabetic patients.
8. Effect of time and temperature on serum glucose levels in clinical laboratory.
9. Evaluation of metal ions, lipid levels & amylase in Diabetic patients

#### **ADMISTRATIVE RESPONSIBILITIES:**

1. **Headed** the department of **Biochemistry from 2012 to 2015 at JNMC Wardha.**
2. **Headed** the department of **Curriculum Development** under School of Health Professionals Education and Research.Wardha.
3. **Incharge** Central Clinical Laboratory from 2012 to 2015. **JNMC & AVBRH Wardha**

4. **Worked as a Faculty SHPER and communication skill lab** at JNMC, SawangiWardha.
5. Was a Member of **Institutional Animal Ethical Committee** at JNMC Wardha.
6. Was a member of **Board of Studies** in the faculty of Medicine & Dentistry, DMIMSU.
7. **Was an Editorial board member** of Journal of DattaMeghe Institute of Medical Sciences
8. Was a member of **Anti-ragging Squad** at JNMC Wardha
9. **Worked as a Rector** of girls hostel in year 2011 at JNMC Wardha
10. Was a member of **Institutional Women Cell** at JNMC Wardha.
11. Was a member of **Central Research Laboratory** JNMC Wardha

**ADDITIONAL ACHIEVEMENTS:**

1. **PhD. In Health Professionals Education and Research.**
2. **MPhil. In Health Professionals Education and Research.**
3. **National faculty** for the basic and advance courses for faculty development.
4. **MCI Observer** for the basic workshop on national faculty development at NKP Salve from 7-9 october 2013.
5. **MCI Observer** for the basic workshop on national faculty development at Yevatmal from 3-5 june 2014.
6. **Reviewed original articles** of international journal **Archives of Physiology and Biochemistry** and many **national journals (JCDR, JDMIMS)**
7. Approved as **P.G.(MD)Guide** by DMIMSU. Dated. 17.9.2007.
8. Organized & was **treasurer** in National conference (**AMBICON-2009**)
9. Organized **National Workshop & Hands-on-Training** on common Biochemistry Techniques in October, 2007 & National Hands-on-Training on Electrophoresis & PCR Techniques on 26<sup>th</sup> – 31<sup>st</sup> December, 2008 at JNMC, Sawangi (M), Wardha.
10. **Awarded 4<sup>th</sup> best teacher** in preclinical subjects and **1<sup>st</sup> best teacher** in Biochemistry subject according to I- MBBS students feedback of 2008-09 & 2009-10 batch at **JNMC Wardha**
11. **3<sup>rd</sup> best teacher** in preclinical subjects and **1<sup>st</sup> best teacher** in Biochemistry subject according to I-BDS students feedback of 2008-09 & 2009-10 batch at **JNMC Wardha.**
12. **Guest lecture** at Adilabad and Jalgaon in basic course in faculty development.
13. **Guest lecture** at NKP Salve Nagpur on early clinical exposure and CISP foundation.
14. **Guest lecture** at GMC Latur on early clinical exposure, MCQ and item analysis.
15. **Guest lecture** at GMC Yeotmal on early clinical exposure and CISP.
16. **Speaker in CME on Sickle Cell Disease**, held at JNMC Wardha
17. Guided and published **ICMR-STs** research projects.
18. **Supervised many** Projects of Advanced course in Medical Education at **JNMC Wardha**

**Place:** Parel, Mumbai

**Date:** 04.9.2017.

Dr Anita Kale (Chalak)

