

# RESUME

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## ANIMESH BHUSHAN

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### Employment History

#### 1) Junior Resident (Equivalent to Registrar)

- Department of Psychiatry, National Institute of Mental Health & Neurosciences, Bengaluru (NIMHANS)
- Jan 2021 – Jan 2024 (3 years)
- Duties:
  - Provided comprehensive care and management of psychiatry patients in a diverse variety of settings including in-patient, out-patient, and the community.
  - Conducted detailed evaluations of patients while educating them and their caregivers about psychiatric illnesses, management plans, and prognosis.
  - Engaged in rotational 24-hour emergency duties under the supervision of senior residents and consultants, completing a total of 40 emergency duties over 3 years.
  - Completed three-month postings in the specialties of -
    - Child & Adolescent Psychiatry – Evaluated and managed psychiatric disorders in children and adolescents with a special focus on neuro-developmental disorders in children, mood disorders in adolescents and various psychotherapeutic techniques.
    - Deaddiction Psychiatry – Outpatient, inpatient, and emergency treatment of individuals with alcohol use disorders, tobacco use disorders, opioid use disorders, cannabis use disorder, and polysubstance use disorders. Applied motivation enhancement therapies and relapse prevention therapies for individuals dealing with addiction.
    - Consultation Liaison Psychiatry – Actively collaborated with diverse medical teams in general hospitals, and specialized orthopedic and pulmonary hospitals. Managed cases of delirium, alcohol dependence, as well as psychiatric presentations in complex medically ill cases.
    - Neurology – Attended outpatient department patients of headache, vertigo, epilepsy, movement disorders, stroke, and demyelinating disorders under the supervision of neurology consultants. Managed cases of stroke, epilepsy, autoimmune

demyelinating disorders in emergency duties under the supervision of Neurology duty teams.

- Active Liaison with the Neurology and Neurosurgery clinical teams for evaluating and managing psychiatry referrals.
- Participated in around 70 hours of supervised psychotherapy sessions encompassing behavioral therapy and family therapy. Conducted and submitted psychological testing assessments for IQ and personality, under the guidance of a consultant clinical psychologist.
- Completed one-month special postings in the fields of forensic psychiatry, community psychiatry, geriatric psychiatry, psychiatric rehabilitation services, cognitive behavioral therapy, and family therapy.
- Undertook postings in specialty OPDs of Perinatal Psychiatry, Obsessive-Compulsive Disorder Clinic, Schizophrenia/Metabolic Clinic and Psychiatric Rehabilitation OPDs.
- Administered around 300 Electroconvulsive therapies (ECTs), 15 sessions of repetitive transcranial magnetic stimulation (rTMS) and 5 sessions of Ketamine infusion under the supervision of senior residents and post-doctoral fellows.
- Actively participated and presented in multiple unit level and departmental level teaching program (attending around 250 teaching sessions over 3 years and presenting around 20 times).

## **2) Internship**

- Government Medical College (GMC), Patiala
- Apr 2019 – Mar 2020
- Underwent training in: Medicine, Surgery, Obstetrics and Gynecology, Orthopedics, Pediatrics, Psychiatry, Casualty, Otorhinolaryngology, Ophthalmology, Anaesthesiology, Forensic Medicine, and Community Medicine.

## **Education**

### **1) M.D. in Psychiatry (Jan 2021 - Jan 2024)**

- Department of Psychiatry, National Institute of Mental Health & Neurosciences, Bengaluru (NIMHANS)
- Thesis: “Genetics of Lithium Treatment Response in Bipolar Disorder in India: A Pilot Genome-Wide Association Study” under the guidance of Dr. Biju Viswanath and Dr. Meera Purushottam.

### **2) M.B.B.S. (May 2014 - Mar 2020)**

- GMC (Government Medical College), Patiala