

JOB TITLE

Dr Ajmal Anjum

PROFILE

Dr. Ajmal is a dedicated psychiatrist with an MD in psychiatry, deeply committed to providing compassionate care to patients. Driven by a passion for mental health and well-being, Dr. Ajmal focuses on understanding and supporting individuals in their journey toward recovery and growth.

EXPERIENCE

POST MD JUNIOR RESIDENT IN THE DEPT OF PSYCHIATRY SKIMS MCH BEMINA SRINAGAR FROM NOVEMBER 2023 TILL DATE

POST GRADUATE RESIDENT IN IMHANS KASHMIR GMC SRINAGAR 2020-2023

JUNIOR RESIDENT IN THE DEPT OF PAEDIATRICS FEBRUARY TO APRIL

INTERNSHIP IN SKIMS MCH BEMINA SRINAGAR 2018-2019

EDUCATION

MBBS ASCOMS sidhra Jammu, Jammu university 2013-2018

MD Psychiatry IMHANS- Kashmir GMC Srinagar 2020-2023

MRCPSYCH paper A passed in April 2024

SKILLS

- **Research Publications**

- **5 research publications in different journals**

- 1. Impulsivity and HIV-Related High-Risk Behaviour in Intravenous Opioid Drug Users - Published in Journal of Cardiovascular Disease Research.
- 2. Heroin Chasers Versus Injection Heroin Users: A Study from Kashmir - Published in International Journal of Contemporary Medical Research (IJCMR).
- 3. Post-COVID Neuro-Cognitive Disorder and Its Relation with Interleukin: A Hospital-Based Cross-Sectional Study - Published in Indian Journal of Psychological Medicine.
- 4. Prevalence and Profile of Tapentadol Use in Patients Visiting a Drug De-Addiction Center in Kashmir.
- 5. A Cross-Sectional Study on Long COVID, Cognition, and Neurasthenia: One Year Post-COVID - Published in Journal of Family Medicine and Family Care.

- **Conference Presentations**

- Presented 3 papers at national and regional conferences.

- Presented 1 e-poster
- **Awards**
- Participated in regional and national quizzes during post-graduation; declared as winner at ANCIPSNZ 2022.
- **Other experiences**
- Organising committee in ADDICON national conference 2024
- Conducted awareness programs under district mental health program in schools and colleges in district Bandipora
- Member of Indian psychiatric society