



**Akul Gupta**

MBBS, MD Psychiatry

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## Curriculum Vitae

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| Title and Name    | Dr. Akul Gupta  |
| Permanent Address | 13, Gulmohar Park, Baghpat Road, Meerut – 250002, UP. |
| Phone No.         | +91-91492-64856                                       |
| E-Mail            | drakulgupta@gmail.com                                 |
| Date of Birth     | 9 <sup>th</sup> May, 1993                             |
| Nationality       | Indian  |
| Languages         | Hindi<br>English                                      |

### Professional Qualifications:

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| <b>Specialist Qualification</b>   | <b>MD (Doctor of Medicine) in Psychiatry, 2023</b><br>Teerthanker Mahaveer Medical College, Moradabad (U.P.), India.                              |
| <b>Medical Qualification</b>      | <b>M.B.B.S.</b> , (Bachelor of Medicine & Bachelor of Surgery), 2018. Netaji Subhash Chandra Bose Subharti Medical College, Meerut (U.P.), India. |
| <b>Intermediate Qualification</b> | Senior School Certificate Examination, 2011 under CBSE from Seth Bhagwan Dass Senior Secondary School, New Delhi.                                 |
| <b>High School Qualification</b>  | Indian Certificate of Secondary Education (ICSE) Examination, 2009 from St. Mary's Academy, Meerut, U.P.  |

### Medical Council Registration:

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| <b>2019</b> | Registered in <b>Delhi Medical Council (DMC)</b><br>Registration No.: 92270          |
| <b>2019</b> | Registered in <b>Uttar Pradesh Medical Council (UPMC)</b><br>Registration No.: 85951 |

## **Training and Work Experience in Psychiatry:**

**May 2020 to  
May 2023**

**Position: Postgraduate in Psychiatry as a Junior Resident in the Department of Psychiatry (as part of specialist training)**

Full time Training  
post  
(for fulfilment of  
MD Psychiatry)

Facility: Teerthanker Mahaveer Medical College & Research Centre, Moradabad.

### **Clinical Activities: General Adult Psychiatry**

- Screening of new referrals in the outpatient department for inpatient treatment and detailed evaluation.
- Discussion of diagnosis and formulation of management plan with consultants and fellow residents after their detailed assessment of new referrals allocated in outpatient unit.
- Review and management of old patients in follow up OPD.
- Post admission ward rounds for evaluation and formulation of management plan with psychiatry trainees before consultant's review.
- Management of patient in wards and review of diagnosis and mental status examination.
- Family meeting, psycho-education and discharge counselling of patients and carers.
- Psychotherapy and psycho-education of patients.

### **Clinical Activities: Specialty Services**

- Review and management of patients in emergency department
- After-hours duty with one psychiatry resident (junior or senior) and an on-call consultant for 15 hours on rotation basis
- Administration of Electro-convulsive therapy along with supervision and training of junior psychiatry trainees.
- As part of COVID-19 services (tele-psychiatry), conducting follow up of cases through tele-medicine facilities in form of video conferencing.

### **Teaching Activities**

- Taking lectures for undergraduate students in psychiatry and during clinical postings, clinical psychology, physiotherapy, and nursing students.

### **Administrative Activities**

- Scheduling duty rosters for junior psychiatry trainees.
- Designing posters/banners/invitations for symposiums, workshops and lectures.

**My responsibilities and training as a junior resident included:**

- Proficiency in history taking, conducting mental status examinations, diagnosis and treatment of psychiatric disorders and maintaining case records.
- Exposure to a variety of clinical cases both in the outpatient clinics and inpatient settings.
- Management of Psychiatric emergencies.
- Training in Electro convulsive therapy and Biofeedback.
- Experience of working in specialty clinics: De-addiction, Child and adolescent psychiatry, Anxiety clinic, and Marital & Sex clinic with one year posting in each on a rotating basis.
- Experience in consultation liaison psychiatry.
- Experience in psychotherapies under the guidance of the teaching faculty.
- Teaching and training undergraduate medical students and allied health care professionals.
- Training also included case discussions, topic presentations and journal clubs.

**MD Thesis:**

Thesis completed under guidance of Prof Dr Prerana Gupta, Professor, Department of Psychiatry, TMMRC, Moradabad.

**“A Comparative Study of Perceived Stress and Quality of Marital Life in Spouses of patients with Bipolar Disorder and Schizophrenia “**

**Presentations in Scientific Conferences:**

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| <b>2023</b> | 1. Paper presentation on <b>‘Perceived Stress in Spouses of Patients with Schizophrenia and Bipolar Disorder: A Comparative Study’</b> , Dr Akul Gupta, Dr Prerana Gupta at ANCIPS 2023, Bhubaneshwar.   |
| <b>2022</b> | 2. Paper presentation on <b>‘Association of Internalizing and Externalizing Behaviours of Children with Screen Time: A Cross-Sectional Study’</b> , Dr Akul Gupta, Dr Manish Tyagi at NCIASP 2022, Agra. |
| <b>2022</b> | 1. Poster presentation on <b>‘A Case of Catamenial Epilepsy Presenting as Psychosis: A Diagnostic and Therapeutic Challenge’</b> , Dr Akul Gupta, Dr S. Nagendran at NCIASP 2022, Agra.                  |

## **Publications:**

1. Association of Socio-Demographic Variables with Stress and Marital Life in Spouses of Patients with Schizophrenia - **Delhi Psychiatry Journal**, Volume 26 No. 1, April 2023.
2. A Cross-sectional study to assess levels of anxiety, depression, insomnia, and stress in front-line health care workers rendering duties at a level-3 COVID-19 Care Centre, - **Delhi Psychiatry Journal**, Volume 26 No. 1, April 2023.
3. Assessment of Quality of Life in Patients of Cardiovascular Disorder – **European Journal of Cardiovascular Medicine**, Volume 13 Issue: 2 – 2023.
4. Caregiver burden among primary caregivers of children with intellectual development disorder and its association with perceived stress – **NeuroQuantology**, Volume 21 Issue: 6 - May 2023.

## **Other activities:**

- 2022**      **Member, Organising Committee.** 29<sup>th</sup> National Conference of Indian Association for Social Psychiatry (NCIASP), Agra, India.
- 2020**      **COVID-19 Frontline Health Worker in Level-3 (Tertiary) COVID-19 Hospital** - Working with and treating afflicted patients in Emergency, Out-patient, In-Patient and High Dependency Units along with Psychiatric Consultation Liaisoning.

## **Memberships:**

Lifetime Member:                      **Indian Medical Association**  
Life Ordinary Member:                **Indian Psychiatric Society**

## **Other CMEs and Workshops attended:**

- 2020**      Workshop on effective protocol writing – Institute of Applied Statistics, National Institute of Medical Statistics - ICMR & National Institute of Cancer Prevention Research – ICMR.
- 2021**      CME December 2021 – Newer Psychiatric Illnesses Emerging During COVID-19 Pandemic – Subharti Medical College, Meerut.
- 2021**      Basic Course in Biomedical Research – Indian Council of Medical Research & National Institute of Epidemiology
- 2022**      29<sup>th</sup> National Conference of Indian Association for Social Psychiatry (NCIASP), Agra, India
- 2023**      74<sup>th</sup> Annual National Conference of Indian Psychiatric Society (ANCIPS), Bhubaneswar, India
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