

**CANDIDATE PROFILE****Babita Ghai, India**

Anesthesiology and Pain Medicine, Clinician,
Researcher, Educator and Administrator

Please provide a brief description of your work and interest in the pain field.

I am Professor of Anaesthesia and Pain Medicine, and Course Director of the Pain Medicine Fellowship at PGIMER, Chandigarh, India. With over 28 years of post-MD experience and a Commonwealth Fellowship in Pain Management from Queen Mary University of London, UK, my career has focused on advancing pain care through clinical practice, research, education, advocacy, and health-system strengthening.

My clinical and academic interests centre on chronic and neuropathic pain with an emphasis on evidence-based, patient-centred, and accessible care. I was instrumental in establishing the multidisciplinary Pain Clinic at PGIMER in 2009 and the Pain Medicine Fellowship programme. I am deeply committed to pain education and capacity building and have contributed at community, institutional, national, and international levels through training programs, educational resources, and invited faculty engagements.

As an active member of IASP since 2004, I have contributed extensively through leadership, advocacy, education, and capacity-building initiatives. My roles have included Council Member of the Global Advocacy Working Group, Council Member of the Presidential Task Force on Interdisciplinary Pain Treatment, Co-Chair of the Developing Countries/LMIC Working Group (two terms), Treasurer of Pain Education SIG (two terms), Editor of the Acute Pain SIG, and Editorial Member of the Pain Research Forum.

My research focuses on high-value, non-pharmacological, and community-based approaches to pain management. I have led multiple funded projects supported by IASP, DST, ICMR, and PGIMER, securing approximately INR 10 million as PI or Co-PI. My long-term vision is to integrate comprehensive chronic pain management into primary healthcare and national non-communicable disease frameworks.

Please provide a brief statement of why you are interested in running for Councilor—why would someone want to vote for you?

As an active IASP member since 2004, I have served in diverse leadership roles, including the Global Advocacy Working Group (council member), Presidential Task Force on Interdisciplinary Pain Treatment (member), Developing Countries/LMIC Working Group (Co-Chair, two terms), Pain Education SIG (Treasurer, two terms), Acute Pain SIG (Editor), and Pain Research Forum (Editorial Board). These experiences have provided me with broad insight into IASP and its diverse membership. I seek the opportunity to continue this service as Councilor and will bring commitment, institutional knowledge, and a global perspective to strengthen member engagement, support emerging leaders, and advance equitable pain care worldwide.

Collaborative Leadership and Teamwork: Collaboration is key to the success of IASP's initiatives and programs. Can you share examples of your experience working collaboratively within diverse teams or committees to achieve common goals? How do you plan to foster collaboration among Council members and committees to drive impactful outcomes?

Collaboration has been a defining feature of my work within IASP. Over the years, I have worked closely with colleagues from diverse professional, cultural, and geographic backgrounds through leadership roles in the

Presidential Task Force on Interdisciplinary Pain Treatment, the Developing Countries/LMIC Working Group, the Global Advocacy Working Group, and several Special Interest Groups.

As a member of the Presidential Task Force on Interdisciplinary Pain Treatment, I contributed to a topical review on contemporary evidence for interdisciplinary pain treatment, participated in international surveys, and helped develop consensus recommendations on professions, interventions, and treatment goals for multimodal chronic pain management aligned with the biopsychosocial model and ICD-11 framework. This work required sustained dialogue, mutual respect, and consensus-building across disciplines and countries.

More recently, as a member of the Global Advocacy Working Group, I have collaborated with colleagues worldwide to develop and refine the IASP Policy Framework document. This experience reinforced the importance of inclusive engagement, shared ownership, and strategic thinking in advancing organizational goals.

Building on these experiences, I plan to strengthen collaboration between Council, committees, SIGs, and working groups by promoting open communication, inclusive participation, and cross-disciplinary partnerships. I will encourage engagement of members from diverse regions and professional backgrounds, support emerging leaders, and facilitate opportunities for shared learning and joint initiatives. Through these efforts, I hope to contribute to a stronger, more connected IASP and advance its mission of improving pain research, education, advocacy, and care worldwide.

Experience in Financial Oversight and Governance: The Council plays a crucial role in overseeing the financial management and governance of IASP. Can you describe your experience in financial oversight and governance, particularly in reviewing budgets, financial reports, and implementing financial policies? How will you contribute to ensuring the fiscal health and accountability of the association?

My experience in financial oversight and governance has been developed through both IASP leadership roles and management of externally funded research programs. Serving two terms as Treasurer of the Pain Education SIG has provided extensive experience in budget review, oversight of financial reports, monitoring expenditures, implementing financial policies, and ensuring transparent reporting to members. This role also involved working closely with SIG leadership to ensure responsible use of resources and alignment of expenditures with strategic priorities.

As Co-Chair of the Developing Countries/LMIC Working Group for two terms, I have participated in reviewing and evaluating applications for pain education grants from low- and middle-income countries. This process requires careful assessment of proposed budgets, justification of expenditures, feasibility, accountability mechanisms, and equitable allocation of limited resources. These experiences have strengthened my understanding of transparent decision-making, financial stewardship, and governance within an international professional organization.

Beyond IASP, I have managed multiple nationally and internationally funded research projects as Principal Investigator and Co-Principal Investigator, overseeing budget planning, fund utilization, compliance, reporting, and accountability to funding agencies.

As Councillor, I will support evidence-informed financial decision-making, transparency, and responsible stewardship of IASP resources. I will contribute to careful review of budgets and financial reports, promote accountability in funding and grant processes, and help ensure that resources are aligned with IASP's strategic priorities. My goal is to support the long-term fiscal health of the Association while maximizing its ability to advance pain research, education, advocacy, and care globally.

Global Engagement and Representation: Pain is a universal experience, and IASP's reach extends across diverse regions and communities worldwide. As a Councilor, how do you plan to engage with and represent the interests of the global pain community as a Councilor, ensuring inclusivity, diversity, and responsiveness to the needs of various stakeholders?

As a pain physician, educator, researcher, and long-standing IASP volunteer from a low- and middle-income country, I have seen how pain affects people universally while access to pain care, education, and resources remains deeply unequal across regions. This perspective has shaped my commitment to ensuring that IASP remains a truly global and inclusive organization.

Through leadership roles in the Developing Countries/LMIC Working Group, Global Advocacy Working Group, Presidential Task Force on Interdisciplinary Pain Treatment, and several Special Interest Groups, I have collaborated with colleagues from diverse cultural, professional, and geographic backgrounds. These experiences have taught me that effective representation begins with listening carefully, valuing different perspectives, and creating space for meaningful participation.

As Councillor, I will work to strengthen engagement with members across all regions, especially those who are underrepresented in global conversations. I will support initiatives that expand equitable access to education, mentorship, leadership opportunities, and collaborative research. I also believe that IASP's decisions are strongest when they are informed by clinicians, researchers, educators, policymakers, and people living with pain from varied healthcare systems and communities.

My goal is to help IASP continue building a connected global community where diversity is recognized as a strength, regional voices influence priorities, and pain science is translated into better care for people worldwide.

IASP Involvement

- 2004: Joined IASP: regular active member since 2004
- 2012 Authored Chapter for Electronic Knowledge Library (EWL) of 'PAIN OUT' project of IASP (),
- 2014: Recipient, IASP Education Grant under Developing Countries Project
- 2014 Invited faculty at IASP World Congress on Pain (WCP, 2014) Satellite Symposium of Acute Pain SIG
- 2016: Invited faculty at IASP World Congress on Pain (WCP, 2016) Satellite Symposium of Acute Pain SIG, Japan
- 2017: Authored, IASP Fact Sheet on Post-surgical Pain in Older Adults
- 2018–2020: Editorial Member, Pain Research Forum
- 2018–2019: Task Force Member, Global Year for Excellence in Pain Education
- 2018: Invited faculty at IASP World Congress on Pain (WCP, 2018) Satellite Symposium of Pain education SIG, Boston
- 2019–2021: Treasurer, Pain Education SIG
- 2019–2021: Editor, Acute Pain SIG
- 2019: Authored Chapter for IASP press book "Pain After Surgery" eds: Daniel B Carr, Lars Arendt-Nielsen, Kris C.P. Vissers (2019)
- 2021–2024: Council Member, Presidential Task Force on Interdisciplinary Pain Treatment
- 2021–2022: Developing Country Working Group (DCWG) task force member
- 2021–2023: Treasurer, Pain Education SIG (Second Term)
- 2023–2025: Co-Chair, Developing Countries Working Group
- 2024–present: Council Member, Global Advocacy Working Group
- 2025–present: Co-Chair, LMIC Working Group (Second Term)

CURRICULUM VITAE: Babita Ghai

NAME: BABITA GHAI		POSITION TITLE: PROFESSOR	
EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE	YEAR(s)	FIELD OF STUDY
Maulana Azad Medical College (MAMC), New Delhi, India	MBBS	1989-1994	Medicine Graduation
MAMC, New Delhi, India	MD	1995-1998	Anaesthesia
National Board of Examination, New Delhi, India	DNB	1998	Anaesthesia
Barts and The London NHS trust, London, UK	Commonwealth Academic Staff Clinical Fellowship	Jan-July 2012	Pain management

A. HIGHLIGHTS OF MY SKILLS FOR THE POSITION OF COUNCILOR

I am currently serving as Professor and Consultant In-Charge of the Pain Clinic, as well as the **Course-Director of Pain Medicine Fellowship**, Department of Anaesthesia and Intensive Care at the Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, India. With over 28 years of post-MD experience, my career spans clinical practice, academic research, health policy development, and strategic leadership in pain medicine. I completed a prestigious Commonwealth Academic Staff Fellowship in Pain Management at Barts and The London NHS Trust, Queen Mary University of London, UK, in 2012. My **core areas of interest** include chronic pain management, pain education, research, and policy, **with a specific focus on** low- and middle-income countries (LMICs).

I harbor Leadership, Educationalist, Team working, Clinical, Communication skills, Research and translational, Administrative, Innovation and Research and translational skills which can be observed below in the CV and makes me an appropriate candidate for the position of Councillor of IASP. Also I am extensively and dedicatedly involved in many leadership roles as mentioned below

Innovations and patents:

I have three design patents to my credit- Indigenous Quantitative sensory testing in pain field, A specialized face mask for interventional procedures in COVID patients, An portable AMBU bag system for economical transport ventilator.

KEY IASP LEADERSHIP & ACADEMIC ROLE:

I have been an **active member** of the International Association for the Study of Pain since 2004 and have been deeply involved in leadership and academic activities across advocacy, education, and global capacity building:

- 2024–present: Council Member, Global Advocacy Working Group
- 2025–present: Co-Chair, LMIC Working Group (Second Term)
- 2023–2025: Co-Chair, Developing Countries Working Group
- 2021–2024: Council Member, Presidential Task Force on Interdisciplinary Pain Treatment
- 2021-2022: Developing Country Working Group (DCWG) task force member
- 2021–2023: Treasurer, Pain Education SIG (Second Term)
- 2019–2021: Treasurer, Pain Education SIG
- 2019–2021: Editor, Acute Pain SIG
- 2018–2020: Editorial Member, Pain Research Forum
- 2018–2019: Task Force Member, Global Year for Excellence in Pain Education
- 2019: Authored Chapter for IASP press book “Pain After Surgery” eds: Daniel B Carr, Lars Arendt-Nielsen, Kris C.P. Vissers (2019)
- 2017: Authored, IASP Fact Sheet on Post-surgical Pain in Older Adults
- 2014: Recipient, IASP Education Grant under Developing Countries Project
- 2018: Invited faculty at IASP World Congress on Pain (WCP, 2018) Satellite Symposium of Pain education SIG, Boston
- 2016: Invited faculty at IASP World Congress on Pain (WCP, 2016) Satellite Symposium of Acute Pain SIG, Japan
- 2014 Invited faculty at IASP World Congress on Pain (WCP, 2014) Satellite Symposium of Acute Pain SIG,
- 2012 Authored Chapter for Electronic Knowledge Library (EWL) of ‘*PAIN OUT*’ project of IASP (),
- 2004: Joined IASP: regular active member since 2004

KEY INTERNATIONAL LEADERSHIP & ACADEMIC ROLE OTHER THAN IASP

My global academic engagement includes

- Serving as Board Member of the European Executive Program in Neuromodulation (EEPIN), University of London
- International Faculty for the PG Certificate Course in Neuromodulation & Pain Management at Queen Mary University, London.
- Authored six international book chapters and fact sheets
- Invited faculty at fourteen international conferences, including three IASP World Congresses on Pain, EFIC, ASEAPS, and the New York World Anesthesia Congress.
- Presented around thirty original research studies internationally and
- Received nine distinguished awards, including the Commonwealth Academic Staff Fellowship and the IASP Developing Country Education Award. I serve as reviewer for several high-impact journals and have completed academic observer visits to the University of Arizona and the University of Glasgow.

EFIC and ASEAPS contributions

- **Invited faculty** for the Acute Pain SIG satellite symposia’s at EFIC congress, Denmark (2017),
- **Invited faculty** at three ASEAPS congresses at Myanmar (2017), Malaysia (2019), Singapore (2025)

B. POSITIONS

Employment Positions

- 1998-2000: Senior Resident, Department of Anaesthesia, All India Institute of Medical Sciences (AIIMS), Delhi
- 2001-2002: Senior Research Associate, Department of Anaesthesia, AIIMS, Delhi, India
- 2002-2007: Assistant Professor, Department of Anaesthesia, PGIMER, Chandigarh, India
- 2007-2010: Associate Professor, Department of Anaesthesia, PGIMER, Chandigarh, India
- 2010-2014: Additional Professor, Department of Anaesthesia, PGIMER, Chandigarh, India
- 2014-present: Professor, Department of Anaesthesia, PGIMER, Chandigarh, India

International reputed educational training:

- Jan-July 2012: Commonwealth Academic Staff fellowship, Pain Mn, Barts & The London NHS Trust, London

National Expert group/core committee member positions for guidelines development and policy creation:

- 2024–Present: Core Committee Member for national guideline in chronic pain management & interventional pain practices

2021–2022:	Key Contributor to the Indian Society for the Study of Pain (ISSP) Position Statement on Pain Practice during the COVID-19 Pandemic
2019-2021:	Core Committee member for the formulation of consensus guidelines on perioperative pain management for Society of OncoAnesthesia and Perioperative Care
2019-2021:	Core Committee member for the formulation of A consensus practice guideline on Multimodal opioid sparing oncoanesthesia for Society of OncoAnesthesia and Perioperative Care
2018-2021:	Core committee member of Acute pain SIG of ISSP for formulation, of Acute Pain Management guidelines for patients with special needs from Indian Society for the Study of Pain (ISSP)
2018-2021:	Chair of “Interventional Pain Procedures” of ISSP for development of national guidelines
2018-2021:	Core member for ISSP “Position statement for pain medicine practice during the COVID pandemic”
2016:	Expert group member to develop consensus guideline for common pain conditions for project entitled “Action Against Pain” managed by “Asian Society of Continuing Medical Education”.
215:	Haryana Government nominated EXPERT for strengthening of district hospital with pain management clinic under National Program for the prevention and control of pain, Cancer, Diabetes, Cardiovascular disease and stroke for advisory services proposal

Other national executive and leadership positions

2021-ongoing:	Currently Specialist Board Member of Pain medicine for DNB/DrNB/FMB of National Board of Examination of Medical Sciences (MBEMS)
2024-2025:	Vice-president of Indian Society for Study of Pain (ISSP)
2020:	Chairperson COVID training committee of PGIMER, Chandigarh
2018-2021:	Executive member of Indian Academy of Pain Medicine (IAPM) an academic wing of Indian Society for Study of Pain (ISSP): https://www.issp-pain.org/education/iapm-2/governing-council/
2017-2018:	Examination committee member of IAPM of ISSP
2018-ongoing:	Member Institutional Ethics Committee (Human Studies) of National Institute of Pharmaceutical Education and Research (NIPER), Mohali.
2015-2018:	National joint secretary, Indian Society for Study of the Pain
2011-2014:	Executive member of ISSP
2008-2011:	Secretary and Founder member of “Chandigarh chapter of ISSP

C. HONORS AND AWARDS:

INTERNATIONAL AWARDS/HONORS/GRANTS

2018:	Awarded financial grant of \$ 1600 to attend 17 th World Congress pain at Boston, USA, in 2018
2014:	Awarded a grant of US\$10,000 by IASP Developing Countries Working Group: Initiative for Improving Pain Education in developing countries
2012:	Awarded Commonwealth Academic Staff Fellowship in pain management at Barts and The London NHS Trust, London, UK from January to July 2012 through rigorous selection process
2012:	Conferred with “Good Clinical Practice award” by St Bartholomew's Hospital NHS trust, London
2011:	Awarded AHA accredited Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) provider
2010:	Awarded financial grant of \$ 1200 CAD to attend 13 th World Congress on Pain at Montreal, Canada
2009:	Awarded AHA accredited Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) provider
2008:	Awarded financial grant of \$ 1000 to attend 12 th World Congress on Pain at Glasgow, Scotland, UK,

National Awards and honors

2025:	Innovation award at 10 th Annual Research Day of PGIMER, Chandigarh.
2024:	1 st position amongst published papers in Professor- Surgical Specialty (category) and at 10 th Annual Research Day of PGIMER, Chandigarh.
2024:	Patented Innovation award on “Ambu Bag System” at 10 th Annual Research Day PGIMER, Chandigarh.
2021:	Selected for prestigious Indian Society of Anaesthesiologists (ISA) “ Presidential Appreciation award ” for academic achievements related to pain management field. Award will be conferred in Nov 2021, ISACON 2021.
2020:	Appreciation award of “PPE clad COVID warriors” by ISA
2018:	Scroll of “Fellow of Indian Academy of Pain Medicine (FIAPM) by ISSP
2018:	Excellence in Pain Research award by World Institute of Pain- India Section
2017:	Scroll of Fellow of National Academy of Medical Sciences (FAMS) by National Academy of Medical Sciences
2017:	“High Quality Research Work award” at 5 th Annual Research Day, PGIMER, Chandigarh
2016:	“High Quality Research Work award” at 4 th Annual Research Day, PGIMER, Chandigarh
2015:	National level Ministerial Hindi Award for Publishing “Back Care Booklet” in Hindi by Ministry of Home Affairs, Govt. of India.
2015:	“ TEDx Talk ” orator on theme “Accessibility” (Journey of becoming pain physician) by TEDx committee, LBSIM, New Delhi

D. RESEARCH CONTRIBUTIONS

My research contributions focus on developing first-line, high-value care models for chronic pain in low- and middle-income countries.

- Recipient of the IASP Developing Country Grant in 2014
- PI and co-PI of ten funded research projects in chronic pain, securing approximately INR 10 million in competitive research funding from agencies including IASP, DST, ICMR, and PGIMER.
- Currently Principal Investigator of a DST-SATYAM funded large community-based randomized controlled trial (INR 5.4 million) evaluating an Integrated Approach of Yoga Therapy for chronic low back pain. I have registered 21 clinical trials as Principal Investigator in the CTRI.
- Developed of a self-instructional Back Care Booklet in English, Hindi, and Punjabi for community dissemination and development of an integrated yoga protocol for low back pain.
- Several of my recent studies have been cited in UK NICE guidelines and in multiple international systematic reviews and meta-analyses.

Funded Research Projects

Role:	Time Period	Granting Agency:	Title:
PI	2024-2027	Department of Science and Technology, (DST) Satyam.	Evaluating the Long-Term Effect of Integrated Approach of Yoga Therapy (IAYT) on Mental Health, Quality of Life, and Biomarkers in Patients with Chronic Low Back Pain, and Comparing It with Physical Exercise or Usual Care
PI	2018-2021	PGIMER, Chandigarh, India, Funded	Pulsed radiofrequency for the treatment of low back pain with radicular pain and its correlation with Quantitative Sensory Testing—a prospective, parallel group, randomized, double blind, sham controlled trial.
PI	2017-2021	PGIMER, Chandigarh, India Funded	Prevalence of musculoskeletal pain in dentists and dental auxiliary staff in North India
PI	2019-2022	PGIMER, Chandigarh and NIPER, Mohali, India	A study to assess the prevalence, knowledge, disability and service utilization regarding low back pain among health care professionals in north India
PI	2020-2024	CCRYN. India	Effectiveness of Integrated Approach of Yoga Therapy (IAYT) versus usual care in management on Chronic Low Back Pain Patients: A Randomized Controlled Study

PI	2020-2021	SVYASA, Bangalore, India	Effectiveness of Integrated Approach of Yoga Therapy (IAYT) versus usual care in management on Chronic Low Back Pain Patients: A Randomized Controlled Pilot Study
PI	2017-2020	PGIMER, Chandigarh, India, INR 99,000	Development, validation and evaluation of effectiveness of novel self-instructional module for patients with chronic nonspecific low back pain
PI	2018-2020	Department of Science and Technology, UT, (DST UT) India, INR 1,10,000	Effect of two different doses of lumbar epidural steroid injection on plasma cortisol and ACTH levels in patients with low back pain in UT Chandigarh
PI	2018-2020	NIPER, Mohali, India	An Economic evaluation of pharmacotherapeutic intervention for management of chronic low back pain associated with neuropathic pain: North Indian perspective
Co-PI	2017-2020	DST UT, India, INR1,00,000/-	Comparison of systemic dexamethasone levels following its perineural versus intravenous administration: A randomized, double-blind study
Co-PI	2017-2020	NIPER, Mohali, India	A community study to assess the prevalence, knowledge, disability and service utilization regarding low back pain among north Indian population

E. Selected Peer Reviewed Publications

I have published extensively and my published work have generated significant international impact and continue to influence evidence-based pain practice.

Indexed Journal Publications:

- 157 peer-reviewed publications, including 132 pubmed indexed publications,
- My H-index is 34, an i10-index of 77, over 3492 citations.
- Published in leading high-impact journals including
 - Pain reports, BJA, Anaesthesia, Anesthesia & Analgesia, Pain, European Journal of Anaesthesiology, Critical Care Medicine, Pediatric Anesthesia, Pain Medicine, Pain Practice, Korean Journal of Pain, Acta Scandinavica, and major Indian journals.

Few Select of Publications out of 157 (whole list of pubmed publications can be obtained at <https://pubmed.ncbi.nlm.nih.gov/?term=ghai%20b%20&sort=date>)

1. Rani B, Gupta M, Ganesh V, Sharma R, Bhatia A, **Ghai B**. Efficacy of mobile health interventions in the conservative management of chronic low back pain in low- and middle-income countries: a systematic review, meta-analysis, and trial sequential analysis. Pain Rep. 2025;10: e1242

2. **Ghai B**, Sharma R, Rani B, Anand A. Implementing Community-based Non-pharmacological Interventions for Chronic Low Back Pain: A Realist Perspective on Challenges, Lessons and Sustainability from a Randomised Controlled Trial. Ann Neurosci. 2025; 33: 142-145

3. Gupta SK, **Ghai B**, Makkar JK, Dhiman D, Chouhan DK. Effectiveness of ultrasound-guided pulsed radiofrequency ablation of suprascapular nerve versus local anaesthetics with steroids in patients with chronic shoulder pain: A randomised controlled trial. Indian J Anaesth. 2024; 68: 731-734 **PMID: 39176114**

4. Makkar JK, Warriar G, **Ghai B**, Chhabra M, Sarkar PK, Goni VG, Kaur Khurana BJ. Effect of radiofrequency ablation of genicular nerves on the isokinetic muscle strength of knee joint in patients with osteoarthritis knee: A randomized double-blind sham controlled clinical trial. Pain Med. 2024 Aug 5:pnae077. Epub ahead of print. **PMID: 39102829**

5. **Ghai B**, Sharma R, Saini L, et al. Mental health of health care workers during the hour of crisis-A study from tertiary care hospital in North India. Ind Psychiatry J. 2023 Jan-Jun;32(1):172-178 **PMID: 37274588**

6. Sharma C, **Ghai B**, Goel N, Mahesh KV. SARS-CoV-2 parainfection associated Landry - Guillain- Barre Syndrome (LGBS) in a term pregnant woman: A clinical conundrum. Indian J Anaesth. 2023 Feb;67(2):222-223. **PMID: 37091445**

7. **Ghai B**, Jafra A, Bhatia N, Chanana N, Bansal D, Mehta V. Opioid sparing strategies for perioperative pain management other than regional anaesthesia: A narrative review. J Anaesthesiol Clin Pharmacol. 2022 Jan-Mar;38(1):3-10. doi: 10.4103/joacp.JOACP_362_19 **PMID: 35706649**

8. **Ghai B**, Kumar M, Makkar JK, Goni V. Comparison of ultrasound guided pulsed radiofrequency of genicular nerve with local anesthetic and steroid block for management of osteoarthritis knee pain. Korean J Pain. 2022 Apr 1;35(2):183-190. **PMID: 35354681**

9. Asrar MM, **Ghai B**, Pushpendra D, Bansal D. Psychosocial morbidity profile in a community-based sample of low back pain patients. Sci Rep. 2021; 11: 2610. doi: 10.1038/s41598-021-82324-y. **PMID: 3351041**

10. Bansal D, Asrar MM, **Ghai B**, Pushpendra D. Prevalence and Impact of Low Back Pain in a Community-Based Population in Northern India. Pain Physician. 2020; 23: E 389-98. **PMID: 32709185**

11. **Ghai B**, Gudala K, Asrar MM, Chanana N, Kanukula R, Bansal D. Development, validation and evaluation of a novel self-instructional module in patients with chronic non-specific low back pain. Indian J Anaesth. 2020; 64: 299-305. **PMID: 32489204**

12. Mehta V, Snidvongs S, **Ghai B**, Langford R, Wodehouse T. Characterization of peripheral and central sensitization after dorsal root ganglion intervention in patients with unilateral lumbosacral radicular pain: a prospective pilot study. Br J Anaesth. 2017; 118: 924-931. **PMID: 28575334**

13. Gudala K, **Ghai B**, Bansal D. Usefulness of four commonly used neuropathic pain screening questionnaires in patients with chronic low back pain: a cross-sectional study. Korean J Pain. 2017; 30: 51-58. **PMID: 28119771**

14. Bansal D, Gudala K, Lavudiya S, **Ghai B**, Arora P. Translation, Adaptation, and Validation of Hindi Version of the Pain Catastrophizing Scale in Patients with Chronic Low Back Pain for Use in India. Pain Med 2016; 17: 1848-58. **PMID: 26893110**.

15. Gudala K, **Ghai B**, Bansal D. Neuropathic Pain Assessment with the pain DETECT Questionnaire: Cross-Cultural Adaptation and Psychometric Evaluation to Hindi. Pain Pract. 2017; 17: 1042-1049. **PMID: 28160412**.

16. **Ghai B**, Gupta AK, Makkar JK, Dhatt SS. Contrast Medium Volume Needed to Reach Anterior Epidural Space via the Kambin Triangle or Subpedicular Approach for Transforaminal Epidural Injection. Pain Physician. 2020; 23: 383-92. **PMID: 32709173**

17. Abdul AJ, **Ghai B**, Bansal D, Sachdeva N, Bhansali A, Dhatt SS. Hypothalamic Pituitary Adrenocortical Axis Suppression following a Single Epidural Injection of Methylprednisolone Acetate. Pain Physician. 2017; 20: E991-E1001. **PMID: 29149147**

18. **Ghai B**, Kumar K, Bansal D, Dhatt SS, Kanukula R, Batra YK. Effectiveness of Parasagittal Interlaminar Epidural Local Anesthetic with or without Steroid in Chronic Lumbosacral Pain: A Randomized, Double-Blind Clinical Trial. Pain Physician. 2015; 18: 237-48. **PMID: 26000667**