

CURRICULUM VITAE



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3. Educational Background

Qualification	Institution	Year Awarded
MSc in Public Health	University of London ¹	2012
Diploma in Public Health	University of London	2009
MD Community Medicine	Aligarh Muslim University ²	2003
M.B.B.S.	Aligarh Muslim University	1999

Academic Positions

Duration

- **Associate Professor** 11.12.2019 – till date
Department of Community Medicine
Dr. Vasantrao Pawar Medical College, Hospital & Research Center
Nashik, Maharashtra, India
- **Associate Professor** 08.10.2013 – 08.09.2019
Department of Community Medicine & Epidemiology
College of Medicine, Majmaah University
Majmaah 11952, Saudi Arabia
- **Associate Professor** 09.07.2011 – 30.09.2013
Department of Community Medicine
Chettinad Hospital & Research Institute
Chennai, India
- **Assistant Professor** 09.07.2010 – 08.07.2011
Department of Community Medicine
Chettinad Hospital & Research Institute
- **Assistant Professor** 28.02.2008 – 06.07.2010
Department of Community Medicine
Shadan Institute of Medical Sciences
Hyderabad, India.
- **Assistant Professor** 16.06.2006 – 26.02.2008
Prathima Institute of Medical Sciences
Karimnagar, India

1 - One of the largest, most diverse universities in the UK with over 120,000 students in London, and a further 50,000 studying across 180 countries for a University of London degree.

2 - Aligarh Muslim University accredited by NAAC in 'A' grade having 13 Faculties viz. Agricultural Sciences, Arts, Commerce, Engineering & Technology, Law, etc., each comprising of several Departments of Studies. *Ranked 1st* among Indian University (Times Higher Education, India Ranking 2018)

Teaching Experience

- Teaching Community Medicine & Epidemiology to undergraduate and postgraduate medical students since the past 13 years.
- Topics covered include – General Epidemiology, Infectious and Non – Infectious Disease Epidemiology, Demography and Family Planning, Biomedical Waste Management, Disaster Management, Maternal and Child Health, National & International Health Programs, Immunization, and Basic Biostatistics.
- Method of teaching includes didactic lectures, large and small group teaching, problem-based learning, case discussions, seminars, skill labs, and epidemiological field visits to villages.
- Teaching based on student-centered learning: Educational videos and images, use of models and artifacts, student participation, giving handouts, interactive discussions, pre and post-tests, feedback evaluation, etc.

Previous positions

- Clinical posting in Primary Health Centre 01.05.2015 – 30.05.2017
- Clinical Attachment 03.01.2006 – 30.03.2006
Stansfield House Surgery 01.04.2005 – 01.08.2005
Halifax, United Kingdom
- Clinical Observer 08.11.2004 – 04.02.2005
Calderdale Royal Hospital
Halifax, United Kingdom
- Senior Resident 03.10.2003 – 16.08.2004
Department of Physiology
Jawaharlal Nehru Medical College & Hospital
Aligarh, India
- Junior Resident 04.02.2000 – 03.02.2003
Department of Community Medicine
Jawaharlal Nehru Medical College & Hospital
Aligarh, India
- Clinical Internship 12.10.1998 – 23.12.1999
Jawaharlal Nehru Medical College & Hospital
Aligarh, India

Certification and Licensure

- Epidemiology in Public Health Practice by Johns Hopkins University on Coursera. Certificate earned at Monday, March 25, 2019
- Qualitative Research Methods by the University of Amsterdam on Coursera. Certificate earned at Wednesday, May 2, 2018
- Introduction to Systematic Review and Meta-Analysis by Johns Hopkins University on Coursera. Certificate earned at Sunday, March 25, 2018
- Essential Skills in Medical Education Assessment September 2016
- PLAB (UK) Part I & Part II March 2005
- MD Registration No. 4969 (Medical Council of India) 22.03.2007

- MBBS Registration No. 20583 (Medical Council of India) 07.04.2000

Honors and Awards

- **Certificate of Appreciation:** Quality Assurance Unit, College of Medicine, Majmaah University, Saudi Arabia 2014 – 2015
- **Best Poster Award** on “*An objective view of problems in rural healthcare infrastructure in India*” in SRM Medical College Hospital & Research Centre, SRM University, Tamil Nadu on 10.01.2013 in the First International Management Development Program (FIMDP 2013) organized by the Department of Community Medicine in association with the School of Public Health and Community Medicine, University of New South Wales, Australia.
- “**Best Poster Award**” for the poster presentation on “An overview of the status of Rabies and an assessment of the effective methods to achieve the goal of elimination in India” in SRM University, Trichy, Tamil Nadu, India on 26.11.2012 in a National Workshop titled “Need of understanding Neglected Tropical Diseases.”
- **BRONZE** certificate of completion from BMJ learning, UK - 3rd October 2012.

Committee assignments and administrative services

- **Member Secretary** – Minority Committee, Dr. Vasant Rao Pawar Medical College, Hospital & Research Center, Nashik, December 2019 till date.
- **Member Secretary** – Medical Education & Training Cell, Dr. Vasant Rao Pawar Medical College, Hospital & Research Center, Nashik, January 2020 till date.
- **Member, Editorial Board** – MVP Journal of Medical Sciences, Dr. Vasant Rao Pawar Medical College, Hospital & Research Centre, Nashik 2020 till date
- **Editor & Reviewer** – Majmaah Journal of Health Sciences, Majmaah University, Majmaah, Saudi Arabia 2018 - 2019
- **Head** – Faculty Development Program, College of Medicine, Majmaah University, Majmaah, Saudi Arabia 2018 – 2019.
- **E-learning Unit** – College of Medicine, Majmaah University, Majmaah, Saudi Arabia - Member since 2016
 - ✓ Training of faculty – Use of Blackboard software (LMS) in teaching and learning.
 - ✓ Training of faculty members – E-learning and use of D2L (Desire 2 Learn) software for teaching and learning.
 - ✓ Deliver orientation program for students – Introduce the concept of D2L software and how to use it during the MBBS course
 - ✓ Administrative duties like invigilation, development of training programs, development and distribution of feedback from faculty and students.
- **Head – Assessment and Evaluation Unit** – College of Medicine, Majmaah University, Majmaah, Saudi Arabia – 01.09.2017 to 01.09.2018
- **Member – Quality Assurance Committee** – College of Medicine, Majmaah University, Majmaah, Saudi Arabia 01.09.2014 - 01.10.2018.

- ✓ Prepare standards for Academic Research & Community Services
 - ✓ Prepare the documentation for Internal & External Audit.
 - ✓ Develop & prepare the KPIs (Key Performance Indicators)
 - ✓ Develop the proforma for internal and external surveys.
- **Module Co-ordinator** for Complementary and Alternative Medicine course for undergraduate medical students – 2014 - 2016.
 - **Associate Module Co-ordinator** – Principles of Research - 2018
 - **Module Coordinator** – Public Health & Epidemiology – 2017 - 2019
 - **Member Module Committee** – Principles of Health & Disease – 2018
 - **Associate Module Coordinator** – Youth, Elderly & Society - 2018
 - Appointed as **Chief Superintendent (Examinations)**, University MBBS Examinations by **MGR University, Chennai**, Tamil Nadu India from 01st August 2012 to 16th August 2012.
 - I was appointed as an **Internal Examiner** by the **NTR University, AP, India**, for conducting the BSc MLT 2009 examination in Shadan Institute of Medical Sciences, Hyderabad, India.
 - Appointed as an **Assistant Examiner** by the **NTR University, Andhra Pradesh** for the evaluation of B.Sc. (MLT) Theory papers in the Govt. College of Nursing, Hyderabad, India from 19.01.2008 to 23.01.2008.
 - I have coordinated a Health Camp and ‘**Health Awareness Campaign**’ in the village of Vutoor, District Karimnagar on 28th April 2007 under the Department of Community Medicine, Prathima Institute of Medical Sciences, Karimnagar, India.
 - I have organized an **HIV/AIDS Prevention** rally in Karimnagar city and a skit in a village by undergraduate MBBS students on the occasion of ‘**World AIDS Day**’ on 1st December 2006.
 - Organized a ‘**National Communal Harmony Week**’ as a part of NSS program in Prathima Institute of Medical Sciences, Karimnagar, A.P. by conducting a Painting Competition and a Voluntary Donation for Destitute children in November 2006.
 - Under the supervision of the HOD, Dept. of Community Medicine, coordinated the survey on morbidity of two villages as part of a health program jointly held with the participation of two public sector organization and a private sector organization between 14.07.2006 to 15.07.2006
 - Worked in the WHO-sponsored Pulse Polio Immunisation program. Jawaharlal Nehru Medical College and Hospital, India (2000 – 2003)

Conferences, Courses, Workshops, and CMEs

- **Revised Basic Course Workshop and training in Attitude, Ethics & Communication (AETCOM)** dated 02nd to 04th February 2021 by the NMC Regional Centre, IMETTT, Maharashtra University of Health Sciences, Nashik
- Workshop on “**Curriculum Implementation Support Program – II**” by the Medical Council of India from 22nd July 2020 – 23rd July 2020 at Maharashtra University of Health Sciences, Nashik, India.
- **Oral presentation** on “Prevalence of risk factors for diabetes and hypertension in school children, Majmaah, Saudi Arabia” at the “Second Scientific Research Day” held on March 6th, 2019 at the College of Science and Humanities at Hotat Sudair, Majmaah University, Saudi Arabia.
- Participated as the **Scientific Committee Member** in the 4th Annual Public Health Conference held in Bangkok from 5th – 7th July 2017 organized by the Peoples Organization.
- Delivered an **Oral Presentation** on “Opinion of healthcare professionals in the usage of social media for patient care in Majmaah, Saudi Arabia” in the 3rd Annual Public Health Conference held from 11th – 13th July 2016 in Kuching, Malaysia.
- **Certificate of Attendance** – Essential Skills in Medical Education Assessment (ESMEA), Saudi International Medical Education Conference 2016/ American College of Physicians Saudi Chapter Meeting – ACP, 8th & 9th April 2016, Alfaisal University, Riyadh, Saudi Arabia.
- **Faculty Development Program as resource person** King Khaled Hospital, Majmaah University, Saudi Arabia 2014 – 2015
- **Training Workshop on Methods of Smoking Cessation** King Khaled Hospital, Majmaah University 07.04.2014
- **Academic Health Conference** College of Medicine, Majmaah University, Majmaah, Saudi Arabia 20.02.2014
- **Basic Course Workshop in Medical Education Technology (MCI)** Christian Medical College, Vellore, India 12 – 14 March 2013
- **Faculty Development Program as resource person** Chettinad Hospital & Research Institute, Chennai, India 21 – 24 March 2011
- **CME on HIV/AIDS** Prevention & Treatment Awareness, IMA Hall, Karimnagar, India, 05th November 2006.
- **BLS Course** Calderdale Royal Hospital, Halifax, UK, February 2005

- **Advanced Cardiac Support** Calderdale Royal Hospital, Halifax, UK, February 2005
- **Airway Management** Calderdale Royal Hospital, Halifax, UK, February 2005

Research Impact

My research pursuits have primarily been in the area of preventive and promotive health in the field of public health and epidemiology. In recent years I have focused exclusively on **Mother, Child and Adolescent Health, Non – communicable diseases, Disease Epidemiology, and Medical Education**. Inculcating the holistic and contextualized definition of impact as mandated by Research Excellence Frameworks, my research outcomes are within the frame of Public Health, Health Services, and Primary Care. My work focusses on developing a repertoire of baseline health-related information which can be directly applied to the population to bring about an awareness based behavioral change. This area of research can help to reduce the impact of preventable health disorders, particularly among the at-risk population like children, mothers, adolescents, and elderly.

Grants and Contracts Awards

- Appointed as Chief Investigator in the Sub – National Tuberculosis Certification Process under the National Institute of Epidemiology (NIE), and ICMR along with along with Indian Association of Preventive and Social Medicine (IAPSM) and World Health Organization (WHO) – A Government of India funded project from February 2021 – April 2021.
- A funded research project on “Childhood obesity – Influence of parent’s child-feeding behaviors and practices in Majmaah, Saudi Arabia” approved by Deanship of Scientific Research, College of Medicine, Majmaah University, Majmaah, Saudi Arabia 2019 - 2020
- A funded research project on “A study of the prevalence of risk factors for diabetes and hypertension among school children in Majmaah, Saudi Arabia” approved by College of Medicine, Majmaah University, Saudi Arabia 2015 – 2016
- A funded research project proposal on “Modeling the Effects of Awareness Programs by Media to Control Middle East Respiratory Syndrome (MERS)” under review by King Abdulaziz City for Science and Technology (KACST), Riyadh, Saudi Arabia - 2018

Publications

- 1) **Prevalence of Sleep Pattern and its Effect on Health among Medical Students in Majmaah.** Mansour K Alzahrani, Syed Meraj Ahmed, Waqas Sami, Nashmi Naife Al-jubairi, Abdurhman Abdullah Almutairi and Aboud Mohamed Alqhatani. Saudi Arabia. Ann Med Health Sci Res. 2021;11:1284-1289.
- 2) **A study of blood alcohol level in victims of fatal Road Traffic Accidents in Manipur, India.** Tej Bahadur Chhetri, U B Ghaffar, Syed Meraj Ahmed. IJFMT, July-September 2021, Vol. 15; 3

- 3) **Study of the Prevalence and Risk Factors of Treatment Non-compliance among Elderly Diabetic Patients in Majmaah, KSA.** Syed Meraj Ahmed, Waqas M Sami, Hammam Fahad Alkanhal, Abdulelah Naif Alenzi, Wael Shaman Alotaibi, Khalid Ayidh Alotaibi and Ali Abdullah Almshafi. *Ann Med Health Sci Res.* 2020;10:: 794-798.
- 4) **Students Perception of Teaching Methodologies Practiced in an Academic Institution in Majmaah, Saudi Arabia: A Unified Perspective.** Ghaffar U. B, Ahmed S. M, Faraz A, Salar B. M. K. M, Hussain S, Khan M. N. *Biosc.Biotech.Res.Comm.* 2019;12(3). (ESCI)
- 5) **Assessment of the Quality of Life among Diagnosed Hypertensive Patients Attending Primary Health Centers in Majmaah, Saudi Arabia.** Syed Meraj Ahmed, Raed Jarallah Almuqhim, Hammam Fahad Alkanhal, and Ahmed Ammar Alalem. *International Journal of Medical Research & Health Sciences*, 2019, 8(5): 96-102 (ESCI)
- 6) **Use of Electronic Health Records System in a Healthcare Facility – A Comparative study conducted at a Secondary Care Hospital, Majmaah, Saudi Arabia.** Khalid Tohami Medani, Syed Meraj Ahmed, Waqas Sami, Elsadig Yousif Mohamed, Sawsan Mustafa Abdalla, Huda Hakim Abdelrahman. *JPME.* January 2020
- 7) **The Impact of Knowledge on Adherence to Tuberculosis Treatment: A Case-Control Study from a Rural Setting.** Elnazeer Abd Almonem Hashim¹, Elsadig Yousif Mohamed^{2*}, Sawsan Mustafa Abdalla², Ghazali Abdel Gadir Saleem³, Waqas Sami⁴, Tayseer Elsadig Elbadawi⁵, Khaled Altohami Medani⁶ and Syed Meraj Ahmed. *EC Pulmonology and Respiratory Medicine* 7.12 (2018): 830-834.
- 8) **A study of basic knowledge of epilepsy among male medical student at Majmaah University, Riyadh, Saudi Arabia in 2018.** Anas Saad Alsaab, Ahmad Nueva Almutairy, Syed Meraj Ahmed, Abdullah Ayidh Alotaibi, Hamad Abdullah Alsheikh, Khalid Ayidh Alotaibi. *International Journal of Medical and Health Research.* Volume 4; Issue 10; October 2018; Page No. 116-120
- 9) **KAP study on the dietary pattern among regular gym members in Majmaah, Saudi Arabia.** Syed Meraj Ahmed, Eyad Mohammed Alodhaydan, Ahmad Hamad Alhammad, Sami Suliman Alabdulqadir, Abdulaziz Abdulrahman Alhassan, Mohammed Daham Alrafedi. *Panacea Journal of Medical Sciences*, May-August, 2018;8(2):83-87
- 10) **A study of the prevalence of low back pain and associated risk factors among surgical staff in Sudair area, Saudi Arabia.** Saad Abbas Aldawsari, Ahmed Hamad Alhammad, Asim Dyab Salem Alanazi, Nashminawaf Al-Rashidi, Elsadig Yousif Mohamed, Syed Meraj Ahmed. *Int J Med Res Prof.*2018 May; 4(3); 33-37
- 11) **A study of work stress and risk of cardiovascular diseases among employees of Majmaah university, Majmaah, Saudi Arabia.** Ahmad Nueva AlMutairy, Dr. Syed Meraj Ahmed, Anas Saad Alsaab, Abdullah Ayidh Alotaibi, Turki Mehesin Alharbi, Nawaf Mohammed Alduwayhis, Abdullah Abdulsalam Alrohaili, and Wael Shaman Alotaibi. *World Journal of Pharmaceutical Research*; Vol 7, Issue 4, 2018
- 12) **A study of child abuse trend in Saudi Arabia-A review update.** Ghaffar UB, Ahmad M, Faraz A, Ahmad A *Indian Journal of Forensic and Community Medicine.* 2018;5(1):8-12.
- 13) **A study of the psychological impact of acne among male medical student in Majmaah University, Riyadh, Saudi Arabia, 2017.** Anas Saad Alsaab, Dr. Syed Meraj Ahmed, MD, Ahmad Nueva Almutairy, Abdullah Ayidh Alotaibi, Mohammed Abdulrahman Alhassan,

Rayan Saad Alsaab, Wael Shaman Alotaibi, and Nawaf Razhan Alsubaie. World Journal of Pharmaceutical Research. Vol 7, Issue 3, 2018.

- 14) **A Study on the Prevalence of Allergic Skin Disorders among Students of Majma'ah University, Majmaah, Saudi Arabia.** Bader Ahmed Aldahash, Syed Meraj Ahmed, Kawther Abdulla Alsadady, Fahad Salman Alshanabah, Ibrahim Mohammad Almutairi. International Journal of Medical Research Professional.2018 Jan; 4(1); 187-93
- 15) **A study of the prevalence of risk factors for diabetes and hypertension among school children in Majmaah, Saudi Arabia.** Syed Meraj Ahmed, Mohammed A Al-Mansour. Journal of Public Health Research 2017; 6:829 (Funded Research) (Q3, H-index: 6)
- 16) **Opinion of healthcare professionals in the usage of social media for patient care in Majmaah, Saudi Arabia.** Syed Meraj Ahmed, Faisal Alhumaidi Alrumais, Thamer Fahad A Sallum, Meshal Munahi D Almutairi, Abdullah Saifaldeen Alsubhi, Ahmed Abdulaziz Alabdulkarim; International Journal of Public Health Sciences; Vol 6, No 1: March 2017
- 17) **Medical Students' Opinion Toward the Application of Complementary and Alternative Medicine in Healthcare.** Syed Meraj Ahmed, Mohammed A. Al-Mansour, Elsadig Y. Mohamed, Khalid A. Medani, Sawsan M. Abdalla, Waqas S. Mahmoud; Saudi Journal of Medicine & Medical Sciences; 2017;5:20-5.
- 18) **Medical barriers, different modalities of Complementary And Alternative Medicine (CAM) to be used by medical students', 2015.** Sawsan M. Abdalla, Mohamed A. Al Mansour, Elsadig Y. Mohamed, Syed A. Meraj, Khalid A. Medani, and Waqas S. Mohamed; World Journal of Pharmacy And Pharmaceutical Sciences; Vol 5, Issue 8, 2016; 223 - 230
- 19) **Breast cancer awareness and breast self-examination among future female university graduates: comparison between medical and non-medical students.** Elsadig Yousif Mohamed*, Waqas Sami, Abdullah Atallah Alenezi, Abdulrahman Mubarak Almutairi, Ahmad Khalid Alsalboud, Khalid Mohammad Alhusainy, Mohammad Awadh Almutairi, Syed Meraj Ahmed, Khalid Altohami Medani. Mohammed Abdullah Al Mansour, Mansour Khatir Alzahrani, Talal Shakhs Alghamdi, Fahad Bin Mohamed Alfheid, Tahir Ansari. *International Journal of Research and Medical Sciences*. 2016 Mar;4(3):685-689
- 20) **"A Review of the Frequency of Medical Error in Saudi Arabia: An Emerging Concern."** Usama Bin Ghaffar, Syed Meraj Ahmed, Ali Faraz. Journal of Evidence-based Medicine and Healthcare; Volume 2, Issue 52, November 30, 2015; Page: 8692-8695, DOI: 10.18410/jebmh/2015/1205
- 21) **"A review of road traffic accident in Saudi Arabia: the neglected epidemic."** U B Ghaffar, Ahmed SM; "Indian Journal of Forensic and Community Medicine (IJFCM)" Vol.2, Issue. 4.
- 22) **"An assessment of the Learning Mode Preference of Undergraduate Medical Students of Moti Lal Nehru Medical College, Allahabad,"** Dr. Khwaja Mohd. Amir, Dr. Raj Bahadur Kamal, Dr. Syed Ahmed Meraj, Dr. Mohammed Rehan Asad, Dr. Khursheed Parveen, Dr. Mohammad Yusuf. International Journal of Advance Research And Innovative Ideas In Education Volume 1 – issue 4. (2015) Page 476-485
- 23) **A Study of Risk Factors for Diabetes & Hypertension among Expatriate Workers in Majmaah City, Saudi Arabia.** Syed Meraj Ahmed · Waqas Sami · Hani Alanazi · Turki

Aljarbaa · Suliman Alkhamis · Almutiri Faisal. International Journal of Health and Rehabilitation Sciences, June 2015, Volume 4 Issue 2, 104 - 114

- 24) **Satisfaction, self-use, and perception of medical students in Majmaah University, Kingdom of Saudi Arabia, towards Complementary and Alternative Medicine.** Mohamed A. Al Mansour, Elsadig Y. Mohamed, Sawsan M. Abdallab, Khalid A. Medani, Waqas S. Mahmoud, and Syed A. Meraj. Journal of Taibah University Medical Sciences (2015), <http://dx.doi.org/10.1016/j.jtumed.2015.01.09>
- 25) **Prevalence and factors associated with unintended pregnancy among married women in an urban and rural community, Khartoum state, Sudan.** Majdi Mohammed Sabahelzain, Sawsan Mustafa Abdalla, Syed Ahmed Meraj, Elsadig Yousif Mohamed, Mohamed Abdalla Almansour, Khaled Tohami Medani, Fahmi Ezaldin Awad, GJMEDPH 2014; Vol. 3, issue 4; 1 – 4
- 26) **An objective view of problems in rural healthcare infrastructure in India.** Syed Meraj Ahmed, Chettinad Health City Medical Journal, Volume -2, Number - 1, January - March 2013, 4 – 6, ISSN No. 2277 - 8845
- 27) **Epidemiological differences of lower urinary tract symptoms among female subpopulations and group level interventions.** Avasarala KA, Ahmed SM, Nandagiri S, Tadisetty S. Indian J Urol 2008;24: 498-502.
- 28) **Urinary tract infections (UTI) among adolescent girls in rural Karimnagar District, AP KAP STUDY.** Ahmed SM, Avasarala AK. Indian J Pre Soc Med. 2008;39(1).

Information Technology Skills

- Proficient user of biostatistics packages like STATA 10, SPSS (ver. 25.0), Epi info and Microsoft Excel for data entry and data analysis in epidemiological studies.
- Use research tools such as PUBMED, Google Scholar, Elsevier, Researchgate, etc.
- Able to use Microsoft Office expertly with a typing speed of around 44 words per minute.