

Training and Work Experience

January 2017 – December 2023 (7 years)

Consultant psychiatrist, Self-employed (September 2022 – December 2023, 1)

- OPD care (both offline and online) for all psychiatric disorders
- Administering CBT-ERP to clients with OCD

Post-doctoral fellowship in Obsessive Compulsive and Related Disorders (OC&RD), National Institute of Mental Health and Neurosciences (NIMHANS) (August 2021-August 2022, 1 year)

- Managing the obsessive-compulsive disorder (OCD) clinic – coordinating outpatient services, online follow-ups and correspondence
- Treating majority of the OC&RD in-patients under the OCD unit under the supervision of the consultants
- Administering non-invasive brain stimulation, including trans-cranial magnetic stimulation (regular and deep-TMS) and trans-cranial direct current stimulation (tDCS) for OCD
- Working on PDF Thesis which looks at the clinical profile of OCD patients at NIMHANS over the last 25 years of the OCD clinic
- Training in Cognitive behavioural therapy for OCD, BDD, Tics, Hypochondriasis, etc under the guidance of consultants
- Observing and coordinating deep-brain stimulation (DBS) in treatment refractory OCD patients
- Reviewing Parkinson's disease patients pre- and post-DBS for psychiatric co-morbidities
- Presenting imminent articles at the OCD clinic unit-level journal club and unit-level academics, related to OC&RDs, therapy, and bed-side teaching of psychiatry to junior residents and trainees
- Undertaking numerous tele-psychiatric workups and follow-ups as per the guidelines

Senior Residency at NIMHANS, Bengaluru (August 2021-August 2022, 1 year)

- Attending OPD, in-patient and emergency services for all psychiatric disorders
- Supervising the administration of electro-convulsive therapy (ECT) for psychiatric disorders
- Supervising junior residents for out-patient, emergency and in-patient management with regular emergency duties
- Mentoring academic programmes (Journal clubs, department level seminars and case conferences)

Junior Residency at NIMHANS, Bengaluru

July 2018 – June 2021 (36 months)

- Provided **psychiatric care** to patients: inpatients, outpatients and emergency services, under supervision of consultants
- Underwent residency training, including **18 months in adult psychiatry** and additional peripheral postings:
 - Worked in **Consultation Liaison Psychiatry** in a general hospital setting (St. John's Hospital, Bengaluru, Kidwai Cancer Hospital, Bengaluru, Rajiv Gandhi Pulmonology Institute, Bengaluru, and Samatvam endocrinology centre, Bengaluru)
 - Worked for 3 months in **Child and Adolescent Psychiatry** which involved holistic management of children with neurodevelopmental disorder along with other paediatric psychiatric illness; involved in drafting reports and providing care to children referred by JJJB
 - Posted for a month at **Centre for Addiction Medicine**, which involved inpatient, outpatient and emergency management of patients with alcohol abuse, opioid abuse, polysubstance abuse, Intravenous drug abuse, and also dual diagnosis, along with acute management of addiction emergencies on a regular basis as part of adult psychiatry posting as well
 - Underwent 3 months postings in **Neurology**, with exposure to a variety of neurological and neuropsychiatric illnesses and along with management of emergencies in neuro-casualty
 - Performed psychotherapies (**Individual therapies and Family Therapies**) under the guidance of Prof Dr Jagadisha Thirthalli, which comprised more than 75 hours of supervised psychotherapy. (Dedicated Psychotherapy supervisor for 3 years of junior residency and was posted for a month each in family therapy and behavioural therapy)
 - Administered more than 100 **Electroconvulsive therapy** sessions and numerous TMS and tDCS for OCD, depression and auditory hallucinations
 - Attended the following speciality clinics - **Schizophrenia clinic, OCD clinic, Perinatal clinic and Movement Disorder Clinic**
- Presented and attended academic programmes in the Unit and Department
- Submitted MD Thesis dissertation with TMS technique training under supervision of Dr Urvakhsh Meherwan Mehta (Additional Professor, NIMHANS) with training in TMS technique
- Assigned Covid ward duties during pandemic period, comprising emergency duties, inpatient care as well as out-patient clinics

Dr Aishwarya Sachdeva

MD (Gold Medalist NIMHANS), Fellowship in OCDs (NIMHANS)
Consultant Psychiatrist

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Internship at Lady Hardinge Medical College, New Delhi

January 2017 – December 2017 (12 months)

- Hands-on clinical experience in various departments such as Medicine, Surgery, Obstetrics and Gynaecology, Paediatrics, Psychiatry, etc at Lady Hardinge SSK Hospital, Kalawati Saran Children's Hospital and RML hospital.

Education

Year	Qualification	Institute	CGPA/ %
2022	Post-doctoral fellowship in OC&RDs	NIMHANS, Bengaluru	-
2021	MD, Psychiatry	NIMHANS, Bengaluru	Gold Medalist
2017	M.B.B.S.	Lady Hardinge Medical College, New Delhi	66.3%
2012	XII, CBSE	Delhi Public School, R.K. Puram	93.4%
2010	X, CBSE	Delhi Public School, R.K. Puram	CGPA 9.8

Academic Achievements

- In **top 3** students appearing for **Post MD fellowship entrance exams** at NIMHANS
- Secured **Gold Medal (University topper)** in **MD Psychiatry** at NIMHANS, 2021
- Received **ICMR scholarship** for **MD Thesis, 2018**
- Awarded **Top 20** in **National Biology Olympiad**, 2012, attended training camp for the International Biology Olympiad at Homi Bhabha Research Institute at Mumbai in July 2012
- Awarded **Gold Medal** for **Academic Excellence** for 7 consecutive years, Delhi Public School, R.K. Puram, 2004-2011
- Secured **All India Rank 7** at **National Science Olympiad**, by Science Olympiad Foundation, 2010
- Secured **National Scholarship** in National Talent Search Examination (**NTSE**) by NCERT, India, 2008

Research, Publications and Conference Presentations

<i>Perturbation based cortical plasticity biomarkers of treatment response in schizophrenia</i> Aishwarya Sachdeva, Urvakhsh Meherwan Mehta, Jagadisha Thirthalli	Published
<i>Prevalence of Suicidal Ideations and Suicide Attempts in Patients with Tuberculosis: A Systematic Review</i> Rahul Patwal, Aishwarya Sachdeva, Rashmi Arasappa, Geetha Desai	Published
<i>Sexual health in neuro-developmental disorders (Book chapter)</i> Aishwarya Sachdeva, Debanjan Banerjee	Published
<i>Association between genetic variants in different ethnic populations and bipolar disorders (Poster Presentation)</i> Aishwarya Sachdeva, Rahul Patwal, Sydney Moirangthem	World Bipolar Day – CME, 2020, NIMHANS
<i>Hoarding Disorder: A case series from the speciality OCD Clinic, NIMHANS, Bangalore</i> Lavanya P Sharma, Aishwarya Sachdeva, Srinivas Balachander, and YC Janardhan Reddy	OCD Symposium, NIMHANS, 2022
<i>Three decades of specialized care for obsessive-compulsive disorder (OCD): the clinical profile of patients seeking treatment at the OCD Clinic, NIMHANS, Bangalore</i> Aishwarya Sachdeva, Lavanya P Sharma, Thangadurai Pandian, Aishwarya Solanki, Manjusha Warriar, Srinivas Balachander, Anish Cherian, Janardhanan C Narayanaswamy, Shyam Sundar Arumugham, Jaisoorya TS, and YC Janardhan Reddy	OCD Symposium, NIMHANS, 2022

Extra-Curricular Activities

- Art: Participated in Change My Mind Art Exhibition at Science Gallery Museum, Bengaluru, 2022
- Emcee at the Silver jubilee OCD symposium at NIMHANS, Bengaluru in November 2022