



# Dr. Sharmila Sivakumar

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Consultant Psychiatrist

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President, Indian Psychiatric Society and Director, Clinical Brain Neuropsychiatric Institute & Research Center, Gurgaon

India 📍

## CORE COMPETENCIES

- Neuropsychiatric Consultation & Assessment
- Management of Sexual Problem
- De-addicted Treatment
- Psychotherapy
- Speech Therapy
- Family and Marital Couple relation training & therapy
- Cognitive Behavioral therapy
- IQ testing & Assessment
- Counseling
- Psycho-diagnostics
- Psychometrics
- rTMS

## SOCIAL ENGAGEMENT

- Barasat Citizen Forum- Voluntary Medical Service
- President - Angels for Angel
- Railway Platform Dwellers, Homeless Mentally
- Regular Free Mental Health Camp - UNESCO
- Relief Camp to the cyclone affected areas of West Bengal from Angels for Angels

## FELLOWSHIP

- Fellow Member at APA since 2017
- Fellow Member at IASP since 2017
- Paul Harris Fellow of the Rotary Foundation of Rotary International since 2010
- Fellow Member at IAPP since 2005
- Fellow Member at IPS since 2003
- Life Member of Indian Medical Association since 1990
- Life Member of St. John Ambulance since 1983

## PUBLICATIONS

### Books (National & International)

- Editor of Different Strokes (2014-2016) - Publication of Indian Psychiatric Society
- Editor of Child sexual abuse: in Indian scenario

## EXECUTIVE SUMMARY

Integrity-driven, Inspiring, Change-catalyst and Strategic Leader with over 3 decades of accomplished career in promoting the Improvement of Mental Health of the People and Mental Health Education in the society; fortifying positive community presence and ensuring the quality of patient care.

Exhibit excellence in promoting prevention, control, treatment and relief of all Psychiatry Disabilities; also advising on the standards of education and training for medical and auxiliary personnel in Psychiatry and to recommend adequate teaching facilities for the purpose.

Gained exposure of dealing with matters relating to mental health concerning the country and to do all other things that are similar to the subjects of the Indian Psychiatric Society.

Successfully bagged various awards & recognitions such as:

MEDICAL AWARD 2021' for the extraordinary contribution in COVID-19 pandemic and distinguished social services, organized by BSAGS (An International Forum for Researchers, Professors and Educationists) on October 2021.

J.N. Banerjee Memorial Award for Best Speaker, IMA in the year of 2010

Got national scholarship in the year 1981.

Presently working on "A prospective, Multicenter Study to Evaluate Real-World effectiveness and Safety of Endoxifen as a maintenance treatment in Patients of Bipolar - I mood spectrum, from mania with or without depressive" research, at Clinical Practice . Guidelines for Psychiatrists in India IPS Publication Committee.

Gathered fair understanding of analysing & monitoring results of treatment, advising patient's caregivers on health care.

Highly personable, competent and team spirited Emergency Room Physician recognized for excelling in fast track, high stress environments.

## TEACHING EXPOSURE

### Imparting trainings to

- PG Trainees
- Intern of PG Students of Clinical Psychology
- Medical Students and PG (Psychiatry) regarding rTMS
- Teachers in many schools on Mental Health Program

**Played key role as Ex-Officio for the Certificate Courses from Indian Psychiatric Society entailing below areas:**

- Diagnosis and Management of Insomnia
- Diagnosis and Management of Psychosexual Disorders
- Principles and Practice of Cognitive Behavior Therapy
- Child and Adolescent Psychiatry
- Addiction Psychiatry

**Contributed as Program Director of Course on Yoga, organized by WPA**

## AFFILIATIONS

- The President of Indian Psychiatric Society (IPS) (2021-2022)
- Member of World Psychiatric Association Standing Committee, Scientific Section (2020-2023)
- Member of Advisory Committee on Response to Emergencies (ACRE), World Psychiatric Association
- Vice President cum President Elect of SAARC Psychiatric Federation (SPF) (2020-2021)
- Vice President cum President Elect of Indian Association of Geriatric Mental Health (IAGMH) (2020-2021)

## WORK EXPERIENCE

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**Since 2001: Clinic Brain Neuropsychiatric Institute and Research Centre, as Founder Director**

**2007 to 2021: India Psychiatric Society (National, Zonal State)**

Positions Held:

2020 - 2021: Vice President cum President Elect of Indian Psychiatric Society

2018 - 2019: President of Indian Psychiatric Society, Eastern Zonal Branch

2016 - 2018: Hon. General Secretary, Indian Psychiatric Society

2014 - 2016: Publication Committee of IPS

2012 - 2014: Chairman of Membership Committee of IPS

2009 - 2012: Direct Council Member of IPS

2007 - 2009: Hon. Secretary of IPS, West Bengal State Branch

**2016 to 2020: Indian Association of Private Psychiatry (IAPP), as Editor**

Key Contributions:

- As an integral part of Clinic Brain, has successfully introduced Institute and the state of art research centre for Mental Health Care
- Providing quality evidence and researched based clinical services to the patients like OPD, Specialized Child and Adolescent care
- Imparting trainings to Mental Health Professionals, Mental Health Students, MSE Psychological students
- Ensuring organization of free Mental Health Camps for peoples living in remote rural areas (like interior of Sundarbans, and Mangrove Forest)
- Utilizing research approach from contemporary Neuromodulator to spirituality – yoga - mental well-being, from modern neuropsychiatric methods to disaster relief (like Covid pandemic), from dementia to addictions; exploring all the possible opportunities
- Radical in-house diagnostics facilities like rTMS, bio-feedback, DTES are easily available for the patients

## ARTICLES

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- Comments on psychological impact of COVID-19 lockdown: An online survey from India  
September 2020 Indian Journal of Psychiatry 62(5):595 DOI: 10.4103/psychiatry.IndianJPsychiatry\_1086\_20
- Impact of COVID-19 pandemic and lockdown on the state of mental health services in the private sector in India  
September 2020 Indian Journal of Psychiatry 62(5):488 DOI: 10.4103/psychiatry.IndianJPsychiatry\_568\_20
- State of mental health services in various training centers in India during the lockdown and COVID-19 pandemic  
July 2020 Indian Journal of Psychiatry 62(4):363 DOI: 10.4103/psychiatry.IndianJPsychiatry\_567\_20
- Psychological impact of COVID-19 lockdown: An online survey from India  
July 2020 Indian Journal of Psychiatry 62(4):354 DOI: 10.4103/psychiatry.IndianJPsychiatry\_427\_20
- History of psychiatry in Bengal  
February 2018 Indian Journal of Psychiatry 60(6):192 DOI: 10.4103/0019-5545.224323
- Dementia and the International Classification of Diseases-11 (Beta Version)  
January 2017 Indian Journal of Psychiatry 59(1):1 DOI: 10.4103/psychiatry.IndianJPsychiatry\_66\_17
- INTRODUCTION The Na<sup>+</sup> / K<sup>+</sup> -ATPase (NKA) is a ubiquitous enzyme that maintains the Na<sup>+</sup> and K<sup>+</sup> gradients across the cell membrane by transporting three Na<sup>+</sup> out and two K<sup>+</sup> into Role of membrane cholesterol and lipid peroxidation in regulating the Na<sup>+</sup> / K<sup>+</sup> -ATPase activity in schizophrenia  
September 2016  
DOI: 10.4103/0019-5545.192023
- Mental Health Care Bill, 2016: A boon or bane?  
July 2016 Indian Journal of Psychiatry 58(3):244 DOI: 10.4103/0019-5545.192015
- Principles of Marital Therapies and Behavior Therapy of Sexual Dysfunction  
Indian J Psychiatry. 2020 January; 62(Suppl 2): S213–S222

## PERSONAL INFORMATION

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Date of birth : 20/05/1969  
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