
SUMMARY

Young psychiatrist with areas of interest being women and child psychiatry and community psychiatry having a keen eye and interest in complex psychopathological and psychosocial problems and their management using a holistic approach.

EDUCATION

MD Psychiatry

Lady Hardinge Medical College, New Delhi

Feb 2022- Jan 2025

MBBS

Lady Hardinge Medical College, New Delhi

2015-2020

AWARDS & ACHIEVEMENTS

1. **Dr Saadhgi Jagawat Memorial Award for Best Original Paper by Female PG** student at the **DPS Annual Conference 2023**
 2. **Finalist** in National PG Quiz, CEREBRA 2024
 3. **Finalist** in IPS North Zone PG Quiz 2024
 4. **Prof. (Dr.) J.K. Trivedi Award for Rising Star In Psychiatry,** 2024
 5. **Runner up** of PG Quiz at Consultation Liasion In Psychiatry, CME 2024 at Base Hospital, Delhi Cantt
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TRAINING & CERTIFICATIONS

1. **Basic Course In Biomedical Research** organised by Indian Council of Medical Research (ICMR)
2. Trained in **Interpersonal Social Rhythms Therapy** continuing education course sponsored by 3-C Institute for Social Development, Approved by Americal Psychological Association
3. Certificate Course in **Psychological Frist Aid**, John Hopkins University
4. Participation in **Research Ethics- Good Clinical Practice and Good Laboratory Practice** conducted at LHMC, New Delhi, 2024

ACADEMIC PUBLICATIONS (PUBLISHED)

1. Shankar, Pavitra; Raut, Nitin; Kataria, Dinesh; Seth, Saloni. Movie Review: To the Bone. Indian Journal of Social Psychiatry 40(4):p 433-434, Oct-Dec 2024. | DOI: 10.4103/ijsp.ijsp_183_23
 2. Sharma, Mini; Shankar, Pavitra¹; Kukreti, Prerna¹; Kataria, Dinesh¹. A rare case report of pseudo-pregnancy in a menopausal female. Indian Journal of Psychiatry 65(7):p 789-792, July 2023. | DOI: 10.4103/indianjpsychiatry.indianjpsychiatry_430_22
 3. Pavitra P, Kukreti P, Kataria D, Saurabh. Reassessing the utility of ECT in light of MHCA 2017: A six-year retrospective data-based study. Int J Sci Res. 2023 Jul;12(7):29-30. doi:10.36106/ijsr
 4. Kandpal G, Pavitra P, Sharma S, Avi S. Mephentermine-induced psychotic disorder: A case series. Indian J Appl Res. 2023 Jul;13(7):12-13. doi:10.36106/ijar/8903017.
 5. Alam P, Rehman S, Sharma M, Kataria D, Garg B, Jain V, Shankar P. Utility of sublingual atropine in clozapine-induced sialorrhea: A case series. Acta Neuropsychol. 2023 Sep;4:180033.
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SCIENTIFIC PRESENTATIONS

1. **Paper and poster** presentation at Indian Psychiatric Society- National Young psychiatrists Conference, 2023
2. **Symposium** presentation at the Diamond Jubilee International Conference on Mental Health, PGIMER Chandigarh, 2023
3. **Paper and poster** presentation at the Diamond Jubilee International Conference on Mental Health, PGIMER Chandigarh, 2023

CO-CURRICULARS

1. Youtube Channel creator of channels names "Pavitraa Shankar" and "Vriddhi Foundation" havinf cumulative 26,000 followers
2. TEDx speaker at GMC Bhopal in 2019
3. Second prize in poetry competition for "Expressions on OCD" at the OCD Clinic Silver Jubilee Symposium, NIMHANS, Bengaluru 2022
4. Third prize in Expressive Writing Competition at 8th Annual National Symposium of Women Mental Health; Indian Psychiatric Society, 2024