
Dr Shikha Garg

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Website profile link: <https://www.medicalmcq4all.com/team>

LinkedIn ID: [linkedin.com/in/shikha-garg-46a43b217](https://www.linkedin.com/in/shikha-garg-46a43b217)

Languages spoken: English, Hindi, Kannada, Urdu, Punjabi, Arabic (Basic)

Profile

- **MAHE alumnus (MBBS @ KMC, Manipal-batch of 2002, DGO @ KMC, Manipal- Batch of 2009, DNB @ Dr TMA Pai Hospital, Udupi- Batch of 2016)** with extensive 10 plus years of experience in the field of OBG
 - An experienced public health professional specialized in field of obstetrics & gynecology with special focus on maternal and child health care, perinatal mortality and morbidity, research design, team development, capacity building, data collection, project management and excellent leadership qualities.
 - Dr Shikha has over ten years of work experience gained through research, academia and consultancy appointments.
 - Dr Shikha also served as Medical Director for Dr BR Shetty Mother & child hospital, Udupi from sep 2018 to sep 2021, during which numerous public health projects for maternal & child health were conducted, training sessions and postgraduate teaching programs were initiated in partnership with medical colleges in mangalore.
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Skills and Achievements Summary

- Cleared DHA licensing exam in 1st attempt in January 2024.
- Passionate and Dedicated Obstetrician and Gynecologist with more than 11 Years of expertise in diverse fields of Ob-Gyn setup, ranging from Secondary care Maternity Units to Tertiary care Medical College Hospital and District Government Hospitals of Maternal and Child Health.
- Bringing forth an empathetic and professional attitude, dedicated to providing patients with the best care. Apt to work with experience of high-risk pregnancy and delivery, major gynaecologic surgeries, assisting laparoscopic surgeries and infertility care.

Research impact

- Supervised and guided many undergraduates and postgraduates in research methodology and publications during her tenure in Kasturba medical college, manipal.

Project management and leadership skills

- hands-on experience of working across all stages of research program such as concept development, field assessment, grant application, research methods, ethics, data collection, management, analysis, reporting and dissemination.
- handled a team of 400 full-time staff members while working at Dr B R Shetty Mother & Child Hospital, udupi, and 134 healthcare workers.

Teaching and collaborations expertise**LEADERSHIP ROLE (SEPTEMBER 2018 TO SEPTEMBER 2021)**

- worked as Medical Director (for 3 years) to a 200 bedded, Mother & Child hospital, Udupi, Karnataka.

- played a key role in signing MoU between Father Mullers Medical college, Mangalore and Dr BR Shetty mother & child hospital, Udupi for PG deputation and hands on training program.

- Conducted BLS training program for 200 plus nurses in government mother & child hospital, Udupi in 2019
- Coordinated and signed Memorandum of Understanding (MoU) with Father Muller's Medical College, Mangalore for OBG Post graduate deputation to our hospital for enhancement of PG teaching - Jun 2019.
- Started the Nutritional Rehab Centre (NRC) Program with recommendations from state NRC unit - Sept2019
- Attained National Quality Assessment Scheme(NQAS) state level (95%) score in quality parameters for the Hospital - Oct 2019
- Attained LaQshya State Level Certification in LT/OT Quality Management- Nov 2019
- Officially launched the Care Companion Program in the Hospital – Jan 2020
- Organized and coordinated in-house BLS training for 330 employees of the Hospital with the Nursing and Clinical team - Feb 2020
- Played a leading role in organizing Presscon for news press release of the Hospital - Feb 2020
- Led the Hospital Team for LaQshya National Level Audit - Mar 2020

ACADEMIC & OBGYN MENTOR (JULY 2023 TO TILL DATE)

- OBGYN mentor for MBBS/MD students preparing for middle east prometric exams (with online platform on medicalmcq4all.com)

Clinical experience and consultation expertise

- managing outpatients daily for common obstetrical and gynecological problems
- managing in-patients for childbirth and gynecological surgeries.
- doing ultrasonography for patients everyday
- performing minor and major gynecologic procedures
- counselling for antenatal care and postpartum care
- managing menopausal patients for general checkups and common problems
- managing pediatric and adolescent gynecologic problems
- managing couples with infertility for counselling and individualized care plans

Career Objectives

My long-term aim is to work as a senior researcher and as a clinician and participate in making health policy and strategy decisions. My major research and work interests include reproductive health, adolescent health, pre and post-menopausal health, perinatal and neonatal health to reduce morbidity and mortality, hormonal imbalance issues, pre-conceptional counselling, causes and prevalence of infertility, research methods, and healthcare technologies.

Education and Memberships

Education

Aug 2016 to sep 2018	DNB (OBG) at Dr TMA Pai Hospital, Udupi, India
May 2009 to may 2011	DGO (Diploma in OBG), Kasturba Medical college, Manipal, India
Aug 2002 to sep 2008	MBBS, Kasturba Medical College, Manipal, India

Additional training

Research impact (series of workshops), Publication strategy, Clinical research, Microsoft software package, Personal review development, Change management, Developing team leadership, Qualitative research methods, Ethics in health research (series of workshops), Academic writing, Conference presentation tools.

Social work/volunteer work/guest lectures & talks

- Worked as **member of Rotary club of Katapady** Udupi and served as career guidance counselor for the students of various PUCs and graduation colleges
- Delivered numerous guest talks to female students on various topics ranging from menstrual hygiene issues to young womanhood issues
- Delivered a **guest lecture at annual Rotary club of Downtown** meeting at Dubai on the topic of "role of service organizations in maternal & childcare" on 27 July 2024.
- Delivered a **guest lecture on the event of Breast Cancer Awareness month** "A woman's fight: empowering women to prioritize health during breast cancer awareness month" in October 2024 at Dubai International Financial Centre Female employees.

Educational & academic writeups

Wrote multiple write ups with recent advancements in area of public health for women with modern day issues including infertility which appeared in prestigious newspapers of UAE including **Khaleej Times** and **Gulf News**

<https://gn24.ae/13472cd202a09000>

<https://gn24.ae/1344a66d28b5b000>

<https://gn24.ae/129eb747f1061000>

<https://www.khaleejtimes.com/uae/uae-stress-loud-sounds-impact-infertility-say-doctors>

Memberships

- Lifetime Member of FOGSI, via Manipal OBG society (membership number: 30390069)
- Annual membership of Rotary Club, katapady, udupi (Aug 2021- July 2022)

Employment History

1. *Tutor, Department of community medicine, Kasturba medical college, Manipal, Udupi, Karnataka, India. (full time role, February 2009 to April 2009)*
2. *Senior resident, Dr TMA Pai Rotary Hospital, Karkala, Udupi, Karnataka, India. (full time role, February 2012 to November 2013)*
3. *Senior resident, Kasturba medical college, Manipal, Karnataka, India. (full time role, January 2014 to April 2016)*
4. *Consultant OBGYN, Dr BR Shetty mother & child hospital, Udupi, Karnataka, India. (full time role, September 2018 to September 2021)*
5. *Medical director, Dr BR Shetty mother & child hospital, Udupi, Karnataka, India. (full time role, October 2018 to September 2021)*
6. *Consultant OBGYN, Sanjivani Hospital, Sirsa, Haryana, India. (full time role, October 2021 to august 2022).*
7. *Consultant OBGYN, owner and proprietor of Saraswathi maternity clinic, Katpadi, Udupi, Karnataka, India. (full time role, September 2022 to may 2024)*
8. *Specialist OBGYN, district hospital, mother & child department, Udupi, Karnataka, India. (full time role, February 2024 to may 2024)*
9. *Specialist OBGYN, Aster Royal Clinic, Downtown, Dubai, UAE. (full time role, July 2024 to till date).*
10. *Specialist OBGYN, Aster Hospital, Al mankhool, Dubai, UAE. (part time role, February 2025 to till date).*

Volunteer work/social work experience:

(August 2021 to July 2022): Worked as member of Rotary Club, Katapady (Zone-4, Ri Dist-3182) and served a **CAREER GUIDANCE MENTOR** to adolescents of Katapady, udupi during the tenure.

Research acumen and research ambitions:

- Wish to take part actively in **conducting research with collaborations** between my organisation, i.e., **Aster DM Healthcare LLC, UAE and Manipal academy of higher education (MAHE), Manipal, India** to carry out projects related to HPV vaccinations.
- Taking part in **health policymaking** in women and child healthcare & public health
- Applying for **research grants** for obtaining funding for research projects and/or patent developments
- Helping to **publish unpublished data and research output** into high impact factor scientific journals.

References:

1. Dr Ashwini Kumar, Professor and HOD, Department of Community Medicine, KMC, MAHE, Manipal, India.
2. Dr Vinod Nayak, Professor and Associate Dean, Department of forensic medicine, KMC, MAHE, Manipal, India
3. Dr Krishnanand Prabhu, Professor and Ex Associate Dean, department of Biochemistry, KMC, MAHE, Manipal, India
4. Dr Ranjita, Professor and Associate Dean, Department of Community Medicine, KMC, MAHE, Manipal, India