



## SPECIALISMS

ADHD (Diagnosis)  
ASD (Diagnosis)  
ADD (Diagnosis)  
Asperger's (Diagnosis)  
ADHD  
ASD  
ADD  
Asperger's  
Addiction  
Anxiety  
Attachment  
Bereavement  
Bipolar  
Brain Injury  
Capacity  
Chronic Pain  
Cultural Diversity  
Depression  
Drug/Alcohol/Substance Misuse  
Eating Disorder  
Fabricated Illness  
Historic Sexual Abuse  
Learning Disabilities  
Learning Difficulties  
Mood Disorder  
Munchausen  
Neglect  
Non-Accidental Injury  
OCD  
Pain Management  
Perinatal  
Postnatal Depression  
Psychosexual  
Psychosis  
Psychosomatic  
PTSD  
Risk  
Schizophrenia  
Self Harm  
Sex Change  
Sexual Abuse Victims  
Tourette's  
Trauma  
Victims of Torture  
Stroke

## CASE TYPES

ADHD  
ASD  
Capacity Certificates  
Clinical Negligence  
Cognitive  
Family  
Global Family Assessment  
Neuropsychiatric  
Personal Injury  
Second Opinion  
Testamentary Capacity

## MEDICO-LEGAL EXPERIENCE

- Experience in writing reports for family proceedings, youth forensic cases and personal injury cases
- Trained with the CCC Team (Childcare and Consultation Team, Great Ormond Street Hospital)
- Court Expert Witness experience

## PROFILE SUMMARY

- Acknowledged thought leader in the mental health and well-being sector
- Extensive experience in the mental health sector (Clinical & management) and international community development
- Results-oriented leader with deep expertise in global mental health promotion and cross-cultural innovation
- Twice shortlisted National award nominee for 'Communicator of the year', Royal College of Psychiatrists UK
- Global Psychiatrist with local sensibilities and an international perspective on clinical presentations / needs, geographical/cultural variability, complex family and organisational structures, complexities, diversity and inclusion
- Expertise and Consultant CAMHS experience in Neurodevelopmental Disability, Special Needs and Paediatric Psychopharmacology

## MEDICAL QUALIFICATIONS, AWARDS AND ACHIEVEMENTS

- 1998: **MB BS**, Bangalore Medical College and Research Institute, Bengaluru India (Distinctions in Pharmacology and Microbiology after
- 1993: **National Merit Scholar** (Pre-University Certification)
- 2003: **MRCPsych (UK)** Post-Graduate Degree in Psychiatry, Royal College of Psychiatrists
- 2018: **FRCPsych (UK)** Fellowship Award, Royal College of Psychiatrists
- 2008: **Certificate of Completion of Specialist Training with board certification in Child & Adolescent Psychiatry (CCST)**
- 2007– 08: **The 3di (Three Dimensional Interview) & ADOS (Autism Diagnostic Observation Schedule)** semi-structured assessments for Autism
- 2004-09: **Clinical Certificate in Psychopharmacology** British Association of Psychopharmacology (UK)
- 2009-16: **Paediatric Liaison Lead, Royal Surrey County Hospital**
- 2010- 13: **Qualified Educational Supervision Programme (QESP)** Kent, Surrey and Sussex Deanery
- 2014: **Mindfulness accredited training** Surrey and Borders Partnership NHS Foundation Trust
- 2014- 15: **Accelerated Clinical Director Leadership Programme** Surrey and Borders Partnership NHS Foundation Trust
- 2014-16: **EMDR Trauma therapy accreditation** Parts 1,2 and 3 training accredited by the EMDR Association of Europe
- 2014 – 16: **Autism Champion & member of the Autism Board, South Surrey**
- 2016 - to date: **Specialty Champion, Child and Adolescent Psychiatry, Health Education England**
- 2017: **Kala Rathna Award** nominee for contribution to the Arts Milapfest
- 2018: **BMS Educational Institutions: Felicitation** for contribution to society
- 2019 & 20: **Nominated and shortlisted twice for the 'Psychiatric Communicator of the Year', Royal College of Psychiatrists**
- 2019: **Recognised as an SDG champion forerunner and action partner by UNGSII, United Nations**
- 2021: **Invited founding Executive Committee member of ACAMH India (The Association of Child and Adolescent Mental Health's International hub)**





## PROFESSIONAL TRAINING AND EXPERIENCE

- 1999-2003: Guys, King's and St Thomas' Senior House Officer training scheme in General Psychiatry, London Deanery, UK
- 2003-2008: Great Ormond Street Hospital with the Royal London Training Scheme in Developmental (Child & Adolescent Psychiatry), London Deanery, UK
- 2008-2009: Fixed term Consultant in CAMHS, Developmental Neuropsychiatry and Learning Disability, Oxleas NHS Foundation Trust, UK
- 2009-2016: Consultant in Child and Adolescent Psychiatry (CAMHS), Surrey and Borders Partnership NHS Foundation Trust, UK
- 2016 - Oct 2021: Visiting Consultant in Child and Adolescent Psychiatry and Developmental Neuropsychiatry, Sussex Partnership NHS Foundation Trust and Telerad RxDx Healthcare, India
- July 2021- date : CAMHS Consultant Psychiatrist at The Priory , Roehampton

My roles have included providing clinical leadership, specialist ADHD and ASD structured assessments, support to multidisciplinary clinical assessments, psychiatric reviews, chairing professional meetings, Consultant cover to the CAMHS duty team and liaison with Paediatrics /A and E/Cardiology /Adult mental Health and other specialties as required. My role has included multi-disciplinary team inputs and structured assessments to the pan-county specialist ASD team and the East Sussex ADHD team, alongside Consultant inputs to Ouse and Worthing CAMHS. I am required to keep up with the requirements of Good Medical Practice as set out by the General Medical Council (including Continuing Professional Development, appraisals , revalidation , clinical governance and peer reviews/support).

## TEACHING AND TRAINING

- 2012 -date: Clinical supervisor & Medical Educator ,KSS (Kent, Surrey and Sussex ) Deanery for medical undergraduates and postgraduates in Psychiatry, Paediatrics and Accident & Emergency
- 2014-date : Visiting Faculty for MA (Psychotherapy) students at CCPE, London, UK
- 2020-date: Part of the international training faculty of four UK Psychiatrists for Indian mental health professionals, a collaboration between Concern for Mental Health UK and the Mukul Madhav Foundation India
- 2020-date: Executive committee member of ACAMH UK International- the Asian branch of the Association of Child & Adolescent Mental Health UK
- 2016-date: Speciality champion for Child & Adolescent Psychiatry , Health Education England

## TRANSCULTURAL MENTAL HEALTH LEADERSHIP AND INTERNATIONAL COMMUNITY DEVELOPMENT

1. Commended as a global pioneer integrating Neuroscience and creative art , The Royal College of Psychiatrists UK (2018) .My work has been internationally acclaimed in world media (Independent UK, BBC Arts and Culture, BBC Asian Network, The Huffington Post UK, The Times , India Today/AajTak, NDTV, the Herald India & the UK amongst others).
2. Successfully completed the Women in Leadership modules with the Indian Institute of Management and onboarded for incubation at IIMB from over 10,000 (Indian Institute of Management ) for mental health initiatives.





## TRANSCULTURAL MENTAL HEALTH LEADERSHIP AND INTERNATIONAL COMMUNITY DEVELOPMENT Contd.

3. Part of the Global Creative Leadership Circle, Helen Hamlyn Institute of Design, Royal College of Art , UK.
4. Passionate advocate for creativity in mental health: Composed , sung and performed in three Internationally acclaimed video singles and two music albums for mental health on a prestigious world stage(BBC 3 Arts and culture , BBC Asian Network, NDTV, Aaj Tak / India Today , Zee Europe and other world media). Solo art exhibitions and community art mosaic projects in the UK and India aim to increase awareness on mental health through the medium of art: Commendation at the Liverpool Centre of Arts for young and in international media ( London Live TV, Psychologies UK , Zee TV Europe, Health Triangle and Lifestyle magazines :Art Style etc )
5. Part of a global expert panel to disseminate resources ( via the The Live, Love, Laugh Foundation for a pan-India initiative 'You are not alone' ) for mental health education in schools.
6. SDG champion forerunner and action partner, United Nations
7. Guest author on articles on Child Psychology and Psychiatry on The Huffington Post, Good Housekeeping, Country Living , Closer , Stylist , Net doctor , Deccan Herald and Changeboard ,to name a few. My article on exam stress in Parent info went viral and was adopted by over 20-25 top primary, comprehensive, independent and grammar schools in the UK on their websites and quoted across the world on parenting and educational websites.
8. Invited speaker on prestigious global platforms –United Nations UNGSII Global summit, TEDx, The Houses of Lords and Commons, The High Commission of India UK (Culture), The Mental Wealth Festival London , HOPE University Liverpool , Mangalore University, St Joseph 's Educational Institutions India , FICCI India, IIM India etc.
9. Invited by news channels like LBC (Leading Britain's Conversations) to provide an expert opinion on mental health of the nation in the light of topical UK issues like Brexit , UK Health Radio ,Talk Radio etc . Invited Psychiatrist for live call-ins on the BBC Asian Network and multiple Indian TV Channels including NDTV, AajTak etc around Asian mental health, vulnerabilities and sensitivities.
10. Conceptualised and led multiple culturally sensitive international community development projects geared around mental health bringing the East and the West together since 2016.
11. Pioneered and ran GDPR-compliant transcontinental Telemedicine clinics for Sussex Partnership NHS Foundation Trust (March 2020-June 2021, in the context of COVID-19) .
12. Excellent professional and personal links with the UK ,Indian subcontinent and transcultural global mental health. Diverse private patient base from various countries including the UK, India, the Middle East, United States and Canada.
13. In tune with the latest developments on mental healthcare, the arts, social, civil, economic, political, educational, geographical and financial fronts.
14. Fluency in English and various Asian languages
15. Conceptualized and worked on international business development projects linked to UK Trade and Investment

## LANGUAGES SPOKEN

Hindi, Urdu, Kannada, Tamil, Telegu

GMC NO 5200311

