

MYTHS ABOUT PSYCHIATRIC TREATMENTS



Dr. Avinash De Sousa

Consultant Psychiatrist & Psychotherapist.

Consultant School Psychiatrist.



- ❑ Has Consulting Rooms in Santacruz West, Mumbai.
- ❑ Research Associate at the Department of Psychiatry, Lokmanya Tilak Municipal Medical College, Mumbai.
- ❑ Founder Trustee – Desousa Foundation – a trust that works in the area of mental health awareness across all sectors.
- ❑ Associate Professor and Secretary – International Institute of Organizational Psychological Medicine – an organization that works in the field of organizational psychological medicine across 7 countries.
- ❑ Has over 500 publications in national and international journals and is the author of 6 books in the area of mental health.
- ❑ He has been awarded a Doctorate in Clinical Psychology from the University of Hertfordshire UK in the year 2011.

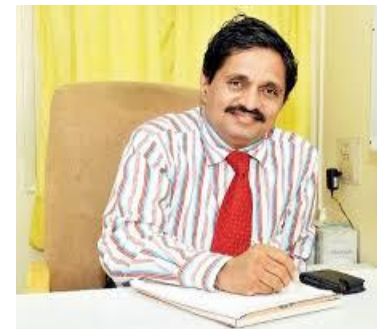
CHILDREN AND PSYCHIATRY



Dr Harish Shetty

MD, Psychiatrist

Dr L. H. Hiranandani Hospital, Powai



- ❑ Dr Harish Shetty is a practicing Psychiatrist with a post graduate degree in Psychological Medicine and a post graduate diploma in Comparative mythology from Bombay University. He finished his schooling at St Xavier's High School [Vile Parle]. After finishing his 2 years from Parle College [Vile Parle] he completed his MBBS, DPM and MD from T. N. Medical College and Seth G. S. Medical College respectively.
- ❑ Dr Shetty worked in the field of Yoga and Mental Health under the illustrious Professor Dr N. S. Vahia for 12 years and also obtained rich experience in various areas of mental health work.
- ❑ Dr Harish Shetty is working in the area of 'suicide prevention' and is actively working in schools and colleges. This activity is with students and teachers. His team has parents who have lost a child of suicide as resource persons.
- ❑ Dr Shetty has immense experience in the field of Disaster and Mental health and has worked with the victims of the Marathwada Earthquake, Kandla cyclone and the riot affected in Gujarat. He was also invited by the SALZBURG SEMINAR in 2003 for an intensive seminar on LEADERSHIP IN HEALTH.

- ❑ Dr Shetty has several National and International Publications to his credit.
- ❑ Dr Harish Shetty is a part of a High Court Committee appointed by the Bombay High Court to oversee the affairs of M.D.C homes housing mentally retarded children abandoned by the society.. Dr Shetty recently trains municipal school teachers continuously since two decades on mental health & education. In 2003, he was in Afghanistan training the medical personnel in managing psycho social consequences of disaster. As a trainer and a researcher he has conducted hundreds of training sessions for different professionals in the country including the medical profession. He is in the process of assisting Bombay High Court in setting up a Pre-litigation Counseling center for warring couples inside its premises. Training peace activists working in communally sensitive areas in India has been an ongoing area of interest and activity. He is the NATIONAL PRESIDENT of MY HOME INDIA an NGO that aims at integrating Rest of India to the North East.

CHRONIC MEDICAL ILLNESSES & PSYCHIATRIC PROBLEMS



Dr N M Patil

MBBS. Karnataka Medical College, Hubli
M.D. (Psychiatry) NIMHANS, Bangalore



Current Positions:

- ❑ Professor & Head, Department of Psychiatry
- ❑ J N Medical College, Belgaum
- ❑ Chief Consultant Psychiatrist,
- ❑ KLES Hospital & Medical Research Centre, Belgaum

Consultant Psychiatrist : Manasa Clinic, Belgaum

- ❑ Ph.D Guide, Post Graduate Teacher, Examiner
- ❑ Member, Board of Studies, KLE University Belagavi

Awards & Recognition:

- ❑ “Distinguished Psychiatrist” Award 2014 of Cadabams received from Hon. Governor of Karnataka
- ❑ “LGP Achar oration award" of IPS Karnataka
- ❑ “Dr Mangalvedhe memorial oration” award of IMA Hubli

WHAT DOES A PHYSICIAN EXPECT FROM PSYCHIATRIST



Dr. Prachee Sathe
(M.D Int Medicine, FRCP London)



PROFESSIONAL TRAINING AND CAREER: -

- ❑ MBBS and MD from BJ medical college Pune. FRCP London
- ❑ Trained in UK on International Fellowship from Royal College of Physicians,
- ❑ First full time ICU physician intensivist in Pune.
- ❑ Founder member and Ex Vice President of Indian Society of Critical Care Medicine Contributed in many national and international conferences and papers.
- ❑ Recognised teacher for, DNB Critical Care Medicine, Diploma in Critical Care, ISCCM, International Critical Care Fellowship under CCEF and MUHS-Diploma in Intensive Care.
- ❑ Received Best Paper Award for Original Research in Critical Care Medicine, 1st ORCC Conference, Bhopal, India.
- ❑ Dr. Prachee Sathe feels that preventive aspect for reducing severity of illnesses is very important in our country.
- ❑ Has authored a book titled “ On the verge of Life and Death” which has received 2 awards for reaching science to common man. This was written with the idea to reduce fear about ICUs in common man, for timely utilization of ICUs for best outcomes.

PSYCHOSOMATIC DISORDER



Dr Rashmin Cholera
Consulting Psychiatrist



UG (MBBS) & PG (DNB, DPM) -

Topiwala National Medical College & Nair Hospital, Mumbai

Professor,

Department of Psychiatry,
D Y Patil School of Medicine

Honorary Psychiatrist,

Bhartiya Arogya Nidhi Hospital, Juhu

Director,

Mind Space Clinic & Mental Wellness Centre, Kandivali

Consultant Psychiatrist:

Arogya Nidhi Hospital, Juhu

Apollo Clinic, Goregoan

Mind Space Clinic, Kandivali

DISCLOSING BAD NEWS (PANEL DISCUSSION)



Dr. Sanjyot Deshpande
Consultant Psychiatrist



EDUCATIONAL QUALIFICATION:

- ❑ B. H. M. S. : Bachelor of Homoeopathy, Medicine and Surgery from D. S. H. Medical College, Pune in 1989
- ❑ M. A. (Clinical Psychology) from S. P. College with first class grade in 1996

WORK EXPERIENCE:

- ❑ Practicing Clinical Psychologist in Pune since 1999

EXTRA CURRICULAR ACTIVITIES:

- ❑ Book Published in Marathi on “Grief and losses in life”: “ अटळ दुख्खातून सावरताना” in Dec 2016
- ❑ Articles related to mental health have been published in various news papers and magazines- daily and weekly SAKAL, Maitrin, Lokmat
- ❑ Was writing column in the news paper called Lokmat named as “Manache Pan” (2003) and “Kay karu?” (2004-05) on youth and mental health issues.
- ❑ Recipient of Maharashtra Sahitya Parishad’s ‘Sonopant Dandekar award’ (2016) for contribution in the field of Psychology for the book “अटळ दुख्खातून सावरताना”

BASICS OF COUNSELLING



Dr Sureshkumar Mehta
Consultant Psychiatrist



- ❑ Completed M D (PSYCHIATRY) IN 1993.
- ❑ Practicing as consultant Psychiatrist in PCMC area since 1995.
- ❑ In addition, working as Professor in Psychiatry in Pad. Dr. D.Y.PATIL Medical College, Pimpri.
- ❑ Visiting Birla hospital and Niramaya hospital as a Consultant.
- ❑ Honourd by “Best Intern Award” for the work done during internship training.
- ❑ He was awarded “outstanding student of Sangli District” award by Rotary Club of Miraj.
- ❑ Felicitated by “Bhartiya Janata Party” in 2003 for the Medicosocial work done in PCMC area.
- ❑ Worked as the “National Secretary” of the Association of Industrial Psychiatry of India.
- ❑ Has conducted workshops on stress, Positive Thinking and Attitude and parenting for various sectors including member of parliament from Silvassa, general public and social and corporate groups.
- ❑ Honored as “most Popular and best teacher” in Padmashree Dr.D.Y.Patil Medical College, Pimpri on 5th September 2008.
- ❑ Published papers in national and international journals.
- ❑ Author of a chapter on the “Post Traumatic Stress Disorder- Indian Prespective”, Published by Springdell.

COMMONLY SEEN PSYCHIATRIC DISORDERS IN PHYSICIAN'S OPD



Dr Syeda Ruksheda



- ❑ Dr Syeda Ruksheda is trained in esteemed medical institutes of Mumbai namely Lokmanya Tilak Municipal Medical College and Hospital with Psychiatric training at G S Medical College and K E M Hospital.
- ❑ With a thriving private practice in Mumbai, spanning over 17 years specialising in adolescents, young adults, women and families she has now extended her practice to Hyderabad.
- ❑ Her long and illustrious career has seen her receive numerous international awards and a prestigious WHO Fellowship from South Korea.

Dr Ruksheda is a TEDx speaker and works with media as a mental health expert on TV, radio, print and script consultations and has a public service initiative called MARG.