

Curriculum Vitae

Date- 17/7/2024

Dr Arpita Sharma, MBBS, MD Psychiatry

National institute of mental health and neurosciences (NIMHANS) Bengaluru, India

Mobile- 9596917381, email – as6824352@gmail.com

Born on 18 October, 1996 at Jammu, India.

Age- 27 years

Academic qualification –

MBBS from Government Medical College and hospital, Jammu, Jammu and Kashmir (2014-2020.)

MD in Psychiatry from National Institute of Mental Health and Neuro Sciences 2021-2024

Current position –

Junior resident in Department of Psychiatry, National institute of mental health and neurosciences (NIMHANS), Bengaluru, India, joined in September 2021

Total course tenure till 4/8/2024

Thesis (MD)

Cortical excitability and neuroplasticity as markers of treatment resistance in obsessive compulsive disorder using transcranial magnetic stimulation.

Awards

- Second prize in Quiz competition in International conference for bipolar disorder conducted in NIMHANS,2023.
- Runner up in Quiz competition in IPS quiz for residents conducted in NIMHANS in the year 2024.
- Second prize for conducting best psychotherapy for the academic tenure (2021-2014).
- Conducting Y20 , International meet in India ,2023, (Part of organizing committee).

Scientific Presentations (* presenting author)

Poster Presentation-

Poster presentation on Dopamine dysregulation syndrome presenting as a mood disorder in a patient with Parkinson's Disease-Bipolar disorder CME,2022.

Paper presentation-Treatment profile of patients presenting with first episode depression from a tertiary health center in India: A retrospective chart review from India, at BDICON, NIMHANS , Bangalore, 2024.

Published Papers

Shetty S, Sharma A, Mamtani H, et al. Dopamine Dysregulation Syndrome Mimicking Ultradian
Cycling Bipolar Disorder in Parkinson's Disease. Indian Journal of Psychological Medicine.
2024;0(0). doi:10.1177/02537176241231086

Current papers in progress

Managing COVID-19 patients with mental illness in a specialized neuropsychiatric setting: An experience from a tertiary care hospital in India

CME, conferences, workshop attended

2022-

- 2nd Annual National Conference of Addiction Psychiatry Society of India (APSI), NIMHANS, Bengaluru.
- OCD silver Jubilee International conference,2022, NIMHANS,Bengaluru.

2023-

- Mood disorder CME, NIMHANS, Bengaluru
- Indian psychiatric society Karnataka chapter postgraduate CME, NIMHANS, Bengaluru
- Autism Spectrum Disorder CME, JIPMER, Puducherry.

- National Young Psychiatrist Conference, Bhopal, India
- 17th Biennial National Conference of the Indian Association of Child and Mental Health (IACAMCON), NIMHANS, Bangalore.

2024 -

- Indian Psychiatric Society Karnataka Chapter Post Graduate CME 2024, NIMHANS
- Bipolar disorder international conference, 2024, NIMHANS.

Areas of academic interest:

- Child Psychiatry
- Neuropsychiatry
- Obsessive Compulsive disorder
- Psychotherapy
- Women and mental health
- Addiction psychiatry

Additional Skills-

- M S Office and M S Excel proficient
- Multi-lingual- English, Hindi, Dogri and Kannada

Extra-curricular

- Basketball, Table tennis, Fitness enthusiast, painting, writing, Social media endorsement.