



RICHA PANPALIYA

PSYCHIATRIST



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EDUCATION

MD Psychiatry (Professional Development Studies – Transactional Analysis and Hypnotherapy)

Grant Government Medical College, Mumbai, India

Bachelor of Medicine and Bachelor of Surgery – Internship Program at IGGMC Hospital, Nagpur

Indira Gandhi Government Medical College – Nagpur, India

PSYCHOLOGICAL TESTING SKILLS

- Pharmacotherapy
- Psychoanalysis
- Transactional analysis
- Hypnotherapy

ACCOMPLISHMENTS

- Recipient of 1st prize in quiz on addiction medicine in 2022.
- Recipient of 2nd prize in National level Psychiatry quiz by IPS.
- Recipient of Best resident award in 2023.

ACTIVITIES CONDUCTED

Conducted various seminars on mental health of students in school and current pressures experienced by students and how to deal with them in Lions school, Khamgaon.

PROFESSIONAL BACKGROUND

I am a psychiatrist, who strives for investing ample time in evaluating every aspect of patient's life to formulate a management plan. I keep in mind not only to decrease symptoms but improve quality of life of patients approaching me. I strive to improve my knowledge and updating it and hence my practice for the betterment of my patients. Also I am a sportsperson so, I don't give up till I succeed.

EXPERIENCE

LTMMC and Sion Hospital

Senior Resident – 2023 – 11 to Present

- Management of patients with psychiatric disorders in Psychiatry OPD in LTMMC and Sion Hospital.
- Efficient inpatient management of patients suffering from various psychiatric disorders and substance use disorder in form of psychotherapy and pharmacotherapy

GGMC and JJ Hospital

Resident Doctor – 07-2020 to 07-2023

- Diagnosed and treated patients suffering from chronic mental health conditions.
- Improved patient's outcomes by conducting thorough assessments and developing individualized treatment plans.
- Enhanced patient satisfaction by providing compassionate, culturally sensitive care and effective communication.
- Presented cases at grand rounds, fostering peer learning and promoting collaborative problem – solving among colleagues.
- Presented paper at national conference
- Published a paper in national journal.

Government Hospital, Khamgaon

Medical Officer – 03-2019 to 05-2020

- Improved patient outcomes and delivery of care through improved clinical quality processes and evidence based medical practices and protocols.
- Completed patient referrals to other medical specialists.