**Dr. Harish Ahmed**

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# CAREER OBJECTIVE

To be Medical Practitioners of repute by nobly fulfilling the vows of duties and responsibilities in saving the lives of multitude and also develop my skills on regular basis.

# PROFESSIONAL EXPERIENCE

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**Undergraduate degree**

**Subharti Medical College, Meerut**

Subharti Medical College is a fast growing and developing educational institution which has recently been seemed as Swami Vivekanand Subharti University. The various departments within the medical college keep very busy with large influx of patients being referred from the adjacent cities, towns and villages for various advanced diagnostics tests such as USG, X-Ray, Multislide CT Scan, MRI and other interventions , Major Surgical Procedure and for consultation of complicated cases.

# INTERNSHIP

Full hand on experience in doing with ward patient with regards to history taking, Monitoring and charting of vital statistics, Preparing orders for necessary investigates and discussing plan of treatment with senior professors.

**JUNIOR RESIDENT IN PSYCHIATRY**

**Institute of Human Behaviour and Allied Sciences (IHBAS) | 2014–2015 (1 Year)**

As a Junior Resident at IHBAS, a premier national referral center for neuropsychiatric and brain-related disorders, I delivered comprehensive psychiatric care in high-pressure clinical settings. My responsibilities spanned outpatient (OPD) and inpatient (IPD) departments, where I conducted diagnostic evaluations, formulated evidence-based treatment plans, and prescribed pharmacological interventions for diverse neurological and psychiatric conditions. I adeptly managed acute psychiatric emergencies, stabilizing patients while coordinating with multidisciplinary teams to ensure optimal outcomes. Additionally, I oversaw nursing staff, maintained meticulous medical records, and contributed to hospital-wide health promotion initiatives, including community outreach programs focused on mental health awareness. This role honed my ability to thrive in fast-paced environments, stay abreast of cutting-edge medical advancements, and deliver patient-centered care aligned with institutional standards of excellence.

**Dr. Ram Manohar Lohia Hospital (RML Hospital) | 2015–2016 (1 Year)**

During my tenure at RML Hospital, a nationally renowned tertiary care institution, I further refined my clinical expertise under the mentorship of senior faculty, managing complex psychiatric cases spanning mood disorders, psychotic illnesses, and rare neuropsychiatric pathologies. I spearheaded detailed patient history-taking, differential diagnosis formulation, and case presentations to senior consultants, ensuring precision in treatment strategies. My role involved managing high-volume OPD clinics, addressing urgent psychiatric crises, and collaborating with specialists to address comorbidities. I actively participated in academic discussions, case conferences, and workshops, deepening my proficiency in both common and atypical presentations. This experience fortified my skills in patient communication, interdisciplinary teamwork, and ethical decision-making, while reinforcing my commitment to advancing mental healthcare through evidence-based practice and continuous learning.

**Sharda University | [2017-2018] (9 Months)**

As a Junior Resident in the Psychiatry Department at Sharda University, I provided holistic mental healthcare across outpatient and inpatient settings, managing cases ranging from anxiety and mood disorders to complex neuropsychiatric conditions. Collaborating with interdisciplinary teams, I designed individualized treatment plans integrating pharmacological and psychosocial interventions, ensuring alignment with evidence-based guidelines. My role involved conducting detailed psychiatric evaluations, monitoring treatment adherence, and mentoring medical interns through case discussions and bedside teaching. I actively contributed to academic activities, including journal clubs and seminars, while refining my expertise in psychopharmacology and cognitive-behavioural approaches. This tenure strengthened my adaptability in balancing clinical responsibilities with academic rigor in a dynamic teaching hospital environment.

**Sunshine Wellness Centre, Mumbai | [2018-2020] (2 Year)**

At this leading Mumbai-based psychiatric rehabilitation centre, I spearheaded recovery-focused care for patients transitioning from acute psychiatric care to community reintegration. My work centered on managing chronic mental illnesses, including schizophrenia, bipolar disorder, and substance use disorders, through structured rehabilitation programs. I developed personalized recovery plans emphasizing life skills training, vocational counseling, and relapse prevention strategies, significantly improving patients’ functional independence and social integration. Collaborating with psychologists, social workers, and occupational therapists, I organized therapeutic group sessions, psychoeducation workshops, and family counseling initiatives to foster supportive ecosystems for long-term recovery. My role also included crisis intervention, progress assessment, and advocating for stigma reduction in mental health, reinforcing my commitment to patient empowerment and holistic rehabilitation practices.

**Postgraduate Education**

**MD Psychiatry from Rama Medical College Hospital & Research Center, Kanpur | 2022–2025**

During my MD Psychiatry residency at Rama Medical College Hospital & Research Center, I gained extensive hands-on experience managing complex psychiatric cases, including treatment-resistant depression, bipolar affective disorder, schizophrenia spectrum disorders, obsessive-compulsive disorder (OCD), and neuropsychiatric conditions such as epilepsy with comorbid psychiatric manifestations. My training emphasized evidence-based crisis intervention for acute scenarios, including suicidal ideation, aggressive behaviors, manic episodes, and psychotic decompensation. I employed a combination of pharmacological management (mood stabilizers, antipsychotics, antidepressants) and psychotherapeutic strategies (cognitive-behavioral therapy, supportive counseling) tailored to individual patient needs. Additionally, I conducted comprehensive neuropsychological assessments to evaluate cognitive and emotional functioning, interpreted EEG findings to correlate neurological and psychiatric symptoms, and collaborated with multidisciplinary teams through liaison psychiatry consultations. This holistic approach ensured integrated care for patients with overlapping medical and psychological needs, reinforcing my ability to address both immediate crises and long-term recovery goals.

**Interests & Strengths**

Social Work & Advocacy:- Deeply committed to mental health awareness and community welfare, with a passion for supporting underserved populations through outreach programs and stigma reduction initiatives.

Clinical Resilience: - Adept at managing high-risk psychiatric cases, including suicidal ideation, manic episodes, and aggressive behaviors, with calmness, empathy, and evidence-based interventions.

Patient-Centered Care: - Exceptional patience, active listening, and interpersonal skills to build trust and rapport with patients and families in high-stress environments.

Procedural Proficiency: - Skilled in emergency medical procedures, including IV cannulation, blood draws, and administering critical medications, ensuring prompt and safe patient care.

Work Ethic: - Highly disciplined, sincere, and task-oriented professional with a track record of delivering results in fast-paced clinical settings while maintaining meticulous attention to detail.

Time Management: - Proven ability to prioritize competing demands, streamline workflows, and maintain efficiency without compromising quality of care.

# EDUCATION QUALIFICATION

2004 - Cleared Senior Secondary Examinations from Greenfield Public School, Delhi (CBSE)

2006 - Cleared Higher Secondary Examinations from Greenfield Public School Delhi (CBSE)

1. - MBBS from Subharti Medical College, Meerut

2025 - MD Psychiatry from Rama Medical College- Hospital & Research Centre, Kanpur.

# PERSONAL DETAILS

Father's Name - Dr. N. Ahmad

Date of Birth - 4th August, 1988

Nationality - Indian

Linguistic Proficiency - English & Hindi

Permanent Address - C-9/277, Yamuna Vihar, Delhi-110053

# DECLARATION

I hereby declare that the information provided above is true and correct to the best of my knowledge.

***Dr. Harish Ahmed***