

## **CURRICULUM VITAE**

<b>Name</b>	Astut Kurariya
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<b>ResearchGate link</b>	<a href="https://www.researchgate.net/profile/Astut-Kurariya">https://www.researchgate.net/profile/Astut-Kurariya</a>
<b>Date of Birth</b>	15-09-1997
<b>Languages</b>	Proficient in English and Hindi, Able to understand and speak Kannada



### **ACADEMIC QUALIFICATIONS**

<b>Post-Graduation</b>	<b>MD in Psychiatry</b> Kasturba Medical College, Manipal, Manipal Academy of Higher Education, Manipal, Karnataka, India – 576104 Year of Passing – January 2025
<b>Graduation</b>	<b>Bachelor of Medicine and Bachelor of Surgery (M.B.B.S.)</b> Netaji Subhash Chandra Bose Medical College, Jabalpur, Madhya Pradesh, India – 482003 Year of Passing – March 2020
<b>Pre-University Course</b>	St. Paul's Higher Secondary School, Jabalpur, Madhya Pradesh, India Year of Passing – March 2015

### **WORK EXPERIENCE**

<b>Posts</b>	<b>From</b>	<b>To</b>
<b>Junior Resident</b> Department of Psychiatry, KMC, Manipal	21 <sup>st</sup> February 2022	24 <sup>th</sup> February 2025
<b>Medical Officer</b> Seth Govind Das District Hospital, Jabalpur	08 <sup>th</sup> April 2021	24 <sup>th</sup> January 2022
<b>Compulsory Rotatory Internship,</b> Netaji Subhash Chandra Bose Medical College, Jabalpur	1 <sup>st</sup> April 2020	31 <sup>st</sup> March 2021

## PUBLICATIONS

1. Joseph JT, Jammigumpula A, **Kurariya A**, Praharaj SK. Safety of Electroconvulsive Therapy in a Patient With Bipolar Mania Receiving Oral Anticoagulants: A Case Report. J ECT. 2024 Dec.
2. **Kurariya A**, Vishwanath R, Nagaraj AKM, Soman S, Kamath A. The Antimanic Effect of Endoxifen in Patients with Bipolar Disorder with Renal Comorbidities: Case Series. Indian J Psychol Med. 2024 Sep 21.
3. **Kurariya A**, Purohith AN, Shenoy S, Bhandary RP, Sharma PSVN. Acute Urinary Retention Associated with Olanzapine Long-acting Injection: A Case Report. Indian J Psychol Med. 2024 May.

**Publications in press: 4**

## AWARDS AND RECOGNITIONS

1. **2<sup>nd</sup> Prize in Poster Presentation** at 1<sup>st</sup> Annual Conference of Neuromodulation Society of India - NSICON 2024 - held at National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru held in September 2024 for a poster titled “Quantitative and Qualitative ictal EEG markers as predictors of symptom improvement in patients receiving ECT: Preliminary observations from a longitudinal cohort study in Southern India”.
2. **“Young Researcher Award”** at MAHE Inter-health sciences Postgraduate Research Conference – Manipal Quest 1.0 - for research contributions as a postgraduate student for the year 2024.
3. **“Sri Ram Prasad Sammeta Travel Grant”** for the Academic year 2024 – 2025, which is a 15 day tour to visit NGOs working for mentally ill in the community at various places in South India.
4. **2<sup>nd</sup> Prize in Dr. (Major) R.K. Pandey Memorial Psychiatry Quiz 2019** organized by Department of Psychiatry, Netaji Subhash Chandra Bose Medical College, Jabalpur.
5. **Gold Medal for 1<sup>st</sup> M.B.B.S. Professional Year (2015 – 2016)** for securing the highest marks awarded at Annual Convocation Ceremony 2021 held at Netaji Subhash Chandra Bose Medical College, Jabalpur.
6. Received **Cash Award from Chief Minister, Government of Madhya Pradesh**, in 2015 under “Chief Minister’s Genius Student Scheme” for securing top 1 percentile in Madhya Pradesh Board of Secondary Education Examination 2015.
7. Received a **Letter of appreciation from Mental Health Task Force Team, Doctors For a Cause (DFC) NGO** for an online session in “The Wellbeing Dialogue”. conducted during the Mental health awareness month in May 2024.

### CLINICAL EXPERIENCE - RESIDENCY

1. 18 months of Clinical posting in outpatient and inpatient Adult Psychiatry which included rotation between three units of the department. Responsibilities included daily brief and detailed evaluations and pharmacological and non-pharmacological interventions such as CBT, DBT, MET, IPT, IPSRT, ERP etc. for patients, weekly chart meetings, weekly ward academics, weekly emergency duties, twice a week grand rounds and 6 monthly end posting assessments. Completed minimum 100 hours of supervised psychotherapies.
2. 2 months of dedicated posting in special Child Guidance Clinic (CGC) which included evaluation and supervised pharmacological and non-pharmacological management of children and adolescents with Neurodevelopmental disorders and other psychiatric disorders.
3. 1 month of dedicated posting in Non-invasive Brain Stimulation (NIBS) which included pre-procedure evaluation and administration of supervised EEG monitored modified ECTs, rTMS, tDCS and Ketamine administration. Administered over 75 sessions of supervised rTMS of different protocols (High frequency/Low frequency/Sequential/Theta Burst Stimulation), over 50 sessions of ECT, around 50 sessions of tDCS and around 25 sessions of oral/IV Ketamine.
4. 2 months of dedicated posting in Neurology which included outpatient and inpatient clinical responsibilities, emergency duties, EEG interpretation and reporting, NCS interpretation, supervised evaluation and management of neurological emergencies and dementia care.
5. 3 months of District Residency Program posting in District Hospital, Ajjarkadu, Udupi which included daily outpatient and inpatient responsibilities, emergency duties, disability assessment and certification, evaluation of patients in conflict with law and outreach camp services under District Mental Health Program.
6. 1 month of clinical posting under Department of General Medicine which included outpatient and inpatient responsibilities, assessing and managing neuropsychiatric manifestations of common medical illnesses and emergency duties.
7. 1 month of external clinical posting in Child and Adolescent Psychiatry department, NIMHANS, Bengaluru which included inpatient and outpatient discussions.
8. 4 months of Consultation-Liaison Psychiatry posting which included liaisons with departments such as Medicine, Surgery, Orthopaedics, Critical care units, Oncology, Dermatology and Paediatrics for management of Psychiatric emergencies, Psychosomatic disorders and medical disorders requiring psychiatric interventions.
9. 4 months of dedicated Community and Rehabilitation Psychiatry posting in Hombelaku Rehabilitation Center, which included outreach camps, telepsychiatry camps, Assertive community treatment program, patient home visits and non-pharmacological interventions including CBT, DBT, ERP and other 3<sup>rd</sup> wave psychotherapies for residents along with social skills training, occupational and vocational training, supported employments etc.

### ACADEMIC EXPERIENCE - RESIDENCY

1. Presented 7 clinical cases in Departmental and Inter-departmental case conferences and attended around 120 similar case conferences as a part of post-graduate teaching program.
2. Presented 2 Psychotherapy seminars at Department level and attended almost 30 Psychotherapy Seminars as a part of post-graduate teaching program.
3. Presented 5 Seminars on various topics during residency and attended almost 100 Seminars as a part of post-graduate teaching program.
4. Presented a critical evaluation of research article in Journal Club and attended around 50 Journal Club proceedings as a part of post-graduate teaching program.
5. Attended various book and movie reviews held in department as a part of post-graduate teaching program.
6. Lectures and clinical demonstrations for MBBS 2<sup>nd</sup> professional year students.
7. ECT demonstration workshops for Medical Interns.

### CONFERENCES, CMEs & WORKSHOPS

1. Presented a poster on "Acute urinary retention secondary to Olanzapine long acting injectable – a case report" in 32<sup>nd</sup> Annual National Conference of Indian Psychiatric Society – Karnataka Chapter (**KANCIPS 2022**) held at Koteswara, Kundapura, Udupi in September 2022.
2. Presented a poster on "Role of ECT in complex PTSD – A case report" in 33<sup>rd</sup> Annual National Conference of Indian Psychiatric Society – Karnataka Chapter (**KANCIPS 2023**) held at Bagalkote, Karnataka in August 2023.
3. Presented a poster on "Safety and efficacy of Endoxifen in Mania in patient with primary renal disease - A case report" in 74<sup>th</sup> Annual National Conference of Indian Psychiatric Society (**ANCIPS 2023**) held at Bhubaneswar, Odisha in February 2023.
4. Presented a paper on "Cognitive impairment and development of dementia in late and very late onset psychosis – a case series" in 74<sup>th</sup> Annual National Conference of Indian Psychiatric Society (**ANCIPS 2023**) held at Bhubaneswar, Odisha in February 2023.
5. Presented a poster on "Quantitative and Qualitative ictal EEG markers as predictors of symptom improvement in patients receiving ECT: Preliminary observations from a longitudinal cohort study in Southern India" in 1<sup>st</sup> Annual National Conference of Neuromodulation Society of India (**NSICON 2024**) held at NIMHANS, Bengaluru in September 2024.
6. Attended Bipolar Disorder International Conference (**BDICON**) organized by NIMHANS in March 2023.
7. Attended **ECT @ 75 CME** organized by NIMHANS in July 2023.
8. Attended **ICD-11 Workshops** organized by Department of Psychiatry, KMC, Manipal in January 2023.

9. Attended **Psychedelic Therapeutics CME** organized by Department of Psychiatry, KMC, Manipal in November 2022.
10. Attended **Neuroimaging in Dementia CME** organized by Department of Psychiatry, KMC, Manipal in November 2023.

#### **ADDITIONAL COURSES COMPLETED**

1. **Good Clinical Practice Workshop (GCP)** – organized by Kasturba Medical College, MAHE, Manipal – completed in 2024.
2. **Basic Course in Biomedical Research (BCBR)** – conducted by ICMR - completed in 2024 with 88%.
3. **Postgraduate manuscript writing workshop** – organized by Kasturba Medical College, MAHE, Manipal – completed in 2024.
4. **Advanced Cardiac Life Support training (ACLS)** – organized by Kasturba Medical College, MAHE, Manipal – completed in 2022.
5. **Basic Life Support (BLS)** – organized by Kasturba Medical College, MAHE, Manipal – completed in 2022.

#### **CLINICAL AND RESEARCH INTERESTS**

1. Non-invasive brain stimulation, including, ECT, TMS, tDCS etc.
2. Bipolar Disorder, OCD and Substance use disorders.
3. Biological Psychiatry.

#### **REFERENCES**

1. **Dr. Samir Kumar Praharaj**  
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Department of Psychiatry  
Kasturba Medical College, Manipal  
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2. **Dr. PSVN Sharma**  
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