



DEPARTMENT OF COMMUNITY MEDICINE GOVERNMENT MEDICAL COLLEGE, KATHUA

Email :- communitymedi77@gmail.com

GENERAL INTRODUCTION ABOUT THE DEPARTMENT

- The Community Medicine is that branch of medicine, which deals with the study of provision of preventive, promotive, curative, rehabilitative and evaluative services to the community at large, through an organized comprehensive health care delivery system.

CORE ACTIVITIES OF THE DEPARTMENT

- Promoting healthy behavior among Communities through information, education and Communication.
- Assessing the Community needs, making community diagnosis and monitoring the health status of the community being served.
- Developing sound health policy and health planning.
- Managing the health programs and other medical and health care systems.
- Ensuring community participation in health programs and mobilizing community action.
- Undertaking research to develop new insights and innovative solutions to relevant community health problems
- Assuring the availability, accessibility, quality and accountability of health care.
- Teaching and training of medical undergraduates, interns, doctors and paramedical staff.
- The Rural Health Training Centre (RHTC) Budhi and Urban Health training Centre (UHTC) Krishna colony comes under the Department of Community Medicine, GMC Kathua.
- Rural Health Training Centre (RHTC) is the field practice area of GMC Kathua. The Health and Wellness Centre RHTC Budhi is operational 24X7 operational and provides package of services. Rural Health Training Centre (RHTC) is awarded with Kayakalp Award for sanitation and Hospital Upkeep for the year 2020.
- Urban Health training Centre (UHTC) has also been upgraded to Health and Wellness Centre recently
- DNB Accreditation for 02 seats has been approved recently.

MISSION

- To reach the unreached through comprehensive health care.
- To provide quality medical education.

VISION

- To strive for healthy population through Public health care delivery system.

CORE VALUES OF THE DEPARTMENT

The mission and vision of the departments are guided by the strong core values, which are:-

- Teamwork
- Commitment
- Integrity
- Accountability
- Trust and respect

INFORMATION ABOUT THE STAFF

S No.	Name	Designation	Phone Number	Email ID
1.	Dr. Yangchen Dolma	Associate Professor and HOD	7780823508	yangchendolma12@gmail.com
2.	Dr.Parveen Singh	Associate Professor	9796682575	singhparveen176752@gmail.com
3.	Dr. Sonika Sangra	Assistant Professor	9419353955	sonikasangra@gmail.com
4.	Dr. Lubna Ashraf Mir	Demonstrator	9622730217	mirlubna@yahoo.com
5.	Dr. Sahil Langeh	Demonstrator	9906285956	sahillangeh9@gmail.com
6.	Dr. Rishav Raina	Demonstrator	7889574889	rraina.2015@gmail.com
7.	Dr. Shikha Sharma	Demonstrator	6005380717	Shikhus10@gmail.com

ACADEMIC ACTIVITIES OF STAFF

- Theory Classes
- Practical Classes
- Classes for B.Sc Paramedical
- Field Visit

- Training
- Population Survey
- NTEP Survey in collaboration with NIE, Chennai and IAPSM (ICMR).
- Research Activities
- Inter-sectoral Coordination.
- Extra-curricular Activities
- Conducted CME
- Conducted Workshop
- Implemented Family Adoption Programme
- Mentoring of Seminars of Interns

ACTIVITIES AT HEALTH AND WELLNESS CENTRES

HWC RHTC Budhi

- OPD and IPD
- Anti Rabies Clinic
- Life style Clinic
- IDSP
- Community Activities (Awareness, Advocacy, VHND etc.)
- Routine Immunization.
- Lab Testing
- AYUSH Services
- Dental OPD
- NCD Screening
- Intern Training
- Ayushman Mela
- Implementation of all National Health Programmes
- Counselling

HWC UHTC Krishna Colony

- OPD
- Routine Immunization
- Lab Services
- Population survey
- Community Activities (Awareness, Advocacy, UHND etc.)
- ANC Checkup

- Inter-Sectoral Coordination
- NCD Screening
- Ayushman Mela
- Outreach Camps (Slums)
- Health Camps with Health Department
- Health Camps with NGO's

ACHIEVEMENTS OF STAFF

NAME: DR YANGCHEN DOLMA

Designation : Associate Professor and Head, Department of Community Medicine (Social and Preventive Medicine)

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AWARDS:-

- a) Certificate of Excellence by Government Medical College, Srinagar for Best Thesis of the year on 20th November, 2013.
- b) Best Paper Award at Indira Gandhi Medical College, Shimla at North Zone Indian Association of Preventive and Social Medicine. Annual Conference of North Zone (NZ – IAPSM) on November 23-24, 2013.
- c) Certificate of Appreciation by Institute of Liver and Biliary Sciences, New Delhi for 1st Virtual Short Course on “Interpreting Scientific Literature” on 2nd and 3rd October, 2020.
- d) Certificate of Appreciation as Corona Warrior by Financial Commissioner, Health and Medical Education Department, UT of Jammu and Kashmir.
- e) Best Paper award Titled “Safe drinking water and hygiene facilities utilization in rural household of District Kathua district : A Cross Sectional Study.” at EFICON 2020 Conducted by AIIMS Rishikesh.
- f) Kayakalp Award (HWC RHTC Buddhi) 2020.
- g) Certificate of Appreciation for working as Nodal Officer of District Kathua for SNC Under TB free India by Centre TB Division, ICMR, IAPSM & NTF, NTEP (2022).
- h) Certificate of appreciation by Director General, FW MCH & Immunization for J&K and STO Jammu for SNC 2020.

RESOURCE PERSON (TEACHING)

- a) Resource person for training of medical officers of Leh District in Rashtriya Kishore Swasthy Karyakaram from 25th to 27th August, 2015
- b) Teaching of undergraduate students – Theory, Practical and field oriented teaching of MBBS students.
- c) Master Trainer, Bridge Coursellor BUMS Doctors, IGNOU.
- d) Resource person for training organized by DIET Leh and Kargil in collaboration with Kaivalya education Foundation. Managing students engagement and focusing on students mental health on International Education day, 24th Jan, 2022
- e) Refresher Training of teachers on Adolescence education organized by directorate of School education Ladakh in collaboration with J&K State Aids Control Society, 29/ 03/2022.

RESEARCH:

(i) COURSES/ TRAININGS/ CONFERENCES/ WORKSHOP/ CME: NATIONAL)

1. Attended IAPSM – NZ Conference at Indira Gandhi Medical College at Shimla in Novemeber 2013.
2. Attended Pre- Conference CME at 63rd Annual National Conference of Indian Public Health Association at Rangararaya Medical College, Kakinada, Andhra Pradesh on 31st January, 2019.
3. Attended 3 day conference at 63rd Annual National Conference of Indian Public Health Association at Rangararaya Medical College, Kakinada, Andhra Pradesh from 1st to 3rd February, 2019
4. Attended 4th International conference on Occupational and Environmental health at LadyHardinge Medical College, Delhi from 15th to 17th Feb 2019.
5. Attended National Operational Research Workshop Series at SHKM Medical College, Mewat Haryana on 1st November, 2019.
6. Attended 23rd Annual Conference of NZIAPSM 2019 at SHKM Medical college on 2nd and 3rd November.
7. Attended Post conference workshop titled “Efficient Quality Assured Data Capture using a Mobile Phone” on 03 March 2020 in the 64th Annual National conference of IPHACON 2020.
8. Attended as Delegate IPHACON 2020 at AIIMS Delhi, 29th Feb- 2nd March
9. National conference of IAPSM 28- 30 Jan, 2020,
10. Attended 1st Virtual Short Course on “Interpreting Scientific Literature” by Institute of Liver and Biliary Sciences, New Delhi on 2nd and 3rd October, 2020.

11. POSHCON 2020, Oct 16-17, 2021 (Virtual)
12. HIV Sentinel Surveillance training at GMC Jammu
13. CISP Training at Government Medical College, Kathua.
14. Workshop on statistical Computing excel
15. CBME Training : Community Medicine.
16. Basic Course in Biomedical Research (BCBR) NPTEL (ICMR) in August, 2020.
17. Basic Course Workshop at GMC Kathua, September, 2021.
18. National Faculty Development Program on Advanced research methods and quantitative data analysis using SPSS.

(ii) **COURSES/ TRAININGS/ CONFERENCES/ WORKSHOP/ CME:**
STATE

1. Attended North Zone OR Capacity Building Workshop for Medical Colleges at SKIMS, Soura, Srinagaron RNTCP from 13 to 14th September, 2013
2. Attended Postgraduate thesis presentation at Government Medical College Srinagar on 19th and 20th November.
3. Attended 19TH Annual Conference of North Zone of Indian Association of Preventive and Social Medicine at government Medical College, Srinagar on 9th and 10th October, 2015.
4. Attended HIV Sentinel Surveillance workshop from 13th to 14th January ,2014- 15 at Government Medical College Srinagar.
5. Attended ACOIN Kashmir State level CME ON 22ND March, 2017 at Government Medical College, Srinagar.
6. Attended 9th Three day Basic Workshop on Research Methodology for Biomedical Research at Government Medical College Srinagar from 7th to 9th September, 2017.
7. Attended five days training of Training of Trainer in Nutrition Education organized by Ministry of Women and Child Development, Food and Nutrition Board at Government Medical College Jammu from 12 to 16th March.
8. Attended Cancer Conference: CRAB E CON – Punj, 7th and 8th September, 2019.
9. Chaired scientific session as guest faculty CRAB E CON Punj, 8th September, 2019.
10. Attended National operational research workshop series, Centre for Community Medicine (CCM), All India Institute of Medical Sciences, New Delhi. 1st Nov, 2019.

11. Attended 23RD National Annual Conference of NZIAPSM 2019 at Shaheed Hasan Khan Mewati Government Medical College, Nalhar, Mewat (Haryana). 2nd and 3rd November.
12. Attended workshop on Basic Statistical analysis using SPSS. November 26-29, 2019 at Indian Institute of Public Health, Delhi.
13. Attended 47TH Annual National Conference of Indian Association of Preventive and Social Medicine IAPSMCON 2020 at Institute of Community Medicine, Madras Medical College, Chennai. 28TH to 30TH January 2020.
14. Attended 3 day training programme on RKSK for Medical Officer at Leh from 25th August, 2015 to 27th August, 2015 as resource person.
15. Attended CME on Advance Observership training in minimum access surgery at GMC Kathua on 1st April, 2023.
16. Delegate at EFICON 2023 at Goa Medical College, Bambolim on 30th September and 1st October, 2023.
17. Attended THYROCON 2023 at GMC Jammu on 8th April, 2023.
18. Delegate and Chairperson at 26th Annual Conference of North Zone Chapter IAPSM on 16th and 17th December, 2023 at Maharishi Markandeshwar Medical College, Maulana.
19. Delegate at 68th Annual National Conference of IPHACON 2024 on 15th -17th March, Manali, HP.
20. Attended State conference with navigate CME cum Workshop at GMC Jammu, 19th -20th January, 2024.
21. As Moderator for State level Management Development Programme (MDP) at GMC Kathua from 31st Jan, 2023 and 1st Feb, 2023.
22. Attended CARCON 24 as delegate and chairperson at GMC Jammu on 28th and 29th Sept, 2024.
23. Delegate JAKASICON 24 at GMC Jammu from 19th to 21st April, 2024.
24. Organising Chairperson on CME on Dengue at GMC Kathua on 5th Sept, 2024.
25. Delegate TRAUMACON at GMC Rajouri on 4th and 5th October, 2024.

PRESENTATIONS:

ORAL:

1. Oral presentation on Patient Satisfaction among admitted Patients at Associated Hospitals of Government Medical College, Srinagar.
2. Oral Presentation on Prevalence of Non Alcoholic Fatty Liver Disease

(NAFLD) and associated risk factors among adult aged 30 years and above in Rural Population Of Jammu.

POSTER

1. Assessment of Biomedical waste management at Associated Hospital, GMC Kathua.

PUBLICATIONS

1. Dr Yangchen Dolma. Awareness about HIV/AIDS among health workers of Khaltasi Block of Leh District. Indian Journal Of Applied Research. 2016; 06 (07) :<https://www.worldwidejournal.com>
2. Dr Taha Ayub, Dr Yangchen Dolma, Dr Kousar Sideeq : Quality of healthcare services provided to antenatal women of Block Hazratbal of Kashmir Valley: A Cross Sectional study. 2017, 7(8). Indian Journal Of Applied Research. <https://www.worldwidejournal.com>
3. Dr Yangchen Dolma : Rapid Assessment of Adolescent health Clinic at Sub District hospital of Leh. International Global Journal for Research Analysis. Feb 2018, 7(1). <https://www.worldwidejournal.com>
4. Dr Yangchen Dolma. A study to Assess the Knowledge, Attitude, Practice of Contraception among women in an urban slum of district Srinagar, Jammu and Kashmir. Indian Journal Of Applied Research. May 2016; 06 (05) :www.worldwidejournal.com
5. Dr Yangchen Dolma. Evaluation of Biomedical waste Management at Government Psychiatric disease hospital, Srinagar: A Cross sectional Study. Indian Journal of Applied Research. 2018; 08(03) :www.worldwidejournal.com

6. Dr RinchenAngmo, Dr Yangchen Dolma, Dr Mehbooba Rasool :Prevalence of Anemia in School going adolescent in Khaltsi Block of Leh District.2018, 8(2).Indian Journal Of Applied Research.www.worldwidejournal.com
7. Dr YangchenDolma:To Study Equipment Management at District Hospital Leh: A Descriptive Study .International Journal of Medical Science and Clinical Invention.2017, 4(8).[https// Valley International.net](https://ValleyInternational.net).
8. Dr Taha Ayub, Dr Mehbooba Rasool, Dr Yangchen Dolma: Training Need Assessment of Anganwadi Workers of District Srinagar of Kashmir valley .International Journal of Medical Science and Clinical Invention.2017, 4(8).[https// Valley International.net](https://ValleyInternational.net).
9. Dr RinchenAngmo, Dr Iftikhar Hussain Munshi, Dr Yangchen Dolma Prevalence of Chronic Bronchitis in selected district of Kashmir Valley.Journal of Advance Research in Medicine, 2014, 1(1) : 48- 57.[https// medical.adrpublications.in](https://medical.adrpublications.in).
10. Syed Ghazala Nazki, Yangchen Dolma, Junaid Kousar.Morbidity Profileof Obese Females in the age group above 18 years in Block Hazratbal: A Cross Sectional Study.International Journal Of Advanced Research.2015 ; 3 (30) :[https//www.worldwidejournal.com](https://www.worldwidejournal.com)
11. Dr Yangchen Dolma, Dr Iftikhar Hussain Munshi.Assessment of JSY Component under NRHM in selected Districts of Kashmir Valley: A Descriptive Study.Journal Of Medical Science and Clinical Research. 2015 ; 03 (03):[https// jmscr.igm.publication.org](https://jmscr.igm.publication.org).
12. Dr Yangchen Dolma, Syed Gazala Nazki, Junaid Kousar. Prevalence of Obesity among Females above 18 years of Block Srinagar: A Cross Sectional Study.Journal Of Medical Science and Clinical Research. 2015 ; 03 (03): [https// jmscr.igm.publication.org](https://jmscr.igm.publication.org).
13. Dr Yangchen Dolma,Stress coping Behaviour among school goingAdolescent of Hazratbal Block, Srinagar: A Descriptive Study. International Journal of Scientific Research.March2018;07 (03):[https//www.worldwidejournal.com](https://www.worldwidejournal.com)
14. Dr YangchenDolma.Assessment of Infrastructure and Manpower Availability in Accordance with IPHS Standards at Sub District Hospital of Leh: A cross Sectional Study. International Journal of Scientific Research. March 2018; 07 (03) :www.worldwidejournal.com
15. Dr Yangchen Dolma, Dr Taha Ayub.Perception and Practices regarding Menstruation among School Going Adolescent Girls of Block

Hazratbal, Srinagar: A Cross sectional Study. International Journal of Scientific Research. 2018; 07 (03): <https://www.worldwidejournal.com>

16. Dr Yangchen Dolma. Evaluation of Housekeeping Services at Sub District Hospital of Leh: A Cross Sectional Study. International journal of scientific research. March 2018. 7(3) <https://www.worldwidejournal.com>
17. Dr Yangchen Dolma : Availability of Services in Accordance with IPHS Guidelines 2012 at Sub District Hospital Leh: A Cross Sectional Study. International Journal of Advance Research. Feb 2018 , 7(2). www.worldwidejournals.com
18. Dr Yangchen Dolma : Assessment of Biomedical Waste Management at Government Chest Disease Hospital, Srinagar: A Cross sectional Study. Paripex. Indian Journal of Research. March 2018. 7(3). www.worldwidejournals.com
19. Dr Yangchen Dolma : Health Profile among School going Children of Harwan Zone, Block Hazratbal, District Srinagar. Paripex. Indian Journal of Research. March 2018, 7(3) www.worldwidejournals.com
20. Dr Safoora Bilques, Dr Yangchen Dolma, Dr Rinchen Angmo: Research Perspective among Undergraduate students: A Study at Government Medical College, Srinagar. 2014, 1(1) . Advance Research Publications. <https://management.advpublishations.in>. www.worldwidejournals.com
21. Dr Yangchen Dolma , Dr Safoora Bilques, Dr Kousar Sideeq.: Client Satisfaction among patients admitted at Associated hospitals of Government Medical College, Srinagar. Advance Research Publication. 2014, 1(1). <https://management.advpublishations.in>.
22. Dr Safoora Bilques, Dr Yangchen Dolma, Dr Rinchen Angmo: Research Perspective among Undergraduate students: A Study at Government Medical College, Srinagar. 2014, 1(1) . Advance Research Publications. <https://management.advpublishations.in>. www.worldwidejournals.com
23. Dr Yangchen Dolma , Dr Safoora Bilques, Dr Kousar Sideeq.: Client Satisfaction among patients admitted at Associated hospitals of Government Medical College, Srinagar. Advance Research Publication. 2014, 1(1). <https://management.advpublishations.in>.

24. Dr Kaniz Fatima, Dr Yangchen Dolma :To study the distribution of ABO blood group and Rh (D) factor among Ethnic population of Ladakh region in the age group of 15- 45: A Cross sectional study.2019, 7(7),1004-1006.International Journal of Advance Research.www.worldwide journals.com
25. Dr Yangchen Dolma :Assessment of JSY Component under NRHM in selected District of Kashmir valley: A Descriptive study.March 2015, 3(3): 4917 4912.www.jmscr.igmpublication.org.
26. Dr Sonika Sangra, Dr Yangchen Dolma, Dr Anuj Kapoor.Awareness regarding hand Hygiene among health care workers of Associated Hospital of GMC Kathua:A Hospital based study.International Journal of Scientific Research.Vol 8, Issue 12, December,2019.www.worldwide journal.com
27. Dr YangchenDolma, Dr Parveen Singh, Dr Anuj Kapoor, Dr Sonika Sangra.Knowledge, Attitude and Practice regarding Biomedical waste management and handling rules at Associated Hospital of Government Medical College, Kathua.International Journal of Scientific Research.Vol 8, Issue 12, December,2019.www.worldwide journal.com
28. Authored Book titled “Program evaluation of JSY in Kashmir valley” ISBN: 978-620-2-67682-3 published by LAP-Publisher.
29. Dr. Priyanka Sodani, Dr. AngliManhas, Dr. Dinesh Gupta, Dr. Tabinda Syed, Dr. Yangchen Dolma, Dr. Sonika Sangra: A study of prevalence and Association of Dry Eye Disease with Visual Display Terminal Use in Children - A Cross Sectional Observational Study.
30. Dr Sonika Sangra, Dr Yangchen Dolma, Dr Anuj Kapoor: Awareness regarding hand hygiene among health care workers of associated hospital of GMC Kathua: A hospital based study.International Journal of Scientific Research. Volume 8, Issue- 12, December – 2019.
31. Socio Demographic Pattern and Musculoskeletal Disorders among workers at small scale Industries of District Kathua: A Descriptive Study.
32. Evaluation Of Occupational safety at small scale industries of district Kathua: A Cross Sectional Study. International Journal Of Medical Science and Current Research (IJMSCR). Volume 4, Issue 1, Page No- 199- 203.
33. Dr Parveen Singh, Dr Kamna Singh, Dr Yangchen Dolma: Prevalence of overweight and obesity among adolescents studying in Government and private schools of district Kathua.International Journal of Scientific Research Volume IX, Issue : 1, January – 2020.

34. Dr. Anil Mehta, Dr, Pallavi, Dr. Yangchen Dolma: PAN – COVID Registry Women Health Research Centre, Imperial College, London.

35. ICMR Romic Study.

36. Dr. Amrisha Kohli, Dr. Kamna Singh, Dr. Yangchen Dolma. Analysis of surface contamination of severe acute respiratory syndrome Corona virus-2 in health care setting in the context of corona virus disease 2019 pandemic, Journal of education and health promotion, vol.11, August, 2022.

NAME: DR PARVEEN SINGH

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Department: Community Medicine

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CONFERENCES /WORK SHOP ATTENDED:

1. National Conference of IAPSM at Dr. RP Government Medical College Kangra , at Tanda , Himachal Pradesh 2012
2. Participated in Investigator Meeting for Rota:03/12 study conducted by Serum Institute of India in collaboration with PATH in Goa 2013
3. BIOCON 2016
4. AMRITACON , KOCHI 2019
5. Annual National Conference of Consortium Against Rabies- CARCON 2019 at Dr. RP Government Medical College ,Kangra at Tanda ,Himachal Pradesh
6. IPHACON-2020- 64th Annual National Conference of Indian Public Health Association at AIIMS New Delhi
7. National Conference of IAPSM organized by Institute of Community Medicine, Madras Medical College, Chennai 2020
8. Certificate of Appreciation for working as Nodal Officer of District Kathua for SNC Under TB free India by Centre TB Division, ICMR, IAPSM & NTF, NTEP (2022).
9. Certificate of appreciation by Director General, FW MCH & Immunization for J&K and STO Jammu for SNC 2020.
10. Basic Course in Biomedical Research (BCBR) NPTEL (ICMR) in August, 2020.

11. Basic Course Workshop at GMC Kathua, September, 2021.
12. Attended CME on Advance Observership training in minimum access surgery at GMC Kathua on 1st April, 2023.
13. Attended THYROCON 2023 at GMC Jammu on 8th April, 2023.
14. Attended State conference with navigate CME cum Workshop at GMC Jammu, 19th -20th January, 2024.
15. Attended CARCON 24 as delegate and chairperson at GMC jammu on 28th and 29th Sept, 2024.
16. Organising Secertarry of CME on Dengue at GMC Kathua on 5th Sept, 2024.

RESEARCH PUBLICATIONS:

1. Singh P, Gupta RK, Jan R, Raina SK. Adherence for medication among self-reporting rural elderly with diabetes and hypertension. J Med Soc 2017; 31:86-9.
2. Singh P, Gupta RK, Shora TN, Langer B, Kumari R, Gupta R. Gender based knowledge, attitude and practice study about blood donation among medical students in a sub-Himalayan state. Int J Res Med Sci 2017;5:1882-7.
3. Gupta RK, Singh P, Gupta C, Kumari R, Langer B, Gupta R. Emergency contraception: knowledge, attitude and practices among recently married females in a rural area of North India. Int J Res Med Sci 2017;5:4450-4.

4. Singh P, Gupta RK, Jan R, Shora TN, Raina SK. Assessing the functional disability of rural elderly population from North-West India using activity of daily living scale: A cross-sectional survey. J Dent Allied Sci 2017;6:56-9.
5. Gupta RK, Singh P, Rani R, Kumari R, Gupta C, Gupta R. Hand hygiene: knowledge, attitude and practices among mothers of under 5 children attending a tertiary care hospital in North India. Int J Community Med Public Health 2018;5:1116-21.
6. Singh P, Gupta RK, Kumari R, Langer B, Gupta C, Gupta R. Antenatal care utilization in recently delivered rural females: A hospital-based cross-sectional study. Int J Med Sci Public Health 2018;7(5):349-353.
7. Singh P, Singh K, Dolma Y. Prevalence of overweight and obesity among adolescents studying in government and private schools of district Kathua. International Journal of Scientific Research 2020;9(1):60-62
8. Dolma Y, Singh P, Kapoor A, Sangra S. Knowledge attitude and practice regarding biomedical waste Management and handling rules at associated hospital of Government medical college Kathua. International Journal of Scientific Research 2019;8(12):28-29

NAME: DR. SONIKA SANGRA

Designation: Assistant Professor

Department: Community Medicine

Email: sonikasangra@gmail.com

CONFERENCES/WORKSHOP ATTENDED:-

1. AMRITACON 2019
2. IAPSMCON 2020
3. IPHACON 2020 – 64th Annual National Conference of Indian Public health Association.
4. EFICON 2020
5. AMRITACON 2020
6. IAPSMCON 2021
7. IPHACON 2021
8. AMRITACON 2021

9. EFICON 2021
10. IAPSMCON 2022
11. FPPH (International) 2022

PRESENTATIONS

1. Poster presentation at IPHACON 2020
2. Oral presentation at EFICON 2020 (Epidemiology foundation of India)
3. Oral Presentation at AMRITACON 2021
4. Oral Presentation at International Conference on future of Preventive Medicine & Public Health (London).

OTHER

1. Foundation course logbook of phase I MBBS GMC Kathua.
2. Best paper award at EFICON2020 on the topic "Safe drinking water and hygiene facilities utilization in rural area of district Kathua.-A Cross- Sectional Study".
3. RHTC Budhi awarded with Kayakalp Award (Twice)
4. Attended Conferences as Chairpersons in EFICON 2020 and AMRITACON 2020.
5. SOPs of RHTC Budhi.
6. Level IInd Officer in project named Subnational Certification for elimination of Tuberculosis (WHO & ICMR).
7. Completed course on biomedical research.
8. Completed revised basic course workshop.

RESEARCH

1. Awareness regarding hand hygiene among health care workers of Associated hospital of GMC Kathua: A Hospital based study.
2. Effect of intervention program on knowledge of Indian Medical students about the hand hygiene.

3. A study on Awareness, knowledge and adherence of medication in patients with hypertension from tertiary care centre of Kathua, J&K: A hospital based study.

PUBLICATIONS:

1. Sangra S, Choudhary N. Pattern of Tobacco consumption among urban slum population in Jammu region: A cross-sectional study. Journal of Family Medicine and Primary care, 2021 Mar; 10(3): 1193-1196.

2. Sangra S, Razdan N, Dolma Y, Gupta S. Safe drinking water and hygiene facilities utilization in Rural Households of Kathua district: A Descriptive Study. Journal of Community Medicine and Public Health, Sep 2021; Vol. 5(4).

3. Sangra S, Choudhary N, Narangyal A. Reporting of the core indicators on drinking water and sanitation from urban slums of Jammu- A cross- Sectional Study. Journal of Family Medicine and Primary care, June 2020; Vol. 9 (6): 2747-2750.

4. Sangra S, Dolma Y, Kapoor A. awareness regarding hand hygiene among health care workers of associated hospital of GMC Kathua: a hospital based study. international journal of scientific research December – 2019; vol. 8 (12).

5. Sangra S, Choudhary N, Razdan N. Leprosy in the post elimination era: a retrospective descriptive study from district Kathua, Jammu and Kashmir. International Journal of Community Medicine and Public Health, March 2021; 8(4): 1667.

6. Sangra S, Choudhary N, Kouser W. Barriers for measles rubella vaccination campaign in rural area of Jammu: a qualitative study. International Journal of Community Medicine and Public Health December 7(1): 203.

7. Sangra S, Choudhary N, Narangyal A. A study to assess the contraceptive use among married women of urban slums: a cross-sectional study. International Journal of Community Medicine and Public Health 2020; Vol. 7 (3).

8. Sangra S, Nowreen N. Knowledge, attitude, and practice of mothers regarding nutrition of under-five children: A cross-sectional study in rural settings. Int J Med Sci Public Health. 2019; 8(5): 392-394.

9. Sonika Sangra, Dinesh Kumar, Deepika Dewan, Ankush Sangra. Reporting of core and optional indicators of infant and young child feeding practices using standardized WHO formats from a rural population of Jammu

region. International Journal of Medical Science and Public Health. 2017; 6(11): 1603-1609.

10. Nida N, Sangra S. Hepatitis B awareness and vaccine coverage among students of a north Indian medical College. Journal of Medical Science and Clinical Research, April 2019;Vol.7 (4).