**DR. AASHI BHALLA MBBS, MD (Psychiatry), MRCPsych (Part A)**

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# New Delhi

**Objective**

Dedicated psychiatrist with a passion for child psychiatry, neuropsychiatry, geriatric psychiatry and cognitive behavioral therapy. Combining clinical expertise, academic excellence, and research skills, I aim to contribute meaningfully to a progressive mental health team while advancing my knowledge and skills.

# Education

**M**.**D**. **Psychiatry**

Meenakshi Medical College and Hospital, Tamil Nadu (2021–2024)

# MRCPsych Paper A cleared (November 2024).

**M.B.B.S.**

D.Y. Patil School of Medicine, Navi Mumbai (2014–2020)

# Neurology Training

**Institute of Human Behaviour and Allied Sciences (IHBAS), Government of New Delhi (June 2024)**

* Hands-on training in neurological assessments and treatments.

# Key Achievements

* **NIMHANS Training:** Completed a three-month in-depth program with exposure to child and adolescent psychiatry, addiction medicine, NIBS and forensic psychiatry.
* **Conference Contributions:** Presented research papers and posters at national psychiatric forums.
* **In TYSA 2023(Torrent Young Scholar Award 2023)-** one of the **south zone topper .**
* **International Certification:** Participated in the Summer School on Cardiovascular and Pulmonary Pathophysiology at the University of Pisa, Italy.

# Certifications

* Clinical Psychology (CBT, DBT, REBT) .
* Emergency Psychiatry program (ECHO) by LGBRIMH, Tezpur (3rd May 2024- 21st July 2024)
* Geriatric Mental Health (ECHO) by LGBRIMH , Tezpur (3 month course)
* Basic Life Support (BLS) and Advanced Trauma Life Support (ATLS), Trauma Care Management.
* FAST (Focussed Assessment with Sonography for Trauma).
* Basic Course in Biomedical Research (BCBR) and Good Clinical Practice (GCP).
* Creative Leadership: Served as Creative Head, Student Council, D.Y. Patil School of Medicine (2017–2018).
* Academic Excellence: Highest marks in English in CBSE 12th Board.

# Research and Publications

* “Prevalence of Anxiety Disorder Among NEET PG Aspirants” – African Journal of Biological Sciences.
* “Compulsive Exhibitionism Treated with SSRIs and Exposure Therapy: A Case Report.”
* “Prevalence of Depression Among NEET PG Aspirants” – African Journal of Biological Sciences
* Ongoing Publication : “Attitudes and Stigma Towards Mental Illness Among Healthcare Professionals: A Cross-Sectional Study.”

# Work Experience

**Junior Resident** – **Pediatrics**

Pandit Madan Mohan Malviya Hospital (November 2021 – February 2022)

# Junior Resident – Obstetrics and Gynecology

Dr. N.C. Joshi Memorial Hospital, Govt. of NCT of Delhi (May 2020 – October 2020)

* Performed several normal deliveries and provided care to patients.

# Areas of Interest

* Child and Adolescent Psychiatry
* Neuropsychiatry
* Non-Invasive Brain Stimulation (NIBS)
* Geriatric Psychiatry
* Cognitive Behavioral Therapy (CBT)
* Sound & Music Therapy

# Other Skills

* Proficient in effective communication in both English and Hindi, fostering strong and therapeutic patient relationships across all age groups from child & adolescent to geriatric population.
* Proficient in managing emergency psychiatric cases.
* Committed to advancing child psychiatry, neuropsychiatry and geriatric psychiatry through clinical exposure and research.