



Dr Sudhaa Sharma
(MD, FICOG, FICMCH, FIMSA, MAMS)

Date of Birth: 12th, September, 1957

Present Designation: Associate Professor Department of Obst and Gyane, Govt Medical College, Jammu

Nature of appointment: Regular

Date of joining present Institution: as Lecturer 1999

Official Address: Associate Professor

Department of Obst and Gyane

Govt Medical College Jammu- J&K India

Residential Address: House No. 42, Sector-1

Channi Himmat, Jammu (J&K) – India

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Education Qualification

Qualification	College	University	Year	Registration Number of UG & PG with dates	Name of state medical council
MBBS	Govt. Medical College, Jammu	Jammu	1981	2826 13.9.82	J&K Medical Registration Council
MD-Obst and Gyane	Do	Jammu	1987	793 3.11.09	J&K Medical Registration Council

Previous Appointment/Teaching Experience

Designation	Department	Name of institution	From	To	Total Experience
Registrar	Obs & Gyane	Govt Medical College, Jammu	1989	1991	2 years
Lecturer	Do	Do	1999	2004	5 years
Assistant Professor	Do	Do	2004	2011	7 years
Associate Professor	Do	do	2011	Till date	

Guide /co- guide:

- Age of Menopause, Menopausal Symptoms and Its Effect On Quality Of Life In Urban Versus Rural Women-2013
- Prophylactic Intramuscular PGF2 alpha Vs I.V methylergometrine for prevention of atonic PPH in high risk pregnant women-2013

- Comparative effects of Roloxfine and HRT on serum lipids and fibrinogen in healthy postmenopausal women-2004

Fellowship awarded:

Fellow Indian College of Gynaecologist- 2007

Fellow International Medical Science Academy-2011

Member National Academy Medical Sciences-2003

Fellow Indian College of Child and Mother Health-2008

Academic Achievements

Associate Professor

Post Graduate Department of Obstetrics & Gynecology
Govt. Medical College, Jammu (J&K) India – 180001

Visiting Consultant

Madan Hospital and Research Center
37 A/C, Gandhinagar –Jammu

Director Editor

JK-Science, Journal of Medical Education & Research 1999-2008

Editor In General

JK-Science, Journal of Medical Education & Research 2008- Till Date

Member National Advisory Board and Committee

Journal of Obst and Gyane of India 2006-2011

Associate Editor

Journal Midlife Health (An official Journal IMS)

Associate Editor

International Journal of Gyane and Obst (India)2007-Till Date

Member Editorial Board

Journal international Medical Science Academy (20014 onwards)
Asian Journal of Obstetrics & Gynecology

Member

National Governing Council, Indian Menopause Society (2005-2010)

Member

Family Welfare Committee and Geriatrics Committee (FOGSI) 2007-09

Treasurer

Jammu Obstetrics & Gynecological Society (FOGSI)-2005-06

Secretary

Jammu Obst & Gyane Society 2013- Till date

Secretary and Head

Indian Menopause Society- Jammu chapter 2004-2011

Vice President

Indian Rheumatology Association Jammu & Kashmir chapter 2007-2010

Organizing Secretary

13th Annual Conference of Indian Menopause Society IMSCON 2008

Peer Reviewer

Journal Indian Medical Association
FOGSI 2005-07

Life Membership

IMS, FOGSI, IMA, IMSA,IRA

Faculty / Chairperson/ Scientific Paper Judge/ Panellist/Moderator in National Conferences

- ❖ Annual conference, Indian menopause society, Hyderabad, 2002
- ❖ Annual conference, Indian menopause society, pune, 2003
- ❖ Annual conference, Indian menopause society, kolkata, 2004
- ❖ Annual conference, Indian menopause society, Ahmedabad, 2005
- ❖ North Zone Conference FOGSI (YUVA) Jalandhar 2008- Chairperson/Judge
- ❖ North Zone Conference FOGSI (YUVA) Jalandhar 2008- Judge/
Panalist/Moderator

National Faculty / Presentation/ Speaker

- ❖ Current surgical management of endometrial carcinoma-AICOG-05, Aurangabad
- ❖ Menopausal osteoporosis- AICOG-06, Kochi
- ❖ Panelist-Peri-menopause- Indian menopause society, Annual conference,06, Chandigarh
- ❖ Surgical management of perimenopausal DUB- AICOG-07 Kolkata
- ❖ HRT - IMSCON-07 Rajkot
- ❖ Invited faculty in international conference of Indian menopause society delhi-08
- ❖ Invited faculty in IMSCON 09 Surat
- ❖ Invited faculty in AICOG meeting 08 Delhi

- ❖ Invited faculty in NACHI meeting 08 Jaipur
- ❖ Invited faculty in north zone conference of IMS, Jalandhar
- ❖ Invited Faculty North zone conference of Indian Society of Orthopaedics, GMC Jammu-2010
- ❖ Invited Faculty First Satellite Conference IMS- Ahmadabad 2011
- ❖ Invited Faculty IMSCON 2012 Faridabad
- ❖ Invited Resource Faculty- by IMS to frame National Treatment Guidelines for Postmenopausal osteoporosis- 2012 Hyderabad
- ❖ Invited Resource Faculty- by IMS to frame National Treatment Guidelines for Menopause Health- 2012 Hyderabad
- ❖ Invited Faculty Conference IMS- Buvenshwar orisa 2013
- ❖ Invited Faculty –International Conference –Jointly organised by International menopause society with Indian Menopause Society-2013 Mumbai
- ❖ Invited Faculty Conference IMS- Agra 2014

Paper Presented in International Conferences

1. Tandon VR, **Sharma S**, Mahajan S, Mahajan A, Khajuria V, Mahajan V, Prakash C. Antihypertensive drug prescription patterns, rationality, and adherence to Joint National Committee-7 hypertension treatment guidelines among Indian postmenopausal women. International Menopause congress Mumbai, 2013
2. Tandon VR, Mahajan A, **Sharma S**, Sharma A. Prevalence of cardiovascular risk factors in postmenopausal women: A rural study. International Menopause Conference held at New Delhi 2008

Paper presented in National Conferences

- ❖ **Sharma S**, Tandon VR, Mahajan A . Menopausal symptoms in urban women Papers presented for poster presentation , which was among 6 best selected papers for oral presentation in Indian Menopause Society conference(IMSCON)-06, held at PGIMER, Chandigarh on February 4-5,2006 Bhargava auditorium, PGIMER, Chandigarh
- ❖ **Sharma S**, Tandon VR, Mahajan A, Kour A. Incidence of osteoporosis and osteopenia in urban women Papers presented for oral presentation in 49th All India Congress of Obstetrics & Gynecology to be held on, 5 - 9 January 2006 AICOG 2006.
- ❖ **Sharma S**, Razdhan R, Lamba J, Shartma A, Mahanas K. Congenital Anomalies in Newborn, AICOG-07 Kolkota- oral presentation.

Workshops/Training

- ❖ Workshop- in IMSCON 09 Surat
- ❖ Workshop-IMSCON-08 Jammu
- ❖ Workshop- IMSCON 05 Ahmedabad
- ❖ Minimal Invasive Endocopy, Workshop Madan Hospital and Research centre, Jammu, 2003
- ❖ Hands on Laparoscopy- Workshop Madan Hospital and Research centre, Jammu, 2003
- ❖ Training in laparoscopy in Deptt. of Gynae & Obstetrics , AIIMS, New Delhi-2001
- ❖ Training-AIDS workshop-NACO sponsored, C D Hospital Jammu 1995

Regional CME-Presentations

- ❖ Operative Vaginal Delivery- Organized by Jammu Obstetrics & gynecological Society, March, 06
- ❖ Menopausal symptoms & signs- CME Organized by Indian menopause society, Jammu Chapter, Nov, 04
- ❖ Teenage Pregnancy Workshop on Adolescents organized by National Academy of Medical Science, Jammu, April 2002
- ❖ Moderator-Panel discussion- Adolescents problems- organized by National Academy of Medical Science, Jammu, April 2002

Presentations and Public Awareness Lectures

- ❖ World Menopause Day, 05, KotBalwal (Rural Area)
- ❖ World Menopause Day, 04, Air Force Station, Satwari, Jammu
- ❖ Many Public awareness camps/ Media Interaction regarding Menopause and Women Health.

Awards

- **First Prize** for best poster presentation. Vishal R. Tandon, Annil Mahajan & **Sudhaa Sharma**. Prevalence of Cardiovascular Risk Factors in Postmenopausal Women A Rural Study. (P2-IMSCON08-JAMMU)

National Treatment Guidelines

1. Meeta, CV Harinarayan, Raman Marwah, Rakesh Sahay, Sanjay Kalra, Sushrut Babhulkar et al Alap Shah, Amita Pandey, Anil Mahajan, Ashok Vaidya, Beena Bansal, Bharti Kalra Prof. Dr C.V. Harinarayan, Dilip Mehta, Hemant Tiwari, I.V. Reddy, Jyothi Unni, Ketan Mehta, Manisha Sahay, Meeta, Nagamani, Neelam Agarwal, Rabindera Nath Mehrotra, Raghava Dutt Mulukutla, Rakesh Sahay, Major General (Dr) Raman Kumar Marwaha, Ram Prabhoo, Rama Vaidya, Ranu Patni, Rashmi Shah, Sanjay Bhadada, Sanjay Kalra, Sailesh. B, Seema Puri, Sharad Kumar, Shashank Joshi, Shushrut Babhulkar, Siddharth Sarkar, **Sudha Sharma**, Sunila Khandelwal, Sushil Gupta, Vishal R. Tandon, Vivek Arya, U.R.K. Rao, Yatan Pal Singh Balhara. ***Clinical practice guidelines on postmenopausal osteoporosis: *An executive summary and recommendations. Indian Menopause Society, Hyderabad, India. Journal Midlife Health. 2013;4(2):107-126***
2. Meeta, Alka Kumar, Annil Mahajan, Anita Kant, Anita Shah, Anu Vij, Archana Tripathi, Asha Kapadia, Ashok Khurana, Atul Munshi, Bhavana Sheth, Bipasa Sen, C. H. Trivedi, Chellamma V.K, Choranur Ambuja, Duru Shah, G Nagamani, Gurava A Reddy, H. P. Pattanaik, Jaideep Malhotra, Jaishree Gajraj, Jignesh Shah, Jyothi Unni, Jyoti Hak, Jyoti M Shah, Kaushal Chundawat, Lakshmi Ratna, Lakshmi Seshadri, Leela Digumarti, Madhukar Reddy, Mala Raj, Mandakini Parihar, Maninder Ahuja, Manjit Kaur Mohi, Meeta, Monica Chauhan, Muzammil S. Shaikh, Navneet Magon, Navneet Takkar, Neelam Agarwal, Nidhi Gupta, Nila A Mohile, Nirmala Vaze, Phagun N Shah, Preeti D Galvankar, Pushpa Sethi, Rajesh S Kumar, Rama Vaidya, Ranu Patni, Rashmi Shah, Rekha Sharma, Renu Makwana, Rita Shah, Rohit Shetty, Roza Olyai, Saroj Srivastava, Seema Sharma, Shailender Singh, Sharad Kumar, Sharmila Pimple, Sheela V. Mane, Shobhana Mohandas, Sonal Bathla, Sonia Malik, **Sudha Sharma**, Sudhakar Krishnamurti, Sunila Khandelwal, Surendra Shastri, Sushmita Dave, Suvarna Khadilkar, Tanvir, Tripti Nagaria, Urvashi Prasad Jha, Urvashi Yavalkar, Usha Rani Poli, Vandana Bansal, Yashodhara Pradeep. ***Clinical practice guidelines on menopause: *An executive summary and recommendations. J Mid-life Health [serial online] 2013 [cited 2013 Nov 2]; 4:77-106.***

Books Edited

1. **Sharma S**, Mahajan A, Tandon VR. Emerging Therapies of Postmenopausal Osteoporosis” Book of Indian Menopause Society. An Official Publication-2011

Chapter in Books

National Books

2. **Sharma S**, Tandon VR. ***Endometriosis***. Practical Cases in Obstetrics and Gynecology by: KANAN YELIKAR, **Jaypee Brothers Medical Publishers (P) Ltd**, New Delhi 1 edition, 2007

3. **Sharma S**, Tandon VR, Mahajan A. Menopausal Osteoporosis - A Health Hazard - Today & Tomorrow. Emerging Therapies of Postmenopausal Osteoporosis” Book by Indian Menopause Society.
4. **Sharma S**, Tandon VR, Mahajan A. Management of Postmenopausal Osteoporosis-From Controversy to Consensus. Emerging Therapies of Postmenopausal Osteoporosis” Book by Indian Menopause Society.

Research Publications

1. Tandon VR, **Sharma S**, Mahajan S, Mahajan A, Khajuria V, Mahajan V, Prakash C. Antihypertensive drug prescription patterns, rationality, and adherence to Joint National Committee-7 hypertension treatment guidelines among Indian postmenopausal women. *J Midlife Health*. 2014 Apr;5(2):78-83. doi: 10.4103/0976-7800.133994. PMID:24970986 [PubMed]
2. Tandon VR, **Sharma S**, Mahajan S, Mahajan A, Khajuria V, Gillani Z. First Indian prospective randomized comparative study evaluating adherence and compliance of postmenopausal osteoporotic patients for daily alendronate, weekly risedronate and monthly ibandronate regimens of bisphosphonates. *J Midlife Health*. 2014 Jan;5(1):29-33. doi: 10.4103/0976-7800.127788.PMID:24672203[PubMed]
3. Tandon VR, **Sharma S**, Mahajan A, Mahajan S. Effect of life-style modification on postmenopausal overweight and obese Indian women: A randomized controlled 24 weeks preliminary study. *J Midlife Health*. 2014 Jan;5(1):23-8. doi: 10.4103/0976-7800.127787.PMID:24672202[PubMed]
4. **Sharma S**, Tandon VR, Mahajan S, Mahajan V, Mahajan A. Obesity: Friend or foe for osteoporosis. *J Midlife Health*. 2014 Jan;5(1):6-9. doi: 10.4103/0976-7800.127782. Review. PMID:24672199[PubMed]
5. Tandon VR, **Sharma S**, Mahajan S, Mahajan A, Khajuria V. A rare case of fondaparinux-induced major bleeding in postmenopausal woman prescribed for non-ST segment elevation MI. *J Midlife Health*. 2013 Oct;4(4):241-3. doi: 10.4103/0976-7800.122260.PMID:24381468 [PubMed]
6. Tandon VR, Mahajan A, **Sharma S**, Sharma A. Prevalence of cardiovascular risk factors in postmenopausal women: A rural study. *J Midlife Health*. 2010 Jan;1(1):26-9. doi: 10.4103/0976-7800.66993. PMID:21799635 [PubMed]
7. **Sharma S**, Mahajan A, Tandon VR . Calcitonin gene-related peptide and menopause. *Sharma S, Mahajan A, Tandon VR. J Midlife Health*. 2010 Jan;1(1):5-8. doi: 10.4103/0976-7800.66985.PMID:21799630[PubMed]
8. **Sharma S**, Tandon VR, Mahajan A, Kour A, Kumar D. Preliminary screening of osteoporosis and osteopenia in urban women from Jammu using calcaneal QUS. *Indian J Med Sci*. 2006 May; 60(5):183-9. PMID: 16733289 [PubMed - indexed for MEDLINE] (ORIGINAL CLINICAL RESEARCH) *Impact Factor-0.93 (2008)*
9. Tandon VR, **Sharma S**, Mahajan A, Khajuria V, Kumar A. Pregnancy and rheumatoid arthritis. *Indian J Med Sci*. 2006 Aug;60(8):334-44. PMID: 16864922 [PubMed - indexed for MEDLINE] (ORIGINAL REVIEW) *Impact Factor-0.93 (2008)*
11. Tandon VR, Mahajan A, **Sharma S**, Sharma A. Prevalence of cardiovascular risk factors in postmenopausal women: A rural study. *J Midlife Health*. 2010 Jan;1(1):26-9. doi: 10.4103/0976-7800.66993. PMID:21799635 [PubMed]

12. **Sharma S**, Mahajan A, Tandon VR . Calcitonin gene-related peptide and menopause. Sharma S, Mahajan A, Tandon VR. *J Midlife Health*. 2010 Jan;1(1):5-8. doi: 10.4103/0976-7800.66985.PMID:21799630[PubMed]
13. **Sharma S**, Tandon VR, Mahajan A. Postmenopausal osteoporosis: An Update. *International Journal of Gyane & Obst* 2006;9(4):29-40 (ORIGINAL REVIEW)
14. **Sharma S**, Kaur D, Mahajan A, Tandon VR. Selective Estrogen Receptors Modulators. *Asian Journal of Obs & Gynae Practice* 2005; 9(4):11-17 (ORIGINAL REVIEW)
15. **Sudhaa Sharma**, Vishal Tandon, Annil Mahajan. Therapeutic strategies for postmenopausal osteoporosis: Present and future. *Obs& Gynae Today* 9(11):758-762; 2004 Nov
16. **Sharma S**, Tandon VR, Mahajan A. Sex After menopause. *Indian menopause society-News letter* 2005; 6(1):14-15
17. Tandon VR, **Sharma S**, Mahajan A, Bardi H, Kour D. Oxidative Stress: A Novel Strategy in Cancer Treatment. *JK Science* 2005; 7(1):57-59
18. **Sharma S**, Tandon VR, Mahajan A. Phytoestrogens-Natural SERMs. *JK Science* 2005; 7(3):122-23
19. Tandon VR, **Sharma S**. Aromatase Inhibitors. *JK Science* 2005;7(4):185-86
20. Sharma S, Tandon VR, Gupta S. Alternative Obstetrics. *JK Science* 2005; 7(4):236-238
21. Tandon VR, **Sharma S**, Mahajan A, Parihar A. Strontium Ranelate. *JK Science* 2006;8(2):114-115
22. Tandon VR, Mahajan A, **Sharma S**, Gupta SK. Unethical Publication Practices. *JK Science* 2006;8(3):123-124
23. **Sharma S**, Mahajan A, Kumar S, Tandon VR. Tibolone: STEAR. *JK Science* 2006;8(4):229-30
24. Tandon VR, Mahajan A, **Sharma S**, Gupta SK. CONSORT Statement. *JK Science* 2007;9(1):1-2
25. **Sharma S**, Tandon VR, Mahajan A. Menopausal symptoms in urban women. *JK Science* 2007;9(1):13-17 (ORIGINAL CLINICAL RESEARCH)
26. Mahajan A, Tandon VR, **Sharma S**. Gout and Menopause. *JK Science* 2007;9(1):50-2
27. **Sudhaa S**, Tandon VR, Jandial C. Androgen Therapy In Menopause. *JK Science* 2007; 9(2): 104-5
28. Tandon VR, Rupali Bakshi, **Sudhaa Sharma**, SK Gupta, Annil Mahajan. Journal For Your Valuable Research ? Why JK Science. *JK Science* 2008;10(2):52-54.
29. Tandon VR, Annil Mahajan, **Sudhaa Sharma**, S K Gupta, Dinesh Kumar. Decade of Publishing Unbiased Quality Research. *JK Science* 2009;11(1):1-2
30. **Sharma S**, Mahajan S, Tandon VR, Mahajan A. Denosumab-Breakthrough Biological. *JK Science* 2012;14(3):109
31. Mahajan S, Tandon VR, **Sharma S**, Mahajan V. Parathyroid Hormone - Current Status. *JK Science* 2012; 14(3):161-2.
32. **Sharma S**, Mahajan A, Bakshi R, Tandon VR, Mahajan S. Angiotensin-Converting Enzyme (ACE) Inhibitors and Sarcopenia. *JK Science* 2012;14(2):105-6
33. **Sharma S**, Mahajan S, Tandon VR, Mahajan A. Denosumab-Breakthrough Biological. *JK Science, Journal of Medical Education and Research*. Oct-Dec,

- 2012, Volume 14, Issue 4 109-110 [Medline-Locator Plus/Embase/DOAJ/Index Copurnicus/Openmed/many agencies]
34. Mahajan S, Tandon VR, **Sharma S**, Mahajan V. Parathyroid Hormone - Current Status JK Science Journal of Medical Education and Research OctDec, 2012, Volume 14, Issue 4, 161-62 [Medline-Locator Plus/Embase/DOAJ/Index Copurnicus/Openmed/many agencies]
 35. **Sharma S**, Tandon VR, Sachin Kumar. Women & Risk For Developing ADR's. JK Science, Journal of Medical Education and Research Jan-March, 2012, Volume 14, Issue 1, 1. [Medline-Locator Plus/Embase/DOAJ/Index Copurnicus/Openmed/many agencies]
 36. **Sudhaa. Sharma** Tandon VR. Prophylactic Bilateral Oophorectomy: Does Benefits Outweigh Risks?. JK Science 2011;13(1):1
 37. Vishal. R. Tandon, Anil Mahajan & **Sudhaa Sharma**. Tibolone induced Bullous pemphigoid. JK Science.2010;10(1):26
 38. Kour D. Kapoor B, **Sharma S**, Mahajan A, Khajuria V. Comparative effects of Roloxfine and HRT on serum lipids and fibrinogen in healthy postmenopausal women(original article). J. obstet, Gynocol India 2005; 55 (3): 261-64.
 39. **Sharma S**, Suri P, Mahajan A. Gupta C. Anaemia in Pregnancy: A Great Challenge (Editorial), JK Science 2003 Vol. 5 No. 1 (Jan-Mar) pp 1-2.
 40. **Sharma S**, Mahajan A, Jasrotia DS. Gestational Diabetes Mellitus (Review Article) JK Science 2000 Vol. 2 No. 4 (Oct - Dec) pp. 180-83.
 41. **Sharma S**, Mahajan A, Jasrotia D. Acquired Immune Deficiency Syndrome, An Upcoming Menace in Women & Children (Review Art), JK Science 2000 Vol. 2 No. 1 (Jan - Mar) pp. 13-17.
 42. **Sharma S**, Tandon VR, Mahajan A. Therapeutic strategies for postmenopausal osteoporosis: Present and future. Obs& Gynae Today 9(11):758-762; 2004 Nov
 43. **Sharma S**. Menopausal Osteoporosis: A growing challenge (review article) J K Science 1999; 1(4) 146-54.
 44. **Sharma S**. Madan R. Role of Foley's catheter to improve the cervical score prior to induction of labour. J K Science; 1999; 1 (4) 168-72
 45. **Sharma S**. Manhas K, Singh M Ectopicordis with associated foetal anomalies: Antenatal ultrasonographic detection (case report). J K Science 1999; 1(4) 176-78.
 46. **Sharma S**, Manhas K, Singh M. Hydrops faetalis- Antenatal diagnosis (A case report) J K Science 1999; 1(4) 182-84.
 47. Manhas J, **Sharma S**. Role of hysteroscopy and laparoscopy in evaluation of abnormal uterine bleeding (original article). J K Science 2004; 6(1) 23-27.
 48. Manhas K, **Sharma S**, Sharma A, Mehta A, Chowdhary S. Malignant Gastrointestinal stromal tumour presenting as ovarian cyst (A case Report) J K Science 2002; 4 (2) 95-97.
 49. Rambal S, Manhas K, **Sharma S**, Gupta S – ultrasound evaluation of Gall-bladder disease in pregnancy (original article) J K Science 2001; 3(2) 78-83.

IMPORTANT

I hereby declare that the information given by me in the Performa is correct to the best of my knowledge.

Dr Sudhaa Sharma

Date: 9.8.14