

Dr. Shivane Kumari

MD Psychiatry

Name: Dr. Shivane Kumari

Current Position: Senior Resident, Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS)

Date of Birth: 5th July 1992

Gender: Female

Marital Status: Single

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Email: dr.shivaneekumari@gmail.com

Background: Acquired primary education from Stony Brook, New York, USA

Language proficiency: English, Hindi

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Photograph:

Professional Summary

Qualified and certified psychiatrist with expertise in effectively treating patients with a wide range of conditions, including schizophrenia, major depressive disorder, and generalized anxiety, obsessive compulsive disorder and bipolar disorder. Comfortable working with individuals with severe disorders. An excellent background in psychopharmacology, proficient in communication, counselling skills, leadership, team-work, organizational skills, research activities and up-to-date with recent advances in the field of psychiatry. Currently working as a Senior Resident in NIMHANS and actively involved in clinical activities, overseeing implementation of Mental Healthcare Act (MHCA) 2017 in different states of the country, and training manpower all over India in the field of mental health.

Skill highlights:

- Therapeutic and clinical expertise
- Adult, deaddiction, geriatric and child psychiatry
- Collaborative care
- Communication and counselling
- Medical ethics and law
- Tele-psychiatry
- Consultation-liaison
- Leadership and team-work
- Psychiatric assessments
- Treatment plans

Areas of Interest: Schizophrenia, Mood disorders, Forensic Psychiatry, Gender incongruence, Consultation-liaison, Tele-psychiatry

Professional and Clinical Experience

❖ **Senior Resident:** From 27th Feb, 2023 – Department of Psychiatry, NIMHANS
[Institute of National Importance (INI)] to present

- *Clinical:*
 - Regular clinical services in general adult outpatient clinic
 - In-patient care for acutely disturbed patients in short-stay wards

- In-patient psychiatric care in forensic wards
- Emergency treatment
- Psychotherapy and counselling skills
- Psychiatric assessments
- Clinical and pharmacological management of severe mental disorders, emergency conditions, common mental disorders
- Consultation liaison
- *Community:* Jail visits, tele-psychiatry services, distress calls and community outreach visits, awareness regarding de-addiction services
- *Teaching:*
 - MD Psychiatry classes for Junior Residents of NIMHANS
 - Basic Accredited Course in Mental Healthcare Act, 2017
 - Advanced Accredited Course in Mental Healthcare Act, 2017
 - Online Certificate Course for Lay Counsellors
 - Diploma in Primary Care Psychiatry for MBBS Doctors (Batch 38 & 40)
 - Training counsellors and attendants in jail for Bihar Government
- *Administrative:*
 - Draft corrections of State Mental Healthcare Rules and Regulations across all states of India as per Mental Healthcare Act (MHCA), 2017
 - Member of drafting Committee of State Regulations, Karnataka
 - Member of the organizing committee for Svasti (National Consultation on Charting a Roadmap for Post Covid Mental Health Care Services in India), at NIMHANS, Bengaluru
 - Conducted online training sessions for over a hundred Tele-MANAS counsellors in different states
- *Leadership:*
 - Awarded fellowship of **Dr Ramachandra N Moorthy Foundation for Mental Health and Neurological Sciences** by Professor Norman Sartorius (Jan 2024)
 - Organizer of Basic and Advanced Courses for MHCA 2017 by NIMHANS

Digital Academy (NDA)

- Conducted Intensive Care Unit (ICU) Mental Health Manual trainings for psychiatrists under USAID RISE at NIMHANS, Bengaluru
 - Operated on-site training sessions for Tele-MANAS counsellors in Rajasthan
 - Coordinating and leading meetings with the Central and State governments for implementation of MHCA 2017
- *Research:* Actively involved in various research activities, including:
 - Winner of **S.S. Jayaram Award** for the paper– “The Impact and Outcome Evaluation of Tele-mentoring for Practicing Medical Officers in Prison and Correctional Settings of Bihar in Primary Care Psychiatry” in Indian Psychiatry Society South Zone Conference, Guntur, 2023
- ❖ **Junior Resident:** From Jan 1, 2020-December 31,2022 – Department of Psychiatry, Post-Graduate Institute of Medical Education and Research [**Institute of National Importance (INI)**]
 - ❖ **Medical Officer:** From October 2017 to October 2019
 - ❖ **Intern:** From September 2016-September 2017

Education

- ❖ **MD Psychiatry**
 - From Jan 2020 – Dec 2022
 - Institute: Post-graduate Institute of Medical Education and Research, Chandigarh [**Institute of National Importance (INI)**]
- ❖ **MBBS**
 - From 27 July 2011 - 17 September 2017 (including internship)
 - Institute: Patan Academy of Health Sciences, Lalitpur, Nepal
 - Cleared FMGE by National Board of Examinations (NBE) with score 210/300 in first attempt

License

- Delhi Medical Council (DMC) No. 35896

Affiliation

- Indian Psychiatric Society in 2022

- Membership number: LOM/S07/22

Research

S.N.	Title	Publication Type/Journal	Year	Authors
1	Assessment of Person with Mental Illness for Legal Guardian Appointment in India: A Case Report and a View-point	Indian Journal of Psychological Medicine	2024 <i>(in process of publication)</i>	Reddy C, Kumari S, CN Kumari, SB Math
2	Rights of Women with Mental Illness	Women's Mental Health (Jaypee Brothers Medical Publishers)	2024	Kumari S, Reddy C, SB Math <i>(first author)</i>
3	Legal and Ethical Considerations	Mental Healthcare Manual for Patients in Critical Care and Intensive Care Units (ICUs). SHIELD. Nimhans, Bangalore	2023	Kumari S, Sivaramakrishnan S, SB Math <i>(first author)</i>
4	Future directions for research and practice	Mental Healthcare Manual for Patients in Critical Care and Intensive Care Units (ICUs). SHIELD. Nimhans, Bangalore	2023	Kumari S, Maheshwari P, SB Math <i>(first author)</i>
5	Future directions for research and practice.	Mental Healthcare Manual for Healthcare Providers in Critical Care and Intensive Care Units (ICUs). CARE PLUS. Nimhans, Bangalore	2023	Kumari S, Maheshwari P, Patley R <i>(first author)</i>
6	Legal and Ethical Considerations	Mental Healthcare Manual for Caregivers of Patients in Critical Care and Intensive Care Units (ICUs). HOPE. Nimhans, Bangalore.	2023	Kumari S, Sivaramakrishnan S, SB Math <i>(first author)</i>
7	Future directions for research and practice.	Mental Healthcare Manual for Caregivers of Patients in Critical Care and Intensive Care Units (ICUs). HOPE. Nimhans, Bangalore	2023	Kumari S, Maheshwari P, Patley R <i>(first author)</i>
8	Perceived stress, sources of stress and coping strategies among	F1000 Research	2022	Paudel U, Parajuli A, Shrestha R, Kumari S, Yadav SA, Marahatta K

	undergraduate medical students of Nepal: a cross-sectional study			
9	Caregiver Burden Among the Elderly Caregivers of Patients with Schizophrenia	Indian Journal of Psychiatry (Abstract)	2022	Kumari S, Nehra R, Mehra A, Grover S (first author)
10	The Utility of HD-tDCS as Add on Treatment for Negative Symptoms in Schizophrenia: A Case Report.	Psychiatria Danubina	2021	Kathiravan S, Shouan A, Kumari S, Harshit K, Singh SM
11	Peripheral edema associated with low dose of pregabalin in an older person	Journal of Geriatric Mental Health	2020	Kumari S, Mehra A, Grover S (first author)
12	Knowledge overload versus actual practices: Knowledge and awareness about COVID-19 infection among patients attending the emergency services of a tertiary care hospital during the COVID “lockdown” period	Journal of Mental Health	2020	Sahoo, S., Mehra, A., Jagota, G., Suman, A., Kumari, S., Dhibar, et al.

Other

- Thesis - Elderly Caregiver Burden and Its Correlates, submitted in Jun 2022 under the guidance of Prof. Dr. Ritu Nehra, Prof. Dr. Sandeep Grover and Associate Prof. Aseem Mehra
- NIMHANS’s Handbook for Lay Counsellors (review and suggestions) – 2023
- Hindi translation of Point of Care Manual for Tele-Manas Counsellors - 2023

Media

- Operator voice for Tele-Manas National Helpline 14416 (2023)
- Awareness video for ASHA workers for screening depression in the community

- Video on “Ethical and Legal Aspects of Tele-counselling” for training Tele-MANAS counsellors (2023)

References

Dr Sandeep Grover

Professor

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