

DR. MOHITA SINGH

M.B.B.S, MD (PHYSIOLOGY)

GOVERNMENT MEDICAL COLLEGE JAMMU

CONTACT INFORMATION:

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ACADEMIC QUALIFICATIONS:

S.NO	FROM	TO	POSITION	INSTITUTE
1.	AUGUST 2007	NOVEMBER 2013	MBBS	GMC JAMMU
2.	JULY 2015	DECEMBER 2015	JR IN DEPT OF BLOOD TRANSFUSION	GMC JAMMU
3.	APRIL 2016	MAY 2019	MD PHYSIOLOGY	GMC JAMMU
4.	11 JUNE 2019	28 NOV 2019	SENIOR RESIDENT	ASCOMS
5.	29 NOV 2019	2 DEC 2022	SENIOR RESIDENT	GMC JAMMU
6.	2 DEC 2022	23 JUNE 2024	LECTURER	GMC JAMMU
7.	24 JUNE 2024	21 SEPTEMBER 2024	ASSISTANT PROFESSOR	GMC JAMMU

REGISTRATION WITH PROFESSIONAL BODIES

Registered with Jammu and Kashmir Medical Registration Council

MEMBERSHIP OF PROFESSIONAL BODIES:

1. Association of Physiologist of India
2. ASSOCIATION OF PHYSIOLOGIST AND PHARMACOLOGIST OF INDIA

RESEARCH ACTIVITIES:

MD RESEARCH [THESIS]: A study to assess the effect of Moderate Intensity Physical Exercise on General Intelligence, Emotional Intelligence and Stress Response

PRESENTATION:

- International: 8
- National: 4
- State: 2

PUBLICATIONS:

S.No	Title of paper	Name of Journal	Contrb. as 1 st , 2 nd or 3 rd Author	Date of Acceptance	Date of Publication	Journal in which indexed
01	Effect of emotional abuse on attainment of emotional quotient, adjustment level and reaction to frustration	International journal of scientific research in dental and medical sciences	Ist author	5 Feb 2022	12 Feb 2022	DOAJ, Index Copernicus
02	Assessment of risk taking behavior, leadership effectiveness, intelligence, ability to handle stress in college going students and effect of self-control on parameters	Journal of current research in scientific medicine	Ist author	18 March 2022	8 July 2022	DOAJ
03	Relationship between different types of intelligence and effect of music on intelligence	CHRISMED journal of health and research	Ist author	22 March 2022	17 Feb, 2023	DOAJ, Index Copernicus
04	Effect of spiritual practices on higher brain functions, psychological health and stress response	National Journal of Physiology, Pharmacy and Pharmacology	Ist author	17 May 2022	January, 2023	EMBASE, Index Copernicus
05	Association between sleep quality and different aspects of memory along with assessment of post exercise and post meditation effects	Journal of Indian Medical Association	Ist author	26 July 2022	January, 2023	SCOPUS, Index Copernicus
06	Effect of spirituality, exercise, music and engagement with nature on intelligence, stress and cognition	National Journal of Physiology, Pharmacy and Pharmacology	Ist author	30 July 2022	Volume 13 Issue 3	EMBASE, Index Copernicus
07	Association between Vitamin D level in rheumatoid arthritis in males and females	International journal of orthopedic rheumatology	Corresponding author	13 June 2022	July, 2022	Index Copernicus
08	Intelligence, stress and cognitive functions assessment after three months practice of moderate	JK medical sciences	Ist author	4 March 2022	10 October, 2022	SCOPUS, EMBASE,

	intensity physical exercise					Index Copernicus
09	Sleep wake pattern, daytime sleepiness and sleep quality in non-clinical medical post graduates and demonstrators	IP Indian Journal of neuroscience	Ist author	27 August 2019	6 September 2019	Index Copernicus
10	A study to assess the effect of stress on judgment/ mental balance, adjustment level and psychological health	International healthcare research journal	Ist author	November/ December 2019	24 December 2019	Index Copernicus
11	Cerebellum: Silent area of brain	Clinical schizophrenia and related psychosis	Ist author	4 November 2021	11 November 2021	EMBASE, SCOPUS, Medline,
12	Correlation between General Intelligence, Emotional Intelligence and Stress Response after One Month Practice of Moderate Intensity Physical Exercise [THESIS]	Journal of exercise physiology by AMERICAN SOCIETY OF EXERCISE PHYSIOLOGISTS	Ist author	6 January 2020	February 2020	SCOPUS
13	Assessment of computer game stressor on cognitive functions, parameters of stress and its effect on stress parameters after long term exercise [THESIS]	IP Indian Journal of neuroscience	Ist author		April – June 2019	Index Copernicus
14	Assessment of stress parameters and cognitive functions in different IQ-EQ groups [THESIS]	JK medical sciences	Ist author	4 November 2019	January – March 2020	SCOPUS, EMBASE, Index Copernicus
15	Effect of acute bout of moderate intensity physical exercise on parameters of stress and cognitive functions [THESIS]	National Journal of Physiology, Pharmacy and Pharmacology	Ist author	14 August 2019	11 November 2019	EMBASE, Index Copernicus

SKILLS

- Hardworking
- Dedicated
- Passionate
- Logical skills
- Sincerity

OTHER ACHIEVEMENTS

National Player Table Tennis

AIIMS Delhi Gold Medalist