

(Brief Bio-Data)

Name: **Dr Vishal R. Tandon**
Date of birth **23rd Sept, 1973**
Fathers Name **Dr R.P Tandon**
Age **35 years+**
Nationality **Indian**
Gender & Marital Status **Male (Married)**

Address:

Official

Postgraduate Department of
Pharmacology and Therapeutics, Govt
Medical College Jammu

Corresponding Address

Residence

Plot 5/ B, Near Arya Samaj,
Bakshinagar, Jammu-18000, (J&K)-
India,
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Mobile: 09419195126
E-mail: dr_vishaltandon@yahoo.com
Website: www.jkscience.org

Present Employer (Institution) Health & Medical Education Deptt. J&K, India

Total teaching experience after M.D. **Five Year**

Present Position: *Lecturer/Consultant- Pharmacology, GMC Jammu*

Academic and Professional Qualifications

Degree	Year	Institute
MD (Pharmacology)	December, 2002	Mahatma Gandhi Institute of Medical Sciences, Sevagram, Nagpur University (MCI - Recognized)
MBBS	December, 1995	JNMC- Swangi (M) Wardha, Nagpur, University (MCI- Recognized)

MD (PHARMACOLOGY) THESIS

Title: *Pharmacodynamic Effects of Vitex Negundo Linn Leaf Extract: An Experimental Study (Guide-Prof & Head Dr R K Gupta)*

Organized National Conference-IMSCON-2008- as Joint Secretary-1

Organized CME - Indian Rheumatology Association J&K Chapter-4

Workshops, Training Courses-----9-----

Lectures delivered in CME-----8-----

Paper Presented In International Conferences -----1-----

Paper Presented In National Conferences -----20-----

Invited Faculty-----5-----

Abstracts-----21-----

RESEARCH WORK

	Published		Under Publication	Ist Author/communicating author
	Nat	Intern		
1. Research Papers (a) Indexed Journals	82	2		38
2. Original Research Paper	34			
3. Books (a) Text Books (b) Edited Books (c) Educational Books	-			
4. Chapter in Books	7	1		
5. Original Research Presentations in Conferences	20	2		
5. Abstracts (a) Indexed Journals	21			
6. Awards	3			

TEACHING / RESEARCH EXPERIENCE

Institution	Post Held	From	To
Department of Pharmacology MGIMS, Sevagram	Demonstrator (During PG)	1.1.2002	31.10.2002
PG Department of Pharmacology & Therapeutics, GMC-Jammu	Demonstrator (Post PG)	14.05.2003	18.10.06
PG Department of Pharmacology & Therapeutics, GMC-Srinagar	Lecturer	28.4.2008	18.12.2009
PG Department of Pharmacology & Therapeutics, GMC-Jammu	Lecturer/Consultant	18.12.2009	Till Date

Awards

- **Received cash award** for excellent and outstanding contribution to Indian Journal of Rheumatology, For recommending guidelines for the first time to use TNF Inhibitors in an article **Vishal R. Tandon**, Mahajan A, Khajuria V. TNF Inhibitors and Tuberculosis: An Indian Concern'. Indian J Rheumatology 2006; 1(2): 66-71
- **First Prize** for best poster presentation. **Vishal R. Tandon**, Annil Mahajan & Sudhaa Sharma. Prevalence of Cardiovascular Risk Factors in Postmenopausal Women A Rural Study. (P2-IMSCON08-JAMMU)
- **Second Prize** for best poster presentation. Sapna Gupta, **Vishal. R. Tandon**, B. Kapoor, A. Gupta, GD. Gupta, V. Khajuria. Safety Assessment of Tamoxifen Therapy In Post Menopausal Patients of Breast Cancer. P6-IMSCON08-JAMMU

Editor In Chief

- JK-Science, Journal of Medical Education & Research (Indexed Journal)

Secretary

- Indian Rheumatology Association-J&K Chapter-Second Term

Member National Advisory Board

- Journal of Indian Academy of Clinical Medicine

Editorial Coordinator

- Mid-Life Health IMS

Honorary Member

- Indian Journal of Multidisciplinary Research

Review Committees of National bodies and institutions.

Member Animal Ethical Committee Govt. Medical College, Jammu

Member Institutional Ethics Board, Govt. Medical College Jammu

Member Library Committee CASS Union-2009 GMC, Srinagar

Member Information Technology Committee- CASS Union-2009 GMC, Srinagar

In charge Pharmacovigilance Center Govt. Medical College, Jammu

In Charge Drug Information Center Govt. Medical College, Jammu

Assistant Editor- College Bulletin GMC, Jammu

Member Drug Protocol-State Committee

In-charge E- Library

Membership of Editorial board of indexed international journals/

Editorial Member/ Technical Editors

- International Journal of Pharmacology
- Journal of Medical Sciences
- Journal of Pharmacology and Toxicology
- Research Journal of Medicinal Plant

Editorial Member

- World Journal of Medical Science

Editorial Member

- Indian Journal of Multidisciplinary Research
- Journal of Midlife for Women

International Peer Reviewer

- Acta Pharmacologica Sinica

National Peer Reviewer/Expert

- Indian Journal of Physiology and Pharmacology
- Indian Journal of Pharmacology
- Journal of Indian Academy of Clinical Medicine
- FOGSI-Journal of Obst & Gyane

Executive Editor

- Health line, Family Medical Journal

Life Member

- Indian Pharmacological society (LT-84),
- Association of Physiologist and Pharmacologist of India (1355),
- Indian Rheumatology Association-(LM641),
- Indian Menopause Society

Associate Member

- Journal of Indian Academy of Clinical Medicine-AL18
- Journal of Association of Physician of India

Contributions in community & national programmes

- Working in Field of Rheumatology, Menopause, animal and Clinical Pharmacology, Herbal Drug Research (Vitex Negundo)

Expertise in & Offers Free service to Scientist/Research Scholars/Teachers/PGs

- Choosing Research Question
- Advise on Ethical issues- both preclinical and Clinical studies
- Designing Research Protocol for descriptive/interventional preclinical or clinical studies (Phase 1-4) for your research and thesis of Postgraduates
- Scientific editing
- Medical writing
- Statistical Advise before, During and After sumitting research protocol

Contribution as Teacher

- Developed Teaching programme for UG & PGs-Problem based clinical learning of Pharmacological basis.
- Developed Teaching programme for PGs-Video based learning of Experimental Pharmacology.

Best Publications

Indexed in Medlar/MEDLINE/Pubmed

1. **Tandon VR**, Khajuria V, Kapoor B, Kour D, Gupta S. Hepatoprotective Activity of *Vitex-Negundo* Leaf Extract against Anti-Tubercular Drugs Induced Hepatotoxicity. *Fitoterapia* 2008;79:533-38 [PubMed - indexed for MEDLINE] **(ORIGINAL PRECLINICAL RESEARCH) Impact Factor-1.52 (Five Year)**
2. **Tandon VR**, Gupta RK. Anti-inflammatory activity and mechanism of action of *Vitex negundo* Linn. *International J Pharmacology*.2006; 2(3): 303-308 **(ORIGINAL PRECLINICAL RESEARCH)**
3. **Tandon VR**, Gupta RK. *Vitex negundo* Linn (VN) leaf extract as an adjuvant therapy to standard anti-inflammatory drugs. *Indian J Med Res.* 2006 Oct;124(4):447-50. PMID: 17159267 [PubMed - in process] **(ORIGINAL PRE-CLINICAL RESEARCH) Impact Factor-1.83 (2008)**
4. **Tandon VR**, Gupta RK. An experimental evaluation of anticonvulsant activity of *Vitex-negundo*. *Indian J Physiol Pharmacol.* 2005 Apr; 49(2):199-205. PMID: 16170989 [PubMed - indexed for MEDLINE]**(ORIGINAL PRE-CLINICAL RESEARCH)**
5. Gupta RK, **Tandon VR**. Antinociceptive activity of *Vitex-negundo* Linn leaf extract. *Indian J Physiol Pharmacol.* 2005 Apr; 49(2):163-70. PMID: 16170984 [PubMed - indexed for MEDLINE] **(ORIGINAL PRE-CLINICAL RESEARCH)**
6. **Tandon VR**, Gupta RK. Effect of *Vitex negundo* on oxidative stress. *Indian Journal of Pharmacology* 2005; 37(1):38-40 **(ORIGINAL PRE-CLINICAL RESEARCH)**
7. **Tandon VR**, Gupta RK. Histomorphological changes induced by *Vitex negundo* in albino rats. *Indian Journal of Pharmacology* 2004;36(3):176-177 **(ORIGINAL PRE-CLINICAL RESEARCH)**
8. Kumar A, Khajuria V, **Tandon VR**, Kapoor B, Singh R, Gillani Z. Comparative effects of conventional β -blockers and nebivolol on psychomotor performances in healthy volunteers: A preliminary report. *Indian Journal of Physiology and Pharmacology* , 2007; 51(2): 183-88.
9. Sharma S, **Tandon VR**, Mahajan A, Kour A, Kumar D. Preliminary screening of osteoporosis and osteopenia in urban women from Jammu using calcaneal QUS. *Indian J Med Sci.* 2006 May; 60(5):183-9. PMID: 16733289 [PubMed - indexed for MEDLINE] **(ORIGINAL CLINICAL RESEARCH) Impact Factor-0.93 (2008)**
10. Gupta S, **Tandon VR**, Kapoor B, Gupta A, Gupta GD, Khajuria V. Effects of tamoxifen therapy on plasma lipid profile in patients of breast cancer. *J Assoc*

- Physicians India*. 2006 Mar;54:183-6.PMID: 16800341 [PubMed - indexed for MEDLINE](ORIGINAL CLINICAL RESEARCH)
12. Tandon VR, Kaur D, Khajuria V. Menstrual disturbance with the use of herbal anti-obesity preparation. *J Postgrad Med*. 2006 Oct-Dec;52(4):326-7. PMID: 17102564 [PubMed - in process] (ORIGINAL CLINICAL RESEARCH) **Impact Factor-1.58 (2008)**
 13. Tandon VR, Sharma S, Mahajan A, Khajuria V, Kumar A. Pregnancy and rheumatoid arthritis. *Indian J Med Sci*. 2006 Aug;60(8):334-44. PMID: 16864922 [PubMed - indexed for MEDLINE] (ORIGINAL REVIEW) **Impact Factor-0.93 (2008)**
 15. Mahajan A, Verma S, Tandon VR. Osteoarthritis. *J Assoc Physicians India* 2005 Jul; 53:634-41. PMID: 16190135 [PubMed - indexed for MEDLINE] (ORIGINAL REVIEW)
 16. Tandon VR, Bano G, Khajuria V, Parihar A, Gupta S. Pleiotropic effects of statins. *Indian Journal of Pharmacology* 2005;37(2):77-85 (ORIGINAL REVIEW)
 17. Tandon VR, B Kapoor et al. P-glycoprotein: Pharmacological relevance. *Indian Journal of Pharmacology*.2006; 38(1):13-24 (ORIGINAL REVIEW)
 18. Mahajan A, Tandon VR, Verma S, Singh JB, Sharma M. Prevalence of Tuberculosis, Hepatitis B, Hepatitis C and Syphilis Co-Infections among HIV/AIDS Patients in Jammu. *Indian J Medical Microbiology* 2008;26(2):196-7 [PubMed - indexed for MEDLINE] (ORIGINAL CLINICAL RESEARCH) **Impact Factor 0.752 (2008)**
 19. Mahajan V, Tandon VR et al .Most common prescribing error in post-exposure prophylaxis of HIV/AIDS". Pictorial CME, *J Assoc Physicians India* 2007 56(3): 246-47 [PubMed - indexed for MEDLINE] (ORIGINAL CASE REPORT)
 20. Kumar R, Tandon VR, Bano G, Kapoor B, Sharma S, Gupta Y. Comparative study of proton pump inhibitors in Triple therapy in eradication of H. pylori. Infection. *Indian J Gastroenterology* 2007; 26 (2): 101. [PubMed - indexed for MEDLINE] (ORIGINAL CLINICAL RESEARCH) **Impact factor-0.192**

Published in indexed Journals with National Society

Indian Journal of Pharmacology

(Indian Pharmacological society)

Biological abstracts and Biosis, Chemical abstract, Extra Med, Source one uncover and EMBASE Excerpta Medica, CAB abstract, Global health, Excerpta Medicinal and aromatic plants, Health &wellness research center ,Health reference center academic, Infotrac One File, Expanded Academic ASAP,NCI Current Contents, Indian Science abstracts, IndMed, and Medind.

21. Gupta S, Tandon VR, Kapoor B, Gupta A, Gupta GD, Khajuria V. Effects of Tamoxifen Therapy on Endometrium in postmenopausal Patients of Breast Cancer. *Indian Journal of Pharmacology* 2006 38(4):289-90(ORIGINAL RESEARCH)
22. Tandon VR, Gupta BM, Khajuria V. Pharmaceutical drug advertisements in national and international journals. *Indian Journal of Pharmacology* 2004; 36(5):313-315 (ORIGINAL RESEARCH)
23. Tandon VR, Kapoor B, Gupta BM. Herbal drug research in India: A trend analysis using IJP as a marker (1995– August 2003). *Indian Journal of Pharmacology* 2004; 36(2):99-100 (ORIGINAL RESEARCH)
24. Tandon VR, Gupta BM, Khajuria V. Therapeutic substitution: A hidden irrationality. *Indian Journal of Pharmacology* 2004;36(3):178-179 (ORIGINAL RESEARCH)
25. Tandon Vishal, Kapoor B, Chopra V, Mahajan A, Gupta BM. A case of losartan-induced dry irritating cough. *Indian Journal of Pharmacology* , Volume 36, Issue 4,251 Year 2004, (ORIGINAL CASE REPORT)

26. Gupta S, Kapoor B, Gupta A, **Tandon VR**. A case of tamoxifen-induced hypertriglyceridemia. *Indian Journal of Pharmacology* 2004; 36(5):325-26 (**ORIGINAL CASE REPORT**)
27. Gupta S, **Tandon VR**, Kapoor B, Gupta A, Gupta GD, Khjuria V. Effects of Tamoxifen Therapy on Endometrium in postmenopausal Patients of Breast Cancer. *Indian Journal of Pharmacology* 2006 38(4):289-90. (**ORIGINAL RESEARCH**)
28. **Tandon VR**. Is Enalapril and Losartan combination irrational? *Indian Journal of Pharmacology* 2006 38(4):295-96.(**COORRESPONDANCE**)

Natural Product Radiance

(*NISCAIR*)

29. **Tandon VR**. Medicinal uses and biological activities of *Vitex negundo*. *Natural Product Radiance* 2005; 4(3):162-165 (**ORIGINAL REVIEW**)
30. **Tandon VR**. Metformin Therapy: Benefits beyond glycemic Control. *International Journal of Diabetes in Developing Countries* 2007 27(1):1-4 (**ORIGINAL REVIEW**)

International Journal of Gynecology and Obstetrics, India

Medical Communication Network

31. Sharma S, **Tandon VR**, Mahajan A. Postmenopausal osteoporosis: An Update. *International Journal of Gyane & Obst* 2006;9(4):29-40 (**ORIGINAL REVIEW**)

Asian Journal of Obs & Gynae Practice

(Association of Obs & Gynae of India)

32. Sharma S, Kaur D, Mahajan A, **Tandon VR**. Selective Estrogen Receptors Modulators. *Asian Journal of Obs & Gynae Practice* 2005; 9(4):11-17 (**ORIGINAL REVIEW**)

Obs& Gynae Today

(**Indian Menopause Society**)

33. Sudhaa Sharma, **Vishal Tandon**, Annil Mahajan. Therapeutic strategies for postmenopausal osteoporosis: Present and future. *Obs& Gynae Today* 9(11):758-762; 2004 Nov

Journal, Indian Academy of Clinical Medicine

(Indian association of Clinical Medicine)

IndMed, and Medind, EMBASE Excerpta Medica, Compendex, Geobase and Scopus(Science Direct Navigator)

34. Mahajan A, **Tandon VR**. Corticosteroids IN RA: Friend or Foe. *Journal, Indian Academy of Clinical Medicine* 2005;6(4):275-80 (**ORIGINAL REVIEW**)
35. Mahajan A, **Tandon VR**, Verma S. Rheumatic Manifestations in HIV Infection. *Journal, Indian Academy of Clinical Medicine* 2006;7(2):136-44 (**ORIGINAL REVIEW**)
36. **Tandon VR**, Mahajan A, Khajuria V, Kapoor V. TNF alpha blocking agents and Challenges. *Journal, Indian Academy of Clinical Medicine* 2006;7(4):334-43(**ORIGINAL REVIEW**)

Indian Journal of Rheumatology Association

(Indian Rheumatology Association)

IndMed, and MedInd, Elservers

37. **Tandon VR**, Mahajan A. Alpha (V) Beta (3) integrin antagonists: A novel class of agents in postmenopausal osteoporosis. ***Journal of Indian Rheumatol Assoc*** 2004;12(3):120-122
38. Mahajan A, **Tandon VR**. Antioxidants and rheumatoid arthritis. ***Journal of Indian Rheumatology Association*** 2004; 12(4): 139-142
39. Mahajan A, **Tandon VR**, Verma S, Sharma S. Osteoarthritis and menopause. ***Journal of Indian Rheumatology Association*** 2005; 13:21-25
40. **Tandon VR**, Mahajan A, Verma S. Statins and Rheumatoid arthritis. ***Journal of Indian Rheumatology Association*** 2005; 13(2): 54-59
41. **Tandon VR**, Mahajan A, Singh JB. Gene Therapy in Rheumatoid Arthritis: A Novel Therapeutic Approach. ***Journal of Indian Rheumatology Association***.2005;13(3):98-102
42. Mahajan A, Sharma S, **Tandon VR**, Verma S, Singh JB. Non osteoporotic rheumatic manifestations IN 40 + Women. ***Journal of Indian Rheumatology Association*** 2005 13(4): 53-9.
43. **Tandon VR**, Mahajan A, Khajuria V. TNF Inhibitors and Tuberculosis: An Indian Concern. ***Journal of Indian Rheumatology Association*** 2006; 1(2):66-71.

Indian Menopause Society-News letter

(Indian Menopause Society)

44. Sharma S, **Tandon VR**, Mahajan A. Sex After menopause. ***Indian menopause society-News letter*** 2005; 6(1):14-15

JK- Practitioner, INTERNATIONAL JOURNAL OF CURRENT MEDICAL SCIENCE & PRACTICE

IndMed, and Medind, EMBASE Excerpta Medica, Pubmed, Ulrich predical dictionary USA

45. **Tandon VR**, B. M Gupta. Free radicals/Reactive Oxygen Species. ***JK- Practitioner International J of Current Medical Science & Practice*** 2005; 12(3):143-48
46. Gupta S, **Tandon VR**, Kapoor B. Tamoxifen and Lipid Profile in Male Breast Carcinoma: A rare entity. ***Indian Journal of Multidisciplinary Research***.2006-2(2): 195-98
47. Kapoor K, Bandey A, Gillani Z, Kapoor B, Khajuria V, **Tandon VR**, Gupta S. Effect of Fexofenadine on Pulmonary functions in Healthy Volunteers: A preliminary report. ***Indian Journal of Multidisciplinary Research*** 2006;2(2)- 199-204

JK Science, Journal of Medical Education and Research

Excerpta Medica / EMBASE, MedLine LocatorPlus, Ulrich Periodical Dictionary, IndexCopernicus International, Directory of Open Access Journals (DOAJ), OpenMed@NIC, Indian Science Abstract , SCOPUS, SCOLOAR, Genamics JournalSeek, Biology & Medicine on line Journals, UONLe - Journals lists, SC

Imago Journal Ranking, EBSCO Publishing's Electronic Database, Electronic Journal Index (SJSU), Global Health and CAB Abstracts Database, Open J Gate Informatics, ProQuest Medical Database and various International E-Indexing Agencies and Libraries H Index-3, IC Factor 4.97 for year 2008-09

48. Gupta SK, Mahajan A, **Tandon VR**. Gabapentin for the Treatment of Neuropathic Pain. **JK Science** 2004; 6(3):113-14
49. **Tandon VR**, Gupta BM, Tandon R. Non-lipid Actions of Statins. **JK Science** 2004; 6(3):124-26
50. **Tandon VR**, Gupta RK, Gupta BM. Macrolide Antibiotic Treatment and Atherosclerotic Cardiovascular Disease-Present Status. **JK Science** 2004; 6(4):225-226
51. Sharma R, Bargoitra R, **Tandon VR**, Gupta SK, Verma S, Singh JB. Neurocysticercosis: Current Vitae. **JK Science** 2005; 7(1):6-9
52. **Tandon VR**, Sharma S, Mahajan A, Bardi H, Kour D. Oxidative Stress: A Novel Strategy in Cancer Treatment. **JK Science** 2005; 7(1):57-59
53. **Tandon VR**, Verma S, Singh JB, Mahajan A. Antioxidants and Cardiovascular Health. **JK Science** 2005; 7(2):111-14
54. **Tandon VR**, Mahajan A, Singh JB, Verma S. AlphaV Beta 3 Integrin: A Novel Therapeutic Target in Rheumatoid Arthritis. **JK Science** 2005; 7(2):115-16
55. Sharma S, **Tandon VR**, Mahajan A. Phytoestrogens-Natural SERMs. **JK Science** 2005; 7(3):122-23
56. Gupta SK, Gupta A, Mahajan A, Gupta R, **Tandon VR**, Gupta N. Clinical Insights in Trigeminal Neuralgia. **JK Science** 2005; 7(3):181-84
57. Sawhney V, Chopra V, Kapoor B, Thappa JR, **Tandon VR**. Prescription Trends in Schizophrenia and Manic Depressive Psychosis. **JK Science** 2005; 7(3):156-158
(ORIGINAL CLINICAL RESEARCH)
58. **Tandon VR**, Sharma S. Aromatase Inhibitors. **JK Science** 2005;7(4):185-86
59. Sharma S, **Tandon VR**, Gupta S. Alternative Obstetrics. **JK Science** 2005; 7(4):236-238
60. Sapna G, **Tandon VR et al.** Nitazoxanide: broad spectrum antiprotozoal. **JK Science** 2006; 8(1):60-61
61. Sharma AK, Hans Raj, Pandita A, **Tandon VR**, Mahajan VR. Gamma Linolenic Acid in Dry Eye. **JK Science** 2006; 8(1):24-27 **(ORIGINAL CLINICAL RESEARCH)**
62. Kour D, **Tandon VR**, Vijay Khjuria, Archana Parihar. Aspirin Resistance. **JK Science** 2006;8(2):116-117
63. **Tandon VR**, Sharma S, Mahajan A, Parihar A. Strontium Ranelate. **JK Science** 2006;8(2):114-115
64. **Tandon VR**, Mahajan A, Sharma S, Gupta SK. Unethical Publication Practices. **JK Science** 2006;8(3):123-124
65. Mahajan A, Singh K, **Tandon VR**. Diacerein: A New Symptomatic Slow Acting Drug for OA. **JK Science** 2006;8(3):173-175
66. Sharma S, Mahajan A, Kumar S, **Tandon VR**. Tibolone: STEAR. **JK Science** 2006;8(4):229-30
67. **Tandon VR**, Mahajan A, Sharma S, Gupta SK. CONSORT Statement. **JK Science** 2007;9(1):1-2
68. Mahajan A, **Tandon VR**, Sharma H, Singh K. Postexposure Prophylaxis after Occupational HIV Exposure. **JK Science** 2007;9(1):9-12
69. Sharma S, **Tandon VR**, Mahajan A. Menopausal symptoms in urban women. **JK Science** 2007;9(1):13-17 **(ORIGINAL CLINICAL RESEARCH)**
70. Mahajan A, **Tandon VR**, Sharma S. Gout and Menopause. **JK Science** 2007;9(1):50-2
71. Mahajan A, **Tandon VR**. HIV/AIDS TB Co-infection: What Prevalence Indicates? **JK Science** 2007;9(2): 56-57.
72. Sudhaa S, **Tandon VR**, Jandial C. Androgen Therapy In Menopause. **JK Science** 2007; 9(2): 104-5
73. **Tandon VR**, Mahajan A, Singh K, Sharma A. TNF Blocker in Gout. **JK Science** 2007;9(2): 106-7

74. Mahajan A, **Tandon VR**, Sudesh Kumar, Anil Sharma, Kulbir Singh. HIV/AIDS in Family. **JK Science** 2008 10(3): 124-126 (ORIGINAL CLINICAL RESEARCH)
75. **Tandon VR**, Rupali Bakshi, Sudhaa Sharma, SK Gupta, Annil Mahajan. Journal For Your Valuable Research ? Why JK Science. **JK Science** 2008;10(2):52-54.
76. **Tandon VR**, Annil Mahajan, Sudhaa Sharma, S K Gupta, Dinesh Kumar. Decade of Publishing Unbiased Quality Research. **JK Science** 2009;11(1):1-2
77. **Tandon VR et al.** Antihypertensive vaccine. **JK Science** 2009;11(3):159
78. **Tandon VR et al.** Swine Flu (H1N1) Pandemic or Bioterrorism. **JK Science** 2009 11(4): 163-64
79. Shakeel A. Mir, **Tandon VR et al.** History of Swine Flu. **JK Science** 2009 11(4): 161-62
80. **Tandon VR et al.** Alternative Approach to Combat H1N1 Virus. **JK Science** 2009 11(4): 185-86
81. **Tandon VR et al.** Common Prescription Mistakes In Rheumatology Practice. **JK Science** Under Press. 2009

Chapter in Books International Book

1. **Tandon VR**, Mahajan A. **Herb-Drug interaction-An overview**. Chapter number 10, Page 247-263 In (Editor): J.N Govil, V.K. Singh, Khalil Ahmad, vol. 14 of the series "**Recent Progress in Medicinal Plants**". A book by Division of Genetics Indian Agriculture Research Institute, New Delhi-110012 (India), 2006. **Studium Press LLC**, P.O Box -722200, Houston, Texas-77072, USA.

National Books

1. **Tandon VR**, Kapoor B, Khajuria V. **Herbs and Natural Dietary Supplements for cancer Chemoprevention**. Chapter number 33, In (Editor): Rakesh K Sharma and Rajesh Arora. **Herbal Drug Research: A Twenty First century Perspective**. Publishers: **Jaypee Brothers Medical Publishers (P) Ltd**. A book by Institute of Nuclear Medicine & Allied Sciences, Defense Research & Development organization, Brig S.K. Mazumdar Road, Delhi-11054, 2006 1st edition, section 5 chapter 33, 326-336.
2. Mahajan A, **Tandon VR**. **Diagnostic Approach in Polyarthritits**. In: (Editors) A.K Agarwal & D.G Jain. Clinical Medicine Update-2006. A publication of Indian Association of Clinical Medicine. **Jaypee Brothers Medical Publishers (P) Ltd**, New Delhi Vol, IX 2006.pp.49-62
3. Mahajan A, **Tandon VR**, Singh K. **Treatment of Rheumatoid Arthritis- A State of Art**. Medicine Update-2007 API book
4. Sharma S, **Tandon VR**. **Endometriosis**. Practical Cases in Obstetrics and Gynecology by: KANAN YELIKAR, **Jaypee Brothers Medical Publishers (P) Ltd**, New Delhi 1 edition, 2007
5. Mahajan A, **Tandon VR**. **Corticosteroid in Rheumatology Friend or Foe**. In: (Editors) GL Avasthi. Clinical Medicine Update-2007. A publication of Indian Association of Clinical Medicine. Vol, X 2007. Chapter 30 pp.262-70
6. Mahajan A, **Tandon VR**. **NSAIDs In Rheumatology**. In : (Editors) URK Rao, Prakash Pispati, K.M.Mahendranath, et al. Manual of Rheumatology –IRA 3rd Edition. 2009.pp. 93-99
7. Mahajan A, **Tandon VR**. Recent Treatment of Gout. Medicine Update-2009 API book

Original Paper Presented in International Conferences

1. S Verma, Annil Mahajan, Manoj Sharma, Vijay Gupta, **Vishal R Tandon**. **Clinical Profile of HIV/AIDS patients in Jammu (J&K) - One year prospective study**. Paper presented in HIV CONGRESS 2006, 10TH- 12 March, 2006 at Taj Lands End Hotel, Mumbai, India. Abstract published HIV Congress 2006 proceedings, abstract book.pp.73 abstract number 18. Conference organized jointly by Association of

Physician of India, AIDS Society of India, Indian Academy of HIV & Liver Diseases, British HIV Association. Scientific support by European AIDS Clinical Society and Bedford Research Foundation, USA.

2. THE IMS INTERNATIONAL CONGRESS, Hotel Intercontinental Eros - New Delhi 18-20 April 2008. Organised by Indian Menopause Society. **Vishal R. Tandon**, Annil Mahajan & Sudhaa Sharma. **Comparative Study of Cardiovascular Risk Factor in Postmenopausal**. Original Study. Abstract Published in Abstract Book.

Original Paper Presented Paper in National Conferences

1. Gupta RK, **Tandon VR**. **An Experimental Evaluation of Anticonvulsant Activity of Vitex Negundo**. Indian Journal of Physiology and Pharmacology Volume 46-no5(supplement)2002.(Abstract).48 Annual Conference of the Association of Physiologist & Pharmacologist of India, Chatrapati Shahuji Maharaj University, Upgraded K G's Medical College , Lucknow, December 17-20,2002 Abstract of Research paper (Ph-05).
2. Gupta RK, **Tandon VR**. **Effect of Vitex Negundo Leaf Extract on Experimental Models of Inflammation**. Indian Journal of Physiology and Pharmacology, Volume 48-no5 (supplement) 2004 (Abstract).50 Annual Conference of the Association of Physiologist & Pharmacologist of India, Abstract of Research paper (P37).
3. Gupta RK, **Tandon VR**. **Antinociceptive activity of Vitex negundo Linn leaf extract**, Indian J Pharmacol Vol 36 Issue 1 54 February 2004 (Abstract).XXXV Annual Conference of the Indian Pharmacological Society, GWALIOR, November 26-29, 2002 Abstracts of Research Papers (PART-VI).
4. Sharma S, **Tandon VR**, Mahajan A . **Menopausal symptoms in urban women** Papers presented for poster presentation , which was among 6 best selected papers for oral presentation in Indian Menopause Society conference held at PGIMER, Chandigarh on February 4-5,2006 Bhargava auditorium, PGIMER, Chandigarh
5. Sharma S, **Tandon VR**, Mahajan A, Kour A. **Incidence of osteoporosis and osteopenia in urban women Papers presented for oral presentation** in 49th All India Congress of Obstetrics & Gynecology to be held on, 5 - 9 January 2006 AICOG 2006.
6. **Tandon VR**, Mahajan A, Verma S, Singh JB, Sharma M. **Co-infections among HIV/AIDS patients in Jammu (J&K)**. IACMCON-2006 XIV Annual Conference of Indian Association of Clinical Medicine, 7th -8th October 2006, Organised by Department of Medicine, Himalyan Institute of Medical Sciences, Swami Rama Nagar , Dehradun India, PF-9
7. Mahajan A, Kumar S, **Tandon VR**, Singh K, Kudyar RP. **HIV/AIDS in Families**. IACMCON-2006 XIV Annual Conference of Indian Association of Clinical Medicine, 7th - 8th October 2006, Organized by Department of Medicine, Himalyan Institute of Medical Sciences, Swami Rama Nagar , Dehradun India, PS-10
8. Singh JB, Mahajan A, **Tandon VR**. **Micro-Albuminuria in Rheumatoid Arthritis**.IRACON-2006 22nd Annual Conference of Indian Rheumatology Association, Held on 23rd -26th November 2006 at Department of Rheumatology - K.G.M.U, Lucknow. Free paper session (Poster Presentation).
9. Parihar A, **Tandon VR**, Bano G, Mohan Lal, Parihar A, Kapoor B. **Comparative Efficacy of Rosuvastatin and Ezetimibe as Monotherapy and in Combination on Lipid Profile and High Sensitivity C-reactive protein In Patients with Hyperlipidemia**. IPS XXXIX Annual Conference, Jaipur. Dec 21-23, 2006. Free paper session (Poster Presentation)
10. **Tandon VR**, Khajuria V, Kapoor B, Kour D, Gupta S. **Hepatoprotective Activity of Vitex-Negundo Leaf Extract Against Anti-Tubercular Drugs Induced Hepato-Toxicity**. IPS XXXIX Annual Conference, Jaipur. Dec 21-23, 2006. Free paper session (Poster Presentation)

11. Tandon VR, Mahajan A. **Common prescription mistakes in rheumatology practice.** 13th Annual Conference of Indian Association of Clinical Medicine Amritsar, 12-14th October 2007 Free oral paper Presentation.
12. Mahajan A, Tandon VR. **Prevalence of Rheumatic and Musculoskeletal Disorders: Jammu Experience.** Annual conference of Indian Rheumatology Association IRACON-07 -29,Oct 2007 Khajurao. Oral Presentation.
13. Tandon VR, Annil Mahajan & Sudhaa Sharma. **Prevalence of Cardiovascular Risk Factor in Postmenopausal Women: A Rural Study.** Annual Conference of Indian Menopausal Society , Held in Jammu 2008. P2-IMSCON08-JAMMU (Oral Presentation).
14. Sapna Gupta, Tandon VR, B. Kapoor, A. Gupta, GD. Gupta,V. Khajuria. **Safety Assessment of Tamoxifen Therapy in Post Menopausal Patients of Breast Cancer.** Annual Conference of Indian Menopausal Society, Held in Jammu 2008 P6-IMSCON08-Jammu (Oral Presentation).
15. Tandon VR, Annil Mahajan & Sudhaa Sharma, Harjeet Rai. **Prevalence of Rheumatic/ Musculoskeletal Disorders in Postmenopausal Women: A Rural Study.** Annual Conference of Indian Menopausal Society, Held in Jammu 2008 P9-IMSCON08-Jammu (Poster Presentation)
16. Tandon VR, Mahajan A & Sharma Sudha. **Tibolone induced Bullous pemphigoid.** Annual Conference of Indian Menopausal Society, Held in Jammu 2008 . P13-IMSCON08-Jammu. (Poster Presentation)
17. Nasreen Jan, Zaffar Abbas Khateeb, Mir Nazir Ahmed, Vishal R Tandon, Mir Imran, Shagufta Parveen, Gulam Hassan Bhat. **Prospective Randomized Open Labeled Study Comparing Prophylactic Efficacy of Parenteral Single Dose Cefuroxime vs Ampicillin-Sulbactam in Patients undergoing elective cholecystectomy.** IPS 42 International Annual Conference, on Integrative and Personalized Medicine, Kolkota. Dec 10-13, 2009. Free paper session (Oral/Poster Presentation)
18. Shagufta Parveen, Zaffar Abbas Khateeb, S.M. Mufti,M.A. Shah, Vishal R .Tandon, Nasreen Jan, S. Yasmeen , S Mufti **Comparative Study of Sublingual, Vaginal and Oral Misoprostol in Cervical Ripening for First Trimester Abortion.** IPS 42 International Annual Conference, on Integrative and Personalized Medicine, Kolkota. Dec 10-13, 2009. Free paper session (Oral/Poster Presentation)
19. Muzaffer Ahmad Pukhta, Zubair A. Ashai, Mushtaq A. shah, Zaffar Abbas Khateeb, Samina Farhat, Shakeel Ahmad Mir, Vishal R . Tandon. **A Preliminary Randomized Open Labeled Comparative Analysis of Efficacy & Safety of Inhaled Tiotropium and Tiotropium plus Formoterol in COPD.** IPS 42 International Annual Conference, on Integrative and Personalized Medicine, Kolkota. Dec 10-13, 2009. Free paper session (Oral/Poster Presentation)
20. Ajay Bhat, Z. Gillani, Seema Gupta, Vishal R . Tandon**, Vinay Rampal . **A Preliminary Prospective Single Blind Randomized Placebo Control Study to Analysis Efficacy & Safety of Sibutramine and its Effect on Various Metabolic Parameters in Overweight and Obese Patients.** IPS 42 International Annual Conference, on Integrative and Personalized Medicine, Kolkota. Dec 10-13, 2009. Free paper session (Oral/Poster Presentation)

Abstracts

1. Gupta RK, Tandon VR. An experimental evaluation of anticonvulsant activity of vitex negundo. **Indian Journal of Physiology and Pharmacology.** Volume 46-no5(supplement)2002.(Abstract- of Paper presented in 48 Annual Conference of the Association of Physiologist & Pharmacologist of India) **(ORIGINAL)**
2. Gupta RK, Tandon VR. Antinociceptive activity of Vitex negundo Linn leaf extract, Indian J Pharmacol Vol 36 Issue 1 54 February 2004 (Abstract- of paper presented in XXXV Annual Conference of the Indian Pharmacological Society) **(ORIGINAL)**

3. Gupta RK, **Tandon VR**. Effect of Vitex Negundo leaf extract on experimental Models of inflammation. **Indian Journal of Physiology and Pharmacology** Volume 48-no5(supplement)2004.(Abstract- of paper presented in 50 Annual Conference of the Association of Physiologist & Pharmacologist of India) (**ORIGINAL**)
4. Sharma S, **Tandon VR**, Mahajan A . Menopausal symptoms in urban women Papers presented for poster presentation , which was among 6 best selected papers for oral presentation in Indian Menopause Society conference held at PGIMER, Chandigarh on February 4-5,2006 Bhargava auditorium, PGIMER, Chandigarh. Abstract Published in Abstract Book.
5. Sharma S, **Tandon VR**, Mahajan A, Kour A. Incidence of osteoporosis and osteopenia in urban women Papers presented for oral presentation in 49th All India Congress of Obstetrics & Gynecology to be held on, 5 - 9 January 2006 **AICOG 2006**. Abstract Published in Abstract Book.
6. **Tandon VR**, Mahajan A, Verma S, Singh JB, Sharma M. *Co-infections among HIV/AIDS patients in Jammu (J&K)*. IACMCON-2006 XIV Annual Conference of Indian Association of Clinical Medicine, 7th -8th October 2006, Organised by Department of Medicine, Himalyan Institute of Medical Sciences, Swami Rama Nagar , Dehradun India, PF-9 Abstract Published in Abstract Book.
7. Mahajan A, Kumar S, **Tandon VR**, Singh K, Kudyar RP. *HIV/AIDS in Families*. **IACMCON-2006 XIV Annual Conference** of Indian Association of Clinical Medicine, 7th - 8th October 2006, Organized by Department of Medicine, Himalyan Institute of Medical Sciences, Swami Rama Nagar , Dehradun India, PS-10 Abstract Published in Abstract Book.
8. Singh JB, Mahajan A, **Tandon VR**. Micro-Albuminuria in Rheumatoid Arthritis.**IRACON-2006 22nd Annual Conference** of Indian Rheumatology Association, Held on 23rd -26th November 2006 at Department of Rheumatology - K.G.M.U, Lucknow. Free paper session (Poster Presentation). Abstract Published in Abstract Book.
9. Parihar A, **Tandon VR**, Bano G, Mohan Lal, Parihar A, Kapoor B. *Comparative Efficacy of Rosuvastatin and Ezetimibe as Monotherapy and in Combination on Lipid Profile and High Sensitivity C-reactive protein In Patients with Hyperlipidemia*. **IPS XXXIX Annual Conference**, Jaipur. Dec 21-23, 2006. Free paper session (Poster Presentation) Abstract Published in Abstract Book.
10. **Tandon VR**, Khajuria V, Kapoor B, Kour D, Gupta S. *Hepatoprotective Activity of Vitex-Negundo Leaf Extract Against Anti-Tubercular Drugs Induced Hepato-Toxicity*. **IPS XXXIX Annual Conference**, Jaipur. Dec 21-23, 2006. Free paper session (Poster Presentation) Abstract Published in Abstract Book.
11. **Tandon VR**, Mahajan A. Common prescription mistakes in rheumatology practice.**13thAnnual Conference of Indian Association of Clinical Medicine** Amritsar, 12-14th October 2007 Free oral paper Presentation. Abstract Published in Abstract Book.
12. Mahajan A, **Tandon VR**. Prevalence of Rheumatic and Musculoskeletal Disorders: Jammu Experience. Annual conference of Indian Rheumatology Association **IRACON-07** -29,Oct 2007 Khajurao. Oral Presentation. Abstract Published in Abstract Book.
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14. Sapna Gupta, **Tandon VR**, B. Kapoor, A. Gupta, GD. Gupta,V. Khajuria. **Safety Assessment of Tamoxifen Therapy in Post Menopausal Patients of Breast Cancer**. Annual Conference of Indian Menopausal Society, Held in Jammu 2008 P6-**IMSCON08-Jammu** (Abstract Book).
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16. **Tandon VR**, Mahajan A & Sharma Sudha. **Tibolone induced Bullous pemphigoid**. Annual Conference of Indian Menopausal Society, Held in Jammu 2008 . P13-**IMSCON08-Jammu**. (Abstract Book).

17. THE **IMS INTERNATIONAL CONGRESS**, Hotel Intercontinental Eros - New Delhi 18-20 April 2008.Organised by Indian Menopause Society. **Vishal R. Tandon**, Annil Mahajan & Sudhaa Sharma. **Comparative Study of Cardiovascular Risk Factor in Postmenopausal**. Original Study. Abstract Published in Abstract Book.
18. Nasreen Jan, Zaffar Abbas Khateeb, Mir Nazir Ahmed, **Vishal R Tandon**, Mir Imran, Shagufta Parveen, Gulam Hassan Bhat. **Prospective Randomized Open Labeled Study Comparing Prophylactic Efficacy of Parenteral Single Dose Cefuroxime vs Ampicillin-Sulbactam in Patients undergoing elective cholecystectomy**. IPS 42 International Annual Conference, on Integrative and Personalized Medicine, Kolkota. Dec 10-13, 2009. Free paper session (Oral/Poster Presentation) Abstract Published in Ind J Pharmacology,2009
19. Shagufta Parveen, Zaffar Abbas Khateeb, S.M. Mufti,M.A. Shah, **Vishal R .Tandon**, Nasreen Jan, S. Yasmeen , S Mufti **Comparative Study of Sublingual, Vaginal and Oral Misoprostol in Cervical Ripening for First Trimester Abortion**. IPS 42 International Annual Conference, on Integrative and Personalized Medicine, Kolkota. Dec 10-13, 2009. Free paper session (Oral/Poster Presentation) Abstract Published in Ind J Pharmacology,2009
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21. Ajay Bhat, Z. Gillani, Seema Gupta, **Vishal R . Tandon****, Vinay Rampal . **A Preliminary Prospective Single Blind Randomized Placebo Control Study to Analysis Efficacy & Safety of Sibutramine and its Effect on Various Metabolic Parameters in Overweight and Obese Patients**. IPS 42 International Annual Conference, on Integrative and Personalized Medicine, Kolkota. Dec 10-13, 2009. Free paper session (Oral/Poster Presentation) Abstract Published in Ind J Pharmacology,2009

Workshops & Training Courses

1. Participated in Pre-Conference Workshop IPS XXXIX Annual Conference. **Scientific Writing for Journals Projects & Reports**. 20th Dec 2006 IPS XXXIX Annual Conference, Jaipur.
2. Participated in North Zone Workshop on **Integrating Clinical Pharmacology and the Concept of Essential Medicines and Rational Drug Use into the UG Curriculum** Saturday, 2nd December 2006 at Department of Pharmacology, Dayanand Medical College & Hospital, Ludhiana, Punjab-141001
3. Participated in Workshop on **Research Methodology (ICMR sponsored)** Friday, 1st December 2006 at Department of Pharmacology, Dayanand Medical College & Hospital, Ludhiana, Punjab-141001
4. Participated and delivered a lecture on '**Role of IL-1 Antagonist (Diacerein) in Osteoarthritis**' in CME being organized by Indian Rheumatology Association –J&K chapter on 4th June, 2006 at Jammu.
5. Participated in **Workshop on Molecular Modelling and Drug Design: in silico** approach on 26th – 27th April, 2006 By Regional research Laboratory, Jammu
6. Participated in the training Programme on **HIV Infection/AIDS** held from 20th &21st May 2005 in the Department of Community Medicine, GMC, Jammu, organized by office of the project coordinator(Jammu-division),J&K State AIDS Prevention and Control Society
7. Participated in the training Programme/Seminar/Workshop on "**Management of Primary Health Care Delivery System**" conducted by J&K Institute of management &Public Administration and Rural Development From 25.02.03 to 27.02.03

8. **International Workshops:** Participated in the training workshop on Community Ophthalmology at Dr R.P Center for Ophthalmic Sciences, New Delhi From 6th Jan,98 to 8th Jan 98 Under Indo-UK Collaborative Project on Community Ophthalmology sponsored by the overseas development administration (UK).
9. A certificate of achievement was granted for participating in training Programme/Seminar/Workshop on **Breast Feeding Management-A Step Towards Baby Friendly Hospital** conducted at Smt. Radhikabai Meghe Memorial Medical Trust's, Jawaharlal Nehru Medical College, Swangi Meghe, Wardha, Maharashtra-India on 1st to 3rd Feb 96.

Invited Faculty

1. **Tandon VR.** HRT Friend or Foe (Debate). Annual Conference of Indian Menopausal Society, Held in Jammu 2008 **IMSCON08-Jammu**
2. **Tandon VR.** Preventive Pharmacotherapy for Postmenopausal Osteoporosis. Guidelines **IMSCON 09** 7th- 8th Feb, Surat, Gujrat.
3. **Tandon VR.** Invited Participant in National level *Brain Storming on the Issues to Facilitate Experiments on Large Animals for Biomedical Research in India* held on 11 AM, 26th June 2006, at Indian National Science Academy- Auditorium, Bahadur Shah Zafar Marg, ITO, New Delhi being organized under the auspices of Indian National Science Academy (INSA), Indian Pharmacological Society, Association of Physiologists and Pharmacologists of India (APPI) and Indian Nutrition Society to prepare recommendation. Mehtab S. Bamji, the Chairperson of ICSU Joint Committee of Indian National Science Committee for IUNS, IUPS and IUPHAR took up the matter (Final Recommendations prepared in the session) with the Planning Commission's working group on policies, administrative changes for improvement in S & T, research environment and resource under the chairmanship of Dr.R.Chidambaran.
4. **Tandon VR.** Invited Faculty for Lecture: Recent advances in the pharmacotherapy of Hypertension. In CME held in Govt Medical College, Srinagar J&K, Held by the Dept of Medicine in June, 2009
5. **Tandon VR.** Invited Faculty for Lecture For Management Student In Saloni University Solan Himachal Pardesh. Research Methodology/ Clinical Trials /Study Designs, Oct 2009

Delivered a Lecture in CME

1. **Tandon VR.** Participated and delivered a lecture on '**NSAIDs Controversy: Role of Nabumetone**' in a CME being organized by Indian Rheumatology Association – J&K Chapter on 11 February, 2006 at Jammu.
2. **Tandon VR.** Participated and delivered a lecture on "**DMARD's and biological therapies in the management of Rheumatoid arthritis**" in CME being organized by Indian Rheumatology Association –J&K chapter on 17th October, 2005 at Jammu.
3. **Tandon VR.** Participated and delivered a lecture on "**Recent Advances in Treatment of Rheumatoid Arthritis**" in CME being organized by Department of Medicine, Govt. Medical College, Jammu on 14th October, 2004 at Amar Singh Club- Jammu.
4. **Tandon VR.** Participated and delivered a lecture on '**Phytoestrogens**' 28 Nov, 2008 at KC Residency, Jammu conducted by IMS Jammu Chapter Tandon VR. Invited Faculty.IMSCON-09 SURAT, Preventive Pharmacotherapy of Postmenopausal Osteoporosis- Guidelines. Published in abstract Book.
5. **Tandon VR.** Invited Faculty for Lectuer: **Recent advances in the pharmacotherapy of Hypertension.** In CME held in GMC, Srinagar, Held the Dept of medicine in June, 2009
6. **Tandon VR.** Participated and delivered a lecture on "**Recent Advances in Treatment of Rheumatoid Arthritis**" in CME being organized by Department of Medicine, Govt. Medical College, Jammu on 14th October, 2004 at Amar Singh Club- Jammu.

7. **Tandon VR.** Participated and delivered a lecture on “**NSAIDs Recent Controversies and Emerging Role of Etodolac**” in CME being organized by Department of Medicine, Govt. Medical College, Jammu on Septemberr, 2009 at Hotel Asia- Jammu.
8. **Tandon VR.** Invited Faculty for Lecture For Management Student In Saloni University Solan Himachal Pardesh. **Research Methodology/ Clinical Trials /Study Designs**, Oct 2009

IMPORTANT

I hereby declare that the information given by me in the Performa is correct to the best of my knowledge.

Name: *Dr Vishal R. Tandon*