

# Dr. Zainab Lokhandwala

PSYCHIATRIC & PSYCHOLOGICAL CONSULTANT

✉ drzainablokhandwala@gmail.com

☎ 8888 752 452

📍 Pune, India

## SPECIALIZATION

Depression

Drug De-Addiction

O.C.D Schizophrenia

Memory Problems

Dementia Geriatrics

Internet De-Addiction

Stress Management

Sleep Disorders

Memory Problems

## MEMBERSHIPS

Pune Psychiatrist Association

Bombay Psychiatric Society

Humanity Health Organization, Mumbai

## WORK EXPERIENCE

### Consultant Psychiatrist

Zehen - The Mind Clinic

04/2017 – Present

Pune, India

### Consultant Psychiatrist & Center Head

Chaitanya Mental Health Care Centre

09/2013 – Present

Pune, India

### Consultant Psychiatrist

Jagruti Rehabilitation & Dementia Care Center

01/2015 – 03/2016

Pune, India

### Resident in Dept. of Psychiatry under Dr. Y. A. Matcheswalla

Masina Hospital

07/2007 – 06/2012

Mumbai, India

### Resident Medical Officer in Dept. of Medicine

Saifee Hospital

07/2006 – 06/2007

Mumbai, India

## PUBLICATIONS

Early and late onset panic disorder; Indian Journal of Gerontology, 2011

Alcohol abuse in elderly; Indian Journal of Gerontology, 2012

Hyper prolactinemia and antipsychotics; Eastern Journal of Psychiatry, 2013

Melatonin agonists: a brief clinical review; Delhi psychiatry journal, Oct 2012

## ACHIEVEMENTS

GERON 2010, 6th Annual National Conference: 2nd prize for poster presentation

41st Annual National Conference of IPS, West Zone: Paper presented on "Panic disorder: early and late onset"

Bombay Psychiatric Society Inter college Debate, 2009: Won the debate and Best Speaker prize

Bombay Psychiatric Society and Association of Marriage Counselors in Maharashtra, Essay writing competition: 1st position for essay "Future of families in metros"

Humanity Health Organization street play competition, 2009: 3rd prize in intercollege street play competition for mental health awareness

## EDUCATION

### D.P.M.

College of Physicians and Surgeons of Mumbai

### M.B.B.S.

N.D.M.V.P'S MEDICAL COLLEGE, Nasik; M.U.H.S.