



SONAM SAXENA

M.B.B.S., M.D. PSYCHIATRY

PROFILE SUMMARY:

Currently working as Senior Resident in Psychiatry at Institute of Human Behavioral and Allied Sciences (IHBAS), Delhi with a will to learn, ability to grasp things faster, working in a challenging environment, Handling Psychiatric Emergency and utilizing my professional skills to provide best possible Mental Healthcare to patients with my best effort.

SKILLS & EXPERTISE:

- Psychiatry - Inpatient and Outpatient Management
- Psychiatry Emergency
- Diagnosing Psychiatry Illnesses
- Management of Psychopathologies.
- Medical Emergency
- Psychotherapy- CBT, Cognitive Therapy, Couple Therapy, Family Therapy, Supportive Psychotherapy, etc.
- ECT and other Neuromodulation Techniques.
- Easy handling of patients in clinics.
- Clinical Trials

CONTACT INFORMATION:

Phone: +91-8005410177

Email: dr.sonamsaxena19@gmail.com

ResearchGate::

<https://www.researchgate.net/profile/Sonam-Saxena-4>

OrchID: 0000-0003-3372-8439

REFERENCES:

- Prof. (Dr.) Deepak Kumar-hodpsy.ihtbas@gmail.com
Professor and head, Dept of Psychiatry, IHBAS, Delhi, India.
- Prof. (Dr.) Manoj Kumar - dm73psy@gmail.com
Professor, Dept. of Psychiatry, IHBAS, Delhi, India.
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WORK EXPERIENCE:

SENIOR RESIDENT - DEPARTMENT OF PSYCHIATRY

Institute of Human Behaviour and Allied Sciences, Delhi India

September, 2022- Present Date

RESIDENT MEDICAL OFFICER

Max Hospital, Patparganj, New Delhi | 2018-2019

JUNIOR RESIDENT - DEPARTMENT OF GENERAL MEDICINE AND DEPARTMENT OF NEUROSURGERY

Dr. RMLIMS, Vibhuti Khand, Lucknow, Uttar Pradesh, India | 2017-2018

GENERAL PHYSICIAN TELEMEDICINE - MEDLIFE

Remote, India |

ACADEMIC BACKGROUND:

M.D. PSYCHIATRY

*Teerthanker Mahaveer Medical College &
Research Centre, TMU Moradabad, Uttar Pradesh*

2019-2022

M.B.B.S.

Kings George Medical University, Lucknow, Uttar Pradesh, India

2010-2016

MEMBERSHIPS:

- 1. World Psychiatric Association (WPA)- Transcultural Psychiatry Section.**
- 2. Indian Psychiatry Society (IPS) - Life Member.**
- 3. Indian Association of Social Psychiatry.**
- 4. International Parkinson and Movement Disorder Society.**

PUBLICATIONS:

- 1. Kumar, M., Saxena, S., Janardan, V., Meena, N. (2023). Skin Excoriation Disorder with Co Morbid Schizophrenia. Int J Psychiatry 8(1): 1-3.**
- 2. Sonam Saxena and Seema Singh Parmar (2022); EFFICACY AND TOLERABILITY OF ESLICARBAZEPINE ACETATE AS MONOTHERAPY IN PATIENTS OF NEWLY DIAGNOSED FOCAL EPILEPSY Int. J. of Adv. Res. 10 (Jun). 661-666] (ISSN 2320-5407).**
- 3. Saxena, S. et. al (2024). Journal Of Parkinsonism and Related Disorder, Volume 122, 106831.**

PAPER PRESENTATIONS:

- 1. A Comparative study of effect of Sodium Valproate and Flunarizine on Photosensitivity in patients with Migraine At 43 ANNUAL Conference of Central Psychiatric Society, CIPCON-2021, Prayagraj 29-31 October, 2021.**
- 2. Study of Sleep pattern in Healthcare Workers in a tertiary care Covid Centre at IPS-South zonal branch PG Training Programme-24-25 July, 2021**
- 3. A study on impact of pre-admission counselling on inpatient stay of patients with substance use disorder in Mental Healthcare Act, 2017 era at WPA Regional Congress, Kolkata-14-16 April 2023.**
- 4. A study on clinical predictors for delirium tremens in patients with Alcohol Withdrawal Syndrome presented at ADDICON 2023, Jaipur-26th-28th November, 2023.**
- 5. Presented a Symposium on Treatment during First trimester Challenges and options for Psychiatrist in ANCIAPP, Goa, India-2nd-5th November, 2023.**
- 6 Paper presentation on Pattern of Legal cases in patients of Substance use disorder on 17th August, 2024 at Mid year Conference of Indian Psychiatry Society, Agra, India**

POSTER PRESENTATIONS:

- 1. Efficacy and tolerability of Eslicarbazepine Acetate as Monotherapy in patients of newly diagnosed Focal Epilepsy at 29th European Congress of Psychiatry-10-13 April, 2021.**
- 2. A study on impact of videography of patients with delirium tremens on their course and outcome at 23rd World Congress of Psychiatry, 2023, Vienna, Austria- 28th September-1st October, 2023.**
- 3. Poster presentation at Association of Stress, Depression and Anxiety in Patients Presenting with Primary Headache at World Neuroscience Summit, August 2024.**
- 4. Poster presentation on Effect of Antidepressants in patients with Parkinson's Disease at XXIX World Congress of Parkinsonism by International Association of Parkinsonism and Related Disorders, Lisbon, Portugal 19-22nd May 2024.**

GRANTS/AWARDS

- 1. IBRO Grant-Neuroscience School Nepal 2024, "Psychophysiology of Neurological Disorders: Genomic and Nongenomic Perception-22nd April, 2024-8th May, 2024.**
- 2. Travel Grant by XXIX World Congress on Parkinson's Disease and Related Disorders-19th-22nd May, 2024.**
- 3. WNS 2024 Bursary at World Neuroscience Summit -V on 22-25th August, 2024 at JW Marriott, Aerocity, New Delhi.**
- 4. Early Career Scholarship from World Psychiatry Society - Transcultural Psychiatry Section received at WPA Congress in Mexico City, 14th-17th November, 2024.**

CERTIFICATIONS:

- 1. Basic Course in Biomedical Research with consolidated assignment score of 92%.**
- 2. Life Ordinary Member of Indian Psychiatric Society-LOM/06/20.**
- 3. Certificate for '4th Hands-on Workshop' and 7th National CME on Neuromodulation(TMS) held from 14-16th December, 2023 at AIIMS, Delhi,**
- 4. Certificate for Hands on Workshop for Neuro-Rehabilitation and Botulinum Toxin application in headache disorders at World Neuroscience Summit-IV.**