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# **DR. NAYAN SINHA**

# **MBBS, MD Psychiatry (Gold medalist)**

A highly motivated and passionate psychiatrist dedicated to advancing mental health care through clinical excellence, research, and education. I aim to contribute to the field of psychiatry by improving patient outcomes and fostering awareness of mental health issues.

Date of Birth- March, 9th, 1994

Languages- fluent in Hindi and English

Medical Council of India Registration No- 129555

# **EDUCATION AND TRAINING**

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| 2021 – 2025 | MD, Psychiatry  J.N. Medical College, Datta Meghe Institute of Higher Education & Research, Sawangi, Maharashtra |
| 2013 - 2019 | MBBS  Jawahar Lal Nehru Medical College, KLE Academy of Higher Education and Research, Belagavi, Karnataka |
| 1999 - 2012 | SchoolDelhi Public School Dwarka, New Delhi |

**PROFESSIONAL EXPERIENCE**

**Clinical Experience**

* Junior Resident (2022 – 2025), J.N. Medical College, DMIHER
* Managed inpatient and outpatient psychiatric cases, including psychiatric emergencies, mood disorders, obsessive compulsive disorders, psychotic disorders, substance use disorders, neuropsychiatric conditions, child psychiatry etc.
* Dialectical Behavioral Therapy (DBT) and other psychotherapy techniques.

**Peripheral Postings**

* District Rural Posting – Gadchiroli (2023, 3 months)
* Neurology Posting – Department of Neurology, DMIHER (2022, 1 month)

**Teaching and Academic Experience**

* Engaged in teaching undergraduate medical students, interns, and paramedical staff.
* Delivered lectures and case-based discussions on psychiatric disorders, treatment modalities, and recent advancements.

**AWARDS AND RECOGNITIONS:**

* Gold Medal in MD Psychiatry
* Completed Basic Course in Biomedical Research (2023) with 71%.
* Certified in Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) (2023).
* Won Best Debate Team in a debate on cannabis legalization during Mental Health Week (2023, J.N. Medical College).
* Organizing Committee Member for:
  + CME on Alcohol Use Disorder (2023, J.N. Medical College, DMIHER)
  + CME on World Schizophrenia Day (2023, Datta Meghe Medical College, Nagpur)
  + National Conference NISACON (2016, Jawahar Lal Nehru Medical College, Belagavi)
* Master of Ceremony for CME on World Schizophrenia Day (2023, Datta Meghe Medical College, Nagpur)

# **SKILLS AND COMPETENCIES**

* Clinical Psychiatry: Diagnosis and management of psychiatric disorders, psychopharmacology, psychotherapy, neuropsychiatric conditions.
* Emergency Psychiatry: Crisis intervention, de-escalation techniques, handling psychiatric emergencies.
* Teaching and Mentorship: Conducting lectures, supervising junior residents & students at J.N. Medical College, DMIHER
* Research and Publications: Designing and executing research studies, publishing in peer reviewed journals.
* Community Psychiatry: attending mental health camps in various rural districts of Maharashtra, patient awareness programs, and destigmatization efforts.

**RESEARCH AND PUBLICATIONS**

**MD Dissertation: “**Body Image Dissatisfaction in Men and Women of Rural Central India: A Comparative Study” - Submitted to DMIHER, Wardha, India.

**Conference Presentation**

* Poster Presentation: ‘A Case of Wernicke-Korsakoff Syndrome in a Patient with Alcohol Use Disorder and Bipolar Disorder’ (ADDICON 2022, NIMHANS)
* Poster Presentation: ‘Convergence Spasm Masquerading as Abducens Palsy: A Diagnostic Challenge’ (ANCIPS 2024, Kochi)

**Peer-reviewed Journal Publications**

1. Sinha N, Patil PS, Longkumer I, Chadha Y. Exploring Body Image Dissatisfaction and Psychiatric Co-morbidities in Rural India: A Comprehensive Review. Cureus. 2024 Jan 28;16(1):e53123. doi: 10.7759/cureus.53123.
2. Sinha N, Patil PS, Ahluwalia I, Chadha Y, Sangolkar DN. Unraveling the Web of Delusional Parasitosis: A Case Report. Cureus. 2023 Nov 9;15(11):e48550. doi: 10.7759/cureus.48550.
3. Sinha N, Suresh SB, Patil PS, Unni N. A Rare Presentation of Delusional Parasitosis With Koro-Like Syndrome. Cureus. 2024 May 9;16(5):e59946. doi: 10.7759/cureus.59946.
4. Sinha N, Patil PS, Ananta A, Suresh SB, Unni N. Unexpected Cataract Formation Following Valproate Treatment: A Case Report. Cureus. 2024 Jun 25;16(6):e63093. doi: 10.7759/cureus.63093.
5. Sinha N, Patil R, Kotla R, Sahu N. Yawning as a Rare Side Effect With Increased Escitalopram Dose: A Case Report. Cureus. 2024 Jun 3;16(6):e61559. doi: 10.7759/cureus.61559.
6. Chadha Y, Patil R, Toshniwal S, Sinha N. Internet Addiction Management: A Comprehensive Review of Clinical Interventions and Modalities. Cureus. 2024 Mar 4;16(3):e55466. doi: 10.7759/cureus.55466.
7. Longkumer I, Patil R, Sinha N, Sahu N. Social Stigmatization and Late Treatment of Dissociative Disorder: A Case Report on Trance and Possession Disorder. Cureus. 2023 Dec 8;15(12):e50198. doi: 10.7759/cureus.50198.
8. Chadha Y, Patil R, Toshniwal S, Sinha N. Trance and Possession Disorder With Underlying Dysthymia: A Case Report. Cureus. 2024 Feb 26;16(2):e54991. doi: 10.7759/cureus.54991.
9. kotla, R., Bodhare, P., Dudhe, S., Sinha, N., Nimodia, D., & Choudhary, A. (2024). The unspoken trauma: How silent post traumatic stress disorder fuels rising hypertension. *Multidisciplinary Science Journal*.

**REFEREES**

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| 1. Dr. P.S Patil (MBBS, MD)   Professor, Department of Psychiatry,  J.N medical college, DMIHER, Sawangi   1. Dr. Ragini Patil (MBBS, MD)   Professor & Head, Department of Psychiatry,  J.N medical college, DMIHER, Sawangi   1. Dr. Priyanka Yadav (MBBS, MD)   Associate professor, Department of psychiatry  J.N medical college, DMIHER, Sawangi   1. Dr. Pawan Khadse (MBBS, MD, DM)   Assistant professor, Department of Psychiatry,  J.N medical college, DMIHER, Sawangi   1. Dr. Kamaldeep Sadh (MBBS, MD)   Assistant professor, Department of Psychiatry  J.N medical college, DMIHER, Sawangi |

**DECLARATION**

The Curriculum Vitae is true and correct as at February 2025.