C.V. : Dr. Tejal kothari



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| **Surname** | KOTHARI |
| **First Name** | TEJAL  |
| **Date of Birth** | 19.09.1985 |
| **Current and Permanent address** | D7 block 7183 house no. vasant kunj new delhi  |
| **Telephone** | +918356051876 |
| **Email address** | doctortejalkothari@gmail.com  |
| **Marital status**  | Married. Husband name: tarun kumar ( merchant navy captain)One daughter.  |

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| **Basic Medical Qualification****Institute/ Country/****Year obtained** | M.B.B.S (Bachelor of Medicine and Bachelor of Surgery) Institute: Goa medical college ,IndiaYear qualified for degree: 2011, Year Degree was obtained: 2012 |
| **Clinical Internship** | One year compulsory clinical rotation postings as per MedicalCouncil of India regulations for MBBS degree from 18.08.2010. to11.02.2012 at R.M.L Delhi India |
| **Specialist Qualifications Institute/ Country/****Year obtained** | Diploma in Psychiatry : Institute : Assam medical college ,Dibrugarh, India : 2014-2016 DNB in Psychiatry : 2017- 2019 passed in December 2019 Institute: K.J Somaiyya medical college , Mumbai India.D.H.A license cleared. Eligibility letter possessed.MRCPsych A AND B paper cleared. (Left with casc ) |
| **CERTIFICATION**  | Member of Bombay psychiatric society Member of Delhi psychiatric society ( applied for )Member of Indian psychiatric society (applied for ) |
| **Medical Licensure** | Delhi Medical Council,Delhi, IndiaRegistration number : 90156 Date of registration : 03/07/2019From 2012-2017, the registration was under Goa Medical Council (state council) It was brought under Delhi Medical Council due to requirement of state registration for job purpose. |
| **Current Position** | Consultant Psychiatrist atYashoda Multispeciality Hospital, nehru nagar Ghaziabad India |

# EMPLOYMENT HISTORY

**Current Appointment :**

**Institute:** Yashoda hospital and research Institute, Nehru Nagar Ghaziabad ,India

**Position title:** Consultant Psychiatrist

**Duration:** 09.06.2022 till date.

I am currently working as a Consultant Psychiatrist at Yashoda hospital ; a private multispeciality hospital with outpatient and Inpatient clinic for both acute and long term care of patients with a variety of psychiatric illnesses. I work in both inpatient and outpatient unit diagnosing and treating patients independently. The inpatient work includes admitting patients under me in the ward as well as attending referrals of patients regarding Consultation Liason Psychiatry, in all the departments.

# Post DNB experience:

**Institute: IHBAS hospital, Delhi.**

**Position title: junior resident**

# Duration: 04/06/19- 7/12/19 ( 6 months)

# Experience Details:

IHBAS hospital is a 300 bedded neuropsychiatry hospital in the heart of delhi. It has a multiple wards including special ward for children , deaddiction wards , adult psychiatry wards, emergency for acute psychiatric cases that is open 24\*7.

Working in IHBAS I was responsible for OPD as well as IPD cases. I did OPD thrice a week and cases daily ranged from general adult psychiatry, child psychiatry, deaddiction sexual disorders, I was working in deaddiction subspeciality OPD twice a week where addiction cases ranging from alcohol to heroine were treated .

Admission of patients in the ward , discussing the cases in detail during ward rounds and then monitoring the symptoms and accordingly managing the medications and taking therapy was a part of my duties.

I was also responsible for teaching the students pursuing post graduation in psychiatry and psychology . I was responsible for teaching the nursing students as well. We had seminars ,case conferences , journal club twice a week where students were taught and grilled by us as well as the senior faculty.

I was also responsible for pre discharge counselling of the patients from the ward. Psychoeducation of the families and supportive counselling for care givers was done on regular basis by me.

IHBAS also provides patients with ECT.( electro convulsive therapy) since we had a turnover of more than 800 patients a day , we usually gave ECTs every alternate day.

I have given ECT to more than 100 patients during my tenure in IHBAS.

We also did MET,CBT , DBT nad supportive counselling for inpatients.

IHBAS. Has a huge emergency set up where patients can walk in anytime. I have done night duties every month and have learnt to manage acute cases such as psychosis, delirium, conversion disorders, seizures, drug withdrawl etc. on emergency basis .

IHBAS is also responsible for legal cases in psychiatry in Delhi. I have learnt to handle legal cases and manage to answer questions in the court of law. , hence brushing up on the skills of forensic psychiatry.

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|  | **Post DNB experience (continued):** |  |
| **Institute:** G.B. PANT HOSPITAL (G.I.P.M.E.R) New delhi **Position title:** Senior Resident**Duration:** 06.01.2020 till 05.01.2023 (3 years)Experience Details:G.B Pant hospital Delhi is a premiere government hospital attached to maulana Azad medical college Delhi. Situated in the heart of Delhi it has all the specialities and super specialties. The psychiatry department has total of 40 inpatient beds divided between males and females. The OPD turnover ranges from 500 to more than 800 everyday. As a Senior resident I was handling OPDs independently and seeing more than 100 patients a day. OPD cases included general adult psychiatric cases along with sexual disorders, gender dysphorias, forensic psychiatry cases. I was a part of sub-specialty OPD for children for 1.5 years and deaddiction clinic for other 1.5 years. I was responsible for admitting the patients in the ward, get detailed history and daily rounds, under supervision of the faculty. As a part of clinical discussions during rounds I was responsible for clinical bedside teaching of my junior residents (post graduate students). I was responsible for pre discharge counselling and psychotherapy of my patients and their families.I was responsible for taking classes for MBBS students in psychiatry, nursing students as well as the students pursuing post graduation in psychiatry. I was involved in making duty rosters for the PG students, conducting and being a part of seminars, case conferences and journal clubs done every week on Friday. I was also involved in research activities. I have finished a Study on depression anxiety and adhd in interns in 2022 and I am in the process of publishing it.As we had an ECT machine , I have performed many ECTs for the patients.i was responsible for pre-ECT counselling, the procedure monitoring and supervision and post ECT complication monitoring and supervision.As GB Pant is a tertiary care Centre I was responsible for consultation liason and working for patients admitted in other departments with psychiatric /mental illnesses.  |

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|  | **D.P.M Psychiatry training** |  |
| **Institute:** Assam medical college Dibrugarh assam India**Title:** Junior Resident, Department Of Psychiatry.**Duration: June 2014- June 2016*** I had intensive training in the various specialties of Psychiatry under supervisors in both inpatient and outpatient settings under MCI guidelines.
* I was supervised and trained in evaluation, assessment and diagnosis of patients presenting to outpatient services 6 days a week. I presented cases in OPD to consultants and formulated treatment plans under their supervision.
* The institute had a 60 bedded inpatient unit. Detailed evaluation of cases admitted by consultants, followed by discussion of case specifics in daily patient rounds, treatment and daily monitoring was integrated into the

Training programme.  |

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| * Psychoeducation of patients and caregivers and follow up of patients in psychotherapy with senior Clinical Psychologists was also part of the program.
* I had rotation in specialty psychiatry units of Deaddiction services for 9 months.
* I was also posted in 1 month for Neurology to learn neuropsychiatric assessment.
* Management of psychiatric emergencies during on call (24 hours) twice a week was a part of training under supervision.
* Academic presentation of cases, seminars and journal review thrice a week
* I was trained in administration of MECT under supervision.
* I was trained and certified in basic research methodology in a workshop conducted by the Public Health Foundation of India.

**DNB IN PSYCHIATRY: KJ SOMAIYYA MEDICAL COLLEGE AND RESEARCH HOSPITAL.****APRIL 2017-JUNE 2019.** * Learning to take detailed history under supervision of my teachers
* OPD management of patients
* IPD management : 30 bedded IPD unit
* Regular consultation liason with other departments
* Therapies : CBT, DBT MET, EMDR AND ERP done regularly under supervision of clinical psychologist.
* ECT : given to patients with supervision from seniors.
* Submitted my thesis titled “ depression and marital satisfaction in wives of alcohol dependant males and its correlation with the severity of alcohol use” in 2018 .
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|  | **Gap in****Employment:** | * 30/06/2016 to 18/04/2017 ( Time taken for institute for final result publishment. Preparing for DNB entrance examination. DNB entrance exam were held in JAN 2017. Results declared in February and allotment for DNB institute done in April 2017.
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|  * 05/01/2023-08/06/ 2023 : pregnancy. I delivered a baby girl in February 2023. Was on maternity leave till June 2023 (5 months )
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| **Participation in Events****(as Attendee)** | * Hosted and participated in the conference organized by assam medical college . CEZIPS IN 2015.
* CME on Psychiatric disorders in Assam medical college
* Winner of Best speaker against and best speaker overall in Mumbai intercollegiate debate organized by Bombay psychiatry society in 2018.
* Participated in quiz competitions for psychiatry PGs in Mumbai in 2018.
* Felicitated by Delhi govt for COVID duties during the first wave of covid in 2021
* Participated in world Psychiatry conference in 2021
* Attended workshop on EEG in Delhi 2022
* Participated in 2022 in substance abuse conference organised by AIIMS Delhi
* Participated in workshop on Rtms held in fortis hospital 10th December 2023.
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| **Publication in Indexed journals** | * Co-authored book chapter on statistics in the book titled “Advances in Natural and Life Sciences: Volume: II (Volume 2)”
* Published a paper titled. ”Epidemiology and biostatistics: Fundamentals of research methodology” in open journal of psychiatry and allied sciences in 2015.j
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| **Presentations** | * Presented my paper titled depression & marital satisfaction in wives of alcohol dependent males in substance abuse conference held in AIIMS Delhi 2022.
* presented a power point on ‘off the beaten path: challenging cases in psychiatry” 19th January 2019 for Bombay psychiatric society.
* Winner of Best speaker against and best speaker overall in Mumbai intercollegiate debate organized by Bombay psychiatry society in 2018.
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| **Volunteer Experience and Programs conducted** | * Speaker in RAMJAS college Delhi university for awareness of mental health in February 2022
* Speaker in Delhi sports academy for awareness of mental illness in children playing sports in august 2023
* Held a week long workshop for psychologists in 2022 topic : how to take history. And basics of adult psychiatric disorders
* Held 8 day workshop for psychology students in January 2023. Topic: children mental health & psychiatric disorders.
* Organized mental health awareness camp for students

During mental health week in k.j. somaiyya medical college Mumbai in 2018. * Organized a walk for Alzheimer’s awareness in Mumbai in 2018.
* Regular contributor to articles on mental health online and in various magazines.

My **hobbies i**nclude Hindustani classical music as I am a trained singer.I enjoy writing in my free time and also educating people on social media about mental health via my youtube channel and Instagram lives. Single handedly taken following Psychology workshops: teaching psychology undergraduates and post graduates and MD psychiatry students on following dates: 2/04/2022 : psychiatry an insight workshop11/04/22 to 17/04/22 psychiatric treatment course 14/01/23 child and adolescent psychiatry workshop 23/01/23 to 29/01/23.. neurodevelopmental disorders course22/09/23.. history taking and MSE workshop 27/09/2023- 09/10/23 sexual disorders and treatment approaches course 1/12/2023-15/12/2023: workshop on psychiatric disorders  |