

DR. NITISH JHUNTHRA

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EDUCATION

COURSE	INSTITUTE	PERIOD
Doctor of Medicine (M.D. post D.P.M.-2 year)	K.S. Hegde Medical Academy, NITTE University, Mangalore, Karnataka	October 2022- October 2024
Diploma in Psychological Medicine (D.P.M.)	Kasturba Medical College, Manipal (Manipal Academy Of Higher Education/ Manipal University), Karnataka, India	May 2016- October 2018
Bachelor of Medicine and Bachelor of Surgery (M.B.B.S.)	Mahatma Gandhi Mission's Medical College, Navi Mumbai, Maharashtra	August 2008- January 2013
MRCPsych Paper A	Royal College of Psychiatrist, London	November 2023

PRESENTATIONS

1. **Presented Poster** on 'Pathways to Care in Alcohol Use Disorder: A Cross-Sectional Study at a Tertiary Care Hospital' at **National level PG CME** at K.S. Hegde Medical Academy on 20th July 2024 at Mangalore, Karnataka
2. **Presented Paper** on 'Pathways to Care in Cannabis Use Disorder: A Cross-Sectional Study at a Tertiary Care Hospital' at **IPS Rajasthan Chapter RajMidPsycon 2024** on 2nd June 2024 at Jaipur, Rajasthan
3. **Presented Poster** on 'Sociodemographic Data and Clinical Profile of Patients Presenting In Memory Clinic' at Annual National Conference of Indian Psychiatric Society in February 2018 at Ranchi, Jharkhand

AWARDS

1. Second Prize in PG Quiz at **National level PG CME** at K.S. Hegde Medical Academy from 20th-21st July 2024

2. Second Prize in PG Quiz at **Psychiatry Update 2016- Clinical Skills Workshop on Forensic Psychiatry and OSCEs'** from 12th-13th November 2016

EMPLOYMENT DETAILS

Designation	Duration	Place of Posting	Name of Employer
Junior Resident (Psychiatry)	October 2022- October 2024	K.S. Hegde Medical Academy, NITTE University, Mangalore, Karnataka	Dean, K.S. Hegde Medical Academy, NITTE University, Mangalore, Karnataka
Consultant Psychiatrist and Sexologist	November 2018- September 2022	Vivan Hospital for Sexual Health, Jaipur, Rajasthan, India	Director, Vivan Hospital for Sexual Health, Jaipur, Rajasthan
Junior Resident (Psychiatry)	May 2016-October 2018	Kasturba Medical College, Manipal, Karnataka, India	Dean, Kasturba Medical College, Manipal, Karnataka, India
Medical Officer	March 2014- April 2016	Vivan Hospital for Sexual Health, Jaipur, Rajasthan, India	Director, Vivan Hospital for Sexual Health, Jaipur, Rajasthan
Compulsory Rotatory Internship	February 2013- February 2014	Mahatma Gandhi Mission's Medical College and Hospital, Navi Mumbai, Maharashtra	Dean, Mahatma Gandhi Mission's Medical College and Hospital, Navi Mumbai, Maharashtra

WORK EXPERIENCE

- A. **Compulsory Rotatory Internship** at Mahatma Gandhi Mission's Medical College and Hospital, Navi Mumbai involved postings in various departments including General Medicine, General Surgery, Obstetrics and Gynaecology, Paediatrics, Orthopaedics, Community Medicine, Emergency Medicine, Psychiatry, Dermatology, Ophthalmology, Anaesthesiology and Otorhinolaryngology
- B. **Medical officer** at Vivan Hospital for Sexual Health from March 2014 to April 2016. Work involved history taking, assessing the patient's sexual dysfunction using various instruments, and assisting in surgeries.
- C. **Junior Resident** at **Kasturba Medical College & Hospital, Manipal, Karnataka**, from 2016 to 2018 and in **K.S. Hegde Medical Academy, Mangalore (NITTE University)** from 2022-2024:

1. Adult inpatient and outpatient Psychiatry: This includes postings in outpatient and inpatient setups, detailed workups, and discussions with psychopharmacological and psychosocial interventions. Electroconvulsive therapy (ECT) administration was part of this training.
2. Child and Adolescent Psychiatry: This includes work in the Child Guidance Clinic at Kasturba Hospital, Manipal, and a 2-month external posting at NIMHANS Bangalore.
3. Neurology & Neuropsychiatry: This includes work in the neurology department, assessing for psychiatric sequela of neurological disorders, Electroencephalography (EEG) interpretation, and Memory clinic for cognitive deficits.
4. Consultation Liaison psychiatry: liaison with the departments like general medicine, orthopaedics, general surgery, Intensive care Units, etc. for assessment and management of psychiatric comorbidities, including emergency psychiatry services.
5. Psychology: for training in therapies like CBT, mindfulness, BT, and group therapies; IQ testing, projection tests.
6. Rehabilitation posting in the Homebelaku rehabilitation center for basic rehabilitation techniques, skill training, daycare, occupational, and vocational training.
7. Emergency Psychiatry -day and night emergency duties throughout the four years of residency
8. Community Psychiatry – camp visits and Telepsychiatry 3-4 times per month.
9. Psychodermatology, psycho-oncology and psycho sexual clinics.
10. NITTE rural health set up

D. Consultant Psychiatrist and Sexologist at Vivan Hospital for Sexual Health, from 2018 to 2022: Work involved outpatient assessment and management of patients with a variety of common and serious mental illnesses, substance use disorders, and sexual dysfunction with pharmacological and psychosocial interventions.

COURSES COMPLETED

1. Certified in Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) from Manipal University in 2016
2. Completed NPTEL online course- health research fundamentals
3. Certified in Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) from K. S. Hegde Medical Academy, NITTE- Deemed to be University in 2022
4. Completed a workshop on synopsis and dissertation writing organized by the NITTE- Deemed to be University.
5. Basic Course in Biomedical Research by NPTEL in 2024 with 72%

CONFERENCES/WORKSHOPS/CME ATTENDED

A. International

1. **International Society for Sexual Medicine** congress at Beijing in from September 22nd-25th 2016

B. National

1. **Masterclass in Psycho-sexual medicine and therapy: A Workshop for Mental Health Professionals**, May 22nd, 2016 organized by Department of Psychiatry, Kasturba Medical College at Manipal, Karnataka
2. CME- '**Psychiatry Update 2016 - Clinical Skills Workshop on Forensic Psychiatry and OSCEs**', from 12th -13th November, 2016 held at Kasturba Medical College, Manipal, Karnataka, India
3. CME- '**Psychiatry Update 2017- Cluster B personality. Skills training for interventions in Borderline Personality Disorder**' from 11th -12th November, 2017 at Kasturba Medical College, Manipal, Karnataka, India
4. CME- **Annual National Conference of Indian Psychiatric Society** on the theme '**A Journey in Psychiatry: From Morals to Molecules**' from 5th-8th February 2018 at Ranchi, Jharkhand
5. Workshop- '**ICD 11 – An Interactive Case Based Workshop**' on 8th January 2023 organised by Department of Psychiatry, Kasturba Medical College, Manipal, Karnataka

6. Workshop- **‘ICD 11 – An Interactive Case Based Workshop (Part 2)’** on 23rd April 2023 organised by Department of Psychiatry, Kasturba Medical College, Manipal, Karnataka
7. Training programme- **‘Post Graduate Clinical Exam: A Trial Run’** from 4th-5th May 2024 organised by IPS-South Zone at Trivandrum, Kerala
8. CME- **RajMidPsycon** on the theme **‘Consultation Liaison Psychiatry’** organised by IPS Rajasthan chapter from 1st-2nd June,2024 at Jaipur
9. Workshop - **YENMIND-8** on the theme **‘Seeing the Unseen: Radiology Basics for Psychiatrists’** on 26th June 2024 organised by Department of Psychiatry, Yenepoya Medical College at Mangalore
10. CME- **National Level PG-CME** on the theme “ **‘Womb to Tomb’ Unravelling Journey of Psychiatry’** from 20th-21st July 2024 organised by Department of Psychiatry, KS Hegde Medical Academy, Mangalore

CONFERENCES/WORKSHOPS ORGANISED

1. Member of the Organising Committee at CME on **“Psychiatry Update 2016 - Clinical Skills Workshop on Forensic Psychiatry and OSCEs”**, from 12th - 13th November, 2016 held at Kasturba Medical College, Manipal, Karnataka, India
2. Member of the Organising Committee at CME on **‘Psychiatry Update 2017- Cluster B personality. Skills training for interventions in Borderline Personality Disorder’** from 11th -12th November, 2017 at Kasturba Medical College, Manipal, Karnataka, India
3. Member of the Organising Committee at CME on “ **‘Womb to Tomb’ Unravelling Journey of Psychiatry’** from 20th-21st July 2024 organised by Department of Psychiatry, KS Hegde Medical Academy, Mangalore

RESEARCH PROJECTS

1. Principal Investigator in the research project titled **“Pathways to care in Alcohol and Cannabis Use Disorders: A Cross Sectional Study at a**

Tertiary Care Hospital” as dissertation under the guidance of Prof. Dr. Satheesh Rao partial completion of Doctor of Medicine (M.D.) in Psychiatry at Department of Psychiatry, K. S. Hegde Medical Academy, NITTE University, Mangalore, Karnataka.

RESEARCH INTERESTS

- Psychopharmacology
- Affective disorders
- Substance Use Disorders
- Brain Stimulation techniques including Transcranial Magnetic Stimulation (TMS), Transcranial Direct Current Stimulation (tDCS)
- Consultation Liaison Psychiatry

LANGUAGES

- Native language: Hindi
- English (Reading, Writing, Speaking)
- Kannada (Speaking)

PROFESSIONAL REFERENCES

1. Prof. (Dr.) P.S.V.N. Sharma, MD, DPM
Professor, Department of Psychiatry, Kasturba Medical College, Manipal, Karnataka, India
E-mail: psvn.sharma@manipal.edu
2. Prof. (Dr.) Samir K. Praharaj, MD, DPM
Head, Department of Psychiatry, Kasturba Medical College, Manipal, Karnataka, India.
Email: samirkp@manipal.edu
3. Dr. Shrinivasa Bhat U., MD
Professor and Head, Department of Psychiatry

K.S.Hegde Medical Academy, NITTE deemed to be University,
Mangalore

Email: bhat.shrinivasa@gmail.com

4. Prof. Dr. Satheesh Rao, MD, DPM

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to be University, Mangalore

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