



DR SHRUTI ZUNZUNWALA

Psychiatrist

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New Delhi, India

SKILLS

- Communication
- Empathy
- Psychotherapy
- Women mental health
- Child and adolescent mental health

LANGUAGE

- English
- Hindi
- Marathi

ABOUT ME

I am a passionate young psychiatrist captivated by the immense influence that the brain—and consequently the mind—has on an individual's overall well-being and personality. My goal is to understand, support, and treat those facing mental health challenges, helping them unlock their full potential in life.

WORK EXPERIENCE

PG Resident Doctor February 2022 - January 2025
Department of psychiatry and drug deaddiction centre, Lady Hardinge Medical College, New Delhi

I possess experience in various fields, including emergency services, consultation liaison, child and adolescent psychiatry, addiction psychiatry, psychotherapy, general psychiatry, telepsychiatry, women mental health as well as academic presentation and research.

Medical officer May 2021- September 2022
Primary health centre, Waifad, Wardha, Maharashtra

As a Medical Officer, I enhanced my skills in community health and patient care. I managed diverse medical conditions and emergencies, learning to optimize limited resources while ensuring quality healthcare.

Intern Doctor February 2020-2021
Government medical college, Nagpur

EDUCATION

Delhi University 2022-2025
MD Psychiatry

MUHS, Nashik 2015-2021
MBBS

CERTIFICATE COURSE

Motivation Enhancement Therapy by Dr Miller

PUBLICATIONS

- 1.Zunzunwala S, Sharma S, Khedar SP, Kataria D. Kundalini Awakening and Psychosis: A Case Series Exploring the Psychopathological Manifestations. Journal of Advanced Research in Psychology & Psychotherapy (E-ISSN: 2581-5822). 2023 Dec 30;6(1&2):10-3.
- 2.Dalal P, Pruthi T, Thakur MR, Katyal A, Zunzunwala S, Prasad S. Black Hairy Tongue: A Rare Adverse Effect of Olanzapine. The Primary Care Companion for CNS Disorders. 2024 Oct 3;26(5):57116.
- 3.Zunzunwala S, Pruthi T, Katyal A, Dalal P, Prasad S. A Gamble of Life: Adolescent Betting, Mental Health Crisis, and Legal Insights—A Case Report. Indian Journal of Psychological Medicine. 2024 Dec 1:02537176241297755.

AWARDS

- 1.Best Free Paper Award at the Annual Conference of the Psychiatric Society North Zone, September 2024 (ACIPS-NZ-24)
- 2.Future Researcher Award at the Young Psychiatrists National Conference, December 2024 (YPCON-24)
- 3.Young Psychiatrist Travel Award at the Young Psychiatrists National Conference, December 2024 (YPCON-24)
- 4.3rd Prize in PG Quiz at the Annual Conference of the Psychiatric Society North Zone, September 2024 (ACIPS-NZ-24)
- 5.2nd Prize in PG Quiz at the National Conference of the Indian Association of Social Psychiatry, November 2022 (NCIASP-22)
- 6.Best Reel on Women's Mental Health Awareness at the Annual National Symposium on Women's Mental Health, December 2024