



# DR SHRUTI ZUNZUNWALA

Psychiatrist

## CONTACT



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New Delhi, India

## SKILLS

- Communication
- Empathy
- Psychotherapy
- Women mental health
- Child and adolescent mental health

## LANGUAGE

- English
- Hindi
- Marathi

## ABOUT ME

I am a passionate young psychiatrist captivated by the immense influence that the brain—and consequently the mind—has on an individual's overall well-being and personality. My goal is to understand, support, and treat those facing mental health challenges, helping them unlock their full potential in life.

## WORK EXPERIENCE

**PG Resident Doctor** February 2022 – January 2025  
*Department of psychiatry and drug deaddiction centre, Lady Hardinge Medical College, New Delhi*

I possess experience in various fields, including emergency services, consultation liaison, child and adolescent psychiatry, addiction psychiatry, psychotherapy, general psychiatry, telepsychiatry, women mental health as well as academic presentation and research.

**Medical officer** May 2021– September 2022  
*Primary health centre, Waifad, Wardha, Maharashtra*

As a Medical Officer, I enhanced my skills in community health and patient care. I managed diverse medical conditions and emergencies, learning to optimize limited resources while ensuring quality healthcare.

**Intern Doctor** February 2020–2021  
*Government medical college, Nagpur*

## EDUCATION

**Delhi University** 2022–2025  
MD Psychiatry

**MUHS, Nashik** 2015–2021  
MBBS

## CERTIFICATE COURSE

**Motivation Enhancement Therapy by Dr Miller**

## **PUBLICATIONS**

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- 1.Zunzunwala S, Sharma S, Khedar SP, Kataria D. Kundalini Awakening and Psychosis: A Case Series Exploring the Psychopathological Manifestations. Journal of Advanced Research in Psychology & Psychotherapy (E-ISSN: 2581-5822). 2023 Dec 30;6(1&2):10-3.
- 2.Dalal P, Pruthi T, Thakur MR, Katyal A, Zunzunwala S, Prasad S. Black Hairy Tongue: A Rare Adverse Effect of Olanzapine. The Primary Care Companion for CNS Disorders. 2024 Oct 3;26(5):57116.
- 3.Zunzunwala S, Pruthi T, Katyal A, Dalal P, Prasad S. A Gamble of Life: Adolescent Betting, Mental Health Crisis, and Legal Insights—A Case Report. Indian Journal of Psychological Medicine. 2024 Dec 1:02537176241297755.

## **AWARDS**

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- 1.Best Free Paper Award at the Annual Conference of the Psychiatric Society North Zone, September 2024 (ACIPS-NZ-24)
- 2.Future Researcher Award at the Young Psychiatrists National Conference, December 2024 (YPCON-24)
- 3.Young Psychiatrist Travel Award at the Young Psychiatrists National Conference, December 2024 (YPCON-24)
- 4.3rd Prize in PG Quiz at the Annual Conference of the Psychiatric Society North Zone, September 2024 (ACIPS-NZ-24)
- 5.2nd Prize in PG Quiz at the National Conference of the Indian Association of Social Psychiatry, November 2022 (NCIASP-22)
- 6.Best Reel on Women's Mental Health Awareness at the Annual National Symposium on Women's Mental Health, December 2024