

To

The HR Manager,

Medical Trust Hospital, Kochi

Dear Sir/Madam,

Myself Dr. Shemeena K, I express my deep interest in applying for the Consultant Psychiatrist post at your hospital. I have been working as a psychiatrist for more than 2 years now.

In my previous roles, as Senior Resident and then as Assistant Professor at KMCT Medical College, Calicut, I was responsible for education and work collaboratively with patients and their caregivers regarding management of acute and chronic mental health disorders including psychiatric emergencies as well as training and handling academic programs of psychiatry residents.

Some of the key skills and qualifications include:

- Able to evaluate psychiatric inpatients and outpatients and to provide appropriate management including child, adolescents, and elderly.
- Knowledge of legal and ethical standards for the delivery of psychiatric care.
- Knowledge of current standards, principles and practices and emerging approaches in psychiatry.
- Post graduation from NIMHANS, Bengaluru, which helped me to acquire quality training and high standards of clinical care.
- Teaching and training experience of undergraduates and post graduates.
- Communication skills needed to educate patients and caregivers about mental illness and to ensure adherence to medication and to keep them under regular follow up.

I am excited to contribute my talents and proficiency towards your team efforts.

Please review my enclosed resume for a more in-depth illustration of my work history and accomplishments.

Thank you for your consideration. I look forward to hear from you.

Sincerely,

Dr Sheena K.

Email: [k.shemeena@gmail.com](mailto:k.shemeena@gmail.com)

Mob No: 9495596639



## Dr. Shemeena K MD Psychiatry

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⇒ Medical Council  
Registration Number:  
51901

### Date of birth

22-03-1989

### Skills

Best Medicine Practices  
Diagnosis and Treatment  
Preventative Care  
Strong Communication Skills

### Languages

English

Malayalam

Hindi

Kannada

Tamil

### Profile

Passionate Doctor with experience in Psychiatric Medicine. Bringing forth an empathetic and professional attitude, committed to providing patients with the best care possible. Experienced in counseling patients on preventative care and positive lifestyle changes. A strong leader who works well under pressure and with other medical professionals.

### Areas of Interest

Pursue research, academic and clinical career in common mental disorders, Bipolar Affective disorders, Schizophrenia, Addiction Psychiatry, Child psychiatry, Neuropsychiatry and psychopharmacology. Above all, I like to see myself as a successful clinician with a holistic approach.

### Employment History

#### Assistant Professor, Department of Psychiatry, KMCT Medical College, Mukkom, Kozhikode

(January 2023- March 2023)

- Experience in managing patients with psychiatric illness and those with co-morbidities. ranging from young children to geriatric population, on both out-patient as well as in-patient basis including psychiatric emergencies, perinatal disorders, substance use disorders, personality disorders, etc.
- Training undergraduates and psychiatry postgraduates clinically and academically.
- Experience in collaborative work with other clinical disciplines in providing mental health care to patients.

**Senior Resident, Department of Psychiatry, KMCT Medical college, Mukkom, Kozhikode**

(June 2021-January 2023)

- Experience in diagnosis and management of patients with psychiatric illness, ranging from young children to geriatric population, on both out-patient as well as in-patient basis including psychiatric emergencies perinatal disorders, substance use disorders, personality disorders, etc.
- Experience in providing psychotherapy sessions for various psychiatric disorders.
- Consultation liaison psychiatry with various other clinical departments
- Co-ordinated academic programs of undergraduates and postgraduates.
- Experience in teaching and training undergraduate and postgraduates in Psychiatry.
- Participated in various mental health camps organized by the institute.

**Non- PG Junior Resident (Post MD), Department of Psychiatry, NIMHANS, Bangalore**

(July 2020 — August 2020)

- Management of Psychiatric emergencies, inpatients, outpatients, with a holistic approach which includes pharmacological, psychological, and rehabilitation.

**Junior Resident, Department of Psychiatry, NIMHANS, Bangalore**

(July 2017 — June 2020)

- Attended mental health camps, training programs to nursing staff and students, home visits to treat patients, educating primary health care staff in rural areas during the community psychiatry postings.
- Working in consultation-liaison psychiatry in a general hospital setting (St. Johns Hospital, Bangalore, Kidwai Cancer Hospital, Bangalore, Rajiv Gandhi Pulmonology Institute, Bangalore).
- Psychotherapies (Individual therapies and Family Therapies) under the guidance of the faculty which comprise more than 150 hours of supervised psychotherapy based on a variety of schools including cognitive-behavioral, psychodynamic, brief dynamic, and eclectic approaches.
- Experience working in specialty clinics: Schizophrenia clinic, Geriatric Psychiatry clinic, Obsessive-compulsive, and related disorders clinic, perinatal clinic, forensic psychiatry
- Three months postings in Neurology gave exposure to a variety of neurological and neuro-psychiatric illnesses and management of the same in both inpatient and outpatient along with emergencies in neuro-casualty

- We were regularly assessed by our department of Psychiatry throughout the course, by regular feedback at the unit and department level. We had examinations on Psychopathology, Clinical psychology, Basic neuroscience, Emergency Psychiatry, Psychopharmacology, Neurology, and consultation-liaison Psychiatry, Psychopharmacology, Core Psychiatry, and recent advances in Psychiatry, Basic statistics, and Research methodology including critical appraisal of research papers
- Three months posting in Child and Adolescent Psychiatry gave experience in dealing with children and adolescent clinical cases both in the outpatient clinics, inpatient settings, and their management, play therapies, behavioral therapies, parent management techniques for ADHD, autism, Intellectual disabilities, management of Psychiatric emergencies in children and adolescents. Management of children in conflict with Law.
- Case discussions, topic presentations, and journal clubs at the unit and department level.

**Guest Lecturer, Department of Pathology, Govt. Medical College, Manjeri, Kerala**

(June 2014 — May 2015)

- As guest lecturer , handled academic programs for undergraduates.

**Compulsory Rotatory Residential Internship , Govt. T D Medical College, Alappuzha, Alappuzha**

(October 2013 — October 2014)

## **Education**

**MD PSYCHIATRY,  
National Institute of Mental Health and Neuro Sciences (NIMHANS),  
Bangalore**

July 2017 — June 2020

**Bachelor of Medicine and Bachelor of Surgery ( M.B.B.S),-  
Govt. T. D Medical college, Alappuzha, Alappuzha**

July 2008 — October 2014

**Board of Higher Secondary Examination, Kerala,-  
P. P.M.H.S.S, Kottukkara, Kondotty , Malappuram**

June 2005 — May 2007

**All India Secondary School Examination,-  
Markazul Uloom English School, Kondotty, Malappuram**

May 2005

## **Research Project**

**Long-Term Diagnostic Stability of Alcohol Induced Psychotic Disorder (AIPD);**  
A Register Based Study (M.D. Dissertation).

Dr Shemeena K under the guidance of Dr Prabhat K Chand, and Dr. Pratima Murthy

## **Conferences**

1. International Marce Society Biennial Scientific Meeting 2018, 26-28 Sep 2018, Bangalore
2. International Symposium on Dementia and 22nd National Conference of ARDSI, 14 - 16 Sep 2018, IISc, Bangalore

## **CME**

1. CME on Neuropsychiatric Aspects of Headache, 3 March 2019, NIMHANS, Bangalore
2. World Bipolar Day 2020 by Society for Bipolar Disorders- India (SBDI), 14 March 2020, NIMHANS, Bangalore
3. Additive Disorders: Assessments and Managements, 31 May 2019, NIMHANS, Bangalore
4. CME on Dilemmas in clinical practice of Psychiatry, present and future- Department of psychiatry , KMCT medical college , November 2022

## **Workshops**

1. Statistical Methods for Psychiatric Research Using R Software, 8 - 10 March, 2018, NIMHANS, Bangalore
2. Mission 2K by 2020 Workshop on the Mental Health Care Act- 2017, 23 Nov 2018, NIMHANS, Bangalore
3. How to Publish A Journal Article, 25 Nov 2018, NIMHANS, Bangalore

## **References**

1. Dr. Prabhat K. Chand, Professor and Head, Centre for Addiction Medicine, NIMHANS, Bangalore  
[prabhatkumarchand@gmail.com](mailto:prabhatkumarchand@gmail.com)
2. Dr. Jaisoorya T ,Professor, Department of Psychiatry , NIMHANS, Bangalore  
[tsjaisoorya@gmail.com](mailto:tsjaisoorya@gmail.com).
3. Dr. Sushil Kakkan, Professor and Head, Department of Psychiatry, KMCT Medical College, Mukkom, Calicut.