



UNLIMITED POTENTIALITIES  
CLINIC LLP

DR. ASHIT SHETH  
M.D., D.P.M.

Honorary Professor of Psychiatry, Bombay Hospital

DATE: - 04.06.2019

This is to certify that Ms. Hiral Jayesh Kapadia completed her observership at Unlimited Potentialities from 04.04.2019 to 04.06.2019.

Unlimited Potentialities is a unique clinic dedicated to providing higher quality of mental healthcare services to children, adolescents, senior citizens and families.

She completed this observership under the guidance of DR.ASHIT SHETH.

**DR.ASHIT SHETH**

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The Unlimited Potentialities clinic is dedicated to providing the highest level of mental health care services. My work included understanding and noting down the medical, personal and family history of patients in accordance with the psychiatrist Dr. Sheth or the clinical/counselling psychologist. I also assisted in preparing prescriptions, reading blood reports as well as maintaining the case history.

The observer-ship was one-of-a-kind of experience that I went through. I got the opportunity to realise what goes in clinical sessions, some clinical tests, scoring of those tests, how to make the patients comfortable, the liberty to ask questions, etc. Being a loud, talkative extrovert, my entire personality changed for the time I was in the sessions. I would realise the importance of listening to the patients. Every case would come with a different teaching. I learnt the names, dosages of most antidepressants, antianxiety, mood stabilizers, etc. as well as the combinations of these medications and their effect on the body, when particular medicines should not be merged with certain pre-existing conditions, etc. The practical knowledge that I had a chance to gain was unmatched by any theory textbook. Dr. Sheth has been a part of the mental health industry as a psychiatrist for more than 35-40 years. A chance to learn from him made the entire observer/intern experience to the next level. I continued with the clinic intermittently from November, 2019 to February, 2020.

- Hiral Kapadia, 181361