

SHUBHIKA AGGARWAL

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Uttar Pradesh Medical Registration Number: 80430
Delhi Medical Council Number: 83823

Education

School of Medical Sciences & Research

Sharda University, Greater Noida, Uttar Pradesh

MD Psychiatry

05/2019 – 05/2022

Santosh Medical College, Ghaziabad, Uttar Pradesh

MBBS

09/2012 – 03/2017

Work Experience

SHARDA HOSPITAL

Greater Noida

2023-PRESENT

Currently working as a Senior Resident managing a busy outpatient clinic of 30-40 patients a day with all spectrum of psychiatric patients including Mood disorder, Schizophrenia, Psychotic disorders, Substance use disorders, Anxiety disorders, Psychosexual Disorder, Somatoform disorders and all other vast range of psychiatric patients. We had a strength of 30 inpatients in ward which provided an in-depth rich experience in all major psychiatric illnesses. I had an on-site training in managing violent aggressive subjects, patients with suicidal tendencies, patients of substance use disorders and consultation liaison with other departments of the hospital. I gained proficiency in providing ECT independently. I had an opportunity to teach undergraduate medical and paramedical students at Sharda University and also supervised 9 Post Graduate Residents in our Psychiatric Department.

ESIC MODEL HOSPITAL SECTOR 24 NOIDA

2022-2023 (6 MONTHS)

Worked as a Senior Resident in the Psychiatry department at this premier government set-up. Managing an OPD of 30-40 patients daily along with a consultation liaison with other departments in the hospital.

SMS&R 2019-2022

Post Graduation

During my Postgraduate training at Sharda Hospital, I had the opportunity to get myself trained in all aspects of psychiatric care including busy outpatient clinics and in-patient ward. I actively participated in all academic activities of the department. I had the privilege of teaching undergraduate students during my post-graduation years.

I had extensive experience in working all departments of Medicine in a multi-specialty teaching hospital of Delhi.

Thesis

During my post graduation at Sharda University and Hospital , I did a dissertation on Cross-Sectional Study to Assess the Incidence of Depression and Suicidal Risk in Patients of Obsessive-Compulsive Disorder in a Multi-Specialty Teaching Hospital.

Publications & Presentations

Aggarwal Shubhika, Kumar K, Kumar A, Sharma S *, Nayar N, Upadhyay K. Iatrogenic skin popper: tramadol dependence in a patient with no previous substance history. Open J Psychiatry Allied Sci. 2021;12:140-1. Epub 2021 Jan 21.

Abhinit Kumar, Kunal Kumar, Nikhil Nayar, **Shubhika Aggarwal ***, Shruti Sharma. A Cross-Sectional Study to Estimate the Severity of Anxiety in Professionals Remotely Working from Home during COVID-19 Pandemic .J Res Med Dent Sci.2022.10(1): 445-451. (**Corresponding Author**)

Abhinit Kumar, Kunal Kumar, Nikhil Nayar, **Shubhika Aggarwal ***. Anxiety in Male Professionals Working from Home in India During Lockdown Due to Corona Pandemic in 2020-A Cross Sectional Study. Journal of Evolution of Medical and Dental Sciences. Dec 2021.10(45): 3832.(**Corresponding Author**)

Awards and Conferences

Third Position in Poster Competition in CME on Psychosexual Disorders organized by Department of Psychiatry, SMS&R, Sharda University, Greater Noida on 7/12/2019

Presented Poster at 41st Annual Conference of Indian Psychiatric Society- Central Zone (CIPCON 2019) titled "Iatrogenic skin popper: Tramadol dependence in a patient with no previous substance history."

Presented Online Paper at IPS-South Zonal Branch PG training Programme-2021 titled "A Cross-Sectional Study to estimate the severity of anxiety in professionals remotely working from home during COVID-19 Pandemic."

Participation in **Quiz Competition** in CME on Psychosexual Disorders organized by Department of Psychiatry, SMS&R, Sharda University, Greater Noida on 7/12/2019

Completed Online **Certification of Basic course in Biomedical Research** by ICMR.

Strengths

I am an excellent team member with great interpersonal communication skills besides all my academic qualifications.