

## Dr. TUSHAR SAINI

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Email id: [tusharsaini639@gmail.com](mailto:tusharsaini639@gmail.com)

Mobile no.: 9739858576

### CAREER OBJECTIVE

Seeking a position where I can enhance my medical knowledge and patient caring skills

### ACADEMIC QUALIFICATION

- **Post Graduation (2018-2021)**

Completed MD in Psychiatry from SRI B.V.V SANGHA'S S NIJALINGAPPA MEDICAL COLLEGE, BAGALKOT, KARNATAKA under **RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, BANGALORE**

Percentage – 60%

- **Graduation (2010-2016)**

Completed MBBS (BACHELOR OF MEDICINE BACHELOR OF SURGERY) from NAVODAYA MEDICAL COLLEGE AND RESEARCH CENTRE, RAICHUR, KARNATAKA under **RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, BANGALORE**

Percentage 1<sup>st</sup> MBBS- 65.4%

2<sup>ND</sup> MBBS-66.3%

3<sup>rd</sup> MBBS- 67.3%

4<sup>th</sup> MBBS- 58.6%

- **12<sup>TH</sup> (2009)**

Central Board of secondary education (Sumermal Jain Public school, Delhi)

Percentage-74.8%

- **10<sup>th</sup> (2007)**

Central Board of secondary education (D.A.V Public school, Delhi)

Percentage-75.8%

## WORK EXPERIENCE

- **Senior Residency (2021-2022)**  
VIJAYANAGAR INSTITUTE OF MEDICAL SCIENCES, BALLARI, KARNATAKA under **RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, BANGALORE**
- Currently working as consultant psychiatrist (**on call**) at **KMC HEALTH CARE and Manoshanti Health Care** since July 2023 onwards
- **Currently** working as senior resident psychiatrist at Athena Behavioral Health, Sector - 47 ,Gurugram (**April 2024- present** )

## REGISTRATION

- Registered under Karnataka Medical Council on 20/04/2016 with **REG NO: 113848**
- Registration under Delhi Medical Council **REG NO: 106803**

## SKILLS

- Conduct interview of both adult and child and of uncooperative patients
- Perform mental state examination including that of uncooperative patients
- Administration and interpretation of projective tests and Intelligence and neuropsychological functions
- Basic Life support skills
- Participated in online workshop on **understanding behavioural addiction approach, evaluation and management (a special focus on gaming disorder)**

## INTERESTS

- Addiction psychiatry
- Geriatric psychiatry
- Liaison psychiatry

## ACHIEVEMENTS:

1. **2<sup>nd</sup> position in poster presentation award in Indian Psychiatric Society** Postgraduate CME Karnataka chapter March 2020

**2. Secured 3rd position in paper presentation in Indian Psychiatric Society Postgraduate CME Karnataka chapter October 2020**

**Number of paper published -4**

**National journal-2**

**a) Indian Journal of Mental Health (2020)**

Saini T, Mutalik NR. sexual dysfunction in individuals with alcohol dependence syndrome: A hospital based study. Indian J of Mental Health. 2020;7:246-54.

**b) Medico Innovatica Journal (2021)**

Vinod A, Tadapatri S, Mara B, Wanjari A, Chaudhari S B, Saini T. A study to assess attitude of nursing students towards suicide attempters- A cross sectional study at Bagalkot. Medica Innovatica. 2021Jul-Dec;10(2):44-48

**International journal-1**

**a) Clinical schizophrenia and related psychoses (2022)**

Vinod A, Saini T, Ainapur K, Mara B, Sanjana T, BK SK. Suicidal Ideation Among Patients Of Alcohol Dependence Syndrome: A Hospital Based Case Series Study. Clinical Schizophrenia & Related Psychoses. 2022 Nov 18.

**b) Clinical schizophrenia and related psychoses (2022)**

Vinod A, Bhaskar Mara, Tushar Saini, et al. A Cross-Sectional Study of Thyroid Dysfunction Among patients with Psychiatric Disorders. Clin Schizophr Relat Psychoses. 2022;16S(2).

**SKILLS & TRAITS:**

- **Sincere and responsible**
- **Hardworking**
- **Patient listener**
- **Caring person**
- **Empathy towards colleagues and co-workers**
- **Good co-ordinator**
- **Commitment & loyalty**

**PROFESSIONAL REFERENCE**

**Dr.Rahul Rai Kakkar : Consultant psychiatrist at COPE Psychiatric clinic  
: Group Center Head at Athena Behavioral Health**

**PERSONAL PROFILE**

**NAME:** TUSHAR SAINI

**FATHERS NAME:** Mr. NARESH KUMAR SAINI

**DOB:** 04/12/1991

**LANGUAGES KNOWN:** HINDI, ENGLISH, AND KANNADA

**NATIONALITY:** INDIAN

**HOBBIES:** INTERESTED in TRAVELLING, MUSIC, MOVIES, SKETCHING

**ADDRESS:** RZ-59, Main Road, Puran Nagar, Palam, South-West Delhi, Delhi-110045

**DECLARATION:** I hereby declare that the above mentioned information given by me is true and correct to the best of my knowledge, if given an opportunity to work in your organisation I will do my best and will provide better support to the organisation.

Yours sincerely  
Dr. Tushar Saini  
MBBS, M.D Psychiatry

**DATE:** 27/2/2025