


CURRICULUM VITAE

PERSONAL DETAILS

1. NAME:	Dr. Tapas Kumar Aich	
2. Father's Name:	(L) Bhupendra Nath Aich	
3. Mother's Name:	(L) Snehalata Aich	
4. Gender:	Male	
5. Date of birth:	02 – 06 – 1961	
6. Nationality:	Indian	
7. Marital Status:	Married	
8. Spouse's name:	Mousumi Aich	
9. Language known: (Read, Write & Speak)	English, Bengali, Oriya, Hindi. Working knowledge in Nepali	

COMMUNICATION DETAILS

Communication Address:

Address: 311-C, Lachhipur, Tagore town
City: Gorakhpur
District: Gorakhpur
Post Office: Gorakhnath
Police Station: Gorakhnath
State: UP
Country: India
Pin Code: 273015

Contact Details:

Mobile no.: +91-9451742265
Alternate mobile no. +91-7007345183
e-mail: aichtapas@rediffmail.com
tapas_dr@yahoo.co.in

EDUCATION DETAILS

Level	Board / University	Passing Year	Marks (% or Grade)	Extra Attempts
10 th (HSC Exam)	Board of Secondary Education, Odisha, India	1977	64.4	0
12 th (Intermediate Science)	Sambalpur University, Odisha, India	1979	72.7	0

UNDER-GRADUATION DETAILS

Undergraduate Degree: MBBS
 Passing Date: 01/04/1984
 Institute/University: VSS Medical College, Burla, Sambalpur, Sambalpur University, Odisha

Year	Subject	Marks	Extra Attempt	Extra Attempt Subject
First MBBS	Anatomy, Physiology, Biochemistry	59.7	0	Nil
Second MBBS	Pharmacology, Forensic Medicine & Toxicology	55.3	0	Nil
Third MBBS	Pathology, Microbiology	57.2	0	Nil
Final MBBS	Medicine, Surgery, Obstetrics & gynaecology, Preventive & Social Medicine, Eye & ENT	56.4	0	Nil

Internship Completion Date : 01/02/1986
 Medical Council Name : Odisha Medical Council
 Medical Council Number : 9412

POST-GRADUATION DETAILS

Post-graduate Degree: DPM & MD (Psychiatry)
 Passing Date: DPM: July 1996
 MD: January 2000
 Institute/University: Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand, Ranchi University

Degree	Year	Subject	Marks	Extra Attempt
DPM	July 1996	Neuroanatomy & Neurophysiology, Psychological basis of Human Behaviour, Psychopathology, Psychiatry, Neurology	59.5	0
MD	January 2000	Basic sciences as applied to psychiatry, Clinical Psychiatry, Psychiatry Theory and Psychiatry specialties, Recent advances in Psychiatry	NA	one

TEACHING EXPERIENCE (Present to past)
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Sr	Date (From)	Date (To)	Organization Name & City	Exp.(Month)
1	22/02/2019	Till date 10/07/2021	Baba Raghav Das (BRD) Medical College, Gorakhpur, UP	31m
Designation		Professor of Psychiatry		
Nature Of work		1. Regular theoretical and clinical classes to the MBBS students from 2011 till date 2. Regular clinical works in ward and OPD 3. Administrative works pertaining to HOD 4. Co-guide of postgraduate residents of department of Obstetrics and Gynaecology		
2	23/11/2010	21/02/2019	Baba Raghav Das (BRD) Medical College, Gorakhpur, UP	99m
Designation		Associate Professor of Psychiatry		
Nature Of work		1. Regular theoretical and clinical classes to the MBBS students from 2011 till date 2. Regular clinical works in ward and OPD 3. Administrative works pertaining to HOD 2. Co-guide of postgraduate residents of department of Social & Preventive Medicine and Obstetrics and Gynaecology		
3	08/06/2010	22/11/2010	Universal College of Medical Sciences, Bhairahawa, Nepal	5m
Designation		Professor of Psychiatry		
Nature Of work		1. Regular theoretical and clinical classes to the MBBS from 2002 to 2010 (42 hours of theoretical and 162 hours of clinical exposures in the psychiatry are expected from a final year MBBS student during his undergraduate training conducted by Institute of Medicine, Tribhuban University, Nepal). 2. Regular clinical works in ward and OPD 3. Administrative works pertaining to HOD 4. Teaching assignments and thesis guide of MD students		
4	01/01/2004	07/06/2010	Universal College of Medical Sciences, Bhairahawa, Nepal	77m
Designation		Associate Professor of Psychiatry		
Nature Of work		1. Regular theoretical and clinical classes to the MBBS from 2002 to 2010 (42 hours of theoretical and 162 hours of clinical exposures in the psychiatry are expected from a final year MBBS student during his undergraduate training conducted by Institute of Medicine, Tribhuban University, Nepal). 2. Regular clinical works in ward and OPD		

			3. Administrative works pertaining to HOD 4. Teaching assignments and thesis guide of MD students	
5	25/01/2001	31/12/2003	Universal College of Medical Sciences, Bhairahawa, Nepal	33m
Designation		Assistant Professor of Psychiatry		
Nature Of work		1. Regular theoretical and clinical classes to the MBBS from 2002 to 2010 (42 hours of theoretical and 162 hours of clinical exposures in the psychiatry are expected from a final year MBBS student during his undergraduate training conducted by Institute of Medicine, Tribhuban University, Nepal). 2. Regular clinical works in ward and OPD 3. Administrative works pertaining to HOD		
6	08/10/1999	17/01/2001	Central Institute of Psychiatry, Ranchi, Jharkhand	15m
Designation		Senior Resident		
Nature Of work		1. Theoretical and bedside teaching of MD, DPM and M. Phil. students in psychiatry, psychology and related fields and chairing seminars, journal clubs and case conferences as a part of the teaching assignments of a Senior Resident 2. Special teaching assignments to Senior Nursing Staffs as a part of Continuous Nursing Education (CNE) Programme sponsored by the Department of Health and Family Welfare, Government of India, in the academic year 1999-2000 and 2000-2001 (at CIP Ranchi, Jharkhand)		
7	01/08/1996	31/07/1999	Central Institute of Psychiatry, Ranchi, Jharkhand	36m
Designation		Junior Resident (Post DPM)		
Nature Of work		1. Theoretical and bedside teaching of DPM and M. Phil. students in psychiatry, psychology and related fields and as a part of the teaching assignments of a Junior Resident (Post DPM) 2. More than 160 Hours of teaching experience in teaching students of Diploma in Psychiatric Nursing (DPN) and General Nursing students over a period of four years (from August 1996 till January 2000) in the field of psychiatry and allied subjects (at CIP Ranchi, Jharkhand).		
Total Teaching Experience Duration (In Months)				298m

WORK EXPERIENCE (Present to past)
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Sr	Date (From)	Date (To)	Organization Name & City	Exp. (Month)
1	22/02/2019	Till date 28/08/2020	Baba Raghav Das (BRD) Medical College, Gorakhpur, UP	31 m
Designation		Professor of Psychiatry		
Nature Of work		1. Regular theoretical and clinical classes to the MBBS students from 2011 till date 2. Regular clinical works in ward and OPD 3. Administrative works pertaining to HOD 2. Co-guide of postgraduate residents of department of Social & Preventive Medicine and Obstetrics and Gynaecology		
2	23/11/2010	21/02/2019	Baba Raghav Das (BRD) Medical College, Gorakhpur, UP	99m
Designation		Associate Professor of Psychiatry		
Nature Of work		1. Regular theoretical and clinical classes to the MBBS students from 2011 till date 2. Regular clinical works in ward and OPD 3. Administrative works pertaining to HOD 2. Co-guide of postgraduate residents of department of Obstetrics and Gynaecology		
3	08/06/2010	22/11/2010	Universal College of Medical Sciences, Bhairahawa, Nepal	5m
Designation		Professor of Psychiatry		
Nature Of work		1. Regular theoretical and clinical classes to the MBBS from 2002 to 2010 (42 hours of theoretical and 162 hours of clinical exposures in the psychiatry are expected from a final year MBBS student during his undergraduate training conducted by Institute of Medicine, Tribhuban University, Nepal). 2. Regular clinical works in ward and OPD 3. Administrative works pertaining to HOD 4. Teaching assignments and thesis guide of MD students		
4	01/01/2004	07/06/2010	Universal College of Medical Sciences, Bhairahawa, Nepal	77m
Designation		Associate Professor of Psychiatry		
Nature Of work		1. Regular theoretical and clinical classes to the MBBS from 2002 to 2010 (42 hours of theoretical and 162 hours of clinical exposures in the psychiatry are expected from a final year MBBS student during his undergraduate training conducted by Institute of Medicine, Tribhuban University, Nepal). 2. Regular clinical works in ward and OPD 3. Administrative works pertaining to HOD		

		4. Teaching assignments and thesis guide of MD students		
5	25/01/2001	31/12/2003	Universal College of Medical Sciences, Bhairahawa, Nepal	33m
Designation		Assistant Professor of Psychiatry		
Nature Of work		<p>1. Regular theoretical and clinical classes to the MBBS from 2002 to 2010 (42 hours of theoretical and 162 hours of clinical exposures in the psychiatry are expected from a final year MBBS student during his undergraduate training conducted by Institute of Medicine, Tribhuban University, Nepal).</p> <p>2. Regular clinical works in ward and OPD</p> <p>3. Administrative works pertaining to HOD</p>		
6	08/10/1999	17/01/2001	Central Institute of Psychiatry, Ranchi, Jharkhand	15m
Designation		Senior Resident		
Nature Of work		<p>1. Theoretical and bedside teaching of MD, DPM and M. Phil. students in psychiatry, psychology and related fields and chairing seminars, journal clubs and case conferences as a part of the teaching assignments of a Senior Resident</p> <p>2. Special teaching assignments to Senior Nursing Staffs as a part of Continuous Nursing Education (CNE) Programme sponsored by the Department of Health and Family Welfare, Government of India, in the academic year 1999-2000 and 2000-2001 (at CIP Ranchi, Jharkhand)</p>		
7	09/12/1987	05/02/1993	Army Medical Corps (AMC)	62m
Designation		MO/RMO		
Nature Of work		<p>1. Works as assigned to a Medical Officer (MO) or a Regimental Medical Officer (RMO) in Army Medical Corps both in peace postings and field postings, including High Altitude postings.</p> <p>2. Administrative works as assigned, from time to time, by the Commanding officers in the regiment and/or Commandants in a Military Hospital.</p>		
Total Work Experience Duration (In Months)				322m

PUBLICATION DETAILS

1.	Number of Case Reports	4
2.	Number of Case Series	9
3.	Number of Cohort Studies	5
4.	Number of Case Control Studies	9
5.	Number of Randomized Control Trials	0

6.	Number of Meta-analysis	0
7.	Number of Review Articles	9
8.	Number of Validation of Diagnostic Tests	0
9.	Number of Books	0
10.	Number of Chapters in Books	4
11.	Number of Monograph	0
12.	Others	0
No. of Total Publications		40

TOP THREE PUBLICATIONS

Sr.	Publication Name	Type	Index Name with ID / Link (PMID / DOI etc.)
1.	Indian journal of Psychiatry	Original research article; Indexed in Pub Med	Mix Headache: A valid clinical entity? DOI: 10.4103/psychiatry.IndianJPsychiatry_349_17
2.	Indian journal of Psychiatry	Original research article; Indexed in Pub Med	Absent posterior alpha rhythm: an indirect indicator of seizure disorder? www.indianjpsychiatry.org DOI: 10.4103/0019-5545.124715
3.	Indian journal of Psychiatry	Original research article; Indexed in Pub Med	Pattern of Neuropsychiatric illness in older age group population: an inpatient study report from Nepal DOI: 10.4103/0019-5545.94641

LIST OF PUBLICATIONS

a) Contributing Chapter in a Multi-authored Post-graduate Psychiatry Text-book:

1. **Aich TK.** Information Processing. In: Vyas JN, Nathawat SS, Gada M, Razdan VK (eds). Essentials of Postgraduate Psychiatry. Hyderabad, Paras Medical Publisher; 2005: Vol.3(40), 2457-2463.
2. **Aich TK.** Tardive Dyskinesia. In: Vyas JN, Nathawat SS, Gada M, Razdan VK (eds). Essentials of Postgraduate Psychiatry. Hyderabad, Paras Medical Publisher; 2005: Vol.3(40), 2473-2482.
3. Chakraborty PK, Raju MSVK, Choudhury S, Prabhu HRA, PS Bhat PS, **Aich TK.** Military Psychiatry. In: Vyas JN, Nathawat SS, Gada M, Razdan VK (eds). Essentials of Postgraduate Psychiatry. Hyderabad, Paras Medical Publisher; 2005: Vol.3(40), 2483-2493.

4. **Aich TK**, Giri D. Psychiatry in Nepal: Training and Training Centres and it's Relevance to India. In: Rao TSS, Tandon A (Eds). Psychiatry in India: Training & training centres. Mysuru, Indian J Psychiatry, 2015: 115-24.

b) Original Research Paper published in an Indian indexed journal:

5. Poudel R, **Aich TK**, Bhandary K, et al. Recurrent mass hysteria in schoolchildren in Western Nepal. Indian Journal of Psychiatry 2020; 62: 316-9. **(indexed in Pub Med)**
6. **Aich TK**, Das B, Bhat TS. Central Institute of Psychiatry: a fictional journey to past in a time machine. Indian Journal of Psychiatry 2018; 60: 288-94. **(indexed in Pub Med)**
7. **Aich TK**, Gupta U, Subedi S. Mix Headache: A valid clinical entity? Indian Journal of Psychiatry 2018; 60: 78-83. **(indexed in Pub Med)**
8. Shah S, **Aich TK**, Subedi S. A factor analytical study report on mania from Nepal. Indian Journal of Psychiatry 2017; 59 (2): 197-201. **(indexed in Pub Med)**
9. Singh S, **Aich TK**, Bhattarai R. Wisconsin Card Sorting Test performance impairment in schizophrenia: An Indian study report. Indian Journal of Psychiatry 2017; 59 (1):88-93.
DOI: [10.4103/0019-5545.204440](https://doi.org/10.4103/0019-5545.204440) (indexed in Pub Med)
10. **Aich TK**. Absent posterior alpha rhythm: an indirect indicator of seizure disorder? Indian Journal of Psychiatry 2014; 56 (1): 61-66. **DOI: [10.4103/0019-5545.124715](https://doi.org/10.4103/0019-5545.124715) (indexed in Pub Med)**
11. **Aich TK**, Dhungana M, Muthuswamy R. Pattern of neuro-psychiatric illnesses in older age group population: an inpatient study report from Nepal. Indian Journal of Psychiatry 2012; 54(1): 23–31. **(indexed in Pub Med)**
12. **Aich TK**, Dhungana M, Khanal R. Pattern of buprenorphine abuse amongst opioid abusers in Nepal. Indian Journal of Psychiatry 2010; 52 (3):250-253. **(indexed in Pub Med)**
13. **Aich TK**, Ahmad F, Ganie MA. Thyrotoxicosis, epilepsy and psychosis: A rare combination! Thyroid Research and Practice 2008; 5,1: 18-21. **(indexed in Index Copernicus, Indian Science Abstracts)**
14. **Aich TK**, Sinha VK, Khess CRJ, Singh S. Course and outcome of substance abuse comorbidity in schizophrenia: an intensive inpatient study report. Indian Journal of Psychiatry 2005; 47(1): 33-38. **(indexed in Pub Med)**
15. **Aich TK**, Sinha VK, Khess CRJ, Singh S. *Demographic and Clinical Correlates of Substance Abuse Comorbidity in Schizophrenia*. Indian Journal of Psychiatry 2004; 46(2): 135-139. **(indexed in Pub Med)**

16. **Aich TK**, Sinha VK, Nizamie SH. Adolescent mania, EEG abnormality and response to anticonvulsants: A three-year follow-up study. Indian Journal of Psychiatry 2001; 43(3): 246-251. **(indexed in Pub Med)**

c) Original Research Paper published in international/indexed journal:

17. Shrestha DM, **Aich TK**, Gautam k, et al. Opioid dependence and methadone maintenance treatment (MMT) programme in Nepal in three different decades: an exploratory/comparative study. J Psychiatrists' Assoc Nepal. Vol .9, No.2, 2020. **(Indexed in Directory of Research Journal Indexing, Nepal Journals Online, and HINARI).**
18. **Aich TK**, Haider J, Dhungana M. Roxithromycin in Opioid Detoxification: A serendipitous discovery? J Psychiatrists' Assoc Nepal 2019; 8(1): 1-8. DOI: <https://doi.org/10.3126/jpan.v8i1.26329> **(Indexed in Directory of Research Journal Indexing, Nepal Journals Online, and HINARI).**
19. Subedi S, **Aich TK**, Sharma N (2016). Use of ECT in Nepal: A One Year Study from the Country's Largest Psychiatric Facility. J Clinical Diagnostic Res. 2016,10(2): VC01-VC04. Publication URL: <http://10.7860/JCDR/2016/14660.7269> **(indexed in Pub Med Central)**
20. **Aich TK**, Shah S, Subedi S (2015). Pattern of neuropsychiatric illnesses in geriatric population: an outpatient study report. J Psychiatrists' Assoc Nepal Vol. 4, No.1, Jan-June 2015. <http://www.nepjol.info/index.php/JPAN/article/view/16737/13604> **(Indexed in Directory of Research Journal Indexing, Nepal Journals Online, and HINARI).**
21. Gupta U, **Aich TK**, Verma AK. Psychiatric co-morbidity in chronic migraine Patients: A hospital based study. J Psychiatrists' Assoc Nepal 2014; 3(1):3-9. **(Indexed in Directory of Research Journal Indexing, Nepal Journals Online, and HINARI).**
22. **Aich TK**, Saha I, Ram D, Ranjan S, Subedi S. A comparative study on 136 opioid abusers in India and Nepal. J Psychiatrists' Assoc Nepal 2013; 2 (2): 11-17. **(Indexed in Directory of Research Journal Indexing, Nepal Journals Online, and HINARI).**
23. Sinha VK, **Aich TK**. Hallucinations, Substance abuse and diagnosis of schizophrenia: A prospective study report. Nepalese J Psychiatry 2005; 3(1): 31-36. **(Official Journal of Nepalese Psychiatric society)**
24. **Aich TK**, Dhungana M, Kumar A, Pawha VK. Demographic and clinical profiles of HIV positive cases: a two-year study report from a tertiary teaching hospital. J Nepal Med Assoc 2004; 43(153):125-129. **(Indexed in Pub Med, DOAJ, Google Scholar).**

d) Original Research Paper published in zonal level/institute journal:

25. Subedi S, **Aich TK**, Shah S, Thapa DK. Non-psychiatry Consultants Attitude towards Psychiatry: A Study from UCMS. JUCMS 2013; 1(4):2-6. **(Indexed in Directory of Open Access Journals (DOAJ), Directory of Research Journal Indexing, Asian Journals Online, and Index Copernicus).**
26. Singh S, **Aich TK**, Ranjan S, Kumar A. Pattern of Attentional Task Impairment in Schizophrenic Patients: A Study Report. JUCMS 2013; 1(2):1-7. **(Indexed in Directory of Open Access Journals (DOAJ), Directory of Research Journal Indexing, Asian Journals Online, and Index Copernicus).**
27. Das SC, **Aich TK**, Kumar R, Basu S, Akhtar S. Aggression in depression: a phenomenological study. Eastern J Psychiatry 2000; 4:45-48. (Official journal of Eastern Zonal Branch of Indian Psychiatric Society) .
28. **Aich TK**, Singh S, Sinha VK, Akhtar S. Remitting Affective and Non-affective psychoses: distinct entities or in continuum? A study with a “medical model” approach. Eastern J Psychiatry 1999; 3: 28-31. (Official journal of Eastern Zonal Branch of Indian Psychiatric Society)
29. **Aich TK**, Paul SE, Sinha VK, Nizamie SH. *Adolescent Mania and EEG Abnormalities*. J Eastern Zonal Br 1998; 2: 33-35. (Official journal of Eastern Zonal Branch of Indian Psychiatric Society)
- e) Review Article:**
30. **Aich TK**, Khan, AH, Agrawal PK. Mental health issues in Covid and post Covid-19 scenario: The way forward. Journal of Clinical Psychiatry. J Clinical Psychiatry 2021 Vol 1, issue1, 17-20.
31. **Aich TK**, Mahato A, Subedi S. Cognitive impairment in schizophrenia: current perspective. J Psychiatrists' Assoc Nepal 2016; 5(1):5-13 **(Indexed in Directory of Research Journal Indexing, Nepal Journals Online, and HINARI).**
32. **Aich TK**. Existential Psychology and Buddha Philosophy: its relevance in nurturing a healthy mind. J Psychiatrists' Assoc Nepal 2014; 3(Suppl.):22-28. **(Indexed in Directory of Research Journal Indexing, Nepal Journals Online, and HINARI).**
33. Ranjan S, Shah S, Aryal S, **Aich TK**. Psychiatric disorders among medical students: how aware are we? JUCMS 2013; 1(3):56-60. **(Indexed in Directory of Open Access Journals (DOAJ), Directory of Research Journal Indexing, Asian Journals Online, and Index Copernicus).**
34. **Aich TK**, Lamichane N, Koirala NR, Ranjan S. Geriatric psychiatry research in Nepal: an overview and current status. In Souvenir: 5th National Conference of the Psychiatrists' Association of Nepal 2013; 58-67.

35. **Aich TK.** Buddha Philosophy and Western Psychology. *Indian J Psychiatry* 2013; 55 (suppl 2), S165-70. **(indexed in Pub Med)**
36. **Aich TK.** Contribution of Indian psychiatry in the development of psychiatry in Nepal. *Indian J Psychiatry* 2010; 52, (S):76-79. **(indexed in Pub Med)**
37. **Aich TK, Sinha VK.** Substance abuse comorbidity in schizophrenia. *Nepalese J Psychiatry* 2001; 2:4, 75-84. **(Official journal of Nepalese Psychiatric Society)**
- f) Case Report:**
38. Ranjan S, Chalise P, Pandey P, Poudel R, **AichTK.** Schizophrenia like Psychosis in patients with Epilepsy: Case Report. *JUCMS* 2013; 1(2): 35-36. **(Indexed in Directory of Open Access Journals (DOAJ), Directory of Research Journal Indexing, Asian Journals Online, and Index Copernicus).**
39. **Aich TK, Kumar A** (2001). An atypical presentation of thyrotoxicosis. *Nepalese J Psychiatry* 2001 2:4, 139-142
40. **Aich TK, Sinha VK.** *A variant form of Creutzfeld-Jacob Disease.* *J Eastern Zonal Br* 1998; 2:48-49.

FREE PAPER PRESENTATIONS IN CONFERENCES (as first author)
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i) Paper presented at international conferences:

1. **Aich TK, Sinha VK, Nizamie SH** (1996). *Adolescent Manics and EEG Abnormalities: A Retrospective Study.* Research paper presented at the **regional meet of Royal Collage of Psychiatrists** held at Hyderabad, in the month of **November 1996.**
2. **Aich TK, Dhungana M, Giri D** (2008). *Pattern of neuro-psychiatric illnesses in older age group population: an inpatient study report from Nepal.* Presented during 4th **SAARC Psychiatric Conference** held at Dhaka, Bangladesh in the month of **November 2008.**
3. **Aich TK** (2010). Absent posterior alpha rhythm: an indirect indicator of seizure disorder? A visual EEG analysis report of 116 child and adolescent patients of seizure disorder. Presented during **WPA regional conference** held at Dhaka, Bangladesh in the month of **January, 2010.**
4. **Aich TK, Shah S, Gupta U, Ranjan S** (2013). *EEG abnormality in Children with Febrile & Non-Febrile Seizure.* Presented during 7th **SAARC Psychiatric Conference** held at Mysore, India in the month of **November 2013.**

ii) Paper presented at Indian national conferences:

5. **Aich TK**, Singh S, Sinha VK (1998). *Importance of Stress Factors in the Precipitation of Mental Illness: A Retrospective Comparative Study of Affective Psychosis (Manic Episode) Vs. Non-Affective Psychosis*. Research paper presented at the 50th annual Conference of Indian Psychiatric Society held at Jaipur in the month of **January 1998**.
 6. **Aich TK**, Singh S, Sinha VK (1999). *Remitting Affective and Non-affective psychoses: Distinct Entities or in Continuum!* Research paper presented in the 51st annual Conference of Indian Psychiatric Society held at Bhubaneswar in the month of **January 1999**.
 7. **Aich TK**, Sinha VK (2000). *How uncommon is the uncommon hallucinations in schizophrenia? A prospective study reports on sixty-three schizophrenics*. Research paper presented in the 52nd annual Conference of Indian Psychiatric Society held at Cochin in the month of **January 2000**.
 8. **Aich TK**, Sinha VK, Nizamie SH (2000). *EEG abnormalities in adolescent mania and response to antiepileptics: A three-year follow-up study*. Research paper presented in the 52nd annual Conference of Indian Psychiatric Society held at Cochin in the month of **January 2000**.
 9. **Aich TK**, Khess CRJ (2001). *Psychiatric Comorbidity in Substance abusing population: a one-year study report*. Research paper presented in the 53rd annual Conference of Indian Psychiatric Society held at Pune in the month of **January 2001**.
 10. **Aich TK**, Sinha VK, Khess CRJ (2002). *Course and outcome of substance abuse comorbidity in schizophrenia*. Research paper presented in the 54th annual Conference of Indian Psychiatric Society held at Kolkata in the month of **January 2002**.
 11. **Aich TK**, Dhungana M (2003). *Pattern of Drug Abuse amongst 136 Opioid Abusers in India and Nepal*. Research paper presented in the 55th annual Conference of Indian Psychiatric Society held at Hyderabad in the month of **January 2003**.
 12. **Aich TK**, Dhungana M, Pawha VK (2004). *Pattern of Buprenorphine Abuse amongst Opioid Abusers in Nepal*. Research paper presented in the 56th annual Conference of Indian Psychiatric Society held at Mysore in the month of **January 2004**.
 13. **Aich TK**, Shah S (2013). EEG abnormality in children with febrile seizure: A study of 41 cases. Research paper presented in the 65th annual Conference of Indian Psychiatric Society held at Bangaluru in the month of **January 2013**.
 14. **Aich TK**, Haider J, Dhungana M. Macrolide antibiotic in detoxification of Opioid Dependence syndrome: A Serendipitous discovery? Research paper presented in the 17th Annual National Conference of Indian Association of Private Psychiatry held at Kolkata in the month of **November 2016**.
 15. **Aich TK**, Gupta UK, Subedi S. Mix headache: a valid clinical entity? Research paper presented in the 17th Annual National Conference of Indian Association of Private Psychiatry held at Kolkata in the month of **November 2016**.
- iii) Paper presented at zonal/state level conferences:**
16. **Aich TK**, Paul SE, Sinha VK (1997). Prodomal Symptoms in Childhood & Adolescent Affective Disorder. Research paper presented in the Eastern Zonal-Indian Psychiatric Society Conference held at Gangtok in the month of **October 1997**.

17. **Aich TK**, Sinha VK (1999). Demographic and Clinical Correlates of Substance Abuse Comorbidity in Schizophrenia. Research paper presented during the Award Session in the Eastern Zonal-Indian Psychiatric Society Conference held at Guwahati, Assam, in the month of **October 1999**.
18. **Aich TK**, Dhungana M, Pawha VK (2003). Demographic and clinical profiles of HIV positive cases: A two year study report from a tertiary teaching hospital. Research paper presented in the 2nd annual Conference of Jharkhand Psychiatric Society held at Ranchi in the month of **May 2003**.

FREE PAPER PRESENTATIONS IN CONFERENCES (as co-author)

S. No.	Authors	Title	Conference	Month & Year
1	Shailja Singh T K Aich J. K. Deb C. R. Khess	"Non – Affective Acute Remitting Psychosis (NARP): A Retrospective study of Factors Precipitating the illness in a Cohort of 58 patients"	50 th Annual National Conference of Indian Psychiatric Society (ANCIPS), held in Jaipur.	January 1998
2	Shailja Singh T K Aich C.R.J. Khess	"Pattern of Attentional Tasks Impairment in Schizophrenia: A Prospective Study"	51 st Annual National Conference of Indian Psychiatric Society held at Bhubneswar.	January 1999
3	Shailja Singh T K Aich S. E. Paul	"Is the test for working memory sensitive for the Positive & Negative Schizophrenics"	10 th Congress of National Academy of Psychology India held at the Deptt. of Psychology, University of Lucknow.	December 1999
4	Shailja Singh T K Aich S. E. Paul	"Recent Memory and memory for Design Test Performance in Positive and Negative Schizophrenia"	National Conference on Research in Clinical Psychology held at AIIMS, New Delhi.	February 1999
5	Shailja Singh T K Aich C.R.J. Khess	"Attentional Tasks Impairment in Schizophrenics State of Trait Market? A prospective study report"	25 th Annual Conference, Indian Psychiatric Society, Eastern zonal Branch, Guwahati.	October 1999
6	Shailja Singh T K Aich C.R.J. Khess	"Positive / Negative Symptomatology and Experimental Measures of Attention in / Schizophrenic patients: In an Indian Scenario"	National Conference on "Mental Health and Psychological Counseling" Organized by the Deptt. of Psychology, D. G. College, Kanpur.	December 1999
7	Shailja Singh T K Aich S. E. Paul	"Are the tests for working memory sensitive and specific for the Positive symptoms of Schizophrenic"	52 nd Annual National Conference of Indian Psychiatric Society at Kochi.	January 2000

8	Shailja Singh T K Aich C.R.J. Khes	"On the Nature of Wisconsin card sorting test performance in Schizophrenia"	National Conference on Research in Clinical Psychology at AIIMS, Delhi	February 2000
9	Shailja Singh T K Aich K. Dutt	"Does Birth order play a significant role in the genesis mental retardation?"	53 rd Annual National Conference of Indian Psychiatric Society at Pune	January 2001
10	Shailja Singh T K Aich V. K. Singh P. J. Soundararaj	Wisconsin card sorting test and Schizophrenic Syndrome	55 th National Conference of Indian Psychiatry Society, Hyderabad	January 2003
11	Aidtya Kumar Varma, T K Aich	Study on the pattern of clinical presentation in acute and transient psychotic patients in Nepal	65 th annual Conference of Indian Psychiatric Society held at Bangaluru	January 2013
12	Uttam Kumar Gupta, T K Aich	A study report from Nepal on chronic headache and co-morbid psychiatric illness	65 th annual Conference of Indian Psychiatric Society held at Bangaluru	January 2013
13	Sanjeev Shah, Aich T K, Ranjan S, Sandip Subedi	Pattern of neuropsychiatric illnesses in geriatric population: An outpatient study report	5 th National Conference of the Psychiatrists' Association of Nepal (PAN) held at Pokhara, Nepal	April 2013
14	Pradeep Pandey, T K Aich, Sanjeev Ranjan, Sandip Subedi	Psychiatric Comorbidity amongst Alcohol Dependent Patients	During 7 th SAARC Psychiatric Conference held at Mysore, India	November 2013
15	Sanjeev Shah, T K Aich, Sanjeev Ranjan, Sandip Subedi	A phenomenological study report on mania from Nepal	during 7 th SAARC Psychiatric Conference held at Mysore, India	November 2013
16	Raju Bhattarai Aich TK, Amil H Khan	Treatment Adherence enhancement through Skype telepsychiatry in rural India	8 th SAARC Psychiatric Conference held at Lumbini, Nepal,	Nov 2014
17	Yadav G, Pandey R, Singh D, Chandel S, Aich TK	A study report on the effect of Covid-19 pandemic on the out-patient attendance at the department of psychiatry in a level 3 Covid hospital	First digital annual conference of IPS-UP state branch held on 11 th and 12 th December 2020.	December 2020.

CARRIER ABRIDGEMENT

An astute, self-motivated, enthusiastic **Medical Professional** offering **TWENTY-THREE** years of experience in the field of **Clinical Psychiatry**.

- Over twenty-three years of experience in various subspecialties of Psychiatry (general adult psychiatry, psychiatry of learning difficulties, old age psychiatry, forensic psychiatry, child and adolescent psychiatry and rehabilitation, substance use disorder and liaison psychiatry).
- Competent in detailed history taking, mental state examination, physical and neurological examination, formulating diagnosis, identifying etiology and comprehensive management planning for a variety of acute and chronic psychiatric illnesses.
- Management of psychiatric emergencies.
- Recording and interpretation of EEG.
- Administration of Electro Convulsive Therapy
- Sound knowledge of the mental health programmes, policies, mental health care infrastructure and issues in community care of mentally ill in the country.
- Basic knowledge of research methodology.
- Exposure of wide clinical experience, academic and research work and participation in teaching.
- Knowledge of the psychopathology and natural history of common mental disorders.
- Knowledge of current methods of management of common mental disorders, including the theoretical background and practical application of psychological, social and psychopharmacological methods of treatment.
- Knowledge of the impact of cultural, social and familial influences on the genesis, maintenance and management of psychiatric disorders and the cultural aspects of psychiatric practice in a multi-ethnic society.
- Competence in the application of a range of psychological treatment skills in the relevant area of psychiatric practice.
- Assessment and management of organic disorders, non-affective psychosis using drugs and psychosocial treatments, mood disorders using ECT, drugs and psychosocial treatments, neuroses and personality disorders.
- Outreach Mental Health camps.

COMPETENCY MATRIX

- Electro convulsive Therapy
- Psychotherapy
- Emergency Psychiatry
- Detoxification & De-addiction
- Neurological Screening
- Geriatric Psychiatry
- Cognitive behavior therapy
- Supportive Psychotherapy

- Marital and Family Therapy
- Sex Therapy
- Group Therapy
- Long term Psychotherapy

AREAS OF INTREST

- Geriatric psychiatry
- Epilepsy & EEG
- Chronic headache
- Addiction psychiatry
- Eastern Philosophy and western psychology

CONFERENCES/CMEs ATTENDED

- 1) First digital annual conference of IPS-UP state branch held on 11th and 12th December 2020.
- 2) One day convention on “mental health, well-being and suicide prevention” on the occasion of World Mental Health Week, organized by Composite Regional Centre (CRC), Gorakhpur on 15th October 2019.
- 3) **CRE** (Continuing Rehabilitation Education) on “Understanding and managing developmental disabilities” held at CRC Gorakhpur, India **June 2019**.
- 4) **CRE** (Continuing Rehabilitation Education) on ‘World Autism Awareness Day’ organized by CRC Gorakhpur, India, **April 2019**
- 5) 17th annual conference of Indian Association of Private Psychiatry IAPP (UP: UK) held at Gorakhpur, India, **September 2018**.
- 6) **CME** at the post-graduate department of Psychology, Gorakhpur University on the occasion of World Mental Health Day Gorakhpur, India, **October 2018**.
- 7) **CME** at Composite Hospital, SSB Gorakhpur, on “Suicide and behavioural changes among force personnel” at Gorakhpur, India, **June 2018**.
- 8) 17th Annual National Conference of Indian Association of Private Psychiatry held at Kolkata, India, **November 2016**.
- 9) 8th SAARC Psychiatric Conference held at Lumbini, Nepal, **November 2014**
- 10) **CME** on Safe Motherhood at Primary Care Level at 12 Air Force Hospital, Gorakhpur, **September 2014**.
- 11) National CME by Psychiatrists’ Association of Nepal, at Chitwan, Nepal, **March 2014**.
- 12) 65th annual Conference of Indian Psychiatric Society held at Bangaluru, India, **January 2013**.
- 13) 7th SAARC Psychiatric Conference held at Mysore, India, **November 2013**.

- 14) CME on recent developments in Psychiatry by Psychiatrists' Association of Nepal, at Kathmandu, Nepal **October 2012.**
- 15) 11th annual conference of Indian Association of Private Psychiatry IAPP (UP: UK) held at Gorakhpur, India, **September 2012.**
- 16) 12. 34th annual Conference of Indian Psychiatric Society- Central Zone held at Agra, India, **September 2012**
- 17) CME on recent developments in Neurology by Psychiatrists' Association of Nepal, at Kathmandu, Nepal, **November 2011.**
- 18) CME on recent developments in Psychiatry by Psychiatrists' Association of Nepal, at Kathmandu, Nepal, **November 2011.**
- 19) 33rd annual Conference of Indian Psychiatric Society- Central Zone held at Kanpur, India, **October 2011**
- 20) CME on recent developments in Psychiatry by Psychiatrists' Association of Nepal, at Kathmandu, Nepal, **September 2010.**
- 21) WPA regional conference held at Dhaka, Bangladesh, **January, 2010.**
- 22) 4th SAARC Psychiatric Conference held at Dhaka, Bangladesh, **November 2008.**
- 23) 59th annual National Conference of Indian Psychiatric Society held at Chennai, India, **January 2007**
- 24) 2nd SAARC Psychiatric Conference held at Kathmandu, Nepal, **November 2006**
- 25) National Conference of Psychiatrists' Association of Nepal held at Kathmandu, **Nepal, March 2006.**
- 26) 56th annual National Conference of Indian Psychiatric Society held at Mysore, India, **January 2004.**
- 27) 2nd annual Conference of Jharkhand Psychiatric Society held at Ranchi, India, **May 2003.**
- 28) 55th annual National Conference of Indian Psychiatric Society held at Hyderabad, India, **January 2003.**
- 29) 54th annual National Conference of Indian Psychiatric Society held at Kolkata, India, **January 2002.**
- 30) 53rd annual National Conference of Indian Psychiatric Society held at Pune, India, **January 2001.**
- 31) 52nd annual National Conference of Indian Psychiatric Society held at Cochin, India, **January 2000.**
- 32) 26th annual Conference of Indian Psychiatric Society-Eastern Zone held at Ranchi, India **October 2000**
- 33) National Mid-term CME of Indian Psychiatric Society held at Kolkata, India, **September 2000**

- 34) 25th annual Conference of Indian Psychiatric Society-Eastern Zone held at Guwahati, India, **October 1999**.
- 35) 51st annual National Conference of Indian Psychiatric Society held at Bhubaneswar, India, **January 1999**.
- 36) 50th (Golden Jubilee) annual National Conference of Indian Psychiatric Society held at Jaipur, India, **January 1998**.
- 37) 23rd annual Conference of Indian Psychiatric Society-Eastern Zone held at Gangtok, India, **October 1997**.
- 38) Royal Collage of Psychiatrists Regional meet held at Hyderabad, India, **November 1996**.

CME SPEAKER/ GUEST SPEAKER/ SYMPOSIUM SPEAKER/ CHAIRPERSON/ RESOURCE PERSON
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- 1) **Resource Person/Speaker** for one day convention on “mental health, well-being and suicide prevention” on the occasion of World Mental Health Week, organized by Composite Regional Centre (CRC), Gorakhpur on 15th October 2019.
- 2) **Guest of honour cum CRE speaker** (Continuing Rehabilitation Education) on “Understanding and managing developmental disabilities” held at CRC Gorakhpur, India **June 2019**.
Title of presentation was “diagnosis and clinical presentation of developmental disabilities”
- 3) **CRE speaker** (Continuing Rehabilitation Education) on World Autism Awareness Day organized by CRC Gorakhpur, India, **April 2019**.
Title of presentation was “diagnosis and clinical presentation of Autism spectrum disorder”
- 4) **Resource person** for the day long workshop on “Awareness on Drug Abuse” held at Kendriya Vidyalaya no II, Fertilizer Campus, at Gorakhpur, India, **February 2019**.
- 5) **CME speaker** at the department of Psychology, Gorakhpur University on the occasion of World Mental Health Day on “Young people and mental health in a changing world”, Gorakhpur, India, **October 2018**.
- 6) **Guest speaker** on “Cognitive impairment in schizophrenia: current perspective” at 17th annual conference of Indian Association of Private Psychiatry IAPP (UP: UK) held at Gorakhpur, India, **September 2018**.
- 7) **CME speaker** at Composite Hospital, SSB Gorakhpur, on “Suicide and behavioural changes among force personnel” at Gorakhpur, India, **June 2018**.
Awarded ‘**Commendation card**’ from **Ministry of Home affairs** for excellent power-point presentation.
- 8) **Speaker in a symposium** titled "**Implementing and Monitoring Opioid Substitution Therapy (OST) in South Asia**" at 8th SAARC Psychiatric Conference (SPF) held at Lumbini, Nepal, November 2014. Title of presentation was “Background, Need and Importance of OST & Implementing Buprenorphine treatment: Clinical Practice Guidelines”.
- 9) **Chaired a session** titled "**Autism and other pervasive developmental disorders**" at 8th SAARC Psychiatric Conference (SPF) held at Lumbini, Nepal, **November 2014**.

- 10) **Chaired a session** titled "**Psychiatric perspective in Nepal**" in a WPA Zone 16 Symposium on "Current Psychiatric Perspective for SAARC Countries" at 8th SAARC Psychiatric Conference (SPF) held at Lumbini, Nepal, **November 2014**.
- 11) **CME speaker** on "Post-partum mental illnesses" during the CME on "Safe Motherhood at Primary Care Level" at 12 Air Force Hospital, Gorakhpur, **September 2014**.
- 12) **CME speaker on "Dual Diagnosis"** during National CME on Addiction Psychiatry by Psychiatrists' Association of Nepal, at Chitwan, Nepal, **March 2014**.
- 13) **Speaker in a symposium** titled "Psychiatry in Nepal-Past, Present and Future" at 7th SAARC Psychiatric Conference (SPF) held at Mysore, India, **November 2013**.
Title of presentation was "Contribution of foreign psychiatrists in the development of psychiatry in Nepal".
- 14) **Chaired a session** titled "Recent advances in sex therapy: emphasis on psychopharmacology" at 7th SAARC Psychiatric Conference (SPF) held at Mysore, India, **November 2013**.
- 15) **Chaired a session** titled "Priorities of sexuality research for SAARC countries" at 7th SAARC Psychiatric Conference (SPF) held at Mysore, India, **November 2013**.
- 16) **CME speaker** on "Substance abusers and psychiatric comorbidity: an overview" at 34th Annual Conference of Indian Psychiatric Society-Central Zone held at Agra, India, **September 2012**.

PARTICIPATION IN INTERNATIONAL SURVEYS

1. **Participated in multiple surveys** on "the **Internet-Based Field Study for ICD-11 Mental and Behavioural Disorders as a member of the Global Clinical Practice Network (GCPN)**" conducted by the World Health Organization Department of Mental Health and Substance Abuse.

Some of the these surveys participated were as follows:

- **Disorders Due to Addictive Behaviours and Impulse Control Disorders** (Nov 2018);
- **Bodily Distress Disorders** (Oct 2018);
- **Study on Symptom Patterns in Schizophrenia and Schizoaffective Disorder** (Aug 2018);
- **Relationship problems and maltreatment in Children**, (*Jun 2016*);
- **Mood Disorders** (*Feb 2016*)
- **Relationship problems and maltreatment**, (Oct 2015);
- **Classification and Technology Use in Clinical Practice**, (Apr 2015);
- **Anxiety Disorders**, (*Feb 2015*);
- **Paraphilic Disorders**, (Oct 2014);
- **Obsessive-Compulsive and Related Disorders**, (Sep 2014);
- **Schizophrenia and Other Primary Psychotic Disorders**, (Jun 2014).
- **Disorders Specifically Associated with Stress**, (May 2013).

2. Participated in **online surveys** on "**Validation of the Comprehensive International Classification of Functioning, Disability and Health Core Set for Schizophrenia**" conducted by Professor Juana

Gómez-Benito, GEIMAC team, University of Barcelona, Department of Methodology of the Behavioural Sciences. E-mail: icf.schizophrenia@ub.edu (30 Jun 2016).

TEACHING EXPERIENCES

1. Theoretical and bedside teaching of MD Psychiatry students and chairing seminars, journal clubs and case conferences as a part of the teaching assignments as a faculty and head of the department of psychiatry at BRD Medical College, Gorakhpur, UP from August 2020 onwards.
2. Theoretical and bedside teaching of MD, DPM and M. Phil. students in psychiatry, psychology and related fields and chairing seminars, journal clubs and case conferences as a part of the teaching assignments of a Senior Resident (at CIP Ranchi, Jharkhand).
3. Special teaching assignments to Senior Nursing Staffs as a part of Continuous Nursing Education (CNE) Programme sponsored by the Department of Health and Family Welfare, Government of India, in the academic year 1999-2000 and 2000-2001 (at CIP Ranchi, Jharkhand).
4. More than 160 Hours of teaching experience in teaching students of Diploma in Psychiatric Nursing (DPN) and General Nursing students over a period of four years (from August 1996 till January 2000) in the field of psychiatry and allied subjects (at CIP Ranchi, Jharkhand).
5. As a part of undergraduate psychiatric curriculum, I was regularly taking theoretical and clinical classes to the final year medical students at Universal College of Medical Sciences, Bhairahawa, Nepal from 2002 to 2010 (42 hours of theoretical and 162 hours of clinical exposures in the psychiatry are expected from a final year MBBS student during his undergraduate training conducted by Institute of Medicine, Tribhuban University, Nepal).
6. Teaching assignments and thesis guide of students of MD psychiatry curriculum, started at Universal College of Medical Sciences, Bharahawa, Nepal since 2009 to 2010 and continued later as a visiting faculty and guiding PG students till 2012.
7. I have regularly been assigned the responsibility of being the internal examiner of final MBBS students, during their clinical and viva examination in psychiatry at Universal College of Medical Sciences, Bharahawa, Nepal from 2003 to 2010.
8. I have been assigned the responsibility of being **the internal examiner of MD students and as external examiner for MD Psychiatry** examinations conducted at Institute of Medicine, Tribhuban University, Kathmandu Nepal in the year 2009-12.
9. I have been assigned the responsibility of being the **external examiner for DPM (Diploma in Psychological Medicine)** examination conducted at Central Institute of Psychiatry, Ranchi, India in the year 2021.

ADMINISTRATIVE EXPERIENCE

- (a) More than ten years administrative experience of working as the Head of the department (HOD) of psychiatry at the BRD Medical College, Gorakhpur, UP.

- (b) Ten years administrative experience of working as an Associate Professor of Psychiatry and subsequently as Professor in a department of psychiatry at the BRD Medical College, Gorakhpur, UP
- (c) Five years administrative experience of working as an administrative officer (Adjutant, Quarter Master, etc.) as and when required basis, besides the job of routine duty of a Regimental Medical Officer in Army.
- (d) Administrative experience of successfully running a 60 bedded de-addiction center as a Senior-Resident for more than one year.
- (e) Administrative experience of conducting a zonal level psychiatry conference at CIP, Ranchi (Acting as a co-chairperson in the 'CEZIPS Secretariat' during Eastern Zonal Conference of Indian Psychiatric Society, held at Central Institute of Psychiatry, Kanke, Ranchi, in the month of October 2000).
- (f) Rare administrative experience of establishing and developing in-and-outpatient psychiatry department, in-and-outpatient de-addiction center, out-patient epilepsy and chronic headache clinics in a newly established medical college teaching hospital set-up at Bhairahawa, Nepal.
- (g) Administrative experience of starting and successfully running MD Course in Psychiatry at UCMS Bhairahawa, Nepal since 2009 onwards.
- (h) Administrative experience of successfully conducting clinical examination in psychiatry for Undergraduate students during their final MBBS practical and clinical examination since 2004.
- (i) Administrative experience of working as the HOD in the department both at UMCS Bhairahawa and currently at BRD Medical College, Gorakhpur, UP.
- (j) Administrative experience of successfully conducting an international conference – acting as a Co-Chairman of the 8th SAARC Psychiatric Conference (SPF) held at Lumbini, Nepal from 27th November to 29th November 2014.

CONFERENCE MANAGER/ IPS/ JOURNAL REVIEWER
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- 1) **Co-Chairman** of the 8th SAARC Psychiatric Conference (SPF) held at Lumbini, Nepal, November 2014.
- 2) **Co-chairperson** in the 'CEZIPS Secretariat' during Eastern Zonal Conference of Indian Psychiatric Society, held at Central Institute of Psychiatry, Ranchi, India, **October 2000**.
- 3) **Member**, organizing committee of ANCIPS 2019, held at Lucknow, India, **January 2019**
- 4) **Member**, organizing committee of 17th annual conference of Indian Association of Private Psychiatry IAPP (UP: UK) held at Gorakhpur, India, **September 2018**.
- 5) **Member**, organizing committee of 11th annual conference of Indian Association of Private Psychiatry IAPP (UP: UK) held at Gorakhpur, India, **September 2012**.
- 6) **Co-Chairperson, SAARC AFFAIRS - Sub Committee** of Indian Psychiatric Society (IPS) for the years 2018 and 2019 (Letter No. Nominations/18-19 Dated 10 Mar 2018 and Letter No. Nominations/19-20/087 Dated 06.03.2019)

- 7) **Reviewer** at Journal of Psychiatrists' Association of Nepal (JPAN) and Journal of BPKIHS, Nepal.

Training sessions

1. Attended "**Curriculum implementation support programme**" at BRD Medical College, Gorakhpur, UP from 22nd July to 24th **July, 2019** under the aegis of KGMU, Lucknow (MCI Nodal Center).
2. Attended "**Basic Course Workshop in Medical Education Technologies**" conducted by **King George Medical University, UP, Lucknow**, Regional Centre in Medical Education Technologies at BRD Medical College, Gorakhpur from 26th to 28th **March 2015**.
3. Participated in a three-day '**Training of Trainers Programme**' on "**Management of Comorbid Conditions among Injecting Drug Users**", held at New Delhi from 21-23 **May 2012**.
4. Participated in a four-day "**Training of Trainers on Opioid Substitution Therapy (OST)**" organized by NACO with support from DFID AIDS TAST from 22-25 **Nov 2011** at Timber Trail Resort, Parvanoo, Himachal Pradesh.

Thesis Guide/Co-guide

Thesis Guide

1. Dr Uttam Gupta (2012). Topic: "Neuro-psychiatric comorbidity in chronic daily headache patients".
2. Dr Aditya Verma. Topic (2013): "A Phenomenological study of acute and transient psychotic disorder in Nepal.
3. Dr Sanjeev Shah. Topic (2014): "A Phenomenological Study of Mania"
4. Dr Deepa Singh (ongoing): Role of Olanzapine as an anti-craving agents in opioid dependence.
5. Dr Richa Pandey (ongoing): A comparative study of safety and efficacy of Zolpidem and Melatonin in Post-Covid insomnia.

Thesis Co-Guide:

4. Dr Anshuman Tripathi (2016): "Prevalence of geriatric depression in rural population of district Gorakhpur".
5. Dr Yashanshu Gupta (2020): "Predictor and incidence of post-partum depression among patients attending BRD Medical College".
6. Dr Jahangir Alam (2021): To compare the efficacy and safety of Duloxetine with escitalopram in depressed patients.
7. Dr Gaurav Yadav (ongoing): Physical activity as a protective factor for post-covid psychiatric disorders.

TRAINING INSTITUTE (in brief)

CENTRAL INSTITUTE OF PSYCHIATRY (CIP) at Ranchi, in the state of Jharkhand, India, is a premier, **632 bedded Post-Graduate psychiatry teaching hospital**, which runs regular postgraduate (MD and Diploma) courses in Psychiatry, M. Phil and Ph.D. courses in clinical psychology and Psychiatric Social Work and Post Graduate diploma course in Psychiatric Nursing.

The psychiatry department at the Institute is divided into six adult psychiatric units, three units each for male and female patients, one child psychiatric unit and one Drug de-addiction unit and two occupational therapy units (one each for male and female patients).

Acutely ill patients are managed in the acute care wards. Patients who have recovered and are awaiting discharge and chronic patients are managed in other wards. There is a separate Drug de-addiction unit and a Child psychiatry ward.

CIP has many first to its credit in the field of mental health in India. First post-graduate teaching in psychiatry in India was started here offering Diploma in Psychological Medicine (DPM). DPM from this institute was recognized by the Royal Medico-Psychological Society in Great Britain during pre-independence days. First Electro-convulsive therapy, first Electro-encephalography, first lithium therapy, first inpatient occupational therapy department, etc., was started here.

DE-ADDICTION CENTER AT CIP, Ranchi, is a 60 bedded center within the premises of the premier institute. The department is headed by a professor and trained staffs like senior and junior resident doctors, clinical psychologist, social workers and specially trained nurses are there for the effective and efficient running of the center.

I have the credit being the first Senior Resident of this newly developed deaddiction center within the premises of Central Institute of Psychiatry (CIP). As a Senior Resident of the center I had the overall responsibility to look after the effective management of the patients admitted in the center – supervise their pharmacological as well as non-pharmacological management. Besides I was actively involved in teaching and training junior resident doctors, clinical psychologist, social workers and nurses in the field of drug and alcohol deaddiction.

BRIEF DESCRIPTION OF INSTITUTES SERVED/SERVING

A. Universal College of Medical Sciences (UCMS), Nepal

Universal College of Medical Sciences (UCMS), Bhairahawa, is a privately managed medical institution and functions under the administrative control of Institute of Medicine (IOM), Tribhuban University, Kathmandu and Ministry of Health, Government of Nepal, Kathmandu. This institute was established in the year 1998 and this year it has completed 21 years of successful run in promoting undergraduate medical curriculum (MBBS).

Today, the institute boasts to run a 750 bedded advanced teaching hospital, catering all essential specialties and even promoting and running some super-specialty departments like Neuro-surgery and Plastic-surgery. This institute currently ranks amongst the premier medical institutes in Nepal.

I had started and successfully developed the in-and-outpatient psychiatry department after joining the institute on 25th of January 2001. Besides, **I had also started and developed the in-and-outpatient deaddiction center simultaneously.** Additionally, **I was regularly running outpatient epilepsy and chronic headache clinics.**

Psychiatry OPD started after my joining in January 2001. With the passage of time every year there was a steady increase of patients at out-patient department. The **department boost a healthy attendance of 100-120 outpatients on peak days (Sundays and Mondays) and 80-100 patients on other week days.** With the gradual growth of the department over the years, inpatient statistics also steadily swelled up. **Average inpatient population increased to a steady 25-35 inpatients stay per day by the year 2010.**

UCMS have a **total of 70 beds catering for psychiatric patients at UCMS Teaching Hospital, with bed strength of 35 beds on each male and female ward.** Ten beds on each male and female side are earmarked for patients admitted for drug and alcohol de-addiction. **MD Psychiatry curriculum has been started** by the year 2009 by the Tribhuban University, with the sanction of two seats per year by the Nepal Medical Council for the purpose of PG training in Psychiatry.

Department of Psychiatry, Universal College of Medical Sciences had gained the distinction of being the best amongst all psychiatry units attached to a medical college in Nepal during my stay there.

B. BRD Medical College, Gorakhpur, UP, INDIA

BRD Medical College, Gorakhpur, UP is situated in the state of Uttar Pradesh, India. It was established in the year 1969 and is recognized by Medical Council of India for MBBS and various post-graduate courses in medical sciences. Attached teaching hospital is eight-hundred bedded teaching hospital attached to BRD Medical College with 100% bed occupancy rate, with availability of all medical sub-specialties. OPD attendance is about 1500-2000 per day.

MD/MS and Diploma courses are being run in most of the medical sub-specialties. Psychiatry department is equipped with ECT, EEG, ECG, Bio-feedback machines and other psychological instruments. Currently we are running 30 bedded psychiatry ward. We are also running Opioid Substitution Therapy (OST) Center a 30 bedded de-addiction centre in our department.

MD course in psychiatry has been started with three students from the academic year 2020 onward.

EXTRA-CURRICULAR ACTIVITIES

Sports (Cricket, Badminton, Chess, etc.),
Photography,
Reading & Writing
Travelling, etc.

AWARDS

Sr	During	Year	Awarding Body	Description
1	CME-2018	2018	Ministry of Home Affairs - Sashtra Seema Bal	Commendation Card for presentation on "Suicide & behavioural changes among force personnel"

MEMBERSHIP/FELLOWSHIP OF ACADEMIC SOCIETIES

1. Indian Psychiatric Society
2. Nepalese Psychiatric Society
3. Indian Medical Association

SELF ASSESSMENT

I'm hard working, sincere and a dedicated person. I have the passion for teaching, learning and research activities. I thrive to be a better clinician with each-day of new learning and experience. Being having an ex-army background I developed good administrative acumen over decades of job in new and challenging circumstances. I love new challenges in life.

SOCIAL SERVICE

I'm giving voluntary free social service to Guru Sri Gorakhnath Chikistshyalaya regularly since January 2006 till date.

REFEREE DETAILS**REFEREES (ONE):**

Dr. Vinod Kumar Sinha, MD, DPM (Retd)

Professor of Psychiatry

Central Institute of Psychiatry

Kanke, Ranchi, Jharkhand-834006, INDIA

Mob: +91-8757722409

e-mail: vinod_sinhacip@yahoo.co.in

REFEREES (TWO):

Dr K P Kushwaha, MD (Retd)

Principal and Professor of Paediatrics

BRD Medical College, Gorakhpur, UP-273015

Mob: +91-9415210282

e-mail: komal.kushwaha@gmail.com

Date: 10-07-2021



(Tapas Kumar Aich)