

DR. SHAFIA SHAFIQ

MBBS | MD COMMUNITY MEDICINE

Jawaharlal Nehru Medical College, Aligarh Muslim University, Aligarh

Phone: 8077480049

Email: shafiashafiq997@gmail.com

Medical Registration: 100633

PROFESSIONAL PROFILE

Medical graduate and postgraduate trainee in Community Medicine with experience in clinical, community and field-based healthcare services, undergraduate teaching, public-health research and epidemiological methods. Training includes routine clinical postings at Urban and Rural Health Training Centres, Urban Health Posts and a Community Health Centre, with hands-on OPD management, community-oriented healthcare delivery, health education and field activities. Academic interests include epidemiology, maternal and child health, nutrition, non-communicable diseases, health systems and evidence-based public health.

EDUCATION

Qualification	Institution	Year
MD Community Medicine	Jawaharlal Nehru Medical College (JNMC), Aligarh Muslim University (AMU), Aligarh	2023–2026
MBBS	Teerthanker Mahaveer Medical College & Research Centre, Teerthanker Mahaveer University, Moradabad	2016–2022
Senior School Certificate (Class XII)	CBSE, Aligarh Public School, University Road, Aligarh	2015
Secondary School (Class X)	Aligarh Public School, University Road, Aligarh	2013

POSTGRADUATE TRAINING & CLINICAL / PUBLIC HEALTH EXPERIENCE

- Routine clinical and community postings as part of postgraduate training in Community Medicine.
- Urban Health Training Centre (UHTC): outpatient services, community-oriented primary healthcare, health education and field-based activities.
- Rural Health Training Centre (RHTC): rural health services, community diagnosis, field visits and participation in primary healthcare activities.
- Urban Health Posts: exposure to urban primary healthcare delivery and community-based services.
- Community Health Centre (CHC): clinical/public-health posting with participation in OPD services and healthcare delivery.
- Management of OPDs, including patient assessment, clinical documentation, counselling and appropriate referral/follow-up.
- Participation in community surveys, field investigations, health education activities and national health programme-related activities.
- Academic participation through seminars, journal discussions, case presentations and research/thesis work.
- Exposure to district-level public health administration, health-system functioning and implementation of community health services.

TEACHING EXPERIENCE

- Undergraduate teaching and clinical postings for MBBS students in Community Medicine.
- Conducting/assisting in undergraduate classes, field teaching and community-oriented clinical learning.
- Teaching and academic interaction with Master of Public Health (MPH) students.
- Participation in seminars, presentations, tutorials and departmental academic activities.
- Guidance of students during community/field-based activities and research-oriented learning.

RESEARCH & THESIS EXPERIENCE

- MD Thesis — “Sociodemographic and Dietary Factors Affecting GDM in Women Attending Antenatal Clinic of JNMCH, AMU, Aligarh.”
- Hospital-based case-control study conducted among pregnant women attending the antenatal clinic.
- Assessment of sociodemographic, anthropometric, dietary, clinical, nutrition-literacy and physical-activity factors associated with gestational diabetes mellitus.

- Research interests — epidemiology; maternal and child health; gestational diabetes; nutrition; non-communicable diseases; health systems; community-based research; biostatistics.

SCIENTIFIC PRESENTATIONS

- “Non-Communicable Diseases: Rising Burden, the Risk Factors and its Economic Costs” — Oral/Poster Presentation, XXVII IAPSMUPUKCON 2024, College of Medicine, Haldwani, Uttarakhand, 18–19 October 2024.
- “Sociodemographic, Clinical and Dietary Determinants of Gestational Diabetes Mellitus: A Case-Control Study” — Oral Scientific Presentation, EFICON 2025, AIIMS, New Delhi, 11–13 November 2025.
- SPPAHCON 2026 — Oral/Poster Scientific Presentation, Department of Community Medicine & Department of Cardiology, Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow, 5–7 February 2026.

POSTER PRESENTATION

- “Assessment of Water Quality in Urban Localities of Aligarh: A Descriptive Study” — Oral/Poster Presentation at AMUCMCON 2025, International Conference on “Artificial Intelligence (AI) in Education & Healthcare,” Department of Community Medicine, JNMC, AMU, Aligarh, 22 February 2025.

CONFERENCES ATTENDED

- IAPSMUPUKCON 2024 — “Health System Strengthening, Resilient Health System,” Government Medical College, Haldwani, Uttarakhand, 18–19 October 2024.
- AMUCMCON 2025 — “Artificial Intelligence (AI) in Education & Healthcare – A New Era in Public Health Solutions,” JNMC, AMU, Aligarh, 22 February 2025.
- NUTRICON 2025 — National Conference on Nutrition, “Nutritious Food for All, From Children to the Elderly,” Sharda University, Greater Noida, in collaboration with IAPSM UP-UK Chapter, 2 September 2025.
- EFICON 2025 — VI Annual National Conference of Epidemiology Foundation of India, AIIMS, New Delhi, 11–13 November 2025.
- SPPAHCON 2026 — “Building Better Health Through Lifestyle Choices,” Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow, 5–7 February 2026.

CME / WORKSHOPS ATTENDED

- National Workshop on “Addressing Leptospirosis and Other Neglected Tropical Diseases: Challenges and Solutions,” Department of Microbiology, JNMCH, AMU, Aligarh — 30 August 2024.
- Training on Ethics including Good Clinical Practices (GCP) and Good Lab Practices (GLP), Institutional Ethics Committee, JNMCH, AMU — 21 February 2025.
- EFICON 2025 Pre-conference Workshop — “Evidence to Policy: Systematic Reviews and Meta-analyses for Evidence-based Public Health Recommendations,” AIIMS, New Delhi — 11 November 2025.
- Workshop on “Reading Labels & Redefining Health: Food Label Education in Lifestyle Medicine,” SPPAHCON-2026, Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow — 5–7 February 2026.
- Workshop on “ChatGPT/AI Tools for Healthcare Professionals,” IIT Delhi — 11 May 2025.
- CME on “Current Perspective on Pharmacovigilance,” ADR Monitoring Centre, JN Medical College & Hospital, AMU — 16 April 2025.
- Personality Development Workshop, Faculty of Management Studies & Research, Aligarh Muslim University — 10 November 2025.

TRAINING PROGRAMS

- District Residency Programme (3 Months) in Community Medicine — Department of Medical Health & Family Welfare, Uttar Pradesh / JNMCH, AMU under CMO, Aligarh — 11 January 2026 to 10 April 2026.
- Training on Ethics including Good Clinical Practices (GCP) and Good Lab Practices (GLP) — Institutional Ethics Committee, JNMCH, AMU — 21 February 2025.
- “Statistics Made Easy: Basics to Advanced Biostatistical Online SPSS Series (Season-2)” — 1–28 October 2024.

COURSES & PROFESSIONAL CERTIFICATIONS

- Basic Course in Biomedical Research — ICMR–National Institute of Epidemiology (ICMR-NIE), Chennai — September 2024.
- HeartCode® BLS — American Heart Association — 16 March 2026.
- Advanced Cardiovascular Life Support (ACLS) — American Heart Association — 24 March 2026.

ACHIEVEMENTS

- Second Prize — EPI-MIX 2025 Quiz, National Quest on Knowledge in Public Health, VI Annual National Conference of Epidemiology Foundation of India (EFICON 2025), AIIMS, New Delhi, 11–13 November 2025.

ORGANISING COMMITTEE & RESOURCE PERSON

- AMUCMCON 2025.
- Organized and hosted PRATIBIMB 2025 (International Day for the Elimination of Violence against Women).
- Resource person in Health Camp under Swasth Naari Sashakt Parivar Abhiyaan.

MEMBERSHIP

- Lifetime member of Epidemiology Foundation of India since September 2025 (Membership No. 07188).

PUBLICATIONS

Published: Mohd Yasir Zubair, Danish Kamal, Ragul Jayaprakasam Sathiyamoorthy, Syed Sohaib Hashmi, Mehnaz, S., & Shafiq, S. (2026). The Rising Burden of Non-Communicable Diseases: Global and Indian Trends, Risk Factors, and Socioeconomic Implications. Indian Journal of Public Health Research & Development, 17(2), 27–34. <https://doi.org/10.37506/z0vfrw28>

Under review/submitted: Sathiyamoorthy RJ, Bilal M, Zubair MY, Ajitha A, Hashmi SS, Shafiq S. “Beyond Muscle: Exploring the Effects of Creatine Supplementation on Physical Performance, Body Composition, Cognition and Health Across the Lifespan – A Narrative Review.” Submitted to The Journal of Sports Medicine and Physical Fitness (2026).

PROFESSIONAL SKILLS

- SPSS – data management, descriptive analysis, hypothesis testing and regression analysis.
- Microsoft Office (Word, PowerPoint, Excel).
- AI tools for research and education.

AREAS OF INTEREST

- Epidemiology; public health; maternal and child health; nutrition; gestational diabetes; non-communicable diseases; health systems; community-based research; biostatistics.

PERSONAL DETAILS

Name	Dr. Shafia Shafiq
Qualification	MBBS, MD Community Medicine
Current Affiliation	Jawaharlal Nehru Medical College, Aligarh Muslim University, Aligarh
Contact	8077480049

REFERENCES

- Prof. Uzma Eram — Professor and Chairperson, Department of Community Medicine, JNMCH, AMU.
- Dr. Tabassum Nawab — Assistant Professor, Department of Community Medicine, JNMCH, AMU.