

Anmol Mittal



EDUCATION

Rutgers New Jersey Medical School, Newark, NJ
Internal Medicine Resident, June 2023 (expected)

Rutgers New Jersey Medical School, Newark, NJ
Doctor of Medicine, April 2020

New Jersey Institute of Technology, Newark, NJ
Bachelor of Arts in Biology, May 2016
Albert Dorman Honors College
GPA: 4.0/4.0 (summa cum laude)

RESEARCH

(2017-2018)

Role of Hydrogels in Vascular Grafts – PI: Dr. Vivek Kumar, PhD ; Dr. Michael Curi, MD

New Jersey Institute of Technology, Newark, NJ

- Researching the value of creating aortic interposition grafts with synthetic and allograft materials using a novel peptide known as “hydrogel” created by the lab.
- Researching the ability to use the rat model as an accurate model, performing surgeries on rats and transplanting allografts from dissected bovine coronary vessels.

(2013-2017)

Role of Cross-Inhibition in *C. elegans* locomotion – PI: Dr. Gal Haspel, PhD

New Jersey Institute of Technology, Newark, NJ

- Researching Neural Network of *C. elegans*
- Imaging movement of *C. elegans* and using fluorescent indicators to understand active neurons.
- Researching cross-inhibition between GABAergic motoneurons and understanding their role in movement.

(2012-2013)

Barcoding Project, Lemnoideae – PI: Dr. Andrew Vershon, PhD

Rutgers University, Piscataway, NJ

- Labelling various areas of New Jersey with the species of Duckweed by isolating different species, extracting and sequencing DNA, and performing bioinformatic analysis to determine the likely species.
- Creating genomic DNA libraries of Duckweed

(2010-2013)

Waksman Student Scholars Program – PI: Dr. Andrew Vershon, PhD

Rutgers University, Piscataway, NJ

- Explored and analyzed the genomic DNA of Duckweed by transforming cDNA containing plasmids into bacteria, isolating the DNA, and then sequencing it.
- Published 26 DNA sequences to the NIH
(<http://www.ncbi.nlm.nih.gov/nucore/HQ694996>)

LEADERSHIP

(2017-Present)

Pre-Health Committee Member, Office of the Provost

New Jersey Institute of Technology, Newark, NJ

- As a member of the committee, I interview applicants, with other committee members and the director of the committee, and assess their candidacy for medical school. I work with the committee to create committee letters providing official

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recommendations on the candidate and then work with the candidate to strengthen their application.

- (2017-Present) **Instructor, Stop the Bleed, Bleeding Control.org**
Rutgers New Jersey Medical School, Newark, NJ
- Assisted in teaching medical students as well as police officers and other healthcare professionals about the importance of bleeding control in an emergency setting and the correct methods of stopping acute haemorrhage depending on the type of wound and learning how to correctly apply Quikclot gauze and tourniquets.
- (2017-2020) **Student Interviewer, Office of Admissions**
Rutgers New Jersey Medical School, Newark, NJ
- Interviewed prospective medical students to evaluate their candidacy for the medical school and assess their fit into the culture of the school and select individuals that would continue to raise the bar in both the academic and non-academic excellence.
- (2017-2020) **Alumni Interviewer, Albert Dorman Honors College**
New Jersey Institute of Technology, Newark, NJ
- As an alumni interviewer, I interview applicants for the Honors college and the applicants for the accelerated medical programs. I work with the Dean of the college as well as other staff members to accept students into the Honors program who will continue to uphold the Honors College's key principals of leadership and community service.
- (2017-2020) **Engage Mentor, Office of Student Affairs**
Rutgers New Jersey Medical School, Newark, NJ
- As an engage mentor, I was assigned two incoming students with whom I helped transition into medical school. I worked with the students to develop study plans for their exams and then enjoyed outings with them to destress and promote positive mental health. I continue to work with them to ensure they are successful in their goals of becoming a physician.
- (2017-2020) **Class Representative, Benjamin Rush Surgical Society**
Rutgers New Jersey Medical School, Newark, NJ
- Working with the rest of the executive board, served as a liaison between the rest of the student body and the surgical department to help organize events to expose the class to the field of surgery and different surgical specialties.
 - Working with my researcher professor, helped develop a program to expose undergraduate students to the fields of surgery and demonstrated surgical techniques such as stent placement and embolization.
- (2017-2020) **Student Ambassador, Office of Admissions**
Rutgers New Jersey Medical School, Newark, NJ
- As an ambassador, I represented the school and the admissions department as I gave tours of the campus and the residence hall. I participated during admissions seminars for prospective students, accepted students, and accepted parents interacting with them and detailing my experience.
- (2017-2020) **Content Editor, Humans of NJMS**
Rutgers New Jersey Medical School, Newark, NJ

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- A student run organization dedicated towards shining the light on the human aspect of each medical student and demonstrating a unique blend of journalism and photography delineating the medical school experience, the diversity in the student and faculty population, and recounting memorable patient care moments.

(2017-2019)

Captain, Metuchen Emergency Medical Services

Metuchen, NJ

- Lead and manage the Line officers, ensure the day to day activities of the service provided by the EMS services are of the highest service and provide optimal and personal care to Metuchen Residents. Serve as medical support when crew is need of extra help or a supervisory authority to monitor or assist with decision making.

(2017-2017)

Student Orientation Leader, Office of Student Affairs

Rutgers New Jersey Medical School, Newark, NJ

- As one of the student orientation leaders, I worked with the other students and administrators to develop a schedule for the incoming students to ease their transition into medical school. I worked with the Marketing team to develop Snapchat filters, create unique team building exercises to promote camaraderie between the students and help orient them with the school and the Newark community.

(2015-2017)

Founder, CPR for HealthCare Providers

New Jersey Institute of Technology, Newark, NJ

- Provide free CPR classes to the members of the Newark Community.

(2015-2016)

President, National Society of Leadership and Success

New Jersey Institute of Technology, Newark, NJ

- Organized and led student groups to create self-sustaining community service projects.

(2014-2016)

Honors Student Ambassador, Albert Dorman Honors College

New Jersey Institute of Technology, Newark, NJ

- Serve as Honors Ambassador to represent the accelerated program.

(2014-2016)

Lead Student Ambassador, Office of University Admissions

New Jersey Institute of Technology, Newark, NJ

- Serve as Lead Ambassador for student-led tours, recruitment, and training.

WORK EXPERIENCE

(2017-2018)

Office Assistant, Admissions Department – NJMS

(2016-2016)

Office Assistant, Albert Dorman Honors College – NJIT

(2015-2016)

Lab Technician, Haspel Labs – NJIT

(2015-2016)

Grader, Mathematics Department – NJIT

(2015-2016)

Tutor, Chemistry Learning Center – NJIT

(2015-2015)

Proctor, Chemistry Department – NJIT

(2014-2016)

Tutor, The Learning Center - Rutgers University-Newark

GLOBAL HEALTH EXPERIENCE

(2017)

Central Plateau, Haiti through Project Medishare

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Rutgers New Jersey Medical School, Newark, NJ

- As a medical student, I spent a week in Haiti with a translator taking histories and physicals of local patients and making a differential diagnosis which I presented to my attending physician. I was able to provide care and support to patients and their family members as difficult news was given and rejoice with other patients as disease remittance was celebrated.

(2016)

Coclé, Panama through Global Brigades

Rutgers New Jersey Medical School, Newark, NJ

- As an undergraduate student, I spent a week in Panama with other undergraduate students setting up a medical and dental clinic where we fundraised to be able to fund a dentist, two physicians, and a pharmacy with key medicines such as albendazole for patients. I was able to utilize my skills as an EMT to triage patients, take their vitals, and then shadow the physician as they took a detailed history, performed a thorough physical, and generated a diagnosis and treatment plan. I was able to then speak to the patient in a “charla” or “tea time chat” to explain to them the risk of STDs and transmission prevention.

VOLUNTEER EXPERIENCE

(2013-Present)

Emergency Medical Technician, Metuchen Emergency Medical Services

Metuchen, NJ

- Volunteered as an Emergency Medical Technician for the town of Metuchen providing emergency 911 services to the townspeople during the night time. I participated in stand by events, recruitment efforts, and fundraising efforts at the local street fairs.

(2016-2020)

Volunteer, Student Family Health Care Center

Rutgers New Jersey Medical School, Newark, NJ

- Volunteered in a student-run clinic that offers health care to the patrons of the Newark Community and exchanges their gracious time for healthcare offered by a board-certified family medicine attending physician and a team of medical students from each class year.

(2015-2016)

Volunteer, Emergency Department

University Hospital, Newark, NJ

- Volunteered in the Emergency Department as student volunteer assisting the residents and physicians with procedures and most importantly rounding on the patients to ensure each patient was asked about their well being and given support in a time of need.

HONORS & AWARDS

New Jersey Medical School Chapter of the Gold Humanism Honor Society (GHHS)

Pozen Community Service Scholar

NJIT President’s Medal for Academic Excellence

Undergraduate Research and Innovation Student Seed Grant Phase 1

The Quiet Influence: The Unsung Hero Highlander Award

Northeast Regional Honors Council Minority Scholarship Recipient

Northeast Regional Honors Council Regional Conference, NJIT representative

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Provost Undergraduate Research Grant & Stipend

NJIT Albert Dorman Honors College

- NJIT Faculty Scholarship
- NJIT Honor's Scholarship
- NJIT Honor's Room Scholarship
- NJIT Merit Grant
- NJIT Board of Overseers Scholarship

Building Competency in Hindi through Global PBL – UNITED NATIONS Initiative

Presidential Volunteer Service Award – Gold

Presidential Volunteer Service Award – Silver

Presidential Volunteer Service Award – Bronze

PROFESSIONAL AFFILIATIONS

American College of Physicians

American College of Gastroenterology

American College of Family Physicians

SKILLS AND CERTIFICATIONS

Buprenorphine Waiver and Certification

Bleeding Control Instructor, Stop the Bleed Bleedingcontrol.com

Emergency Medical Technician, New Jersey Emergency Medical Services

Basic Life Support Instructor, American Heart Association

Multilingual in Hindi, English, and French

Proficient in SPSS, SAS

Proficient in HTML, Adobe Products, Microsoft Office Products (Excel, Word, etc.), CMS (Drupal, Joomla, Wordpress)

PRESENTATIONS

(2016)

Undergraduate Research and Innovation Symposium

(2015)

NJIT Provost Undergraduate Research Symposium

(2015)

Northeast Regional Honors Council Regional Conference

(2014)

NJIT Provost Undergraduate Research Symposium

PUBLICATIONS

Do motoneurons supply cross-inhibition in *C. elegans* locomotion circuit? Mittal, A., Haspel, G., Center of Undergraduate Research and Innovation, July 31, 2014.

<http://centers.njit.edu/sites/uri/files/lcms/docs/2014-summer-research-symp-bookofabstracts.pdf>

09AM2.12 WSSP Duckweed cDNA library *Landoltia punctata* cDNA, mRNA sequence. Mittal, A., Jones, J., Mead, J., NCBI, November 2, 2013. Accession#JZ511500 <http://www.ncbi.nlm.nih.gov/nucest/JZ511500.1>

09AM1.12 WSSP Duckweed cDNA library *Landoltia punctata* cDNA similar to Myo-inositol-1-phosphate synthase, mRNA sequence. Mittal, A., Jones, J., Mead, J., NCBI, November 2, 2013. Accession#JZ511499 <http://www.ncbi.nlm.nih.gov/nucest/JZ511499.1>

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- 09AM1.11 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM1.11 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, September 13, 2012. Accession#JZ078022
<http://www.ncbi.nlm.nih.gov/nucest/JZ078022.1>
- 09AM7.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM7.10 5- similar to harpin binding protein 1, mRNA sequence. Wen,J., Mittal,A., Shah,P., Geeng,C., Jones,J., Mead,J., NCBI, June 26, 2012. Accession# JK990492 <http://www.ncbi.nlm.nih.gov/nucest/JK990492.1>
- 09AM11.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM11.10 5- similar to mannose-specific lectin, mRNA sequence. Liu,A., Mittal,A., Jones,J., Mead,J., NCBI, June 26, 2012. Accession#JK990491 <http://www.ncbi.nlm.nih.gov/nucest/JK990491.1>
- 09AM3.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM3.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, February 3, 2012. Accession#JK732964
<http://www.ncbi.nlm.nih.gov/nucest/JK732964.1>
- 09AM6.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM6.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, January 27, 2012. Accession#JK730666
<http://www.ncbi.nlm.nih.gov/nucest/JK730666.1>
- 09AM16.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM16.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, January 27, 2012. Accession#JK730665
<http://www.ncbi.nlm.nih.gov/nucest/JK730665.1>
- 09AM15.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM15.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, January 27, 2012. Accession#JK730664
<http://www.ncbi.nlm.nih.gov/nucest/JK730664.1>
- 09AM14.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM14.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, January 27, 2012. Accession#JK730663
<http://www.ncbi.nlm.nih.gov/nucest/JK730663.1>
- 09AM13.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM13.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, January 27, 2012. Accession#JK730662
<http://www.ncbi.nlm.nih.gov/nucest/JK730662.1>
- 09AM12.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM12.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, January 27, 2012. Accession#JK730661
<http://www.ncbi.nlm.nih.gov/nucest/JK730661.1>
- 09AM10.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM10.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, January 25, 2012. Accession#JK730576
<http://www.ncbi.nlm.nih.gov/nucest/JK730576.1>
- 09AM5.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM5.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, August 16, 2011. Accession#JK341253
<http://www.ncbi.nlm.nih.gov/nucest/JK341253.1>
- 09AM4.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM4.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, January 25, 2011. Accession#HS989692
<http://www.ncbi.nlm.nih.gov/nucest/HS989692.1>

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09AM1.10 WSSP *Wolffia australiana* cDNA library *Wolffia australiana* cDNA clone 09AM1.10 5-, mRNA sequence. Mittal,A., Jones,J., Mead,J., NCBI, January 25, 2011. Accession#HS989690
<http://www.ncbi.nlm.nih.gov/nucest/HS989690.1>

REFERENCES AVAILABLE UPON REQUEST