

DR. NADIA TARIQ

Residential Address: House# 6, Street 14, Sector C, DHA-2, Islamabad, Pakistan

Mobile #: 0300-9899998

Email: nadia.tariq@imdcollege.edu.pk

PROFESSIONAL EXPERIENCE:

- Associate Professor
Department of Community medicine, IMDC **Nov 1,2020 till date**
- Assistant Professor
Department of Community medicine, IMDC. **Oct 2014 -Oct 31,2020**
- Senior lecturer
Department of community medicine, IMDC **Jan 2013- Sep 2014**
- Demonstrator
Department of community medicine, IMDC **Oct 2011- Dec 2012**
- Managing Editor
Journal of IMDC **Jan 2021 till date**
- Member of Research Committee/ IRB
Islamabad Medical and Dental College **Jan 2017 till date**
- Medical Officer
Fauji Foundation Hospital, Rawalpindi **Jan 2007- Dec 2009**

EDUCATION AND TRAINING:

- PHD Scholar Public Health **2023**
Health Services Academy
- Master in Public Health **2010**
Armed forces post graduate medical institute
- Bachelor of Medicine & Bachelor of Surgery (MBBS) **2004**
Army Medical College Rawalpindi

- Training
 - Certificate Course in Medical writing and Journalism (CORTEACH)
2021
 - Certificate Course in Health Profession Education (SZABMU)
2021
 - Training on Work Ethics (IMDC)
2022
 - Systematic Review (HSA)
2019
 - First Aid and Basic life support, IMDC.
2019
 - Leadership and Management, IMDC
2019
 - Statistical Package for Social Sciences workshop, IMDC
2019
 - Item Writing Flaws,IMDC
2019
 - E-view and STATA Workshop (COMSAT)
2019
 - Critical Appraisal of an article, IMDC
2018
 - Stress Management workshop , IMDC
2018
 - End Note Referencing workshop, Islamabad Nursing College
2017
 - Research Methodology workshop, IMDC
2017
 - Teaching methodologies and Assessment, IMDC
2016
 - Quality Assurance, IMDC
2016
 - Communication and Presentation skills, IMDC
2016
 - Construction of MCQS and SEQs, IMDC
2015
 - Integrated Modular system workshop, IMDC
2015

PUBLICATIONS

- Imran A, Fazal A, Tanvir S, Zafar S, Tariq N, Tariq S. Effects of Smartphone on Physical Activity and Academic Performance of Medical Undergraduates of Islamabad: A cross-sectional Study. *Journal of University Medical & Dental College*.2023;14(2):606-611. <https://doi.org/10.37723/jumdc.v14i2.765>
- Rashid F, Tariq N, Zafar S, Zafar U, Farhin S, Shah SS. Impact of COVID-19 on Lifestyle Factors among Residents of Twin cities, Pakistan-A Cross-sectional Study. *Esculapio Journal of SIMS*. 2022 Sep 1;18(3).
- Zafar U, Zafar S, Tariq N, Rashid F, Hassan K. Frequency and Risk factors of Low Birth Weight in Rawalpindi, Pakistan. *JRMC*. 30Jun.2021 [cited 10Aug.2021];25(2):202-7. Available from: <https://journalrmc.com/index.php/JRMC/article/view/1557>
- Zafar U, Rashid F, Zafar S, Tariq N, Hassan K. Seroprevalence and Associated Factors of SARS CoV-2 Antibodies among employees of IMDC and its teaching hospital. *JRMC*. 31Aug.2021;25(1):37-43. Available from: <https://www.journalrmc.com/index.php/JRMC/article/view/1650>
- Jaffry T ,Khalid S, Tariq N. Socio-demographic factors influencing voluntary blood donation in general population of Islamabad, Pakistan. *J Community Med Public Health Care*. 2019; 6: 055.
- Tariq N, Jaffry T, Khalid S. Earthquake preparedness in schools of Islamabad .*JIMDC*.2019;8(3):141-145.
- Jaffry T,Tariq N, Tariq S.Career Preferences and its influencing factors among medical graduates and undergraduates.*Annals of PIMS*.2019;15(1):17-20.
- Tariq N, Jaffry T,Fiaz R,Rajput AM,Khalid S.Awareness about indoor air pollution in general population of Rawalpindi/Islamabad.*Pak J Public health*..2018;8(2):80-83.
- Tariq N, Mirza S,Afzal M, Rajput AM.Association of diabetes mellitus with various risk factors : a case control study.*JIMDC*.2017;6(1):44-48.
- Haq I, Tariq N, Afzal M,Rajput AM.Prevalence of Vit D deficiency and its associated factors among college students.*JIMDC*.2016;5(2):54-58.
- Tariq N,Rajput AM,Azad AH,Afzal M,Rizvi F.Awareness and practices regarding waste management in health care staff of hospitals of Rawalpindi. *Isra Medical Journal*.2014;6(3):136-141.

- Tariq N, Rizvi F, Rajput AM, Afzal M, Azad AH, Farhin S. Perceptions and practices regarding breast feeding in mothers of children attending hospitals of Rawalpindi, JIMDC.2014;3(2):67-70.
- Azad AH, Rajput AM, Tariq N, Afzal M. Anxiety, Depression and their predictors amongst patients attending OPD of a hospital in Rawalpindi. JIMDC.2014;3(2):71-75.
- Tariq N, Rizvi F, Rajput AM, Khan A, Afzal M. Frequency and common forms of smoking in female students of universities of Islamabad. Isra medical journal.2013;5(2):144-147.

Accepted For Publication:

Domestic Violence in married women of Rawalpindi/Islamabad; a mixed method study in Pakistan Armed Forces Medical Journal

WORKSHOPS AND SEMINARS

ORGANIZED

- | | |
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| ➤ Reference Writing and Mendeley | 2023 |
| ➤ World Childhood Cancer Day | 2023 |
| ➤ Reference writing and Mendeley | 2022 |
| ➤ World Cancer Day: I am and I will | 2019 |
| ➤ World Health Day : Universal Health Coverage; everyone, everywhere | 2019 |
| ➤ Breast Cancer Awareness month; | 2019 |
| ➤ Road Safety Day, | 2019 |
| ➤ World Health Day : Universal Health Coverage; everyone, every where | 2018 |
| ➤ World No Tobacco Day : Stop illicit use of tobacco products | 2015 |
| ➤ World Women Day : Empower Rural Women | 2012 |

PARTICIPATED

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| ○ Annual Public health conference, Health Services Academy | 2019 |
| ○ Undergraduate Medical Research Day, Peshawar Medical College | 2019 |
| ○ Annual Research Day, Islamabad Medical and Dental College | 2019 |

- World Tuberculosis Day 2019
- World Diabetes Day 2019
- World Health Day; Depression, Let's talk 2017
- World Health Day: Beat Diabetes 2016
- World Health Day : Food Safety 2015
- World Health Day : Small bite, big threat 2014
- World Environment Day : Small islands and climate change 2014
- World No Tobacco Day : Raise taxes on tobacco 2014
- World Health Day : High Blood pressure 2013
- World Health Day : Ageing and health 2012
- World Water Day : Water and Food Security 2012

COMPUTER SKILLS:

- SPSS
- Mendeley
- Microsoft PowerPoint
- Microsoft Word
- Microsoft Excel

PROJECTS AS STUDENT:

- Research Dissertation on Prevalence of smoking in female students of universities of Islamabad
- Practicum report on working of a tertiary care hospital (Fauji Foundation hospital, Rawalpindi)
- Practicum report on District Health System