**PROFILE**

**PERSONAL INFORMATION:**

NAME: Dr. RETASH SHAN

Education background: MBBS, MD (Physiology), attained from GMC JAMMU, and JAMMU UNIVERSITY

CITIZENSHIP: INDIAN

DATE OF BIRTH: O2-11-1981

PLACE OF BIRTH: Jammu, Jammu, and Kashmir UT-180001

Marital Status: Married

Residential Address: H no 396, Lane no 2, Opposite Sainik School Nagrota-181221

Office Address: Postgraduate Department of Physiology, Ist Floor, Opposite Principal, and Dean Office, GMC Jammu, Bakshinager-180001

Phone no: 9858568990

Email: [dr.retesh@gmail.com](mailto:dr.retesh@gmail.com)

**PROFESSIONAL MEMBERSHIP:**

1. Professional membership of the Association of Physiologists and Pharmacologists of India (APPI)- Membership No: 3118, Life Time.
2. Professional membership of the Association of Physiologists of India (ASSOPI)-Membership No: L-ASSOPI/2021/497, Life Time.
3. Professional membership of the Institute of Scholars (InSc), ID: InSc20204555, Life Time.

**WORKING EXPERIENCE:**

1. MEDICAL OFFICER in Jammu and Kashmir Health Services w.e.f. 17 June 2010.
2. SENIOR RESIDENT in DEPARTMENT OF PHYSIOLOGY, GMC JAMMU w.e.f. 26 September 2020.

**NOTABLE ACHIEVEMENTS:**

1. Received Award-cum- Certificate of Appreciation from **Financial Commissioner Health and Medical Education Department, Government of J&K UT**, for selfless duty as COVID Warrior and distinguished service.
2. Received Second Prize for Oral Paper Presentation titled “Trend of Lipid Profile in Chronic Kidney Disease cases with GFR less than 60 ml /min/1.73 m2” in **PREPARE-2021.**
3. Contributed a book chapter on the topic **“Basic Life Support and Cardiopulmonary resuscitation (CPR)”** in a book titled “A manual of Physiology Practicals For First Phase MBBS & BDS” written by Dr. Mrityunjay. (ISBN No: 978-81-927016-1-5).

**PAPER PRESENTATIONS:**

1. **“Assessment of Handgrip Strength in Male and Female Medical Students” in FIPS-2022.**
2. **“A Gender-based study of Visual reaction time in Medical Students” in ISSEMCON-2022**
3. **“Do Visual Reaction Time and Auditory reaction time change with Gender?” in PREPARE 2022.**
4. **“Pattern of ABO and Rh (D) blood group system among first-year Medical Students of GMC Jammu” in PHYSIOCON-2022**
5. **“Evaluation of Online Classes Versus Traditional classroom teaching among first-year MBBS Students during COVID-19 Pandemic in GMC Jammu” in BMSeCON-2021.**
6. **‘Pattern of Thyroid profile in chronic kidney disease cases with stages 3-5” in UP-UK APPICON-2021.**
7. **“Trend of lipid profile in chronic kidney disease cases with GFR less than 60 ml/min/1.73m2” in PREPARE-2021.**
8. **“Trend of Thyroid Profile in Diabetic Kidney Disease Versus Non-Diabetic Kidney Disease” in National CME on Advanced Physiology and Sleep-2021.**
9. **“Pattern of Lipid profile of Diabetic and Non-Diabetic cases with Chronic Kidney Disease” in ASSOPICON-2021.**
10. **“Trend of Thyroid profile in chronic kidney disease cases with GFR less than 60 ml/min/1.73m2” in ASSOPICON-2021.**

**PAPER PUBLICATIONS:**

1. **“Evaluation of Virtual classes teaching among first-year MBBS students during Covid-19 era in GMC Jammu” in Indian Journal of Public Health Research & Development (IJPHRD).**
2. **“Distribution pattern of ABO & Rh (D) blood group system among 1st-year Medical Students” in National Journal of Physiology, Pharmacy, and Pharmacology (NJPPP).**
3. **“A study of Association of Blood Groups with Anemia in healthy young Adults” in Indian Journal of Public Health Research & Development (IJPHRD).**
4. **“Potential Marketing Strategy for Organic products towards consumer consumption” in Annals of Romanian Society for Cell Biology (Annals of R.S.C.B.).**
5. **“Comparison of recovery time of Propofol, etomidate, and thiopental for electroconvulsive therapy” in IOSR Journal of Dental & Medical Sciences (JDMS).**
6. **“Heat and Humidity as potential therapeutic options for COVID-19 Prevention” in IOSR Journal of Dental & Medical Sciences (JDMS).**

**FUTURE PROJECTS:**

1. **Research:**
2. **“Trend of Handgrip Strength in Male and Female Medical Students from North India”, under consideration NJPPP for acceptance/Publication.**
3. **“Is There an Association between the ABO blood group and Bleeding time or Clotting time”?**
4. **“A study of Auditory reaction time among Medical Students”.**
5. **“Learning through reflection: Exploring COVID-19 Pandemic Experiences of First-Year Medical Students”.**
6. **Books:**

**1. Working on a manuscript for a book titled “Fundamentals of Practical Physiology- Hematology”.**

**2. Working on a manuscript for a book titled “Fundamentals of Practical Physiology-Clinical and Experimental Physiology”.**