

## Curriculum Vitae

1	Name	Dr Surbhi		
	Mobile No.	7291957343		
	E-mail id	surbhisharma.aiims@gmail.com		
2	Age	32 years		
	<b>Summary</b>  Dr Surbhi is a psychiatrist practicing in Delhi. She has experience of +8 years working in the field of Psychiatry. She has extensive knowledge and experience in the areas of psychotherapy, deaddiction psychiatry, child psychiatry, reproductive psychiatry and community psychiatry. She has treated patients of Depression, Bipolar disorders, Anxiety disorders, OCD, Schizophrenia and other psychotic disorders, eating disorders, Disorders of sleep, Sexual disorders, Alcohol abuse, Nicotine abuse and other substance use problems. She has skills of providing brain stimulation treatments and emergency psychiatric care. She has thorough experience of working in psychosomatic medicine and treating neuropsychiatric problems.			
3	<b>Educational Qualifications</b>			
	Degree/Diploma/Certificate	University	Main Subjects	Month & Year of Passing
(i)	MBBS	AIIMS, New Delhi	Medicine	Dec, 2015
(ii)	Internship	AIIMS, New Delhi	Medicine	Dec, 2016
(iii)	MD Psychiatry	AIIMS, New Delhi	Psychiatry	May, 2019
(iv)	MA Psychology	IGNOU	Clinical Psychology	Ongoing (2026)
(v)	1 Year Certification course	IACAM Academy	Child and Adolescent Psychiatry	Feb, 2024

### Details of employment in chronological order.

Sr. No.	Employer, Designation & other details	Nature of work
1	<p>AIIMS, New Delhi Department of Psychiatry</p> <p>(Oct 2019 to Oct 2022)</p> <p>Senior Resident</p>	<ul style="list-style-type: none"> <li>Clinical care (outpatient and inpatient) – extensive range of psychiatric illnesses successfully managed</li> <li>Supervision of junior residents</li> <li>Managing admissions</li> <li>Emergency psychiatric care</li> <li>Academic activities</li> <li>Organising and delivering CMEs/workshops/seminars</li> <li>Research work</li> <li>Participation in medical conferences</li> </ul>
2	<p>Deaddiction center Sirjan Hospital, Sangrur, Punjab</p> <p>(Feb 2023 to July 2023)</p> <p>Consultant Psychiatrist</p>	<ul style="list-style-type: none"> <li>HOD outpatient and inpatient services</li> <li>Ran Opioid Substitution Therapy clinic</li> <li>Successfully managed other substance uses like tramadol abuse, Pregabalin abuse, cocaine use, injectable drug use, dual diagnosis with psychiatric illnesses</li> <li>Supervising MBBS doctor and Paramedical staff in the clinic</li> <li>Responsible for smooth functioning of the center with a daily footfall of 250 patients/day</li> </ul>
3	<p>Mpower, Mental Health clinic, Delhi center Lajpat Nagar, New Delhi</p> <p>(August 2023 to April 2024)</p> <p>Psychiatrist, Clinical HOD</p>	<ul style="list-style-type: none"> <li>HOD, client care (Clinical Head of the center)</li> <li>Patient care (outpatient)- Both Adult and Children</li> <li>Providing both pharmacological and psychological interventions</li> <li>Managing a multidisciplinary team of 5 (including clinical psychologists, occupational therapist, speech therapist, special education)</li> <li>Holding weekly clinical grand rounds, supervisory meeting with therapist and making an integrated holistic management plan for the patients</li> <li>Speaking at workshops at schools, government institutions and online webinars for students, teachers, government employees, doctors etc.</li> </ul>
4	<p>Dr Surbhi's Psychiatry Clinic Consultant psychiatrist</p> <p>Lajpat Nagar, New Delhi</p> <p>( May, 2024 - )</p>	<ul style="list-style-type: none"> <li>Providing psychiatric consultation</li> <li>Outpatient services</li> <li>Psychological interventions and Therapies</li> <li>Focusing on Adolescence and Young Adults</li> <li>Focus on Anxiety and Stress related disorders</li> <li>IEC activities (Online and offline)</li> </ul>
5	Avocado Health (Registered Organisation in	<ul style="list-style-type: none"> <li>Improving overall mental health well being of</li> </ul>

	<p>Delhi) (Startup by AIIMS doctors working in School health)</p> <p>Head of School Mental health at Avocado Health</p> <p>(May, 2024 - )</p>	<p>students</p> <ul style="list-style-type: none"> <li>• Universal Screening of students</li> <li>• Providing interventions at school</li> <li>• Parent counselling and workshops</li> <li>• Developing pathways for easy access to care for children</li> <li>• Capacity building workshops</li> <li>• IEC activities with students, teachers and parents</li> </ul>
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### Details of Licenses and Memberships

1	Delhi Medical Council DMC/R/13917 (valid till 2026)
2	Punjab Medical Council
3	Indian Psychiatric Society- LOM
4	Indian Association of Social Psychiatry- Life associate

### Research and Publications and Book Chapters

<ul style="list-style-type: none"> <li>• Expressed Emotions and Somatic Symptom Disorder: An exploratory study Ashish Pakhre, MD; Surbhi Sharma, DM; Pallavi Rajhans, MD; Koushik Sinha Deb, MD <i>Dept. of Psychiatry, All India Institute of Medical Sciences, New Delhi</i></li> </ul>
<ul style="list-style-type: none"> <li>• Free Sociodemographic and Clinical Profile of Patients with Alcohol Liver Disease Seeking Treatment for their Alcohol Use Disorders at a Tertiary Care Center – A Cross-Sectional Study (<b>MD Thesis</b>) <i>Dept. of Psychiatry, All India Institute of Medical Sciences, New Delhi</i></li> </ul>
<ul style="list-style-type: none"> <li>• Complex compulsive behaviors and impulse control disorder and its management in a familial MAPT gene positive patient of frontotemporal dementia: A case report and Review Sharma S, Gupta S, Tewari A, Kumar N <i>Dept. of Psychiatry, All India Institute of Medical Sciences, New Delhi</i></li> </ul>
<ul style="list-style-type: none"> <li>• Evidence-based enhancements in the nuclear medicine therapy wards: Change from the disease/treatment-centric patient care to holistic care Anshul Sharma, Anil Kumar Pandey<sup>1</sup>, Surbhi Sharma<sup>2</sup>, Rakesh Kumar<sup>1</sup> <i>Department of Nuclear Medicine, HBCH&amp;RC (TMC), Punjab, Departments of <sup>1</sup>Nuclear Medicine and <sup>2</sup>Psychiatry, All India Institute of Medical Sciences, New Delhi, India</i></li> </ul>
<ul style="list-style-type: none"> <li>• Chapter: <i>Disorders of thought - content and possession</i> Pratap Sharan, Professor Surbhi Sharma, Senior Resident (written in the Book: <i>Clinical Methods in Psychiatry</i> by AIIMS, Department of Psychiatry)</li> </ul>

### Recent Conference Participation

<ul style="list-style-type: none"> <li>• DJICMH 2023, Diamond Jubilee International Conference on Mental Health (DJICMH), from 14th to 16th September, 2023 at PGIMER, Chandigarh</li> </ul>
<ul style="list-style-type: none"> <li>• 2024 AIIMS-CME, At the Interface of the mind and the body, 30<sup>th</sup> Jan 2024</li> </ul>

- 8th International Sleep Update, held on the 10th and 11th of February 2024, hosted by the Ace School of Sleep Medicine