

# Dr. Priyanka Sahasrabhojane

## Professional Qualifications:

Graduated as MBBS from Goa Medical College, Goa University in 2011

Post-graduated as MD (Psychiatry) from Goa Medical College, Goa University in 2016

Registration number: GMC 2916

**Designation:** Consultant Psychiatrist

**Years of experience:** 7 years

## Contact details and Permanent address:

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Permanent address: Anand, Shivprasad housing society, near Goa Bagayatdar Bazaar, Alto-Porvorim, Bardez – Goa, 403521

## Work experience:

1. Senior Resident at Institute of Psychiatry and Human Behaviour under Goa Medical College, Bambolim – Goa (October 2016-August 2018).
2. Medical Officer/Psychiatrist at Addiction Treatment Facility, North Goa District Hospital, Mapusa – Goa from December 2021 till date.
3. Consultant Psychiatrist at my OPD clinic, Sakhi Mind Care in Porvorim – Goa from January 2019 till date.
4. Consultant Psychiatrist at Vision Multi-speciality Hospital, Duler, Mapusa from June 2020 till date.
5. Visiting Psychiatrist at RG Stone Hospital, Porvorim.
6. Ex Consultant Psychiatrist at Dukle Hospital, Candolim.
7. Ex Consultant Psychiatrist at Redkar Hospital and Research centre, Dhargal -Goa and Malvan – Maharashtra.

## Domains of work:

- Psychiatric OPD and IPD consultation
- Managing De-addiction OPD and IPD at the District Hospital
- Liaison with other medical specialties and mental health professionals
- Mental Health Awareness through workshops in Corporate and Community organisations, YouTube channel, interviews on digital media/TV and articles on local print media
- Mentor at **Moodcafe**: Goa's only mental health support group for mood disorders.
- Created YouTube channel, **The Goa Therapy** where I share knowledge about mental health while showing the viewer scenic places in Goa.

<b>Research:</b> <ul style="list-style-type: none"> <li>• MD thesis: Factors influencing relapse in Schizophrenia</li> <li>• Paper: Study of stress and anxiety among medical students</li> </ul>	
<b>Notable clients for my Mental Health Awareness Workshops:</b> <ul style="list-style-type: none"> <li>• Directorate of Health Services, Govt. of Goa</li> <li>• IIT, Goa</li> <li>• INS Mandovi/INS Hansa</li> <li>• Goa Police</li> <li>• Corporate clients: Hotel Hyatt Centric/ Maharaja's Big Daddy Casino/ Binani fibreglass</li> </ul>	
<b>PROFESSIONAL ACCOMPLISHMENTS:</b> <ol style="list-style-type: none"> <li>1. Treated patients with diverse cultural background from India and foreign countries</li> <li>2. Experience of prescribing Opioid Substitution Therapy</li> <li>3. Wrote articles in news dailies about mental health</li> <li>4. Consulted as an expert by journalists of local news dailies to provide references in their articles</li> <li>5. Interviewed as a Psychiatrist on Doordarshan and other local TV channels</li> <li>6. Conducted Mental health talks in schools, colleges and social organisations</li> <li>7. Nominee for the Torrent Young Scholar Award, West Zone level - 2015, a nation-wide academic quiz in Psychiatry</li> <li>8. Received COVID Warrior Award from IMA Goa for initiating and managing Goa's only app based COVID tele-monitoring service run by volunteers without professional medical education, under supervision of doctors.</li> </ol>	<b>PERSONAL ACCOMPLISHMENTS:</b> <ol style="list-style-type: none"> <li>1. Certified in REBT from Institute for Psychological Health, Mumbai</li> <li>2. Certified in CBT from Endorphin Institute, Pune</li> <li>3. Organised cleanliness drives</li> <li>4. Passed 4 exams in Indian Classical Music</li> <li>5. Regular pro bono service to charitable trusts</li> </ol>
<b>PROFESSIONAL INTERESTS:</b> <ol style="list-style-type: none"> <li>1. Integrative psychiatry</li> <li>2. Community Psychiatry: preventive aspects</li> </ol>	<b>PERSONAL INTERESTS:</b> <ol style="list-style-type: none"> <li>1. Integral Yoga and Vedanta philosophy (Upanishads and the Bhagavad Gita)</li> <li>2. Exercise Physiology and Nutrition</li> <li>3. Music</li> <li>4. Social work</li> <li>5. Solo travelling</li> </ol>

**PROFESSIONAL NETWORKS:**

1. Appointed as Consultant Psychiatrist representing North Goa in the Counselling Cell Members team at the Goa Education Development Corporation, Government of Goa
2. Life Member of Indian Psychiatric Society
3. Past Hon. Secretary of Psychiatric Society of Goa
4. Life member of Indian Medical Association and Past Treasurer of IMA, Bardez, Goa branch
5. Ex-observer at Institute for Psychological Health, Mumbai

**PERSONAL NETWORKS:**

1. Medical lead at NGO Sanjeevani – Life Beyond Cancer, Goa Chapter
2. Member of the Purnam Community at Auroville, Pondicherry
3. Past Director of Youth Services and Chairman of Mental Health at the Rotary Club of Porvorim, Goa
4. Past member of BNI