

CURRICULUM VITAE

(updated July 2024)

<u>PERSONAL INFORMATION</u>	
Name	Dr. Tanu Kumari
Date of Birth and Age	20/12/1992, 31 yrs
Gender	Female
Permanent Address	C/o Mr. Rajkumar Sharma, Sri Sitaram Ashram, Main Road, Near Bank of India, Buxar Bihar, India.
Telephone Number	9990711977
Email ID	tanu2092@gmail.com
Languages	Hindi, English, Oriya

<u>MEDICAL REGISTRATION</u>	Delhi Medical Council, India (DMC-16778)
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<u>MEMBERSHIPS</u>	Indian Psychiatric Society- Life Ordinary Member
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<u>EDUCATION AND QUALIFICATION</u>	
❖	2024 –MRCPsych Paper B
❖	2023 –MRCPsych Paper A
❖	2021 - M.D. Psychiatry, AIIMS, Bhubaneswar
❖	2016 – M.B.B.S., Lady Hardinge Medical College, University of Delhi, New Delhi, India
❖	2010- Class XII, Amity International School, New Delhi
❖	2008- Class X, St. Paul's School, Sasaram, Bihar

<u>TRAINING AND WORK EXPERIENCE</u>	
Total years of experience in Psychiatry	3 years (Post MD)
September 2021– till current	<p><input type="checkbox"/> Position: <i>Senior Resident</i> at Department of Psychiatry, All India Institute of Medical Sciences (AIIMS), Patna.</p> <p>My responsibilities as a Senior Resident include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Screening, assessment and management of the patients with various psychiatric disorders across different age groups in outpatient, in-patient and emergency settings.. <input type="checkbox"/> Getting involved in Consultation Liaison Psychiatry and handling referrals from various Medical and Surgical sub-specialties. <input type="checkbox"/> Providing Psychotherapies such as Crisis Intervention, ERP (Exposure and Response Prevention) as a part of Multi-Disciplinary Team. <input type="checkbox"/> Administration of ECT (Electro Convulsive Therapy) in cases such as catatonia, high suicide risk etc. <input type="checkbox"/> Post Graduate teaching - Conducting Tutorials, Seminars, Journal Clubs, Case Conferences and Bedside clinical teaching. <input type="checkbox"/> Under Graduate teaching – Taking classes for MBBS students across different semesters, covering a broad range of topics in psychiatry and psychology, supplemented with bedside teaching and skills development. <input type="checkbox"/> Involved with ongoing research projects in the department. <input type="checkbox"/> Performing assessments for fitness to stand trial in Court for referred cases as a part of Forensic Psychiatry. <input type="checkbox"/> Providing training to medial officers in basic psychiatry for recognizing, treating and referring patients at primary health care level

	<input type="checkbox"/> Involved in training of personnel involved in NMHS 2 nationwide survey.
August 2018 – August 2021	<p>1. Position: <i>Post Graduate Resident in Psychiatry at Department of Psychiatry, AIIMS, Bhubaneswar, Odisha</i></p> <p>My responsibilities and training as a junior resident included:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Proficiency in history taking, conducting mental status examination, diagnosis and treatment of psychiatric disorders in both inpatient and outpatient settings. <input type="checkbox"/> Maintaining case records, follow-up register and logbooks. <input type="checkbox"/> Exposure to a variety of clinical cases both in the outpatient, inpatient and emergency settings <input type="checkbox"/> Administration of Electro-convulsive therapy under supervision in liaison with Department of anesthesia and critical care. . <input type="checkbox"/> Administration of Long Acting Injectables. <input type="checkbox"/> Psychoeducation, pre-admission and pre-discharge counseling of patients and caregivers. <input type="checkbox"/> Psychotherapy of clients under supervision. <input type="checkbox"/> One month training Neurology to facilitate consultation liaison psychiatry and gain better understanding of organic psychiatry. <input type="checkbox"/> Experience working in specialty clinics: <ul style="list-style-type: none"> • Epilepsy and Neuropsychiatry clinic • Child and adolescent guidance clinic <input type="checkbox"/> Training also included clinical and academic case discussions with multidisciplinary team in grand rounds, joint case conferences with department of Psychiatric Social work and Clinical Psychology, journal clubs and seminars including cine-seminars. Six monthly theory and clinical assessments and a final theory and practical examination to obtain my M.D. Degree.

July 2018 to August 2018	<p>Position: Non Academic Junior Resident, National Drug Dependence Treatment Centre, AIIMS New Delhi</p> <p>My responsibilities included:</p> <ul style="list-style-type: none"> □ Screening, assessment and management of the patients with different substance use disorders as well as dual diagnosis on OPD and IPD Basis under supervision □ Administering Motivation Enhancement therapy, Relapse prevention treatment under supervision
Intern	<ul style="list-style-type: none"> □ At: Lady Hardinge Medical College, New Delhi □ Period: January 2016 to December 2016 □ Description: <ul style="list-style-type: none"> i. Rotations of 2 months each in the following Departments: Obstetrics and Gynecology, Community Medicine ii. Rotations of 1.5 months each in the following Departments: Internal medicine, General Surgery iii. Rotations of 1 month each in the following Departments: Pediatrics iv. Rotations of 15 days each in the following Departments: Psychiatry, Otorhinolaryngology, Ophthalmology, Anesthesia, Orthopaedics, Physical Medicine and Rehabilitation, Emergency Medicine

<u>RESEARCH EXPERIENCE</u>	
Thesis dissertation	During August 2018,– August, 2021, as the primary researcher, at AIIMS, Bhubaneswar, under the guidance of Dr. Susanta Kumar Padhy (Additional Professor). It was titled “Comparison of changes in interleukin 6 levels in acute and transient psychotic disorder patients in remission against healthy sibling and healthy controls: a cross sectional study”.
Publication	Co authored a case Report on Sheehan Syndrome “Psychosis in hypoxic-ischemic brain injury: Organic or postpartum?” https://doi.org/10.1177%2F0004867420982067

	Co authored a Review on “Optogenetics on Mood Disorder” ; Currently accepted for publication in Frontiers journal.
Ongoing research	<p>Involved with two research projects at AIIMS Patna</p> <ul style="list-style-type: none"> • A ICMR (<i>Indian Council of Medical Research</i>) funded project- ‘A longitudinal follow up study to evaluate the correlation of neuroendocrine, inflammatory, and neurophysiological markers in common mental disorders of Depression, Anxiety and Obsessive Compulsive Disorders’. • DHR Grant Project titled “ Effect of ‘Integrated Yoga Practice vs Physical activity on psychological well being and academic performance among school going adolescent population: A multi centric randomized controlled trial • A multi-centric project under the aegis of <i>IPS (Indian Psychiatric Society)</i> – ‘<i>Correlates of suicide crisis syndrome in major depression</i>’. • A ICMR project titled “ <i>Comparative efficacy of Paroxetine v/s Duloxetine in post menopausal Depression and its correlation with endocrine and inflammatory biomarkers: A multicentre Randomised Controlled Trial</i>” currently submitted for approval. • An intramural study titled “<i>Study to explore the neurobiological factors implicated in Perimenopausal Depression as a distinct biological entity: A multicentric study</i>”

<u>PRESENTATION and CONFERENCES</u>	
December, 2018	<p>The Annual State Conference of Odisha State Branch Of Indian Psychiatric Society (Odisha IPS) 2018 at Chandipur, Odisha.</p> <ul style="list-style-type: none"> • Poster presentation on ‘Subarachnoid Cyst: Innocent bystander or Harbinger of a storm’ • Oral Paper presentation on “Depression in schizophrenia”
December 2019	<p>The Annual State Conference of Odisha State Branch Of Indian Psychiatric Society (Odisha IPS) 2019 at Puri, Odisha</p> <ul style="list-style-type: none"> • Won a prize in Poster presentation
March 2020	<p>Won third prize at National Symposium for women and mental health specialty perinatal psychiatry task force, Indian Psychiatry Task force in Blitz competition on topic “Female brain is unique”</p>
September 2020	<p>26th National Conference of the Indian Association for Social Psychiatry (NCIASP), 2019 at AIIMS, Bhubaneswar, India.</p> <ul style="list-style-type: none"> • A member of the organizing taskforce • Won third prize in PG Quiz contest
November 2023	<p>CEZIPS, SMIMS, Gangtok</p> <ul style="list-style-type: none"> • Participated in a symposium titled “Art and complexity of polypharmacy”

<u>MISCELLANEOUS ACHIEVEMENTS</u>	
1.	Passed NPTEL Basic course in biomedical research examination.
2.	Passed <i>Certificate Exam – Online Accredited - Advanced Course in Mental Healthcare Act (MHCA) 2017 from NDA-NIMHANS</i>
3.	Currently, taking Child and Adolescent psychiatry online certification course under IACAM.
4.	Currently, taking Basic course in Psychiatric Research (BCPR) under Research capacity building committee of IPS south Zone branch.
5.	Passed MRCPsych Paper A and Paper B, Due to give CASC in 2025

Personal statement

My journey as a mental health professional stretches over 6 years including my post graduation days, and I believe every interaction, every experience in my life has shaped me and helped me understand and unravel people, emotions, experiences, and made me be better at my job. Becoming a doctor has been my dream since as long as I can remember, and I always felt a sense of ardour and enigma when it came to the subject of psychiatry, since I had seen it up close growing up. So, when the time came to pick up the subject for PG, I chose what I was chosen for. Over the years, I realised that I have a natural ability to foster good inter-personal relations which has helped me in being a more empathetic person towards my patients as well as my colleagues, which also helps me be a team player. I believe, I have lots to offer to the institute via the professional and personal qualities I shall bring to the table.

The areas that uniquely interest me are general adult psychiatry, de-addiction and child psychiatry.. I aim to further learn, toil, involve in research activities and specialize while fulfilling my desire for personal and professional growth. I believe my professional prowess lies in diagnostics and management esp in general adult and child psychiatry cases. I have also had the opportunity of drafting 3 research protocols under the supervision of my HOD, while working at AIIMS Patna, while also being a part of a few more. Apart from this, I also took extra courses to boost my knowledge in research, and I feel this is an area where I can further contribute. Having worked in GHPU setups gives me an edge in consultation liaison psychiatry as well.. Having spent close to 6 yrs in the field of psychiatry so far, I'm confident in taking this next step to welcome the unique challenges and opportunities to boost my learning and clinical acumen. I hope to evolve further as an individual and as a professional, benefitting myself as well as the society in the process.

