

CURRICULUM VITAE

Shivaneer Kumari

MD Psychiatry

Name: Shivanee Kumari

Adhar Card No.: 287813100188

Date of Birth: 5th July 1992

Gender: Female

Marital Status: Single

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Email: dr.shivaneekumari@gmail.com

Background: Acquired primary education from Stony Brook, New York, USA; secondary education from Kathmandu, Nepal and higher studies from India

Language proficiency: English, Hindi and Nepali

Current address: 344 16th A Main, 4th T Block, Jaynagar, Bengaluru 560041

Permanent address: 194 Mukherjee Nagar, New Delhi – 110009

ACADEMIC QUALIFICATIONS

Education

- **Primary Education:** Nassakeag School, Stony Brook, Long Island, New York, USA

- **Class 10**

Triyog High School,
Kathmandu, Nepal

SLC, Scholarship seat (merit)

Passed in 2008

84.88% (DISTINCTION)

- **Class 12**

Trinity International Higher Secondary School,
Kathmandu-HSEB BOARD

Passed in 2010- Scholarship seat (merit)

83.1% (DISTINCTION)

Received AIU Equivalency Certificate for the same from DELHI

- **MBBS**

Patan Academy of Health Sciences, Lalitpur, Nepal
Scholarship seat (merit)

MBBS including Internship: 27 July 2011 - 17 September 2017

Final Exam: 79.28%

- **MD**

Joined PGIMER MD Psychiatry in Jan'20

Completed in Dec 2022

PROFESSIONAL/CLINICAL EXPERIENCE

- **Senior Resident:** From 27th Feb, 2023 – National Institute of Mental Health and Neurosciences (NIMHANS) to present
 - I was given the opportunity to work in the general adult outpatient clinic, emergency and inpatient forensic ward. The experience was accompanied with jail visits, reviewing the implementation of Mental Healthcare Act (MHCA 2017) in different states and also taking Psychiatry classes for Junior Residents. I also had good

exposure to community psychiatry during my tenure here.

- **Junior Resident:** From Jan 1, 2020-December 31,2022
 - I was a junior resident at Psychiatry Department in PGIMER, Chandigarh where I have been given the opportunity to train and learn in adult and geriatric psychiatry, child psychiatry, consultation-liaison, ECT, and deaddiction psychiatry.
- **Medical Officer:** From October 2017 to October 2019
 - I have served as the Head of Primary Health Care centers in rural, hilly areas. This experience has helped me understand the difficulties in accessibility and affordability of general health care facilities for the general public. It also helped me get a better grasp of the general health care system and play a part in its development.
- **Intern**
 - From September 2016-September 2017 in Patan Hospital, Lalitpur, Nepal

License

- Delhi Medical Council No. 35896 (both MBBS and MD registered)

Affiliation

- Indian Psychiatric Society in 2022
 - Membership number: LOM/S07/22

Conferences/CMEs

- CME on The Fundamentals of Dynamic Psychotherapy by Dr Salman Akhtar held at Dayanand Medical College and Hospital, Ludhiana, Punjab, 1-2 March 2020
- COVID-19: Operational Planning Guidelines and COVID-19 Partners Platform to support country preparedness and response, WHO Health Emergencies Program, March 2020
- CME on ICD 11 Mental, Behavioural or Neurodevelopmental Disorders: How does it impact your psychiatric training and practice?, organized by the Department of Psychiatry, PGIMER, Chandigarh, 15th September, 2021
- 73rd Annual Conference of Indian Psychiatric Society held at Visakhapatnam, Andhra Pradesh from 24-26 March 2022 – Presented Abstract “Correlates of Caregiver Burden Among Elderly Caregivers of Patients with Schizophrenia”
- CME on First Episode Psychosis, organized by the Department of Psychiatry, PGIMER, Chandigarh, 17th September 2022
- 7th National Workshop on Fundamental of Polysomnography and Sleep, Bengaluru, 15-17th December, 2022
- 74th Annual Conference of Indian Psychiatric Society held at Bhubaneswar, Odisha from

Feb 2 to 5, 2023 – Presented Poster “Correlates of Caregiver Burden Among Elderly Caregivers of Patients with Schizophrenia”

- CME on Mood Disorders 2023 to commemorate World Bipolar Day, NIMHANS, 11th and 12th March, 2023
- Preparation of Poster for WHO Seventy-fifth Session of the Regional Committee meeting to be held from 5-9 September 2023 in Paro, Bhutan for Govt of India
- NIMHANS - Harvard Medical School Joint Webinar on Tele – Psychiatry, NIMHANS, Bengaluru, 2023

Courses and Training

- Research Methodology and Biostatistics, PGIMER, July 2020
- Primary Trauma Care Management, Kavrepalanchowk, Nepal, January 2019
- Training on Cardio Pulmonary Resuscitation, Montreal, Quebec, Canada, November 2018
- Basic Tuberculosis Training for Medical Officers, Bhaktapur, Nepal, Feb 2018
- Training on Clinical Management of HIV and AIDS, Kathmandu, Nepal, Feb 2018
- Training on Infection Prevention and Control, Lalitpur, Nepal, September 2016
- Drug Abuse Resistance and Education Program, New York, 2004

Interests

- Forensic psychiatry, Schizophrenia, Gender incongruence, Consultation-liaison

TEACHING EXPERIENCE

- Forensic psychiatry classes for Junior Residents of NIMHANS (2023)
- Basic Accredited Course in Mental Healthcare Act, 2017 (2023)
- Advanced Accredited Course in Mental Healthcare Act, 2017(2023)
- Online Certificate Course for Lay Counsellors (2023)
- Diploma in Community Mental Health for Doctors (Batch 38) (2023)

RESEARCH

Publications

1. Kumari S, Sivaramakrishnan S, SB Math. Legal and Ethical Considerations. Mental Healthcare Manual for Patients in Critical Care and Intensive Care Units (ICUs).

- SHIELD. Nimhans, Bangalore. 2023: 38.
2. Kumari S, Maheshwari P, SB Math. Future directions for research and practice. Mental Healthcare Manual for Patients in Critical Care and Intensive Care Units (ICUs). SHIELD. Nimhans, Bangalore. 2023: 40-1.
 3. Kumari S, Maheshwari P, Patley R. Future directions for research and practice. Mental Healthcare Manual for Healthcare Providers in Critical Care and Intensive Care Units (ICUs). CARE PLUS. Nimhans, Bangalore. 2023: 46.
 4. Kumari S, Sivaramakrishnan S, SB Math. Legal and Ethical Considerations. Mental Healthcare Manual for Caregivers of Patients in Critical Care and Intensive Care Units (ICUs). HOPE. Nimhans, Bangalore. 2023: 45-6.
 5. Kumari S, Maheshwari P, Patley R. Future directions for research and practice. Mental Healthcare Manual for Caregivers of Patients in Critical Care and Intensive Care Units (ICUs). HOPE. Nimhans, Bangalore. 2023: 47-8.
 6. Paudel U, Parajuli A, Shrestha R, Kumari S, Yadav SA, Marahatta K. Perceived stress, sources of stress and coping strategies among undergraduate medical students of Nepal: a cross-sectional study. *F1000Res*. 2022;11:167.
 7. Kumari S, Nehra R, Mehra A, Grover S. Caregiver Burden Among the Elderly Caregivers of Patients with Schizophrenia. *Indian J Psychiatry*. 2022;64:604. (*Abstract*)
 8. Kathiravan S, Shouan A, Kumari S, Harshit K, Singh SM. The Utility of HD-tDCS as Add on Treatment for Negative Symptoms in Schizophrenia: A Case Report. *Psychiatr Danub*. 2021; 33:366-367.
 9. Kumari S, Mehra A, Grover S. Peripheral edema associated with low dose of pregabalin in an older person. *J Geriatr Ment Health*. 2020;7:105.
 10. Sahoo, S., Mehra, A., Jagota, G., Suman, A., Kumari, S., Dhibar, et al. Knowledge overload versus actual practices: Knowledge and awareness about COVID-19 infection among patients attending the emergency services of a tertiary care hospital during the COVID “lockdown” period. *J Ment Health*; 2020; 25:14.

Other Research Work

11. Co-Investigator with Primary Investigators – Dr. Naveen Kumar C, Dr. Suresh Bada Math, Dr. Manjunatha N (NIMHANS)
 - a. Tele-mentoring of Practicing Medical Officers in Prison / Correctional Settings in the state of Bihar 2020-22
 - b. Tele-mentoring of Practicing Medical Officers in District Hospital Settings the state of Bihar 2023
12. Thesis: Elderly Caregiver Burden and Its Correlates, submitted in Jun 2022 under the guidance of Prof. Dr. Ritu Nehra, Prof. Dr. Sandeep Grover and Associate Prof. Aseem Mehra

Editor

- NIMHANS's Handbook for Lay Counsellors (review and suggestions)

ADMINISTRATIVE

- Draft corrections of State Mental Healthcare Rules and Regulations across all states of India as per Mental Healthcare Act (MHCA), 2017
- Member of drafting Committee of State Regulations, Karnataka
- Coordinating with the Central and State governments for implementation of MHCA 2017
- Member of the organizing committee for Svasti (National Consultation on Charting a Roadmap for Post Covid Mental Health Care Services in India), at NIMHANS, Bengaluru
- Conducted training sessions for Tele-MANAS lay counsellors in different states

Media

- Awareness video for ASHA workers for screening depression in the community under GSSPL Project, NIMHANS
- Brochure for MHCA 2017

AWARDS AND EXTRA-CURRICULARS

- Partial scholarship grant for MBBS at Patan Academy of Health Sciences, 2011
- 1st Position in Inter-house English Debate, Kathmandu, 2007
- Participation in 3rd International Literary Fest, Lucknow, 2007
- 3rd position in Essay Writing Competition in “Destination Nepal”, Kathmandu, 2007
- President's Education Award given by George W. Bush for outstanding academic excellence, New York, 2003
- President's Education Award given by George W. Bush for outstanding academic excellence, New York, 2004
- 1st Position in the Inter-school Battle of the Books, New York, 2004
- Certificate of Achievement for Excellence in English, Maths, Science and History in 2004
- Recognition of Outstanding Achievement in Reading, New York, 2004
- 4th place in the Regional Battle of the Books, New York, 2003
- “Outstanding” evaluation in New York State School Music Association (NYSSMA) for performance of Violin, 2003 and 2004
- India Society of Stony Brook, New York, award for performance of

“Bharatnatyam,” 2002

REFERENCES

Dr Debasish Basu

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DECLARATION

I declare that the above information is true to my knowledge.

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Photograph:

