

Curriculum vitae

Name : Dr Beena Sachan
Husband's Name : Dr Ashutosh Singh
Address : Dumrao Bagh colony, Assi, Varanasi
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Present designation : Assistant Professor,
Department of Community Medicine,
Dr RMLIMS, Gomtinagar,
Lucknow

Educational Qualifications :

Standard	Year of Passing	Board/ University	Marks (%)
MD(Community medicine)	2010	KGMU, Lucknow	Awarded
MBBS	2006	Dr. BRA University,Agra	62.3

* Ex-Treasurer (Indian Association of Preventive and Social medicine, state chapter of UP, UK)

Membership of Professional Bodies:

National

- Life member of "Indian Public Health Association"(L/2009/UP/4832)
- Life member of "Indian Association of Preventive and Social Medicine"(L-2645)
- Life member of "Nutrition Society of India"
- Life member of " Indian Red Cross Society "

International

- International Epidemiological Association(one year membership)

Conferences Attended:

- “10th International Undergraduate Medical Students’ Research Conference of INFORMER” hosted by Era’s Lucknow Medical College & Hospital, Lucknow from 13th July to 16th July 2016.
- “42nd Annual National Conference of IAPSM” at KGMU, Lucknow, UP from 26th-28th February, 2015.
- “14th Annual Conference of IAPSM State Chapter of UP UK” at Subharti Medical College, Meerut from 14th-15th October, 2011.
- “42nd Annual National Conference of Indian Dietetics Association” at CSMMU UP, Lucknow from 12th-13th December, 2009.
- “12th Annual conference of Indian Association of Preventive and Social Medicine, UP & UK Chapter” at Hind Institute of Medical Sciences, Safedabad, Barabanki, UP from 21st-22nd November, 2009.
- “49th Annual conference of National Academy of Medical Sciences” at CSMMU UP, Lucknow from 30th October -1st November, 2009.
- “26th Annual National Conference of Indian Society for Medical Statistics” at Nainital, Uttarakhand from 7th-9th November, 2008.

Workshops and Symposium attended:

- “Best Practices in Laboratory Management” organized by Era’s medical College and hospital & Beckman Coulter India, on 31st March 2016.
- “World Health Day-2016 CME on Diabetes” organized by Upgraded department of Community medicine & Public health, KGMU UP, Lucknow and WHO-India on 7th April 2016.

- CME on “Recent advances in the management of Atherosclerosis” organized by Era’s medical College and hospital, Lucknow on 6th February 2016.
- CME on “Haemovigilance Programme of India” organized by SGPGI, Lucknow on 30th January 2016.
- “International Symposium on Recent Advances in Biochemistry” organized by Era’s medical College and hospital, Lucknow on 30th January 2013.
- “Basic Course Workshop Under aegis of Medical Council of India” held from 16th -18th July, 2012, organized by Era’s medical College and hospital, Lucknow.
- “Vertigo Workshop” organized by Era’s medical College and hospital, Lucknow on 30th March 2012.
- “Radiation-Safety” workshop held on 12th January, 2012 organized by Era’s medical College and hospital, Lucknow.
- “Patient Safety” workshop organized by Era’s medical College and hospital, Lucknow, held on 4th & 5th August, 2011.
- “Innovations in Quality in Health care” workshop organized by Era’s medical College and hospital, Lucknow on 11th June 2011.
- “Tobacco and its effects” workshop organized by Era’s medical College and hospital, Lucknow on 9th May 2011.
- “OSCE & OSPE Workshop” organized by Era’s medical College and hospital, Lucknow, held on 4th & 5th March, 2011.
- “State Level Swine Flu Preparedness Workshop” organized by CSMMU UP, Lucknow on 20th August, 2009.

- “SPSS (Statistical Package for Social Sciences) workshop” held on 18th &19th July, 2009 as Faculty Development Programme in collaboration with SPSS South Asia, Bangalore at Lucknow University, Lucknow.

Training programme :

- Participated in the training programme “Maternal Death Review” organized by UNICEF on 29th July, 2010.
- Participated in the training programme “Bal Swasthya Poshon Maah” of ICDS in the district Shrawasti, Uttar Pradesh.

Work experience:

- Coordinated the activities of ICDS project with special reference to the monitoring of the activities of AWWs and CDPOs both in rural and urban areas of Uttar Pradesh, sponsored by National Institute of Public Cooperation and Child Development (NIPCCD), New Delhi.
- Given 3 days training of health and ICDS functionaries of Shrawasti district for strengthening of BSPM as I am trained by UNICEF as SOMT under the project strengthening of BSPM activities in 15 district.
- worked as undergraduate co-ordinator, Era’ Lucknow Medical College and Hospital, Lucknow.
- Conducted awareness programme on Personal hygiene among school children in Lucknow district.
- Participated in “SWASTHA BHARAT” programme of DOORDARSHAN.
- Organized two days programme on awareness of Malaria and Dengue at Saidpur village, Kakori.
- Resource Person For Basic Course Workshop In Medical Education & Technology, Era’ Lucknow Medical College and Hospital, Lucknow on 26th May, 2016.

Social work:

- Participated in the Medical Camp conducted in the slums of Lucknow on 12th, 15th & 16th December, 2007 organized by the Diocesan Social Work Society Lucknow.
- Participated in the Medical Camp conducted in the slums of Lucknow on 25th December, 2007 organized by Rotary Rajdhani Club Lucknow.

Distinctions and Honours :

- Highschool with honours- distinctions in hindi, english, mathematics,biology and social science
- Intermediate with honours- distinctions in english, chemistry and biology
- Got award for best performance in intermediate in block level.
- MBBS- certificates of merit in ophthalmology, medicine and surgery

Research Experience

Paper Published:

1. **Beena Sachan**, MZ Idris, Savita Jain, Reema Kumari, Ashutosh Singh. *Social determinants and its influence on the prevalence of morbidity among adolescent girls*. North American Journal of Medical Sciences 2012; 4: 474-8. **(Pubmed)**
2. **Beena Sachan**, MZ Idris, Savita Jain, Reema Kumari, Ashutosh Singh. *Age at Menarche and Menstrual Problems among School-Going Adolescent Girls of a North Indian District*. Journal of Basic and Clinical Reproductive Sciences 2012;1:56-9.
3. **Beena Sachan**, MZ Idris, Savita Jain, Reema Kumari, Ashutosh Singh. *Nutritional status of school going adolescent girls in Lucknow District*. Journal of Medical Nutrition and Nutraceuticals 2012;1:101-5.
4. **Beena Sachan**, MZ Idris, Ashutosh Singh. *Effect of socio-demographic characteristics on the prevalence of anemia among school going adolescent girls in Lucknow district, India*. South East Asia Journal of Public Health 2012;2:8-12.
5. **Beena Sachan**, MZ Idris, Savita Jain, Reema Kumari, Ashutosh Singh. *Nutrient intake among school going adolescent girls in Lucknow district*. Journal of Biomedical and Pharmaceutical Research 2013;2:20-5. **(Impact factor-3.0068)**

6. **Beena Sachan**, Ashutosh Singh, Neeraj Sachan. *Telehealth*. Journal of Behavioral Health 2012;1:66-70.
7. **Beena Sachan**, Ashutosh Singh, Neeraj Sachan. *Interview Method in Research*. The Southeast Asian Journal of Case Report and Review 2012;1:8-15.
8. **Beena Sachan**, Neeraj Sachan, Ashutosh Singh. *Sanskritization: A Social Change in Modern India*. Shodh Drishti 2012;3:107-9.
9. **Beena Sachan**, MZ Idris, Reema Kumari, Savita Jain, Ashutosh Singh. *Morbidity pattern among school going adolescent girls of a north Indian district*. International Journal of Community medicine and Public health 2017;4:2075-9.
10. Ashutosh Singh, **Beena Sachan**, Nisha P Malik, VK Sharma, Nidhi Verma, CP Singh. *Knowledge, awareness and practices (KAP) among patients with thyroid swelling attending cytology clinic in a medical college, Meerut*. Scholars Journal of Applied Medical Sciences 2013;1:793-95.
11. Mrinal Ranjan Srivastava, **Beena Sachan**, Pratibha Gupta, Pankaj bhardwaj, JP Srivastava, Atul Bisht, Sarita Choudhary . *Morbidity Status and Its Social Determinants among Elderly Population of Lucknow District, India*. Scholars Journal of Applied Medical Sciences 2013;1:758-764.
12. Sinha Shivani, **Sachan Beena**, Srivastava JP, Sahay R. *Prevalence of Anemia amongst Patients Attending OPD at Rural Health and Training centre, Era's Lucknow Medical College and Hospital*. Unique Journal of Medical and Dental Sciences 2014;2:23-26.
13. Ashutosh Singh, Nidhi Verma, **Beena Sachan**, Vivek Negi. *Verrucous Carcinoma on the helix of Pinna*. North American Journal of Medical Sciences 2013;5:153-4. **(Pubmed)**
14. Ashutosh Singh, Nisha P Malik, VK Sharma, Nidhi Verma, CP Singh, **Beena Sachan**. *Diagnostic Value of Macrophages in Non-Papillary Lesions of Thyroid in Fine Needle Aspiration Cytology*. Asian Journal of Biochemical and Pharmaceutical Research 2013;4:158-63. **(Impact factor-0.456)**
15. Shivani Sinha, JP Srivastava, **Beena Sachan**, Pratibha Gupta, Dayaprakash, Zeashan H Zaidi. *Effect of socio-demographic characteristics on the prevalence*

of anaemia among school going adolescent girls in rural areas of Lucknow district, India. Journal of biological and chemical research 2014;31:342-348.

(Impact factor-0.587)

16. Mrinal Ranjan Srivastava, Pratibha Gupta, Beena Sachan, Pankaj bhardwaj, JP Srivastava, Sarita Choudhary . *Study of depression among aged in urban and rural areas of Lucknow city. International journal of scientific research 2013;2:1-4.*

(Impact factor-1.8651)

17. Asfia Hashmi, JP Srivastava, Pratibha Gupta, Beena Sachan, Pankaj bhardwaj, Zeashan H Zaidi. *Socio-demographic factors affecting ante-natal care in rural areas of Lucknow district. Journal of biological and chemical research 2014;31:562-67. (Impact factor-2.597)*

18. Mrinal Ranjan Srivastava, JP Srivastava, Pratibha Gupta, Beena Sachan, Pankaj bhardwaj, Sarita Choudhary. *Activities of Daily Living Score and Socio-demographic Profile Among Elderly In Rural And Urban Areas of Lucknow City. International Journal of Advanced Research 2014;2:473-82. (Impact factor-1.659)*

19. Mrinal Ranjan Srivastava, J.P. Srivastava, Pankaj bhardwaj, Beena Sachan, Pratibha Gupta, Sarita Choudhary. *A Study on Lifestyle and Morbidity Profile Of Geriatric Population In Lucknow. International Journal of Current Research 2014;6:6614-18. (Impact factor-3.845)*

20. Abhishek Arun, JP Srivastava, Pratibha Gupta, Beena Sachan, Daya Prakash, Zeashan H. Zaidi. *Indian diabetes risk score (IDRS), a strong predictor of diabetes mellitus: A cross sectional study among urban and rural population of Lucknow. International Journal of Applied Research 2015;1:135-138. (Impact factor-5.2)*

21. Ruby Khaton, JP Srivastava, Beena Sachan, Pratibha Gupta, Pankaj bhardwaj, Dayaprakash, Zeashan H Zaidi. *Socio-demographic determinants and its influence on breastfeeding practices in urban and rural areas of Lucknow district. International Journal of Experimental Pharmacology 2014;4:21-8. (Impact factor-3.656)*

22. Pratibha Gupta, Fatima Anjum, **Beena Sachan**, JP Srivastava, Zeashan H Zaidi. *Knowledge, Attitude and Practices Regarding Prevention of HIV/AIDS Amongst Secondary Students in Lucknow*. National Journal of Medical and Allied Sciences 2014;3:35-38.
23. Abhishek Arun, Pratibha Gupta, **Beena Sachan**, JP Srivastava. *Study on Prevalence of Acute Respiratory Tract Infections (ARI) In Under Five Children In Lucknow District*. National Journal of Medical Research 2014; 4:298-302.
24. Ruby Khatoon, JP Srivastava, Pratibha Gupta, **Beena Sachan**, Pankaj bhardwaj, Dayaprakash, Zeashan H Zaidi. *Effect of Natal Care Services on Breastfeeding Practices in Urban And Rural areas of Lucknow*. International Journal of Current Research 2015;7:14057-61.
25. Shivani Sinha, Jyoti Prakash Srivastava, **Beena Sachan**, Raj Bahadur Singh. *A study of menstrual pattern and prevalence of dysmenorrheal during menstruation among school going adolescent girls in Lucknow district, Uttar Pradesh, India*. International Journal of Community Medicine and Public Health 2016;3:1200-3.

Paper under Publication:

26. Ruby Khatoon, **Beena Sachan**, Mohsin Ali Khan, JP Srivastava. Impact of School Health Education programme on Personal Hygiene among School children of Lucknow District. Journal of Family medicine and Primary care.

Paper/Poster presentation:

- **Beena Sachan**, MZ Idris, Savita Jain, Reema Kumari. Morbidity pattern among school going adolescent girls of a north Indian district. Paper presentation at the “42nd Annual National Conference of IAPSM at KGMU, Lucknow, UP from 26th-28th February, 2015.
- **Beena Sachan**, MZ Idris, Savita Jain, Reema Kumari. *Nutritional status of school going adolescent girls in Lucknow district*. Paper presentation at the “14th Annual

Conference of IAPSM State Chapter of UP UK” held in Meerut from 14th-15th October, 2011.

- **Beena Sachan**, MZ Idris, Savita Jain, Reema Kumari. *Effect of Socio-demographic characteristics on the prevalence of Anaemia among school going Adolescent girls in Lucknow district*. Paper presented at the “12th Annual conference of Indian Association of Preventive and Social Medicine, UP & UK Chapter” at Hind Institute of Medical Sciences, Safedabad, Barabanki, UP from 21st-22nd November, 2009.
- **Beena Sachan**, Abhishek Arun, JPSrivastava, Pratibha Gupta, Raghunath Sahai. *Prevalence of Diabetes Mellitus amongst Patients Attending OPD at Rural Health and Training Centre, Era’s Lucknow Medical College And Hospital*. Poster presentation at “XV Annual conference of Indian Association of Preventive and Social Medicine state chapter of UP & Uttarakhand” held in Jhansi from 24th – 25th December 2012.

Thesis co-guided:

1. Health and morbidity profile amongst elderly in urban and rural field practice areas of Era's Lucknow medical college, Lucknow.
2. The clinic- epidemiological assessment of malaria in field practice areas of department of community medicine of Era's Lucknow medical college &hospital.
3. Study of infant feeding practices and its effect on health status of infant in Lucknow district.
4. Effect of gestational anthropometric variables on maternal and neonatal outcomes: a prospective study
5. Epidemiological study of diabetes mellitus amongst urban and rural population of Lucknow district.
6. Health and nutritional status of school going adolescent girls in urban and rural areas of Lucknow district.

7. A study on contraceptive practices among married female in Urban and Rural areas of Lucknow.
8. An Epidemiological study of Acute Respiratory Tract Infection amongst under Five Children in Urban and Rural Areas of Lucknow District.
9. An Epidemiological study of Tobacco abuse among urban and rural population of Lucknow District.
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Project in hand:

1. **Chief investigator-** Health status of pesticide applicators at mango plantation in Lucknow District.
2. **Chief investigator-** Health status of Migrant workers at building construction sites in Urban Lucknow.
3. **Co-investigator-** A KAP Study on Food Hygiene among Food Handlers working at Food Establishments around ELMCH, Lucknow
4. **Mentor in STS project-**
 1. Knowledge, attitude, practices of mothers regarding diarrhea among under five children in Lucknow.
 2. Study on Prevalence of Acute Respiratory tract infections in under five children of Lucknow district.
 3. Prevalence of obesity among undergraduate students in ELMCH, Lucknow.
 4. Awareness regarding pesticide use among farmers in rural area of Lucknow District

Thesis:

- **“Health Status of School going Adolescent Girls in Lucknow District”**
Supervisor- Dr (Prof) M.Z. Idris
Co-supervisors-Dr (Prof) Savita Jain
Dr Reema Kumari

Extracurricular activities:

- Playing Violin and writing poetry.

