

CURRICULUM VITAE

Personal Details

Name: Dr. AASHNA DHINGRA

Date of Birth: 8th September, 1992

Age: 27 years

Gender: Female

Nationality: Indian

Languages Known: English, Hindi

Marital Status: Single



Contact Details

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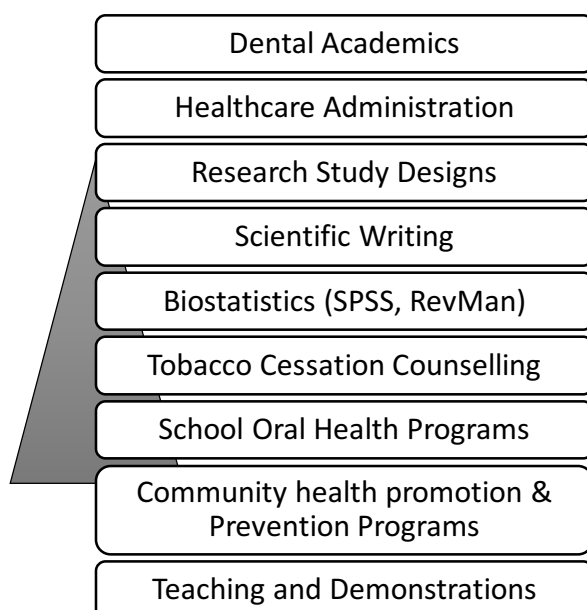
Present Designation

MDS in Public Health Dentistry

Academic Qualifications

Degree	Board/University	Year of Qualification	Percentage
Master of Dental Surgery (MDS) Speciality: Public Health Dentistry	People's College of Dental Sciences and Research Centre People's University, Bhopal, Madhya Pradesh	2017 - 2020	73%
MBA (Healthcare Services)	Medvarsity (Apollo)	2016 - 2018	81% Grade A
Bachelor of Dental Surgery (B.D.S.)	Sharad Pawar Dental College, Datta Meghe Institute of Medical Sciences (Deemed University), Nagpur.	2010 - 2015	67%
Class XII	CBSE	2010	87%
Class X	CBSE	2008	82%

Key Skills and Competencies



Work Experience

Current

- Freelancer for statistical analysis in medical and dental research.
- Freelancer for scientific manuscript writing and research dissertations.
- Registered peer-reviewer for systematic reviews for Journal of Clinical and Diagnostic Research.

Previous

- Worked as an Editor at Journal of Clinical and Diagnostic Research
 - December 2016 to April 2017
- Worked as General Dentist at Yashoda Superspeciality Hospital, Nehru Nagar, Ghaziabad
 - January 2016 to June 2016
- Worked as an Assistant Dentist at a private multispeciality dental clinic
- Online classes and lectures taken for students preparing for NEET-PG-MDS
 - Month of June every year since 2017
- Dental Intern at Sharad Pawar Dental College and Hospital, Wardha (M.H.)
 - July 2014 to August 2015

Community Outreach Programs

- Dental Camps, Field visits and School Health Education Programs.
- Rendered dental services twice to “**The LifeLine express**” (Impact India Foundation):
 - 11th to 17th August 2017
 - 9th to 16th January 2018
- Dental Health and Education Camps for urban slums in collaboration with CFI Charitable Trust (2018)

Professional Memberships

Type	Organization	Number
Dentistry licensure	Delhi Dental Council	A-13144
LIFE MEMBER	Indian Association of Public Health Dentistry	SM - 1174

Publications Authored

1. **Aashna Dhingra**, Ajay Bhambal, Annette M Bhambal, “The Stages of Dental CARxE: a module for Tobacco Cessation”, *IJDSIR*- January - 2020, Vol. – 3, Issue -1, P. No. 296 – 306.
2. Bhambal AM, Bhambal A, Shukla US, **Dhingra A**. Effectiveness of Pentoxifylline in the treatment of oral submucous fibrosis patients: a case-control study. *Applied Cancer Research*. 2019 Dec 1;39(1):15.
3. **Dhingra A**, Bhambal A, Khan S, Bhambal A. Oral health related quality of life in a cohort of bank employees of Bhopal city: A cross-sectional study. *Indian Journal of Health & Wellbeing*. 2019 Oct 1;10.
4. **Dhingra, A.**, Mehta, A. and Nair, P., 2019. Variations in Morphology of Permanent Mandibular First Molar - A Cross-Sectional Study with Radiographic Assessment. *in International Journal of Science and Research*, 8(8), pp.1041-1046.

Awards and Achievements

- ❖ Best Creation award for the **song contest** under the theme “Protecting Youth From Tobacco” conducted by *Mary Anne Charity Trust*.
- ❖ Received **Best Scientific Paper** award for the paper titled “Exploring the association of blood group with dental caries and personality factors: A Bhopal based study” at 23rd IAPHD National Conference, December 2018.
- ❖ Awarded **Short Term Studentship** (STS) under ICMR (Indian Council of Medical Research) in 2013 for the research project on “Radiographic assessment of the variations in morphology of permanent mandibular first molar” (Ref. No. 2013-04406)

Accomplishments During Postgraduate Course

• **Main Research Project (Thesis)**

Title: Oral Health Status and Tobacco Cessation outcomes amongst institutional students in Bhopal city: comparative analysis of a messaging based intervention versus conventional interactive methods.

• **Short Research Projects**

- Exploring the association of blood group with dental caries and personality factors: a Bhopal based study.
- Comparison of Clinical Photographic Assessment with Visual Method for Evaluation of Dentition Status and Treatment Needs.
- Developed a module named “CARxE” for tobacco cessation by dentists.
- A comparison on knowledge, attitude and perception towards management of medically compromised patients across dental specialty levels in Central India.
- Knowledge and attitude of young girls to menstruation in urban slums of Bhopal - a cross-sectional study.

• **Academic Activities undertaken**

- Lectures and practical demonstrations for undergraduate students.
- Making of Health Models ('Water Purification', 'Dental Prosthesis', 'Mobile Dental Unit')
- Organization of CDE programs for 'AIDS Awareness' and 'Tobacco Cessation'.

• **Clinical Work undertaken**

Diagnosis, prescription writing, oral prophylaxis, tooth extractions, restorations and root canal treatment.

- Actively assisted in NAAC and DCI inspection functioning.

Conferences and Scientific Presentations

S.NO.	CONFERENCE	PLACE	DATE	CATEGORY	TOPIC
1.	22 nd IAPHD National Conference	Dhule, M.H.	3 rd – 5 th November 2017	Poster	“Oral cavity in Environmental Gravity”
2.	M.P. State IDA Conference	Bhopal, M.P.	15 th – 17 th December 2017	Paper	“Crack the Quack”
3.	M.P. State IAOMR Convention	Bhopal, M.P.	26 th October 2018	Paper	“Radiographic assessment of variations in morphology of permanent mandibular first molar”
4.	72 nd Indian Dental Conference	Indore, M.P.	18 th – 20 th Jan. 2019	E-Poster	“Concept of quality in Dental Care: an aspect of healthcare quality”
5.	23 rd IAPHD National Conference	Modinagar, U.P.	30 th Nov. – 2 nd Dec.2018	Paper	“Exploring the association of blood group with dental caries and personality factors: a Bhopal based study”
6.	13 th IAPHD National PG Convention	Maulana Azad Institute of Dental Sciences, New Delhi	14 th -15 th June, 2019	E-Poster	Dental CARE for Tobacco Cessation

Workshops and Certifications: Biostatistics and Research Methodology

1. One-day training program on Basic of Statistics at Centre for Scientific Research and Development, Peoples University, Bhopal, 22nd July, 2017.
2. Two-days training on Systematic Reviews and Meta-analysis, July, 2018 at AIIMS, Bhopal.
3. 4 days Workshop series on Basic Statistical Analysis using SPSS at Institute of Public Health (PHFI), Delhi, November, 2018.
4. Certification on 28 hours of “SPSS Masterclass” on Udemy.com, July 2019.
5. Workshop on Research Methodology at DHPER, Peoples University, Bhopal, August, 2019.
6. Training on “How to avoid plagiarism” by Editage online training academy
7. Training on “Understanding Citations and References” by Editage online training academy
8. Training on “How to conduct a literature search and review” by Editage online training academy
9. Certification in “How to write a successful research paper” on Udemy.com.
10. Certification in “Proofreading Power Basics” on Udemy.com, May 2020.

Training Programs and Certifications in Public Health

1. Decontamination and sterilization of medical devices by Open WHO.
2. Standard Precautions: Environmental Cleaning and Disinfection by Open WHO.
3. Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19) by Open WHO.
4. Standard Precautions: Waste Management by Open WHO.
5. Tobacco Product Regulation by Open WHO
6. Basic Life Support (CPR and AED program); eCard Code: **5EDD9DB6BB82** by American Heart Association (cprverify.org)
7. American Heart Association Basic Life Support (CPR and AED) Program
8. COVID-19: Operational Planning Guidelines and COVID-19 by Open WHO
9. Lessons Learned from Around the World in Dealing with COVID-19 through e-learning by Havard Medical School.
10. Ethical and Psychosocial Issues in Management of COVID-19 through e-learning by Havard Medical School.
11. Covid-19 Contact Tracing at by John Hopkins University coursera.org
12. COVID-19 - Tackling the novel coronavirus London school of hygiene and UK Rapid Public Health Support Team at futurelearn.com

Workshops/CDE Programs Attended

1. Lecture and Hands-on Workshop on Implants
2. 2 days Workshop (CDE) on “Tobacco Free India” by People’s Dental Academy, Bhopal.
3. CDE on Smile Designing and Composite Veneering by People’s Dental Academy, Bhopal.
4. Lecture + Workshop on Advanced Rotary Endodontics at New Delhi.
5. “Bhodatva” CDE Program at People’s College of Dental Sciences & RC, Bhopal.
6. IDA Colgate Future Dental Professionals Program at People’s University, Bhopal.
7. Workshop on “Training of oral health workforce for oral health promotion” at AIIMS, Bhopal.
8. CDE on “AIDS Awareness, Blood Safety and Universal Precautions” by Dept. of Public Health Dentistry, PCDS & RC, Bhopal.
9. 2 days workshop on “Social Dilemma in Oral Cancer Prevention” and hands-on course on “Detection of Pre-cancer and cancer lesion” at People’s Dental Academy, Bhopal.
10. CDE on “Empowering Minds for Tobacco Cessation” by Dept. of Public Health Dentistry, PCDS & RC, Bhopal.
11. Workshop on “Program Planning and Health Evaluation System” by Public Health Foundation of India at Maulana Azad Institute of Dental Sciences, New Delhi.
12. CDE on “Scientific Writing and Research Publishing” by Dept. of Public Health Dentistry, PCDS & RC, Bhopal.
13. CDE program on Forensic Odontology Dept. of Oral Medicine & Radiology, PCDS & RC, Bhopal.

Webinars

1. Research support tools for academic community
2. Orchestrating Research and statistical thinking using JMP
3. Bite Mark Identification in Forensic Odontology
4. How to publish in High Impact Journals
5. World No Tobacco Day
6. Covid-19 in Tobacco Smokers
7. Ethical Considerations for Clinical Research during covid 19 pandemic
8. Healthcare Avenues: Post COVID-19
9. Biomedical Ethics and Consent process
10. Opportunities and Challenges of Healthcare Professionals during the Pandemic
11. An update of COVID-19 Epidemic Outbreak in India (IAPHD)
12. Journal Citation Reports by Clarivate Analytics
13. Formulation of Clinical Focussed Question in Evidence Based Practice
14. How to set up a teleconsulting
15. Management of Incipient Carious Lesion

Extracurricular activities

- Participated in intercollegiate Basketball matches.
- Participated in intercollegiate Cricket matches.
- Participated in intercollegiate Kabaddi matches.
- Active Blood Donor.
- Compose and sing songs and raps on health awareness (also posted on Youtube).

Personal Summary

I am a young public health enthusiast.

My strengths include leadership, efficient planning, attention to detail and working with good concentration. I have good communication and managerial skills, work efficiently in teams, willing to learn and do new tasks and give my performance with full dedication.

I stay committed to my work and profession, display workplace dedication and respect & honour relationships. I keep an open mindset towards learning new skills and welcome suggestions with a positive attitude.