

Curriculum Vitae

Dr. Advait Dixit, MD (Psychiatry)

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Born on 31st July 1995 in Navi
Mumbai, Maharashtra, India

Age: 29 years

Current affiliation: Senior Resident,
Department of Psychiatry, BARC
Hospital, Mumbai

Languages: Fluent in Marathi, English, Hindi and
Odia; Conversational in Kannada, Bengali, and
Konkani

Clinical experience: 6+ years

Teaching and academic experience: 5+ years

Profile summary

Psychiatrist trained at premier national institutes — AIIMS Bhubaneswar (a Designated Centre under the Drug De-addiction Programme (DDAP) of the Government of India and an Opioid Substitution Therapy (OST) centre under NACO) and NIMHANS Bengaluru. Experienced in general hospital, community, and perinatal psychiatry, with special interest and training in addiction psychiatry, motivational interviewing and psychosocial rehabilitation. Committed to ethical, evidence-based, and recovery-oriented mental health care integrating psychotherapy and pharmacological treatment.

Academic Qualification

Jan 2020 – Jan 2023	MD (Psychiatry) • All India Institute of Medical Sciences (AIIMS), Bhubaneswar Thesis topic- Development of video-based parent training intervention for children with ASD: a mixed method study
Aug 2013 – Feb 2019	M.B.B.S • Government Medical College, Miraj (MH)
Mar 2013	All India Senior School Certificate Examination (AISSCE) • 84%
Mar 2011	All India Secondary School Examination (AISSE) • 92%

Work Experience

Aug 2025 – Ongoing	Lead Psychiatrist, Emergency Care & Recovery Centre (ECRC), Eduljee Framjee Albless Niramaya Niketan (EFANN), Mumbai (Supported by The Banyan, Chennai)
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Mar 2025 – Ongoing	Senior Resident, Department of Psychiatry, Bhabha Atomic Research Centre Hospital, Mumbai
Jan 2024 – Feb 2025	Senior Resident (Perinatal Psychiatry Unit), Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru
May 2023 – Jan 2024	Senior Resident, Psychiatric Rehabilitation Services, Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru
March 2023 – May 2023	Senior Resident, Department of Psychiatry, All India Institute of Medical Sciences (AIIMS), New Delhi
Jan 2020 – Jan 2023	Junior Resident, Department of Psychiatry, All India Institute of Medical Sciences (AIIMS), Bhubaneswar
Feb 2018 – Feb 2019	Compulsory Rotatory Residential Internship, Government Medical College, Miraj (MH)

Clinical Experience and Training

Lead Psychiatrist (ECRC by the Banyan)

Providing psychiatric care at a 30-bedded Emergency Care and Recovery Center (ECRC), a hospital-based, multidisciplinary service delivering compassionate, recovery-oriented care for women experiencing homelessness and mental illness. The role involves direct clinical work, capacity building, and supervision of the multidisciplinary care team.

Senior Residency

- **Bhabha Atomic Research Centre (BARC) Hospital, Mumbai (March 2025 – Present)**
 - Managing outpatient cases and inpatient cases in the Department of Psychiatry.
 - Handling consultation–liaison psychiatry calls across hospital departments.
 - Actively involved in support groups for caregivers of dementia, caregivers of schizophrenia, and spouses of individuals with alcohol use disorder.
- **Perinatal Psychiatry Unit, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru (January 2024 – February 2025)**
 - Managed cases admitted to the Mother–Baby Unit and attended the dedicated Perinatal Psychiatry Outpatient Clinic.
 - Provided preconception counselling and offered psychopharmacological guidance during pregnancy and lactation.

- Actively contributed to the teaching and supervision of junior residents and M.Phil trainees in Clinical Psychology and Psychiatric Social Work.
- **Psychiatric Rehabilitation Services, NIMHANS, Bengaluru (May 2023 – January 2024)**
 - Managed day-boarder cases and inpatient referrals.
 - Conducted weekly clinical rounds at the Community Mental Health Centre and Halfway Home at Sakalwara.
 - Delivered recovery-oriented psychiatric care with emphasis on social reintegration.
 - Provided teaching and supervision to junior residents and M.Phil trainees in Clinical Psychology and Psychiatric Social Work, actively contributed to teaching and interdisciplinary collaboration with trainees in Clinical Psychology, Psychiatric Social Work, and Nursing.
- **All India Institute of Medical Sciences (AIIMS), New Delhi (March 2023 – May 2023)**
 - Worked as Senior Resident in the Department of Psychiatry with exposure to outpatient, inpatient, and consultation–liaison psychiatry services.

Junior Residency (MD Psychiatry, AIIMS Bhubaneswar, January 2020 – January 2023)

- Trained in a general hospital psychiatric setting with comprehensive exposure to outpatient, inpatient, emergency psychiatry, and electroconvulsive therapy services.
- Trained in managing cases of addiction including alcohol use, behavioural addictions, opioid use and cannabis use.
- Rotations across specialty clinics including Sleep Disorders, Neuropsychiatry, Epilepsy, Child Guidance, and Addiction Psychiatry.
- One-month posting in the Department of Neurology with exposure to neurological and neuropsychiatric illnesses and emergencies.
- Part of the Student Wellness Centre initiative, providing round-the-clock psychological support, crisis intervention, and counselling to students and staff.
- Actively involved in teaching undergraduate medical students and supervising interns.

Specialized Postings and Additional Trainings

- Completed Motivational Interviewing ECHO module conducted by William Miller (July – September 2024), Centre for Addiction Medicine, NIMHANS.

- Child and Adolescent Psychiatry and Behaviour Therapy Posting, NIMHANS, Bengaluru (April 2022).
- Trained in Opioid Substitution Therapy (five-day Regional Training Programme, Orissa State AIDS Control Society, Government of Odisha).
- Received supervised training in Cognitive Behavioural Therapy, Relapse Prevention Therapy, Dialectical Behaviour Therapy, and Trauma Informed Care.
- Awarded Fellowship of Dr. Ramachandra N. Moorthy Foundation for Mental Health and Neurological Sciences: 10th Leadership and Professional Skills Course for Early Career Psychiatrists (January 2024), conducted at NIMHANS by Prof. Norman Sartorius, Dr. Mohan Isaac, Dr. Santosh K. Chaturvedi, Prof. Prabha Chandra and Prof. Pratima Murthy

Publications

1. Narasimha, V. L., Suhas, S., Kishor, M., Dixit, A., & Murthy, P. (2024). Advances in psychiatry training and faculty development in India. *Indian Journal of Psychological Medicine*, 46(5), 391-399.
2. Dixit, A., KP Muliya, G Desai., (2024). Psychotherapy in Underprivileged Persons from Low Socioeconomic Status and Illiteracy. G Desai, V Kumar, S Akhtar, Psychotherapy in India: Past, Present and Future. Jaypee.

Achievements

1. First prize in PG quiz - The Annual Conference of the Indian Psychiatric Society (IPS) Odisha State Branch 2022
2. First prize in Innovative Case Presentation Competition by Bhubaneswar Institute of Interventional Psychiatry Behavioural Sciences and Research (BIIPbSAR), Bhubaneswar, Odisha
3. Second prize in PG quiz The Annual Conference of the IPS Odisha State Branch 2022
4. Third prize in PG quiz – National CME: World Mental Health Day, IPS Odisha State Branch

Resource person

1. 'Resilience in Residency'. PG-CME Indian Psychiatric Society Karnataka Chapter & Department of Psychiatry, NIMHANS (23 – 24th February 2024)
2. Certificate Course in Perinatal Mental Health (CCPMH), a two-month training program for Psychiatrists, Obstetricians, Obstetric or Psychiatric Nurses, Clinical Psychologists and Psychiatric Social Workers

Organisational Skills

1. Organised 10th Leadership and Professional Skills Course for Early Career Psychiatrists, at the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru (16th to 18th January 2024)
2. Organised NIMHANS Alumni Meet TeleMANAS 5Km run on 14th July 2024, on the occasion of NIMHANS Alumni meet with more than five hundred participants.
3. Symposium on "Residential rehabilitation for persons with severe mental illnesses" and Harsha at Community Mental Health Centre, Sakalwara, NIMHANS, Bengaluru.

Additional Skills

1. Effective communication with patients and colleagues across disciplines
2. General Secretary, Resident Doctors Association (RDA), National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.
3. Cultural Secretary, Avyukt Batch (2013), Government Medical College, Miraj.

Extra-Curricular

1. Writing (Writeups on diverse topics, like attacks on doctors in India, the need for mental health awareness, Philosophy and Psychiatry)
2. Administrative and Leadership skills
3. Sports: Avid runner, Cycling, Football