**Dr. Dhruv Mathur, M.B.B.S, M.D Psychiatry**

D-002, Pearls Gateway Towers, Sector 44, NOIDA, UP 201301

Phone: +91 8791013411 | Email: mathurdhruv91@gmail.com

**PROFESSIONAL SUMMARY**

I am passionate about providing high-quality psychiatric care, with a strong emphasis on the psychiatrist-patient relationship. I believe this connection serves as the foundation for all other treatment approaches. My focus for the past 3 years has been on providing well-rounded inpatient and outpatient psychiatric care with detailed evaluations, diagnosis and management of patients across three psychiatric units. I am proficient in psychopharmacological and non-pharmacological treatments for mental health disorders, substance use disorders, and child and adolescent psychiatry, including psychotherapy, neuromodulation techniques (ECT, rTMS, tDCS), and community-based rehabilitation.

**EDUCATION**

**Kasturba Medical College, Manipal, India**

**M.D. Psychiatry**

2022- 2025

**Dr. Ram Manohar Lohia Hospital, Delhi, India**

**Clinical Internship**

2016–2017

**Subharti Medical College, Meerut, India**

**MBBS**

2011–2016

**TRAINING EXPERIENCE**

**In-Patient & Out-Patient Psychiatry**: Detailed evaluation, diagnosis, and treatment implementing both pharmacological and non-pharmacological approaches.

**Substance Use Psychiatry:** Management of alcohol, nicotine, cannabis, and opioid use disorders through evidence-based pharmacotherapy and psychotherapy.

**Child Psychiatry**: Diagnosis and treatment of in-patient and outpatient children with psychiatric disorders with a focus on neurodevelopmental disorders, childhood onset-psychosis, and evolving personality disorders.

**Consultation-Liaison Psychiatry**: Specialized care for patients with psychiatric-morbidities with medical illness admitted under other departments in hospital.

**Neuromodulation**: Hands-on experience in administering Electroconvulsive Therapy (ECT), repetitive transcranial magnetic stimulation (rTMS), and transcranial direct current stimulation (tDCS), with 120+ sessions conducted.

**Psychotherapy Training**: Well-versed in Supportive Therapy, Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Motivational Enhancement Therapy (MET), Exposure and Response Prevention (ERP), and mindfulness-based therapy with a total of 100 hours administered.

**Psychometric Testing**: Conducted neuropsychological and personality assessments, including Millon’s MCMI, RIBT, TAT, and SCT, for diagnostic psychometry, elicitation of psychopathology, and intra-psychic conflicts.

**Community & Rehabilitation Psychiatry**: Worked with the district psychiatrist in district hospital (In Ajjarkad, Udupi) for management of in-patient and out-patient psychiatric care (four months), case management at the *Hombelaku* rehabilitation centre and assertive community treatment programme, community psychiatry out-patient services, and tele-psychiatry.

**Neurology & Internal Medicine Rotations**: Strong foundation in managing psychiatric comorbidities in hospital settings, ensuring integrated mental and physical healthcare by clinical rotations in department of neurology and medicine.

**Post- MBBS Clinical internship**: Completed one year of internship training with hands on experience and regular clinical rotations in Obstetrics and Gynaecology, Medicine, Surgery(including Anaesthesiology and Neuro-surgery), Paediatrics, Community Medicine, Psychiatry, Elective posting (also in psychiatry), E.N.T and Ophthalmology.

**Undergraduate training (MBBS):** Completed four and a half years of under-graduate training in pre-clinical (anatomy, biochemistry, and physiology), para-clinical ( Microbiology, Pharmacology, Pathology and forensic medicine) and clinical branches( Medicine, Surgery, Obstetrics and Gynaecology, Paediatrics, Community medicine, E.N.T, Ophthalmology) of medical science**.**

**RESEARCH AND ACADEMIC EXPERIENCE**

**Post-graduate thesis:**

Protocol titled, “A study comparing symptom profile and cognitive deficits in patients of schizophrenia with and without comorbid tobacco dependence in a tertiary care hospital along with associated camps and rehabilitation centre in South India” – Completed in August 2024.

**Publications**:

**Article**: “Thank you, dear tobacco!” An analysis of motivations and experiences of tobacco use with patients of Schizophrenia: A qualitative study (submitted 17/12/2024 and under review with *Indian Journal of Psychiatry*)

**CONFERENCES:**

**Article**: “Thank you, dear tobacco!” An analysis of motivations and experiences of tobacco use with patients of Schizophrenia: A qualitative study (**IPSOCON 2024**, NIMHANS, Bengaluru).

**Poster**: Buckling of knees, a rare manifestation of Valproate-induced hyperammonaemia (**IPSOCON 2024**, NIMHANS, Bengaluru).

**WORKSHOPS:**

Manuscript Writing for Research **(2024)**

ICD-11 Psychiatry Workshops **(2024, 2023)**

Psychiatry Update CME Conferences **(2023, 2022)**

Good Clinical Practice & Bioethics Workshops **(2022)**

**CERTIFICATIONS & AWARDS**

**First Prize** – Poster presentation in KANCIPS 2023 ‘Buckling of knees, a rare manifestation of Valproate-induced hyperammonaemia’

**American Heart Association Certification** – BLS, ACLS (**2022)**

**SKILLS & INTERESTS**

**CLINICAL INTERESTS**:

• Use of novel neuromodulation techniques in patient care.

• Psychopathology, Phenomenology, Personality Disorders.

• Augmentation of pharmacotherapy with psychotherapeutic strategies.

**TECHNICAL SKILLS:**

• Psychiatric interviewing and diagnostic assessment.

• Administration of objective rating scales.

• Pharmacological management of major psychiatric disorders, substance use disorders, and child patients.

• Neuromodulation: Acute, maintenance and continuation Electro-convulsive therapy, experience in administration of repetitive transcranial magnetic stimulation and transcranial direct current stimulation.

• Non-pharmacological interventions: Psychoeducation, core principles of cognitive behavioural therapy and motivational enhancement therapy.

**LANGUAGES**

English (Fluent), Hindi (Fluent), Kannada (Fluent), French (Fluent)

**REFERENCES**

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| Dr P.S.V.N Sharma, MBBS, MD, DPM  Professor Department of Psychiatry, Kasturba Medical College, Manipal  +91 9880703807  [psvn.sharma@manipal.edu](mailto:psvn.sharma@manipal.edu) | Dr Samir K Praharaj, MBBS, DPM, MD  Professor Department of Psychiatry Kasturba Medical College, Manipal  +91 89710 26304  [samir.kp@manipal.edu](mailto:samir.kp@manipal.edu) | Dr Savitha Soman, MBBS, MD  Additional professor, Head of the Department of Psychiatry  Kasturba Medical College, Manipal  +91 98452 40653  [savitha.soman@manipal.edu](mailto:savitha.soman@manipal.edu) |