

# DR. SHRADHA SHEJEKAR

Married, 35 years

shejekar.s@gmail.com, +91-9112349105

**Skills - Child Development, Family Therapy, Motivational Interviewing, Psychotherapy**

	EDUCATION			
	MD	Psychiatry - Goa Medical College (Goa University)	65.75% – Rank '1'	2016-2019
	MBBS	Belgaum Institute of Medical Sciences (RGUHS)	69.04% – Top '5'	2007-2013
	SCHOOL	Class XII – MES's M.M. Arts & Science College, Sirsi Class X – St. Anthony's English Medium High School, Sirsi	93.5% 93.12%	2007 2005
WORK EXPERIENCE				
Consultant Psychiatrist	Sukoon Centre for Mental Health, New Delhi			(Aug' 23 – Nov' 24)
	<ul style="list-style-type: none"> <li>Assessment and management of mental health issues independently in OPD as well as tele-psychiatric setting</li> <li>Collaboration with multidisciplinary team consisting of clinical/counselling psychologist, art therapist and occupational therapist</li> <li>Independent Administration of RTMS</li> </ul>			
	Specialist Hospital: Kalyan Nagar, Bangalore			(Oct' 21 – Jul' 23)
Specialist Psychiatrist	Aster RV Hospital : JP Nagar, Bangalore			(Sep' 21 – Jan' 23)
	<ul style="list-style-type: none"> <li>Managing all types of Psychiatric cases at referral, OPD and IPD level individually</li> <li>Renowned speaker having conducted multiple webinars for various corporate firms. Notable author on key psychiatric topics with those published in coveted newspapers and magazines of India</li> </ul>			
	Altius Hospitals : HRBR Layout, Bangalore			(Oct' 21 – Dec' 22)
Visiting Consultant Psychiatrist	Kites Senior Care, Bangalore			(Jan' 21 – Nov' 21)
	<ul style="list-style-type: none"> <li>Individually managed cases of dementia, Psychiatric issues in the elderly population and liaising cases in geriatric population</li> <li>Conducted webinar on Dementia for Senior Living apartment in Bangalore</li> </ul>			
	NIMHANS, Bangalore			(Jan' 21 – Mar' 21)
Clinical Research Fellow	COVID19 Neurological Disease: A Prospective Case Control Study in Brazil, India & Malawi funded by Liverpool Univ			
	<ul style="list-style-type: none"> <li>Case Detection, Enrollment, Management of Clinical and Lab Data at BMCRI and NIMHANS for facilitating study</li> <li>Present weekly status on the progress to key stakeholders and effectively co-ordinate with global teams</li> </ul>			
	Mother and Heart Care Hospital: Sakhnagar, Bangalore			(Oct' 20 – till date)
Freelancer	Institute of Psychiatry & Human Behaviour (IPHB), Goa Medical College			(Aug' 19 – Aug' 20)
	IPHB is a 190-bedded Tertiary Psychiatric Care Hospital based in Goa with an OPD patient load of 200-250 per day			
	<ul style="list-style-type: none"> <li>Supervised Junior Residents in assessment and management of child &amp; adolescent, adult, geriatric psychiatric patients in OPD and Wards daily</li> <li>Weekly Rotational Extension Clinics at Peripheral hospitals, Central jail and Children's Shelter homes</li> <li>Assessed and Managed Mentally Ill Prisoners (MIP) and their various legal aspects, routinely</li> <li>Liaised Psychiatry with all other specialties and super-specialties of Goa Medical College, routinely</li> <li>Administration of Electro-convulsive Therapy (ECT) to adult psychiatric patients, routinely</li> <li>Conducted academic sessions for students of MD/ Diploma Psychiatry, MBBS, B.Sc Nursing, Post Basic Diploma Nursing, Bachelor of Occupational Therapy and MPhil in Psychiatric Social Work regularly</li> </ul>			
Senior Resident	Institute of Psychiatry & Human Behaviour (IPHB), Goa Medical College			(May' 16 – May' 19)
	<ul style="list-style-type: none"> <li>Assessed and managed Children &amp; Adolescents and Adult patients with organic brain damage, dementia, substance use, psychosis, mood disorders, anxiety disorders, sleep disorders &amp; personality disorders under expert supervision at OPD level</li> <li>Thesis on "Impact of modified bilateral brief pulse ECT on cognitive functions in patients suffering from mood &amp; psychotic disorders in a tertiary psychiatric care hospital- a comparative study"- part of MD curriculum</li> </ul>			
	Karnataka Institute of Medical Sciences, Hubballi			(June' 14 – May' 15)
Junior Resident	<ul style="list-style-type: none"> <li>Worked as Anaesthesia Resident in OTs of General Surgery, Obstetrics/Gynecology, Orthopedics &amp; Trauma, ENT, Plastic Surgery, Urology, Pediatric Surgery and Neurosurgery</li> <li>Worked as Anesthetist for ECT in Psychiatry and as Surgical ICU Resident for 2 months</li> </ul>			

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RESEARCH WORK	
Presentations	<ul style="list-style-type: none"><li>Symposium on “Future of Psychiatry” as the presenting author at ANCIPS-2020, Kolkata</li><li>Poster on “Dissociative disorder masquerading as Psychosis- a case report” at IPSWZB-2018, Pune</li><li>Oral Paper: “Socio-demographic, medical co-morbidities, mental health problems profile and its correlates in geriatric patients attending a tertiary psychiatric care hospital”- at GERON-2017, PGIMER, Chandigarh</li></ul>
Publications	<ul style="list-style-type: none"><li>“Organic Mood disorder- a sequelae of small vessel disease”- Indian Journal of Psychiatry-2019;61:420-1</li><li>“Methylphenidate induced hypersexuality in a child with conduct disorder- a case report” is in the initial stages of publication in Indian Journal of Psychological Medicine</li><li>Paper on “COVID-19 related psychosis-a case report” is in initial stages of publication in Indian Journal of Mental Health</li><li>“Impact of modified bilateral brief pulse ECT on cognitive functions in patients suffering from psychosis in a tertiary psychiatric care hospital- a comparative study” is in initial stages of publication</li><li>“Socio-demographic, medical co-morbidities &amp; mental health problems profile &amp; its correlates in geriatric patients attending a tertiary psychiatric care hospital - a retrospective study” is in initial stages of publication</li></ul>
KEY CERTIFICATIONS/ ACCREDITATIONS	
Additional Qualifications	<p><b>Psychiatric Interests</b></p> <ul style="list-style-type: none"><li>Successfully completed ‘Certificate Course in Basic Skills and Applications of Cognitive Behavior Therapy’ from NIMHANS Bangalore (2021)</li><li>Certified in ‘ICH Good Clinical Practice E6 (R2)’ issued by The Global Health Network- Jan ‘21</li><li>MasterClass Series in Psychosexual Health conducted by FOGSI Sexual Medicine Committee</li><li>Specialization in Dementia from International Dementia Academy South Asia (IDASA), funded by Esther Ireland</li><li>Participated in ‘Fundamentals of Polysomnography and Sleep’ – course conducted by Department of Neurophysiology, NIMHANS, Bangalore</li><li>Certified in ‘Telemedicine Practice Guidelines’ issued by faculty of Telemedicine Society in India (TSI)</li><li>Certified in ‘Effectiveness of rTMS in Treating Psychiatric Conditions’, issued by Mindful TMS Neurocare- (Nov ‘20)</li></ul> <p><b>Other Interests</b></p> <ul style="list-style-type: none"><li>Certified Child Birth Educator issued from CAPPA, USA (2020)</li><li>Certified with ‘A’ grade in Infant &amp; Young Child Feeding Course, issued by Govt. of India (June 2020)</li><li>Pursuing MA (Jul ‘22 – Jul ‘24) in Astrology from IGNOU</li></ul>
Language Proficiency	Konkani(mother tongue), Kannada, Hindi, English, Marathi
OTHERS	
Cocurricular Activities	<ul style="list-style-type: none"><li>PG Quiz Participant, IPSWZB Conference 2016, Vadodara</li><li>Debate Runner-Up, GPsycon 2017, Goa</li></ul>