

# Nihit Mehta

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## Summary

Starting in the field of medicine, I have a goal towards cultivating a more compassionate and a holistic approach to modern day medicine, within myself.

## Experience

### Family Medicine Resident

#### CVPH HEALTH CENTER

Jul 2020 - Present (3 years 4 months)

Besides patient care, worked in multiple different avenues to interact with community, from Vaccine Clinics to School Led Education Care. Provider also worked to create screening programs, with a Hemoglobin A1c as part of MOC project and a clinic wide Colon Cancer Screening. Finally, the provider, also participated in state conferences with presentation of research and published articles in local newspapers and blogs to raise awareness of health prevention topics.

### Intern

#### Breaking the Chains of Generational Curses

Mar 2015 - 2015 (less than a year)

Was in charge of Social Media Management

Started a Teen Pregnancy Prevention Social Media Campaign

Created Press Release, engaged in Grant Searching and created Flyers

Networking and Outreach with Various Organizations and Individuals for Fundraising and Campaign purposes

### Intern

#### A Global Voice for Autism

Aug 2014 - Nov 2014 (4 months)

Helping Set up Fundraising Campaign

Networking with Autism Bloggers

Helping set up plan for Social Media (Twitter and Facebook) Outreach

Proposing Fundraising and Outreach ideas

List Building (in relation to outreach, networking and group building)

Researching New Grants From NIH and other Federal Sources

### Founder

#### InfoForCancer

Jun 2014 - Oct 2014 (5 months)

I started an informal organization called InfoForCancer, in this organization we created social media pages and blog dedicated to profiling organizations and individuals to profile organizations.

## **Intern**

### **Estrogen Gene Test Company**

Jul 2014 - Aug 2014 (2 months)

I edited and reworked blogs, along with editing some video captions. I've also done some marketing and outreach on a few projects.

## **Intern**

### **Ancient Forrest Foundation**

Jun 2014 - Aug 2014 (3 months)

Environmental Writer and Photo Contributor



## **Student Tutor**

### **California State University - East Bay**

2012 - 2013 (1 year)

Worked as a student tutor for Foster Youth, and low income youth, as well as working to set their study schedules and alter their study habits.

## **Education**



### **University of New England**

Masters of Public Health, Public Health

2018 - May 2023



### **University of New England**

Doctor of Osteopathic Medicine , Osteopathic Medicine/Osteopathy

2015 - 2019

### **Emergency Management Institute/FEMA**

2015 - 2015

Have taken and Passed the following Courses through Independent Study Program from Emergency Management Institute/FEMA:

- Developing and Managing Volunteers
- Effective Communication
- Decision Making and Problem Solving
- Leadership and Influence
- Animals in Disaster, Community Planning



### **California State University - East Bay**

Bachelor of Science - BS, Biological Science

2007 - 2012

## Licenses & Certifications



**Meditation Teacher's Diploma** - Aura Wellness Center

2696-TC8

**Ethics and Human Subjects Protection** - Clinical Directors Network

## Skills

Microsoft Office • Microsoft Excel • Public Speaking • Microsoft Word • Leadership • Social Media • Sketching • Poetry • Cooking • Geocoding

## Honors & Awards

**University Honors Program** - California State University, East Bay

**Cum Laude**

Apr 2013

**Metrowest Health Foundation Scholarship** - Metrowest Health Foundation

Two time Scholarship Recipient from Metrowest Health

**President's Volunteer Service Award** - Corporation for National and Community Service

**Student Doctor of the month**

2016

**Dean's and Honor's List** - California State University, East Bay

Was awarded Dean's and Honor's List, in multiple semesters due to my undergraduate academic performance.

**People's Choice Award** - New Hampshire Osteopathic Association

Jan 2018

\$250 award for People's Choice in Poster Presentation contest at the New Hampshire Osteopathic Association

**Interprofessional Honors Distinction**

May 2019

The award is given as a symbol of recognition for students who worked in an interprofessional setting with other professionals (i.e. physical therapist, occupational therapists, dentist and pharmacists) on a project.

**Dr.David Anderson Memorial Award** - Champlain Valley Physicians Hospital

