



Kollam, Kerala



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PROFILE HIGHLIGHTS

- Institute 1st Rank Holder** - 1st year MPH Examination 2019-20, NIMHANS.
- Second Runner up (National Level)** - Poster presentation Competition, Health Research Conclave - India International Science Festival (IIFS-2020), organized by Ministry Of Science And Technology, Ministry Of Earth Sciences, Ministry Of Health & Family Welfare Government Of India.
- National Winner – Project Presentation** (Scaling up of mental health literacy among ASHAs in West Bengal), IAPSM Young Leaders' National Conclave, 2021
- All-India 5th Rank Holder** - NIMHANS PG entrance examination for Public Health, 2019.

LANGUAGES

English ● ● ● ● ●
Malayalam ● ● ● ● ●
Tamil ● ● ●
Hindi ● ●

Dr. ASHI ASHOK

DOB : 18/05/1993

ACADEMIC PROFILE

M.P.H	NIMHANS, Bengaluru	2021	First Class
B.D.S.	Kannur Dental College, Kerala	2017	62.20%
Class XII (CBSE)	Sree Narayana Public School, Kollam	2011	84.00%
Class X (CBSE)	Sree Narayana Public School, Kollam	2009	92.20%

PROFESSIONAL EXPERIENCE

Dental Surgeon – Crescent Dental Care, Kannur (Jan'19 to May'19)

Dental Surgeon – Kannur Dental College (Intern) (Oct'17 to Oct'18)

RESEARCH EXPERIENCE

Feasibility and Effectiveness of a Mental Health Training Programme in improving the Mental Health Literacy of a general community in Kerala, India.

- Formulated a detailed mental health resource guide on common mental health problems and conducted a study to assess the mental health literacy of the community.
- Designed and conducted a mental health training program aimed at enhancing mental health literacy in the community.
- Performed quantitative analysis using SPSS software on participant's responses and mapped the effectiveness of the training program.

FIELD EXPERIENCE

- Attended District Mental Health Program, Kolar, under National Mental Health Program (Manochaitanya Clinics) and studied the functioning and progress of the programme.
- Spearheaded 10+ field visits across multiple centres of public health importance (such as PHCs, CHCs, Maternity Homes, Reproductive and Child Health Office, Bio Medical Waste treatment plants, Occupational Health Centres, etc.) to understand day-to-day operations and prepared detailed reports on the same.

POSITION OF RESPONSIBILITY

- Served as an External Monitor for WHO COVID-19 Vaccination Programme (2021) for 5 booths in Bengaluru area, Karnataka.
- Served as an External Monitor for WHO Pulse Polio Immunization Program (2021) across numerous GHs, PHCs and UPHCs located in and around Bengaluru, Karnataka.
- Volunteered as vaccinator-cum-supervisor for Pulse Polio Immunization Program (2020) by Austin Town Urban Health, Bengaluru.
- Collaborated with NIMHANS COVID19 Warroom for contract tracing exercise, mapped 100+ covid-19 contacts and categorized as 'high risk' and 'low risk' of transmission.

CERTIFICATIONS

Certificate Course on Public Health Leadership Skills in COVID Era	Sep'20
COVID-19: Operational Planning Guidelines & COVID-19 Partners Platform to support country preparedness and response by WHO	March'20