# Dr. Suravi Das

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Current Address: Gurgaon, Haryana

## Work Experience

### Junior Resident – MD Psychiatry

Era’s Lucknow Medical College and Hospital, Lucknow (2021 – 2024)

* Managed patients with diverse psychiatric conditions, including mood disorders, psychosis, substance use disorders, child psychiatry, and geriatric psychiatry.
* Conducted detailed psychiatric evaluations and provided evidence-based psychotherapy and pharmacological treatments.
* Participated in multi-disciplinary rounds, consulting with Medicine, Surgery, and other departments to provide comprehensive care.
* Handled psychiatric emergencies, including cases of suicide attempts, catatonia, and substance use withdrawal states.
* Provided care for acute psychiatric crises, including managing patients with severe agitation, self-harm tendencies, and psychosis.

### Medical Officer – Cardiology

Shri Mahant Indiresh Hospital, Dehradun (2019 – 2020)

* Managed emergency cases in CCU, CICU, and HDU units.
* Gained expertise in handling acute cardiac emergencies and patient stabilization.

### Junior Resident – TB and Chest Medicine

CRH Hospital, Sikkim Manipal Institute of Medical Sciences (2018 – 2019)

* Diagnosed and managed cases of tuberculosis and chronic pulmonary diseases.
* Worked extensively in both in-patient and outpatient settings.

### Internship

Smt. NHL Municipal Medical College, Ahmedabad (March 2017 – March 2018)

* Rotated through key departments, including Medicine, Surgery, Pediatrics, and Psychiatry.
* Gained hands-on experience in managing emergencies and routine patient care.

## Education

* MD in Psychiatry: Era’s Lucknow Medical College and Hospital, Lucknow (2021 – 2024)
* MBBS: Smt. NHL Municipal Medical College, Gujarat University, Ahmedabad (2018)
* 12th Standard: CBSE, DPS MIS, Doha, Qatar (2012) | 82.33%
* 10th Standard: CBSE, DPS MIS, Doha, Qatar (2010) | CGPA: 9.2

## Thesis

A Comparative Study of Vortioxetine and Escitalopram on Efficacy, Tolerability, and Effects on Metabolic Parameters in the Management of Major Depressive Disorder in a Tertiary Care Hospital

## Academic Presentations

* Paper Presentation: Assessing the Tolerability of Vortioxetine Versus Escitalopram in the Management of Major Depressive Disorder: A Tertiary Care Hospital Study at ANCIPS 2024, Kochi, Kerala.
* Poster Presentation: A Diagnostically Challenging Case of Epilepsy Presenting with Acute Psychosis and Prolonged Catatonia at ANCIPS 2024, Kochi, Kerala.
* Paper Presentation: A Comparative Study of Vortioxetine and Escitalopram on Efficacy and Effects on Metabolic Parameters in the Management of Major Depressive Disorder at CIPCON 2024, Ayodhya.

## Community Work

* Terry Fox Run: Participated in the global effort by the Terry Fox Foundation to raise awareness and funds for cancer research.
* Medical Camp Participation: Assisted in organizing and conducting the 10th medical camp by Indian Islamic Association and Indian Medical Association Qatar Chapter, focused on Hutchinson-Gilford Progeria.
* HELPLAGE India Volunteering: Contributed to raising awareness and funds for elderly care, promoting dignity and support irrespective of race, religion, or creed.

## Clinical Expertise and Procedures

* Psychiatric Evaluations: Diagnostic assessments and individualized treatment plans for psychiatric disorders.
* Psychotherapy: Cognitive-behavioral therapy, supportive therapy, and psychoeducation.
* Emergency Care: Managing psychiatric emergencies, including acute psychosis and suicidality.
* Medical Procedures: Cardiac emergency management during tenure as a medical officer.
* Tuberculosis Management: Diagnosis and treatment, including DOTS implementation.

## Certificates

* Basic Course in Biomedical Research (2023)
* Good Clinical Practice Certificate (2024)
* Ethics Review of Health Research, NIE-ICMR e-Certificate Course: NIeCer 102 (2024)

## Interests and Future Fields of Interest

* Understanding childhood development and the interplay of genetic and environmental influences.
* Exploring childhood and adolescent mental health for early interventions and improved outcomes.
* Promoting cultural sensitivity in psychiatric care to reduce stigma and enhance patient outcomes.

## Extracurricular Activities

* House Captain, DPS MIS International School, Doha (2011-2012).
* Certified in Indian Classical Music under Akhil Bharatiya Gandharv Mahavidyalaya Mandal, Mumbai.

## References

Available upon request.