

DR. ARIJIT BOSE

Consultant - Psychiatrist

Qualification

MBBS | MSc (Transcultural Mental Healthcare) | MRCPsych | CCT

Overview

Dr. Arijit Bose is a leading consultant in Psychiatry, with over 20 years of experience in the field, currently serving in the Department of Psychiatry at Manipal Hospitals, Dhakuria. Dr. Bose completed his Bachelor of Medicine Bachelor of Surgery (MBBS), followed by a Master of Science (MSc) in Transcultural Mental Healthcare from the University of London. He also earned a Royal College of Psychiatry (MRCPsych) and completed a Certificate of Completion of Training (CCT) training from the UK, with super-specialty training in Substance Misuse Psychiatry, focusing on alcohol and drug abuse. Additionally, he received training in the Eye Movement Desensitization and Reprocessing (EMDR) technique for treating mental trauma. His training in some of the leading medical institutions in India and the UK contributed to his well-rounded expertise in Psychiatry. Dr. Bose is a renowned Psychiatrist with extensive experience in the field of mental and behavioral disorders. He is known for his patient-focused approach, offering holistic treatment that incorporates biological, psychological, and social aspects of care. He combines medical management and counseling to treat various mental health conditions.

He also focuses on offering psychoeducation for patients and family members. While prescribing medicine, he uses the lowest possible dose to minimize the risk of side effects. Dr. Bose's approachable aura comforts his patients to speak about their problems and is well-trusted by both his patients and colleagues. The specialty interests of Dr. Bose encompass the diagnosis and treatment of depression, anxiety and related issues, schizophrenia, bipolar disorder, dementia, ADHD, autism, alcohol/illicit drug abuse, psychogenic sexual problems, learning disability, and personality disorder. In addition to his clinical work, Dr. Bose is also an active member of the Royal College of Psychiatrists (RCP). He has participated in research work and various workshops under the Mental Health and Behavioural Sciences department and has published many papers. Dr. Bose has contributed to handling numerous complex medical cases, accurately diagnosing them, and treating patients empathetically. As a visiting consultant, he provides psychiatric assessments, diagnoses various mental health disorders, and develops personalized treatment plans tailored to each patient's unique needs. With proficiency in the languages of English, Bengali, and Hindi, he emphasizes clear communication with his patients, offering personalized care and attention both during treatment and in follow-up care.

Fellowship & Membership

- Life Member of the Indian Psychiatry Society (IPS)
- International Member of the Royal College of Psychiatrists (UK)

Field of Expertise

- Specialises in the diagnosis and management of mental health disorders, such as depression, anxiety, bipolar disorder, and more.

- Expertise in managing alcohol and substance abuse while helping clients to recover from their addiction.
- Skilled in Eye Movement Desensitisation and Reprocessing Techniques (EMDR), which primarily helps treat post-traumatic stress disorder (PTSD) and phobias.
- Experienced in treating psychogenic sexual problems and learning disabilities and providing psychoeducation for patients and families.

Languages Spoken

- English
- Bengali
- Hindi

Awards & Achievements

- Honors & Proficiency in Biochemistry at Calcutta University, 1996
- College Scholarship in First Year MBBS for the Session 1995-96
- College Scholarship in Second Year MBBS for the Session 1997-98
- Distinction in MSc: Transcultural Mental Healthcare

Talks & Publications

- Online CPD Module "Metabolic Syndrome and Schizophrenia" on the Web Page of the Royal College of Psychiatrists (2016).
- Bose A & Hafizi S (2013): Prescribing Patterns in an Early Intervention in Psychosis Team.
- Royal College of Psychiatrists, Eastern Division Spring

Academic Meeting Poster Abstract Book. Abstract 14: 14-15.