**Dr. Harkunwar Singh Sidhu, MBBS, MD Psychiatry**

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**PROFESSIONAL SUMMARY**

I am passionate about providing high-quality psychiatric care, with a strong emphasis on the psychiatrist-patient relationship. I believe this connection serves as the foundation for all other treatment approaches. My focus for the past 3 years has been on providing well-rounded inpatient and outpatient psychiatric care with detailed evaluations, diagnosis and management of patients across three psychiatric units. I am proficient in psychopharmacological and non-pharmacological treatments for mental health disorders, substance use disorders, and child and adolescent psychiatry, including psychotherapy, neuromodulation techniques (ECT, rTMS, tDCS), and community-based rehabilitation.

**1. EDUCATIONAL QUALIFICATIONS**

**Kasturba Medical College, Manipal, India**

**M.D. Psychiatry**

2022- 2025

**Kasturba Medical College, Manipal, India**

**Clinical Internship**

2019–2020

**Kasturba Medical College, Manipal, India**

**MBBS**

2014–2019

**2. QUALIFICATION DETAILS & TRAINING EXPERIENCE**

**Kasturba Medical College, Manipal, Manipal Academy of Higher Education, India**

M.D. Psychiatry February 2022 – March 2025

Clinical Internship 2019 - 2020

MBBS 2014 - 2019

**Completed and passed the M.D Psychiatry** final university examinations in January 2025. All examination details are listed below:

**Theoretical Exams:**

Basic Sciences (on 14/01/25) Passed

Clinical Psychiatry (on 15/01/25) Passed

Psychiatric sub-specialties (on 16/01/25) Passed

Neurology and Medicine (on 17/01/25) Passed

**Practical Exams (20/01/25 – 21/01/2025):**

1 psychiatry long and short case Passed

1 neurology long and short case Passed

4 OSCEs Passed

4 Vivas Passed

**2A. Training Experience**

* Conducted detailed evaluation and management of in-patients admitted to the psychiatry ward through three different psychiatry units, with a focus on detailed history taking, elicitation and elaboration of psychopathology, administration of objective symptom scales, medical examination, routine and other investigations, and administration of pharmacological and non-pharmacological treatment. (under supervision)
* Brief and detailed evaluation of patients visiting twice-weekly psychiatric out-patient department, as well as continuing management on follow-up basis.
* Attend daily clinical rounds and actively engage in discussions of own as well as other in-patients to enhance learning and patient care.
* Attended and contributed to weekly chart meetings for review of patient charts, discharge summaries, and academic discussions on diagnostic, classificatory and treatment issues in previously discharged patients.
* Conducted detailed evaluation and management of psychiatric in-patients admitted for substance-use disorders under a specific deaddiction psychiatry unit for duration of eight months. Psycho-pharmacological management of alcohol, nicotine, cannabis and opioid use disorders, administration of non-pharmacological interventions such as *brief interventions*, *motivational enhancement therapy*, *urge surfing* and *covert sensitisation*.
* Performed evaluation, assessment and management of psychiatric in-patients (adults and children) admitted in the child-psychiatry unit for a duration of eight months. Pharmacological and nonpharmacological management of children with *ADHD*, *ASD, Psychosis*, and other psychiatric disorders.
* Thorough assessment, clinical evaluation and management of in-patients admitted under other departments as part of consultation-liaison psychiatry for a duration of three months, with one month each in every psychiatry unit.
* One month of systematic evaluation and patient care management of only child patients while under the child psychiatry unit.
* Administration of Ketamine therapy (intravenous and oral) on an out-patient and in-patient basis for rapid response, and acutely suicidal patients with a diagnosis of *Major depressive disorde*r and *Bipolar depression*.
* Active engagement and participation in departmental academic activities, including departmental case conferences, seminars chaired by staff, and once in two monthly journal clubs for discussion of selected articles, reviewing the quality, research methodology, critical appraisal of research articles chosen from mental health journals.
* Once in two weekly dedicated presence and active input in departmental psychotherapy meetings for discussion and review of psychotherapy being administered by individual members of the group to active patients.
* Attended and collaborated in tutorials and lectures organized for residents on general psychiatry, its sub-specialties as well as allied branches of medicine, including neuro-radiology, neuroimaging, neuroanatomy, neurophysiology, clinical and social psychology.
* Committed participation and engagement in once-weekly topic discussions held at the unit level, related to the speciality of the psychiatric unit.
* Active case-based management of psychiatric residents admitted at *HOMBELAKU*-- a rehabilitation centre for four months and fifteen days. Dedicated involvement in assertive community treatment and once-weekly visits to ASARE: a rehabilitation centre for children with severe intellectual disabilities and autism, while posted in Rehabilitation and Community Psychiatry.
* Enrolled in once-weekly rehabilitation teaching programmes while posted in Rehabilitation psychiatry.
* Assigned to the Neurology department in second-year of training for a duration of two months, and worked full-time as a resident attending clinical rounds, daily academic programmes held in the department of neurology, and management of out-patients visiting the thrice weekly neurology out-patient department.
* Served in the Medicine department in second-year of training for a duration of one-month, and worked full-time as a resident under the department, attending clinical rounds, academic programmes and management of psychiatric co-morbidities in admitted in-patients. Assessment and management of patients while attending the thrice-weekly out-patient department.
* Engaged for one month as the dedicated neuromodulation resident with responsibilities including assessment, administration and augmentation of treatment of psychiatric in-patients and out-patients with Electro-convulsive therapy, repetitive transcranial magnetic stimulation and transcranial direct current stimulation.(120 sessions overall)
* Assumed responsibility for both out-patients and in-patients for assessment, and regular administration of psychotherapy under supervision of a staff psychiatrist/ clinical psychologist, spanning from *Dialectical behaviour therapy, Cognitive behaviour therapy, Motivational enhancement therapy, interpersonal social rhythm therapy* and eclectic therapies combining *cognitive behavioural modalities with mindfulness based therapy* (Total duration of 100 hours).
* Administered psychometric assessments for admitted in-patients and out-patients including *disability assessment, neuropsychological testing, thematic apperception test, sentence-completion test,* and detailed personality inventories such as *Millon’s clinical multiaxial inventory*.
* Performed duties at local district hospital - Ajarkad as the psychiatry resident on-call. Assumed responsibility for assessment and management of psychiatric in-patients, and out-patient management on a daily basis for a duration of three months.
* Engaged as psychiatry resident at the National institute of mental health and neurosciences (NIMHANS) under the child and adolescent psychiatry unit for a duration of one month, with a focus on daily out-patient assessment and treatment, and attendance of clinical rounds.
* Completed successfully, a one month posting in the Department of Molecular Neuroscience as part of elective postings in post-graduate training.
* Underwent routine once in three monthly assessments mandated by the National Medical Council of India, and once in six-monthly unit assessments (end-posting examination) mandated by the psychiatry department.
* Compiled and submitted thesis project titled “Clinical features of Major Depressive Disorder in patients with and without Borderline Personality Disorder: A cross sectional observation study.” On approval of Institutional ethics committee and Clinical trials registry of India
* Was subject to regular six-monthly thesis update presentations and evaluation of thesis progress held by the psychiatry department.

**2B. Clinical Internship (post- MBBS)**

**Date of joining**: 25th March, 2019

**Date of completion**: 4th June, 2020

**The details of the internship with specialties are listed below**:

Obstetrics and Gynaecology 25/03/19-24/05/2019

(incl. 15 days of family welfare planning)

General surgery 25/05/2019-24/07/2019

(incl. 15 days of anaesthesiology)

General Medicine 25/07/2019-23/08/2019

(incl. 15 days of Psychiatry) 23/01/2020-22/02/2020

Paediatrics 24/08/2019-23/09/2019

Ophthalmology 24/09/2019-08/10/2019

Otorhinolaryngology 09/10/2019-24/10/2019

Emergency medicine 25/10/2019-08/11/2019

Elective Posting: Psychiatry 09/11/2019 - 23/11/2019

Community medicine 24/11/2019-05/01/2020

07/01/2020-23/01/2020

21/04/2020

Orthopaedics 23/02/2020-26/02/2020

(incl. physical medicine & rehabilitation) 10/03/2020-06/04/2020

**Additional qualifications:** Certificate of appreciation from the department of Neurosurgery for a 15 day clinical posting (09/07/19-24/07/19) as part of general surgery posting where the following training was undertaken:-

1. Attended all departmental academic activities such as Topic discussions, Journal clubs, Neuro-radiology discussions as well as daily clinical rounds.
2. Assisted Neurosurgery residents in clinical work.
3. Assisted and observed in both major and minor neurosurgical procedures
4. Independently performed Burr holes, Tracheostomies and central line insertions under supervision.

**2C. MBBS**

**First Year**

Anatomy, Physiology & Biochemistry Passed: First Class

August 2014- June 2015

**Second Year**

Pathology, Microbiology, Pharmacology & Forensic Medicine Passed: First Class

July 2015 – December 2016

**Third Year**

Community Medicine, Ophthalmology & E.N.T Passed: Second Class

January 2017 – January 2018

**Final Year**

Medicine, Paediatrics, Surgery, Obstetrics & Gynaecology Passed: Second Class

February 2018 – February 2019

**3. RESEARCH AND ACADEMIC ACTIVITIES**

* Submitted an article titled, **“Melancholic features of Major depressive disorder in patients with and without Borderline personality disorder”** to the *Indian Journal of Psychiatry* on 19th December, 2024. Currently under active review.
* Completed post-graduate thesis project titled, **“Clinical features of Major depressive disorder in patients with and without Borderline personality disorder: A cross-sectional observational study.”**
* Presented paper titled, **“Melancholic features of Major depressive disorder in patients with and without Borderline personality disorder”** at *IPSOCON 2024* at 57th annual conference of Indian psychiatric society South Zonal Branch at NIMHANS Bengaluru (Bangalore).
* Presented a poster titled, **“Akinetic mutism following multiple medical insults in a patient with recurrent depressive disorder: A case report”** at *IPSOCON 2024* at 57th annual conference of Indian psychiatric society South Zonal Branch at NIMHANS Bengaluru (Bangalore).
* Active participant in the *ICD-11* workshop held by the Psychiatry department on 7th January, 2024.
* Active participant as a delegate in the *National CME- Psychiatry update 2023* held on 18th November, 2023, organized by the psychiatry guild, Manipal (Theme: Neuroimaging and neurocognitive evaluation of dementia).
* Attended and participated in the ICD-11 workshop held by the Psychiatry department on 8th January, 2023.
* Won first prize at the National CME-Psychiatry update 2022 held on 12th and 13th November 2022, Manipal, Psychiatry guild in Manipal. (Theme: Psychedelic therapeutics)
* Attended and participated as a delegate in the National CME- Psychiatry update 2023 held on 18th November, 2023, organized by the psychiatry guild, Manipal (Theme: Neuroimaging and neurocognitive evaluation of dementia).
* Presented a poster titled, “**A case of chronic headache and recent onset quadriparesis**” at JIPMER, Puducherry on 11/01/2017 in collaboration with the then Head of department of Neurology (Dr Sankar Prasad Gorthi MBBS, DNB, MD, DM Neurology) while in under-graduate training.

**4. ADDITIONAL CURRICULAR ACTIVITIES**

* Attended Protocol writing and methodology workshop organised by *Centre of Bioethics, MAHE (Manipal academy of higher education)* on 28th July, 2022.
* Certified by the American heart association in *Cardio-pulmonary resuscitation*, *Basic trauma life support* and *Advanced life support*. (12/05/22 and 30/05/22).
* Attended and completed the Good clinical practice workshop organised by the *Centre of Bioethics, MAHE (Manipal academy of higher education)* on 4th July, 2022.
* Attended and completed the Manuscript writing programme for research protocol publication from 16th-20th September, 2022

**5. LANGUAGES**

* English (Fluent), Hindi (Fluent), Kannada (Fluent), Punjabi (Fluent)

**6. REFERENCES**

1. Dr P.S.V.N Sharma, MBBS, MD, DPM

Professor

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