

Dr. Rashi Manocha

MD (Psychiatry) | MBBS
D-242, Nirman Vihar, Delhi-110092
+91 9582211400 | drrashimanocha@gmail.com

PROFILE

A dedicated and compassionate MD Psychiatry graduate with strong clinical exposure in adult psychiatry, consultation-liaison psychiatry, emergency psychiatry, and psychotherapy. Experienced in diagnostic formulation, psychopharmacology, academic research, publications, and patient-centred care.

EDUCATION

Degree	University/School	Year	Grade
MD Psychiatry	Teerthankar Mahaveer Medical College, Moradabad	2022–2025	Percentage: 70.50
MBBS	Dr. D. Y. Patil Medical College, Pune	2016- 2022	Percentage: 64
Senior Secondary (XII)	Hillwoods Academy, Delhi	2015-2016	Percentage: 82

CLINICAL EXPERIENCE

- Resident Doctor**

Dept of Psychiatry – TMMC, Moradabad (2022–2025)

- Managed OPD, IPD, and emergency psychiatry cases.
- Treated schizophrenia, bipolar disorder, depression, anxiety disorders, OCD, SUD, and personality disorders.
- Trained in CBT, supportive therapy, MI, family counselling.
- ECT administration & monitoring.
- Psychoeducation for patients and caregivers.

- Junior Resident**

District Residency Programme – Psychiatry (3 months)

- Independent OPD & emergency psychiatric care.
- District-level mental health services.
- **Intern Doctor**
Dr. D.Y. Patil Medical College (2021–2022)
 - Psychiatry ward, OPD, ECT exposure; managed psychiatric emergencies.
- **COVID-19 Teleconsultation Officer**
COVID War Room – PCMC (2021)
 - Teleconsultation, data management, case analysis.
- **Community Outreach Educator**
Dept of Community Medicine
 - Health education and awareness sessions.

RESEARCH & PUBLICATIONS

- Marital and Sexual Dysfunction in Schizophrenia – Indian Journal of Applied Research (Google Scholar, PubMed, Scopemed, UGC, NCBI indexed).
- Menstrual Abnormalities Post COVID-19: Reality or Myth – Journal of Indian Medical Association (Scopus indexed).
- CIPCON 2024 – Paper on mental health issues among junior residents.

SKILLS

- Psychiatric evaluation & MSE
- Psychopharmacology
- CBT fundamentals
- Crisis management
- Research & academic writing
- Communication & empathy

CLINICAL COMPETENCIES

- Suicide/violence risk assessment
- ECT administration
- Withdrawal management
- Psychometric scale use
- OPD documentation

CERTIFICATIONS, WORKSHOPS & TRAININGS

- CBT Course (Value-Added)
- BLS Certification (American Heart Association)
- ACLS Certification (American Heart Association)
- Basic Course in Biomedical Research
- CCP: Clinical Compliance Program
- GLP: Good Laboratory Practice
- IPS Women's Mental Health Symposium 2024
- PG Development Program 2024
- ANCIPS 2024 Delegate
- NCRIMS CME (2023)

EXTRA-CURRICULARS

- Featured in HealthifyMe New Year Campaign with celebrity Sara Ali Khan.

LANGUAGES

English (Professional) | Hindi (Native)

INTERESTS

Women's Mental Health, Sexual Medicine, Addiction Psychiatry, Emergency Psychiatry, Academic Psychiatry, Mental Health Advocacy.