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Dr. Poonam Mehta graduated from Kirori Mal College in 1979. She completed her post graduation in 1981, followed by M.Phil. in 1982 and Ph.D, in 1987. She is a recipient of Junior and Senior Research Fellowship from Council of Scientific and Industrial Research (CSIR). She did her post-doctoral research from University of British Columbia (UBC), Vancouver, Canada. She was also awarded Research Associateship from CSIR.

Dr. Mehta joined Dyal Singh College in 1991. She has been associated with various syllabus revision as well as college administration committees. She has published 18 research papers in reputed national and international journals. She has participated in various seminars, workshops and conferences. She has also been a National Jury Member of Innovation in Scientific Pursuit for Inspired Research (INSPIRE) programme of Department of Science and Technology (DST).