

Dr. Richa Mahajan

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Education

M.D. Community Medicine- Government Medical College, Jammu, J&K	2014-2017
M.B.B.S. - Government Medical College, Jammu, J&K	2006- 2011

Professional Work Experience

Associate Professor, SMVDIME, Kakryal, J&K	Oct. 2024 till date
Assistant Professor, Government Medical College, Jammu, J&K	Dec. 2022 to Oct. 2024
Lecturer, Government Medical College, Jammu, J&K	Feb. 2020 to Dec. 2022
Senior Resident, Government Medical College, Jammu, J&K	April 2018-Feb. 2020
Senior Resident, Maharishi Markandeshwar University (MMU), Solan	Nov. 2017-Mar. 2018
Medical consultant, ICMR, New Delhi	Jul 2017-Oct. 2017

Teaching experience

- 7 years of experience in teaching undergraduate medical students- theory classes and field postings
- 4 years of experience in teaching post graduate students in Community Medicine
- Moderated post graduate students for seminars and journal presentations

Responsibilities & Work done

- Working as co-guide for two post-graduate students with the following thesis topics:
 - Effect of educational intervention on Sickness Career Graph of newly diagnosed Type 2 Diabetes Mellitus patients attending the OPD at Super speciality hospital Jammu- A longitudinal study
 - Study of sleep quality and its associated factors among cancer patients at Department of Radiotherapy/Radiation Oncology at GMC Jammu and State Cancer Institute Jammu
- Worked as Co-guide for a post graduate student in his thesis titled “Assessment of Work Related Quality of Life, Job satisfaction and associated factors in Industrial workers in Jammu district”
- Worked as project guide for two post graduate students with the following topics:
 - Patient satisfaction with hospital services in COVID-19 era: A cross-sectional study from outpatient department of a tertiary care hospital in Jammu, UT of J&K, India.
 - Inter-generational Relationship and its effect on Depressive symptoms in Elderly parents in a rural area of Jammu
- Organized World Health Day 2024 at GMC Jammu in collaboration with WHO
- Organizing cancer screening camps for sanitary workers in different wards of Jammu municipality
- Speaker on the topic ‘Statistical methods in research’ in research methodology workshops being organized regularly at GMC Jammu
- Working as Nodal Officer; GMC Jammu for “National Programme for Climate Change and Human Health”
- Conducted training of Medical Officers under Integrated Disease Surveillance Programme
- Conducted training of Medical Officers under National Rabies Control Programme

- Internal Examiner for MBBS Pre-final Prof. Examination (Regular session) March 2022
- Resource person for a program organized by Government Degree College, Chenani (J&K) on “National Nutrition Strategy for Women and Children” on 4th January, 2022
- Speaker in an online webinar conducted by Government Degree College, Chenani (J&K) on World Mental Health Day
- Speaker in an International webinar organized by Government Degree College, Chenani (J&K) on “Nutritional Needs of Adolescents”
- Prepared and submitted report on COVID-19 cases, testing and district-wise distribution in Jammu division
- Contributed equally as a team member in the development of curriculum, logbooks and practical file for undergraduate students as per CBME
- Contributed in preparing University syllabus for undergraduate and postgraduate students as per new competencies
- Participated in the conduct of undergraduate theory and practical examinations
- Worked in Anti- Rabies section and immunized patients against Rabies
- Participated in HIV sentinel surveillance at SMGS Hospital, Jammu on 15th February, 2017
- Independently monitored the trivalent OPV to bivalent OPV switch in District Udhampur on 25th to 26th April, 2016 covering District Hospital Udhampur, CHC Ramnagar, PHC Tikri, PHC Garhi and PHC Gordi in Jammu region
- Participated in the organization of IAPSM-World Health Day Quiz for undergraduate students on 7th April, 2016 on the theme “Beat Diabetes” in Government Medical College, Jammu

BOOK CHAPTERS

- **BOOK CHAPTER:** Rajiv K Gupta, Shashi Sudan Sharma, **Richa Mahajan**, Talat Jabeen. Author in a Book Chapter titled “**COMPARATIVE MORTALITY PROFILE OF COVID-19 DEATHS IN JAMMU VERSUS SRINAGAR PROVINCES IN UNION TERRITORY OF JAMMU AND KASHMIR**” published in the book entitled “**HISTORICAL AND CONTEMPORARY SCENARIO ON ENVIRONMENT AND HEALTH IN JAMMU & KASHMIR AND LADAKH**”, published by Routledge India/ Taylor & Francis Group, in 2023.
- **BOOK CHAPTER:** Rajiv K Gupta, **Richa Mahajan**. Author in a book chapter titled “**THESIS WRITING SKILLS**” accepted for publication in the book titled “**CLINICAL ORTHOPAEDICS**” being published by CBS Publishers.
- **BOOK CHAPTER:** Rajiv K Gupta, **Richa Mahajan**, Rashmi Kumari Gupta. Author in a book chapter titled “**TUBERCULOSIS: INFECTIOUS DISEASES**” accepted for publication in the book entitled “**ESSENCE OF PUBLIC HEALTH**”.

ORIGINAL RESEARCH ARTICLES

- **Richa Mahajan**, Mehak Taban Mir, Riya Gupta, Rajiv Kumar Gupta. Impact of COVID-19 pandemic on animal bite cases reporting to Anti-Rabies clinic of a tertiary care hospital in Jammu: Comparing pre-pandemic and pandemic era. APCRI Journal 2022,XXIII(II):19-25.
- **Richa Mahajan**, Reeha Mahajan. Assessment of self-medication practices in a rural area of North-India: A questionnaire-based study. Annals of Community Health 2020;8(4):1-6.
- **Richa Mahajan**, Riya Gupta, Raja Langer, Rashmi Kumari, Bhavna Langer, Rajiv Kumar Gupta. Perspective of Undergraduate Medical students of Union Territory of Jammu and Kashmir regarding online teaching during COVID-19 pandemic: A cross-sectional study. Annals of Community Health 2021;9(3):164-69.
- **Richa Mahajan**, Rajiv K Gupta, Reeha Mahajan, Riya Gupta, Bhavna Langer, Rashmi Kumari. Sleep quality among medical students during third wave of COVID-19 pandemic: A cross-sectional study in Government Medical College Jammu. Indian J Comm Health,2024;36(2). (**SCOPUS**)

- **Richa Mahajan**, Rakesh Bahl, Dinesh Kumar. Role of human behavioural risk factors in road traffic accident cases in a tertiary care hospital in Jammu. International Journal of Current Research,2018;10(3):67227-30.
- Nida Sultan, **Richa Mahajan**, Rashmi Kumari, Bhavna Langer, Rajiv K Gupta, Mehak T Mir et al. Patient satisfaction with hospital services in COVID-19 era: A cross-sectional study from outpatient department of a tertiary care hospital in Jammu, UT of J&K, India. Journal of Family Medicine and Primary Care,2022;11(10):6380-84. **(PUBMED)**
- Rashmi Kumari, Mehak Taban Mir, **Richa Mahajan (Corresponding author)**, Bhavna Langer, Rajiv K Gupta. Prevalence and Determinants of Anxiety Disorders among Females with Breast Cancer attending a Tertiary Care Hospital in Jammu. JK Science,2023;25(2):98-103.**(SCOPUS)**
- Rakesh K Sharma, Riya Gupta, Rajiv K Gupta, **Richa Mahajan (Corresponding author)**, Tasvinder Kour, Nahida Chowdhary, Ritika Chalotra, Tasleem Arif. Study of patient satisfaction regarding linen and laundry services in a tertiary care hospital of north India. International Journal of Community Medicine and Public Health,2023;10(1):1-5.
- Bhavna Langer, Rashmi Kumari, Riya Gupta, **Richa Mahajan (Corresponding author)**, Rajiv K Gupta, Raja Langer. Female gender disadvantage and its impact on Psychological morbidity: A cross-sectional study among married Indian rural women of child bearing age. Indian Journal of Community Health,2021;33(4):586-91. **(SCOPUS)**
- Preeti Kumari, Bhavna Langer, Shabnum Rivees, Rajiv K Gupta, **Richa Mahajan (Corresponding author)**, Rashmi Kumari. Intellectual Disability Among Disabled Children: Prevalence and Risk Factors in a Rural Area of Jammu, India. JK Science: Journal of Medical Education and Research,2024;26(2):73-78. **(SCOPUS)**
- Riya Gupta, Satish Gupta, Rajiv K Gupta, Surbhi Gupta, **Richa Mahajan (Corresponding author)**, Rashmi Kumari, Bhavna Langer. Incidence and Risk Factors for Retinopathy of Prematurity (ROP): A prospective follow-up study from Sub-Himalayan Union Territory (UT) of India. Accepted for publication in Medical Journal of Dr. D.Y. Patil University. **(SCOPUS)**
- Bhavna Langer, Rajiv K Gupta, Rashmi Kumari, **Richa Mahajan**. Food Insecurity and its Association with Dietary Diversity: A Cross-sectional Study in Rural Households in Jammu. Indian Journal of Community Medicine,2024;49:70-5. **(PUBMED)**

- Muzaffar H Mir, Rajiv K Gupta, Bhavna Langer, Rashmi Kumari, **Richa Mahajan (Corresponding author)**, Mehak T Mir et al. Pattern, knowledge and attitude regarding substance use among youth (11-24 years): findings from an exploratory survey. International Journal of Community Medicine and Public Health,2023;10(3):1218-23.
- Najma Akhtar, Riya Gupta, Mehak Taban Mir, **Richa Mahajan (Corresponding author)**, Rajiv K Gupta. Knowledge about iron-rich nutrition and iron-deficiency anemia among women of reproductive age group (15-49 years)- A cross-sectional study. Journal of Advanced Medical and Dental Sciences Research 2021;9(12):87-91.
- Bhavna Langer, Remia Mahajan, Rajiv Kumar Gupta, Rashmi Kumari, Rayaz Jan, **Richa Mahajan**. Impact of menstrual awareness and knowledge among adolescents in a rural area. Indian Journal of Community Health,2015;27(4):456-61. **(SCOPUS)**
- Jyoti Bala, Rashmi Kumari, Rajiv K Gupta, Bhavna Langer, **Richa Mahajan**, Imran Zaffer. Prevalence and Predictors of Postpartum Depression among Mothers Attending Tertiary Care Hospital, Jammu, India. National Journal of Community Medicine. 2024;15(8):642-48. **(SCOPUS)**
- Mahajan R, Paul S, **Mahajan R**. Effect of carbaryl exposure on albino rats- A randomized controlled trial. Int j clin surg adv 2014;2(2): 72-84
- Mahajan R, Paul S, **Mahajan R**. Variants of Genitofemoral nerve: An insight into its clinical implications. Int j clin surg adv 2014;2(2): 19-28
- Thesis titled “A Study of Profile of Injuries and Associated Environmental, Human and Vehicle Factors in Road Traffic Accident cases in a Tertiary Care Hospital in Jammu” submitted for M.D. (Community Medicine) to University of Jammu (2017). The thesis was approved by the Institutional Ethical Committee (IEC). Significant results were obtained by my research work

Articles in Print Media

- Article titled “Climate change and health” published in daily newspaper “Daily Excelsior” on December 20, 2021
- “COVID-19- Far from over” – Article published in “Daily excelsior”

- Article titled “Is Ayushman Bharat scheme a practical solution?” published in daily newspaper “Daily Excelsior” on March 30, 2019
- “Managing PCOS” – Article published in health column of “Daily Excelsior” on September 1, 2019

Skills

During my post graduation, senior residency and tenure of lecturer and Assistant Professor, I have enhanced my skills in SPSS and Open epi.

Scientific memberships

- Member of Indian Association of Preventive and Social Medicine

Conferences & CMEs

- Presentation on “Data from Anti-Rabies Section of GMC Jammu” in CME conducted on World Rabies Day on 28th September, 2021 at GMC Jammu
- Attended One Day Training Programme under Integrated Disease Surveillance Programme conducted by State Surveillance Unit, IDSP Jammu on 29th December, 2016
- Attended an International Conference “BIOCON- 2016” organized by Dept. of Biochemistry in association with Indian Academy of Biomedical Sciences at Government Medical College, Jammu on 29th to 30th November, 2016
- Attended one day CME/ Workshop on “Medico Legal Aspects of Rape Trial” organized by Department of Forensic Medicine and Toxicology, Government Medical College, Jammu in collaboration with Voice for Rights (Regd NGO), J&K held on 2nd April, 2016
- 5th Biennial Conference of Gastrointestinal Infection Society of India- GISICON 2015 at Government Medical College, Jammu from 6th to 7th November, 2015
- Participated in 19th Annual conference of North zone of Indian Association of Preventive and Social Medicine on 9th and 10th October, 2015 held at Government Medical College, Srinagar
- Attended North Zone conference cum workshop organized by Indian Menopause Society at Government Medical College, Jammu on 15th November, 2014

- Attended CME on Public Health Challenges in Northern Command at Command Hospital Northern Command held from 7th to 8th August, 2014