

Short CV

NAME: Ms Arun Rekha Gogia

Gender: Female

Date of Birth: 7th November 1959

Qualification:

1977-1980- BA, I.P. College from Delhi University

1981- MA in Sociology Delhi School of Economics, from Delhi University

Other academic experience

2008-Underwent Special Lymphedema Therapy Fellowship and course at Vellore Medical College

2009-Obtained certificate of Klose Lymphedema therapy certificate after Training in USA

2011-Attended short course on Lymphedema therapy as part of the 3rd European Society for Lymphology meeting in Warsaw Poland

2014-2016-Attended Advance Short-Term Lymphedema Treatment training programs in France and Germany Italy Poland Australia

Work experience

1982-- Worked as Project Assistant in Psychiatry Dept AIIMS

1991—Conducted a survey on estimating Hand Injuries in Unskilled workers in unorganized Industry Sector Delhi- wide media coverage

1992-Independently Organized International Conference First Hand & Microsurgery Conference HAMCOM-92 in Delhi, attended by 100 doctors, and widely covered by media also was covered by DD news channel

1994-Conducted a survey for Japanese Embassy to assess Japanese speaking Drs or Nurses in health sector to help Tourists and to Identify most common communicable diseases for the same.

1994-Working as Administrator and Lymphedema counselor at S.B. Surgical Centre New Delhi

1995- Proprietor of AMLA MEDIQUIP (www.amlamed.com) – Commercial Company

2003- Founder member of SATHI(www.sathi.org) Society for Administration of Telemedicine and Health Informatics – is a registered society formed by professionals belonging to various related disciplines such as medicine, information and communication technology, community development and public.

2011-Started the counselling clinic - the Joint Rotary/SATHI/ AIIMS Lymphedema Counselling and Therapy Clinic with the name 'Partners in Healing at AIIMS, New Delhi since January 2011 This clinic has provided consultation to more than a 1000 patient and

Since 2014, this AIIMS clinic has been instrumental in conducting three approved and official product trial studies evaluating various components of compression therapy for the treatment of

1. Lymphedema of lower limb
2. Post mastectomy Lymphedema
3. Chronic Leg Ulcers

2012-13 President Rotary Club of Delhi Safdarjang

2014-Rotary chair for Breast Cancer Awareness Dist.3011 (from2014 to 2018)

2014- Appointed executive member of IAMI The Indian Association for Medical Informatics

2015- Executive member of Rotary Cancer Foundation dist. 3011-3012. 2015-2017 Designed and organized 2 major camps for 147 patients suffering from lymphedema of Lymphatic Filariasis There was 40% immediate reduction of limb volume, which increased to 70% with continued care at home -two year follow up.

- **2016-**Appointed India Chair for The Lymphatic Education & Research Network (LE&RN) USA <http://lymphaticnetwork.org/>

- Designed and conducted A session to celebrate **1st World Lymphedema Day**, at AIIMS ON 6th March 2016, NGO SATHI, the India Chapter of LE&RN with support from NVBDCP (National Vector Borne Disease Control Program).
- Visited **THE UNIVERSITY OF SYDNEY, as part of the team with Dr Gogia to explore Collaboration**

2017-In Collaboration with NHM, Odisha & NCD Cell Odisha, Palliative Care & Plastic Surgery Dept. of AIIMS Bhubaneswar , organized a surgical workshop and educative seminar on Lymphedema Advocacy-to celebrate **2nd World Lymphedema Day 6 March 2017**

2018 To celebrate **the 3rd World Lymphedema Day-2018**, LE&RN India, organized Lymphedema Physiotherapists Road Show 2018 in South India with stops in Bengaluru (Karnataka State), Tirupati (Andhra Pradesh) and Chennai (Tamil Nadu), featuring distinguished and acclaimed International & National faculty. Programme was attended by approx. 400 Physiotherapy

2018- Appointed member of "Ethics Committee" at Sitaram Bhartia Institute of Science and Research

Presented papers in many International Conferences NLN Dallas, Hong Kong, Korea, ILF –Syracuse, Italy, AIIMS Delhi, VAICON Jaipur (Invited), Poland (Invited), Melbourne (UIP), Rotterdam(ILF), to mention a few.

Have **conducted many workshops** and awareness programs for counseling and care in many places in India, including Goa Medical College, Chhattisgarh, Bihar, Mumbai, Kolkutta, Pisawan.

AWARD

2018- Recipient of LE&RN Patient Advocate Award (Santa Monica L.A.), for making an impact on the LE and LD communities.

Publications

Gogia, S. B., & Gogia, A. R. (2012). Compression therapy for ulcers: The science and the art. *Indian Journal for Plastic Surgery*, 45(2), 275–282. <https://doi.org/10.4103/0970-0358.101296>

Zaleska, M., Olszewski, W. L., Jain, P., Gogia, S., Rekha, A., Mishra, S., & Durlik, M. (2013). Pressures and Timing of Intermittent Pneumatic Compression Devices for Efficient Tissue Fluid and Lymph Flow in Limbs with Lymphedema. *Lymphatic Research and Biology*, 11(4), 227–232. <https://doi.org/10.1089/lrb.2013.0016>