

Lt. Col. Dr. Nidhi Kumar (Retd.)

MBBS, MD Psychiatry, Registered with DHA

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Psychiatrist/ Associate Professor in Psychiatry

Seeking a suitable position with a reputed hospital/ University

SUMMARY

Profile: Male, 29-09-1971
Nationality: Indian
Current Location: Dubai, UAE
Driving License: KA0320140025206; Validity: 24-09-2031
Passport Details: P2572227; Validity: 06-06-2026
Registration: **Dubai Health Authority(DHA) as Psychiatrist (Regd. No. 77221458)**
and
Medical Council of India

DHA License no : 77221458-001

Marital Status: Married
No. of Dependents: 2
Languages: English, Hindi, Urdu and Punjabi

Current Position: **Psychiatrist,Aster Clinic, Al muteena, Dubai,UAE(Since 05/8/24)**

Expected Salary: Negotiable
Preferred Location: Dubai/Sharjah/Behrain

CAREER SYNOPSIS

Highly qualified and dedicated psychiatrist with 24 years in the Indian Army (Army Medical Corp), offering **17 years** of clinical expertise in the field combined with **9 years** of teaching experience. Demonstrated excellence in the assessment, diagnosis, and treatment of a wide range of mental health conditions, with specialized knowledge in sleep disorders, chronic headaches, somatoform disorders, sexual disorders, and more. Recognized for proficiency in individual and supportive psychotherapy, crisis intervention, and management of acutely violent patients. Proficient in newer treatment techniques such as rTMS (repetitive transcranial magnetic stimulation) and biofeedback for resistant Depression and OCD. Known for a holistic and patient-centered approach to healing, characterized by empathy, resilience, and dedication to improving the lives of individuals and families.

ACADEMIC CREDENTIALS

- **MD Psychiatry** from Armed Forces Medical College, Pune, Maharashtra, India,2007
- **MBBS** from B.J. Medical College Pune, Pune University, Pune, Maharashtra, 1995

LICENSE / REGISTRATION

- Registered with Medical Council of India both for MBBS and MD Psychiatry
- Registered with Dubai Health Authority(DHA) as Psychiatrist
- Licensed with Dubai Health Authority(DHA License no-**77221458-001**)

CAREER TIMELINES

Clinical Experience:

- **Consultant & Head of Department, Psychiatry@** Park Metro Group of Hospitals, Palam Vihar, Gurgaon, India | Aug 2022– present
- **OPD Services:** Conducted outpatient services, CL psychiatry (Cross referrals from other specialties) since 2007.
- **Inpatient Management:** Managed the Psychiatry ward with approximately 30 inpatients and about 50 daily OPD patients since 2006.
- **Psychiatrist:** At Aster Clinic(DMPC),al muteena,Dubai,UAE, Since **05 Aug 2024- Present**

Teaching Experience:

- Associate Professor @ Armed Forces Medical College (AFMC), Pune, India | Jul 2018 to Nov 2020
- Assistant Professor of Psychiatry @Rajiv Gandhi University, Bangalore, Karnataka |Jul 2013 – Feb 2017

Officer in Indian Army (Army Medical Corps), 1997 - 2022 (Served for 24 Years)

Clinical expertise:

- Conduct thorough psychiatric assessments, including patient interviews, mental status examinations, and the use of standardized assessment tools.
- Make accurate and nuanced diagnoses based on observed symptoms and patient information.
- Develop individualized treatment plans, which may include therapy, medication management, or a combination of both, based on the patient's diagnosis and needs.
- Prescribe and manage psychiatric medications, monitor medication efficacy, adjust dosages, and address potential side effects.
- Handle psychiatric emergencies and provide crisis intervention to individuals in acute distress.
- Adhere to ethical guidelines and legal standards in psychiatric practice, including informed consent and patient confidentiality.
- Maintain accurate and thorough documentation of patient assessments, treatment plans, and progress notes in compliance with legal and regulatory standards.
- Help patients develop coping strategies and resilience to better manage their mental health challenges.

▪ **Clinical Specialization:**

- Sleep Disorders, Chronic Headaches, Somatoform Disorders, Sexual Disorders, Individual and Supportive Psychotherapy.
- Management of Acutely Violent Patients, ICU Psychosis.
- Counseling for Substance Abuse and Marital Discord.
- Crisis Intervention.
- Administering ECT (Electroconvulsive Therapy) to suicidal and severely disturbed patients.

Teaching Expertise:

- Taught undergraduate and graduate-level courses in psychiatry.
- Deliver engaging lectures, seminars, and workshops on various psychiatry topics, fostering an interactive and intellectually stimulating learning environment.
- Develop and administer assessments, examinations, and evaluations to gauge students' comprehension and proficiency in psychiatry.
- Mentored and advised graduate students, residents, and fellows in their academic and research pursuits.
- Publish research findings in reputable peer-reviewed/ index journals, books, and other scholarly publications.
- Contribute to the development and enhancement of psychiatric programs, services, and clinics within the academic institution.

PUBLICATIONS (Total - Seven), Three as First author

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- Maternal stress in neonatal intensive care unit very often overlooked by health professionals; by **Dr Nidhi Kumar** and Dr Achinta Mallick <http://www.industrialpsychiatry.org> on Sunday, November 8, 2020, IP: 223.185.129.180]
 - Serum Serotonin Abnormality in Depression Brig D Saldanha, **Maj Nidhi Kumar**, Surg Capt VSSR Ryali, K Srivastava, Surg Capt AA Pawar; MJAFI 2009; 65: 108-112
 - Melasma as a state marker of psychiatric disorders by **Dr. Nidhi Kumar**, Dr. Amit Kumar and Dr. P Sarkar. ISSN: 2320-5407; Int. J. Adv. Res. 6(8),1243-1248, Aug 2018

KEY SKILLS

- Clinical Assessment & Diagnosis
- Treatment Planning
- Therapeutic Modalities
- Medication Management
- Crisis Intervention
- Empathy & Active Listening
- Empowerment & Resilience Building
- Supervision & Teaching
- Lectures & Seminars
- Administrative Functions
- Departmental Leadership
- Research & Publication
- Community Engagement