

Dr. Pravesh Kumar Jhingta MDS (Periodontology)

Professor, HP Govt Dental College Shimla, Himachal Pradesh

Life member: Indian society of Periodontology no: 385/13

Life member: Indian Dental association: LM 86408

Life member: Indian society of oral implantology Ac/L/1980/HP

Fellowship : 1. Fellowship of Pierre Fauchard Academy , USA

2. International College of Dentists

D.O.B. – 25/12/1974

Father's name: Sh. Prithvi Raj Jhingta

Mother's name: Lt. Smt. Shakuntala Jhingta

Dental council registration no: **72-A H.P. State**

YEAR	QUALIFICATION/DEGREE	Institution & University
2006 - 2009	M.D.S PERIODONTOL OGY	Govt. Dental College Shimla, Himachal Pradesh
1992 - 1997	BDS	Rajas Dental College, Tirunelveli, Tamilnadu

Professional Appointments

Appointed as Medical Officer (Dental) in Department of Health & Family welfare, Himachal Pradesh on 06-11-1998.

Lecturer, Tenure basis, H.P. Govt Dental College, Shimla Himachal Pradesh from January 2010 till March 2011.

Lecturer, Regular basis, H.P. Govt Dental College, Shimla Himachal Pradesh from March 2011 till November 2013.

Assistant Professor, from 18 November 2013 till 19-11-2018

Professor since 19-11-2018 till date.

Co- guide for postgraduate thesis in HP Govt dental college Shimla 2011-2014

Academic achievements:

- III Prize at National level in ISP annual essay competition 2016 in Life member category with Topic "Patient centered outcome assessment for periodontal therapy"

- II Prize at National level in ISP annual essay competition 2017 in Life member category with Topic “Dilemmas in hierarchical decisions on Teeth vs Implants in periodontitis susceptible patients.”
- III Prize at National level in ISP annual essay competition 2018 in Life member category with Topic “Periodontology as a speciality practice: To be or not to be”

Conferences / Workshops/ session chaired

Attended ISP National conference at Pune, Maharashtra in 2006.

- 7th National Post Graduate Workshop of Indian Society of Periodontology at Udaipur on 26th and 27th July, 2008.
- XXXIII Annual National Conference of Indian Society of Periodontology at Chandigarh on 17th and 18th November, 2008.
- National ISP conference at Agra.
 - Workshop “Save Lives. Make Hospitals Safe in Emergencies” at H.P. Govt. Dental College and Hospital, Shimla on 7th April, 2009.
 - X H.P. State Dental Conference at Shimla, Himachal Pradesh on 9th and 10th April, 2011
 - XI Annual H.P. State Dental Conference at Manali, Himachal Pradesh on 7th and 8th April, 2012.
 - Workshop on “ Current and Advance Concept of Implant Dentistry” in MN DAV Dental College Solan Himachal Pradesh on 5th and 6th Oct 2012.
 - 37th National Annual Conference of the Indian Society of Periodontology at Indira Gandhi Medical College, Shimla from 12th -14th October, 2012.
 - Indo US Bilateral workshop on “21st Century developments in bone regeneration” held at Gaiety theatre, Shimla hills from 10th -11th Oct, 2012.
- XII Annual H.P. State Dental Conference at Sundernagar, Himachal Pradesh on 7th and 8th Dec, 2013.
- International conference in Psychology at St. Bedes College, Shimla, H.P.
 - XIII Annual H.P. State Dental Conference at Solan, Himachal Pradesh on 1 and 2 Nov 2014.
 - Indian Society Of Periodontology LISTERINE Lecture series on “ Current opinions in Management of Biofilms and Periodontal Diseases” in XIII Annual H.P. State Dental Conference at Solan, Himachal Pradesh 1 and 2 Nov 2014.
 - XIV Annual H.P. State Dental Conference at Hamirpur, Himachal Pradesh 10 and 11 Oct 2015.

- Participated in Indian Dental Association HP State CDE program held on 24.07.2016 at Solan.

Scientific Paper / Poster presentations/ Session chair

1. A scientific paper on "POST MENOPAUSAL GINGIVITIS: A CASE REPORT" 7th National Post Graduate Workshop of Indian Society of Periodontology at Udaipur on 26th and 27th July, 2008.
2. A Poster entitled "TOOTHBRUSHES- RAISING THE CURTAINS OF YOUR SMILE" at 34th National Conference of Indian Society of Periodontology at CHANDIGARH on 17th and 18th November, 2008..
3. A Scientific paper at Xth H.P. State Dental Conference at Shimla,H.P. on 9th and 10th April, 2011.
4. A Scientific paper on " UNCOMMON PRESENTATION OF PRIMARY TUBERCULOSIS IN GINGIVA" during XIth Annual H.P. State Dental Conference at Sundernagar,H.P. on 7th and 8th Dec, 2013.
5. Chaired a Scientific session at XII H.P. State Dental Conference at Sundernagar on 7th and 8th Dec, 2013.
6. Paper presented "ORTHO PERIO INTERRELATIONSHIP"XIV Annual H.P. State Dental Conference at Himachal Pradesh 10 and 11 Oct 2014.
7. Invited as guest speaker at state ICA conference at Sundernagar on 15-16 October 2016.
8. A Scientific paper on "BISPHOSPHONATES RELATED OSTEONECROSIS OF THE JAW: A CASE REPORT" at XIIth H.P. State Dental Conference at Una, H.P. in 2017.
9. Organized 16th ISP P.G. convention at Manali, Himachal Pradesh on 24-26 March 2017.
10. Chaired a scientific session during 16th ISP P.G. convention at Manali, Himachal Pradesh on 24-26 March 2017
11. Appointed in Associate Editor, Journal of Himachal IDA 2018
12. Appointed as paper setter in Utrkhand subordinate service commission 2018.
13. Organized 43rd ISP Annual National conference at Panchkula Haryana from 5-7 October 2018.
14. Chaired a scientific session at 43rd ISP Annual conference, Panchkula from 5-7 October 2018.
15. Awarded 3rd prize in National ISP essay competition in Life member category at 43rd ISP Annual conference, Panchkula from 5-7 October 2018.

Paper Publications /Research activities

- 1) Bhardwaj A, Jhingta PK, Sharma D. Splinting in mandibular anterior teeth : a case report. Clin Dent.2011;V(11):36-9.
- 2) Bhardwaj VK, Sharma KR, Jhingta P, Luthra RP, Sharma D. Assesment of oral health status and treatment needs in police personnel in Shimla city, Himachal pradesh: a cross sectional study. Int J health Allied Sci. 2012;1(1):20-4.

3) Bhardwaj VK, Vaid S, Negi N, Chug A, Jhingta P, Chauhan A. Occurrence of fourth mandibular molars bilaterally and a supernumerary tooth in premolar region: A rare case. *Int J Health Allied Sci* 2012;1:197-9.

4) Bhardwaj VK, Vaid S, Negi N, Chug A, Jhingta P, Chauhan A. Occurrence of fourth mandibular molars bilaterally and a supernumerary tooth in premolar region: A rare case. *Int J Health Allied Sci* 2012;1:197-9.

5) Bhardwaj VK, Vaid S, Negi N, Chug A, Jhingta P, Chauhan A. Occurrence of fourth mandibular molars bilaterally and a supernumerary tooth in premolar region: A rare case. *Int J Health Allied Sci* 2012;1:197-9.

6) Bhardwaj VK, Vaid S, Chugh A, Jhingta P, Negi N, Sharma D. Prevalance of dental caries among five year old school children in shimla city, himachal pradesh. *Eur J Gen Dent*.2012; 1(1):34-8.

7) Sharma D, Jhingta P, Singh M, Bhardwaj VK, Vaid, Negi N, Odontalgia, alveolar bone necrosis, and spontaneous exfoliation of teeth following herpes zoster infection of trigiminal nerve. *J Cranio- Max Dis*.2012;1(1):27-32.

8) Vaid S, Ram R, Bhardwaj VK, Chandel M, Jhingta P, Negi N, Sharma D. Multiple compound odontomas in mandible: A rarity. *Contemp Clin Dent* 2012;3 Sharma A. Self-reported occupational health problems among dentists in Himachal Pradesh, India: A descriptive survey. *Int J Health Allied Sci* 2013;2:115-21.

9) Bhardwaj VK, Sharma KR, Luthra RP, Jhingta P, Sharma D, Justa A. Impact of school-based oral health education program on oral health of 12 and 15 years old school children. *J Edu Health Promot* 2013;2:33.

10) Bhardwaj VK, Luthra RP, Sharma D, Chug A, Sahore Sharma A. Self-reported occupational health problems among dentists in Himachal Pradesh, India: A descriptive survey. *Int J Health Allied Sci* 2013;2:115-21.

11) Bhardwaj VK, Sharma D, Jhingta P, Fotedar S, Sahore M, Manchanda K. Assessment of relationship between body mass index and periodontal status among state government employees in Shimla, Himachal Pradesh. *J Int Soc Prevent Communit Dent* 2013;3:77-80.

12) Bhardwaj VK, Jhingta P, Sharma D, Fotedar S. Smoking affects periodontal health. *Eur J Gen Dent* 2013;2:332-3.

- 13) Jhingta P, Bhardwaj A, Sharma D, Kumar N, Bhardwaj VK, Vaid S. Effect of hydrogen peroxide mouthwash as an adjunct to chlorhexidine on stains and plaque. *J Indian Soc Periodontol* 2013;17:449-53.
- 14) Bhardwaj VK, Sharma KR, Fotedar S, Jhingta P, Vaid S, Abbot S. Occupational health problems among government dentists in Himachal Pradesh-India. *J Cranio Max Dis* 2013;2:16-21.
- 15) Bhardwaj VK, Jhingta P, Negi N, Sharma D, Vaid S, Fotedar S, Abbot SK. Five canalled and three rooted mandibular first molar: A rarity. *Int J Health Allied Sci* 2013;2:37-9.
- 16) Bhardwaj VK, Fotedar S, Sharma KR, Luthra RP, Jhingta P, Sharma D. Dentition status and treatment needs among institutionalised hearing and speech impaired children in Himachal Pradesh in India. *SRM J Res Dent Sci* .2014;5(2):78-81.
- 17) Negi N, Jhingta P. Invisible orthodontics with clear aligners. *Guident* 2014;7(4):44-48
- 18) Sharma D, Jhingta P, Bhardwaj VK, Vaid S. Clinical application of CO2 laser in dentistry: A case series. *SRM J Res Dent Sci* 2014;5:106-10.
- 19) Jhingta P, Sharma D, Bhardwaj VK, Vaid S, Negi N, Kashyap D. Oral bisphosphonates related osteonecrosis of jaws (BRONJ): A case report. *Acta Sci Int J Dent Sci* .2015;1(1):9-14.
- 20) Sharma D, Jhingta P, Bhardwaj VK, Purohit N. Bisphosphonates related osteoradionecrosis of jaws (BRONJ) a review. *Asian J Pharma Res.*2015;5(2):93-102.
- 21) Bhardwaj VK, Jhingta P, Sharma D, Vaid S. Tobacco and its impact on oral health -an overview. *J Dent Herald.*2015;2(3):9-14.
- 22) Jhingta PK, Negi KS, Sharma D, Bhardwaj VK, Vaid S, Nishant N. Interdisciplinary approach for the treatment of pathologic migration in teeth with advanced periodontal disease. *SRM J Res Dent Sci* 2015;6:261-4.
- 23) Jhingta PK, Sharma D, Bhardwaj VK, Machhan P, Gupta N, Vaid S. Primary isolated gingival tuberculosis: A rare case report. *Int J Health Allied Sci* 2015;4:45-8.
- 24) Bhardwaj VK, Fotedar S, Sharma KR, Luthra RP, Jhingta P, Sharma D, Abbot SK. Prevalence of anterior teeth fracture among institutionalized visually impaired individuals in Himachal Pradesh, India - A cross-sectional study. *J Cranio Max Dis* 2015;4:117-22.
- 25) Negi N, Jhingta P, Sharma D, Chandel M. Micro-implant assisted extraction space closure: Biomechanical considerations. *J Dent Imp* 2015;5(1):87-9.
- 26) Sharma D, Jhingta P, Bhardwaj VK, Bhardwaj A. Management of traumatically intruded permanent maxillary lateral incisor - Case report and review of literature. *J Dent Allied Sci* 2016;5:46-9.

- 27) Bhardwaj VK, Negi N, Jhingta P, Sharma D. Oral manifestations of dengue fever: A rarity and literature review. *Eur J Gen Dent* 2016;5:95-8.
- 28) Kumar N, Bhardwaj A, Negi PC, Jhingta PK, Sharma D, Bhardwaj VK. Association of chronic periodontitis with metabolic syndrome: A cross-sectional study. *J Indian Soc Periodontol* 2016;20:324-9.
- 29) Bhardwaj VK, Fotedar S, Sharma D, Jhingta P, Negi N, Vaid S. Inverted and Impacted Mandibular third molar-a rare case and Review of Literature. *JHIDA* 2016;1:36-8.
- 30) Jhingta PK, Bhardwaj VK, Sharma D, Negi N. Occurrence of bilaterally impacted mandibular supernumerary teeth:A rare case report and review of literature. *SRM J Res Dent Sci* 2016;7:198-201.
- 31) Bhardwaj VK, Fotedar S, Abbot S, Jhingta P, Sharma D, Negi N. Awareness of pictorial warning on cigarette packets and its impact on smoking cessation among smokers in Shimla, Himachal Pradesh: A cross-sectional study. *Int J Health Allied Sci* 2016;5:148-53.
- 32) Sharma D, Jhingta P, Bhardwaj VK, Arora G. Measurement Indices for Gingival Enlargement: A chronological review. *JHIDA* 2016; 1:42-7.
- 33) Sharma D, Jhingta PK, Bhardwaj VK, Rasila D, Negi N, Vaid S. Oculocutaneous albinism and the oral manifestation in a 14-year-old boy - A case report and review of literature. *J Dent Allied Sci* 2017;6:93-7.
- 34) Bhardwaj VK, Fotedar S, Sharma D, Jhingta P, Negi N, Thakur AS, Vashisth S. Association between asthma and chronic periodontitis -A Case-Control Study in Shimla-Himachal Pradesh. *J Indian Assoc PublicHealthDent*2017;15:319-22.
- 35) Jhingta PK, Mardi K, Sharma D, Bhardwaj VK, Bhardwaj A, Saroch N, et al. An enigmatic clinical presentation of plasma cell granuloma of the oral cavity. *Contemp Clin Dent* 2018;9:132-6.
- 36) Negi N, Bhardwaj VK, Malhotra A, Jhingta PK, Sharma D. Knowledge, attitude and practice of patients undergoing fixed orthodontic treatment in Shimla, Himachal Pradesh A questionnaire survey

Book published

Clinical cases contributed in book titled Periobasics 2017 AUTHOR: Dr Nitin Saroch

Reviewer

Journal of Evolution of Medical and Dental Sciences

Medical Principles and Practice, International journal of Health sciences Centre of Kuwait University.

Other activities

Participated in All India Civil Services Sports championship at Panchkula, Haryana.

Participated as volunteer in Special Olympics – National Winter games at Shimla