



Dr. Shweta Mendiratta

M.B.B.S., M.S., D.N.B & C.I.M.P.
(OBSTETRICS & GYNECOLOGY)



Professional Summary



- A Dedicated, Caring Gynecologist & Obstetrician with 11+ years of experience in clinical practice helping over 50 clients with their reproductive ailments on a daily basis.
- Possess Cutting Edge Core Competencies & Empathy to practice in the fields of Obstetrics & Gynecology & have significantly increased client satisfaction by at least 60% in my current job position.
- A Consul, Sentinel (ESFJ-A) person with Extroverted, Observant, Feeling, & Judging personality traits.
- A Competent & Qualified Bachelor of Medicine & Surgery (MBBS), Master of Surgery (MS), Diplomate of the National Board (DNB), & Credentialed IMS Menopause Practitioner (CIMP), with 11+ years of professional experience in Obstetrics & Gynecology.
- An efficient manager of healthcare organization operations with quality service delivery & high value for time & care.
- A medical practitioner & expert who is completely involved with patient care & has worked closely with other doctors to ensure the same.
- Has provided comprehensive evaluation & treatment services for patients, aiming at promoting optimal wellness for women.
- Shares a sense of duty & enthusiasm towards the goals of keeping a professional atmosphere in the institute.
- Has strong dedication for medical research & training fellow colleagues & subordinates.
- Is trained & accustomed to reacting calmly & effectively in emergency situations.
- Has efficiently managed cases even during the COVID-19 times & Complies strictly to quality, safety, hygiene, & infection control standards.



Professional Objectives

- My primary goal is to administer sound clinical judgments & treatment to patients & fellow health professionals seeking my counsel.
- As a Gynecologist & Obstetrician, I aim to be as accurate as possible in diagnosing any possible complications or disorders in cases via thorough conduct of procedures & in collaboration with other health specialists.
- One of my objectives is to conduct clinical trials & research for problem-solving & to expand the knowledge base concerning the lesser-known female reproductive system disorders.
- My goal is to develop individualized treatment plans & monitor patients' progress thoroughly to ensure optimal healthcare delivery. With this said, I look forward to contributing to the institution's growth & care for its people in the best way possible.

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Profile Highlights



- A highly skilled & competent Gynecologist & Obstetrician practicing for 11+ years with 3 + years of Teaching Experience in Caesarean Operations, Laparoscopic, Hysteroscopy & Conventional Surgeries, Laparotomies & Hysterectomy Operations.
- A dedicated guide, coach, mentor for DNB students, managing each facet of the academic program right from coordinating activities to delivering the teaching materials.
- Experience in performing IVF & treating Infertility, Infertility Laparoscopic Procedures, Diagnostics Laparoscopic, & Ultrasound.
- Extensive knowledge in identifying & managing high-risk pregnancies by following international guidelines & protocols.
- Experience in all Emergency, OPD, Ward Duties, including Spontaneous & Assisted Vaginal Deliveries, Cesarean Section, Exploratory Laparotomies in Ectopic Pregnancy & Ruptured Uterus, Abdominal Hysterectomy, Vaginal Hysterectomy including Non-Descent Vaginal Hysterectomy, MTPs & Laparoscopic Ligation, Diagnostic Laparoscopy, & Hysteroscopy.
- Expertise in examining & studying a patient's medical history, performing tests, using the results of tests & examinations to decide the appropriate treatment; prescribing, giving medicine & other recommendations.
- Skilled in learning about different focuses of Laparoscopic Surgery, getting tips on how to get started & discovering the best ways that a surgeon should work with his patients.
- Strong diagnostic skills with the capability of assessing conditions & implementing appropriate interventions.
- Developing & implementing standards of patient care services, facilities & planning the resources to meet the same.
- Analyzing patient's medical history, medication allergies, physical condition, & examination results to verify operation's necessity & to determine the best procedure.
- Monitoring the labor room patients, indoor high risk & complicated antenatal patients while attending all kinds of obstetrics & gynecological emergencies.
- Directing & coordinating activities of nurses, assistants, specialists, residents, & other medical staff.
- Examining patients, to provide information on their medical conditions & the surgical risk, if any.
- Performing Laparoscopic, Hysteroscopic & Conventional Surgeries, & minor surgical procedures while undertaking C sections, conducting normal & instrumental deliveries.
- Providing consultation & surgical assistance to other physicians & surgeons.
- Assisted in Operative Laparoscopic Procedures, Wertheim's Hysterectomy & staging Laparotomy including Pelvic Lymphadenectomy.
- During the internship period, gained experience in all Emergency, OPD, Ward duties, including spontaneous & assisted Vaginal Deliveries, Cesarean Section, Exploratory Laparotomies in Ectopics & Ruptured Uterus, Abdominal & Vaginal Hysterectomy & assisted in Diagnostic Laparoscopy.
- During the training period, gained experience in the Department of Medicine, Surgery, Obstetrics & Gynecology including Family Welfare Planning, Elective Training (Radiology, Skin & VD), Orthopedics, Eye, ENT, Casualty, Community Medicine & Pediatrics.



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Work Experience Career Time Line



- Mar'18 - Present: Asian Institute of Medical Sciences (AIMS), Faridabad - Consultant Obstetrics & Gynecology



- Jun'17 - Feb'18: Paras Hospital, Gurugram - Consultant Obstetrics & Gynecology



- Oct'15 - May'17: Asian Institute of Medical Sciences (AIMS), Faridabad - Consultant Obstetrics & Gynecology



- Aug'14 - Oct'15: St. Stephen's Hospital, New Delhi - Junior Consultant Obstetrics & Gynecology



- Jul'14 - Aug'14: Maulana Azad Medical College (MAMC), New Delhi - Senior Research Associate, IVF Center, Obstetrics & Gynecology Department



- Jun'11 - Jun'14: Dr. RML Hospital, PGIMER, New Delhi - Senior Resident OBGYN Doctor



- May'08 - May'11: Sir Sunderlal Hospital, BHU, Varanasi - Junior Resident, Obstetrics & Gynecology Department



- Jan'07 - Dec'07: Sir Sunderlal Hospital, BHU, Varanasi - Trainee, Obstetrics & Gynecology Department

START



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Skill Set



Technical Skills

Skilled with the perfect mix of a variety of Gynecology, Obstetrics, Laparoscopic, Hysteroscopy, Infertility, Surgical & Treatment Skills for -

- Female Genital Hygiene
- Vaginal Discharge
- Menstruation - Hygiene & Disorders
- Pregnancy
- Childbirth - Normal & Painless Deliveries, Vaginal Deliveries & Cesarean Sections
- Perinatology or Maternal-Fetal Medicine - Ante-Natal or Pre-Natal to Post-Natal Care
- Prognosis & Diagnosis
- Symptoms Management
- Fertility issues
- Dilation & Evacuation (D&E)
- Dilation & Curettage (D&C)
- Sexually Transmitted Infections
- Hormone Disorders
- Cervical Biopsy
- Polycystic Ovary Syndrome & Disorder
- Ovarian Cysts
- Laparoscopic Ovarian Drilling
- Myomectomy
- Curing Infertility with Fertility Treatments
- Assistive Reproductive Technology (ART)
- In Vitro Fertilization (IVF) or Test Tube Baby
- Intra Uterine Insemination (IUI)
- Endometriosis & Endometrioma
- Uterine Fibroids
- Vaginal Hysterectomies
- Total Laparoscopic Hysterectomy (TLH)
- Total Abdominal Hysterectomy (TAH)
- Laparoscopically Assisted Vaginal Hysterectomy
- Pelvic Floor Repair
- Diagnostic & Operative Laparoscopy & Hysteroscopy
- Hysteroscopy Diagnostic
- Hysteroscopy Septum Resection
- Hysteroscopy Polyp Removal
- Laparoscopic Tubal Ligation
- Pelvic & Obstetric Sonogram



General Hospital, Management & People's Skills



- Medical & Clinical Research
- Emergency Medical Services
- Patient Assessment, Management
- Medical Advisory & Consulting
- Medical Education & Teaching
- Operations Management
- Cross-functional Coordination
- Clinical Decision Making
- Critical Patient Care
- Administration
- Leadership
- Motivator
- Optimistic
- Data & Record Keeping
- Supervision
- Mentoring
- Team Player
- Attention to Detail
- Hospital Management
- Accuracy
- Professionalism
- Effective Communication
- Excellence Leadership
- Quality & Results Driven
- Passionate
- Critical Thinking
- Social Service
- Empathetic
- Computer Literate

LANGUAGES

Hindi
English
Punjabi

PROFICIENCY

100





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Research Work & Papers Presented & Published



Presented:

- Molecular Basis of Unexplained Infertility with Special Reference to Cytokines; UPCON 2009
- Molecular Basis of Unexplained Infertility; YUVA FOGSI, North Zone, 2010
- Role of Cytokines in Unexplained Infertility; 55th AICOG, Varanasi, 2012
- Classification of Cesarean Section through Robson Criteria: An Emerging Concept to Audit the Increasing Cesarean Section Rate at 62nd FOGSI, Bengaluru

Published:

- Australasian Medical Journal (AMJ 2011): Conjoined Twins with a Single Heart: A Rare Case Report
- The Journal of Obstetrics and Gynecology of India (Nov'14): Correlation of Endometrial Thickness with Cytological and Histopathological Pattern of Endometrium in Postmenopausal Bleeding
- JAMS: A Case of Iatrogenic Hematometra and Hematosalpinx
- IJGR/2014;1(1):12-15): Relevance of Fetal Echocardiography Screening in Antenatal Women: an observational study
- IJRCOG (October 2018) (Online Submission): Classification of Cesarean Section through Robson Criteria: An Emerging Concept to Audit the Increasing Cesarean Section Rate
- IJRCOG (December 2018): A comparative Study of Subcuticular and Interrupted Stitches for Episiotomy
- JPOG(Nov/Dec 2019; Vol. 10., No. 6): Incidence of Urinary Incontinence in women attending preventive health check-ups
- IJRMS (June 2021): Dynamics of contraceptive use among women attending multi-specialty hospital in Faridabad district of Haryana, Mendiratta S et al.

Research Work undertaken for Thesis Research Presentation during M.S.:

- "Molecular and Genetic Basis of Impaired Fertility in Female Patients with Special Reference to TGF- β /LIF" in July 2010, under the guidance of Prof. L.K. Pandey, Institute of Medical Sciences, Banaras Hindu University



Academic & Professional Achievements

- **2000** - Winner of National Talent Search Exam (NTSE) - The National Council of Educational Research and Training (NCERT) Scholarship
- **May 2017** - Invited as a Speaker: Role of Uterine Artery Embolization in Modern Era; 5th International Congress of Gynaecology and Obstetrics (ICGO-2017), Prague, Czech Republic.



Internships & Trainings

- **May'08 - May'11** - Junior Resident, Intern @ Sir Sunderlal Hospital, Banaras Hindu University, Varanasi
- **Jan'07 - Dec'07** - Training @ Sir Sunderlal Hospital, Banaras Hindu University, Varanasi



Multiple citations in renowned publications & articles, of all the research work done so far.



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National, International Prestigious Professional Affiliation & Memberships held:

A Highly Credentiated & Qualified member of :

- Federation of Obstetric & Gynaecological Societies of India (FOGSI)
- Indian Menopause Society (IMS)
- Indian Medical Association (IMA)
- Indian Society of Perinatology & Reproductive Biology (ISOPARB)
- U.P. Medical Council, Reg. No.: 54944 (22nd February 2008)
- Delhi Medical Council, Reg. No.: 52438 (16th June 2011)
- Haryana Medical Council, Reg. No.: 11889, (18th May 2017)



Conferences / Workshops / Courses Attended

- 6-8/10/09 - UPCON OBGYN 2009, Varanasi
- 23-25/7/10 - YUVA FOGSI 2010, North Zone, Gorakhpur
- 04/07/2010 - VOGS affiliated to FOGSI Scientific Programme, Varanasi
- 27/7/2008 - FOGSI, Varanasi Branch, Seminar on Stress Incontinence
- 1-2 /11/2008 - Indian Menopause Society Workshop, Varanasi
- 26-30/01/2012 - 55th ACOG, Varanasi
- 2019 - ACOG, Bengaluru
- 2020 - ACOG, Lucknow



Education

- 2021: Credentiated IMS Menopause Practitioner - Indian Menopause Society (IMS)

- 2019: Diploma in Cosmetic Gynecology Step by American Aesthetic Association in May.

- 2018: Fellowship Training in Advanced Laparoscopy Surgery Under Guidance of Dr. Deepak Limbachiya in Sept.

- 2014: National Board of Examinations, (NBE), New Delhi - DNB (OB-GYN)

- 2011: Institute of Medical Sciences (IMS), Banaras Hindu University (BHU), Varanasi - MS (OB-GYN)

- 2006: Institute of Medical Sciences (IMS), Banaras Hindu University (BHU), Varanasi - MBBS





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Contact Me Here



- OPEN TO OPPORTUNITIES AT LEADING INDIAN MEDICAL INSTITUTES BASED IN NCR
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- FaceBook: <https://www.facebook.com/gynaecologistfaridabad>
- Instagram: https://www.instagram.com/gynecologist_shweta_mendiratta/
- LinkedIn: <https://www.linkedin.com/in/dr-shweta-mendiratta-gynecologist/>



As seen on & Associated With:

FOGSI (Federation of Obstetric and Gynaecological Societies of India)

Indian Menopause Society

Asian Institute of Medical Sciences

AMERICAN AESTHETIC ASSOCIATION

Delhi Medical Council (Bringing Doctors & Patients Together)

UTTAR PRADESH MEDICAL COUNCIL

INDIAN SOCIETY OF PERINATOLOGY AND REPRODUCTIVE BIOLOGY ("A Bright Future Begins Here")

Atal Bihari Vajpayee Institute of Medical Sciences and Dr. Ram Manohar Lohia Hospital, New Delhi, India, A Central Government Hospital (Formerly Willingdon Hospital)

National Board of Examinations (राष्ट्रीय परीक्षा बोर्ड) - 39 Years of Excellence in Post Graduate Medical Education and Examinations

PARAS HOSPITALS (Partners In Health)

MAULANA AZAD MEDICAL COLLEGE (2-BAHADUR SHAH ZAFAR MARG, NEW DELHI, Govt. of NCT of Delhi)

