

DR. PAVITRA

8448548903, pavitrashankar6@gmail.com

SUMMARY

Young psychiatrist with areas of interest being women and child psychiatry and community psychiatry having multiple publications in national and international journals and conferences and accolades in academic and co-curricular competitive events.

EDUCATION

MD Psychiatry

Feb 2022- Jan 2025

Lady Hardinge Medical College, New Delhi

MBBS

2015-2020

Lady Hardinge Medical College, New Delhi

ACADEMIC PUBLICATIONS (PUBLISHED)

1. Shankar, Pavitra; Raut, Nitin; Kataria, Dinesh; Seth, Saloni. Movie Review: To the Bone. Indian Journal of Social Psychiatry 40(4):p 433-434, Oct-Dec 2024. | DOI: 10.4103/ijsp.ijsp_183_23
 2. Sharma, Mini; Shankar, Pavitra¹; Kukreti, Prerna¹; Kataria, Dinesh¹. A rare case report of pseudo-pregnancy in a menopausal female. Indian Journal of Psychiatry 65(7):p 789-792, July 2023. | DOI: 10.4103/indianjpsychiatry.indianjpsychiatry_430_22
 3. Pavitra P, Kukreti P, Kataria D, Saurabh. Reassessing the utility of ECT in light of MHCA 2017: A six-year retrospective data-based study. Int J Sci Res. 2023 Jul;12(7):29-30. doi:10.36106/ijsr
 4. Kandpal G, Pavitra P, Sharma S, Avi S. Mephentermine-induced psychotic disorder: A case series. Indian J Appl Res. 2023 Jul;13(7):12-13. doi:10.36106/ijar/8903017.
 5. Alam P, Rehman S, Sharma M, Kataria D, Garg B, Jain V, Shankar P. Utility of sublingual atropine in clozapine-induced sialorrhea: A case series. Acta Neuropsychol. 2023 Sep;4:180033.
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ACADEMIC PUBLICATIONS (PENDING PUBLICATION)

Review article (Journal of Psychosexual Health) : Premenstrual Dysphoric Disorder: Diagnosis, Psychiatric Comorbidities and Management Considerations

OTHER PUBLICATION

Contributor in BIND-P project (Brief Nursing Intervention for Depression In Pregnancy), a multi centric controlled trial funded by ICMR

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AWARDS & ACHIEVEMENTS

1. **Dr Saadhgi Jagawat Memorial Award for Best Original Paper by Female PG student at the DPS Annual Conference 2023**
2. **Finalist** in National PG Quiz, CEREBRA 2024
3. **Finalist** in IPS North Zone PG Quiz 2024
4. **Prof. (Dr.) J.K. Trivedi Award for Rising Star In Psychiatry, 2024**
5. **Runner up** of PG Quiz at Consultation Liasion In Psychiatry, CME 2024 at Base Hospital, Delhi Cantt

ACADEMIC PRESENTATIONS

1. **Paper** presentation at Indian Psychiatric Society- National Young psychiatrists Conference, 2023
2. **Poster** presentation at Indian Psychiatric Society- National Young psychiatrists Conference, 2023
3. **Symposium** presentation at the Diamond Jubilee International Conference on Mental Health, PGIMER Chandigarh, 2023
4. **Paper** presentation at the Diamond Jubilee International Conference on Mental Health, PGIMER Chandigarh, 2023
5. **Poster** presentation at the Diamond Jubilee International Conference on Mental Health, PGIMER Chandigarh, 2023

TRAINING & CERTIFICATIONS

1. **Basic Course In Biomedical Research** organised by Indian Council of Medical Research (ICMR)
2. Trained in **Interpersonal Social Rhythms Therapy** continuing education course sponsored by 3-C Institute for Social Development, Approved by Americal Psychological Association
3. Certificate Course in **Psychological Frist Aid**, John Hopkins University
4. Participation in **Research Ethics- Good Clinical Practice and Good Laboratory Practice** conducted at LHMC, New Delhi, 2024
5. Trained in **Basic Cardiopulmonary Life Support (BCLS)** in accordance with current Indian Resuscitation Council Federation Cardiopulmonary Resuscitation (CPR) Guidelines, December, 2024

EXTRA CURRICULARS

1. Second prize in **poetry competition** for "Expressions on OCD" at the OCD Clinic Silver Jubilee Symposium, NIMHANS, Bengaluru 2022
2. Third prize in **Expressive Writing Competition** at 8th Annual National Symposium of Women Mental Health; Indian Psychiatric Society, 2024