

Dr Gargi Mondal
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Objective

To join as a faculty (Assistant Professor) in the discipline of Psychiatry and continue academic and clinical activities as a Psychiatrist, rendering my time and skills in the teaching of students and diagnosis and treatment of mental health disorders.

Personal Details

- Date of birth: 14/12/1985.
- Married.
- Parents- Dr Swapan Kumar Mondal and Mrs. Kalyani Mondal
- Spouse- Dr Nirmalya Mukherjee
- Languages known: English, Bengali, Hindi.
- Permanent Address: N. Basu Road, Purbasha Pally, Telmarui Para, Burdwan, Purba Bardhaman, West Bengal, India, pin: 713101.
- Current address: N. Basu Road, Purbasha Pally, Telmarui Para, Burdwan, Purba Bardhaman, West Bengal, India, pin:713101.

Academic Qualifications

- DM in Geriatric Psychiatry from NIMHANS, Bangalore in July, 2023.
- Postdoctoral fellow in Obsessive Compulsive Disorder and Related Disorders from NIMHANS, Bangalore, in the academic year of 2018-19.
- DNB in Psychiatry from the Institute of Mental Health, Amritsar, Punjab, India in the session of December 2017 with 53% marks.
- Diploma in Psychological Medicine from Central Institute of Psychiatry, Ranchi, Jharkhand, India; completed in 2015 with 59.08% marks.
- MBBS from Midnapore Medical College and hospital in 2009 with honors in Community Medicine with overall 65.67% marks.
- Class 12 (ISC) from St. Xavier's School, Burdwan, West Bengal, India in 2003 with 84.83% marks.
- Class 10 (ICSE) from St. Xavier's School, Burdwan, West Bengal, India in 2001 with 90.67% marks.

Research activities

- Dissertation on the causes of death among patients admitted in a psychiatric hospital.
- Thesis on sleep disorders and sleep quality in mentally ill patients. Published original research article and correspondence on the same.
- Thesis on the relationship between frailty and depressive disorders among the elderly. Have been awarded a prize in GERON, 2022 on the oral presentation of a paper on the same.
- Published an original article on Psychosocial Informations related to COVID-19 available online.
- Co-authored an original article on rTMS in childhood epilepsy.
- Review article on suicide.
- Two case reports on rare features of schizophrenia.

Professional Experience

- Worked as Junior Resident in Psychiatry from 2013-2015 at Central Institute of Psychiatry, Ranchi, Jharkhand, India with experience of Male and female adult psychiatry, child & adolescent psychiatry, de-addiction psychiatry, epilepsy clinic.
- Worked as Junior Resident in Psychiatry from 2016-2018 at Institute of Mental Health, Amritsar, Punjab, India with experience of Male and female adult psychiatry, child & adolescent psychiatry, de-addiction psychiatry, forensic psychiatry.
- Worked as Post doctoral fellow cum Senior Resident at NIMHANS, Bangalore from 2018-2019.
- Worked as DM resident cum Senior Resident at NIMHANS, Bangalore from 2019-2022.

Key Responsibilities

- Administered treatments for mentally ill patients with varying natures and degrees of mental disorders.
- Collaborated with other members of the health care team, such as psychologists, psychiatric nurses, and psychiatric social workers, to diagnose and treat patients with depression and suicidal tendencies.
- Supervised junior trainees in psychiatry.
- Convened with patient's family members and relatives regarding the patient's mental condition
- Facilitated the administration of psychiatric medications.
- Administered both modified and unmodified ECT.
- Facilitated conversations with the patients to involve them in the analysis of their illness and conditions and to encourage seeking of professional help.
- Community visits to peripheral health center for treatment and spreading awareness about mental illness.
- Performed comprehensive physical assessments to detect need for medical attention aside from mental health interventions.
- Took part in awareness programs to inform the caregivers of mentally ill patients of how to take better care of the patients as well as themselves.
- Made use of different psychotherapeutic interventions in the treatment of the mentally ill patients.

