**CURRICULUM VITAE**

**DR. MUSKAAN MAKKAR, MD (PSYCHIATRY)**

*(Child Psychiatry Fellow | Mental Health Advocate | Psychotherapist)*

📍 **Current Address:** 1951, 2ND floor , Outram lane, opposite ID Hospital GTB Nagar, Delhi | **Permanent Address:** C/O Makkar Nursing Home, Near SBI Bank, 59GB, Sri Ganganagar – 335703 (Rajasthan)

📞 **Contact:** +91-8650596789 / +91-9413883686 |

✉ **Email:** [muskanmakkar@gmail.com](https://mailto:muskanmakkar@gmail.com/)  
📌 **Medical Registration No:** 72873 (Rajasthan Medical Council)  
📅 **Date of Birth:** 15th September 1991 | **Marital Status:** Married

**PROFESSIONAL SUMMARY**

A dedicated and compassionate **Psychiatrist with MD in Psychiatry**, currently pursuing a **Fellowship in Child & Adolescent Psychiatry** to specialize in early intervention and developmental mental health. With over **6+ years of clinical experience**, I have honed expertise in **diagnosing and managing a wide spectrum of psychiatric disorders** across all age groups, with a special focus on **Mood disorders, Neurodevelopmental conditions and Substance related disorder**.

Skilled in **evidence-based psychotherapy (CBT, DBT, supportive therapy), pharmacological management, and Electroconvulsive Therapy (ECT)**.

I integrate **holistic and patient-centered approaches** to mental health care. My work emphasizes **collaborative treatment planning, mental health awareness, and reducing stigma**.

**CURRENT ENGAGEMENTS**

✔ **Practicing Psychiatrist in Belgaum, Karnataka** (March 2024 – Present)  
✔ **Fellow in Child & Adolescent Psychiatry** (2024 – Ongoing) – *Specializing in early diagnosis and intervention for ADHD, ASD, learning disabilities, and mood disorders in children.*

**EDUCATION & QUALIFICATIONS**

🎓 **MD (Psychiatry)** – Teerthanker Mahaveer University, Moradabad (2020)  
🎓 **MBBS** – Swami vivekanandSubhartiUniversity,Meerut2016

**CLINICAL EXPERIENCE**

**Senior Resident Psychiatrist**

1. **Institute of Human Behaviour & Allied Sciences (IHBAS), Delhi** (Nov 2021 – May 2023)

* Managed Emergency Psychiatry.
* Specialised training under Addiction Psychiatry Unit dealing with acute management and rehabilitation.
* Exposure to Medico legal psychiatry, been a part of conducting Standing Medical Board.
* Assisted in **training junior residents and medical students**.

1. **St. Stephan’s Hospital, Delhi** (Feb 2021 – Nov 2021)

* Diagnosed and treated **vast variety of cases withevidence based approach.**
* Consultation Liason Psychiatry

**Private Practitioner**

**Sri Ganganagar, Rajasthan** (June 2023 – Feb 2024)

* Provided **personalized mental health care**, using tailored pharmacotherapy and psychotherapy.
* **Been part of community drug de addiction campaign.**

**Observership& Training**

👩⚕️ **Under Senior Psychiatrist, Sri Ganganagar** (Sep 2020 – Dec 2020)

* Enhanced skills in **diagnostic precision and treatment planning**.

👩⚕️ **PG Resident (Psychiatry), TMU Moradabad** (May 2017 – Apr 2020)

* Rotated in **OPD, IPD, and emergency psychiatry**.
* Conducted **research on depression in diabetic patients** (published in *Annals of IMDR*).

**RESEARCH & PUBLICATIONS**

📄 **"A Study of the Effect of Antidepressants on Quality of Life in Patients with Type-2 Diabetes Mellitus and Depression"**

* *Published in Annals of International Medical & Dental Research* (Co-author: Dr. S. Nagendran)

**CONFERENCES, WORKSHOPS & TRAININGS**

**National & International Conferences**

* **ANCIPS 2019 (Lucknow)** – Presented paper on *"Filtered Selfies & Mental Health"*
* **3rd Global Conference on Biological Psychiatry (Mumbai, 2018)** – Poster on *"Psychiatric Comorbidities in Learning Disabilities"*
* **70th ANCIPS (Ranchi, 2018)** – Attended workshops on **ECT & Neurocircuits**

**Workshops & Certifications**

* **Hands-on ECT Training** (Prof. Harold Sackeim, ANCIPS 2018)
* **EEG &Neuronavigation Workshop** (Dr. Frank Zanow)
* **Child Psychiatry CME (NCPC 2018, Delhi)**

**AREAS OF SPECIAL INTEREST**

🔹 **Child & Adolescent Psychiatry** (ADHD, Autism, School Refusal, Anxiety)  
🔹 **Mood & Anxiety Disorders** (Depression, Bipolar Disorder, OCD)  
🔹 **Psychotherapy &Counseling** (CBT, DBT, Family Therapy)

**PROFESSIONAL MEMBERSHIPS**

* **Life Member, Indian Psychiatric Society (IPS)** – \*LOM/S59/18\* (2018 – Present)

**REFERENCES**

1. **Dr. S. Nagendran**  
   *Professor & HOD, Psychiatry, Teerthanker Mahaveer Medical College, Moradabad*

**DECLARATION**

*I hereby declare that all the information provided above is accurate to the best of my knowledge.*

**Date:**  
**Place:** Belgaum, Karnataka  
**Signature:**  
**Dr. Muskaan Makkar**