**DR. LAKSHMI SHODHANA KASAM**

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# SUMMARY

A psychiatrist with 5 years of clinical experience, well-trained in psychiatric assessment and management of patients, and possessing extensive knowledge in psychiatric specialties. I take immense pleasure in the learnings and emotional satisfaction obtained in the field of psychiatry. Driven by the goal to fight stigma against mental illness and do my part in building a society that strives for mental well-being.

# EDUCATION & TRAINING

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| --- | --- | --- |
| **Institution**  | **Qualification**  | **Year**  |
| Mamata medical college  | M.D Psychiatry  | May 2018 – May 2021  |
| Rajiv Gandhi Institute of Medical Sciences  | M.B.B. S  | August 2011- March 2016  |
| Kakatiya junior college  | Intermediate  | April 2009  |
| D.A.V Public school  | S.S.C  | May 2007  |

# PROFESSIONAL EXPERIENCE

Mamata Medical College Junior resident May 2018-May2021

Government medical college, Jagtial Senior resident Nov 2021-Aug 2022

Shimla Psychiatric Hospital Psychiatrist Nov 2022 – Jan 2024

Rehabilitation centres Psychiatrist ( on call) Aug 2023 – Jan 2024

# ADDITIONAL EXPERIENCE

IPSUMA Media services Content writer (Part time) Feb 2019 – May 2019

World Health Organization Field worker May 2016

# RESEARCH EXPERIENCE

* Emotional intelligence among medical undergraduates, interns, postgraduates and medical professionals
* A cross sectional study of the barriers for seeking mental health care among medical undergraduates
* A study of internalized and self-directed stigma among patients with schizophrenia in remission
* A study of antenatal depression and its correlation to perceived social support.

# CME/CONFERENCES

* 4th Annual state conference – 23rd and 24th June 2018 at MMC, Khammam
* 71st ANCIPS- 31st Jan – 3 Feb 2019 at Lucknow. Theme: Mental health-nation’s wealth
* 5th annual state conference TSPSYCON 2019- June 22nd and 23rd 2019. Theme: Psychiatry and interface with other medical specialities
* APPSYCON 2019 Nellore

# PRESENTATIONS

* Emotional intelligence among medical undergraduates, interns, postgraduates and medical professionals at 71st ANCIPS- 31st Jan – 3 Feb 2019 at Lucknow. Theme: Mental healthnation’s wealth
* A cross sectional study of the barriers for seeking mental health care among medical undergraduates at 5th annual state conference TSPSYCON 2019- June 22nd and 23rd 2019. Theme: Psychiatry and interface with other medical specialities
* A study of antenatal depression and its correlation to perceived social support at 9th World Congress of Asian Psychiatry – selected for presentation

# PUBLICATIONS

* Archives of mental health - Emotional intelligence among medical undergraduates, interns, postgraduates and medical professionals Volume 21 Issue 1. Jan- June 2020
* A cross sectional study of the barriers for seeking mental health care among medical undergraduates

Volume 21 Issue 1. Jan- June 2020

# TEACHING EXPERIENCE

* Ward rounds, classes and case presentations for undergraduate medical students during psychiatric clinical postings
* Ward rounds and case presentations for interns during compulsory rotatory internship
* Lectures for undergraduate medical students as part of academic

curriculum

# MEDICAL SERVICES AND OTHER ACTIVITIES

* Suicide Prevention rallies 2018/2019/2020
* INSPIRE: Motivation sessions 2020
* AIDS awareness rally 2020

# SKILLS

* Psychiatric evaluation
* Case documentation
* Treatment planning
* Psychoeducation
* Analytic and clinical skills
* Proficient in oral and written communication

**Declaration**

I solemnly declare that all the information furnished in this document is free of errors to the best of my knowledge.