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## Resume

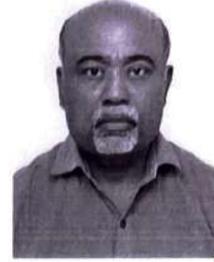
**Name :** Dr Jnanamay Das  
( डॉ. ज्ञानमय दास )

**Mailing Address :** 135, Modern Apartments,  
Sector-15, Rohini,  
Delhi-110089,  
India

**Mobile :** +91-8287278762

**E-mail :** jdasjdas@rediffmail.com

**Date of birth :** 2nd February 1967



**Medical Council registration:** Delhi Medical Council registration no 8276.

**Profile:** I am a dynamic consultant psychiatrist with more than 30 years of experience in psychiatry of which 24 years have been after passing MD. I deal with almost all types of psychiatric cases including epilepsy and I am trained in almost all modes of therapies and electroencephalography (EEG). I did post-graduation from a premier psychiatric institute of India and have all Indian postgraduate qualifications in psychiatry (MD, DNB, DPM) and 14 publications in indexed Indian and international journals.

**Current status:** At present, I am working as a Consultant Psychiatrist in Saroj Super Speciality Hospital, Sector -14, Rohini, Delhi – 85.

### **Professional Qualifications:**

I did post-graduation in Psychiatry from the Central Institute of Psychiatry, Ranchi, a premier institute of Psychiatry in India which celebrated its centenary year in 2018. It is a tertiary referral centre for the whole Eastern India having 703 beds. ( Institute Website: <http://www.cipranchi.nic.in> )

**MD (Psychiatry):** 3 years course, I passed in July 1998 at the first attempt. The topic of my MD thesis: Quantitative Electroencephalography and brain mapping in depression.

**DNB [Diplomate of National Board] (Psychiatry):** Conducted by the National Board of Examinations, New Delhi for maintaining the same standard all over India:- I passed in December 1998 at the first attempt.

**DPM (Diploma in Psychological Medicine):** 2 years course, I passed in July 1995 at the first attempt with the first rank.



**Primary Medical Qualification:** MBBS, I passed the final examination in May 1989. I passed 1st, 2nd and 3rd(final) professional MBBS in the first attempt.

**Medical College:** NRS Medical College of University of Calcutta, India, recognised by Medical Council of India.

Internship training (rotational): One year in NRS Medical College, Kolkata from 1st August 1989 to 31st July 1990.

## Experience:

I am trained in both outpatient care and inpatient care related to Adult Psychiatry, Child & Adolescent Psychiatry, Drug de-addiction, Emergency Psychiatry, General Hospital Psychiatry and Liaison Psychiatry. I am an expert in all forms of therapies in Psychiatry like pharmacotherapy, electroconvulsive therapy, behaviour therapy and psychotherapy. I am trained in Neurology, Epilepsy, Electroencephalography (EEG) and brain mapping.

**Training in Neurology:** I was trained in **clinical Neurology** for 2 months in the Department of Neurology at another premiere institute - **Post Graduate Institute of Medical Education & Research, Chandigarh, India.**

**Training in De-addiction:** I did **WHO Fellowship in Drug and Alcohol Medicine** from the **New South Wales Institute of Psychiatry, Sydney, Australia** in 2009.

### Consultancy in Psychiatry:

**Last Post:** I worked as a **Specialist and the Head of the Department of Psychiatry for 23 years** in ESI Corporation run by the Ministry of Labour, Government of India (from 9<sup>th</sup> December 1999 to 28 February 2023). I was posted at the ESIC Model Hospital, Rohini, Delhi for 18 years and thereafter, I was transferred to the ESIC Model Hospital, Noida, (in Delhi National Capital Region) where I worked as a **Consultant and the Head of the Department of Psychiatry** for 5 years till my voluntary retirement on 28 February 2023.

Both the hospitals are 300 bedded general hospitals having all basic specialities with a separate emergency unit. Patients are referred from various dispensaries located around the hospital in its catchment area for psychiatric consultation. Referrals also come to the Psychiatry Department from indoors and outdoors of other departments as well as emergency/casualty. I am responsible for managing all types of psychiatric problems in the hospital including general hospital psychiatry and liaison psychiatry apart from usual adult, child & adolescent and geriatric psychiatric cases with the help of pharmacotherapy, behaviour therapy and psychotherapy.



**Teaching Experience in Psychiatry:**

i) During my last employment as a specialist in Psychiatry for 23 years: I have been teaching the senior residents in Psychiatry all practical skills required to manage the department including discussions regarding difficult cases. I have been teaching the medical officers (MBBS) and DNB residents all basic clinical skills in Psychiatry.

ii) During my senior residency at the Central Institute of Psychiatry, Ranchi: I chaired various institute seminars, case conferences, journal clubs and conducted topic discussions apart from standard bedside clinical teaching of postgraduate students in psychiatry, clinical psychology and psychiatric social work. I delivered lectures to students of clinical psychology, psychiatric social work and psychiatric nursing.

iii) During my postgraduate courses (MD & DPM) as a junior resident at the Central Institute of Psychiatry, Ranchi for 5 years: I presented seminars, case conferences and journal clubs and took part in various topic discussions as a part of the teaching activities of the institute.

**Experience as Resident:**

I worked as a Resident in Psychiatry for 5 years during DPM & MD courses at the Central Institute of Psychiatry, Ranchi from 2nd August 1993 to 31st July 1998. I was involved in the management of all types of psychiatric cases in addition to various teaching activities.

I worked as a Residential House Physician at the Institute of Postgraduate Medical Education & Research, Kolkata in

**Psychiatry:** One year 5 months 23 days  
From 1st August 1991 to 31st July 1992 &  
From 8th August 1992 to 31st January 1993.

**General Medicine:** For 6 months  
From 1st February 1991 to 31st July 1991.

**Total Experience in Psychiatry: 31 years (After passing MD: 24 years)**



## Research Experience:

### Publications:

	Year of publication	Type of publication	Article name	Journal Details	Type of Journal	Authorship
1	July 2022	Original article	Comorbidities of Female Patients with Sexual Dysfunction in a Psychiatry Clinic: A Cross-Sectional Study.	Journal of Psychosexual Health. May 22 2022; 4(3) page162-170, :26318318221089269	Indexed: DOAJ	1st + Corresponding Author
2	Jan-Jun 2022	Original Article	Comorbidities of male patients with sexual dysfunction in a psychiatry clinic: A study on industrial employees.	Industrial Psychiatry Journal. Jan-Jun 2022;31:81-8.	Indexed: Pubmed	1st + Corresponding Author
3	March 2021	Original Article	Resting state quantitative electroencephalogram gamma power spectra in patients with first episode psychosis: an observational study.	Asian Journal of Psychiatry. 2021 Mar 1;57:102550.	Indexed: Embase, Scopus, Medline/ Pubmed	4th + Corresponding Author
4	January-February 2020	Original Article	Resting State Quantitative Electroencephalogram Power Spectra in Patients with Depressive Disorder as Compared to Normal Controls: An Observational Study	Indian Journal of Psychological Medicine   Volume 42   Issue 1   January-February 2020 page 30-38	Indexed: Pubmed	1st + Corresponding Author
5	2018	Case Report	Psychiatric morbidity in a case of encephalomalacia.	Santosh University Journal of Health Sciences 2018;4(1):56-57	Indexed: Index Copernicus	1st + Corresponding Author
6	July-Dec 2018	Case report,	Psychosis in a case of encephalomalacia	Industrial Psychiatry Journal July-Dec 2018;27:293-295	Indexed: PubMed Central, Index Copernicus	1st + Corresponding Author



7	October 2018	Original article	Perceived burden and therapist attitude in caregivers of schizophrenic women	Delhi Psychiatry Journal, October 2018 Vol. 21 No. 2 Page 377-385	Indexed: Index Copernicus	2nd + Corresponding Author
8	October 2018	Original article	A Study of Psychiatric Aspects of Non-ulcer Dyspepsia.	Delhi Psychiatry Journal. October 2018 Vol. 21 No. 2 Page 366-371	Indexed: Index Copernicus	2 <sup>nd</sup> Author
9	2001	Original article	First care givers of mentally ill patients: A multicenter study.	Indian Journal of Medical Sciences, 2001, Vol. 55, No 4, pp 203-208.	Indexed: PubMed, MEDLINE/Index Medicus, EMBASE/Excerpta Medica, Index Copernicus and SCOPUS	4 <sup>th</sup> Author
10	1999	Original article	Obsessive compulsive disorder with psychotic features: A phenomenological study	Hong Kong Journal of Psychiatry, 1999 Vol. 9, No. 1, pp 21-25 (Currently: East Asian Archives of Psychiatry)	Indexed: MEDLINE/Index Medicus, EMBASE/Excerpta Medica, SCOPUS, EBSCO, Index Copernicus	2 <sup>nd</sup> Author
11	1998	Original article	Comorbidity in children with mental retardation.	Indian Journal of Psychiatry 1998, Vol. 40, No. 3, pp 289-294.	Indexed: Pubmed	5 <sup>th</sup> Author
12	1998	Original article	A comparative study of life events in depression and mania.	Indian Journal of Psychiatry 1998, Vol. 39, No.4, pp 370-375.	Indexed: Pubmed	2 <sup>nd</sup> Author



13	1998	Case Report	Dandy-Walker syndrome with epilepsy and psychosis: An atypical presentation	Indian Journal of Psychiatry, 1998, Vol. 40, No. 2, pp 189-191	Indexed: Pubmed	2nd + Corresponding Author
14	1997	Original article	Four year follow-up of first episode manic patients	Indian Journal of Psychiatry 1997, Vol. 39, No. 2, pp 160-165	Indexed: Pubmed	2nd Author
15	1993	Case Report	Myocardial decompensation in heroin addicts.	Journal of association of Physicians of India 1993, Vol. 41, No. 3, page 180	Indexed: Pubmed	2nd Author

Apart from these, I presented various research papers at the Annual National Conferences of the Indian Psychiatric Society and various international conferences.

**Membership / Affiliations of professional bodies:**

- a) I am a life fellow of the Indian Psychiatric Society (FIPS).
- b) I am a life member of
  - i) Indian Association of private psychiatry
  - ii) Indian Association for Child and Adolescent Mental Health.
  - iii) Indian Epilepsy Association.
- c) I am a member of
  - i) South Asian Society for Sexual Medicine
  - ii) International Society of Sexual Medicine



# DELHI MEDICAL COUNCIL

(Constituted under the Delhi Medical Council Act, 1997)

## Certificate of Registration



Registration No. 8276 - Original Registration Date - 27 October, 2000

Name, Father's Name & DOB	Address	Qualifications with Year	Name of College	Name of University	Validity of Certificate
Dr. JNANAMAY DAS (MALE) GOKULESWAR DAS 02 February, 1967	135, Modern Apartments, . Sector-15, Rohini, Delhi, 110089	M.B.B.S. - 1990 D.P.M - 1995 M.D. (PSYCHIATRY) - 1998 D.N.B. (PSYCHIATRY) - 1998		Calcutta University Ranchi University Ranchi University National Board of Examinations	This Certificate is valid upto - 09 July, 2028



DR. GIRISH TYAGI  
REGISTRAR

Dated The: 16 June, 2023

### IMPORTANT NOTICES

- Every Registered Medical Practitioner should be careful to send to the Registrar's immediate notice of any change in his address and also answer all enquiries that may be sent to him by the Registrar in regard thereto in order that his correct address may be duly inserted in the State Medical Register.
- MD (Physician) qualification awarded by various medical universities/institutes outside India is equivalent to MBBS qualification in India.
- This is computer generated certificate. You may scan the QR Code from your mobile and check the credentials of this certificate at [www.delhimedicalcouncil.org](http://www.delhimedicalcouncil.org)





## **DR. NUPUR SHARMA**

**Clinical and Rehabilitation Psychologist, Consultant to (Jaipur Golden Hospital, Saroj Hospital, Pushpanjali Hospital ), RCI Licensed Mental Health Rehabilitation Professional.**

### **SUMMARY**

Mental health is important in every phase of life and one should not compromise with this. Not treating issues in the right time leads to complications and diseases that become life threatening. So, therefore any individual who suffers from any kind of mental disorder should seek counseling and therapy.

Psychologist can help people learn to cope with stressful situations, overcome addictions, manage their chronic illnesses, and test and assessments that can help diagnose a condition or tell more about the way a person thinks, feels & behaves.

Settings in which a counselling professional may work include schools, private practice, hospital, community settings, legal systems, group homes, and long term care facilities, short term facilities, in advocacy roles and in the educational system. In each setting different skills and training are required. The role of a counselor or a rehabilitation professional is to create a culture for synergy in organizational learning and development of school education, increase their self-awareness. So, as to make the children as well as the adults to become more effective as an individual. In short counselling is an effective and preventive strategy for managing the organization.

### **The basic stages of counselling are -**

1. Developing the child / clinician relationship.
2. Clarifying and assessing the problem or situation.
3. Identifying and setting treatment goals.
4. Designing and implementing interventions.
5. Planning, termination and follow up.

### **HIGHLIGHTS**

1. Compassionate and thoughtful professional.
2. Effective oral communicator.
3. Thoughtful analyst.
4. Flexible practitioner.
5. Engaged listener.
6. High energy.

### **EDUCATIONAL QUALIFICATION**

1. Graduate from Delhi University in Humanities.
2. Done masters in Clinical Psychology from IGNOU, Delhi.
3. Done MBA from Symbiosis, Pune.
4. Post Graduate Diploma in Rehabilitation Psychology from Chaudhary Bansi Lal University, Bhiwani.



5. RCI Licensed Practitioner Rehabilitation Professional attached RCI No. with the CV.
6. Pursuing Ph.D in Psychology from OM Sterling Global University, Hisar, Haryana.  
(Submission awaited this year only preferably)

### WORK EXPERIENCE

1. Eight years of experience in London and India in manufacturing of medicines in my own private limited company.
2. Consultant psychologist Jaipur Golden Hospital, Rohini, New Delhi.
3. Consultant psychologist Saroj Hospital, Rohini, New Delhi.
4. Consultant psychologist Pushpanjali Hospital, Mianwali Nagar, New Delhi.
5. Consultant psychologist Vedic Upchar, Inderlok, New Delhi.
6. Worked as a Counselor (Psychologist) for one and half year with St. Frobel School, Paschim Vihar, New Delhi.
7. Doing private practice in (VMS Clinic), Paschim Vihar.
8. Giving session and workshop on Mental Health in various school and colleges and Corporates leadership qualities and organizational skills.
9. Working in the panel of (QRIS Health) as a Psychologist.

### *We Deal With Counselling & Therapy in the Following Fields:*

- Stress management.
- Depression.
- Anxiety.
- Panic Attacks
- Mood swings.
- Inter personal relationship issues.
- Personality disorder.
- IQ related problem in child.
- Fear
- Anti – Social Behaviour.
- Drug abuse, Alcohol abuse, Social discrimination, Racial discrimination.
- Old people challenging physical and mental health.
- Old people suffering from social Isolation and Loneliness.
- Autism.
- OCD (Obsessive compulsive disorder).
- PTSD (Post traumatic stress disorder).
- Schizophrenia.
- Impulse control and addiction disorder.
- Factitious disorder.
- Eating disorder.
- Bipolar disorder.
- Paranoia.
- Psychosis.
- Dissociation and dissociative disorder.

### SCHOOL CHILD ISSUES

1. Poor Grades.
2. Poor eating habits.
3. Poor sleeping habits.
4. Failing to manage money.
5. Disorganization/ feeling over whelmed.
6. Learning problem
7. Dementia
8. Pervasive developmental disorders.



9. ADHD
10. Disruptive behavior disorders.
11. Conduct disorders.
12. Affective mood disorders.
13. Intellectual disability.
14. Intellectual development disorders.
15. Metabolic disabilities.
16. Degenerative disorders.

#### **ADOLESCENT ISSUES**

1. Physical changes
2. Emotional changes
3. Behavioural changes
4. Physical problems
5. Physiological problems
6. Poor performance in academics
7. Communication problems in speech
8. Aggression and violence.

#### **INTER PERSONAL DIFFICULTIES**

It refers to the problems with inter personal relationship. Such difficulties may stem from feelings, thoughts and behaviours that interfere with your ability to bond with others in general or particular type of relationship.

1. Ego conflicts
2. Frustration and stress
3. Misunderstanding
4. Lack of planning
5. Poor communication

#### **4 TYPES OF CONFLICT ARE THERE**

1. Conflict with self
2. Conflict with other
3. Conflict with environment
4. Conflict with super natural

#### **TEEN AGER ISSUES**

1. Self-esteem and body image:
  - a) Stress
  - b) Bullying
  - c) Cyber addiction
  - d) Drinking and Smoking
  - e) Under age sex.

#### **PERSONALITY DISORDERS**

1. Antisocial personality disorder.
2. Avoidant personality disorder.
3. Borderline personality disorder.
4. Histrionic personality disorder.
5. Narcissistic personality disorder.
6. OCD
7. Paranoid personality disorder.

#### **KEY SKILLS**

1. Extensive knowledge of qualitative and quantitative research method and their application to psychological settings.
2. Knowledge of various test and scoring.



3. Highly competence in data collection and analysis tasks.
4. Excellent written and spoken communication skills.
5. Good skills to maintain a relationship with patients suffering from mental health issues.
6. Can perform psychological and neuropsychological vocational | clinical evaluation of persons with disability to determine strength and weaknesses that may affect long term personal, social and vocational adjustment and adaption to disability.

### **CORE SPECIALIZATION:**

- Can deal with children suffering from autism, down syndrome, anxiety issues, stress issues, speech delay problem, learning disabilities, anger issues, bullying issues.
- Can deal with onco patients for giving psychotherapy sessions before and after chemotherapy for their better mental health and motivation.
- Can deal with Nephro patients for giving psychotherapy sessions to the people suffering from CKD problem those who are undergoing dialysis were counselled and given therapy session.
- Can deal with adults suffering from various mental health problems in families relationship problems work problems.
- Can deal with old age geriatric patients with chronic diseases and old age psychological issues like loneliness.

### **INTERNSHIP**

- Did my internship from IBHAS. The best mental – Health Disorder Hospital Dilshad Garden, New Delhi, under the Supervision of Dr. Uday Sinha.
- Project: Did my project for addition of internet in students under Dr. Gopal Mahakund.

### **ASSESSMENT TOOLS AND PSYCHOMETRIC TESTING**

1. Can perform: BDI (Back depression inventory).
2. GAD (Generalized anxiety disorder) 7 item scale.
3. MDI (Major depression inventory)
4. Zung Anxiety self-assessment scale (SAS)
5. Zung self-rating depression scale.
6. PHQ – Scram (Multipurpose for screening, diagnosing, monitoring the severity of depression).
7. PHQ2 – screening.
8. Hamilton assessment, to measure the severity of patient's anxiety based on fourteen parameters including anxious mood, tension, fear, insomnia, somatic complaints and behavior at the interview.
9. 16PF for personality disorder:
  - a) MMPI
  - b) Rorschach test
  - c) TAT (Thematic appreciation test)
  - d) PSS (perceived stress scale) for measuring stress.
10. PTSD Assessment:
  - a. Cognitive therapy
  - b. Exposure therapy
  - c. EMDR (Eye movement desensitization and reprocessing)
  - d. Y – BOCS for OCD)
11. IQ test for children :
  - a. Wechsler intelligence scale for children.
  - b. Stanford Binet intelligence scale
  - c. DAS (Differential ability scale)
  - d. WAIS (Wechsler intelligence scale) for adults
12. Autism Tools:
  - a. (CARS) the child autism rating scale



- b. (ADEC) autism detection in early childhood.
  - c. (ADI-R) the autism diagnostic interview.
  - d. (GARS-3) Gilliam autism rating scale.
13. Assessment tools for addiction:
- a. SASSI-3 (substance abuse subtle screening inventory)
  - b. AUDIT (alcohol use disorder identification test)
  - c. Cage Assessment tool
  - d. (SADQ-C)

**Our main aim how to solve mental illness and emotional issues, behavioural issues**

1. Asses the patient / children in the school with emotional, social, economic and mental health needs. Educate the children and family members about the illness or psychological issues to help them understand a better treatment plan.
2. Evaluate the school children socio-economic status and look for community resources that would be useful for them.
3. Deals with the individuals with thoughts of suicide, additions and substance abuse, family parenting, marital problems, stress management, self-esteem issues.
4. Value yourself: Treat yourself with kindness and respect and avoid self-criticism
5. Take care of your body: Taking care of yourself physically can improve your mental health.
6. Surround yourself with good people.
7. Give yourself time learn how to deal with stress.
8. Learn how to deal with stress.
9. Quiet your mind
10. Set realistic goals.
11. Breakup the monotony
12. Say good bye to negative
13. Find a hobby
14. Enjoy the movement
15. Spend more time outdoor
16. Learn to say yes
17. Learn to say no.

Will be grateful to work with your brand as a team and will give my best to the organization. Will be attentive to understand the needs of the children, students and parents while ensuring a welcoming and trusting environment.

Will create customized plan and programmes to spur educational and emotional which follows the basic principles of counselling:-

1. Principles of acceptance, communication, empathy, respect, non-judge, confidentiality ethics and long term goals align with the job requirement to make me a committed and valuable asset to the company or organization.



**(NUPUR SHARMA)**  
**Consultant Psychologist**  
 Jaipur Golden Hospital, Saroj Hospital,  
 Pushpanjali Hospital, New Delhi  
 Email: snupur113@gmail.com  
 Mob. : 9958613656, 8851335466, 9354315515

इन्दिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय  
INDIRA GANDHI NATIONAL OPEN UNIVERSITY

प्रमाणित किया जाता है कि

This is to certify that

*Nupur Sharma*

को निर्धारित पाठ्यक्रमों को पूरा करने और

after having passed the prescribed courses of study in the

*December 2020*

की परीक्षा उत्तीर्ण करने पर स्नातकोत्तर उपाधि

examination is hereby awarded the degree of

*Master of Arts in Psychology*

प्रदान की जाती है

Division / श्रेणी

*First*



कुलसचिव  
Registrar



कुलपति  
Vice Chancellor

New Delhi

Digitally signed by: DS Indira Gandhi National Open University  
2022.05.10 09:17:09 +00:00



Date : 19 February 2021

सं. No. IG35-193220

अनुक्रमिक Enrolment No. 176526128

इन्दिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय  
INDIRA GANDHI NATIONAL OPEN UNIVERSITY

प्रमाणित किया जाता है कि  
This is to certify that *Nagar Sharma*

को निर्धारित पाठ्यक्रमों को पूरा करने और  
after having passed the prescribed courses of study in the  
December 2020 की परीक्षा उत्तीर्ण करने पर स्नातकोत्तर उपाधि  
examination is hereby awarded the Degree of

*Master of Arts in Psychology*

प्रदान की जाती हैं।

श्रेणी / Division *First*

  
कुलसचिव  
Registrar



*Nogender Rao*  
कुलपति  
Vice Chancellor

नई दिल्ली / New Delhi  
दिनांक / Dated February 19, 2021



# Dr. Sashi Bhushan Kumar Gupta

C/19, Rose Apartment, Rohini sector 14,  
Rohini , 110085 (IN)  
7048979076  
shashi2007pmch@gmail.com



## PROFESSIONAL SUMMARY

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**Passionate, credible Psychiatrist with over 10 years of clinical experience and advanced medical degrees dedicated in detecting mental illnesses and providing appropriate management as continuous care plans. Expert in the areas of Adolescent mental health, counselling, deaddiction, anger management, marital counselling and personality assessment. Success working alongside top medical professionals consistently reputed as a high-level, respected, tireless leader.**

## EMPLOYMENT HISTORY

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**Consultant Psychiatrist, Head of Department, Shree Aggarsain International Hospital. Delhi, Delhi  
Sep. 2022 - Present**

- Teach, take continuing education classes, workshops for school and college students, attend conferences or seminars, to increase understanding of mental, emotional, or behavioral states or disorders.
- Workshop and awareness program for teachers for identification of adolescents in need for mental health services.
- Counsel outpatients or other patients during office visits.
- Prescribe, direct, or administer psychotherapeutic treatments or medications to treat mental, emotional, or behavioral disorders.
- Review and evaluate treatment procedures and outcomes of other psychiatrists or medical professionals.



- Promotion of Adolescent mental health.
- Mental Health Camps in hospital premises for free evaluation and management of people in need of mental health services.

**Consultant Psychiatrist, Saroj Superspeciality Hospital. Rohini, New Delhi  
Mar. 2023 - Present**

- Prescribe, direct, or administer psychotherapeutic treatments or medications to treat mental, emotional, or behavioral disorders.
- Collaborate with physicians, psychologists, social workers, psychiatric nurses, or other professionals to discuss treatment plans and progress.
- Collaborate with physicians, neurologist and other professionals to discuss treatment plans and progress for holistic care of out patients and inpatients.

**Consultant Psychiatrist, Saroj Medical Institute. Rohini, New Delhi  
Jul. 2022 - Present**

- Counsel outpatients or other patients during office visits.
- Provide counselling to patients at time of discharge to increase adherence with the medical team.
- workshops for medical professionals and nursing staffs to identify sign of mental illness in inpatient facility and provide proper care.

**Visiting Psychiatrist, Manas Foundation. Delhi, New Delhi  
Jan. 2023 - Present**

- Prepare and submit case reports or summaries to government or mental health agencies.
- Evaluate Children in conflict with law for mental health issues and providing assistance along with child counsellors in rehabilitation of the child.
- Provide assistance to children in observation homes for mental and physical wellbeing.
- Collaborate with psychologists, social workers, psychiatric nurses, and other professionals to discuss treatment plans and progress.
- awareness program for children on various relevant topics

**Guest lecturer, Ashtavakra Institute of Rehabilitation Sciences, Rohini, New Delhi  
Jul. 2023 - Present**

- Prepare and deliver lectures to postgraduate or graduate students on topics related to psychology, counselling and mental illness.
- Provide training for assessment to psychology students during internship program
- OPD facility



## EDUCATION AND AWARDS

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Royal College of Psychiatry, London, London  
MRCPsych, Psychiatry, Present

Spandana Nursing Home, Bangalore, Karnatka  
DNB, Psychiatry, Jun. 2022

Central Institute of Psychiatry, Ranchi, Jharkhand  
DPM, Psychiatry, Jul. 2016

1. **Book review- Surviving Suicide Loss** in Indian Journal of Private Psychiatry as Primary author. The book Surviving Suicide Loss is written by Nandini Murali after suicide of her husband Dr. Murali ( Renowned Urologist of South India). She explains about what all is faced by people who are left in family after suicide. This is few books of Indian publication on topic of suicide survivors.
2. **Movie Review- Joji** in Indian journal of Private Psychiatry ( Corresponding Author) The malyalam movie is about the authoritarian patriarchal family and its consequences.
3. **Brief Research Communication - Long Covid Syndrome- How long?** ( Primary Author) The article focus on the high prevalence of non specific symptoms in patients who have survived covid-19 infection.
4. **A case report on Neuropsychiatric sequele of SLE- when to attribute** ( primary author) in Indian Journal of private psychiatry
5. **Original Article- Covid-19 related psychosocial information: findings from a public online search engine** ( Corresponding Author) has been accepted..undergoing revision. Indian jomal of private psychiatry
6. **Review Article- Effect of child abuse** ( Primary author)
7. **Movie Review- A peep into the society through a kitchen.** ( Co-Author) The article is on Malyalam movie the great Indian kitchen.
8. Completed Neuroconnect Programme by American College of Physicians in 2022
9. Completed a course on Migraine Management under Migraine Expert Academy
10. Qualified for TYSA south Zone in 2021
11. Qualified for IPL by Alkem pharmaceuticals in 2021 and 2022
12. Global healthcare award on occasion of Doctors day 2023.



# DELHI MEDICAL COUNCIL

(Constituted under the Delhi Medical Council Act, 1997)

## Certificate of Registration



Registration No. 89758 - Original Registration Date - 03 June, 2019

Name, Father's Name & DOB	Address	Qualifications with Year	Name of College	Name of University	Validity of Certificate
Dr. SASHIBHUSHAN KUMAR GUPTA (MALE) PARAS NATH SHAH 25 September, 1988	C -19, Rose Apartment, Near Rohini Court Complex, Rohini 14, New Delhi, 110085	M.B.B.S. - 2013 D.P.M - 2016	Patna Medical College, Patna Central Institute of Psychiatry, Ranchi	Aryabhatta Knowledge University, Patna Ranchi University	This Certificate is valid upto - 02 June, 2024



DR. GIRISH TYAGI  
REGISTRAR

Dated The: 08 September, 2022

This doctor has done this : D.P.M : qualification separately through the service of the Addqual.

### IMPORTANT NOTICES

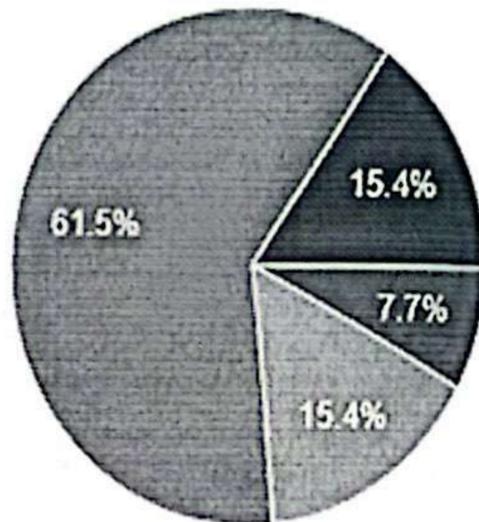
- Every Registered Medical Practitioner should be careful to send to the Registrar's immediate notice of any change in his address and also answer all enquiries that may be sent to him by the Registrar in regard thereto in order that his correct address may be duly inserted in the State Medical Register.
- MD (Physician) qualification awarded by various medical universities/institute outside India is equivalent to MBBS qualification in India.
- This is computer generated certificate. You may scan the QR Code from your mobile and check the credentials of this certificate at [www.delhimedicalcouncil.org](http://www.delhimedicalcouncil.org)





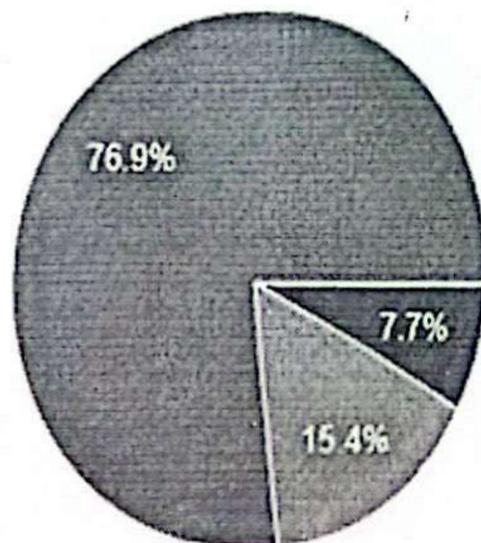
**SURVEY REPORT**  
**2024-25**

1. I am aware that our institution has a Grievance Redressal Cell.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

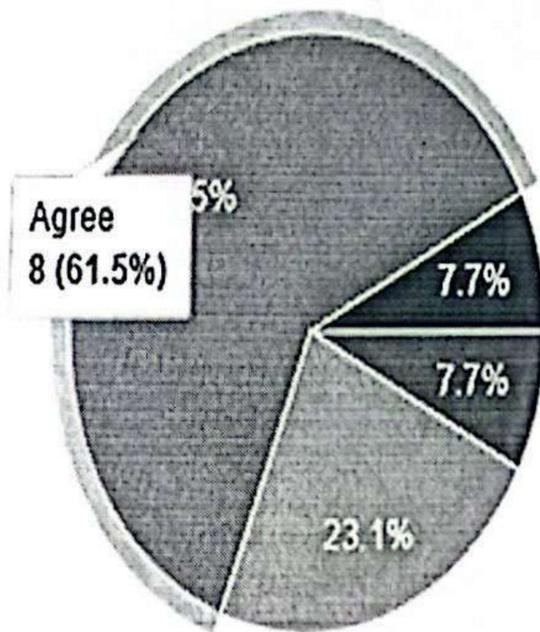
2. The grievance redressal system is clearly explained to all students.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

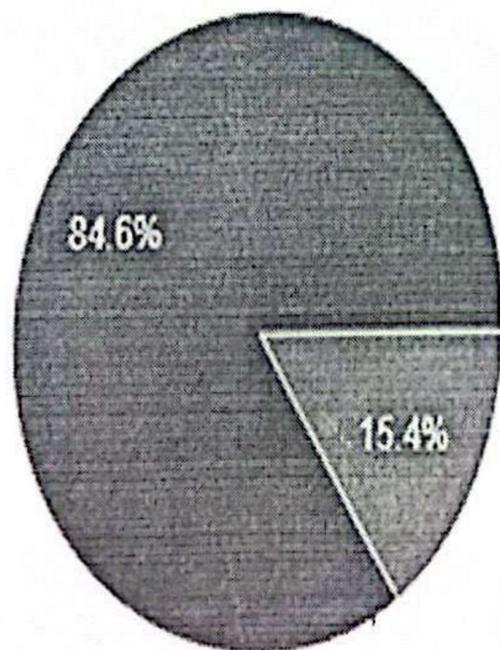


3. The contact details of the Grievance Redressal Committee are easily available.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

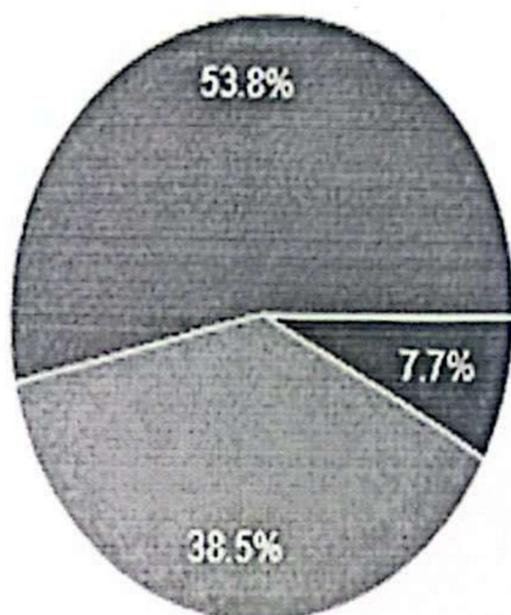
4. It is easy to approach teachers or staff to discuss a grievance.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

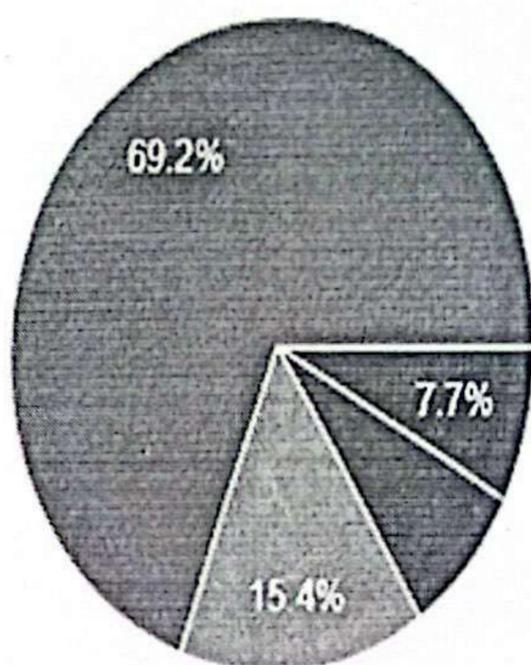


5. The process for submitting a grievance is simple and convenient.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

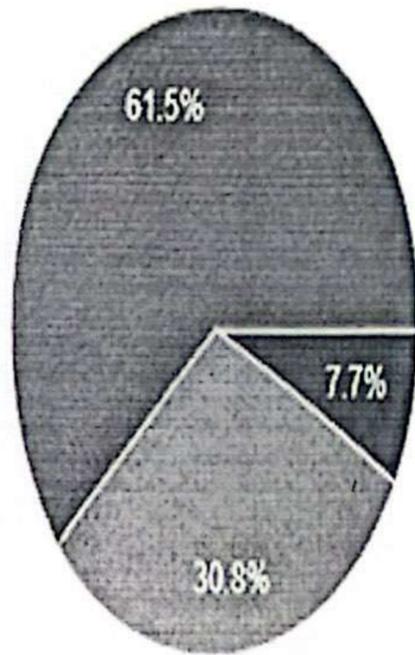
6. The institution provides both online and offline grievance submission options.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

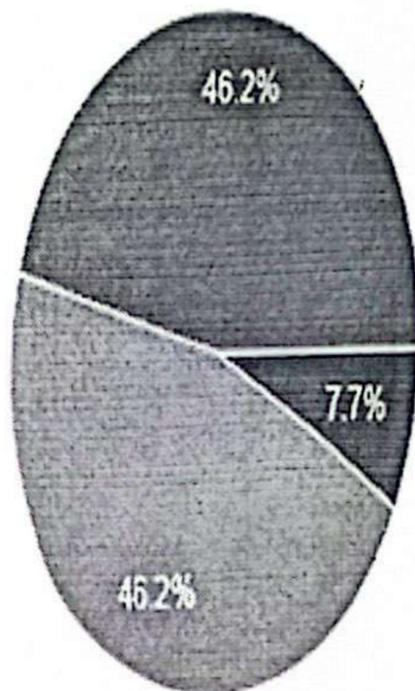


7. Grievances are resolved within a reasonable time frame.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

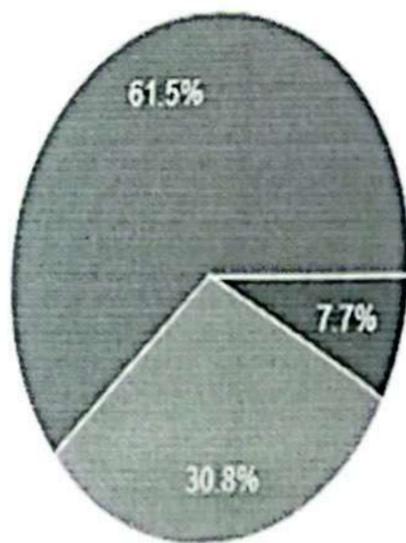
8. The Grievance Committee ensures fairness and confidentiality.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

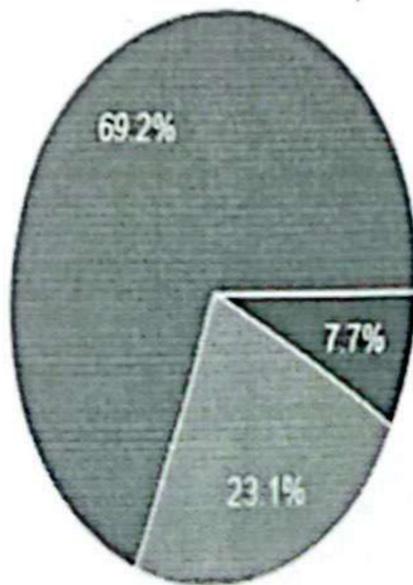


9. Students are informed about the action taken on their grievance.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

10. I am satisfied with the way my grievances are handled.



- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

