

Dr. Rajesh Kumar

341 Arrah Garden Residences
Arrah Garden Road, Bailey Road, Patna 14
Mob no : 9871554629

**Current Position & Address****Date of Birth**

- 1st April, 1972 (01.04.1972)

Qualification

- M.B.B.S. (1996), Patna University
- M.D. (Psychiatry) (2001), AIIMS, New Delhi

Current Position & Address

**Professor & HOD Department of Psychiatry
Indira Gandhi Institute of Medical Sciences**
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Permanent Registration No. : 29943 (BCMR), October 1997

Delhi Medical Council Registration No. : 24798, August 2015

PROFESSIONAL EXPERIENCE

- Did post graduation (M.D.) in Psychiatry from All India Institute of Medical Sciences, New Delhi in May 2001.
- Worked as Senior Resident in the Department of Psychiatry at All India Institute of Medical Sciences, New Delhi (15.10.2001 to 14.10.2004).
- Working as Associate Professor in the Department of Psychiatry at IHBAS, Delhi. Since 30th January, 2010 to till date.
- Currently Consultant In-charge of Male Psychiatric Wards (General Male Adult Ward & Forensic Psychiatry Ward).
- Currently Working as Professor & Head Department of Psychiatry Indira Gandhi Institute of Medical Sciences. Sheikhpura: Patna – 800014 (Bihar, India) Since 11 April, 2016

RESEARCH EXPERIENCE**As Postgraduate Student**

- “A study of Psychiatric morbidity among first degree relatives of opioid dependent patients” at AIIMS, New Delhi (M.D. thesis, November 2000).

As Senior Research Fellow

- “Post-marketing Surveillance of Higher Strength Buprenorphine” at AIIMS, New Delhi (06.08.2001 to 14.10.2001).

As Research Officer

- “Epidemiology of Mental Disorder....a Longitudinal Study” at AIIMS, New Delhi (19.11.2004 to 02.07.2005)

As Co-Supervisor/Co-guide

- “Role of emotional intelligence in psycho-social problems and coping strategies among the children and spouses of alcoholism patients” funded by ICMR, New Delhi (completed).
- “Frequency and pattern of substance use in patients of schizophrenia – A hospital based study” (M.D. thesis, completed).
- Cognitive impairment in elderly depressive individuals (M.Phil. dissertation, submitted).
- Disability and Quality of Life in patients with obsessive compulsive disorder (M.Phil. dissertation, submitted).

- **“A Comparative study of Caregivers’ Burden and Quality of Life in Patients of OCD and Schizophrenia”** (M.D. Thesis, submitted).
- **“Study of temperament, family environment, psychopathology and their association with pattern of use in adolescents with substance use disorder presenting to a tertiary care centre”** (M.D. Thesis, submitted).
- **“Study on gender differences in Obsessive Compulsive Disorder in terms of explanatory model, help seeking behavior and caregivers’ burden”**(M.D. Thesis, submitted).
- **“A study of Depressive Disorders, Quality of Life and Functioning in Patients with Hypothyroidism”** (M.D. Thesis, submitted).
- **“A study of marital quality and dyadic adjustment in patients with depression”** (M.Phil Clinical Psychology Dissertation, submitted).
- **“Emotional processing in Obsessive Compulsive Disorder”** (M.Phil Clinical Psychology Dissertation, submitted).
- **“A study on temperament and body image disturbance in school going adolescent girls”** (M.Phil Clinical Psychology Dissertation, submitted).
- **“Comparative study of Burden and Quality of Life in the caregivers of patients with Alcohol Dependence Syndrome and Opioid Dependence Syndrome”** (M.D. Thesis ongoing).
- **“A study of psychological comorbidity in patients presenting with Epilepsy”** (D.M. dissertation ongoing).
- **“Perceived stress and coping: A study on Post graduate students of IHBAS”** (M.Phil Clinical Psychology Dissertation, submitted, September 2014).
- **“A Study on knowledge and attitude regarding ECT among family members of persons with mental illnesses attending tertiary care neuropsychiatric institute”** (M.D. Thesis, ongoing).
- **“Cognitive beliefs and emotion regulation in patients with Obsessive Compulsive Disorder** (M.Phil Clinical Psychology Dissertation, ongoing).

As Co-Investigator

- **“NICED-IHBAS-RIMS Collaborative study on HIV/AIDS and Drug Abuse”** in Manipur (Funded by ICMR, report submitted).
- Participated in the **“Study of Reliability and Validity of Risk Assessment Battery in Indian Population (Patients with Intravenous Opioid Use)”** in **October 2005**.
- Currently involved as Co-investigator in study entitled **“Integrated Biology Approach in Deciphering Genotype Phenotype co-relation for Complex Human Disorders”** (funded by Integrated Genomic Institute of Biology under CSIR).
- **“A Multi-centre Study of Mental Health Morbidity and Psychosocial needs of Persons living with HIV/AIDS”** (funded by NACO).

Case Reports :

- Pal HR, Berry N, **Kumar Rajesh**, Ray R. Ketamine Dependence. **Anaesth Intensive Care 2002 June;30(3):382-4.**
- Hemraj Pal, **Rajesh Kumar**, Sashi Bhushan, Neeraj Berry. Psychiatric co-morbidity associated with chlorpheniramine abuse-case series. **Indian Journal of Psychiatry 2005;47(1):60-62.**
- Sujit Kumar Kar, **Rajesh Kumar**, Habit Reversal Therapy- An effective treatment modality in adolescent trichotillomania: A case report (accepted for publication in the Journal of Indian Association of Child and Adolescent Mental Health (**JIACAMH**) (Dated 13-12-2012)
- Kailash Kedia, **Rajesh Kumar**, N.G. Desai. Dissociative seizures as a control phenomena in chronic schizophrenia (in process).
- Sujit Kumar Kar, **Rajesh Kumar**, Sonakshi Jyrwa **"Unmet expectations from pregnancy attributing to post-partum depression: an impact of gender discrimination"** published in Indian Journal of Applied Research Vol.. 3 Issue.. 5 May 2013.
- Sujit Kumar Kar, Abhilove Kamboj, **Rajesh Kumar** **“Pica and Psychosis: Clinical Attributes and Correlations –a Case Report”** published in Journal of Family Medicine and Primary care (dated March 2015).

Book Chapter:

- Rajat Ray, Raka Jain, Monical Mongia, **Rajesh Kumar**. Substance abuse in young people: Biological considerations. Mental Disorders in Children and Adolescents: Need and Strategies for Intervention. 2005, CBS Publishers, Chief Editor-Prof. Savita Malhotra.
- N.G. Desai, **Rajesh Kumar**, Sumit Kumar Gupta, Paramjeet Singh. Recommendation and management algorithms for Management of Depression: Demystifying Depression: Complete Spectrum. Elsevier Clinical Advisory Board, 2012, Editor-in-Chief. Nimesh G. Desai.
- **Rajesh Kumar**, Amit Khanna, N.G. Desai. Personality Disorder, Text book of Psychiatry, Editors in Chief Vyas and Ahuja.
- **Rajesh Kumar**, Shailesh Jha, N.G. Desai. Disorders of Thought: Stream and Form for the text book of Psychopathology for Resident Doctors (under process)
- **Rajesh Kumar**, Paramjeet Singh, Perna Kukreti. Management of Depression in Primary care published in EDPA year book 2014.

Book Review:

- The Social Psychology of health: Essays and readings. William D. Marelich, Jeff S. Erger (eds.). sage publications, Thousand Oaks, 2004. 368 pp, US \$ 39.95 ISBN0-7619-2921-9 published in **National Medical Journal of India** as Book review done by Dr. Hemraj, **Dr. Rajesh Kumar**. Vol 16, no.4;July/Aug 2004:221-222.

E-letter

- Acceptance of E-letter - **Methodological considerations in determining the effects of films with suicidal content in the British Journal of Psychiatry**, December 2015 issue.

PROFESSIONAL WORKSHOPS/CONFERENCE

- Poster presentation on the topic of “**Study of Psychiatric morbidity among the first degree related of opioid dependent patients**” at 54th Annual National Conference of Indian Psychiatric Society (ANCIPS), Kolkata 7-10 Jan, 2002.
- Presented oral paper on the topic of “**Does comorbidity in opioid dependent patients is transmitted in these families**” at 55th Annual National Conference of Indian Psychiatric Society (ANCIPS), Hyderabad **6-9 Jan, 2003**.
- Presented poster paper on the topic of “**Psychiatric comorbidity with pheniramine abuse and dependence: Brief review**” at 56th Annual National Conference of Indian Psychiatric Society (ANCIPS), Mysore **7-10 Jan, 2004**.
- Participated in IPS National mid-term CME programme on the topic of “**Women and child mental health**” at Khajuraho **4th and 5th September 2004**.
- Attended & Participated in the **XIV Annual Conference of the Delhi Psychiatric Society** from **11-12 December 2004** at Suraj Kund Faridabad.
- Worked as Co-author in paper presented at 1st Annual meet of the Indian Association for Geriatric Mental Health at Lucknow **20-22 August 2005** on the topic of “**Research in Geriatric Mental Health in India: in formulating research topics & developing research skills psychogeriatrics**”.
- Worked as a Co-author in a paper presented at National Midterm CME 2005: Promoting adolescent mental health **27th -28th August 2005** at Goa on the topic of “**Substance abuse-high risk behaviour in adolescents**”.
- Presented paper on the topic of “**Recent Advances in the Treatment of Alcohol Dependence**” in XXX Annual Conference of Indian Psychiatric Society North Zone 15th -16th October 2005 at Govt. Medical College Patiala.
- Invited as speaker on the topic of Alcoholism- Interventions & Guidelines in the workshop on “**Alcohol prevention strategies for industrial workers and supervisors**” on the **20th October 2005** held at Delhi Secretariat organized by Directorate of prohibition, Govt. of Delhi, Indian Alcohol Policy Alliance (IAPA) and Institute of Human Behaviour & Allied Sciences, Delhi.
- Attended Indo-US Partnership Workshop on “**Drug Abuse and HIV/AIDS in NE Region of India**” organized by ICMR & NIDA, USA from **27th -29th October 2005** at Hotel Hyatt Regency New Delhi.

- Worked as Co-Author in a paper entitled **“Reliability and Validity of Risk Assessment Battery in Indian Population (Patients with Intravenous Opioid Use) presented in Indo-US Partnership Workshop on “Drug Abuse and HIV/AIDS in NE Region of India”** organized by ICMR & NIDA, USA from 27th – 29th October 2005 at Hotel Hyatt Regency, New Delhi.
- Invited as speaker on the topic of Information on Alcohol use and Alcoholism in the workshops on **“Alcohol Prevention Strategies for Non Governmental Organizations (NGOs)”** on 29th November 2005 held at Delhi Secretariat organized by Directorate of prohibition, Govt of Delhi, Indian Alcohol Policy Alliance (IAPA) and Institute of Human Behaviour & Allied Sciences, Delhi.
- Invited as speaker on the topic of Alcoholism- Interventions & Guidelines in the workshop on **“Alcohol Prevention Strategies for Non Governmental Organizations (NGOs)”** on 29th November 2005 held at Delhi Secretariat organized by Directorate of prohibition, Govt. of Delhi, Indian Alcohol Policy Alliance (IAPA) and Institute of Human Behaviour & Allied Sciences, Delhi.
- Attended & completed the training of **“Ear-Acupuncture for Addiction Treatment”** at Base Hospital, Delhi Cant on 15th January 2006 organized by Delhi Psychiatric society and Nada International Delhi.
- Participated & Conducted **“SCAN Training for research staffs of Urban Mental Health Problems and Their Service Needs”** at IHBAS in February 2006.
- Worked as Co-author in a paper entitled **“HIV and Mental Health – Future Directions”** presented in National Midterm CME 2006 at Lucknow. Interface between medicine and psychiatry, September, 2006.
- Was involved in starting of **Schizophrenia Support Group** for family members of chronic schizophrenia patients with department of social work at IHBAS, Delhi, November, 2006.
- Presented paper entitled **“Assessment and Treatment of Nicotine Dependence”** in workshop for NGOs, School teachers organized by IHBAS, Ministry of Health and Family Welfare, Govt. of India and WHO, December, 2006.
- Participated in 2nd notional level **“Dissemination Workshop on HIV/AIDS Counselors”** Training Curriculum (2006) organized by IHBAS, Delhi on the behalf of National AIDS Control Organization from 2nd to 4th August, 2007.
- Worked as a Co-Author in a paper entitled **“Social & Behavioral Science (SBS) Issues of Traffic Safety”** presented at Indo-US workshop at Hotel Hyatt Regency Delhi on 29th August, 2007.
- Presented paper entitled **“Over view of Alcohol and related health problem”** in a symposium organized by Indian Alcohol Policy Alliance, Indian Medical Association (IMA), East Delhi Branch and IHBAS at IMA, East Delhi Branch Building, Karkardooma on 22nd Nov., 2007.
- Attended XVIII Annual conference of Delhi Psychiatry Society at Sariska, Alwar, Rajasthan from 13th – 14th December, 2008.
- Attended and Presented poster presentation on **“Identification and perception of risk behaviours among HIV positive IDUs in Manipur”** in 61st Annual National Conference of Indian Psychiatry Society at Agra from 8th – 11th January, 2009.
- Attended 2nd Indo-US symposium on “Mental Health” in January, 2009 at Hotel Le Meridien, New Delhi.
- Participated in “Psychotherapy in Routine Clinical Practice: a Training Workshop at Agra on 15th to 16th September 2008, held under the auspices of WPA education committee.
- Participated in National Workshop on HIV/AIDS in Medical Curriculum organized by WHO Country Office India and University College of Medical Sciences, Dilshad Garden from 9th to 11th November, 2009 at Hotel Country Inn, Shahibabad, NCR Delhi.
- Presented a symposium **“HIV/AIDS and Mental Health”** on 19th January, 2011 at Hotel Ashoka in the Annual National Conference of Indian Psychiatric Society.
- Present a symposium **“Psychiatry for Neuro-scientist on 30th January, 2011 at G.B. Pant Hospital in the Annual National Conference of Delhi Neurological Association.**
- Participated as a Training Faculty in a Training Workshop organized by Indian Dental Association (IDA) – Tobacco Intervention Initiative on **“Tobacco Cessation and Control”** at IHBAS on 26th February, 2011.
- Participated in 62nd Annual National Conference of Indian Psychiatric Society from 17th to 20th January, 2010 at Jaipur.
- Participated in 63rd Annual National Conference of Indian Psychiatric Society from 16th to 20th January, 2011 at New Delhi.
- Presented a symposium **“HIV/AIDS and Mental Health”** on 19th January, 2011 at Hotel Ashoka in the Annual National Conference of Indian Psychiatric Society.
- Present a symposium **“Psychiatry for Neuro-scientist on 30th January, 2011 at G.B. Pant Hospital in the Annual National Conference of Delhi Neurological Association.**

- Participated as a Faculty in the National Seminar on perspectives on Mental Illness in India from 1st July, 2010 to 3rd July, 2010 organized by the BANYAN (Banyan Academy of Leadership in Mental Health).
- Attended one day orientation programme on New Refresher Module of NACO for Master Trainers on 18th January, 2012 at International Guest House, North Campus, University of Delhi organized by Saksham – The Global Fund for AIDS, Tuberculosis and Malaria.
- Attended National Workshop on Cognitive Behaviour Therapy : Clinical Practice & Applications in India organized by Society for Health and Psychology Enabled Services, New Delhi on 29th January, 2012.
- Attended Training Programme for Master Trainer by YRG-CARE from 14th – 17th February, 2012 at Chennai organized by Jamia Milia Islamia, New Delhi funded by Tata Institute of Social Sciences, Mumbai.
- Participated in a workshop entitled **“Promoting Multi-stakeholder efforts towards shaping evidence informed alcohol policy in India and Sweden”** organized by The Public Health Foundation of India (PHFI), Health Related Information Dissemination among Youth (HRIDAY) and the Swedish National Institute of Public Health (SNIPH) on 21st February, 2012.
- Participated as a Training Faculty in a Training Workshop organized by Indian Dental Association (IDA) – Tobacco Intervention Initiative on **“Tobacco Cessation and Control”** at IHBAS on 26th February, 2011.
- Delivered a talk on the **“Role of ECT in Geriatric Depression”** in the National Mid Term CME on **“Late Life Depression”** organized under the auspices of Indian Association of Geriatric Mental Health by the Department of Psychiatry, Banaras Hindu University (BHU) on 3rd June, 2012.
- Delivered a talk on the topic of **“Prisoners with High Risk Behavior”** at Haryana Institute of Public Administration, Gurgaon on 27th July, 2012.
- Delivered a talk on the topic of **“Mental Health of Prisoners – Counseling and Psychotherapy”** at Haryana Institute of Public Administration, Gurgaon on 27th July, 2012.
- Delivered a talk on the topic of **“Where should Government Invest: Abstinence, Harm Minimization or Primary Prevention”** at Chandigarh in the National Conference of Indian Association of Social Psychiatry on 24th November 2012.
- Delivered a talk on the topic of **“Suicide in Epilepsy”** in National Epilepsy Symposium 2012 on **25th Nov 2012** at Institute of Medical Sciences, Banaras Hindu University, Varansi.
- Prepared the **state of the art lecture** on the topic of **Substance Use and the Developing Brain for 7th ASCAPAP and 12th IACAM** which was presented by Prof. (Dr.) Nimesh G.Desai at Hotel Ashoka on **27th September 2013**.
- Conducted symposium on the topic of **Forensic Psychiatry – Criminal Responsibility and Fitness to Stand Trial** in the Annual Conference of Indian Psychiatry Society – North Zone on **27th October, 2013** at NDMC Convention Centre.
- Delivered a talk on the topic of **“Psychosis in Epilepsy”** in National Epilepsy Symposium 2013 on **17th November 2013** at Institute of Medical Sciences, Banaras Hindu University, Varanasi.
- Attended workshop on **“Aetiology and life course of substance misuse and relationship with mental illness”, 26-28 February 2014 at NIMHANS, Bangalore** as an Academic Attendee **joint workshop organized by ICMR, India, Medical Research Council, U.K. and NIMHANS, Bangalore.**
- Participated as a delegate in a one day CME titled **“Long Term Management And Relapse Prevention In Schizophrenia”** conducted at The Park, New Delhi held on 16th March, 2014.
- Participated in the Mid term CME organized by Delhi Psychiatric Society on the topic of **“The New Mental Health Act – Fine Print”** on 3rd August, 2014.
- Participated as a Resource person on the topic of **“Use of psychotropics by General Practitioners: How rational or irrational?”** at IMA EDB, Karkardooma on 8th October, 2014 on the occasion of Mental Health Week, 2014 organized by IHBAS in collaboration with IMA East Branch.
- Participated as a Resource person on the topic of **“Issues of Stress Management in Medical Professionals”** at Delhi Medical Association headquarters, Daryaganj, Delhi on 10th October, 2014 on the occasion of Mental Health Week, 2014 organized by IHBAS in collaboration with DMA.
- Prepared presentation on the topic of **“Alcohol consumption: National Scenario”** as one of the Resource person for a symposium organized by National Academy of Medical Sciences (NAMS CON) on evolving **Evidence based Alcohol Policy for India on 17th October, 2014 at AIIMS, Rishikesh.**

- Participated as a Resource person on the topic of **“Psychogenic Movement Disorder: Video case series”** in a workshop on **“Understanding Movement Disorder: Video based case approach”** on 18th October, 2014 at the Hotel Hans Plaza, New Delhi.
- Participated as faculty Resource person on the topic of **“Use of psychotropics in special populations in general practice: Cautions and Pitfalls”** in SUPER MEDCON, 2014 organized by IMA, EDB on 2nd November, 2014 at Hotel Kempinski, Delhi.
- Participated as faculty Resource Person on the topic of **“Overcoming Stigma as a part of long term rehabilitation in mental illness in relapse prevention workshop by Centre for Excellence in Relapse Prevention (CERP), IHBAS** on 12th December, 2014 at IHBAS.
- Participated as faculty Resource Person on the topic of **“Current status of relapse prevention in India: Gaps and Barriers** on 13th December, 2014 at IHBAS.
- Participated as a delegate in the **Annual Conference of Delhi Psychiatric Society** on 14th December, 2014 at IHBAS.
- Participated as a Co-author in a paper entitled **“A study of patient’s with suicidal attempts in a tertiary care neuro-psychiatric institute”** in the **Annual Conference of Indian Psychiatric Society, North Zone** at Ludhiana on 20th December, 2014.
- Participated as a Resource person in symposium entitled **“Access to medical records in the context of RTI Act, 2005: Cautions and Pitfalls”** in the Annual National Conference of Indian Psychiatric Society (ANCIPS) at Hyderabad on 10th January, 2015.
- Participated as a Resource faculty in the CME entitled **“Relevance of problems of brain and mind for general physician”** on the occasion of Brain Awareness Week, 2015 on 13th March, 2015 at Swami Dayanand Hospital, Delhi.
- Participated as a Resource faculty in the CME entitled **“Relevance of problems of brain and mind for general physician”** on the occasion of Brain Awareness Week, 2015 on 14th March, 2015 at IMA, EDB Bhawan, Karkardooma, Delhi.
- Participated as a Resource faculty in the training programme for school teachers from Department of Education, East Delhi Municipal Corporation (EDMC) on the topic of **“Substance Abuse in Children and Adolescents”** on 8th April, 2015 at EDMC Headquarters, Patparganj.
- Participated as a Resource faculty in the training programme for school teachers from Department of Education, East Delhi Municipal Corporation (EDMC) on the topic of **“Substance Abuse in Children and Adolescents”** on 9th April, 2015 at EDMC Headquarters, Patparganj.
- Participated as Faculty in the symposium organized by Department of Psychiatry, AIIMS on **Mental Health: Gender, Youth & Social Justice** in collaboration with the Columbia University, New York and World Health Organization, Geneva on the 13th April, 2015 at the India International Centre.
- Participated as a Resource faculty in the CME entitled **“Women and Mental Health”** on the occasion of Mother’s Day organized by IMA, EDB at IMA, EDB Bhawan on 10th May, 2015.
- Participated as a Resource faculty in the CME on the occasion of Mother’s Day organized by Delhi Medical Association at MAMC Auditorium on 17th May, 2015.
- Conducted workshop for Young Medical Graduates and Post Graduate students including faculty member of Maulana Azad Medical College on 9th October, 2015 at Anatomy Lecture Theatre of MAMC on the topic of **“Role of Young Doctors in Stress and Health”**.
- Participated as Faculty Coordinator in ICON 2015 (**IMACGP International Conference of Family Medicine, Organized by Indian Medical Association**) at Hotel Country Inn, Sahibabad, Delhi-NCR on 25th July, 2015 and 26th July, 2015.
- Presented paper on the topic of **“A study of depressive disorders and its correlation with hypothyroidism”** at **Third International Conference on Global Public Health (GPH 2015)** at Colombo, Sri Lanka on 11th December, 2015.
- Participated as a faculty in the training programme for **Doctors on Medication Safety and Rational Use of Medicines**, New Delhi, India organized by **Delhi Society for Promotion of Rational Use of Drugs**, Delhi on 30th January, 2016 at Maulana Azad Medical College.

TRAININGS CONDUCTED

- Participated & Conducted SCAN Training for research staffs of Urban Mental Health Problems and Their Service Needs at IHBAS in August 2005.

- Participated & Conducted SCAN Training for research staffs of Urban Mental Health Problems and Their Service Needs and Pfizer Study at IHBAS **in February 2006.**
- Participated & Conducted SCAN Training for research staffs of NICED-IHBAS-RIMS Collaborative Study on HIV/AIDS and Drug Abuse at Manipur and Gujarat Project **in April 2006.**
- Conducted sensitization programme for Delhi Police Officials regarding **the campaign against drinking and driving organized by Indian Alcohol Policy Alliance (IAPA)** with Delhi Police with in technical collaboration with IHBAS on **14th & 15th December, 2006.**
- Presented paper entitled **“Assessment and Treatment of Nicotine Dependence”** in workshop for NGOs, School teachers organized by IHBAS, Ministry of Health and Family Welfare, Govt. of India and WHO, **December, 2006.**
- Presented paper entitled **“Neuropsychiatry comorbidity in HIV/AIDS”** in workshop for orientation and skill enhancement programme in HIV & AIDS for CISF personnel from **12th to 14th February, 2007 and 19th to 21st February, 2007** at Institute of Human Behaviour & Allied Sciences, Dilshad Garden, Delhi-95.
- Conducted training programme for Counsellors on HIV/AIDS counselling organized by IHBAS and DSACS supported by NACO from **22nd October to 3rd November, 2007.**
- Participated as a Faculty Co-ordinator and Trainer in 12 days Training Programme of HIV/AIDS Counsellors on behalf of National AIDS Control Organisation (NACO) and Delhi State AIDS Control Society (DSACS) at IHBAS, Delhi from **21st July to 1st Aug, 2008.**
- Participated as a Faculty Co-ordinator and Trainer in 5 days Refresher Training Programme of HIV/AIDS Counselors behalf of National AIDS Control Organisation (NACO) and Delhi State AIDS Control Society (DSACS) at IHBAS, Delhi from **25th Aug, 2008 to 29th Aug, 2008.**
- Participated as a Faculty Co-ordinator and Trainer in 12 days Training Programme of HIV/AIDS Counsellors on behalf of National AIDS Control Organisation (NACO) and Delhi State AIDS Control Society (DSACS) at IHBAS, Delhi from **14th Nov., 2008 to 26th Nov. 2008.**
- Participated as a Faculty Co-ordinator and Trainer in 5 days Refresher Training Programme of HIV/AIDS Counselors behalf of National AIDS Control Organisation (NACO) and Delhi State AIDS Control Society (DSACS) at IHBAS, Delhi from **8th Dec. 2008 to 13th Dec. 2008.**
- Participated as a trainer in General Physician’s Training in Mental Health under Urban Mental Health Programme funded by Indian Council of Medical Research Organized at IHBAS, Delhi from 2-7 Feb, 2009. I delivered training to General Physicians on two topics **“Depression & Other Mood Disorders and Tobacco and Other Drug Abuse (other than alcohol)”**.
- Participated in the TOT workshop on HIV/AIDS counseling held under the Global Fund Round-7, counseling sub-component at Department of Social Work, Jamia Millia Islamia from 1st Sept. to 12th Sept. 2009.
- Attended Jamia Millia Islamia, Global Fund for AIDS, Tuberculosis and Malaria as a Resource Person for the training of ART Counsellors on the topic of **“Management of Psychological Distress in persons living with HIV/AIDS”** on 14th November, 2009.
- Participated in the training of **DSACS Supervisor** as Resource Faculty on the topic of **“Intensive Training in Mental Health issues in HIV/AIDS for DSACS Supervisors”** from 30th December 2009 to 13th January, 2010 at IHBAS.
- Participated in 62nd Annual National Conference of Indian Psychiatric Society from 17th to 20th January, 2010 at Jaipur.
- Participated in the TOT workshop on HIV/AIDS counseling held under the Global Fund Round-7, counseling sub-component at Department of Social Work, Jamia Millia Islamia from 22nd Feb. to 26th Feb. 2010.
- Participated in Brain Awareness Week held at Institute of Human Behaviour and Allied Sciences, Delhi from 15th to 21st March 2010.
- Developed modules for **“Intensive Training in Mental Health issues in HIV/AIDS for DSACS Counselors”** -
 - *Assessment and Management Interpersonal Problems in PLHAs (and their Differentiation from Syndromal Psychiatric illness).*
 - *Awareness and Identification of Mental Health issues in HIV/AIDS.*
 - *Suicide Risk Assessment and Management in HIV/AIDS.*
 - *Issues of Stress and Burnout in Counselors.*
- Participated as Resource Faculty for **“Intensive Training in Mental Health issues in HIV/AIDS for DSACS Counselors”** in from April, 2010 to July 2010 at IHBAS.

- Participated in a training programme entitled as **“Knowledge Exchange Programme”** between experts from European Psychiatric Association and India on 1st & 2nd May, 2010 at Delhi, India as Review Committee Member/Trainer for overcoming common challenges faced in clinical practice and selection of various treatment options to tackle a spectrum of psychiatry disorders.
- Participated in training programmes for **Delhi State AIDS Control Society (DSACS) Counselors as Resource Person on 12th May, 2011** at International Guest House, North Campus, Delhi University, Delhi.
- Participated in training programmes for **Delhi State AIDS Control Society (DSACS) Counselors as Resource Person on 18th October, 2011** at DSACS Headquarter, Rohini, Delhi.
- Presented a seminar on DRUG ABUSE AND HIV/AIDS for Law and Management students at IDEAL Institute of Law and Management at Karkardooma organized by INNERWHEEL CLUB OF DELHI VIKAS, Delhi on **22nd November, 2011**.
- Conducted training for Blood Bank Counsellors on the topic of **“Suicide Risk Assessment in HIV/AIDS”** at DSACS, Headquarters on 20th November 2012.
- Conducted training for Blood Bank Counsellors on the topic of **“Behaviour Change Communication: HIV Transmission”** at DSACS, Headquarters on 21st November 2012.
- Conducted training for Blood Bank Counsellors on the Topic of **“Understanding Behaviour Change”** at DSACS, Headquarters on 21st November 2012.
- Conducted training programme for Nodal teachers for Prevention and Early Detection of substance/drug abuse in E.D.M.C. school students on the topic of **Drug Abuse in School going children, Introduction to Drugs, Myths/Misconceptions, Identifiers and Consequences** on 17th September 2013 at EDMC Headquarters.
- Conducted training programme for ICTC Counselors on topic of **Management of Psychological Distress in HIV patients** organized by **Aditi Mahavidyalay** under the auspices of **GFATM – Round 7 on 29th October 2013**.
- Conducted training programme for ICTC Counselors on topic of **Suicide Risk Assessment in HIV** organized by **Aditi Mahavidyalay** under the auspices of **GFATM – Round 7 on 29th October 2013**.
- Conducted training programme for medical students (under graduate and post graduate) on topic of **Behavioral Management of Nicotine Dependence** organized by **Department of Community Medicine**, Maulana Azad Medical College, New Delhi and Society of Tobacco Cessation, VP Chest Institute on **18th November 2013**.
- Conducted training programme for school counselors from the Department of Education, Govt. of Delhi on the topic of **Early identification of drug abuse in children and adolescents including consequences of drug abuse** at Women and Child Development Headquarters on **5th February, 2014**.
- Conducted training programme for school counselors from the Department of Education, Govt. of Delhi on the topic of **Referral and Treatment facilities for Children and Adolescents with drug abuse** at Women and Child Development Headquarters on **6th February, 2014**.
- Conducted training programme for PG students as a part of Post Graduate Development programme (PGDP) under the Ageis of Indian Psychiatric Society North Zone organized by Department of Psychiatry, AIIMS for North West India on the topic of **“Disorders of Thoughts – Stream and Form”** on 27th July, 2014 at Golden Hut Resorts, Manesar, Haryana.
- Participated as a Resource person for the topic **“Substance Abuse in Children and Adolescents”** in the CME organized by IHBAS in collaboration with NCPDR for Counselors working in Child Care institutions on 8th August, 2014 at IHBAS.
- Participated as a Resource person for the topic **“Substance Abuse in Children and Adolescents”** in the CME organized by IHBAS in collaboration with NCPDR for Counselors working in Child Care institutions on 22nd August, 2014 at IHBAS.
- Worked as Nodal Officer for training of **Public Health Nurses** from East Delhi Municipal Corporation on the topic of **“Substance Abuse in Children and Adolescents”** from 15th September to 20th September, 2014 at IHBAS.
- Worked as Nodal Officer for training of **Public Health Nurses** from East Delhi Municipal Corporation on the topic of **“Substance Abuse in Children and Adolescents”** from 13th October to 18th October, 2014 at IHBAS.
- Worked as Nodal Officer for training of **Medical Officers and Specialists** from East Delhi Municipal Corporation on the topic of **“Substance Abuse in Children and Adolescents”** from 10th November to 15th November, 2014 at IHBAS.
- Worked as Training Coordinator for **Medical Officers from Border Security Force** on the issue of **“Mental Health issues in BSF Personnels”** from 1st April to 30th April, 2015 at IHBAS.

- Worked as Training Coordinator for **Law students from DSLSA** on the issue of “**Law and Mental Health** from 8th June to 19th June, 2015 at IHBAS.
- Worked as Training Coordinator for **Law students from DSLSA** on the issue of “**Law and Mental Health** from 13th July to 27th July, 2015 at IHBAS.
- Worked as Faculty Coordinator for **Medical Officers from Border Security Force** on the issue of “**Mental Health issues in BSF Personnels**” from 3rd August to 31st August, 2015 at IHBAS.
- Worked as Faculty Coordinator for **Pharmacists and Nursing staff from Border Security Force** on the issue of “**Mental Health issues in BSF Personnels**” from 3rd August to 31st August, 2015 at IHBAS.
- Conducted CME for general practitioners and specialists of Indian Medical Association, East Delhi Branch at IMA, EDB Headquarters on 13th October, 2015 on the topic of “**Towards stress free life: Role of Human Behaviour**”
- Conducted training programme for Medical officers and Public health nurses from the Health Department of East Delhi Municipal Corporation at Municipal Corporation School, Mansarovar Park, Delhi on 20th October, 2015 on the topic of “**Stress and Health: Role of Human Behaviour**”
- Conducted **Legal Awareness Programme for various NGOs working in the area of Mental Health including rehabilitation of mentally ill and mentally challenged persons** on 3rd November, 2015 at Conference Hall, IHBAS from 3:00 pm to 4:00 pm.
- Conducted **Foundation Course of ten newly recruited officers of Delhi Higher Judicial Services (DHJS)** from the Bar-Field Visit at the Institute of Human Behaviour & Allied Sciences (IHBAS) on 30th November, 2015.

MEETINGS

- Attended meeting of Investigators of project entitled “**NICED-IHBAS-RIMS Collaborative study on HIV/AIDS and Drug Abuse**” in Manipur (Funded by ICMR) at ROHC, Kolkatta on **28th Feb., 2006 & 1st March 2006**.
- Attended **Indian Psychiatric Society Task Force Meeting** on preparation of guidelines for management of Alcohol Dependence held at Jaipur on **6th – 7th August 2005**.

VISITS

- Visited Mental Hospitals of Bhuj and Jamnagar in **August 2005** as an Expert directed by **National Human Rights Commission (NHRC)** to collect data regarding long stay patients (report submitted to Ministry of Health and Family Welfare, Govt. of India in **November 2005**).
- Visited Manipur as a Co-Investigator in a project entitled “**NICED-IHBAS-RIMS Collaborative study on HIV/AIDS and Drug Abuse**” from **2nd to 3rd March, 2006**.
- Visited Manipur as a Co-Investigator in a project entitled “**NICED-IHBAS-RIMS Collaborative study on HIV/AIDS and Drug Abuse**” from **18th to 20th December, 2006**.
- Visited Manipur as a Co-Investigator in a project entitled “**NICED-IHBAS-RIMS Collaborative study on HIV/AIDS and Drug Abuse**” from **21st to 23rd September, 2007** to conduct Focus Group Discussion (FGD) with IDU (HIV positive), their spouses and NGO Representatives/ Health workers and Resource persons as a strategy to develop counseling module for IDU with HIV positive status who are not on ART therapy.

EVALUATION OF THESIS

- Evaluated thesis of M.Sc. Nursing (Psychiatric) from AIIMS entitled “**A Study to Assess Depression and Quality of Life among Persons Having Alcohol Dependence Syndrome**” in **March 2006**.
- Evaluated thesis of MD (Psychiatry) from AIIMS entitled “**Clinical Assessment & Biochemical Validation of Adolescent Inhalant Users in Treatment Settings**” in **January, 2012**.
- Worked as a Professional Expert for the content validity of the tool to assess the common behavioral problems among adolescents in a thesis entitled “**A Study to assess the common behavioral problems among adolescents with a view to develop an information booklet for the parents on the management of these problems in selected areas of Delhi**” (M.Sc. Nursing thesis from Rufaida College of Nursing, Faculty of Nursing, Jamia Hamdard, Hamdard University, Hamdard Nagar, New Delhi-110062, 24th August, 2012).
- Worked as a Professional Expert for the content validity of the tool to assess the quality of life of clients with ADS in a thesis entitled “**A Comparative study to assess the quality of life of clients with Alcohol Dependence Syndrome attending**”

Alcoholics Anonymous group meetings with those not attending any Alcoholics Anonymous group meetings in selected areas of Delhi” (M.Sc. Nursing thesis from Rufaida College of Nursing, Faculty of Nursing , Jamia Hamdard, Hamdard University, Hamdard Nagar, New Delhi-110062, 24th August, 2012).

- Worked as a Professional Expert for the content validity of the tool to assess the problems faced by the spouses of alcoholics in relation to alcoholism and identify the coping strategies adopted by them in a selected community in New Delhi (M.Sc. Nursing thesis from Rufaida College of Nursing, Faculty of Nursing , Jamia Hamdard, Hamdard University, Hamdard Nagar, New Delhi-110062, 24th November, 2012).
- Evaluated thesis of MD (Psychiatry) from AIIMS entitled “**Clinical Assessment of Psychiatric Co-Morbidity in Adolescent Inhalant Users**” in **February, 2013**.
- Evaluated thesis of MD (Psychiatry) from AIIMS entitled “**Cost Analysis of Alcohol Dependence**” in **February, 2013**.
- Evaluated thesis of MD (Psychiatry) from AIIMS entitled “**To Assess Substance use and its association with Strength and Difficulties peer Group and Family related factors in the Students of two Schools in Delhi**” in **January, 2014**.

Award

- Received **scroll of honour** from Indian Medical Association, East Delhi Branch for scientific contribution on 12th April, 2015 at Country Inn & Suits, Ghaziabad.

AREAS OF INTEREST AND WORK

- Drug Abuse Prevention and Treatment.
- HIV/AIDS & Mental Health.
- Forensic Psychiatry
- Community Psychiatry & Rehabilitation.

MISCELLANEOUS ACTIVITIES

- Was involved in formulating “**Vision Document**” for Department of Psychiatry, IHBAS in **August 2005**.
- Supervising Academic activities e.g. **Seminars, Case Conferences, Journal Club** from time to time.
- Was involved in formulating documents for **Schizophrenia Support Group** in Department of Psychiatry, IHBAS and Department of Psychiatric Social Work which has already been started in **November, 2006**.
- Formulated useful guidelines to Managers and Supervisors for dealing with Employees Having Alcohol Related Problems, “**Embrace Life Avoid Alcohol**” sponsored by Directorate of Prohibition, Govt. of NCT of Delhi, IHBAS & IAPA.
- Formulated documents for Delhi Police Officials for the **campaign against Drinking and Driving which was organized by Indian Alcohol Policy Alliance (IAPA) and Delhi Police in technical collaboration with IHBAS**.
- Under gone and completed training process for YMRS and MADRS from www.i3global.com on **8th August, 2006**.
- Participated in the Hindi translation of SCAN version 2.1 in **November, 2004** at AIIMS, New Delhi.
- Participated in the proposal writing for round 7 of Global Fund for AIDS, Tuberculosis and Malaria from **15th to 24th May, 2007** at IHBAS.
- Participated as a Co-investigator in the preparation of draft proposal for the study entitled “**A Multi-centre study of Psychosocial needs and Mental Health Morbidity of PLHAs attending ICTCs and ART Centres in India**”.
- Currently involved in the preparation of draft proposal for **Stakeholders consultative meet on Minimum Legal Drinking Age in Delhi State**, initiative by Indian Alcohol Policy Alliance, New Delhi.
- Currently involved as **Faculty Coordinator in District Mental Health Programme for supervision of clinical and administrative works of DMHP staffs**.
- Currently involved in **Training Needs Analysis** of various staff members of IHBAS for NABH Accreditation process.
- Chairperson of **Information Management System (IMS) Committee** and member in patients Right & Education Committee.
- Organized public seminar entitled “**Users’ and Carers’ perspectives on Mental illness**” on the occasion of **Mental Health Week, 2010**.

- Organized workshop for Media Personnel to disseminate awareness regarding various problems of Brain & Mind and their solutions on the occasion of **Brain Awareness Week, 2011** at IIC, New Delhi.
- **Faculty Coordinator** in organizing **Brain Awareness Week, 2011** and **Mental Health Week, 2011**.
- Organized public seminar entitled “**Mental Health Empowerment**” on the occasion of **Mental Health Week, 2011** at IMA Headquarters, Delhi.
- Currently involved as Faculty Coordinator for organizing IHBAS stall at IITF, November, 2011 for screening identification and counseling.
- Prepared a **Guidelines for Ld. Magistrates in dealing with mentally ill prisoners** for Delhi Govt. accepted by the Hon’ble High Court of Delhi on 9th March, 2011.
- Member of a Committee constituted by the Director, Women and Child Development to formulate Road map for awareness, identification and tackling problems of drug abuse in school children.
- Member of a Committee constituted by the Department of Health & Family Welfare, Government of NCT of Delhi to provide suggestion/feedback on the draft policy document **National Drug Demand Reduction Policy prepared by the Ministry of Social Justice and Empowerment, Govt. of India**.
- Member of a Committee constituted by Secretary (Health & Family Welfare), Govt. of Delhi for feedback in relation to draft **National Plan of Action for Children, 2013**.
- Member of a Committee for finalizing comments on draft on **National Plan of Action for Children, 2013**.
- Member of “**Consultative Committee**” constituted by Directorate of Prohibition and Prevention of Drug abuse.
- Chief Coordinator of Mental Health Awareness Week, 2015 with the theme of “**Towards Stress Free Life: Role of Human Behaviour**”.

MEMBERSHIP

- Life Fellow of Indian Psychiatry Society
- Life Member of Delhi Psychiatry Society
- Life Member of AIIMSONIANS

ADMINISTRATIVE EXPERIENCE

Organization	Position	Nature of Duties	Time Period
IHBAS, Delhi	Officer-in-Charge of Research Project	Providing projects code numbers	Since August 2005 to 2007
IHBAS, Delhi	Officer-in-Charge of Audio Visual Section	Maintenance of Audio Visual Equipments and ensuring availability of equipments for teaching and other activities etc.	Since August 2005 to 2007
IHBAS, Delhi	Officer-in-Charge of Reception (OPD)	Monitoring and supervision of OPD services, redressal of public grievances and preparation of various court letters and other legal issues etc.	Since October 2005 to till date
IHBAS, Delhi	Member of Medical Board and Disability Board	Issues of fitness to stand trial, fitness to join duties and disability issues etc.	Since October 2005 to till date
IHBAS, Delhi	Member of Drugs and Therapeutic Committee	Looking after availability of essential and other generic drugs	Since May 2006 to August 2008
IHBAS, Delhi	Nodal Officer for Referral of EWS cases to private hospitals	Referral of poor patients who require specialized referral to private hospitals	Since March 2009 to till date
IHBAS, Delhi	Chairperson of IMS Committee	Executing and supervising Medical Record Audit & Clinical Audit	Since March 2010 to till date
