

***THE JOURNEY OF THE  
DEPARTMENT  
(1963-2024)***



***61<sup>st</sup> Foundation Day Celebrations,  
&  
National CME on Addiction Psychiatry  
"Substance Use in Special Populations : Facing  
the reality and the challenges"***

***14<sup>th</sup> -15<sup>th</sup> September, 2024***

***Department of Psychiatry  
PGIMER, Chandigarh, India***

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***14-15<sup>th</sup> September, 2024***

**Department of Psychiatry PGIMER,  
Chandigarh, India**

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# Preface



**Prof Debasish Basu**

Head, Department of Psychiatry  
PGIMER, Chandigarh

***“Today is the tomorrow of  
yesterday”***

The foundation of the Department of Psychiatry, PGIMER, Chandigarh was laid with the joining of **Dr Narendra Nath Wig** as Assistant Professor of Psychiatry in the Department of Medicine on 16th September 1963. **The Journey of the Department (1963-2024)** is the souvenir commemorating this spectacular journey from a humble beginning to what is now widely acclaimed as one of the premier academic departments in a general hospital setting in India and abroad. This book reproduces his original letter of appointment.

Since 2016 the Department has been celebrating 16 September as the Foundation Day of the Department and Alumni Meet by holding an annual get-together of all our alumni and former faculty members with a mix of academic and social activities. This is typically comprised of the Foundation Day CME followed by

Alumni Meet. Further, since 2018, the Institute has been hosting the prestigious **Professor NN Wig Oration** on 16<sup>th</sup> September, which is our way of showing respect to the legendary visionary man. The first six orations were delivered by Prof. R. Srinivasa Murthy, Prof. P. Kulhara, Prof. BN Gangadhar, Prof. Savita Malhotra, Dr. R. Thara, and Dr. Afzal Javed, in 2018, 2019, 2020, 2021, 2022, and 2023, respectively.

Now this is the 61<sup>st</sup> Anniversary of the Department! We are celebrating this special occasion by organizing the “National CME on addiction psychiatry” on the theme “Substance Use in Special Populations: Facing the reality and the challenges” on 14-15 September 2024, culminating with the 7<sup>th</sup> Prof. NN Wig Oration on the 16<sup>th</sup> September 2024.

On 16 September this year, which happens to be the 61<sup>st</sup> Anniversary of the Foundation Day of the Department, the 7<sup>th</sup> Prof. NN Wig Oration will be delivered by Professor Ajit Avasthi, former Head of our Department and past President of the Indian Psychiatric Society. The Topic of his oration is : “The Enigma of Functional Somatic Symptoms in the Practice of Medicine”. The event will be coordinated by Dr Subodh BN and will be live telecast on the YouTube Channel of Telemedicine of PGIMER for viewing worldwide and will be later uploaded to our departmental YouTube Channel <https://www.youtube.com/@pgimerpsychiatry>.

I feel privileged to present to you “**The Journey of the Department (1963-2024)**” to commemorate the

Foundation Day Celebration and Alumni Meet 2024. **The book will be released in electronic format and will be uploaded on the Departmental website.** It compiles all the important milestones of the Department over the last 61 years - research projects, research publications and publications of books and book chapters by the faculty and staff of the Department, and the awards, honours, recognitions and achievements of individual faculty members. This compilation reflects the commitment of the Department to not only maintain the academic standards but excel over time.

To introduce the newcomers and distinguished visitors to the Department and, to refresh the memory of the seniors, "The Journey of the Department (1963-2024)" includes an account of history and evolution of the Department and the Drug De-addiction and Treatment Centre (DDTC), narrated by successive Heads of the Departments. The narrative gives an evolutionary perspective to where we stand now and where we should be heading in the future.

The Department continues to grow locally, as also in terms of members distributed across the globe. The **Alumni Almanac** has been updated with their most recent professional standing and contact details, courtesy the painstaking work by Dr. Swapnajeet Sahoo. The Departmental website [www.pgipsych.org](http://www.pgipsych.org), maintained now by Dr Shubh Mohan Singh, supplements this list continually. In 2021 our department grew by the addition of four new Faculty members: Dr. Nidhi Chauhan, Dr Shalini S. Naik (both Assistant Professors of Psychiatry), and Dr.

Devender Kumar (Rana) and Dr. Lalit Kumar Singh (both Assistant Professors of Clinical Psychology). Nidhi and Devender happen to be our alumni too! In 2023, another of our alumni, Dr. Rahul Chakravarty, joined the National Tele Mental Health Regional Coordination Centre of our Department as a Senior Consultant, which is equivalent to Assistant Professor position. With our students in MD Psychiatry, DM students in Addiction Psychiatry and Child & Adolescent Psychiatry, and now the enhancement in Faculty strength, the Department is growing further!

Along the lines of Alumni Almanac, we have updated the Departmental General Information Manual (the "**PINK BOOK**") that operationalizes our service areas and training programs. Dr. Abhishek Ghosh has painstakingly produced this update.

I am also happy to share with you that, starting from 25<sup>th</sup> August 2021, a new "**Distinguished Speaker Series**" has been launched. Eminent psychiatrists and other mental health professionals from all over the world - many of them our own alumni - will be speaking on topics of their choice, in order to inspire, motivate and enlighten us and our students. It is my proud privilege to announce that the very first of this series of talks was delivered by none other than **Prof. Norman Sartorius**, who truly does not need any introduction! The later talks in this series were delivered by stalwarts such as **Dr. Afzal Javed**, **Prof. Sir Robin Murray**, **Prof. Helen Herrman**, and **Prof. Kamaldeep Bhui**. Very importantly, one of our own very distinguished alumni, **Prof. Salman Akhtar**, Professor of Psychiatry, Jefferson Medical College, Philadelphia, USA, conducted a

hugely popular 10-part online series titled "A Primer on Psychoanalysis", which is now available on our departmental YouTube Channel.

The departmental YouTube Channel (<https://www.youtube.com/@pgimerpsychiatriy/videos>) with nearly three thousand subscribers now, features 62 videos by eminent national and international speakers on various aspects of psychiatry and mental health.

This is a rich resource for the posterity!. This channel/website also hosts most of the plenary sessions conducted at the Diamond Jubilee International Conference on Mental Health, 14<sup>th</sup>-16<sup>th</sup> September, 2023. This was a watershed event in the history of the department, commemorating its 60<sup>th</sup> anniversary!. Please allow me to say a few words about it.

Keeping in view the emerging importance of public mental health, the theme of the Conference was: "**Public Mental Health: Mental Health of the people, by the people, for the people.**" Several World Associations, including the World Psychiatric Association (WPA), World Federation for Mental Health (WFMH), World Association of Social Psychiatry (WASP), and International Centre of Person-Centered Medicine (ICPCM) were Co-Sponsors for this international event.

**WPA played a key role in supporting and shaping up this event.** In addition to Dr Afzal Javed, President, WPA, being the Patron and the Chief Guest on this occasion, in order to encourage and sensitize young psychiatric and mental health related trainees in the area of public mental health, WPA installed two Travelling Fellowship Awards to create short video logs ("vlogs") on this theme, and the

winning entries were played out on the inaugural session. Importantly, a special commemorative issue of **WORLD SOCIAL PSYCHIATRY**, the official flagship journal of **WASP**, was published to commemorate this historic occasion. It was a themed collection of articles from all over the world on the conference theme on public mental health. This issue contained 26 stellar articles by 64 authors from 15 countries, all freely downloadable from the journal website <https://journals.fww.com/wpsy/pages/default.aspx>. WFMH and ICPCM too organized important symposia on this occasion.

The conference recorded an impressive 900+ registrations from 15 countries, and witnessed an unprecedented zeal in the area of public mental health as evidenced by plenary talks, symposia, panels, involvement of people with lived experience, multidisciplinary involvement, oral free papers, and e-posters. A major attraction was the display of artwork by school children of Chandigarh, and by children with lived experience.

All in all, these 3 days turned out to be an academic feast. Finally, with the release of the "**Chandigarh Charter on Public Mental Health**" by the WPA at the inaugural function, it should provide directions for the global community to follow to make public mental health a key priority area. The Chandigarh Charter, hosted on the WPA website, bears the permanent testimony to the pivotal role of our department in spearheading this movement! It can be accessed at <https://www.wpanet.org/post/the-chandigarh-charter-on-public-mental-health-a-global-initiative-to-prioritise-mental-well-being>

Alas, along with celebrations and jubilations, losses are a part of life. This year, in quick succession, we lost three of our departmental stalwarts - two very senior alumni - **Dr. Virandra Mohan (15.12.1944 - 12.7.2024)** and **Dr. Dwarka Pershad (01.7.1937 - 3.8.2024)**, who was also a senior faculty of clinical psychology in the department for decades; and though not an alumnus but more than that - **the ARCHITECT of the department - Professor Vijoy K. Varma (6.11.1937 - 11.7.2024)**. They, and all others in the past, will always be fondly remembered as an integral part of the larger departmental family. An **E-BOOK has been prepared in the memory of Professor V.K. Varma**, which will be released at the CME and uploaded - along with the other publications - on the departmental website for posterity. Many thanks to Dr. Sandeep Grover and his team for achieving this remarkable feat in a record time.

**Professor Ritu Nehra** superannuated on 30<sup>th</sup> June 2024 from the department after serving the department for many decades. She was the senior most faculty in the department, and was always there with us like a guide, friend and philosopher, and a true well-wisher of the department. We wish her the best as always!

The success of this year's event will reflect cooperation of the entire Department Faculty (Profs. Subho Chakrabarti, Sandeep Grover, Shubh Mohan Singh, Subodh BN, and Drs. Akhilesh Sharma, Abhishek Ghosh, Aseem Mehra, Renjith R. Pillai, Krishan Kumar (Sony), Swapnajeet Sahoo, and the five newly joined Faculty mentioned above, Residents,

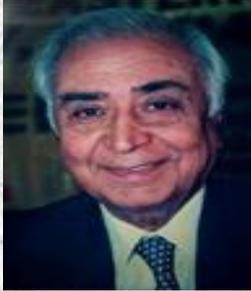
and all other support staff. I am particularly grateful to my young colleague Dr Swapnajeet Sahoo for his efforts in updating this souvenir - not an easy task!

For any imperfections or inaccuracies, I seek your indulgence.

*Your fellow alumnus,  
Debasish Basu*

## **Journey of Department (1963-2024)**

### **Prof N. N. Wig.....the “Living Legend” of Indian Psychiatry....**



Professor NN Wig was, in the true sense of the word a “living legend” of Indian Psychiatry. The Department of Psychiatry at the Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh owes its existence to him and his vision continues to guide the staff and students. He single-handedly brought the Department into being in 1963 and he continued to be intimately associated with the Department and the PGIMER as one of its Emeritus Professors till 12<sup>th</sup> July 2018, when he passed away after a brief illness at PGIMER, Chandigarh.

He was born to Sh. Paras Ram Wig and Smt. Amrit Kaur on 1<sup>st</sup> October 1930 in the West Punjab district of Gujranwala. He had illustrious lineage. Two of his more famous uncles were: Sh. Bhim Sen Sachar from mother's side who was twice Chief Minister of Punjab, Governor of the States of Orissa and Andhra Pradesh and High Commissioner to Ceylone (Sri Lanka) and from his father's side, Dr. K.L Wig - legendary physician and medical teacher who was the Director of AIIMS, New Delhi.

Professor Wig completed his MBBS from KG Medical College, Lucknow in 1956 and MD Medicine from Lucknow University in 1958. For two years (1960-62) he was on a Rockefeller Foundation Fellowship and received training at the Maudsley Hospital, Institute of Psychiatry, London and the

Western Psychiatric Institute, Pittsburgh, U.S.A. He completed the Diploma in Psychological Medicine both from England and Scotland. On his return, he joined the Medical College at Lucknow as a lecturer in Neuropsychiatry.

Dr. Wig joined the PGIMER, Chandigarh on 16<sup>th</sup> September 1963, a few months after his marriage to late Smt. Veena on 25<sup>th</sup> May at Karnal, a city mid-way between Delhi and Chandigarh. He founded the Department of Psychiatry and in 1968, at the age of 38, he became the youngest Professor in PGIMER and Headed the Department till 1980. Following this he was the Head of the Department of Psychiatry at the All India Institute of Medical Sciences, New Delhi. From 1984 till 1990 he was the Regional Advisor for Mental Health at the Regional office of the Eastern Mediterranean (EMRO) of the World Health Organisation at Alexandria, Egypt. **In this capacity, he contributed to the development of mental health programmes of 22 countries in the region.**

Under his able leadership the Department of Psychiatry, PGIMER, Chandigarh established itself as one of the leading training and research centres in the country. Its reputation was enhanced in 1976 when the WHO designated it as a “WHO Collaborating Centre for Mental Health,” the first such centre in Asia to be accorded this honour. A number of multi-centric WHO research projects followed, the most notable among them being the “Strategies for Extending Mental Health Services to Developing Countries” and the “Determinants of Outcome of Severe Mental Disorder (DOSMed)”. The community mental health programme started in Raipur Rani, District Ambala, Haryana, as a part of these projects **eventually provided the model for the National Mental Health Programme in India and inspired similar programmes in other developing countries.**

## ***Journey of Department (1963-2024)***

*Prof. Wig's research has been pioneering in a number of ways. He was the first psychiatrist to focus on the understanding of phenomenology and course of mental disorders in India. He led a number of interdepartmental collaborative studies in consultation liaison psychiatry. He coined the term 'Dhat Syndrome' and made seminal contributions to research in the area of nosology, culture bound syndromes, course and outcome of psychoses, psychotherapy and psychology. The continuing leadership of the Department in the above areas is a reflection of his futuristic approach to the research work.*

*Beyond the ambit of the Department, Dr Wig contributed immensely to the development of psychiatry in India. He was the Hon. General Secretary of the Indian Psychiatric Society from 1968-1973. In December 1972, he organized the Silver Jubilee Conference of Indian Psychiatric Society at Chandigarh.*

*His contributions to international psychiatry have been remarkable. Apart from his role as a Regional Advisor for Mental Health of the EMRO-WHO, he had been a member of the WHO Advisory Panel on Mental Health and a member of the Steering Committee of the World Psychiatric Association's International Programme to reduce stigma and discrimination due to mental illness.*

*Professor Wig had many honours to his name, which are too numerous to count though two of them particularly stand out. One was the Honorary Fellowship of the Royal College of Psychiatrists, a rare honour indeed, and the other was naming of a unit after his name at the Fountain House Psychiatric Centre at Lahore.*



*Finally, above and beyond his distinguished career what is noteworthy is the great reverence, respect and love that he evokes in all those who knew him, including his well known students. His students have headed or currently heading many departments of psychiatry in the different parts of India and abroad, national and international health organizations and professional societies. This, more than anything else, is what made him a true ***“Living Legend”***.*

*PGIMER, Chandigarh instituted 'Prof. N.N. Wig Oration' in May, 2018 that is held every year on 16<sup>th</sup> September, the day he joined the Institute as Lecturer in 1963 and is celebrated since 2016 as Foundation Day of the Department. The Inaugural Oration was delivered by his eminent student, Prof. R. Srinivasa Murthy.*

***Wish, we could hold the 1st Oration in his presence!***

***Dr. Ajit Avasthi Professor & Ex-Head Department of Psychiatry PGIMER, Chandigarh***

***Dr. Subho Chakrabarti Professor***

***Department of Psychiatry PGIMER, Chandigarh.***

## Journey of Department (1963-2024)

# Birth of the Department

The Department of Psychiatry came into existence on 16th September 1963 with joining of Dr N.N. Wig



Prof. N.N. Wig (1963-1980)  
MD, DPM (Scot.), DPM (Eng),  
FRCPsych (Hons), FNAMS, FAPA  
Emeritus Professor, PGIMER

APPENDIX - I

(Extract from Punjab Govt. Gazette Part I)  
Health Department  
NOTIFICATION.

Dated Chandigarh Oct. 1963.

No.13425-SMHI-63/38706. The Governor of Punjab is pleased to make the following postings and transfers.

Name and Rank	Appointment relinquished with date.	Posted or transferred to with date.	Remarks.
Dr. N.N. Wig M.D., D.P.M.	--	Assistant Professor of Psychiatry (Medicine) Institute of Post-graduate Medical Education and Research, Chandigarh <b>16.9.63 (F.N.)</b>	Appointment approved vide Punjab Govt. No.7236-SMHI-63/ Medical Education and Research, Dated 11.6.63.

V.P. Gautama,  
Secretary to Government, Punjab  
Medical & Health & Local Govt. Depts.

Copy of airt. No.13425-SMHI-63/38706, Dated 24. Oct. 63 by the same order

Copy is forwarded to:-

1. Accountant General Punjab, Simla,
2. Director, Research & Medical Education, Punjab with reference to his letter No. DMKI-63/14712, Dated the 14th October, 1963.
3. Controller, Printing & Stationery, Punjab (for favour of publication in the Government Gazette.

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No.11459/IME-63/16854 Dt. Chandigarh the 16th Nov. 1963.

Copy is forwarded to the Director Professor of Medicine Chandigarh, for information and communication to Dr. N.N. Wig, M.D. DPM. Asstt. Professor.

## **Journey of Department (1963-2024)**

### **Prof. Vijoy Kumar Varma** **- A Man Ahead of his** **Times**



**(6<sup>th</sup> November 1937 – 11<sup>th</sup> July 2024)**

*Professor Vijoy K. Varma (known to his many generations of students as "VKV") passed peacefully in sleep in the early hours of 11<sup>th</sup> July 2024 in Illinois, USA. He had been unwell for a while. He is survived by his wife, daughter, son, and their families.*

*We wish we could publish this article earlier, when he was still a 'living legend' of psychiatry. However, he still is - and will always remain - a true legend in psychiatry, a "teacher of teachers".*

*This is a humble way of recapitulating the life and contributions of the great man in shaping up psychiatric practice, teaching, research and organization across the department, the institute, and the country and even at an international level.*

*Let us begin from the beginning....*

\*\*\*\*\*

*Professor Vijoy Kumar Varma joined the Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, "on the cold wintry morning of 14 February 1969, as an Assistant Professor of Psychiatry." He was promoted to Associate Professor*

*in August 1971, and became a full Professor of Psychiatry in 1982. But even before that, he had to take the departmental reign of headship from his illustrious predecessor, Prof. N.N. Wig, in June 1980. He retired from PGIMER Chandigarh on 30 November 1996, with a brilliant psychiatric career in PGIMER spanning over quarter of a century, during which he not only enriched the department but also the national and international psychiatric scenario.*

*Following his medical graduation, the difficult question of specialization came. "Perhaps what attracted me to psychiatry was that, within the confines of this discipline, I could develop and enjoy my interests in philosophy and social sciences. Or could do so without feeling guilty. Where your hobby and your vocation merge, you have real bliss...."*

*He moved to the USA for higher training. Psychotherapy was his forte right from the beginning. He trained mostly in the University of Michigan with its special focus of psychodynamic approach to psychiatry. He was a pioneer in starting the "Michigan Model" of training in psychodynamics and psychotherapy in PGIMER Chandigarh. His interest in this area was lifelong. His lectures on psychodynamics were attended with avid interest by generations of students, many of them later luminaries in their own right. Prof. Varma was a true pioneer in this sense. He later developed his own model of cultural psychodynamics,*

## **Journey of Department (1963-2024)**

which was widely appreciated.<sup>2</sup> His later book laid the foundations of a culturally relevant psychodynamics and psychotherapy in India.<sup>3</sup>

However, his contribution to psychiatry was not limited to this area only. He was instrumental in establishing the Drug De-addiction & Treatment Centre in the department in 1988. Starting from a humble beginning as the Alcohol and Drug Dependence Clinic in 1978, this has now grown to a nationally recognized Centre of Excellence, which started the first super specialty course of DM Addiction Psychiatry in 2014. This is not surprising in the light of the fact that when he joined PGIMER, psychiatry was still a nascent discipline with limited presence in the institute, and he, along with Prof. Wig, strove hard to establish the department first within the institute and later also in the entire country, with the specialty course of M.D. Psychiatry started at his time! He also helped in establishing consultation-liaison psychiatry along with “psychosomatic rounds”. Today PGIMER is at the forefront of consultation liaison psychiatry.

Most importantly, however, Prof. Varma was a great organizer and creator. He painstakingly and systematically developed the teaching-training manual and curriculum in psychiatry in the Department, culminating in the General Information Manual of the department (euphemized as the “Pink Book”) which is continuously updated.<sup>4</sup> This book still contains tell-tale

signatures of its creator, like the credit hours system which he imbued from his training in the USA. The General Information Manual, with a meticulously detailed curriculum and a systematic description of duties and responsibilities of resident doctors along with a plethora of useful information, has become a model that has been emulated at many teaching institutes in the country.

At the national level, Prof. Varma was closely associated with the Indian Psychiatric Society (IPS). He became the Secretary of IPS and finally rose to its highest position of President in 1989. Another very important contribution by him was the formation of the Indian Association for Social Psychiatry in 1984, of which he was the Founder Secretary-General and later President in 1992-94. During this period, he and his team also hosted the World Congress of the World Association of Social Psychiatry (WASP) in November-December 1992. It was the first occasion that any world congress in psychiatry or any mental health area was held in India.

During his tenure, the Department was also nominated as the World Health Organization (WHO) Collaborating Centre for Training and Research in Mental Health in March 1976. Prof. Varma served on the WHO Panel on Alcohol and Drug Problems from 1980 till 1996.

Prof. Varma was the recipient of many awards at the national and even international levels. Some of the

## **Journey of Department (1963-2024)**

most noteworthy awards are: Marfatia Award of IPS for best original research (1974), Dr. B.C. Roy award for outstanding teacher in Medicine (1984), Dr. D.L.N. Murti Rao Oration Award of IPS (1986), Dr Vidyasagar Award of ICMR (1987), and Masserman Award for World Accords and Human Welfare (1992).

It is an amazing experience to try to capture the wide array of subjects on which he wrote and published in national and international journals. Starting from his first published article in 1969,<sup>5</sup> till his latest article to be published in 2018,<sup>6</sup> Prof. Varma nearly covered the best part of half a century! Just a random sample of his publications over this epoch would reveal the broad areas of his research interests: biological psychiatry,<sup>7</sup> general hospital psychiatry,<sup>8</sup> psychopathology,<sup>9</sup> clinical psychiatry,<sup>10</sup> psychometry,<sup>11</sup> nosology,<sup>12</sup> epidemiology,<sup>13</sup> acute brief psychoses,<sup>14</sup> child psychiatry,<sup>15</sup> addictions,<sup>16</sup> psychodynamics,<sup>17</sup> psychotherapy,<sup>18</sup> social-cultural psychiatry,<sup>19</sup> global psychiatry,<sup>20</sup> even world peace<sup>21</sup> and other philosophical musings.<sup>22</sup>

Prof. Vijoy Kumar Varma has contributed his part in Indian and international psychiatry. But more than anything else, he will be always be fondly remembered and respected by his innumerable generations of students for his dynamic personality, admirable teaching prowess, organizational stamina, and last but not the least, for his amazing and heady mix of humour, knowledge, and wisdom. As one of his favourite

students put it: *"Prof. Vijoy K. Varma was more than an astute clinician and an ace psychiatrist. He was many persons combined into one: a fascinating teacher, a true mentor; an organized creator; a fun-lover; a champion of life; a thinker, a philosopher.....he is a man who was truly ahead of his times...."*

<sup>1</sup>Debasish Basu, <sup>2</sup>Ajit Avasthi  
<sup>1</sup>Professor & Head; <sup>2</sup>Professor & Former Head,  
Department of Psychiatry, PGIMER, Chandigarh

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## *Journey of Department (1963-2024)*

### **Department of Psychiatry, 1974**



**Sitting (left to right):** Dr K.L.Garg, Dr M.A.Basit, Sr Kamal, Dr A.Ghosh, Dr N.N.Wig, Dr V.K.Varma, Dr D. Pershad, Sr Kulwant Walia, Dr R.S.Murthy

**Standing First Row (left to right):** Dr A.Misra, Late Dr S.S.Raju, Medical Resident, Dr S.Gupta (Malhotra), Dr Manju Arora (Mehta), Sr Rajni Sharma, Mr Ravinder Kalra, Sr Baldev Saharan, Sr U.Sidhu, Mr Jagmohan (receptionist)

**Standing Second Row (left to right):** Mr Deepchand, Mr Jodaram, Mr Gujara Ram, Dr K.Mangalvedhe, Mr S.K.Garg, Dr Sohrab, Dr N.K.Kutty, Late Dr A.A. Beg, Mr D.C.Chhabra, Dr N.R.Raju, Mr Mohinder Singh, Mrs. Omwati

## *Journey of Department (1963-2024)*

### **Department of Psychiatry, 1983**



**Chairs(left to right):** Dr B.M.Tripathi, Dr A.Malhotra, Dr S.D.Sharma, Dr V.K.Varma, Dr B.B.Sethi, Dr I.C.Pathak, Dr N.N.Wig, Dr S.Malhotra, Dr D.Pershad, Dr S.K.Verma

**Standing (1<sup>st</sup> row):** Dr M.Mehta, Dr S. Jain, Dr R.Narula, Mrs Gurbachhan, Mrs. V. Pillai, Mrs Harjinder, Mrs S.G upta, Mrs C. Reddy, Mr H.Kumar, Mr S.C. Mudgail, Dr A.A.Beg, Dr G.Gopal Kroshnan

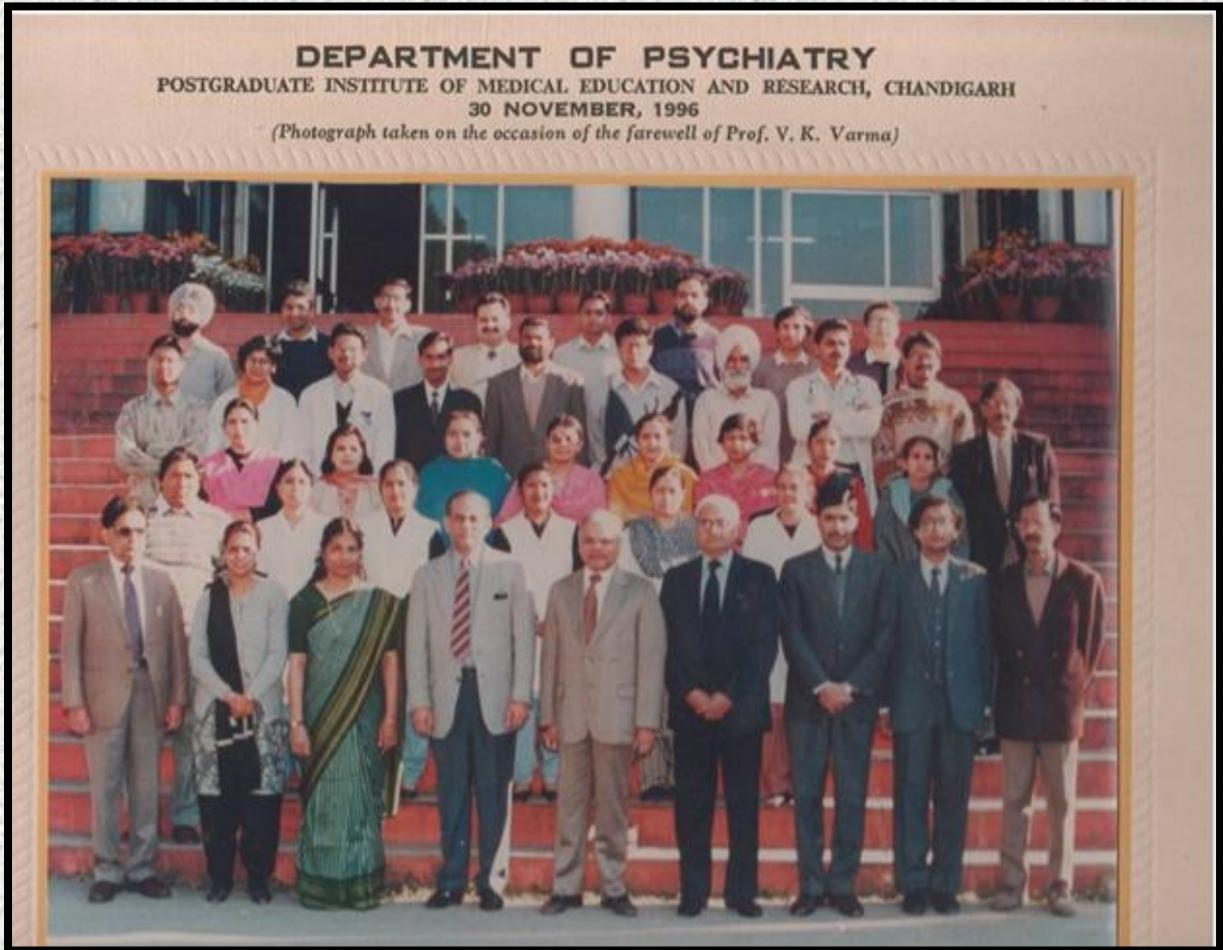
**Standing (2<sup>nd</sup> row)(left to right):** Dr L.N.Gupta, Mrs. M.Khan, Dr K.Chandiramani, Dr R.Chadda, Dr S.Kherda, Dr S.Girimajhi, Dr R.C.Sidana

**Standing (3<sup>rd</sup> row) (left to right):** Dr R.S.Lamba, Dr K.R.Abraham, Dr S.Joseph, Mr A.Jain, Dr S,Bhave, Dr P.S.Gill, Dr S.K.Mattoo, Mr A.K.Misra, Dr S.Mittal

**Standing (4<sup>th</sup> row) (left to right):** Mr DeepChand, Dr A.Avasthi, Dr S.K.Chaturvedi, Dr S.Sharma

***Journey of Department (1963-2024)***

**Department of Psychiatry, 1996**



*Journey of Department (1963-2024)*

**Department of Psychiatry, 2005**



*Journey of Department (1963-2024)*

**Department of Psychiatry, 2013**



*Journey of Department (1963-2024)*

**Department of Psychiatry, Sept 2016**



***Journey of Department (1963-2024)***

**Department of Psychiatry, Sept 2019**



## *Journey of Department (1963-2024)*

### *Department of Psychiatry, Sept 2023*



#### **Faculty**

*Standing (1<sup>st</sup> row : left to right): Dr Swapnajeet Sahoo, Prof Subodh BN, Prof Ritu Nehra, Prof Debasish Basu, Dr Akhilesh Sharma, Dr Abhishek Ghosh, Dr Devender Rana, Dr Lalit Kumar*

*Standing (2<sup>nd</sup> row)(left to right): Dr Aseem Mehra, Dr Krishan K Somy, Dr Rahul Chakravarty, Dr Shalini S Naik, Dr Nidhi Chauhan, Dr Renjith R Pillai, Prof Shubh Mohan Singh*

***Journey of Department (1963-2024)***

**Department of Psychiatry, Sept 2023**



**Faculty with Residents (Junior Residents, Senior Residents & PhD scholars)**



**Whole Department as on 4<sup>th</sup> Sept, 2023**

## *In memoriam.....*

	<p><i>Prof Narendra Nath Wig joined the Department on 16<sup>th</sup> September 1963 as a Assistant Professor of Psychiatry. He was the founder head of the Department and continued as the head of the Department till 1980. Later he was associated with the Department as Emeritus Professor, till his death on 12<sup>th</sup> July 2018.</i></p>
	<p><i>Prof Anil Malhotra joined the Department on 16<sup>th</sup> January 1979 as a Social Scientist in a WHO Project and became a lecturer in the department on 23<sup>rd</sup> April 1979. He shifted to NIMHANS Bangalore on a regular faculty post (lecturer) and worked there from 30<sup>th</sup> Sept. 1980 to 28<sup>th</sup> Feb. 1981. He than rejoined PGIMER, as a Research Officer and worked in the ICMR projects, WHO projects. He was selected on a regular post of Associate Professor of Clinical Psychology in DDTC on 13<sup>th</sup> October 1988, where he went on to become Professor of Clinical Psychology in DDTC on 1<sup>st</sup> July 2002.</i></p>
	<p><i>Dr. Bharat Rak Nakra joined the Department in 1969 as MD student. He moved to London soon after passing his MD as a junior consultant. He rose to a position of full consultant at the age of 32 -the youngest Indian medical graduate to do so in the UK. Later he moved to St. Louis, United States. Soon he became renowned in Alzheimer's Research at both St. Louis University and Washington University. He retired from academic medicine in 2008 but continued to volunteer psychiatric services for prison in-mates. He passed away peacefully in his sleep from complications related to heart disease on July 16, 2019 at his home in Clayton, United States.</i></p>
	<p><i>Dr. AA Beg was awarded his MD in 1976. He hailed from Kashmir and later joined Government Medical College Srinagar and rose to the position of the Head, Department of Psychiatry</i></p>
	<p><i>Dr. SS Raju was awarded his MD in 1976. He later rose to the position of the Director, Central Institute of Psychiatry, Ranchi.</i></p>
	<p><i>Dr. KP Mangalwedhe was awarded his MD in 1977. He later entered private practice before his untimely death.</i></p>
	<p><i>Dr. BM Tripathi served as a Lecturer in the Department of Psychiatry from 1983 to 1987. He later rose to become a Professor in the Department of Psychiatry, All India Institute of Medical Education and Research, New Delhi.</i></p>

## Journey of Department (1963-2024)

	<p><i>Dr. Ravi Agarwal joined the Department as an MD student in 1976. After completion of his Senior Residency from the Department, he entered private practice in Moradabad</i></p>
	<p><i>Prof Bir Singh Chavan joined the Department in January 1985 and was awarded his MD in December 1987. After a short stint as Senior Resident in the Department, he shifted to AIIMS, Delhi in 1988 as faculty member and worked there till May 1996 when he joined the still nascent Department of Psychiatry at GMCH, Chandigarh as its Professor and Head. Later he also took upon the charge as the Director Principal of GMCH, Chandigarh. He has immense contribution to the field of community services in Chandigarh and rehabilitation services for the mentally ill. He was a multi-dimensional man and he continued to work untiringly till he breathed his last due to cancer related complications on 04.12.2020.</i></p>
	<p><i>Dr. Pardeep Sharma joined the Department as an MD student in 2007. A promising career was cut short by his untimely death.</i></p>
	<p><i>Dr. Ranjana Gupta was awarded her MD in 1985. She later served the Government of Punjab before her untimely death.</i></p>
	<p><i>Mr. Gulzara Ram served the Department as a Hospital Attendant until his retirement in 2001. A tireless worker, he was very popular with the residents and staff. He is also fondly remembered for operating the first photocopy machine operated in the Department</i></p>
	<p><i>Mrs. Tripta Behl worked as the PS to HoD in mid to late 1980s. A very pleasant, pious, helpful and sincere lady, who will always be remembered fondly</i></p>
	<p><i>Professor V K Varma joined the Department of Psychiatry at PGIMER, Chandigarh in 1969 during the formative years of the institute, where he later became the Head of the Department of Psychiatry from 1980 till 1996 December. Along with his famed predecessor, Prof. NN Wig, Prof. Varma was the true architect of the Department. He was the Founding Secretary-General of the Indian Association for Social Psychiatry (and later President and Patron, with a lifelong association with it), and became the President of IPS in 1989. passed peacefully in sleep in the early hours of 11th July 2024 in Illinois, USA.</i></p>

## ***Journey of Department (1963-2024)***



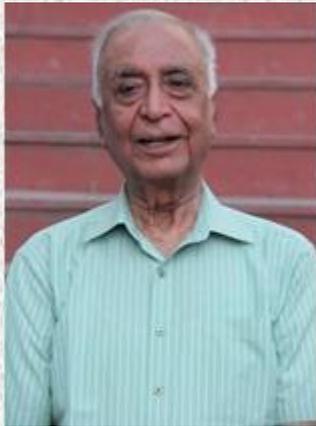
*Dr Virandra Mohan joined the department in 1971 and obtained MD Psychiatry in 1974. He started as a general practitioner rendering medical services to his patients and later established himself as a private psychiatrist in Dharmapur, HP. He had a very flourishing practice and earned respect of his medical and psychiatrist colleagues. He breathed last on 12.07.2024.*



*Dr Dwarka Pershad joined the department as a lecturer in clinical psychology in 1972. He made tremendous efforts to establish a separate division of Clinical Psychology. During the course of his career he developed many tests, which are widely used all over India. Some of the popular ones are PGI battery of brain dysfunction, the PGI memory scale for adults, the Dysfunction questionnaire and many alike. He was in fact the 'Father of Psychometrics' in India. His journey in Clinical Psychology is marked by more than 100 research publications in the field of Clinical Psychology, PhD's of numerous students, joint investigator of various projects in PGI. He served PGI for 25 years and retired as Additional Professor in 1997. He passed away peacefully in his sleep on 3<sup>rd</sup> August 2024.*

# **A Short history of the Department**

**A personal account of the  
first 25 years of the  
Department By**



**Prof N. N. Wig (1963-1980)  
The Founder of the  
Department**

Psychiatry Department at P.G.I. Chandigarh began in 1963. This is a personal account of the first twenty years by the person who started it; how step by step various services OPD, inpatient ward, resident training programme, clinical psychology, psychiatric social work, research activities and international recognition occurred. Psychiatry department can proudly say that last fifty years have been a constant march forward to be recognized as one of the leading department of psychiatry in terms of service, training and research in India.

## **PROLOGUE**

I am usually credited with having started the department of Psychiatry at P.G.I. in 1963 but in fact when I joined there was no department of psychiatry at that time. I joined in the department of medicine on 16th September, 1963 as Assistant Professor (Psychiatry). Interestingly Institute then was not officially called P.G.I. but I.P.G. (Institute of Postgraduate Medical Education & Research). It was the pressure of public and staff in the Punjab Secretariat who found it more convenient to refer to the Institute as "P.G.I." in official notings. Finally authorities relented and changed the name officially as Postgraduate Institute as it is now called. I am enclosing a copy of the "certificate of the birth of the department" which is my appointment letter from 16.9.1963 (forenoon) when I joined as Assistant Professor of Psychiatry (Medicine) in the Institute of Postgraduate Medical Education & Research (Appendix I). About four months later in January, 1964 I was properly selected by the Selection Committee in the grade of Rs.1000-50-1400 with three increments. That appointment letter is also enclosed. (Appendix II). This paper is a brief recollection of how gradually the department of Psychiatry developed at P. G. I. Chandigarh and how it attained the current eminence as one of the "leading department of Psychiatry" in the country. To make the reader familiar with the story of the progress of the department, I will have to perhaps begin with the circumstances and events which brought me to Chandigarh in 1963. In 1962 December, I returned back to India after two years of study leave to re-

## **Journey of Department (1963-2024)**

join at King Georges Medical College, Lucknow where I was working as Lecturer in Neuro-Psychiatry since January, 1958. During these two years (1961-62) I was on a Rockefeller Foundation Fellowship. Before going abroad my only qualification was M.D. (General Medicine) but no postgraduate degree in Psychiatry. Through Rockefeller Fellowship I spent one year at Maudsley Hospital, Institute of Psychiatry, London and then few months at Western Psychiatric Institute, Pittsburg, U.S.A. Before returning I completed Diploma in Psychological Medicine (D.P.M) both from England and Scotland. In December 1962, I briefly stopped in Delhi before returning to Lucknow. In Delhi, I learnt that a new Postgraduate Institute is coming up in Chandigarh. I was advised to visit the Chandigarh Institute before going to Lucknow.

Thus, it was during the last week of December, 1962, that I visited for the first time, the up and coming Institute of Postgraduate Medical Education & Research, Chandigarh. I had slightly known Dr.P. N. Chhuttani earlier - he had visited Medical College, Lucknow as examiner for MBBS in 1959 when I was Lecturer. Dr.S.S. Anand was Director of the Institute. They both warmly welcomed and offered me to join as Assistant Professor Psychiatry, ad-hoc, till the official selections by Punjab Government Selection Committee takes place a few months later. The

P.G.I. was barely one year old then, only Hospital block 'A' was functioning. Dr. Chhuttani cleverly asked me to address all the faculty, residents and nurses that afternoon. He obviously wanted to see how I perform. I addressed the group in the large room adjoining ward III A

(now Neurosurgery ward). I spoke on "Recent scene in Psychiatry in U.K. and U.S.A. (or some such topic). My talk was well received and there was a good interactive session. I rejoined Lucknow Medical College next week. After two years in England and U.S.A., Lucknow suddenly started looking much different than what I had left. Old teachers and friends had moved on. I got a feeling that the scope of progress in psychiatry would be limited in Lucknow. On the other hand, Chandigarh offered a bright new start and the excitement of building some thing new from scratch. Financial considerations were also an important factor - in Lucknow my pay was only Rs.450/- per month (with a nominal private practice) while Chandigarh P.G.I. was offering me a starting salary of Rs.1000/- per month. I had also got married in May, 1963. So, all these considerations tilted the balance and, I resigned from my job in August, 1963 in Lucknow and on 16th September, presented myself at P.G.I. to take up the ad-hoc job of Assistant Professor.

### **Initial years at PGI**

I joined on 16th of September 1963. I was allotted a room adjoining stairs on IInd floor, F Block in the passage near old Emergency ward. (It is now being used by a Nursing Superintendent), for next two months, it was my office as well as O.P.D. in the morning. I started seeing patients almost immediately. The first patient (Number Psycht.0001) was a referral from Army Hospital which used to be adjoining

P.G.I. in those days. It was a case of anxiety with somatic symptoms. After few months the ground floor of

## **Journey of Department (1963-2024)**

*F. Block was ready, (which is now the main area of Radio-diagnosis department) and all medical outpatients including psychiatry were shifted there. Space was no problem then, I had a large room for psychiatry O.P.D. Offices were temporarily shifted to 4th Floor, F Block (which is now the operation theatre area).*

*In 1968 or so when Hospital B Block got ready, psychiatry finally got a separate OPD with 10-12 rooms, for Consultants, residents, nurses, psychologists, E.C.T. treatment rooms etc. I clearly remember my elation at this development. It was probably one of the largest psychiatric O.P.D service facility in a General Hospital setting then in the country.*

*There was another positive thing about our psychiatry O.P.D.; it was right in front as soon as you entered the hospital foyer. Most of the general hospitals those days had no separate space for psychiatry and when it was given, it was two- three rooms in some remote corner of hospital (usually next to skin-VD or isolation wards). Here in P.G.I. Chandigarh, we broke fresh grounds by getting allotted a large area in main O.P.D. Block. I am sure it greatly helped to reduce the common stigma and prejudice against psychiatry.*

*My next battle was how to start an inpatient service, where to get ward space, how to get residents, trained nurses and so on. In 1965 or so I remember contacting the then Director, Dr.S.*

*S. Anand with the request to get some ward beds for psychiatry. His response to my request was greatly disappointing. He frankly told me "Listen, son, we are not planning to open a mental hospital here in P.G.I. You are doing good work. So*

*continue your O.P.D. and teaching but do not think of a large psychiatric ward here". I was quite upset after this interview and met Dr.P.N.Chhuttani, Head of the Department of Medicine and Dean. He was in many ways my guide and mentor in P.G.I. I told him in anger "Sir, why did you get me here in P.G.I. if there is no plan to develop psychiatry like other medical specialities?". He calmed me down and said "Do not worry, you will get sufficient psychiatric beds. We are planning separate Cobalt Block Building where you will get enough space for psychiatry ward and academic work". It finally came in 1971 but before that I got, six inpatient beds (3 males and 3 females) in a large side room of ward III A, which was the main medical ward then. Two separate nurses were allotted for these beds whom I specially trained for psychiatric care. From 1964, onward one medical resident was regularly posted for two months on psychiatric duty. The first one to be posted was Dr.Harish Verma. As expected he was unhappy at this posting and took it as a punishment but in a couple of months, changed his mind and finally a year later decided to take up psychiatry as his career and became the first postgraduate student of the department. He passed his M.D.Medicine with psychiatry as a special subject in 1967 under Panjab University.*

### **Recognition of P.G.I. as a Institute of National Importance**

*P.G.I. was started by Punjab State and was under its administrative and financial control till 1966 when on Istthe November the erstwhile state was divided into two new states of Punjab and Haryana with*

## **Journey of Department (1963-2024)**

Chandigarh as a Union Territory and the joint capital of both states. P.G.I. came under the administration of Union Territory. It was difficult for U.T. Administration to look after this large medical Institute and provide funds for its growth. It was a major crisis but it is to the credit of P.G.I. medical authorities and political leadership of the country that out of this crisis a new opportunity was found.

By an Act of Parliament, PGI was declared "An Institute of National Importance" from 1st April, 1967 and came directly under Central Government. It brought in a new vision from a Regional to a National Institute with an All India character as reflected both in the staff and students. More funds and more international opportunities opened up.

### **Separation from department of Medicine**

As I have written before, for the first 5 years, I remained as part of Medicine Department. In the national psychiatry meetings many colleagues would urge me to have a separate department of Psychiatry but I resisted this. I felt that if I separate, I would be totally isolated. In the department of Medicine I had greater influence on medical colleagues and also regularly trained medical residents. My own degree of M.D. (General Medicine) of course was a great advantage. Finally the opportunity came in 1968, when the departments of Pediatrics and Psychiatry were officially separated from medicine. Two Assistant Professors (Dr.J.S.Teja and Dr.V.K.Varma) were selected in 1968. In the beginning, the new staff

was all accommodated in the new OPD area. In 1971, the new Cobalt Block was ready with much more space where inpatient beds were shifted there along with offices for teaching and research staff and seminar room for teaching etc. I do not think many medical colleges in the country at that time had such space facilities for psychiatry as we had in P.G.I.Chandigarh. Every visitor was greatly impressed with our set up.

### **DEVELOPMENT AFTER 1970**

The department rapidly expanded after 1970, with increase in staff, joining of more Residents, increase in space and various academic and research activities. Though the growth of a department is always interconnected but it may be easy to describe the various events under specific headings.

As I have already mentioned, in 1968, I was selected as Professor & Head of the Department. It was a big elevation from Assistant Professor to full Professor in five years. I was perhaps then the youngest Professor on the clinical side in P.G.I., at the age of 38 years. Two Assistant Professors Dr.J.S.Teja and Dr.V. K. Varma were selected at the same time. Dr.Teja left after two years to go to U.S.A. but Dr.V.K.Varma had a much longer stay in the department, till 1996. In many ways he had a greater influence in developing the department - if I was the founder, he was perhaps the architect and builder of the department. Most of things I am describing below as developments of the department in service, training and research were jointly done with the help of Dr.V.K.Varma.

## **Journey of Department (1963-2024)**

After Dr.J.S.Teja left, Dr.H.D. Chopra joined as Lecturer and served for 3-4 years. After that Dr.R. Srinivasa Murthy served as Lecturer for few years. In the late 1970s two faculty positions were also created in clinical psychology and Drs.Santosh K.Verma and Dr. Dwarka Pershad joined.

I may also mention here that for the first five years 1963 to 1968, I was all alone as a Consultant in Psychiatry. Fortunately in 1966, this spell was broken for six months when Dr. Gurmeet Singh who had just returned from abroad joined me as a "Pool Officer" (March to October, 1966). This greatly helped to strengthen our clinical services in the department. Our joint paper "A Proposed Classification of Psychiatric Disorders for Use in India" (Wig & Singh, 1967, Indian J. Psychiatry) is a product of this association. Dr. Gurmeet Singh left in 1966 to set up a new department in Patiala.

### **Ward & O.P.D.Services**

I have already described opening of inpatient ward of 20 beds in the Cobalt Block in 1971. It had many novel features. Both male and female sections were served by the common nursing station, to make maximum use of limited nursing staff. Existence of both male and female patients in the same area created no problems - rather it improved the atmosphere.

One other innovation was to insist that one attendant must stay with every admitted patient. This reduced pressure on nurses and improved the care of disturbed patients. In O.P.D. section,

E.C.T. with the help of anaesthesia department was regularly started three times a week. Soon special clinics like walk-in clinic for emergency service, Child Guidance Clinic, Lithium Clinic etc. were started.

### **Resident Training**

Many innovations in training were introduced, many of which are still in position. Some notable innovations are listed below:

1. Along with training of psychiatric residents, all M.D. (Medicine) residents were sent for two months training in Psychiatry Department. This not only improved the skills of future physicians from P.G.I. but also brought medicine and psychiatry closer together reducing the earlier prejudice against psychiatry. I believe this training still continues and perhaps is a unique feature of postgraduate training at P.G.I. Chandigarh.
2. Though our training program was very good but I felt it is mainly based in a General Hospital. To cover this deficiency every resident was sent to a mental hospital for two months for additional training. Most of the residents went to NIMHANS Bangalore, CIP Ranchi or Amritsar Mental Hospital. This practice still continues.
3. Individual supervised psychotherapy training of residents for certain minimum number of hours was introduced and is still continuing. Such exposure to individual psycho-

## **Journey of Department (1963-2024)**

therapy in training years is very important in later psychiatric practice. P.G.I. is one of few training centres in India where this is being done regularly.

4. In P.G.I. M.D. Psychiatry examination is usually conducted for two days. After a day on new O.P.D. cases, second day is reserved for inpatient cases which are directly under the supervision of the resident for few weeks and who is responsible for all investigations and treatments. This is an indepth examination and much more comprehensive than the usual O.P.D. cases and viva. This perhaps again is a unique feature of P.G.I.

### **Selection of Residents:**

I would like to mention here some memorable events of resident selection of that period. We were fortunate that quite early in the history of the department some very bright medical residents were attracted to psychiatry and decided to take it up as their career. 1969 was a memorable year when four of the very bright residents, Dr. Param Kulhara, Dr. Subhash Bhatia, Dr. Harish Malhotra, Dr. Sarabjit Singh all applied for two seats in Psychiatry. I had hard time to persuade the Dean, Dr. Chhuttani to take all four of them by allotting extra seats. Just when I thought I have won the battle, Dr. Salman Akhtar arrived late. I was convinced his selection will be good for the department and again persuaded Dr. Chhuttani to relax the rules one more time. Six months later came another crisis. Selection of one resident Dr. Kasturi Lal Garg was over when Dr. Srinivasa

Murthy arrived very late with a letter from Professor of Psychiatry, Vellore for selection. I again went to Dr. Chhuttani who was generous and gave me permission to take him. It is difficult to imagine such freedom to Heads of Department in selection of residents in the present time. But the results prove that my instincts were right and all these residents we selected had outstanding record in their career. The next batch in 1970, had equally brilliant four residents. Dr. Anil Suri, Dr. Anirudh Kala, Dr. Anindya Ghosh and Dr. Virindra Mohan. I would love to mention the names of all subsequent residents selected during my time (the last one was Dr. Ajit Avasthi) but space does not permit me to go on. However, I must record one more land mark in 1974 when all the three selected residents were ladies. Dr. Usha Rao (Naik), Dr. Savita Gupta (Malhotra) and Dr. Sudha Jain. This was the first time that any woman resident took up psychiatry as a speciality in P.G.I. The results of their progress in the profession is there for all to see.

### **The First Kataria Gold Medal**

Talking about residents - I would like to mention another event. In 1975, Dr. R. Srinivasa Murthy won the coveted Kataria Gold Medal as the best all round resident of P.G.I. of that year. It was an important event for the recognition of psychiatry as a speciality in P.G.I. (It happened again in 1996 when Dr. Nitin Gupta won it).

### **Psychiatric Nursing**

In early years, it was a great challenge to get good nurses for psychiatry, train and retain them for long period. There was usual

## **Journey of Department (1963-2024)**

prejudice against the speciality. Extra time and effort was required to motivate nurses interest. Some of the good nurses were selected and sent for one year diploma course in psychiatric nursing at NIMHANS Bangalore e.g. (Sister Verma, Sister Daya Gainder, Sister Shreshita etc.). It improved their status among colleagues and was very helpful in the growth of the department.

### **Clinical Psychology**

One of the big task in early years the department was how to develop the section of clinical psychology which will be suitable for an academic psychiatry department in a general hospital setting? Clinical psychologists were very vital in the department, not only for service and teaching programs but had a very important role in most of the research activities of the department. As I saw it there were three much more challenges in this area:

5. How to identify bright and suitable clinical psychologists for the department? This was solved by first selecting them for I.C.M.R. or other research projects and seeing their performance in service and teaching programs also. If found suitable, then nurture them for regular departmental jobs. We were lucky to get both Santosh Verma and Dwarka Pershad by this route. Mr.Santosh Verma joined in a I.C.M.R. project in 1969. Mr.Dwarka Pershad joined a year later. Both of them impressed me with their sharp intellect, capacity for hard work and complete devotion to the allotted responsibility . After two-three years, both were found

regular jobs as child clinical psychologists or chief clinical psychologist etc. in the department.

6. The next problem was how to raise their status to regular faculty posts as Lecturer/Assistant Professor etc. It could only be done if they had obtained their Ph.D. degrees. If they had gone out for Ph.D. to a University etc., it would have meant a break in their service. I was hesitant to become their guide for Ph.D.(clinical psychology) as I myself did not have a Ph.D. degree in clinical psychology but Dean's office said that as per rules as Professor of Psychiatry I can be their guide. Finally I relented and became their guide for Ph.D. Both did outstanding work for their thesis. S.K.Verma worked on P.G.I. Neuroticism Scale while Dwarka Pershad worked on P.G.I. Memory Scale. Both obtained Ph.Ds and both rose in the regular faculty positions of P.G.I.. It is a matter of pride that the psychological tests developed by them have got national and international recognition and all the tests developed by them carry the prefix "P.G.I. scales".

7. The third challenge was to develop and create new psychological tools which are based on Indian clinical data, which are in local languages and are thus more suitable for our patients both for service and research. In general we succeeded greatly in this mission. P.G.I. psychological tests are now well known in the country. I am not going into details as the subject is covered in many other publications.

### **Psychiatric Social Workers**

Developing psychiatric social work section was an equally difficult challenge. Trained psychiatric social worker were not available. My requirement was to find a person who is willing to go in the community, interacts with families who do the follow up after discharge of the patients from the hospital and helps in rehabilitation. Again I was lucky to find suitable persons through research schemes. Two outstanding persons initially were Patric Isaac and Inam Shastri. Both were excellent in communication with patients and families and willing to travel in the city and villages. When Mr. Inam Shastri left in 1973, Mr. Arun Misra, joined the department, who had a very long stay in the department. Later more qualified psychiatric social workers like Ravinder Kala, Suman Gupta joined and enriched the Department. Arun Misra had great talent in research. After a brilliant contribution in W.H.O. projects, he completed his Ph.D. and got absorbed in the faculty of the Department.

### **Research Activities**

Psychiatric research has been always the strong point of the department from its early days. Initially there were two main sources of research.

M.D. thesis of the students and research grants from I.C.M.R. In the later years, the department became a W.H.O. collaborating centre and a number of W.H.O. supported research projects were started.

After initial years of consolidation there was a steady flow of publications from 1970 onwards. For

the residents thesis the stress was on research based on our own data generated from the department's clinical material. The second major consideration was that as far as possible research should relate to the Indian problems. Among students' theses, significant topics covered were

B.C. Khanna's analysis of O.P.D. data, follow up studies on schizophrenia by P.N. Kulhara, on obsessive-compulsive disorders by S. Akhtar, Vignettes for attitudinal research by H. Malhotra, effect of Cannabis on Mental Health by Sarabjit Singh etc. etc. It is important to recall that most of the thesis done by resident made an impact nationally and are still widely quoted.

I am deliberately not going into details of department's research and publication records and Awards won etc. because it has already been covered well in many earlier documents. By 1980, most of the research awards offered by Indian Psychiatric Society or ICMR were already bagged by the Department. The major research areas covered include Psychiatric Classification, development of psychological tests for use in India, and extension of psychiatric services in the community. The community psychiatry work in Raipur Rani, eventually became a model for National Mental Health Programme. It is a matter of pride that Department of Psychiatry at P.G.I. has been one of the few departments in the country which with its research was directly involved with national issues like development of National Programme of Mental Health or psychosocial consequences of family planning measures or failure of

## **Journey of Department (1963-2024)**

students at university level etc. etc.

### **Involvement with the activities of Indian Psychiatric Society**

Right from the early years the staff of the Department was actively involved in the programs of the Indian Psychiatric Society. I (N. N. Wig) remained its Hon. General Secretary from 1968- 1973. Following this, Dr. V. K. Varma became the General Secretary and President. This tradition has continued till this day and subsequent staff members have been important office bearers of many national and international psychiatric bodies.

In 1972 December, Indian Psychiatric Society held its Silver Jubilee Conference in Chandigarh, hosted by the Department. It was the biggest conference of psychiatry held in India till then attended by over 50 foreign delegates including President of American Psychiatric Association and a very large and distinguished group from U.K.

### **International Contacts**

From 1970 onwards, Prof N. N. Wig was involved in many W.H.O. programmes and attended regularly many international meetings as consultant or advisor. In 1976, WHO declared the department as a "W.H.O. Collaborating Centre for Mental Health". It was a big honour. Our department was the first such centre in whole of Asia at that time. As a result of this, a number of multi centric W.H.O. research projects were located in the department. A number of mental health professionals from all over the world regularly visited the department and participated in teaching and training programme.

### **Extra Curricular Activities**

It is again a matter of pride that the staff and students of the department took deep interest in extracurricular activities like - music, poetry, literature, drama, sports etc. and won acclaim in various fora. The residents were encouraged to get involved in these activities. I feel very happy to record, that even after leaving P.G.I., many Alumni of the department have distinguished themselves in these activities where ever they have settled in the world.

### **EPILOGUE**

I left the department in June, 1980 to join at A.I.I.M.S. New Delhi. Prof. J. S. Neki had already joined as Director P.G.I., a year before. I kept visiting the Department for brief periods to supervise W.H.O. research projects for next two years. Then the link was broken. I moved to W.H.O. in 1984 and after retirement returned to Chandigarh in 1993. It was a matter of great happiness in 1996, when P.G.I. designated me as "Professor Emeritus" of Psychiatry Department. It is perhaps one honour which I have cherished most in my life. It re-established my link with the department.

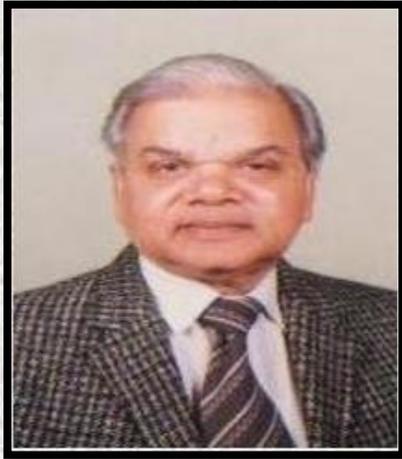
It gives me great satisfaction to note that the department since inception has always moved higher and higher in its achievements in all three fields of service, training and research. It is indeed fortunate that after me it was steered by leaders like Prof. Vijoy Varma, Param Kulhara and now Savita Malhotra who have taken it to the present state where it is rightly considered as about the best department of psychiatry in a general hospital setting in India.

## ***Journey of Department (1963-2024)***

*This is brief account of the events of the first twenty years or so of the development of psychiatry, P.G.I. Chandigarh. It is obviously a subjective account and a personal view as seen through the eyes of one person who was the founder and its first head of department. Still, it is important as a record because it is the foundation on which next thirty years progressed.*

## **A Short history of the Department**

A personal account of the first 25 years of the Department By



**Prof Vijoy.K.Varma (1969-1996) Head of the Department:1980-1996**

### **A PROFESSIONAL ODYSSEY**

#### **THE DEPARTMENT OF PSYCHIATRY POSTGRADUATE MEDICAL INSTITUTE, CHANDIGARH, INDIA**

Winston Churchill, who wrote the multi-volume history of the Second World War, as also the History of the English-speaking People, is said to have remarked: "History will be kind to me, as I intend to write a large part of it myself."

#### **PROLOGUE**

I joined the Department of Psychiatry, Postgraduate Institute of Medical Education and Research, Chandigarh, India

(PGI), on the cold wintry morning of 14 February 1969, as an Assistant Professor of Psychiatry. I was promoted to Associate Professor in August 1971.

Professor Wig resigned from PGI and moved to the AIIMS, New Delhi in June 1980. I took over as the Head of the Department of Psychiatry of PGI in mid-June 1980 on the conclusion of my summer vacation. It took another two years for me to become the full Professor.

I finally retired from PGI on 30 November 1996. The following is my semi-autographical reflection of my 27 years at PGI.

*Culture and psychotherapy: A*

#### **Personal journey**

It is a moot point as to what determines the individual's choice of a vocation. Many times, the person may be just forced into an occupation, to earn a livelihood. Certainly, this happens much more often than we would like to acknowledge. Often times, a vocation is chosen not on the basis of one's personal liking but on the value system of the society and its financial gains. In medical sciences, it is often debated why someone becomes a surgeon, a cardiologist, a neurologist, a paediatrician, a psychiatrist. No one knows for sure. The real reasons may be quite different from what one thinks were and what he or she would like to believe.

I went into medicine because it

## **Journey of Department (1963-2024)**

was socially valued and was considered to be financially rewarding and because I could compete to get into it. On completing the medical degree, came the issue of the choice of a specialty. This became a more complex exercise. My initial interest was probably for internal medicine, with specialization in cardiology or neurology. Following my role models, the obvious route was to go abroad. America was chosen largely as a route to England and to the coveted MRCP.

Perhaps what attracted me to psychiatry was that, within the confines of this discipline, I could develop and enjoy my interests in philosophy and social sciences. Or could do so without feeling guilty. Where your hobby and your vocation merge, you have real bliss. What is the nature of science? What is the place of an individual in the society? The development of the individual. The development of the society and nation and its problems. Social problems and issues. World peace. Poverty. You can pontificate on all of these. The nature of external reality and how to understand it. What motivates us in doing what we do? What makes us tick?

Apparently, I went into Residency training in psychiatry, because it was more readily available and was better paying. Or the real, "unconscious," motivation may have been my attraction for the functioning of the human mind. In psychiatry, you can move beyond the narrow biological, medical model.

To a large extent what attracted me to psychiatry was psychotherapy. I trained mostly at the University of Michigan graduate programme, which was acclaimed as a major centre for Residency training and a proponent of a psychodynamic approach to psychiatry.

In those days, as a part of Residency training, each Resident had to 'do' quite a large amount of psychotherapy. We all had up to half a dozen patients, carrying out 2 to 4 sessions a week with each, 40-50-minute sessions. This was supplemented by weekly individual psychotherapy supervision and psychotherapy case conference.

On completion of training and certification, when I returned to India and was fortunate to get a faculty position at the Postgraduate Medical Institute in Chandigarh (PGI), I started what was actually the University of Michigan model. As at Michigan, the training programme at PGI included theoretical courses in psychodynamics and psychopathology.

The practical training in psychotherapy had several components. It included actual conduct of psychotherapy, individual supervision by a faculty member, and psychotherapy case conferences.

### **The Route to PGI**

I initially went to the U.S. on an Exchange Visitor visa. In those days, that was the norm.

## **Journey of Department (1963-2024)**

Immigration was very difficult to achieve. On the Exchange Visitor visa, you were expected to leave the U.S. on the completion of the purpose of the visa, namely completion of the graduate/residency training - you were often allowed a year or two beyond that. Many Indians went to Canada for a few years to try immigration from there.

Accordingly, my Exchange Visitor visa expired in the summer of 1967. I got a matter-of-fact letter inquiring my departure date. We Indians made a joke of such a letter; "are they coming to see me off?"

In any case, when the time arrived, I got busy planning my return to India. The 1967 annual meeting of the American Psychiatric Association (APA) was being held in Detroit, the large city next door to where I was located. As a matter of fact, I was in the host committee and was given some exalted title; something like sergeant-at-arms or something.

Of course, for my return to India, I considered the major institutions. AIIMS, New Delhi and PGI, Chandigarh, were uppermost in my mind. CIP, Ranchi and King George's in Lucknow were on the immediate second tier. Actually on a train trip from Delhi to Patna, I stopped and met Professor Sethi in Lucknow (over scotch) to inquire about a possible job. The overall thinking in my mind was that if I got a faculty position at AIIMS or PGI, I shall take it and settle down in India.

At the 1967 APA, one of the delegates that I met was the director of the missionary hospital called Nur Manzil in Lucknow. I spent an afternoon with him in a quasi-official interview. The going rate mentioned was Rs. 700-800 per month; I was hoping for something like 1500.

On leaving America, I spent a full 12 months in Wales and England. This was part of my original obsession for MRCP and I even tried for it. As I was already Board certified in America, the plan was altered to MRCP with Psychiatry. My battle plan was to hoodwink my way through general medicine part of it; feeling confident that if I could do that, psychiatry will be a cinch. MRCPsych had yet to arrive. In the process, I did DPM which was instrumental in me getting the MRCPsych and, subsequently, FRCPsych.

### **Almost at the Doors of PGI**

I finally returned to India in the early days of July 1968. I remember that I landed at Delhi still wearing a woolen suit. Within days of my arrival, there was the interview at AIIMS, and a couple of weeks later, at PGI. My main rival and competitor was Dr. J.S. Teja. He is my contemporary and we hit off in a friendly manner. Neither of us was selected for AIIMS. When at the conclusion of the PGI interview, I said to him, see you again soon, he retorted, no not again.

We did not know at the time that both of us had been selected

## **Journey of Department (1963-2024)**

for the PGI Department, for the post of an assistant professor. At that time, there was only one position of assistant professor; there was another lower post, that of a lecturer which - not known to me - they were trying to upgrade to that of an assistant professor. Dr. Teja was higher in the selection, so he was immediately selected for the existing post of assistant professor which he joined. I had to wait about three months before the other post could be upgraded and offered to me.

I joined the Department of Psychiatry, PGI, on 14 February 1969. I was started at the starting salary of Rs. 1,000 per month, with Rs. 100 per month dearness allowance (D.A.). It was the starting salary in the scale of Rs. 1,000 to 1500. To start with, I took up residence with a distant relative, sort of a brother-in-law who was a forensic scientist in the U.T. administration. I used to travel to PGI by pedal rickshaw. The fare used to be Rs. 1.25. Our flat was in Sector 22, in a row of houses just behind the bus station in Sector 17. My evenings would be spent in a stroll of Sector 17, in the area around Neelam Cinema. I also got very used to mutton and pork tikka and chop. This continued for many years in Chandigarh. I lament that the quality of tikka and chop gradually deteriorated; it is no longer what it used to be.

Chandigarh already presented something like a culture shock, so different from Bihar, as also from most of India. The harsh north Indian winter was also an

experience. It was not till June 1969 that my wife and our daughter joined me in Chandigarh, in my own residence allotted by PGI. About April of 1969, I was allotted a PGI flat (98, Sector 24- A). I got myself some basic furniture (a pair of beds, a sofa set and a dining set) and moved into the flat by myself. I had hired a servant from Himachal Pradesh who was an excellent cook. My experience with him is memorable because he misappropriated all of Rs. 16 with our confectionary store (Sapra's in Sector 2 market). That kept hanging for years till I paid it off.

### **The Early Days At PGI**

Perhaps, my very first encounter with Professor Wig illustrates his sensitivity to socio-cultural factors. The very day after I joined the P.G.I., Chandigarh, Professor Wig took me home for lunch. In course of conversation, he remarked: you are a Varma, and are from Bihar; you must be a kayastha. (Kayasthas are one of the castes of Hindus.) On my response in the affirmative, he gave me a task, to name the 12 sub-castes of kayasthas. (Kayasthas are supposed to have originated from the deity Chitrugupta, and have 12 sub-castes named after his 12 sons.) I gave up after naming 6 or 7; whereupon, he completed the list.

Dr. Teja, being about 3 months senior to me at PGI, was already well settled by the time I arrived, with his house, car and driver. The second or the third

## **Journey of Department (1963-2024)**

day, he took me home to lunch. My introduction to Punjabi was listening to him giving driving directions to his driver, saje, khabbe, etc. Being non-Punjabi speaking created its own challenges for me. Early during my job, I was once asked to head the Department when both Professor Wig and Dr. Teja were away. One of our staff, Mr. Mohinder Singh wanted a leave. Why, "my maj is ill." When he returned, I inquired, "how is your Maa Ji (respected mother)?" My mother, what happened to my mother. I told him, he had said she was ill. "No, Doctor sahib, my maj, my buffalo was ill." I said to myself, "Vijoy Varma, either learn Punjabi, or get out."

When I joined PGI, Professor Wig was the professor and head. He was already very well regarded in PGI. Dr. Gurmeet Singh and Dr. Harish Verma had already left. Dr. J.S. Teja was an assistant professor. Dr. Dinesh Shah, having passed the M.D., was a Registrar. Dr. R.L. Narang was a Resident. I cannot say that he was my student. A couple of months after I joined PGI, he successfully appeared at the M.D. examinations in psychiatry. Those days, I was living alone; I vividly remember his making rounds of my flat on bicycle to inquire about the examination results.

The subsequent residents included a straggling group of Dr. B.R.S. Nakra and Dr. B.C. Khanna. They were followed by the first full batch of five; Dr. Salman Akhtar, Dr. Subhash Bhatia, Dr. Param Kulhara, Dr.

Harish Malhotra and Dr. Sarbjit Singh. Although I was their teacher, being only 7-8 years older, we developed an easy familiarity. We often had lunch together and had many common interests. Many of us nurtured literary interests, in poetry and literature. A number of jokes were making rounds. Salman's favourite was a riddle: Humanyoo Babar ke bete ka kya thaa? Another was how to find the correct direction to a destination by asking one question to one of twins, one of whom always lied and the other always told the truth. He also had an anecdote of the interaction between Alexander's army general Selucus and the Indian King Porus whom he defeated. "How should we treat you?" "Just like a king treats another." It ends with Selucus announcing his intent to come back next morning and "to drink up your blood with breakfast." My favourite was the riddle about a teacher, his three pupils and 3 red and 2 blue caps. I 'selected' Param Kulhara for residency over jokes at a cocktail party at Harish Malhotra's cousin's.

The first time that I served as an M.D. examiner was at the December 1971 examinations. In those days, you had to be at least an associate professor to be an examiner; something that I had achieved in the shortest possible time of two and one-half years. Subhash Bhatia and Salman Akhtar were the candidates. Their examinations fell right during the Indo-Pak war which had started on 3 December. I am sure, their preparations suffered

## **Journey of Department (1963-2024)**

due to the war with its blackouts, etc. I created a commotion when I backed my car at Neelam parking lot, as back-up lights turned on. After the examination was about to end at the viva, to lighten the atmosphere, they were asked questions about the war; Khulna, Comilla, Dhaka; and the surrender of General Niazi with 100,000 Pakistani troops. Long years later, after my move to America, I became a co-examiner of Subhash Bhatia at the American Board. I often introduced him as my first examinee.

### **Organization of the Department**

Chandigarh was envisaged by Jawaharlal Nehru, as the replacement for Lahore, the adored Paris of Asia. I am no expert on the history of Chandigarh. PGI was the brainchild of Sardar Partap Singh Kairon, to replace the famous medical college in Lahore, King Edward's. Much of the initial faculty came as transplants from Lahore through Amritsar. If one goes by the tales of all those who claim to have come to Chandigarh on the legendary taxi from Amritsar, it must have been an airbus!

To start with, Psychiatry was a part of Medicine, a Division in the Department of Medicine. I recall attending the administrative meetings of the Department of Medicine. One of my initial suggestions for medicine was that the M.D degree should be with specialization in subjects such as cardiology, neurology, gastroenterology, a suggestion

which was summarily rejected by the hierarchy.

Harish Verma was the first graduate with M.D. (Medicine) with special subject in Psychiatry. He was followed by Dinesh Shah, Roshan Lal Narang, and then, by Bahadur Chand Khanna and Bharat Raj S. Nakra.

Professor Wig has already mentioned about the initial history of the Department. Of much relevance is the fact that, on the 1st April of 1967, PGI was designated as institute of national importance, one of only two institutions thus designated, the other being AIIMS, New Delhi. It bestows upon it a truly all-India character.

### **DEVELOPMENT OF THE DEPARTMENT OF PSYCHIATRY**

#### **Training Programme**

To start with, the training programme in Psychiatry, geared for M.D. (Psychiatry) was largely tuned to clinical psychiatry. It was totally appropriate to impart training in mental illness and its treatment. The formal teaching consisted of a weekly lecture in general psychiatry. In addition, a weekly case conference was in practice from the very beginning, as was a weekly seminar on salient topics in psychiatry.

On joining the Department, I was assigned by Professor Wig to coordinate the residency training in psychiatry for

## **Journey of Department (1963-2024)**

*M.D.(Psychiatry). A tradition developed designating No. 2 as the residency director that has continued. With the guidance from Professor Wig, we expanded the training programme to include courses in psychodynamics and psychotherapy. The University of Michigan model, under which I had trained, came as being very helpful in this. At the same time, training in psychotherapy was instituted, with residents being required to carry out individual psychotherapy, with individual supervision and case conference.*

*With the close association with the Department of Medicine, psychosomatic rounds were a part of the training from the very beginning. This included rounds involving general medicine, neurology, and later other departments, such as surgery.*

*Another area to be added to the training programme was Psychology - general, clinical and social. With Dr. Santosh Verma and Dwarka Pershad achieving their own Ph.D, and assuming faculty positions, formal training was instituted in lectures and practical aspects of these.*

### **Social Sciences and Research Methodology**

*When I underwent residency training in psychiatry in the United States, I also enrolled myself for a graduate programme in Psychiatry at the University of Michigan, leading to the degree of Master of*

*Science (Psychiatry). It was hard work, lectures on top of the clinical workload of the residency. One-half of the course load was in Psychiatry, but the other half could be taken in related subjects, what was called 'cognate'. I took my cognate in subjects such as neurology, neurosurgery, EEG, as also biostatistics as well as sociology. This exposed me to social sciences and research methodology, including biostatistics. At Michigan, I was also exposed to a brilliant biological scientist, Dr. Anatol Rapoport, who conducted research seminars.*

*With the geographic proximity to Panjab University, it being literally across the street, across Madhya Marg, I developed close relationship to it and to its faculty. Many of its faculty became my personal and family friends and continue to be lifelong.*

*We developed teaching in sociology and social psychology as part of our M.D. (Psychiatry) curriculum. Professor Wig was most supportive in this. Cultural anthropology was also added later. To start with, these formed parts of 'informal teaching'. (Apparently, these were later assimilated in the formal training programme and Social Psychology and Sociology are listed as such in the 2003 Manual.)*

### ***Informal training programme:***

*M.D. (Psychiatry) training includes seminars/journal club and case conferences. These were*

## **Journey of Department (1963-2024)**

already in force before I joined and have continued. A fortnightly research forum was added.

### **Psychosomatic Rounds:**

The Department of Psychiatry has enjoyed very close relationship with many other departments of PGI. Being a part of the Department of Medicine, it was always close to it and to its other Divisions, particularly cardiology and neurology. Professor Wig was closely related to obstetrics and gynaecology through collaborative research. It was already in place when I joined and has continued, and expanded to include other departments.

### **M.D. (Psychiatry) Examinations:**

The format of the M.D. examinations developed early and has continued largely unchanged. The examinations consist of four written papers, practical and vivavoce examinations. The four papers are the following:

- Basic Sciences as related to Psychiatry,
- Clinical Psychiatry,
- Psychiatric Theory and Psychiatric Specialties, and
- Neurology and General Medicine as related to Psychiatry.

The practical examinations consist of a long case and a few short cases.

It is interesting to note that the format of the PGI MD examinations has been largely copied, with minor modifications

at many other training institutions in India and continues to be followed.

### **The Residency Programme in Psychiatry**

The primary medical degree in India is not M.D.; it is M.B.,B.S., after the British model. M.D. is the higher specialist postgraduate degree, comparable to the British MRCP or the American Boards. The postgraduate trainees are called Junior Residents.

When I joined the PGI in 1969, admission to Junior Residency required M.B.,B.S., plus internship and six months of experience. The Junior Residency was of a duration of three years and involved a thesis. In early 1970s, there was a strike over the amount of the stipend. As a compromise resolution, the Government increased the stipend, but reduced the duration from 3 years to 2 years.

The very first Resident to be trained under myself was Bharat Raj Swaroop Nakra (serial number 4). The last one was Gagandeep Singh (serial number 103, interestingly adding to exact 100). In addition, I guided five for Ph.D. (Dr. Savita Malhotra is the only one who belonged to both groups.)

Our initial Junior Residents joined the three-year programme, with thesis. This included Harish Verma, Dinesh Shah, Roshan Lal Narang, Bharat R.S. Nakra and Bahadur Chand Khanna, as also two

## **Journey of Department (1963-2024)**

earliest batches, of Bhatia, and colleagues. and Suri and colleagues. Because of the change in the programme, there were no theses between mid-1970s and mid-1980s.

The first full batch, of 5 Junior Residents, consisted of Subhash C. Bhatia, Salman Akhtar, Param Kulhara, Harish Malhotra and Sarbjit Singh. The first two successfully appeared at the M.D. examinations in December 1971, at the height of the Indo-Pak war of 1971, and the other three in May 1972. The second full batch consisted of Anil Suri, Anindya Ghosh, Anirudh Kala and Virander Mohan, in early 1970s. There was a two-some of Srinivasa Murthy and Kasturi Lal Garg. Then there was a batch of three ladies, Savita Malhotra, Usha Rao and Sudha Jain. It was followed by another batch of four, Sudhir Khandelwal and others. The 1980s saw a number of other Residents, 1-2 at a time, but culminating in another full batch. My last full batch was a group of five completing in 1990. Pushpa Sharma and A.G. Asad were the only foreigners.

Many of the Residents have subsequently distinguished themselves in academic psychiatry. A note-worthy name is that of Srinivasa Murthy who occupied very important positions at the WHO and at the NIMHANS, Bangalore. Both Subhash Bhatia and Salman Akhtar went on to full professorship in the U.S.A. Rakesh Chadda is now a full professor at the AIIMS. Param Kulhara and Savita Malhotra

succeeded me as the Professor and HOD, PGI. Anirudh Kala became a full professor in Ludhiana and later started a very prestigious psychiatric centre there. Virander Mohan and Sarbjit went on to very successful private practice. Sudhir Khandelwal went on to be the HOD at AIIMS. Vimal Sharma made a name for himself in geriatric psychiatry, along with Professor Copeland of Liverpool. Of our M.D.s, to my best knowledge, full professors and above, in addition to those already mentioned, include Usha Rao (now Naik), (Late) S.S. Raju, Prakash Behere, Hemen Phookun, Pramod Singh, Ajit Avasthi, Ram Jiloha, Rajeev Gupta, Rajiv Gupta, Santosh Chaturvedi, Murlí Sharma, Roy Abraham, G. Prasad Rao, Ravi Sharma, Surendra Mattoo, Bir Singh Chavan, Swaran Preet Singh, Dinesh Arya, Debasish Basu, Subho Chakrabarti, etc.

The group of 1980s also produced many noteworthy psychiatrists. Ajit Avasthi still continues in the Department. He followed me as the President of the IPS. Roy Abraham also became the IPS President and now occupies the most prestigious position of the President-elect of the World Association for Social Psychiatry.

At the World Congress of Psychiatry, held in Cairo in 2005, I hosted a dinner replete with belly dancing, for my ex-students, colleagues and friends, kindly organized by Srinivasa Murthy who was then working at the W.H.O. there. There were

## **Journey of Department (1963-2024)**

my students, my grand-students and great-grand students. By reciprocity, I became their Guru, Dada Guru, Pardada, on to - and this one added by me - Lakkad Dada. We all had a good laugh.

### **PROFESSIONAL ORGANIZATIONAL ACTIVITIES**

From the very beginning, the Department was actively associated with professional organizations in India.

#### **Indian Psychiatric Society:**

When I joined, Professor Wig was the General Secretary of the Indian Psychiatric Society. He quickly inducted me as the Assistant General Secretary. Hyderabad conference of January 1970 was my first annual conference. Dr. Wig introduced me to his colleagues as "Dr. Varma." Almost everybody immediately jumped to the conclusion "oh, Varma's son?" referring to my illustrious namesake, Dr. L.P. Varma (actually no relation).

The next conference was memorable as I travelled to it in Madurai in the company of three of my Residents. Although their teacher, I was more of a friend. We played card throughout on the train.

A memorable event was the annual conference of December 1972 held in Chandigarh, hosted by Professor Wig as the Chair and myself as the Associate Organizing Secretary. It was on this occasion that elections were

held for officials of Indian Psychiatric Society. I contested for General Secretary against Dr. Anil Shah of Ahmedabad, whom I narrowly defeated. It was not a fair fight; being the conference host, I had an advantage. I have always regretted it. However, Anil Shah and myself became close friends. He preceded me for the President of IPS by almost a decade. In 1980, Anil served as the local guardian of my daughter, Rina, for her internship in architecture in Ahmedabad. As it happened, my darling daughter-in-law, Anjul, is from Ahmedabad, and whenever I visit her parents there, one evening is reserved to be spent with Anil and Sudevi Shah.

However, the next year I ran into a controversy with colleagues from Bangalore. In the summer of 1973, Professor Wig wrote to me: "South is in open revolt."

At the next annual general body meeting of the Society, I went into a spirited defense of my position:

The time has come the walrus said,  
To talk of many things,  
Of shoes, of ships,  
Of sealing wax,  
Of cabbages, of kings.  
And why Bangalore is boiling mad?  
And whether pigs have wings?

Of course, and as was advised by Professor Wig, as a corollary, such a defense had to follow by a resignation which I offered, but

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which was not accepted.

The Department continued to remain closely affiliated with the IPS. We have won all of the awards of the Society, many more than once. On the organizational side, we have served in many capacities; as Council members and finally as the President. I was elected as the President-elect at the IPS conference in Varanasi in 1988. The election was bedeviled by some procedural problem because of which most of the postal ballots were rejected. My election officer, Param Kulhara had quietly told me, "Sir, most of the ballots are actually in your favour." When the votes were being counted, Jagdish Desai, the Assistant General Secretary was calling out the ballots. Later on, I remarked to him that had he said "Jai Shri Krishna" in place of "Vijoy Varma" for each of my ballots, he would have surely been secured a place in heaven!

I served as the President in 1989-90, terminating at the IPS conference hosted by us in Chandigarh in January 1990. Subsequent to my departure from PGI, Dr. Ajit Avasthi and, then Dr. Roy Abraham, also were elected as IPS Presidents. The Department also hosted the 2005 annual conference of the IPS. As the IPS President, I had taken upon myself three special tasks: upgrading teaching in psychiatry in the M.B.,B.S. curriculum, a national headquarter building for the IPS, and bringing a World Congress to India. Although we made efforts, we were not fully successful. Our student, Roy

Abraham, has now got the building.

### **Indian Association for Social Psychiatry**

The idea that later blossomed into the formation of the Indian Association for Social Psychiatry was mooted at the Transcultural Psychiatric Meet held in Madurai, Tamil Nadu, on 23-25 August 1981. It was felt that it may be desirable to have a separate professional organization at the national level in India for social and/or transcultural psychiatry.

Subsequent to the Transcultural Psychiatric Meet in Madurai, I consulted with the likely interested professional colleagues through a circular. In view of an overwhelmingly positive response to the formation of such an organization, a meeting of interested persons was convened to coincide with the annual conference of the Indian Psychiatric Society held in Madras (now Chennai) in January 1982. At this meeting, an ad hoc committee was formed with Col. Kirpal Singh as the Chairman and myself as the Convener. At this meeting, it was decided to name the organization as "the Indian Association for Social Psychiatry." There was considerable debate between 'social' and 'transcultural' in the name and scope of the organization, but eventually, 'social' prevailed.

The subsequent formation and development of the organization took place both nationally and

## **Journey of Department (1963-2024)**

internationally. In addition, we engaged in close collaboration with the World Association for Social Psychiatry and derived support, encouragement and guidance from it. The WASP leadership was very supportive and kind, including its stalwarts such as Joshua Bierer, Jules Masserman, Jack Carleton, A. Guilherme Ferreira, Jorge A. Costa e Silva, Alfred Freedman, Stanley Lesse, Alexander Galnick and others. At its 10th World Congress held in Osaka, Japan in 1983, which I attended, the WASP Executive encouraged in the formation of the IASP, and pledged its full support in every way possible. At the last meeting of the ad hoc committee held in Ranchi on 14 January 1984, the constitution was adopted, office bearer and council members were elected the Society was fully launched.

The IASP started with Professor A. Venkoba Rao as the President and myself as the Secretary-General -cum- Treasurer. The first annual conference was hosted by Professor Venkoba Rao in Kodaikanal, T.N., in 1985 and the second conference by us in Chandigarh in March 1986. I served as the President-elect (1991-92) and President (1992-94), of the Indian Association for Social Psychiatry. One of the earliest organizational activities of the IASP was the Regional Symposium of the WASP held in New Delhi in February 1989 with myself as the Organizing Chairman.

The 13th World Congress of Social Psychiatry organized by us held in New Delhi in November 1992

was a resounding success. It was the first occasion that a world congress in any area of psychiatry or mental health was held in India. It was remarkable that as many as three Union Ministers joined in its inauguration and the valedictory was chaired by the Speaker of the Parliament.

### **World Health Organization**

The WHO Collaborating Centre for Training and Research in Mental Health was inaugurated in March 1976 by the WHO Regional Director for South-East Asia.

I served on the WHO Panel on Alcohol and Drug Problems, 1980-96. In the very beginning, I was asked to serve as a WHO Short-term Consultant (STC) to serve in Sri Lanka in December 1975 to March 1976. This time was used mostly to teach psychiatry and psychodynamics at the Peradeniya campus. I further served as a STC in Sri Lanka in 1983 and in Afghanistan in 1991, both at the height of their internal insurgency.

### **International Professional Organizations**

Over the years, the Department has been keenly involved with professional organizational activities at the global level. This included participation in the scientific Congresses of the respective organizations. The faculty of the Department often organized scientific presentations involving professional colleagues from

## **Journey of Department (1963-2024)**

other centres in the country. For example, during my time at PGI, my colleagues and I presented programmes at the World Congresses of Psychiatry (1983, 89, 93), the World Congresses of Social Psychiatry (1983, 86, 90, 92, 94), the World Congresses of Psychotherapy (1985, 88, 91), the World Congresses of the WFMH (1991, 99), and the World Congress of Psychosocial Rehabilitation (1991). We hosted the WPA International Symposium on Cultural Psychiatry in March 1995. A notable association was with the World Association of Dynamic Psychiatry, basically based in Germany, that we participated in 1992 and 99.

### ***Medical Council of India***

I was inducted as an Inspector of the Medical Council of India in 1985 and made many inspections of medical institutions in the country for approval of their training programmes. It provided to me a welcome opportunity to compare our programme at PGI with what was followed nationally. The PGI model was increasingly implemented at the national level. I was fortunate to have been a much favoured student of Dr. A.K.N. Sinha who served as the President of the Indian Medical Association, the Commonwealth Medical Association, and the World Medical Association, before he became the President of the Medical Council of India. During my Presidency of the IPS, 1989-90, I tried to upgrade psychiatric training in the M.B.B.S. curriculum, but was not fully

successful. It is a matter of pleasure that my student, Dr. Roy

Abraham Kallivayalil has been able to make further inroads in it during his Presidency of the IPS.

### ***THE SOCIAL LIFE OF THE DEPARTMENT***

From the very beginning, the Department developed an active social and extra-curricular programme. The faculty interacted closely as almost one family and close family relationships developed. The Residents looked up to the Faculty almost as family elders. Dr. Veena Wig was greatly regarded as the First Lady and the matriarch. This mantle was later variously passed, on to my wife and, then, to Mrs. Madhu Kulhara.

Of the various social programmes of the Department, the most notable were the annual picnic and the annual dinner. All staff participated in these, along with their family. They join along with the Faculty and the Residents. With its proximity to the Himalayas, its foothills formed attractive sites. With its altitude, it also provided a welcome respite from the summer heat, for the day. A location just across the State line in Himachal Pradesh became our first locale. Dhrampur, H.P. was also a very popular site. One of our Residents, Dr. Virander Mohan, established his private practice there by mid-1970s, and he provided help in organizing the picnics. Another location and one of the earliest was Ropar in

## **Journey of Department (1963-2024)**

Punjab. Our site was by the road bridge on Satluj.

The annual dinner was also very much looked forward to. The venue was mostly our own PGI club in Chandigarh, just across the street from Professor Wig's and my residence. A lot of debate often went on regarding the logistics of the dinner and the picnic - the menu, transport, cost, etc. The dinner also provided an opportunity for the Residents and other staff to delve in singing, jokes and other artistic endeavours.

On the more informal side, Residents were welcomed and inducted into the Department. Residents generally joined the Department in January and in July. Shortly thereafter, they were invited to the house of the HOD for a 'tea party'. Often, to break the ice, they were encouraged to present some aspect of their talents. It also gave them an opportunity to get to know each other and the families.

Various festivals are also celebrated. There are at least four festivals which were celebrated with the participation of patients. The lighting of lamps at Diwali is done on the rooftop adjoining the ward. On the Republic Day and the Independence Day, the HOD addresses the patients.

### **Personal**

On a personal note, my time at the PGI was momentous to me and to my family. Our son was born here, our daughter got

married and gave us two adorable grandchildren. Both our children had their school and college education in Chandigarh. The Department and the PGI was like a family, supporting in every way possible. When Rinku developed neo-natal jaundice, Mrs. Wig spent nights supporting my wife. When Rinku had a roadside accident in May 1993 from which he barely survived, the entire Department was there as one person.

On his recovery, in my thanksgiving card to the Department, I cited the Lord's prayer of St. Francis of Assisi:

“Lord, make me an instrument of  
Thy peace;  
where there is hatred, let me sow  
love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.  
O Divine Master,  
grant that I may not so much  
seek to be consoled as to console;  
to be understood, as to  
understand; to be loved, as to  
love;  
for it is in giving that we  
receive,  
it is in pardoning that we are  
pardoned, and it is in dying that  
we are born to eternal life.  
Amen.”

I concluded: “and such marvelous instruments of His Eternal Peace you have all been!”

### **SERVICE**

The Department started, as

## **Journey of Department (1963-2024)**

usual, with inpatient and outpatient services. During my tenure, the ward consisted of 24 beds. In late 1980s, a 20-bedded de-addiction ward was also added. It was located in the area of the erstwhile Army Command Hospital. Both the inpatient and the outpatient services were co-ordinated by the respective Senior Residents. One noteworthy aspect of the OPD has been a walk-in clinic where patients can be seen on intake, without an appointment. (Professor Wig often remarked that a patient is an *atithi*, *a-tithi*, i.e., dateless.)

In the OPD, each patient on appointment, is seen in detail by a Resident, who then discusses the case with a Faculty member or with the Senior Resident to arrive at the diagnosis and plan of treatment. It is noteworthy that the Department has had ECT services from the very beginning.

On admission to the ward, the patient is allotted to a Junior Resident (postgraduate trainee) who then works up the case and discusses it with the Senior Resident and the Faculty/Consultant in the ward rounds. One significant feature is that the Junior Resident is given the overall responsibility for the patient care, although under the supervision of the Senior Resident and the Faculty/Consultant.

Patient records are rigorously maintained. The OPD completed 25,000 cases by February 1982. Another noteworthy feature has been an annual statistical

exercise at which the patient statistics are presented; breakdown of data is done by the diagnosis and by socio-demographic variables. Such an exercise has often resulted in unanticipated insights.

There was a considerable expansion in the services by the institution with the rural clinic at Raipur Rani in the late 1970s. This also afforded a research base for research into the outcome of major mental illness and its treatment.

### **Child Psychiatry Services**

A child guidance clinic was started as early as 1967. It was constrained by the lack of availability of trained manpower. More specifically, there was no properly trained child psychiatrist. Some of us plugged in. To start with, Dr. J.S. Teja conducted the child guidance clinic around 1969-71. When he left, I looked after it for 2-3 years, till Dr. Savita Malhotra joined and gradually took over. She was increasingly involved in it. She also enrolled in a Ph.D. programme in child psychiatry (with myself as the guide, I am flattered), and got the first Ph.

D. in psychiatry in 1985. Under her leadership, child psychiatry has prospered. Five beds for child and adolescent psychiatry were started in April 2013 and, in July 2013, a D.M. in child and adolescent psychiatry was approved.

### **Drug De-addiction Services**

## **Journey of Department (1963-2024)**

In the early 1980s, the Government of India (GOI) developed interest in developing drug de-addiction services at the national level, to address the problems of alcohol and drug dependence in the country. Alcohol use had been skyrocketing, along with alcohol-related health and legal problems.

As such, the GOI formed a committee in 1986 to develop drug de-addiction services in the country, with myself as the Convenor. The Committee consisted of several representatives from different psychiatric centres in India. The committee held several meetings at the Ministry of Health and Family Welfare. The then leadership of the Ministry was keenly interested in this endeavour. It recommended about a dozen centres to treat alcohol and drug dependence. It so happened that at the concluding meeting, I was away to a visiting professorship; as such, Dr. D. Mohan of the AIIMS chaired the finalization of the report, and got credited with it.

At the PGI, the alcohol and drug dependence services started functioning with an outpatients' clinic in March 1978. It was named Alcohol and Drug Dependence Clinic (ADDC). We had already been keenly involved in alcohol and drug research. ADDC functioned as a part of the outpatients' clinic of the Department, held one full afternoon a week. However, it gradually developed an identity of its own. The research staff at

the time assisted in the clinic. However, there were no inpatients.

The in-patients' services started with a 6-bedded unit in the psychiatry ward on 1 September 1988. On 15 April 1989, the bed strength went up to 8. It occupied the space of the psychiatry ward in Cobalt block. Patients were evaluated by Junior Residents and rounds were regularly made by Senior Residents, the Faculty and myself.

On 28 May 1992, the ward was relocated in the area vacated by the erstwhile command hospital of the Indian Army. The new campus was inaugurated by the Chief Minister of Punjab. The outlay and the structure of Army Hospital was quite different from what was required. A considerable amount of input was made to modify the building, but it was not quite satisfactory. The PGI hierarchy, particularly professor Walia, the Director was very helpful. We were also able to receive some support from the Government of India, through the intervention of Dr. Walia.

The treatment programme at the DDTIC consisted of the usual assessment of patients at ward rounds in which Junior Residents presented cases to the Consultant. To start with, most cases were those of alcohol or opium dependence. In early 1990s, we developed opium detoxification by use of buprenorphine, way ahead of it elsewhere.

## **Journey of Department (1963-2024)**

Subsequent to my departure from the PGI, DDTC continued to progress. Noteworthy was extension of services in outlying areas. A new building was inaugurated on 7 March 2006. The DDTC has progressed and excelled in providing an exemplary treatment, research and training at the national level.

**RESEARCH (This Section is limited to my own research.)**

The earliest research of the Department were carried out in conjunction with the Department of Obstetrics and Gynecology relating to family planning. My first project was supported by the ICMR, along with Dr. Amma of Biochemistry. Both, Professor Wig and myself were very interested in drug abuse. India being the home of cannabis, we jointly carried out research on the effects of long-term cannabis use. This was funded by the WHO. The WHO also supported our studies in drug use in students and non-student youth. Related studies in drug abuse included a survey of alcohol abuse in Chandigarh, 1977-79. Professor P.N. Chhuttani, the then PGI Director was a great encouragement in it.

The Department was closely linked with the WHO in its research activities. These included studies of acute psychosis and schizophrenia. The acute psychosis project was started with Professor Wig. Dr. Savita Malhotra joined it 1981-84.

One of the most notable research

activities of the Department involved that on schizophrenia. These included the projects, Determinants of Outcome of Severe Mental Disorder (DOSMeD) and Long-Term Study of Schizophrenia (LCOS). It was supported by the WHO, 1980-83, and later by the ICMR, 1985-87 as also by PGI, 1990-92. It was initially started by Professor Wig. On the departure of Professor Wig in June 1980, I took over, although Professor Wig continued to provide welcome guidance for another couple of years. Later on Dr. Savita Malhotra joined the LCOS.

Another milestone study, supported by the WHO, was Strategies for Extending Mental Health Care. A brainchild of Professor Wig, it was also richly contributed to by Professor Srinivasa Murthy. Both the DOSMeD and the Strategies project put PGI solidly on the world map.

Another important WHO study was in mental health legislation, conducted by Professor Santosh Verma and myself in early 1980s. There was an ICMR project on home care for mentally retarded children with Santosh Verma. There was a series of ICMR projects on pain. Towards the end of my tenure, I developed interest in yoga and we carried out an ICMR project on yoga in hypertension.

### **World Health Organization**

I served on the WHO Panel on Alcohol and Drug Problems, from 1980-96. In the very

## **Journey of Department (1963-2024)**

*beginning, I was asked to serve as a WHO Short-term Consultant (STC) to serve in Sri Lanka in December 1975 to March 1976. This time was used mostly to teach psychiatry and psychodynamics at the Peradeniya campus. I further served as a STC in Sri Lanka in 1983 and in Afghanistan in 1991, both at the height of their internal insurgency.*

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*in 1992, 97 and 99.*

### **Medical Council of India**

*I was inducted as an Inspector of the Medical Council of India in 1985 and made many inspections of medical institutions in the country for approval of their training programmes. It provided to me a welcome opportunity to compare our programme at PGI with what was followed nationally. The PGI model was increasingly implemented at the national level. I was fortunate to have been a much favoured student of Dr. A.K.N. Sinha who served as the President of the Indian Medical Association, the Commonwealth Medical Association, and the World Medical Association, before he became the President of the Medical Council of India. During my Presidency of the IPS, 1989-90, I tried to upgrade psychiatric training in the M.B., B.S. curriculum, but was not fully successful. It is a matter of pleasure that my student, Dr. Roy Abraham Kallivayalil has been able to make further inroads in it during his Presidency of the IPS.*

### **EPILOGUE**

*From a one-man beginning, the Department has greatly progressed to its current size and stature. Of most recent developments, during the tenure of Professor Savita Malhotra, are the opening of five beds for child and adolescent psychiatry in April 2013, and the approval of D.M. in Child Psychiatry and in Addiction Psychiatry, and M.*

## **Journey of Department (1963-2024)**

*Phil in Clinical Psychology, all in July 2013.*

*There are no prizes for correctly guessing the happiest man among us today. It is Professor N.N. Wig. His brainchild has prospered so much. It is hard to think of the development encompassing so many diverse areas; training, service, research, professional organizational activities. Let me conclude on a personal note, by acknowledging his contribution not only to the Department, but also to me personally in my role in it, by guiding me; truly being my "Mentor-in-Chief".*

## **History of the Department**



**Prof P.Kulhara (1983-2011) Head of the Department: 1996-2011**

*Continuing the rich heritage and legacy created by such legendary figures as Prof. N.N. Wig and Prof. V.K. Varma is an invidious task. However, my humble and modest contributions in a historical perspective are narrated below.*

*The Drug Deaddiction and Treatment Centre and services that had a few horrendous and turbulent years because of dislocation and temporary substandard location, finally settled in a modern multipurpose building in the year 2006. The Ministry of Health and Family Welfare funded this project of construction of a new building to render deaddiction services, and Gen (Rtd) S.F. Rodrigues, Governor of Punjab and Administrator Union Territory Chandigarh formally inaugurated the newly commissioned unit. Because of paucity of funds, only a part of the larger building plan could be completed, but our relentless efforts to secure funds for unfinished work to be completed paid dividends and we were able to secure additional funds. With this the OPD area was constructed in 2010, which in addition, has office rooms for staff as well*

*as space to hold group and family meetings. This also led to the in-patient unit becoming self sufficient, segregated and secure. We were also able to secure substantial funds from the Ministry of Finance for further expansion of the existing infrastructure and it is envisaged that with this expansion we will be able to provide active and assertive community outreach deaddiction services.*

*We were also able to enlarge the range of services to the patients and their caregivers with active incorporation of principles of the Art of Living therapy approach through active collaboration with the Art of Living Foundation. This period also saw augmentation of the community outreach programme with regular outpatient clinic at Kharar and active liaison with District Health Services of Ropar District. The Camp Approach to increase public awareness about the menace of substance dependence also got impetus during this period and holding of such camps in the community at monthly interval also became a regular feature of the services. The role of the Deaddiction Centre as a regional centre also got a boost by two activities. Firstly, the Deaddiction Centre with the help of the Ministry of Health and Family Welfare and India Office of World Health Organization organized a number of training of trainer workshops and trained more than 100 general duty medical officers from the states of Punjab and Haryana. The Deaddiction Centre also provided training on a regular basis to Prison and Police personnel in enhancing their awareness and skills with respect to ever increasing problems related to use and trafficking drugs. It can be said with confidence that structurally and functionally, we have a drug deaddiction centre, the model of which can be emulated elsewhere.*

*The Department successfully hosted and*

## **Journey of Department (1963-2024)**

organized the 57th Annual National Conference of the Indian Psychiatric Society in January 2005. More than 2800 delegates, including distinguished national and international luminaries such as the President of the World Psychiatric Association, President of the American Psychiatric Association and the President of the Royal College of Psychiatrists attended this conference. As a result of this Conference, the Department got a much needed renovation and facelift and upgraded its teaching and training facilities.

The years from 1996 to 2011 saw a huge increase in staff positions at all levels but more notably increase in the number of Junior Residents, Senior Residents and the Faculty. By 2011, the numbers of Junior Residents had increased to 28 (in 3 years), the number of Senior Residents to 14 and that of Faculty to 16. The teaching programme of Residency Training also saw changes in emphasis on, and appropriate increase in attention to contemporary and current trends. Major changes in the organization and delivery of Consultation-Liaison Psychiatry services also took place during this period with commissioning of dedicated team of Junior Residents, Senior Resident and Faculty.

Research conducted in the Department witnessed consolidation of interest of individual faculty members in their chosen fields resulting in high quality research publication in leading international journals with high impact factor. The citation index of articles published from the Department also saw huge increase. Unsurprisingly, faculty colleagues bagged all major research awards in the field of mental health including awards such the D.L.N. Murthy Rao Oration Award, Dr. Vidya Sagar Award, Balint Award, Bhagwat Award, Tilak Venkoba Rao Award, K.L Wig Oration Award to name a few. Cost of care of mental disorders, burden of care

and caregiver issues, metabolic syndrome in the mentally ill and issues related to psychiatric problems in the medically ill hitherto relatively unexplored areas attracted research endeavors of the members of the department. Telepsychiatry also became a major focus of health care delivery and research related to that also started emerging from the Department. The Ministry of Health and Family Welfare and the India Office of the World Health Organization specially commissioned a research project for adaptation of the Guidelines for MhGAP for use in India and this task was successfully carried out by the Department.

It does appear that this period from 1996 to 2011 was a relatively stable period for the Department and Department grew in strength.

# History of the Department



**Prof. S. Malhotra (1974-2016) Head of the Department: (Nov 2011 – Jan 2016)**

## *The Golden Era*

*I joined the department on July 16, 1974 as a house physician and went on to complete my junior residency on 31st Dec. 1976.*

*My journey in the department of psychiatry, spanning over nearly four decades (from July 1974 till Jan 2016), has been long, enriching and unparalleled for my personal and professional growth.*

*Junior Residency was a sheer pleasure during which I not only learnt the subject of psychiatry but also grew as a person.*

*Immediately after completing MD, I got senior residency and after two years and four months, I was appointed Lecturer (which is equivalent of AP now). I had the great fortune to train under the tutelage of teachers like Prof. NN Wig, Prof. VK Varma, Prof. RS Murthy, Dr. SK Verma, Dr. Dwarka Pershad, and an even greater fortune to have become a colleague with them later on.*

*Department has been a place that provided tremendous stimulation, opportunity and challenge. Each day demanded a performance that was better and involvement that was deeper than the day before.*

*The atmosphere and environment in the Department was very cordial and inspiring. Dr NN Wig and his wife Late Mrs Veena Wig opened their home and hearts to us (Junior Residents) helping to establish a close emotional bond that became a source of energy and inspiration. We were pushed beyond our capacities raising the level of our performance to our maximum potential. It is only much later that we realized the value and importance of what then felt as a grueling schedule.*

*At that time the department was very small with only six faculty members (four in psychiatry and two in clinical psychology), 8-9 JRs and 2-3 SRs.*

*There were informal get together in the form of an annual dinner, usually held in the houses of faculty members or in the PGI club (now community center) in sector 24 and an annual picnic at the favorite destinations, usually in the nearby hills like Koti (near timber trail resort on Shimla-Kalka highway), Dharampur or Kasauli. These were family get togethers, full of fun and were occasions for development of close personal relationships and display of extra-curricular talents. Dr. Wig had special liking for extracurricular interests and talent among students. He believed that persons with extra academic interest and talents were exceptional and were especially suited to the subject of Psychiatry.*

## **Journey of Department (1963-2024)**

There was a very strong research base and “research mindedness” in the department. Very soon, I too, like others, began to see an innovative angle, an opportunity to think and analyze afresh what would appear like most ordinary or routine clinical situations or phenomenon. By this special art and insightful approach, the department has been able to produce numerous research papers from the routine clinical work, and the students have been able to imbibe the virtues of keen observation and curious mindfulness.

The department, very soon after inception, had acquired a high reputation for an excellent MD Psychiatry training programme, and is considered the best in the country till today. Its alumni are excellent teachers, researchers and leaders in the country and the world.

I consider myself very fortunate to have had this robust training for MD Psychiatry and then PhD here. Becoming a faculty member in the Department and to have the honour of being a colleague with my teachers was most rewarding.

### **Development of Child Psychiatry:**

Dr N N Wig, the HOD then had the vision to see the necessity for starting a separate psychiatric service for children, and CGC was started in 1969, headed by Prof. VK Varma. I got associated with the CGC in 1978 as Senior Resident and became its consultant incharge in 1980, which I continued to hold till my retirement. There has been a steady increase in services for children and adolescents and outpouring of research in child psychiatry in the department ever since. I went for child psychiatry training to UK and USA on WHO and British

Council Fellowships in 1980's and 90's.

Over a period of time, the department got visibility and recognition for services and research in child psychiatry in India and the world, and was seen as a major academic center for child psychiatry training and research in India.

### **At the helm:**

When I took over as the head of the Department in 2011, I took upon myself a task to initiate the development of psychiatric specialties in the Department. It was not only the need of the hour but we also needed to re-establish our preeminent position in professional fraternity in India. Development of specialties was also necessary to remain in step with the global trends, and to take the department to the next level of excellence.

In 2013, after much effort, 5 additional beds for child psychiatry patients were added to the inpatient facility in the department. This was the first time when any additional beds were sanctioned to Psychiatry after its inception.

The Department initiated two DM level training programs in 2014 ie DM in Child and Adolescent Psychiatry, the second such course in the country; and DM in Addiction Psychiatry, a first such course in India. M Phil in Clinical Psychology has also been approved in 2015, and the Department should not let this opportunity go waste.

With the development of specialties, specialized services with dedicated core faculty for each area is also growing. The emphasis was placed on developing the department into a multispecialty psychiatric centre with postdoctoral training courses in due course of time.

## **Journey of Department (1963-2024)**

Deaddiction and Treatment Center developed into a Center of Excellence with four fold enhancement of budget sanctioned by the Ministry of Health and FW, GoI. There was also allocation of budget for additional construction and renovation of DDTC, thus enhancing its service and training capacity.

The Department celebrated its golden jubilee in 2013, providing opportunity to its alumni to visit the alma mater and to celebrate its achievements in its first fifty years. This was a momentous occasion for all of us. We decided to bring out a commemorative book to mark this occasion, and the book "Developments in Psychiatry in India: Clinical, Research and Policy Perspectives" was actually published in 2015. The contributors in this book are all the alumni of the department who have excelled in their respective fields.

We also hosted a joint international congress of Asian Society for Child and Adolescent Psychiatry and Allied Professions and of Indian Association for Child and Adolescent Mental Health in 2013. Another major book, "Child and Adolescent Psychiatry: Asian Perspectives" was published in 2016, which is the first major book focusing on child mental health issues specific to Asia.

A plan for establishing Advanced Mental Health Care Centre with 150 total inpatient beds was submitted under the 12th Plan to Govt. of India. However, a lot of sustained effort will be needed to see that it materializes in due course.

Another major landmark work during this period has been the development and implementation of a model Tele-psychiatry application for delivering

mental health care in remote areas using medical knowledge based decision support system. This system has been tested for its feasibility, reliability and validity, and can be used for implementation of health care delivery in the country at all levels. This is a path breaking innovation that has been widely acclaimed and has the potential to revolutionize mental health care delivery in the country.

I became the Dean of PGI in 2014 that increased my responsibilities manifold. Working as number two in the Insitute's hierarchy; being incharge of faculty administration; heading the entire academic, training and research activities in PGIMER; and many more responsibilities and duties, engaged me more than whole time, leaving no time to myself. However, I thoroughly enjoyed my stint as Dean.

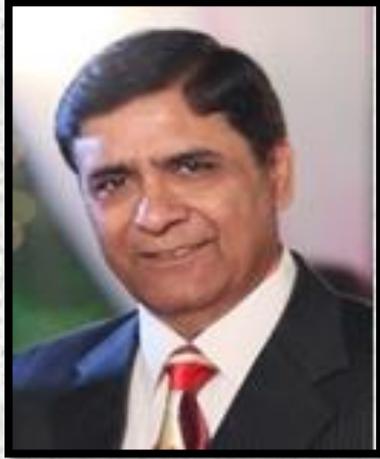
In the end, I can say that my journey in the department has been most exciting, satisfying, fulfilling as well as challenging. It has made me what I am today. I have been tremendously enriched by my experiences. I am a dreamer and it is here that most of my dreams have come true. All my achievements and accolades at national and international level, are because of the support, assistance, an inspiration I got from the faculty, residents and members of the staff in the Department.

Today, once again, I express my gratitude to my teachers Dr Wig and Dr Varma for having faith in me. I would also like to mention the name of my dear husband and colleague Dr Anil Malhotra, who was a friend and a companion. He was an alumnus of NIMHANS Bangalore, who left his job there to join me in PGI. He was Professor of Clinical Psychology and

## ***Journey of Department (1963-2024)***

*worked in the field of addictions. His clinical and academic competence in clinical psychology and substance use disorders was unparalleled in the department and the country as a whole. His sudden demise in 2007 was devastating and it took me some time to find my ground again. When I joined the department, I was 23 yrs old and when I left it I was 65. My stay in my department for 42 yrs is also the journey of my life. I thank each and every member of the department for contributing to my work and life.*

## **History of the Department**



**Prof Ajit Avasthi (1987-2019)**  
**Head of the Department**  
**(Feb 2016-Aug 2019)**

*At the time, when I joined the Department as a Junior Resident in Jan 1980, I had never imagined even in my wildest imagination that one day I will have to hold the reins of this Department. I had the good fortune of seeing the Department grow under the respective Headships of Prof N N Wig, Prof V K Varma, Prof P Kulhara and Prof Savita Malhotra. Having spent more than three and half decades of my life in this Department, I feel that I belong to this place and this place has given me much more than I could ever give in return.*

*Over the years, the Department has expanded by leaps and bounds. The number of Junior Residents have increased from 7 to 35 and number of senior residents have increased from 4 to 15. The Department has started DM courses in Addiction Psychiatry and Child and Adolescent Psychiatry.*

*This year the Department has also started with a Post-Doctoral Fellowship in Consultation-Liaison Psychiatry. The number of Faculty members and other professional staff has also increased.*

*I took over as Head of the Department on 1st February, 2016. The biggest challenge which I had was to consolidate the training, services, academic and research activities. Further, to start new services and enable Faculty members to select their respective areas of interest. Besides these, completion of the ongoing construction in the building of Drug Deaddiction and Treatment*

*Centre, and its further expansion plans needed our concerted efforts.*

*Our first priority was to have a relook at the training programs. This required having a comprehensive training program which could accommodate the training programs for MD (Psychiatry), DM (Addiction Psychiatry) and DM (Child and Adolescent Psychiatry). With the help of my Faculty Colleagues, we succeeded in organizing the training programs and now a comprehensive training program is available in the Department which accommodates all the 3 courses.*

*Although, the DM (Child and Adolescent Psychiatry) had started by the time I took over, there was some blurring of boundaries with regard to the age cut-off for these services. Again with mutual consultation, the training program for DM CAP was strengthened and to give more exposure to the DM students, they are now allowed to see patients aged upto 19 years and have the opportunity to be trained by the whole Faculty of the Department rather than only by the core Faculty of the DM course.*

*I was fortunate to be the examiner of the first candidates for both DM (Addiction Psychiatry) and DM (Child and Adolescent Psychiatry) candidates. It gave me immense pleasure to see the first candidates of both the courses sail through with flying colours. At the same time, this*

## **Journey of Department (1963-2024)**

also gave us an opportunity to ponder upon our limitations.

We had acutely felt the need for job descriptions for various categories of professional staff in the Department. Social workers, clinical psychologists, play therapists and vocational guidance instructor were more often not very clear about their role in the Department. With the help of the Faculty colleagues, we now have proper job descriptions for the professional staff. Additionally, although the Department has been training the Junior Residents of Internal Medicine since the beginning but there was no specific course curriculum for the same. Again, in liaison with the Department of Internal Medicine, we have been able to formulate the curriculum. Now we have a proper description of this training program and this has been incorporated in the General Information Book (Pink Book) of the Department.

In terms of service areas, we were facing many road blocks in the path to start the repeated Transcranial Magnetic Stimulation (rTMS). The machine was lying in the Department for about a year and was not installed due to various unavoidable reasons. rTMS services were finally made functional in the month of May 2016 and since then this service has been routinely used as an outpatient procedure for patients. Introduction of this service has provided another treatment option for patients with treatment resistant depression and obsessive compulsive disorders. Additionally, this has also provided the trainees an opportunity to familiarize themselves with rTMS.

Recently, we have procured the Transcranial Direct Current Stimulation (tDCS) machine and the services have been made functional. Our aim, in next few years, is to start the whole range of brain stimulation treatment services both

for the purposes of training and providing services to the needy patients.

Another challenge handed over to the Department was to start the telepsychiatry services. Earlier, telepsychiatry services were provided through the telemedicine department and as part of the DST funded project. The Department took up the challenge and started the telepsychiatry services from the Telepsychiatry Centre, Level 2A, Nehru Hospital for all the districts of the state of Punjab. Although, there were operational issues, the Department is providing direct and collaborative consultations to the psychiatrists of the 22 district hospitals of the State of Punjab. Additionally, the PGIMER-Punjab Telepsychiatry Tele ECHO model clinics were run with aim of narrowing the treatment gap through a videoconferencing based interactive programme with the psychiatrists working at 22 District Hospitals and 3 Medical Colleges in the State of Punjab.

From September 2018, the Department has started regular Telepsychiatry Services for follow-up of patients registered in the Department and coming from far-off places. These services are for both providing consultation and undertaking psychological treatments, including a weekly group intervention program using multi-point videoconferencing for parenting skills training. We are planning to expand the services in future as well as exploring the feasibility of transmitting Departmental academic activities to other Institutes in the country.

The proposal to renovate the Psychiatry Ward area to create 8-10 more beds for child and adolescent psychiatry has been pending for long. The work for the same started last year and the new Child and Adolescent Inpatient facility of 9 beds was inaugurated on 26th July 2018. We are also working on the expansion of DDTC

## **Journey of Department (1963-2024)**

and have already developed infrastructure to expand the inpatient facility for 50 patients. Unfortunately, due to an unavoidable situation- the temporary shifting of psychiatry outpatient services to the first floor of DDTC building, our ambitious plan of expansion of de-addiction services to a 100 bedded facility, that will include inpatient beds for special populations like dual diagnosis, women with substance use, children and adolescents and elderly with substance use problems, has been stalled for the present. We are also working on expanding the inpatient area for adult patients to 50 beds, 30 beds for child and adolescent psychiatry, 20 beds for geriatric psychiatry and 10 beds for emergency and consultation-liaison psychiatry.

The Community Psychiatry programme has been consolidated and expanded. The Department runs four community satellite clinics, located at the General Hospital Naraingarh (Haryana), Community Health Centre, Raipur Rani (Haryana), Civil Hospital Kharar (Punjab), Primary Health Centre Boothgarh (Punjab) and a door - to - door community psychiatry service in Nandpur Kallor (Punjab). The integrated program has inputs from adult psychiatry, addiction psychiatry and child and adolescent psychiatry. Besides providing the clinical care, the community psychiatry services are also focusing on preventive programs.

In view of the increasing patient load of elderly patients, the Geriatric Psychiatry Clinic was started in Feb 2017. I hope that over the next year or so, we shall be able to start a fellowship program in geriatric psychiatry. We have enlarged the scope of Consultation-Liaison Psychiatry by placing our C-L team in the Emergency services of the Institute. We have embarked upon a number of new collaborative care programmes with other

medical/surgical departments. Our proposal to start Fellowship training in Consultation-Liaison Psychiatry was approved by the Governing Body and the first student has already joined in the current academic session.

Besides expansion of services, the Department has continued with its consultancy role with the Government of Punjab and is involved in the newly coming up Institute for individuals with autism spectrum disorder. Over the last 5 years or so, the Department is also involved in the formulation of policy for management of patients with various substance use disorders in Punjab.

Indeed, with great pride I communicate to you that the Drug De-addiction and Treatment Centre (DDTC) received the prestigious National Award as an "Organization of Excellence" for its Outstanding Services in the field of Prevention of Alcoholism and Substance (Drug) Abuse, as the best institute under the category "Best Research and Innovation". The award was conferred by the Ministry of Social Justice and Empowerment, and it was presented by Shri Ram Nath Kovind, the Hon'ble President of India, at an official function held in Vigyan Bhawan, New Delhi, on 26th June, 2018 which is the International Day Against Drug Abuse and Illicit Trafficking declared by the United Nations. It was indeed an honour to receive the Award along with my colleague Prof. Debasish Basu, on behalf of the Institute.

We do need increase in the technical manpower and support staff. With the starting of the DM courses, 6 posts of Senior Residents were converted to DM seats. This was becoming a major hurdle in our operational and expansion plans for Adult Psychiatry. We have succeeded in increasing to 13, the strength of the non-DM Senior Residents from the current

## **Journey of Department (1963-2024)**

strength of 9. Our comprehensive proposal to increase staff strength, including the number of Residents and the Faculty, for 50-bed DDTC has been approved by the Standing Finance Committee. The proposal to provide operational staff for Tele-psychiatry service, after approval of Institute bodies is now with the Ministry.

Research has been an integral part of the activities of the Department. The department is well known for its research in the areas of schizophrenia, affective disorders, sexual dysfunction, substance use disorders, child psychiatry and consultation liaison psychiatry. Faculty of the Department has been involved in various prestigious research projects like ICMR Taskforce Project on the 'Epidemiology of substance use and dependence in the state of Punjab' and ICMR- MRC Project - 'Consortium on Vulnerability to Externalizing Disorders and Addictions [c-VEDA]'. Over the last one year, all the Faculty members of the Department have taken further initiatives in submitting the proposals for extramural funding. The department has till now coordinated all the multicentric studies carried out under the aegis of Indian Psychiatric Society and has also completed some non-funded multicentric studies. These studies have now become models of carrying out multicentric research in India with no or minimal funding. These studies have provided opportunities to many psychiatrists from various parts of the country to get familiar with research methodologies and carrying out research. In fact, these initiatives have kept many alumni connected with the parent department. I wish that the existing Faculty continues with these initiatives and addresses the important clinical issues and problems faced by patients and their caregivers. Besides these research projects, Department has also participated in international collaborative studies like REAP-AP and

REAP-AD studies, which have evaluated prescription patterns of patients across Asia.

Department had a tradition of conducting continuing medical education programs. Department had a long time back organized symposia on schizophrenia and affective disorders. Although, we did organize a couple of conferences, but programs focused on trainees were not conducted for some time. Continuing Medical Education Programs on Attention Deficit Hyperactivity Disorder, Intellectual Disability, Specific Learning Disorders, Dual Diagnosis and Medical Complications of Substance Use Disorders were organized in the last three years. For these programs, trainees from various parts of the country were provided complimentary accommodation and registration.

All these training programs have received huge response and have become popular. Our future plan is to continue with these kinds of training programs, so that Department again emerges as a resource centre for training and research. Additionally, Department also organized the 13th Annual National Conference of Indian Association for Geriatric Mental Health on 14-15th Sept 2017.

All these training programs have received huge response and have become popular. Our future plan is to continue with these kinds of training programs, so that Department again emerges as a resource centre for training and research. In keeping with this, we have organised the National CME on Brain Stimulation and Electroconvulsive Therapy in Psychiatric Disorders on 15th September 2019, which also coincides with our Foundation Day and Alumni Meet on the 16th.

Additionally, carrying forward with our social responsibility, Department organizes various activities during the World Mental Health Day every year.

## **Journey of Department (1963-2024)**

Department organized public awareness programmes in the community, including a run at the Sukhna lake.

I feel that once trainees complete their tenure, they lose contact with the Department and have nothing to come back. I always felt that there should be regular programme for the Alumni to come back to the Department. With this in mind, The Department has decided to hold annual function on 16th September of each year, which is named as Foundation Day Celebration. This date has been selected as a tribute to our beloved teacher Prof N N Wig, who founded this Department on this very date. First such celebrations were held on 16th September 2016. I hope that we are able to continue with this tradition for years to come and will have the joy of meeting one another and sharing the fond memories.

As a mark of respect to its founding Head, Department also decided to Institute Prof. N N Wig Oration. This Oration was approved by the Institute and it has been decided to hold this oration every year on 16th Sept. We all were very excited about the fact, that Prof N N Wig, would be present for this oration. However, God had willed otherwise and Prof N N Wig, left for the heavenly abode on 12th July 2018. We all miss him and I hope this oration will keep him alive amongst us. In 2018, the oration was bestowed upon Prof. R S Murthy and this year Prof. P Kulhara; both of them highly worthy students of Prof Wig and outstanding teachers themselves.

Towards the end, I would like to thank the Almighty for giving me the opportunity to work at my Alma Mater, which has made me what I am today. I would also like to thank all my teachers, Prof N N Wig, Prof V K Varma, Prof R S Murthy, Prof P Kulhara, Dr S K Verma, Dr D Persad and Prof Savita Malhotra for guiding me through all these years. I

would also thank all my students who over these generations have taught me the most.

Time is flying! As I write this, I have just completed my tenure as a Head of the Department. During these years, I have often told my faculty colleagues and students that the Founding Fathers of this Department had great foresight and have established invincible systems for providing both excellent training to the students and compassionate care to the patients and their families. In my capacity as the Head, I endeavored to the best of my abilities to strengthen these systems and steer the Department towards greater progress and achievements. I don't know whether I have been able to fulfill the expectations of my beloved teachers and students during this period. I hope that things move as per plan and Department gets more recognition both nationally and internationally. My greatest fortune and strength is the total support and cooperation of my Faculty colleagues and I wish to say a big 'Thank You' to them!

## **Journey of Department (1963-2024)**

### **History of Drug De-addiction & Treatment Centre (DDTC), Department of Psychiatry, PGIMER, Chandigarh**



Prof.S.K. Mattoo  
(1988 – 2021)

Prof D. Basu  
(1993 –Till date)

#### **History**

The Drug De-addiction and Treatment Centre (DDTC) was sanctioned as a 30-bed unit to the Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh on 2 August 1988. The Director of PGIMER assigned the DDTC to the Department of Psychiatry and technically it started functioning from 1 September 1988. Subsequently, the Governing Body of PGIMER approved the creation of 60 posts.

Since 1978 the Department of Psychiatry at PGIMER had been running an outpatient Alcohol and Drug Dependence Clinic (ADDC) as a purely personal initiative of Prof. Vijoy K. Varma. Since early 1980s he was supported by Prof. Anil Malhotra. In 1988 this ADDC provided the foundation for the DDTC. Prof. Anil Malhotra was associated with

the DDTC till his sad demise in 2007. Prof. V. K. Varma left the department (and the DDTC) in 1996. After him Prof. P. Kulhara's untiring efforts resulted in a new and separate building becoming operational (2006), and the community services starting in the form of a rural clinic (1998) and community camps and other activities (2003-04). Prof. Savita Malhotra, HoD from 2011 to 2016 saw the DDTC building expand to a 2nd floor and rural clinics to two. Prof Ajit Avasthi, HoD since 2016, supervised the expansion of rural clinics to four and community services to more areas. We the two authors been associated with the DDTC since 1989 (S. K. Mattoo) and 1991 (D. Basu), along with Dr Arun K. Misra (a faculty member 2004-2011) and the rest of the faculty and the members of the Department of Psychiatry.

The DDTC celebrated its Silver Jubilee in 2013-14 with the inauguration of the Superspecialty Course DM in Addiction Psychiatry, a 1st in India.

#### **Current areas of operation and functions**

The areas of operation of the DDTC can be grouped into the following:

- Service (Inpatient, Outpatient, Community)
- Documentation
- Training and Consultancy
- Liaison Activities
- Academic & Research

#### **I. SERVICE**

1. In-patient, Out-patient & Community services
  - A. In-patient
  - B. Out-patient
  - C. Community
2. Evaluation and Treatment Techniques
3. Special Clinics: Opioid Substitution Therapy and Dual Diagnosis

#### **II. DOCUMENTATION**

## **Journey of Department (1963-2024)**

3. *Epidemiology of Drug Abuse and Dependence*
4. *Computerized documentation of all patient data pertaining to DDTC since 1978*

### **III. TRAINING AND CONSULTANCY**

5. *Training for the resident psychiatrists*
6. *Training for the resident from the internal medicine*
7. *Training of nursing personal*
8. *Training for other personnel from outside*
9. *Super-specialty training (DM, Addiction Psychiatry)*

### **IV. LIAISON ACTIVITIES**

10. *Liaison with Public*
11. *Liaison with the law enforcement agencies*
12. *Liaison with the community and integration with general and mental health*
13. *The "Roadmap Project": multi-sectoral liaison and vision document*

### **V. ACADEMICS & RESEARCH**

14. *Original Research in Issues related to Substance Use Disorders*
15. *Collaborative research-National and international*
16. *Other academic activities*

*prevention and awarenessraising activities in the community, and aftercare- rehabilitation efforts for treated patients).*

*We also envisage an excellent documentation system that utilizes the technological advances for data keeping and data mining, and liaison with all stakeholders to continue and expand further.*

*In the area of training and consultancy, DDTC intends to retain and further consolidate its leadership role in the region and in the country by providing training to various categories of trainees, developing training manuals, standardizing training modules, and generating and testing viable service delivery models in de-addiction for the community.*

*Last but not the least, scientific research is the bedrock of an academic institute like PGIMER that houses DDTC, and we are proud to be a part of the Department of Psychiatry which has always fostered high-quality research. DDTC intends to enhance both the breadth and the depth of research in all aspects of addiction psychiatry ranging from epidemiology, genetics and biology to clinical issues to service related aspects.*

### **A VISION FOR THE NEXT 25 YEARS OF THE DDTC**

*The DDTC proposes to expand its services in all the three areas - inpatient and outpatient (increase the number of beds from 20 to 50 to finally 100; including beds for women, children, elderly, dual diagnosis, and special therapies including opioid substitution treatment, group therapy and other sessions, and liaison with other agencies etc.), and community (expansion of community services both of a fixed-location as well as mobile nature,*

## ***Journey of Department (1963-2024)***

### **Former Faculty (Period of Stay)**

**Prof. N.N.Wig (1963-80)**  
**Prof. Gurmeet Singh (1965-66)**  
**Dr J.S.Teja (1968-70)**  
**Prof. V.K.Varma (1969-96)**  
**Prof. S.K.Verma (1969-1998)**  
**Prof. Dwarka Pershad (1969-1997)**  
**Dr H.D. Chopra (1972-73)**  
**Dr B.C. Khanna (1973-75)**  
**Dr R.S. Murthy (1978-82)**  
**Dr A. Ghosh (1976-78)**  
**Prof S. Malhotra (1979--2016)**  
**Dr S. Khandelwal (1982)**  
**Dr B.M. Tripathy (1983-87)**  
**Prof. P.Kulhara (1983-2011)**  
**Prof. A. Avasthi (1987-2019)**  
**Prof. A. Malhotra (1988-2007)**  
**Prof. Surendra K.Mattoo (1989-2021)**  
**Prof. Adarsh Kohli (1993-2020)**  
  
**Prof. Ritu Nehra (1999-2024)**  
**Dr A.K.Misra (1999 – 2012)**  
**Dr Pratap Sharan (1995-2010)**  
**Dr Partha Choudhury (1995 -1996)**  
**Dr Nitin Gupta (2000-03)**  
**Dr Gagandeep Singh (2002-03)**  
**Dr Suresh Kumar (2002-09)**  
**Dr Rahul Gupta (2002-03)**  
**Dr Parveen Sharma (2003 -2003)**  
**Dr Susanta Padhy (2011-2020)**  
**Dr Ruchita Shah (2014-2022)**

## ***Journey of Department (1963-2024)***

### **Current Faculty (working since)**

**Prof. Debasish Basu (01.10.1993)**

**Prof. Subho Chakrabarti (13.03.97)**

**Prof. Ritu Nehra (10.12.1999)**

**Prof. Sandeep Grover (24.04.2006)**

**Prof. Subodh BN (13.05.2011)**

**Prof. Shubh Mohan Singh (13.05.2011)**

**Dr Akhilesh Sharma (18.10.2015)**

**Dr Abhishek Ghosh (02.02.2017)**

**Dr Aseem Mehra (11.12.2017)**

**Dr Renjith R. Pillai (04.01.2018)**

**Dr Krishan Kumar (25.07.2018)**

**Dr Swapnajeet Sahoo (28.11.2018)**

**Dr Nidhi Chauhan (23.06.2021)**

**Dr Devender Kumar Rana (23.06.2021)**

**Dr Shalini Naik (28.06.2021)**

**Dr Lalit Kumar Singh (30.06.2021)**

**Dr Rahul Chakravarty (08.02.2023)  
[TELE-MANAS]**

## ***Journey of Department (1963-2024)***

### **Important Milestones of the Department**

<p><b>Sept. 16, 1963</b> Department opened with Dr.N.N.Wig as Asst.Prof. of Psychiatry.</p> <p><b>March 1964</b> Inpatient unit started (3 Beds)</p> <p><b>Aug. 1964</b> Modified ECT started</p> <p><b>April 1966</b> First ICMR Research Scheme granted</p> <p><b>Feb. 1967</b> Child Guidance Clinic Started</p> <p><b>April 1967</b> First MD (Med.) with special subject in Psychiatry awarded (H.C. Verma)</p> <p><b>July 1968</b> Prof. N.N.Wig joined as Professor and Head of the Department First M.D (Psychiatry) started</p> <p><b>Aug. 1968</b> Occupational Therapy Unit Started</p> <p><b>Jan. 1969</b> First Staff Nurse sent for Psychiatric training to Bangalore</p> <p><b>Oct. 1969</b> Clinical Psychology Section started (S.K. Verma)</p> <p><b>Nov. 1970</b> First Psychiatric Social Worker joined the department</p> <p><b>April 1971</b> New Psychiatry Ward (Cobalt Block) opened</p> <p><b>Feb. 1972</b> Daily OPD services started</p> <p><b>July 1972</b> Ph.D (Clinical Psychology) started</p> <p><b>Dec. 1972</b> Silver Jubilee Conference of Indian Psychiatric Society organised by the department</p> <p><b>June 1973</b> First WHO collaborative Research Project started</p> <p><b>1974</b> Lithium Clinic started</p> <p><b>April 1974</b> Psychiatric and Psychological Services to mental retardation home, Una, Himachal Pradesh started.</p> <p><b>July 1975</b> Rural Psychiatric Services started</p> <p><b>Sept. 1975</b> First Ph.D Clinical Psychology awarded</p> <p><b>March 1976</b> Department designated as a WHO collaborating Centre for training and research in mental health</p> <p><b>March 1978</b> Drug Dependence clinic started</p> <p><b>1980</b> Prof. V. K. Varma joined as Head</p>	<p><b>March 6-8, 1986</b> Second Annual Conference of IASP organised by the department.</p> <p><b>June 1987</b> Psychosexual Clinic Started</p> <p><b>Nov.25-26, 1988</b> National Workshop on Child Mental Health-Needs and Priorities organized by the Department</p> <p><b>July 8, 1988</b> Drug Deaddiction and Treatment Centre sanctioned By Director General of Health Services (DGHS)</p> <p><b>Sept 1,1988</b> Start of DDTC, Department of Psychiatry, PGIMER, Chandigarh, with 6 beds earmarked for DDTC from within the general psychiatry beds</p> <p><b>Jan. 1990</b> 42<sup>nd</sup> Annual Conference of Indian Psychiatric Society organised by the department</p> <p><b>1991-1992</b> Establishment of DDTC Laboratory</p> <p><b>Nov. 9-13, 1992</b> 13<sup>th</sup> World Association of Social Psychiatry organized by the department</p> <p><b>March 22-23, 1996</b> National Symposium on Schizophrenia: The Indian Scene organised by the department.</p> <p><b>1996</b> Prof P. Kulhara joined as head of the department</p> <p><b>24<sup>th</sup> March 1998</b> DDTC extended its service directly at the community level by starting its Community Outreach Clinic at the Civil Hospital, Kharar (Punjab)</p> <p><b>2000</b> First faculty member in psychiatric social work joined the department (A Misra)</p> <p><b>2001</b> Tobacco Cessation Clinic started</p> <p><b>Oct 30- Nov 2002</b> International Congress of Child and Adolescent Psychiatry and Allied Professional, New Delhi, organized by the department</p> <p><b>Jan 29- 2<sup>nd</sup> Feb, 2005</b> 57<sup>th</sup> Annual National Conference of Indian Psychiatric Society organised by the Department</p> <p><b>Mar 27- 29, 2005</b> International Symposium on Cultural Psychiatry organised by the department</p> <p><b>2005</b> Mental Disability Clinic started</p> <p><b>2006</b> Renovation of the Psychiatry Department and Ward Area</p>
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## ***Journey of Department (1963-2024)***

<p><b>7<sup>th</sup> March 2006</b></p> <p><b>April 4, 2008</b></p> <p><b>Jan 16-17 2009</b></p> <p><b>2010</b></p> <p><b>2010</b></p> <p><b>1<sup>st</sup> Aug 2011</b></p> <p><b>Nov. 2011</b></p> <p><b>22<sup>nd</sup> April 2012</b></p> <p><b>April 2013</b></p> <p><b>July 2013</b></p> <p><b>July 2013</b></p> <p><b>July 2013</b></p> <p><b>July 17, 2013</b></p> <p><b>Sept 22-23, 2013</b></p> <p><b>Sept 25-28, 2013</b></p> <p><b>July 2013</b></p>	<p>New Building of DDTC (integrated OPD, inpatient and lab services) inaugurated by General (Retd.) S.F. Rodrigues, Punjab Governor and Administrator U.T. Chandigarh. DDTC relocated from C Block of Nehru Hospital to this new building</p> <p>Second Indo Pak Punjab Psychiatric Conference organized by the department</p> <p>Regional Advisory Workshop on Tobacco Control Law and Measures in collaboration with MOHF&amp;W, Govt of India, New Delhi</p> <p>Telepsychiatry Centre started</p> <p>President of Indian Psychiatric Society (A. Avasthi)</p> <p>Start of weekly Dual Diagnosis Clinic as a specialty clinic of DDTC</p> <p>Prof Savita Malhotra joined as Head of the Department</p> <p>Start of providing consultancy, technical input, and training of doctors in de-addiction in order to improve the drug de-addiction services in the State of Punjab</p> <p>Five beds for Child and Adolescent Psychiatry started</p> <p>DM in Child Psychiatry, approved</p> <p>DM in Addiction Psychiatry, approved</p> <p>M.Phil in Clinical Psychology, Approved</p> <p>First Patent, Automated System and Method for Telepsychiatry filed (S Malhotra and S. Chakrabarti)</p> <p>Golden Jubilee Alumni meet of the department, Silver Jubilee of DDTC and International CME organised by the department.</p> <p>7<sup>th</sup> Congress of Asian Society for Child and Adolescent Psychiatry and Allied Professions (ASCAPAP) and 12<sup>th</sup> Biennial Congress of Indian Association for Child and Adolescent Mental Health, in New Delhi organized by the department</p> <p>DM courses in Addiction Psychiatry</p>	<p>and child psychiatry were started</p> <p><b>Oct 2013</b> Opioid Substitution Therapy Clinic Started</p> <p><b>Jan 2014</b> Reconstitution of community psychiatry service</p> <p><b>Feb 2016</b> Prof A. Avasthi become the head of the department</p> <p><b>July 2016</b> Repetitive Transcranial magnetic stimulation (rTMS) service for patients</p> <p><b>Aug 20-21, 2016</b> CME on "Skill Building on Assessment and Management of ADHD"</p> <p><b>Aug 2016</b> Learning Disability Clinic started</p> <p><b>Aug 2016</b> Autism clinic started</p> <p><b>Nov 18, 2016</b> CME on "Intellectual Disability: Assessment and Management" was held</p> <p><b>Dec 2016</b> Fifty beds were sanctioned for Drug Deaddiction and Treatment Centre (DDTC)</p> <p><b>Jan 2017</b> PGIMER-Punjab Tele Psychiatry ECHO Clinics started running fortnightly for psychiatrists in 22 district hospitals and 3 medical colleges of Punjab</p> <p><b>Feb 2017</b> Start of Geriatric Clinic</p> <p><b>March 11, 2017</b> CME on "Learning Disorders: Identification and Assessment" was held</p> <p><b>March 18, 2017</b> CME on "Dual Diagnosis: Facing the Reality and the Challenges"</p> <p><b>Sept 15-16 2017</b> 13th Annual National Conference of Indian Association for Geriatric Mental Association</p> <p><b>April 7 2018</b> CME on Medical Complications of Substance Use Disorders: What psychiatrist should know</p> <p><b>26th June, 2018</b> Drug De-addiction and Treatment Centre (DDTC) received the prestigious National Award as an "Organization of Excellence" for its Outstanding Services in the field of Prevention of Alcoholism and Substance (Drug) Abuse, as the best institute under the category "Best Research and Innovation", conferred by the Ministry of Social Justice and Empowerment, and presented by Shri Ram Nath Kovind, the Hon'ble President of India,</p> <p><b>July</b> Start of New Child and Adolescent</p>
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## ***Journey of Department (1963-2024)***

2018	Inpatient facility		neurodevelopmental disorders: How does it impact your psychiatric training and practice."
September 2018	CME on Medical Complications of Substance Use Disorders: What else a psychiatrist should know?		
Sept-16 2018	1 <sup>st</sup> Prof. NN Wig Oration delivered by Prof RS Murthy	Sept 16, 2021	Professor N.N. Wig Oration delivered by Prof. Savita Malhotra (Ex-HOD Department of Psychiatry PGIMER and ex-Dean PGIMER) on "Child Mental Health: The universe of mental health"
September 2018	Start of Telepsychiatry services for follow up care and group psychological intervention		
February 6-8, 2019	CRE on Promotion of School Mental Health Programme		
March-05 2019	Expansion of the OST services	Sept 15-16, 2021	Online document "THE JOURNEY OF THE DEPARTMENT (1963-2021)" launched at alumni meet and foundation day celebrations
March -13 2019	Text message-based reminder for the out-patients of Deaddiction clinic (DDTC OPD)		
August 2019	Start of tDCS services	Sept 15-16, 2021	Book "Turning Challenges into Opportunities: How the Department of Psychiatry, PGIMER, Chandigarh reorganized itself and coped with the COVID-19 Pandemic" launched at alumni meet and foundation day celebrations.
Sept-15 2019	National CME on Brain Stimulation and Electroconvulsive therapy in Psychiatric disorders		
Sept-16 2019	2 <sup>nd</sup> Prof NN Wig Oration delivered by Prof P Kulhara		
Jan-01 2020	Enhanced out-patient program in DDTC		
April 2020	Expansion of Telepsychiatry Services after Nationwide lockdown due to COVID-19 pandemic	Sept 15-16, 2021	The updated general information manual (the " <b>PINK BOOK</b> ") of the department was also launched at alumni meet and foundation day celebrations
April 2020	The OST clinic guideline updated to adapt to the crisis during the pandemic	Oct 9, 2021	Prof. Afzal Javed, President, World Psychiatric Association, delivered a talk on "What psychiatry has failed to achieve?"
May-11 2020	Tele-addiction services were started		
January-01, 2021	Prof D Basu became the Head of the Department (following the voluntary relinquishing of Headship by Prof S.K. Mattoo (Prof. Mattoo superannuated on 31.01.2021).	Nov 10, 2021	Talk by Professor Sir Robin Murray, from Institute of Psychiatry, King's College London, UK on "Schizophrenia: Better understanding, better treatment" on November 10,2021.
January-01, 2021	Neuromodulation services were started in DDTC		
June 01, 2021	Telepsychotherapy services were started in DDTC	Sep 1, 2022	Telemedicine-assisted Buprenorphine-Naloxone induction (TABI) was started at Drug Deaddiction and Treatment Center (DDTC) PGIMER Chandigarh.
Aug-25, 2021	Distinguished Speaker Series was started, was inaugurated virtually by the Director, PGIMER. The 1 <sup>st</sup> Distinguished Speaker Series was delivered by Prof Norman Sartorius in online platform.	Sep 16, 2022	Professor N.N. Wig Oration delivered by Dr Thara Rangaswamy on "Agony and Ecstasy : 40 years of care and research - their intertwining".
Sept 15, 2021	Foundation day CME (online) on"ICD-11 Mental, behavioural or		

## ***Journey of Department (1963-2024)***

<b>Sep 17, 2022</b>	Foundation Day National CME on "First Episode Psychosis : What psychiatrists should know"?	<b>January 2024</b>	MD Psychiatry Curriculum revised and updated
<b>Sep 27<sup>th</sup> - Nov 29<sup>th</sup>, 2022</b>	"A Primer on psychoanalysis" course, consisting of series of 10 lectures was taken by Professor Salman Akhtar (online) weekly on every Tuesday evening from 27 <sup>th</sup> September to 29 <sup>th</sup> November, 2022.	<b>3<sup>rd</sup> March, 2024</b>	National Workshop on "Dream Analysis & Intervention"
<b>Dec, 2023</b>	Strating of OPD services at Ambala, Civil Hospital as a part of Community Psychiatry	<b>16<sup>th</sup> March, 2024</b>	Vist by Prof. Kenneth S. Kendler, Director of Virginia Institute for Psychiatric and Behavioral Genetics, Virginia, USA. He delivered a talk on "Mood disorders: History, Nosology and Current Genetic Findings"
<b>Jan, 2023</b>	Integrated Alcohol use disorder(AUD) clinic was started in partership with the Hepatology department PGIMER Chandigarh.	<b>11<sup>th</sup> April, 2024</b>	Talk by Prof. Kamaldeep Bhui, Oxford University, UK on " Understanding personality function: advances in nosology and relational therapeutics"
<b>March 6, 2023</b>	Distinguished speaker series talk by Professor Helen Herman on "The Best Ways to Prevent Depression".	<b>13<sup>th</sup> &amp; 20<sup>th</sup> April, 2024</b>	Online workshop on managing Borderline Personality Disorder in a psychiatry setting : Key contributions from Transference-focused Psychotherapy (TFP)- Conducted in collaboration with Oxford Univesity, NHS, UK
<b>April 1, 2023</b>	National Workshop on "Joining hands against Child Abuse and for Child Protection".	<b>22<sup>nd</sup>- 24<sup>th</sup> May, 2024</b>	Three day workshop on "Cognitive Behavior Therapy for Psychiatric Disorders" by Dept. of Psychaitry at Civil Hospital, Ambala, Haryana for medical officers of Haryana.
<b>April 17, 2023</b>	Integarted Alcohol use" disorder (AUD) clinic was officially inaugurated by the Director, PGIMER Chandigarh.	<b>14<sup>th</sup>-15<sup>th</sup> Sept, 2024</b>	National CME on Addiction Psychiatry "Substance Use in Special Populations : Facing the reality and the challenges"
<b>July 26, 2023</b>	One day Workshop for Social Work Students on "Psychosocial Care and Substance Use Prevention in the Post-Flood Scenario at Drug De-Addiction Treatment Centre (DDTC), PGIMER Chandigarh.		
<b>23<sup>rd</sup> Aug 2023</b>	Online training program for medical officers of Health Department, Haryana. This program was completed on 20 <sup>th</sup> March, 2024		
<b>Sept 14<sup>th</sup> - 16<sup>th</sup>, 2023</b>	- Diamond Jubilee International Conference on Mental Health and Alumni Meet		
<b>Sept 16<sup>th</sup>, 2024</b>	Professor N.N. Wig Oration delivered by Dr Afzal Javed on " Mental Health in South Asia: Challenges & Oppurtunities"		
<b>Dec 2<sup>nd</sup>, 2023</b>	Visit by Prof Salman Akhtar, Jefferson Medical College, Philadelphia.		

## **Journey of Department (1963-2024)**



*Prestigious National Award to DDTC as an "Organization of Excellence" for its Outstanding Services in the field of Prevention of Alcoholism and Substance (Drug) Abuse, under the category "Best Research and Innovation", conferred by the Ministry of Social Justice and Empowerment, and presented by Shri Ram Nath Kovind, the Hon'ble President of India (26th June, 2018)*

## ***Journey of Department (1963-2024)***

### **Research Awards (Decade Wise) Decade -I (1963–1972)**

1. Marfatia Award for best article at IPS Conference (Drs. N.N. Wig, S.K. Verma, 1972).
2. Sandoz Award in Psychiatry for best article published (Drs. J.S. Teja, R.L. Narang, A.K. Agarwal, 1972).

### **Decade -II (1973–1982)**

3. Marfatia Award for best article at IPS Conference (Drs. S.C. Bhatia, V.K. Varma, M.K.P. Amma, 1974).
4. First Prize in IDPL essay competition (Dr. U.Rao, 1977).
5. Bhagwat Award for best paper by young scientist at IPS Conference (Drs. A. Ghosh, V.K. Varma, M.K.P. Amma, 1978).
6. National essay competition award by Federation for Welfare of Mentally Retarded (Dr. R.S. Murthy, 1978).
7. Dr. D.L.N. Murti Rao Oration Ward, IPS Conference (Dr. N.N. Wig, 1979).
8. Marfatia Award for best paper read at annual conference of IPS (Drs. N.N. Wig, P. Behere, H. Phookan, K.M. Wedhe, A.K. Mishra, R.S. Murthy, D. K. Menon, S.K. Khandelwal, H. Bedi, 1980).
9. Dr. M.K. Seshadari prize and medal for outstanding contribution in 'Community Mental Health' (Drs. N.N. Wig, R.S. Murthy, 1981).
10. Kripamayee Award for paper at joint Conference of Indian Science Association and Indian Society of Psychiatric Social Work (Dr. M. Kaur 1982).

### **Decade-III (1983–1992)**

11. Dr.B.C. Roy award for outstanding teacher in Medicine (Dr. V.K. Varma, 1984).

12. Dr. M.V. Gopaldaswamy Oration Award (Dr.S.K. Verma, 1984)
13. Marfatia Award for best paper in IPS Conference (Drs. V.K. Varma, K. Das, R.C. Jiloha, 1985).
14. Poona Psychiatrists Association Award 1 of IPS for best-published paper (Drs. N.N. Wig, R.S. Murthy, 1985).
15. Dr. D.L.N. Murti Rao Oration Award (Dr.V.K. Varma, 1986).
16. Bhagwat Award for best paper by young scientist at IPS Conference (Drs. S. Malhotra, V.K. Varma, S.K. Verma, 1986).
17. Poona Psychiatrists Association Award II for best-published paper (Drs. S. K. Khandelwal, V.K. Varma, R.S. Murthy, 1986).
18. Dr Vidyasagar Award of ICMR (Dr. V.K. Varma, 1987).
19. Poona Psychiatrists Association Award I of IPS for best -published paper (Drs. V.K. Varma, A.K. Malhotra, S.K. Chaturvadi, 1988).
20. Marfatia Award of the IPS for the "Best Paper Presented" at the Annual Conference (Drs. A. Avasthi, P. Kulhara, 1989).
21. Dr. G.C. Boral Award of IPS a 14th Annual Conference of IPS- North Chapter (Drs. K. Chandiramani, P. Kulhara 1989).
22. Dr. Vidyasagar Award of ICMR (Dr. P. Kulhara, 1989).
23. Poona Psychiatrists Association Award I for best-published work (Drs. P. Kulhara, A. Avasthi, S.K. Mattoo, 1990)
24. Dr. G.C. Boral Award II of IASP (Drs. M. Giridhar, P. Kulhara, 1990).
25. Best paper at 15th Annual Conference of IPS. North Zone (Drs.

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- S.P. Singh, V.K. Varma, A. Avasthi, 1990).
26. Tilak Venkoba Rao Award (Dr. S. Malhotra, 1990).
  27. WHO Fellowship in Child Mental Health Sept-Oct. 1991, at Western Psychiatric Institute and Clinic, University of Pittsburgh, USA, and at Guy's Hospital London, UK (Dr. S. Malhotra).
  28. Bhagwat Award of IPS (Dr. D. Basu, 1992).
  29. Dr. G.C. Boral Award II of IASP (Drs. D. Basu, V.K. Varma, S. Malhotra, 1992).
  30. Masserman award for World Accords and Human Welfare (Dr. V.K. Varma, 1992).
  31. Somatic inkblot Series Research Award (Dr. D. Pershad, 1992).
  32. Distinguished Alumni Award of Central Institute of Psychiatry, Ranchi (Drs. S.K. Varma, D. Pershad, 1993).
  33. Best Paper Award at 18th Annual Conference of IPS-North Zone (Drs. A. Avasthi, V.K. Varma, D.K. Arya, A. Mathur, 1993).
  34. Best Paper Award at 3rd Annual Conference of North Zone Chapter of Urological Society of India (Drs. L. Nathan, S.K. Sharma, A. Avasthi, B. Singh, 1993).
  35. Dr. S.C. Gupta best paper award at the Silver Jubilee Conference of Indian Association of Clinical Psychologist (Dr. D. Pershad, 1993).
  36. Best paper award at Silver Jubilee Conference of Indian Association of Clinical Psychologist (Drs. S. Vankatesh, M. Pal, V.K. Varma, S.K. Verma, 1993).
  37. Best paper award at the 18th Annual Conference of IPS-North Zone (Drs. A. Avasthi, V.K. Varma, D.K. Arya, A. Mathur 1993).
  38. Bhagwat award at Annual Conference of IPS (Drs. A. Sharma, S. Malhotra, M. Raghunathan, A. Malhotra, 1994).
  39. Academic excellence award of the Indian Association of Clinical Psychologists during the Annual Conference of clinical psychologists (Dr S.K. Verma, 1995).
  40. Dr. A.K. Kala Award of IPS – North Zone (Drs. A. Sharma, S. Malhotra, A. Malhotra, M.R. Raghunathan, 1995).
  41. S.I.S. Research Award at 3rd International Conference of Somatic Inkblot Society (Dr S.K. Verma, 1995).
  42. Poona Psychiatrists Association award I of Indian Psychiatric Society (Drs. S. Malhotra, P.J. Santosh, 1996).
  43. Balint Award of IASP (Dr. D. Basu, 1996).
  44. G.C. Bora Award II of IASP (Drs. N. Gupta, D. Basu, 1997).
  45. Dr. G.C. Boral Award of IPS North Zone (Drs. P. Kulhara, A. Avasthi, N. Gupta, R. Nehra, G. Singh, 1997).
  46. Dr. A.K. Kala Award for original research in Biological psychiatry at Annual Conference of IPS – North Zone (Drs. P. Kulhara, A. Avasthi, N. Gupta, 1997).
  47. Marfatia Award of IACAM (Drs. N. Gupta, G. Singh, 1997).
  48. Best Paper Award at the XXIIInd North Zonal Conference of the IPS (Dr. A. Avasthi, 1997).

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49. Marfatia Award of IPS (Drs. P. Kulhara, D. Basu, S.K. Mattoo, P. Sharan, R. Chopra, 1998).
  50. Fellow of the National Academy of Medical Sciences (Dr. S. Malhotra, 1998)
  51. Dr. Buckshey Award at the XXIIIrd North Zonal Conference of the IPS (Dr. A. Avasthi, 1998).
  52. Poona Psychiatrists Association – I Award of the IPS for the best-published paper (Drs. A. Arora, A. Avasthi, P. Kulhara, 1999)
  53. Poona Psychiatrists Association-II Award of the IPS for the best-published paper (Drs. S. Gupta, P. Kulhara, S.K. Verma, 1999)
  54. Dr. Buckshey Award of the IPS – North Zone (Drs. P. Kumar, A. Avasthi, D. Basu, 1999).
  55. Balint Award of the Indian Association of Social Psychiatry (Dr. P. Sharan, 1999).
  56. The Psycho-Oration award at the National Annual Conference of the Indian Association of Clinical Psychologists (Dr. A. Malhotra, 2000).
  57. The best paper award of the Association of Clinical psychologists, Delhi (DACP) (Drs. A. Kohli, V.K. Varma, R. Nehra, 2000).
  58. R. Kishore Young Clinical Psychologists Award of the Indian Association of Clinical Psychologists (Dr. A. Nehra, 2000).
  59. The Tilak Rao Venkoba Award of the ICMR (Dr. D. Basu, 2000).
  60. Dr.D.L.N. Murty Rao Oration award of the IPS at the 52nd Annual Conference of the IPS held at Kochi (Dr. P. Kulhara, 2001).
  61. Dr. J.C. Marfatia Best Paper Award at 6th Biennial conference of the IACAM (Drs. S. Malhotra, M. Changulani, S. Chakrabarti, G. Singh, 2001).
  62. G.C. Boral-I Award at the 14th Annual Conference of IASP (Drs. A. Malhotra, S.K. Mattoo, D. Basu, R. Malhotra, 2001).
  63. G.C. Boral Award at 26th Annual Conference of the IPS (North Zone) (Drs. D. Basu, S.K. Mattoo, S. Goswami, G. Singh, 2001).
  64. G.C. Boral – II Award of IASP at the 14th Annual Conference (Dr. S. Malhotra, Dr. D. Basu, 2001).
  65. Luke Clack Young Scientist Award at 6th Biennial Conference of the IACAM (Drs. G. Singh, A. Mohan, 2001).
- ### **Decade –V (2003–2012)**
66. N.N. De Oration Award at the 14th Annual Conference of the IASP (Dr. S. Malhotra, 2002).
  67. S.C. Gupta Best paper Award of Indian Association of Clinical Psychology at the 28th National Annual Conference of the Indian Association of Clinical Psychologists at Chennai (Drs. A. Kohli, P. Kulhara, N. Gupta, R. Thapar, 2002).
  68. Dr. Buckshey Award of the IPS (North Zone) (Drs P. Khurana, PSVN Sharma, A. Avasthi, 2002).
  69. N.N. De Oration Award of the IASP (Members of the department won this award for starting a new service Mental Disability Clinic in the department from April 2003).
  70. Kop’s Award of the Indian Society of Anesthetists at Annual Conference (Dr. D. Basu, 2003).
  71. NIDA-INVEST International Research Fellowship by National Institute on Drug Abuse (NIDA), National

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- Institutes of Health (NIH), USA, under its International Visiting Scientists and Technical Exchange (INVEST) Program, for one year (Dr D. Basu, 2003).
72. Poona Psychiatrists Association-II award of the IPS for the best-published paper (Dr. S. Chakrabarti, Ms. S. Gill, 2004).
  73. S.N.Bakshi AWARD for the Best Publication of the year 2004-This award is for the best published paper in the Journal of Indian Association of Orthopedics (A Kohli).
  74. A.K. Kala Award of IPS-North Zone (Drs. S. Malhotra, N. Gupta, A. Bhattacharya, Ms. M. Kapoor, 2004).
  75. Poona Psychiatric Association Oration Award of the IACAM for the paper titled "Autism: An Experiment of Nature" at the VIIIth Biennial Conference of IACAM (Dr S. Malhotra, 2005)
  76. Luke Clack Award for the best paper titled, "A Comparative Study of Schizophrenia with Onset in Childhood, Adolescence and Adulthood" at the at VIIIth Biennial Conference of IACAM (Dr S.Malhotra, P. Biswas, A. Malhotra, N. Gupta, 2005)
  77. Bombay Psychiatric Society Silver Jubilee Year Award of the IPS for the best paper of the 57th Annual National Conference of the IPS-North Zone for the paper titled, "Study of Childhood onset Schizophrenia using SPECT and Neuropsychological Assessment"( Dr S. Malhotra, N. Gupta, M. Kapoor, 2005).
  78. Fourth Decade Trust Oration award of S.M.S. Medical College Jaipur, on "Current Understanding and Management of Depression" (Dr A. Avasthi, 2005).
  79. NHS International Fellowship by the National Health Service, Department of Health, Government of the United Kingdom, under its NHS International Fellowship Programme (Dr.D. Basu, 2006)
  80. Second prize for Poster presentations at the Annual Conference of the Indian Society of Gastroenterology, for the paper titled "oesophageal dysmotility: effect of stress and relaxation" (Drs R. Shukla, U. Dutta, B. Nagi, S. Chakrabarti, R. Kochar, K Singh, 2006).
  81. Bhagwat Award of IPS for the year 2006 for the paper titled "Evoked Potential (P300) in opioid dependent males and their brothers" (Dr S. M. Singh)
  82. D L N Murthy Rao Oration of the IPS (Dr S. Malhotra, 2007)
  83. Luke Clack Award at the Annual Conference of IACAM in November, 2007 on Neuropsychological Deficits in remitted depression, Alkananda Dutt, Savita Malhotra and Adarsh Kohli
  84. Major Amir Chand Memorial Research Award of PGIMER for Best Research Paper "A comparative study of soft neurological signs in schizophrenic patients with onset in childhood, adolescence and adulthood of the Institute (Dr P. Biswas, S. Malhotra, A.Malhotra, N. Gupta, 2006-2007)
  85. Tilak Venkoba Rao Award of Indian Council of Medical Research to a psychiatrist younger than 40 years for the research paper titled " Impact of psychiatric disorders on patients and caregivers" (Dr S. Grover, 2007)
  86. Poona Psychiatrists' Association Award I of the IPS for the Best Published Paper titled Cost of care of schizophrenia: a study of Indian outpatient attenders. Acta Psychiatrica Scandinavica, 2008; 112: 54-63 (Drs S.Grover, A. Avasthi, S. Chakrabarti, A. Bansali, P.Kulhara, 2008).

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87. Young Psychiatrist Fellowship of the World Psychiatric Association at the XIV World Congress of Psychiatry (Dr S. Grover, 2008)
88. Honorary Mention for the World Psychiatric Association 'Ulysses Vienna Prize for Young Psychiatrists' in developing countries (Dr S. Grover, 2008)
89. GC Boral Award for Psycho-social management of children with Attention Deficit Hyperactivity Disorder, November, 2008. (A Kohli)
90. ASHA NIGAM AWARD for Child Psychology at the 35th Annual Conference of Clinical Psychologists at Hyderabad, January, 2009 (A Kohli)
91. Dr K L Wig Oration Award of the National Academy of Medical Sciences for the paper titled "Rebuilding the brain with psychotherapy" National Academy of Medical Sciences Conference (NAMSCON) (Dr S. Malhotra, 2008-2009)
92. Luke Clack Award for paper Neuropsychological Deficits in Remitted Depressed Adolescents, at Xth Biennial Conference of IACAM (Dr S. Malhotra, A. Dutta, S. Chakrabarti, 2009).
93. Dr. V.S. Mani Oration Award of the Venad Guild Psychiatrists, (Dr P. Kulhara, 2010)
96. DLN Murthy Rao Oration Award of the IPS (Dr Avasthi, 2010)
97. Tilak Venkoba Rao Oration Award of IPS for the paper titled "State of Consultation-Liaison Psychiatry in Indiaccurrent status and vision for future", Indian J Psychiatry 2011; 53:202-213. (Dr S. Grover, 2010).
98. Best Paper of the 11th Biennial Conference of the IACAM for the paper entitled "Development of a semi-structured diagnostic tool for child and adolescent psychiatric disorders for use in primary care through Telepsychiatry: preliminary results." (Drs S. Malhotra, S. Chakrabarti, A. Mehta, Aarzoo, R. Shah, B. Nithya , 2011)
99. Dr. Buckshey Award of the IPS-North Zone for the paper titled "Prevalence of Metabolic syndrome in Unipolar Depression: an exploratory study" Journal of Mental Health and Human Behaviour 2012; 17: 15-24. (Drs M. Aggarwal, S. Grover, S. Chakrabarti, A. Dutt, A. Avasthi P. Kulhara, 2011).
100. Second prize for the best poster presented at AIDSCON, Chandigarh State AIDS Control Society, held at PGIMER, Chandigarh (Dr R. Nehra S. Grover, Dr M. Kumar, S. Sharma, 2011).
101. Young Psychiatrist Fellowship of the World Psychiatric Association at the XV World Congress of Psychiatry (Dr Sandeep Grover, 2011).
102. B.B. Sethi Oration of the Chhatrapati Sahuji Maharaj Medical University, Lucknow (Dr P. Kulhara, 2011).
103. Venkoba Rao Oration award for the paper titled "Telepsychiatry: A feasible Option for Primary Care" at 18th Conference of IASP, (Dr S. Malhotra, 2011).
104. Poona Psychiatrist Association Award – II of India Psychiatric Society for the paper titled "A factor analytic study of the Delirium Rating Scale-Revised-98 in untreated patients with delirium". (Drs. S. Grover, S. Chakrabarti, R. Shah, Kumar V, 2012).
105. Marfatia Award of the IPS for the paper titled "Prevalence of metabolic syndrome and cardiovascular risk factors in bipolar disorder and schizophrenia: a comparative study" (Drs.S. Grover, N. Nebhinani, S. Chakrabarti, S.K Mattoo, S. Malhotra, M. Aggarwal, A. Avasthi ,

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- P. Kulhara, D. Basu , 2012).
106. Asian Federation of Early Career Psychiatrists (AFCEP) Fellowship in the 2nd training and educational fellowship program of Asian Federation of Early Career Psychiatrists (AFCEP) (Dr S. Grover, 2012).
  107. A K Kala Award of IPS- North Zone for best paper on Biological Psychiatry titled "longitudinal study of change in prevalence of metabolic syndrome and metabolic disturbances 3 months after Clozapine therapy" (Drs. N Nebhi- nani, S. Grover, S. Chakrabarti, N Kate, A. Avasthi, 2012).
  108. IAGMH-INTAS Award for the best paper presented by a fellow of Indian Association of Geriatric Mental Health Comparison titled "symptoms of delirium across various motoric subtypes in geriatric patients". (Drs S. Grover,A. Avasthi , A. Sharma, 2012)
  109. Second prize for the Young Researcher Award of the International Conference on Schizophrenia (ICONS-6) for the best paper by young researcher titled "Positive aspects of care giving & its correlates in caregivers of schizophrenia: A study from North India" (Drs N. Kate, S. Grover , P. Kulhara , R. Nehra, 2012)
  110. G C Boral Award-1 of the IASP for the paper titled "Intimate partner violence (IPV) amongst female psychiatric out-patients – A study from India" (Drs S. Grover, A. Ghosh, A. Avasthi, N. Kate, S. Sharma , P. Kulhara, 2012)
  111. BB Sethi Poster Award of IASP for the paper titled "Explanatory models in patients with Obsessive Compulsive Disorder: An Exploratory study" (Drs. B. Patra, S. Grover, M. Aggarwal, A. Avasthi, S. Chakrabarti, S. Malhotra, 2012)
  112. Young Researcher Award at the 15th Pacific Rim College of Psychiatrists Scientific Meeting at Seoul, Korea (Dr S. Grover, 2012).
  113. Dr. Vidya Sagar Oration Award of the Punjab and Chandigarh State Branch of the IPS (Dr.P. Kulhara, 2012)
  114. Dr. Girindra Shekhar Bose Oration of Indian Psycho-analytical Society, Kolkata; IPS – West Bengal branch and Indian Association of Private Psychiatry –West Bengal. "Psychotherapy in Indian Context" (Dr A. Avasthi, 2012)
  115. Early Career Psychiatrist Fellowship of Second Training and Educational Fellowship Program of Asian Federation of Early Career Psychiatrist, Kochi (Dr Subodh BN, 2012)
- ### **Decade –VI (2013–Continuing)**
116. Early Career Psychiatrist Fellowship of World Psychiatric Association, Bali, Indonesia (Dr S.M.Singh, 2012)
  117. Marfatia Award of IPS for the best original scientific paper (Drs D. Basu, D. Ghormode, R. Madan, S.K. Mattoo, R. Nehra, S. Pravakar, 2013).
  118. Pune Psychiatric Association – I (PPA I) Award for best published research paper (Drs D. Basu, M. Agarwal, P.P.Das, S.K.Mattoo, P.Kulhara, V.K.Varma, 2013).
  119. N. N Dey Oration Award of the IASP (Dr. P Kulhara, 2012-2013)
  120. KC Dube Award of IPS for best poster titled, "Computerized System of Diagnosis and Treatment in Telepsychiatry: Development and Feasibility Study of Pharmacological Treatment Module" (Drs S. Malhotra, S. Chakrabarti, R Shah 2013).
  121. Bhagwat Award of IPS for the year 2012 for the paper titled "Care

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- giving appraisal in schizophrenia: evaluating the stress appraisal coping model" (Dr N. Kate)
122. Bhagwat Award of IPS for the year 2013 for the paper titled "are the childhood externalizing disorder the harbinger of early alcohol dependence" (Dr A. Ghosh)
  123. IAGMH-INTAS Award (2nd Prize) for the best paper presented by a fellow of Indian Association of Geriatric Mental Health Comparison titled "Incidence, prevalence and risk factors for delirium in elderly admitted to a coronary care Unit (Drs S. Grover, S. Lahariya, S. Bagga, A. Sharma, 2013).
  124. International Lilly Travel Fellowship of the 10th Annual Conference of International Society of Bipolar Disorder, Miami, June 13- 16, 2013 (Dr S. Grover)
  125. Early Career Psychiatrist Fellowship of Asian Psychiatric Society, Colombo (S. Sarkar, 2013)
  126. IAGMH-INTAS Award for the year 2013 (second prize) for the paper presented by a fellow of Indian Association of Geriatric Mental Health (S. Grover).
  127. Ely Lily Young Investigator Travel Fellowship in Bipolar disorders, to attend the 10th International Conference on Bipolar Disorders, 13-16 June, 2013, Miami Beach, Florida, USA (S. Grover).
  128. J C Marfatia Award during the 12th Biennial Conference of Indian Association for Child and Adolescent Mental Health, Sept 25- 28th, 2013, New Delhi (S. Grover).
  129. Dr. V.S. Mani Memorial Oration Award of the year 2014 by the Venad Guild of Psychiatrists, Trivendrum, Kerala (A. Avasthi).
  130. Punjab State Award conferred on Independence Day, 2014. Punjab Sarkar Parman Patra for excellent and valuable services rendered to the society in the field of Medical Profession (A. Avasthi)
  131. Commendation Certificate from the Department of Social Welfare, Chandigarh Administration on 12th of August, 2014 for training the counselors of Chandigarh. (A Kohli)
  132. Dr A Venkoba Rao Oration Award of the year 2014 of Indian Association of Social Psychiatry- "Are Social Theories still relevant in Current Psychiatric Practice?" (A. Avasthi)
  133. Skoch Order-of-Merit award and the Highest Independent Honour in India for the best e- governance project of the Skoch Foundation for the telepsychiatry project in September 2014.
  134. 2nd prize for the Young Researcher Award for the year 2014 awarded by the 6th International Conference on Schizophrenia in August 2014 (A. Hegde, S. Chakrabarti and S Grover).
  135. IAGMH-INTAS Award (second prize) for the year 2014 of the Indian Association of Geriatric Mental Health in September 2014 (S Grover, S Chakrabarti and A. Avasthi).
  136. VK Varma Award of the Indian Association of Social Psychiatry for the year 2015 (S. Grover and A. Avasthi).
  137. BB Sethi Poster G C Boral Award of the Indian Association of Social Psychiatry for the year 2015 (S.Grover, S. Chakrabarti, A. Avasthi and others).
  138. G C Boral Award of the Indian Association of Social Psychiatry for the year 2015 (A. Singh, S.K. Mattoo and S. Grover).
  139. PPA-I Award for the year 2015 of the Indian Psychiatric Society for the "Best Published Paper" for the paper

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- titled- "Indian Psychiatric Society Multicentric Study on Functional Somatic Symptoms in Depression" (S. Grover, A. Avasthi)
140. Indian Association of Geriatric Mental Health-INTAS Award (second prize) for the year 2015 for the best paper presented by a fellow (S.Grover, S. Chakrabarti and A. Avasthi).
  141. Dr. Vidya Sagar Award for the year 2014 from ICMR for Outstanding contribution to the field of Mental Health (announced in 2016) (A. Avasthi).
  142. Shakuntala Amirchand award of ICMR for the year 2014 (announced in 2016) for significant research contributions by young scientists in biomedical sciences from ICMR. (S. Grover)
  143. ICMR Young Bio-medical scientist award for the year 2015-16(SK. Padhy).
  144. BB Sethi Poster award of the Indian Association of Social Psychiatry (Drs. A.Singh, SK Mattoo and S. Grover).
  145. ASHA Hospital Oration of Indian Psychiatric Society – Telangana State Branch for the year 2016, Oration was on "Consultation Liaison Psychiatry: Current Status and Future Perspectives" (A. Avasthi).
  146. INTAS Award (Second Prize) of Indian Association for Geriatric Mental Health for the year 2016, for the paper presented by a fellow (A. Mehra, S. Grover, S. Chakrabarti and A. Avasthi).
  147. Foundation Day Oration of the Department of Psychiatry, King George's Medical University, Lucknow for the year 2017, Delivered oration on "From mind-body dualism to interactionism: A journey from alienist care to integrated care" (A. Avasthi).
  148. Shewta Tiwari Award of Indian Association of Geriatric Mental Health for the year 2016 for the paper titled- A Retrospective Study of Late Onset Bipolar disorder: A comparison with early and intermediate onset (S. Grover, S. Sahoo, S. Chakrabarti and A. Avasthi).
  149. Young Psychiatrist Track Award of World Association of Social Psychiatry, 2016 (A. Ghosh)
  150. Young Psychiatrist Award, Indian Psychiatric Society (2017) Ghosh A. Brain circuitries linked to opioid dependence: A controlled Diffusion Tensor Imaging study
  151. AK Kala award. Ghosh A, Malhotra S, Basu D, Khullar M. Clinical, personality, and genetic correlates of binge drinking: a controlled association study from India. Awarded in 2016.
  152. Dr. Vidya Sagar Award for the year 2016 from ICMR for Outstanding contribution to the field of Mental Health (announced in 2017) (S. Grover).
  153. Dr. Vidya Sagar Memorial Oration for the year 2017 of Indian Psychiatric Society – Punjab and Chandigarh State Branch. "Mental and Physical Health: paradigm shift from dichotomy to interaction" (Dr. Ajit Avasthi)
  154. Dr. Roshal Lal Narang Poster Award (Ist Prize) for the year 2017 of Indian Psychiatric Society – Punjab and Chandigarh State Branch. "Factor Analysis of Symptom Dimensions (Psychotic, Affective and Obesive Compulsive Symptoms) in Schizophrenia" (Devakshi Dua, Sandeep Grover, Subho Chakrabarti, Ajit Avasthi).
  155. Dr. Roshal Lal Narang Poster Award (second Prize) for the year 2017 of Indian Psychiatric Society – Punjab and Chandigarh State Branch. "A Qualitative Study of Experience of

## ***Journey of Department (1963-2024)***

- parents of Adolescents who received ECT" (V Natarajan, Sandeep Grover, Ajit Avasthi)
156. D Sachdeva, A Sharma, R Shah. Awarded second best paper for Play therapy based Cognitive-Behavioral Therapy (CBT) for grief-related PTSD and Comorbid Dissociative Disorder: A case study at International Conference On Cognitive Behavioural Interventions - India, 4-8 March, 2017, New Delhi
157. Shewta Tiwari Award of Indian Association of Geriatric Mental Health for the year 2017 for the paper titled- IAGMH Multicentric Study on Depression in Elderly: Symptom profile and influence of gender, age of onset, age at presentation and number of episodes on symptom profile (Sandeep Grover, Ajit Avasthi, Swapnajeet Sahoo, Bhavesh Lakdawala, Naresh Nebhinani, Amitava Dan, Alakananda Dutt, Sarvada C. Tiwari, Ab Majid Gania, Alka A. Subramanyam, Jahnvi Kedare)
158. Indian Association of Geriatric Mental Health-INTAS Award (First prize) for the year 2017 for the best paper presented by a fellow for the paper titled-Psychiatric Morbidity among elderly presenting to Emergency Medical Department: A study from tertiary hospital in North India (Sandeep Grover, Natarajan V, Seema Rani, Sai Chaitanya Reddy, Ashish Bhalla, Ajit Avasthi)
159. Indian Association of Geriatric Mental Health-INTAS Award (First prize) for the year 2017 for the best paper presented by a fellow for the paper titled-Dropout Rates And Reasons For Dropout From Treatment Among Elderly Patients With Depression (Sandeep Grover, Aseem Mehra, Subho Chakrabarti, Ajit Avasthi)
160. Awarded the G C Boral Award of Indian Association of Social Psychiatry, 2017 for the paper titled "Internalized Stigma experienced by patients with first episode depression (FED): A study from a tertiary care centre from North India (Swapnajeet Sahoo, Sandeep Grover, Rama Malhotra, Ajit Avasthi)
161. Awarded the Prof V K Varma Award Indian Association of Social Psychiatry, 2017 for the paper titled "Concurrent validity of the Indian Disability Evaluation and Assessment scale (IDEAS) with socio-occupational functioning scale in patients with schizophrenia" (Swapnajeet Sahoo, Sandeep Grover, Devakshi Dua, Subho Chakrabarti, Ajit Avasthi)
162. International Travel Grant Award, 2017 by the Indian Council of Medical Research (ICMR) (Abhishek Ghosh)
163. Young Psychiatrist Fellowship Award, World Psychiatric Association, Berlin, 2017. (Abhishek Ghosh)
164. International Society of Addiction Medicine (ISAM) Young Fellowship Award, Abu Dhabi, 2017. (Abhishek Ghosh)
165. Niloufer Award (Best paper on therapeutic interventions) for the paper titled "Methylphenidate in children with sub-average intellectual functioning as compared to normally developing children: Results from an effectiveness trial" at the 14th Biennial Conference of the Indian Association of Child and Adolescent Mental Health, Kolkata, 10-12 November 2017 (Ruchita Shah, Susanta Padhy, Akhilesh Sharma, Savita Malhotra)
166. Prof M Murugappan Poster Award of Indian Psychiatric Society during the Annual Conference of Indian Psychiatric Society, 5th- 8th February, 2018 for the paper titled-

## ***Journey of Department (1963-2024)***

- Influence of Religiosity and Spirituality on suicide attempts in patients with first episode depression (Devakshi Dua, Susanta Padhy, Sandeep Grover) Kang Oration-2017 at Gautam Buddha University, Greater Noida, 23-25th February, 2018 (Adarsh Kohli)
167. Best Paper Award for oral paper at Gautam Buddha University, Greater Noida, 23-25th February, 2018 (Adarsh Kohli)
168. Awarded the Roshan Lal Narang Poster Award (First Prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for the year 2018 (Anisha Aggarwal, Rahul Chakravarty, Swapnajeet Sahoo, Sandeep Grover, Subho Chakrabarti, Ajit Avasthi)
169. Awarded the Roshan Lal Narang Poster Award (Second Prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for the year 2018 (Meha Verma, Sandeep Grover, Subho Chakrabarti, Ajit Avasthi)
170. Awarded the Roshan Lal Narang Poster Award (Joint Third Prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for the year 2018 (Swati Chaudhary, Swapnajeet Sahoo, Sandeep Grover, Ritu Nehra, Subho Chakrabarti, Ajit Avasthi)
171. Awarded the Roshan Lal Narang Poster Award (Joint Third Prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for the year 2018 (Chandrima Naskar, Devakshi Dua, Sandeep Grover)
172. Smt. Shweta Tiwari Memorial Award of Indian Association for Geriatric Mental Health, year 2018 for 'Relationship of loneliness and social connectedness with depression in elderly: A multicentric study under the aegis of Indian Association for Geriatric Mental Health'. (Sandeep Grover, Ajit Avasthi, Swapnajeet Sahoo, Bhavesh Lakdawala, Amitava Dan, Naresh Nebhinani, Alakananda Dutt, Sarvada C Tiwari, Ab Majid Gania, Alka A Subramanyam, Jahnvi Kedare, Navratan Suthar)
173. IAGMH INTAS Award (3rd Prize) of Indian Association for Geriatric Mental Health, year 2018 for Antidepressant-associated hyponatremia among the elderly: A retrospective study (Sandeep Grover, Anish Shouan, Aseem Mehra, Subho Chakrabarti, Ajit Avasthi)
174. Dr NN De Oration at the 25th National Conference of Indian Association for Social Psychiatry, Rohtak, November 16-18, 2018. (D. Basu)
175. Best Presenter Award for presenting a paper on "Caregiver Abuse Experienced by Patients with Bipolar Disorder", Colombo, Sri Lanka, 7th and 8th December, 2018. (Dr. R. Nehra, Anita Thakur, Sandeep Grover)
176. Roshan Lal Narang Poster Award (First Prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for the year 2018. (Anisha Agarwal, Rahul Chakravarty, Swapnajeet Sahoo, Sandeep Grover, Subho Chakrabarti, Ajit Avasthi).
177. Roshan Lal Narang Poster Award (Second Prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for the year 2018 for 'Long term impact of clozapine on prevalence of metabolic syndrome: a longitudinal real world Study (Meha Verma, Nandita Hazari,, Sandeep Grover, Subho Chakrabarti, Ajit Avasthi).
178. Roshan Lal Narang Poster Award (Third Prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for

## ***Journey of Department (1963-2024)***

- the year 2018. (C Naskar, D Dua, S. Grover).
179. Roshan Lal Narang Poster Award (Third Prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for the year 2018. (Swati Chaudhary, Swapnajeet Sahoo, Sandeep Grover, Subho Chakrabarti, Ritu Nehra, Ajit Avasthi).
  180. Second Best poster at the 8th International Conference on Schizophrenia, held at Chennai on 30 Aug-1st Sept, 2018 (Verma M, Grover S, Chakrabarti S, Avasthi A. Long term
  181. Change in the prevalence of metabolic syndrome and metabolic disturbances in patients receiving clozapine: a longitudinal real world study at the 8th International Conference on Schizophrenia, held at Chennai on 30 Aug-1st Sept, 2018)
  182. Young Researcher Award at the 8th International Conference on Schizophrenia, held at Chennai on 30 Aug-1st Sept, 2018 [Agarwal A, Grover S, Ahuja C, Chakrabarti S, Avasthi A, Khandelwal N. A Comparative Diffusion Tensor Imaging (DTI) study of patients with and without Treatment Resistant Schizophrenia (TRS) at the 8th International Conference on Schizophrenia, held at Chennai on 30 Aug-1st Sept, 2018)
  183. Awarded the runner-up prize for best poster at World Association of Social Psychiatry conference, Kochi, 8th and 9th December, 2018. (Y Mallik, S.M.Singh)
  184. Dr. Anil Malhotra Award for the year 2018 in National Conference of Indian Association of Social Psychiatry, Rohtak, India on 16-18th November 2018. (Dr. D Basu, Subodh.B.N).
  185. G.C Boral Award session on prioritizing rural and Community Mental Health, Annual Conference of Indian Association for Social Psychiatry, Rohtak, 16-18th November, 2018.(A.Kohli).
  186. International awardee of the Leadership and Professional Development course, Indonesia, Jakarta, year 2018. (A. Ghosh)
  187. Balint Award, Awarded by the Indian Association of Social Psychiatry, 2018. (A. Ghosh)
  188. International Travel Award, Research and Education Center of Bridging Asian Mental Health and Psychiatry (REBAMP) International Conference , Taiwan, 26th to 28th of April, 2019. (A. Ghosh)
  189. Best e-poster presented by a nursing student in a nursing conference, third prize year 2018-19 (Dr.A.Mehra)
  190. International Member of the American Psychiatric Association for 2021. (D. Basu)
  191. Nominated as a Founding Member of the Executive Council of Addiction Psychiatry Society of India (D. Basu).
  192. Panelist in the Panel Discussion in the 20<sup>th</sup> World Psychiatric Association (WPA) World Congress of Psychiatry held online on March 12-13, 2021. (D. Basu)
  193. Panellist at the National Health Conclave 2021 with the theme "Mental Health - From Distress to Wellness" organized via the virtual medium, by the Public Health Foundation of India (PHFI) on the March 10-13, 2021 (D.Basu)
  194. Speaker at the online National CME of Addiction Psychiatry Society of India (APSI) titled "ICD 11 Disorders due to Substance Use and Addictive Behaviours: Developing a Consensus" on January 31, 2021 (D.Basu)
  195. First prize for the best poster Award at the mid-term CME of the Indian Psychiatric Society- North Zone for the year 2019 (D. Dua, S. Grover, S. Chakrabarti, S.Sahoo)
  196. AK Kala Award for Biological Psychiatry at the Annual National Conference of the Indian Psychiatric Society North Zone, Amritsar, 2019 (D.Dua, S.

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- Grover, S.Sahoo, S. Chakrabarti)
197. IAGMH INTAS Award (3rd Prize) of Indian Association for Geriatric Mental Health, year 2019 'Attitude toward psychotropic medications: A comparison of the elderly and adult patients with affective and psychotic disorders' (Aseem Mehra, Sandeep Grover, Subho Chakrabarti, Ajit Avasthi)
  198. Awarded the G C Boral Award for the paper "Relationship of stigma with burden and coping among caregivers of patients with severe mental disorders' ( Aseem Mehra, S.Grover, S. Chakrabarti)
  199. Awarded the Roshan Lal Narang Poster Award (First Prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for the year 2019 for the paper 'Impact of Clozapine on disability in patients with schizophrenia: a study from North India' (C. Naskar, S. Grover, S.Chakrabarti)
  200. Awarded the Poona Psychiatric Society Award-1 (PPA-1) for the year 2020 for the paper "A Relationship of metabolic syndrome and neurocognitive deficits in patients with schizophrenia" (S. Grover, S. Sahoo, R. Nehra)
  201. Appointed as Mental health expert for formulation of guidelines for "Prevention, Surveillance and Management of non-communicable diseases in primary and secondary health-care settings" by the World NCD Federation (S. Grover)
  202. Expert to the meeting of the Global Council on Brain Health (GCBH) on formulating a document on Delirium, for American Association of Retired Persons, in a meeting held from July 31 -August 1, 2019 at Boston, USA (S. Grover).
  203. Awarded the Shiv Gautam Oration Award of Indian Association for Geriatric Mental Health for the year 2019- titled- "Delirium in Elderly: Battling a silent killer in the Indian Context" (S. Grover)
  204. Awarded the IAGMH Smt. Shweta Tiwari Memorial Award for the paper 'IAGMH Multi-centric Study on Depression in Elderly: Prevalence of Suicidality and its correlates in Geriatric Depression" (S.Sahoo, S.Grover, A. Avasthi, Bhavesh Lakdawala, Amitava Dan, Naresh Nebhinani, Alakananda Dutt, Sarvada C Tiwari, Ab Majid Gania, Alka A Subramanyam, Jahnavi Kedare, Navratan Suthar)
  205. Best poster award (second prize) for the paper 'Prevalence of Mixed Features in Patients with Affective Disorders' (Himani Adarsh, S. Grover) and best poster award (Third prize), at the mid-term CME of Indian Psychiatric Society-North Zone, at Ludhiana, May 2019 and for the paper 'Derogatory Stigmatizing labels: What terms should not be used for people with mental illnesses?' (Anish Shouan, S. Grover, S. Sahoo)
  206. Panelist in a panel discussion on "Drug De-Addiction: Treatment and Relapse Management" on November 1,2019 at ICA Centre, Sector 26, Chandigarh, India (Subodh BN)
  207. Awarded the V K Verma Award of IASP in 2019 for the paper "Initial treatment dropout in patients with substance use disorders attending a tertiary care de-addiction centre in north India (D. Basu, A.Ghosh, S. Sarkar, B N Patra, Subodh BN, S K Mattoo)
  208. Awarded the Roshan Lal Narang Poster Awards (second and third prize) of the Punjab and Chandigarh branch of the Indian Psychiatric Society (PUNCIPS) for the year 2019 for the papers 'Attitude and perceptions of patients towards long acting depot injections (LAIs)' (A Kango, S. Grover, Subodh BN, S. Sahoo) and 'Stigma experienced by patients with depression: a comparison of elderly and adult patients' ( S Das, A Mehra, K K Sony, S. Grover)
  209. Deliver a talk titled 'Covid-19 pandemic and neuromodulation: what the future beholds' at the 5<sup>th</sup> National CME and Workshop on rTMS, AIIMS New Delhi on December 17-18, 2020 (SM Singh)
  210. Delivered an invited lecture for the CME on "Online abuse: Concept, evolution and its implications for child &adolescent mental health" (R Shah)
  211. Conducted Workshops on "Parenting skills training intervention for attention-deficit/ hyperactivity disorder: Manual based hands-on workshop" and "Adverse childhood experience: Intervention to prevention" at the 15<sup>th</sup> Biennial National Conference of Indian Association of Child and Adolescent Mental Health (IACAM), November 8 - 10, 2019 (R Shah)
  212. Speaker and expert faculty in a "faculty development programme: effective communication in digital era" on mental health in digital era in January 2021 (A Sharma)

## ***Journey of Department (1963-2024)***

213. Awarded the early Career Psychiatrist Fellowship Award by the World Association of Social Psychiatry (WASP) in Bucharest on October 25-28, 2019 (A Ghosh)
214. Received the FuturiZe bursary by the European Monitoring Centre of Drug Dependence and Addiction in Lisbon in the 3<sup>rd</sup> European Conference on Addictive Behaviors and Dependencies, on October 23-25, 2019. (A Ghosh)
215. Awarded the Fellowship from the Japanese Society for Psychiatry and Neurology (2020).(A Ghosh)
216. Chaired webinars on "Intelligence Testing for certification in Intellectual Disability: Recent Updates" organized by Composite Regional Centre for Skill Development, rehabilitation and Empowerment of PWDs in September 17, 2020. (A Mehra)
217. Received the ITOP-Research grant 2020-21 and the Must Enrich grant for psychiatry teachers 2020-2021 under the MINDS united trust for health science and humanity trust and Indian teachers of psychiatry (A Mehra)
218. Conducted a workshop (speaker) on the topic, "Integrating family-based interventions with the treatment of substance use disorders" in the XXVI National Conference of the NCIASP held at AIIMS, Bhubaneswar (R R Pillai)
219. Delivered a lecture on "Women illness among women across the life span" at the Central University of Haryana on October 8, 2020 (K K Sony)
220. Delivered an invited talk on "Psychiatric Problem in Youth" at the Mata Gujri College in Fatehgarh Sahib on November 25, 2020.(K K Sony)
221. Awarded the Bhagwat Award of the Indian Psychiatric Society at ANCIPS 2020 , Kolkatta (S Sahoo).
222. Awarded the Young Psychiatrist Award of Indian Psychiatric Society at ANCIPS 2020 ( S Sahoo)
223. Awarded the Buckshey award of IPS-North Zone 2020 for the paper titled "Profile of Patients seen in the Emergency Setting: A retrospective study involving data of 5563 patients" at the annual conference of IPS- North Zone on January 23-24, 2020 (D Dua, S Grover, S Sahoo, S Chakrabarti)
224. Awarded the Muruguppan award of Indian Psychiatric Society 2022 for a poster titled "The effect of High Definition Transcranial Direct Stimulation (HD-tDCS) on pain in Somatic Symptom Disorder with predominant pain (SSD-P): a randomized, single-blind sham controlled cross-over study. (Kathiravan S, Singh SM, Ghosh A)
225. Awarded the Scholarship award from the International Network on Brief Interventions for Alcohol and Other Drugs (INEBRIA) for the five best-submitted abstracts (2021). (A Ghosh)
226. Awarded the Young Investigator Award by the International Network on Brief Interventions for Alcohol and Other Drugs (INEBRIA) September 2021. (A Ghosh)
227. Awarded the V.K. Varma Award of the Indian Association for Social Psychiatry for the paper "Course and Correlates of Stigma in Patients on Opioid Agonist Treatment: A Prospective Study from an Outpatient Treatment Program in India" in June 2021. (Ghosh A, Roub F, Pillai RR, et al)
228. Awarded the Best Paper Award in the Rajagiri National Research Conclave titled "Psychological Distress and its predictors among hospital admitted COVID 19 patients in India" on July 1<sup>st</sup>, 2021. (R.R Pillai)
229. Awarded the Dr AK Kala award 2021 for the paper titled "Cognitive Impairment in Patients with Hypertension" at 46<sup>th</sup> Annual conference of the Indian psychiatric society -North Zone, December 11-12, 2021, Chandigarh. (A Mehra)
230. Awarded the Dr RL Narang Poster Award (2<sup>nd</sup> Prize) for paper titled "Prevalence of premenstrual dysphoric disorder (PMDD) and its correlates in females of reproductive age group with recurrent depressive disorder" at the 28<sup>th</sup> Annual conference of PUNCIPS held at Jalandhar on April 9-10, 2022. (A Mehra)
231. Awarded the Dr RL Narang Poster Award (3<sup>rd</sup> Prize) title "Extent of stigma and its correlates among the caregivers of the patient with Major Neurocognitive Disorder (Dementia)" at the 28<sup>th</sup> Annual conference of PUNCIPS held at Jalandhar on April 9-10, 2022. (A Mehra)
233. Awarded the Dr A K Kala Award (Co-Author) of IPS-North Zone 2021 for the paper titled "Cognitive Impairment in patients with Hypertension", presented at the 46<sup>th</sup>

## ***Journey of Department (1963-2024)***

- Annual Conference of IPS-North Zone, held at Chandigarh on December 11-12, 2021. (A Mehra, S Grover, S Sahoo)
234. Awarded the Tilak Venkoba Rao Oration award for 2023 (A Ghosh)
235. Appointed International Consultant with the United Nations Office of Drugs and Crime (UNODC), Vienna and also worked with with the Alcohol, Drugs and Behaviour Addiction Unit, WHO, Geneva in the development of mh-GAP interventions for alcohol dependence, management of substance use disorder in pregnancy, and health and social effects of cannabis use (A Ghosh).
236. Awarded the SAARC Psychiatric Federation Fellowship Award-2022 at the 13th SAARC International Psychiatry Conference held at Chattogram, Bangladesh in October 2022 (A Mehra)
237. Awarded third position in The Institute Annual Research Day and innovation Bazaar at PGIMER Chandigarh (K Sony).
238. Awarded Marfatia Award for the paper titled "'Prevalence of 'mixed features' in patients with First Episode Depression - An Exploratory Multicentric study' at ANCIPS 2023 (S Grover, S Sahoo, Subodh BN, Ajit Avasthi).
239. Appointed as a member of "LEADERSHIP DEVELOPMENT - Task Force " of the Indian Psychiatric Society, 2023 (S S Naik)
240. Assistant course coordinator and resource faculty for the One-year certificate course of Child and Adolescent Psychiatry under the aegis of Indian Association for child and adolescent mental health (IACAMH). (N Chauhan)
241. Awarded Silver Medal for Research work at the 36<sup>th</sup> Convocation, PGIMER, November, 2, 2023 (S.Sahoo)
242. Awarded Poona Psychiatrists Award -I for the paper titled "Factors associated with lifetime suicide attempts:findings from the bipolar disorder course and outcome study from India (BiD-CoIN study) (S Grover, A Avasthi, R Chakravarty)
243. Awarded Bhagwat Award of Indian Psychiatric Society at ANCIPS, 2024 (R Chakravarty)
244. Awarded the DLN Murthy Rao Oration at ANCIPS, 2023 (D Basu)

## ***Journey of Department (1963-2024)***

### **Medals for the MD (Psychiatry)**

1. Bronze Medal for the year 1972  
(Dr S.Bhatia).
2. Bronze Medal for the year 1974  
(Dr P. Kulhara).
3. Silver medal for the year 1975  
(Dr S. Akhtar).
4. Kataria Memorial Gold Medal for  
the year 1976 (Dr. R.S. Murthy).
5. Silver Medal for the year 1990  
(Dr D. Basu)
6. Bronze Medal for the year 1990  
(Dr S.P.Singh)
7. Silver Medal for the year 1991  
(Dr S. Chakrabarti)
8. Bronze medal for the year 1992  
(Dr P.J.Santosh)
9. Bronze Medal for the year 1993  
(Dr M. Das)
10. Bronze Medal for the year 1997  
(Dr A.L. Ramana)
11. Kataria Gold Medal for the year  
1997 (Dr. N. Gupta).
12. Bronze Medal for the year 2001  
(Dr. P. Sharma).
13. Bronze Medal for the year 2004  
(Dr B.Pradhan)
14. Bronze Medal for the year 2004  
(Dr R. Bharadwaj)
15. Bronze Medal for the year 2004  
(Dr A. Banarjee)
16. Bronze Medal for the year 2008  
(Dr R. Shah).
17. Bronze Medal for the year 2008  
  
(Dr K. Chakrobarty).
18. Bronze Medal for the year 2009  
(Dr A. Dutta).
19. Silver Medal for the year 2011  
(Dr N. Kate).
20. Bronze Medal for the year 2011  
(Dr Arya KR).
21. Bronze Medal for the year 2011  
(Dr A. Ghosh).
22. Bronze Medal for the year 2012  
(Dr U. Maheswari).
23. Bronze Medal for the year 2013  
(Dr A. Hegde).
24. Bronze Medal for the year 2014  
(Dr S. Balchander).
25. Silver Medal for the year 2014  
(Dr A. Singh).
26. Silver Medal for the year 2015  
(Dr T. Davulluri).
27. Bronze Medal for the year 2015  
(Dr P. Chandrasekaran).
28. Bronze Medal for the year 2019  
(Dr. Amal Joseph)
29. Bronze Medal for the year 2020  
(Dr Chandrima Naskar)
29. Bronze Medal for the year 2021  
(Dr Gopika Jagota)
30. Bronze Medal for the year 2022  
(Dr Eepsita Mishra)
31. Bronze Medal for the year 2022  
(Dr Priyanka Pilonia)

## ***Journey of Department (1963-2024)***

### **Honours/Honorary Appointments/Achievements (Decade Wise)**

#### **Decade - I (1963–1972)**

190. General Secretary, Indian Psychiatric Society, 1969 (N.N.Wig)
191. Editor, Indian Journal of Mental retardation, 1969 (J.S.Teja)

#### **Decade - II (1973–1982)**

192. Editor, Indian Journal of Clinical Psychology ( S.K.Verma )
193. Bronze medal of the Post graduate Institute of Medical Education & Research, Chandigarh for the year 1970-1972 (P.Kulhara)
194. Member, WHO Expert International Advisory Board on Mental Health for 5 years in 1974 (N.N.Wig)
195. Dr Kataria Memorial Gold Medal for best Post Graduate of the Institute, 1976 (R S Murthy)
196. First Prize in IDPL essay competition on the topic of brain drain, 1977 (Usha Rao)
197. National Essay Competition Award on Mental Retardation by Federation of Welfare of Mentally Retarded, 1978 (R.S.Murthy)

#### **Decade - III (1983–1992)**

198. Dr.B.C. Roy award for outstanding teacher in Medicine, 1984 (V.K. Varma)
199. Bronze Medal for Performance in M.D. Psychiatry, 1983 (S K Mattoo)
200. General Secretary of Indian Association of Social Psychiatry, 1984 (V.K. Varma)
201. Member, Executive Council of the Indian Psychiatric Society, 1989-1990(P.Kulhara)
202. Member, Continuing Medical Education Programme Committee of the Indian Psychiatric Society, 1987-1990 (P.Kulhara)

203. Member, Editorial Board of Indian Journal of Psychiatry, 1987(P.Kulhara)
204. President of Indian Psychiatric Society, 1989 (V.K. Varma)
205. Member, Scientific Advisory Committee of Advanced Centre for Research on Health and Behaviour of the Indian Council of Medical Research, New Delhi (P.Kulhara)
206. Member, Scientific Advisory Group on Coronary Prone Behaviour and Diseases of the Indian Council of Medical Research, New Delhi (P.Kulhara)
207. Member, Steering Committee for Research on Integrated Control of Non-Communicable Diseases of the Indian Council of Medical Research, New Delhi (P.Kulhara)
208. Member, Scientific Advisory Group on Collaborative Epidemiological Research in Coronary Heart Disease of the Indian Council of Medical Research, New Delhi (P.Kulhara)
209. Consultant, Schizophrenia Foundation, Madras, 1987 (P.Kulhara)
210. Editor, Indian Journal of Social Psychiatry, 1988-1993(P.Kulhara)
211. Secretary, Indian Psychiatric Society-Punjab and Chandigarh State branch, 1988-89, (A Avasthi)
212. Associate Editor, Indian Journal of Social Psychiatry, 1988 -1994, (A Avasthi)
213. Member, Executive Council of the Indian Psychiatric Society - North Zone, 1989 - 1992, (A Avasthi)
214. Representative of Punjab and Chandigarh State Branch to the Zonal branch of Indian Psychiatric Society, 1989-93, (A Avasthi)
215. WHO Fellowship for training in 'Latest Techniques in Health Education' Aug-Sept 1989, A Kohli)
216. General Secretary, Faculty Association, Postgraduate Institute of Medical Education and Research, Chandigarh, 1990 - 1992(P.Kulhara)
217. Member, Executive Council of Indian

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- Psychiatric Society - Punjab and Chandigarh State branch, 1990-93, (A Avasthi)
218. 219 Member Editorial Board, JAMA-India, 1991(P.Kulhara)
219. Vice-President, Punjab and Chandigarh Branch of the Indian Psychiatric Society, 1991-1992, (P.Kulhara)
220. WHO Fellowship in Child Mental Health, Sept-Oct 1991(S Malhotra)
221. Visiting Professor to Institute of Medical Sciences, Banaras Hindu University, Varanasi, March 27-30, 1992 (S Malhotra)
222. Member, Editorial Board of Indian Journal of Psychiatry(S Malhotra)
223. Member Editorial Board of Practitioner Update, ISNO971, 1992 - continuing (A Avasthi)
224. Editor, Indian Association of Social Psychiatry, 1990 (P. Kulhara)
225. Secretary General of Indian Association for Child and Adolescent Mental Health, 1991- 1992 (S. Malhotra)
226. WHO Fellowship in Child Mental Health, Sept- Oct, 1991 (S. Malhotra)
- Decade - IV (1993-2002)**
227. Chairman, Continuing Medical Education Sub Committee of the Indian Psychiatric Society (1993-1995) (P.Kulhara)
228. Secretary General of Indian Association for Child and Adolescent Mental Health, 1993- 1999 (S. Malhotra)
229. President, Punjab and Chandigarh Branch of the Indian Psychiatric Society, 1993-1994 (P.Kulhara)
230. Vice-President/President Elect, North Zone Chapter of the Indian Psychiatric Society, 1994-1995. (P.Kulhara)
231. Vice President, Indian Psychiatric Society - Panjab and Chandigarh State Branch, 1994- 95, (A Avasthi)
232. Chairman, CME Committee of Indian Psychiatric Society, North Zone, 1994-96, (A Avasthi)
233. President, North Zone Chapter of the Indian Psychiatric Society, 1995-1996, (P.Kulhara)
234. Member, Advisory Board of Current Medical Journal of North Zone, 1995 - continuing (A Avasthi)
235. President, Indian Psychiatric Society - Panjab and Chandigarh State Branch, 1995-96, (Dr A Avasthi)
236. MRCPsych degree conferred by The Royal College of Psychiatrists, UK, July 1995, (S. Chakrabarti)
237. Under Higher Education link, training in Clinical work with Children at Guys Hospital, London, U.K. Jan-Feb, 1995. (A Kohli)
238. Broze medal in M.D (Psychiatry), 1997 (N Gupta).
239. Kataria Memorial Gold medal for the best postgraduate student of PGIMER for the year 1996-1997 (N Gupta).
240. Adjunct Secretary and Assistant Secretary General of International Association for Child and Adolescent Psychiatry and Allied Professions, 1995-2002 (S.Malhotra)
241. Member, World Psychiatric Association Educational Programme Committee on "Fighting Schizophrenia and Its Stigma", 1996 (P.Kulhara)
242. Olympian Honours for Caring for Human Race: Cadila Health Care Award 1996, (S Malhotra)
243. Member, Editorial Committee: Journal of Mental Health and Human Behaviour, 1996 - 2004, Member Journal Committee, 2005-2006, Member Editorial Advisory Board, 2007 - continuing, ( A Avasthi)
244. Vice-President, Faculty Association, Postgraduate Institute of Medical Education and Research, Chandigarh 1997-(P.Kulhara)
245. Member, Executive Committee of the Faculty Association, Postgradu-

## ***Journey of Department (1963-2024)***

- ate Institute of Medical Education and Research, Chandigarh 1998-1999. (P.Kulhara)
246. Vice-President, Faculty Association, Postgraduate Institute of Medical Education and Research, Chandigarh 1997-1998.(P.Kulhara)
247. Member, national academy of medical sciences, New Delhi, India, 1998 (A Avasthi)
248. Convener, Speciality Section of Community Psychiatry of Indian Psychiatric Society, 1997-99, (A Avasthi)
249. Vice-President (President-Elect) of Indian Psychiatric Society - North Zone, 1997-98, (A Avasthi)
250. Advisor, Editorial Board of ANCIPS NEWS, 1997-98, (A Avasthi)
251. Member, Executive Committee of the Faculty Association, Postgraduate Institute of Medical Education and Research, Chandigarh 1998-1999, (P.Kulhara)
252. Chairman, Awards Committee of the North Zone Chapter of the Indian Psychiatric Society 1999-(P.Kulhara)
253. President of Indian Psychiatric Society - North Zone, 1998-99 (A Avasthi)
254. Member, Editorial Board of Indian Journal of Psychiatry, 1999-2002; 2005-continuing (A Avasthi)
255. Member, Editorial Board of the Archives of Indian Psychiatry, 1999 – continuing (A Avasthi)
256. Expert Member, National Task Force Project of the ICMR on Suicidal Behavior, 1998 2012 (A Avasthi)
257. Member, Project Review Committee for the Division of NCD of ICMR (1999- continuing) (A Avasthi)
258. Consultant Editor, JK Science – Journal of Medical Education and Research ISSN 0972- 1177, 1999 – Continuing (A Avasthi)
259. Chairman, Awards Committee of the North Zone Chapter of the Indian Psychiatric Society 1999 (P.Kulhara)
260. Member, Expert Panel on Mental Health of the National Human Rights Commission, New Delhi since June 2000. (P.Kulhara)
261. Member, Advisory Committee of the Institute of Mental Health, Government of Punjab since July 2000. (P.Kulhara)
262. Member, Expert Panel on Mental Health of the National Human Rights Commission, New Delhi since June 2000(P.Kulhara)
263. Member, Advisory Committee of the Institute of Mental Health, Government of Punjab since July 2000.(P.Kulhara)
264. Expert advisor to the Govt. of Punjab for reorganization of Mental Health at Amritsar, Govt. of Punjab, 2000 (A Avasthi)
265. Member Advisory Committee for the Construction of a new Institute of Mental Health at Amritsar, Govt. of Punjab, 2000 (A Avasthi)
266. Member, Focus Group: Global Mental Health Information Database Project of International Consortium for Mental Health Policy & Services, New Delhi, March, 2001 (A Avasthi)
267. Member- Executive Council of the Indian Association of Social Psychiatry (IASP) for years 2001-2003 (N Gupta).
268. Member of the Visitor's Committee of the Chandigarh Mental Health Authority under the provisions of the Indian Mental Health Act for years 2001-2002 (N Gupta).
269. Invited Expert Commentator: "The usefulness and Use of Second Generation Antipsychotic Medications: Review of evidence and recommendations" by a Task Force of the World Psychiatric Association since 1999, (Document published in the Current Opinion in Psychiatry, 2002, 15, suppl 1,) (P.Kulhara)
270. Advisory Member, World Federation of Societies of Biological Psychiatry Task Force on Treatment Guidelines

## ***Journey of Department (1963-2024)***

- for Unipolar Depressive Disorders since November 2000, (Document published in World Journal of Biological Psychiatry, 2002, 3, 5-43 and 67- 84( P.Kulhara)
271. Member, Project Formulation Committee constituted by the Governor of Haryana for setting up a Mental Hospital in the State of Haryana, 2002, (A Avasthi)
272. Member of the National Academy of Medical Sciences (India) in 2013 (A. Avasthi)
273. Member, Committee for Framing Guidelines for Mental Hospital at U.T., Chandigarh (2002) (A Avasthi)
274. Member of World Psychiatric Association (WPA) Specialty Section on "Psychiatry and Human Sexuality" for the years 2002-2005 (N. Gupta)
275. Member of World Psychiatric Association (WPA) Specialty Section on "Classification, Diagnostic Assessment and Nomenclature" for the years 2002-2005 (N. Gupta)
276. President of Indian Association of Social Psychiatry, 2001-2003 (S. Malhotra)
277. President of Indian Association for Child and Adolescent Mental Health, 2001-2003 (S. Malhotra)
278. Nominated to the Faculty of Medicine of the University of Jammu, 2003-2009, (A Avasthi)
283. Chairman, Parliamentary Affairs Committee of the Indian Psychiatric Society, 2004-05 (P.Kulhara)
284. External Expert, Selection Committee, King George's Medical University, Lucknow, 2004 (P.Kulhara)
285. Member of the Jury to assess the Posters at the 16th World Congress of the International Association of Child and Adolescent Psychiatry and Allied Professions (IACAPAP), 22-26 August 2004, Berlin Germany (S Malhotra)
286. Chaired State-of-the-Art Lecture, titled, "The Biology of childhood experience (Dedicated to the memory of Richard Harrington) at the 16th World Congress of the International Association of Child and Adolescent
287. Psychiatry and Allied Professions (IACAPAP), 22-26 August 2004, Berlin Germany. (S Malhotra)
288. Elected Member, Faculty of Medical Sciences, Panjab University, 2005-2009 (A Avasthi)
289. Member, Awards Committee of the Indian Psychiatric Society, 2005-06 (A Avasthi)
290. Member, Governing Committee, International Society for Affective Disorders, London 2005 (A Avasthi)
291. Member of the "Operational Committee on Education" of WPA, 2005-2008 (S. Malhotra)
292. Member, Task Force on Response regarding Direct Referrals and claim for Independent OPD service by Clinical Psychologists, Indian Psychiatric Society, 2004-2005, (A Avasthi)
293. Life President of Indian Association for Child and Adolescent Mental Health, since 2005 (S. Malhotra)
294. Member, Task Force on Issue of Conflict with related societies, Indian Psychiatric Society, 2004-05 (A

### **Decade - V (2003-2012)**

278. On the Advisory Board of the World Psychiatric Association's Presidential Program on Child Mental Health, 2003, (S Malhotra)
279. Member, International Review Panel of Medical Science Monitor Science 2003(S Malhotra)
280. Member, Editorial Board of Indian Journal of Social Psychiatry (S Malhotra)
281. Convenor, Task Force on Clinical Practice Guidelines, Indian Psychiatric Society, 2003- 2010 (A Avasthi)

## ***Journey of Department (1963-2024)***

- Avasthi)
295. Member of the Indian Psychiatric Society Task Force on Clinical Practice Guidelines on Schizophrenia in July 2004 (S Chakrabarti)
  296. WHO fellowship on Information, Education and Communication at Sydney, Australia, 2004-2005(A Kohli)
  297. Elected as a council member of North Zone for Indian Association of Clinical Psychologist for 2004-2005, (Ritu Nehra)
  298. Chairman, Awards Committee of the Indian Psychiatric Society, 2005 (P.Kulhara)
  299. Member, Committee of University of Delhi, Faculty of Medical Sciences for Starting of DPM (Psychiatry) Course at the Institute of Human Behaviour and Allied Sciences (IHBAS), Delhi, 2005- ( P.Kulhara)
  300. Member of the "Operational Committee on Education" by WPA. For 2005-2008 (S Malhotra)
  301. Member, Board of Undergraduate Studies in Psychology of the Panjab University, Chandigarh, 2005-2007 (P.Kulhara)
  302. Member, Editorial Advisory Board (Journal Committee), Journal of Mental Health and Human Behaviour; Official publication of the North Zone Chapter of the Indian Psychiatric Society, 2005- (P.Kulhara)
  303. Jury Member for World Psychiatry Association's Jean Delay Prize, 2008 (S. Malhotra)
  304. Advisor, Operational Committee on Education of the World Psychiatric Association, 2008- 2011 (S. Malhotra)
  305. Advisory Member, World Federation of Societies of Biological Psychiatry Task Force on Treatment Guidelines for The General Practitioners for Biological Treatment of Unipolar Depressive Disorders since November 2005 (P.Kulhara)
  306. Member, World Federation of Societies of Biological Psychiatry Task Force on Bipolar Affective Disorders for the WFSBP term 2005-2009 (P.Kulhara)
  307. Member, World Federation of Societies of Biological Psychiatry Task Force on Unipolar Depressive Disorder for the WFSBP term 2005-2009 (P.Kulhara)
  308. Executive Member, Indian Association of Biological Psychiatry, 2005 -2006 (A Avasthi)
  309. Elected as Fellow of the International Society for Affective Disorders in the year 2005(S Chakrabarti)
  310. External Expert, Selection Committee, Institute of Human Behaviour and Allied Sciences, Delhi 2006 (P.Kulhara)
  311. Convenor, Task Force on Suicide Prevention, Indian Psychiatric Society, 2006- 2007 (A Avasthi)
  312. Member, Technical Committee for appraisal of Govt. Medical College, Jammu for up gradation under Pradhan Mantri Swasthya Suraksha Yojna, 2006 (A Avasthi)
  313. Member, Editorial Advisory Board, Delhi Psychiatric Bulletin, 2006 - (A Avasthi)
  314. Member, Editorial Advisory Board, Health & Disease, 2006-09 (A Avasthi)
  315. Advisor, Union Public Service Commission, New Delhi, 2007-, (P.Kulhara)
  316. Member, Advisory Panel, Credentials Committee, National Academy of Medical Sciences (India), New Delhi, 2007- (P.Kulhara)
  317. Member Task Force on Sexuality and HIV/AIDS, Indian Psychiatric Society, 2007- 09 (A. Avasthi)
  318. Elected as Member of the National Academy of Medical Sciences (India) in September 2007(S Chakrabarti)
  319. External Faculty, Faculty of Medicine, Institute of Medical Sciences, Benaras Hindu University,

## ***Journey of Department (1963-2024)***

- Varanasi ,2008-, ( P.Kulhara)
320. Nominated as Co-chairperson of the Biological Psychiatry, Specialty Section of the Indian Psychiatric Society, 2008-2009 (S Chakrabarti)
  321. Chairman Awards Committee, Indian Psychiatric Society, 2008-2009 (A Avasthi)
  322. Member, Task Force on Diagnosis and Classification, Indian Association for Social Psychiatry, 2008 (A Avasthi)
  323. Regional Editor, South Asia, Asian Journal of Psychiatry 2008 -- (A Avasthi)
  324. Young Psychiatrist Fellowship of the World Psychiatric Association at the XIV World Congress of Psychiatry in Prague, on 20-25 September 2008(S Grover)
  325. Honorary Mention for the World Psychiatric Association 'Ulysses Vienna Prize for Young Psychiatrists' in developing countries in 2008 (S Grover)
  326. Jury Member for World Psychiatric Association Prize Jean Delay Prize for 2008 (S.Malhotra)
  327. Consultant Education Committee of the World Psychiatric Association 2009-2012 (S Malhotra)
  328. Chairman, Psychiatric Education Committee of the Indian Psychiatric Society, 2009 ( P.Kulhara)
  329. Chairman, South Asia division of the Royal College of Psychiatrists, London, UK, 2009- ( P.Kulhara)
  330. Vice-President-cum-President Elect of Indian Psychiatric Society, 2009-2010 (A Avasthi)
  331. Member Advisory Committee, MM University, Mullana-Haryana, 2009-- ( A Avasthi)
  332. Member, Editorial Board, Indian Journal of Private Psychiatry, 2009- ( A Avasthi)
  333. Member State Mental Health Authority, Govt. of Haryana, 2009-- (A Avasthi)
  334. Member SAARC Psychiatric Federation Advisory Committee, 2010 (A Avasthi)
  335. Member Specialty Board in Child and Adolescent Psychiatry of the Medical Council of India 2010 (S Malhotra)
  336. Chairman, Publication Committee, Indian Psychiatric Society, 2010 (P.Kulhara)
  337. President Elect of the Asian Society for Child & Adolescent Psychiatry & Allied Professions, 2010-2013 (S. Malhotra)
  338. Elected as a Fellow of the Royal College of Psychiatrists (FRCpsych), UK in February 2010 (S Chakrabarti)
  339. Nominated as Co-chairperson: IPS Task Force on Research and Training, 2010-2011 (SChakrabarti)
  340. Member, New Drugs Advisory Committee of the Drugs Controller General (India), New Delhi, 2011 - 2012 (P.Kulhara)
  341. Chairman, Ethics Committee of the Indian Psychiatric Society, 2012 (P.Kulhara)
  342. Member, Review Committee of the Indian Council of Medical Research for National Institute for Research in Environmental Health (NIREH), Bhopal, Madhya Pradesh, 2012- ( P.Kulhara)
  343. Appointed by the WHO - Mental Health and Substance Abuse Department as a member of the Expert Working Group on Mood and Anxiety Disorders, for the Revision of ICD-10 Mental and Behavioural Disorders, for a period of 2 years, 2011- 2013 (S Chakrabarti) Appointed as member of the editorial board of the World Journal of Psychiatry in 2011(S Chakrabarti)
  344. Appointed as member of the editorial board of the journal ISRN, Psychiatry in 2011(S Chakrabarti)
  345. Appointed as member of the editorial board of the Journal of Krishna Institute of Medical Sciences University in 2011, (S Chakrabarti)

## ***Journey of Department (1963-2024)***

346. Included in the 2011-2012 Edition of the Marquis Who's Who in Medicine and Healthcare, (S Chakrabarti)
347. Editor, Indian Journal of Social Psychiatry, 2012 (D. Basu)
348. Appointed as member of the editorial board of the Indian Journal of Social Psychiatry in 2012 (S Chakrabarti)
349. Appointed as member of the editorial board of the World Journal of Meta-analysis in 2013 (S Chakrabarti)
350. Vice-President, Indian Psychiatric Society, 2009-2010 (A Avasthi)
351. President, Indian Psychiatric Society, 2010- 2011, (A Avasthi)
352. Member, Board of Specialty in Psychiatry for drafting/updating the curriculum for MD & Diploma courses, Medical Council of India, 2010-- (A Avasthi)
353. Member Super specialty Board of Medical Council of India for designing and drafting curriculum for DM in Child and Adolescent Psychiatry, 2011 (S Malhotra)
354. Guest Faculty for the Professional Diploma courses at Department of Psychology, Panjab University, Chandigarh (R. Nehra)
355. Panel member of Punjab University for conducting practical examination of Post Graduate courses in Psychology (R. Nehra)
356. Panel member of Punjab University as paper setter for Post graduate courses in Psychology(R. Nehra)
357. Panel member of Punjab University as paper setter for Post graduate courses in Psychology(R. Nehra)
358. Panel member of Baba Faridkot University for setting psychology papers for physiotherapy(R. Nehra)
359. Member of State Mental Health Authority, Haryana, 2011-till date, (R. Nehra)
360. Chairman, Committee for framing rules of M.Phil. Clinical Psychology, M.Phil Psychiatric Social Work and DPN at Govt. Medical College and Hospital, Chandigarh, 2011, (A Avasthi)
361. Young Psychiatrist Fellowship of the World Psychiatric Association at the XV World Congress of Psychiatry in Buenos Aires, on 18-22 September 2011(S Grover)
362. Fellowship of the Asian Federation of Early Career Psychiatrists (AFCEP) to attend the 2nd training and educational fellowship program of Asian Federation of Early Career Psychiatrists (AFCEP) at Kochi, 15-16th January 2012(S Grover)
363. Young Researcher Award at the 15th Pacific Rim College of Psychiatrists Scientific Meeting at Seoul, Korea, held from 25 to 27, Oct, 2012(S Grover)
364. Associate Editor of Indian Journal of Psychiatry, 2009-12 (S Grover).
365. Associate Editor of Medical Case Reports, 2013 (S Grover)
366. Associate Editor of Indian Journal of Social Psychiatry, 2012- 2014 (Sandeep Grover)
367. Assistant Editor of Indian Journal of Social Psychiatry, 2012- onwards (Subodh BN)
368. Assistant Secretary General of Indian Association of Child and Adolescent Mental Health, 2011- 13 (Subodh BN)
369. Assistant Editor of Indian Journal of Social Psychiatry, 2012 (S. M. Singh)
370. Assistant Editor for the Early Career Psychiatrists Corner of Asian Journal of Psychiatry, 2012 (S Grover)
371. Editorial Board member of Journal of Clinical Case Reports, 2012 onwards (S Grover)
372. Editorial Board member of World Journal of Psychiatry 2012 onwards (S Grover)
373. Editorial Board member of World Journal of Clinical Cases 2012

## ***Journey of Department (1963-2024)***

- onwards (S Grover)
374. Editorial Board member of Andhra Pradesh Journal of Psychological Medicine 2012- 2016 (S Grover)
375. Member, IPS Specialty Section of Substance Use Disorder, 2012-13 (Subodh BN)
376. Member, IPS Task Force on Task Force Guidelines for Post Graduate Psychiatry Training in India, 2013 (Subodh BN)
377. Indian Psychiatric Society representative to WPA Early Career Psychiatrist Council, 2010- 12, (S Grover)
378. Member of the Indian Psychiatric Society Task Force on Suicide prevention for the year 2007 (S Grover)
379. Member of Executive body of Punjab and Chandigarh state branch of Indian Psychiatric Society, 2008-2009; 2012-2013, (S Grover)
380. Co-Chairman of the Indian Psychiatric Society Task Force on Publications, 2009-2010 (S Grover)
381. Chairman of the Young Psychiatrists Forum- A Task Force of Indian Psychiatric Society, 2010-2011; 2011-2012, (S Grover)
382. Co-Chairman of Asian Young Psychiatrist Association, 2011 (S Grover)
383. Secretary General of Asian Federation of Early Career Psychiatrists 2011-13 (S Grover)
- Decade –VI (2013–Continuing)**
384. Convener of the Task Force on Mental Health Legislation of Indian Psychiatric Society, 2012-2013 (S Grover)
385. Council Member, Indian Association for Child and Adolescent Mental health, 2012-13 (SK. Padhy)
386. Chairman of Research Committee of Indian Association of Geriatric Mental Health, 2012- 13 (S Grover)
387. National Advisory Board Member of Indian Journal of Psychological Medicine 2012-- ( A Avasthi)
388. Chairperson: Research and Education Foundation, Training and CPD Committee of Indian Psychiatric Society 2012 - ( A Avasthi)
389. Consultant Editor, Pakistan Journal of Professional Psychology: Research and Practice, Lahore, Pakistan 2012-- ( A Avasthi)
390. Consultant Expert to Govt. of Punjab on reorganizing and improving de-addiction services in the State of Punjab, 2012-- ( A Avasthi)
391. Chaired the Meeting of Sub Committee on Psychiatry for the proposal to set up Centre for Advanced Research at NIMHANS by Dept. of Health Research, Govt. of India Bangalore, May 2012 (A Avasthi)
392. Member: Task Force on Health and Medical Education constituted by Punjab Governance Reforms Commission, Govt. of Punjab, 2012 (A Avasthi)
393. Chairman, Academic Committee, Govt. Medical College, Amritsar, 2012-- (A Avasthi)
394. Technical expert for the Indian Council of Medical Research for review of projects and papers for publication in the IJMR (S Malhotra)
395. President Elect of the Asian Society for Child and Adolescent Psychiatry and Allied Professions, 2010-2013 (S Malhotra)
396. Member of the National Academy of Medical Sciences (India) in 2013 (S Grover)
397. Editor, Indian Journal of Geriatric Mental Health, 2013 (S Grover)
398. Convener of the Task Force on Person Centred Medicine of Indian Psychiatric Society, 2013-2014 (S Grover).
399. Chairperson Task Force on National Mental Health Policy, Indian Psychiatric Society, 2013-2015 (S Malhotra)
400. Congress President for the 7th

## ***Journey of Department (1963-2024)***

- Congress of Asian Society for Child and Adolescent Psychiatry & Allied Professions 2013 (S. Malhotra).
401. Member Advisory Committee for Bhopal Memorial Hospital and Research Centre, Bhopal, 2013 (S. Malhotra).
402. Member, Technical Evaluation Committee to review proposals for Inter-Sectoral Convergence & Coordination for Promotion and Guidance on Health Research, Indian Council of Medical Research, 2014 (S. Malhotra).
403. Convener of the Task Force on Person Centred Medicine of Indian Psychiatric Society (2013-2014) (S. Grover).
404. Member of National Academy of Medical Sciences (2013) (S. Grover).
405. Appointed as Treasurer of Indian Association of the Child and Adolescent Mental Health from 2013 onwards (Subodh BN).
406. Nominated as Associate Editor of Indian Journal of Social Psychiatry from 2014 onwards (Subodh BN)
407. Nominated as Chairman, Research Committee of Indian Association of Geriatric Mental Health (2013-14) (S. Grover).
408. Nominated as Member, Advisory Board of the Indian Journal of Geriatric Mental Health and Member, Selection Committee for teaching and research posts of the Baba Farid University of Health Sciences, Faridkot (A. Avasthi).
409. Technical expert at Faculty selections at IHBAS on 20th February, 2014(A Kohli)
410. Selection Committee member at AIIMS for Faculty promotions on 12th April, 2014(A Kohli)
411. Technical Expert at the UPSC, Delhi for selection of Clinical Psychologist at GMCH, 9- 10th July, 2014. (A Kohli)
412. The Dean of the institute from November 2014 (S. Malhotra)
413. Awarded the Punjab State Award-Punjab Sarkar Parman Patra conferred on Independence Day, 2014 for excellent and valuable services rendered to the Society in the field of the medical profession (A. Avasthi).
414. Nominated as the Direct Executive Member of Indian Association of Geriatric Mental Health (A. Avasthi).
415. Chaired the Project Review Committee Meeting of Indian Council of Medical
416. Research for the Division of NCD on May 2, 2014 at New Delhi (A. Avasthi).
417. Member of the Punjab State Mental Health Authority, Govt. of Punjab (A. Avasthi)
418. Member of the Punjab State Cancer and Drug Addiction Treatment Infrastructure Board (CADA), Govt. of Punjab (A. Avasthi)
419. Member of the Punjab State Board for De-addiction and Rehabilitation, Govt. of Punjab (A. Avasthi)
420. Member of the National Scientific Committee of the 1st Global Conference of Biological Psychiatry held on September 25-28, 2014 at New Delhi (A. Avasthi).
421. Member of National Academy of Medical Sciences (2014) (SK. Padhy).
422. Member, Technical Evaluation Committee under Human Resource Development Scheme of the Department of Health Research, Govt. of India from 2015-2016 (A. Avasthi)
423. Member of the Editorial Board of the Telengana Journal of Psychiatry in 2015 (A. Avasthi)
424. A discussant on the 'WHO Technical Meeting on the ICD-11 Classification of Sexual Disorders' on April 10, 2015 at AIIMS, New Delhi(A. Avasthi).
425. Expert at the video-conferencing at High Court for preparing module for members of JJ Board on 15th

## ***Journey of Department (1963-2024)***

- October, 2015. (A Kohli)
426. Expert at State Legal Authority Services, Chandigarh, 2015 (A Kohli)
  427. Co-Chair and panelist at the Mental Health Panel for 'Depression: special focus on women's issues at the 10th Anniversary Global Health Care Summit, American Association of Physicians of Indian Origin on January 3, 2016 at New Delhi (A. Avasthi).
  428. Approved as Affiliate Faculty at the Virginia Commonwealth University in Dec 2015 (SK. Padhy).
  429. Nominated as Chairman, Constitution Committee, of the Indian Association of Geriatric Mental Health from 2015-2017 (A. Avasthi).
  430. Nominated as Vice-President-cum-President Elect of the Indian Association of Geriatric Mental Health from 2015-2017 (A. Avasthi).
  431. Nominated as Member, Task Force on Mental Health Policy for Elderly of the Indian Association of Geriatric Mental Health from 2015-2017 (A. Avasthi).
  432. Co-chairperson of the Indian Psychiatric Society's Task Force on Revision of Clinical Practice Guidelines for Psychiatrists from 2015-2017 (A. Avasthi).
  433. Adjunct Faculty: Department of Psychiatry, King George's Medical University, Lucknow in 2016 (A. Avasthi).
  434. Honored by the Hon'ble Chief Minister of Punjab during the Summit on "Sustainable Development Goals (SDGs) and Universal Health Coverage: States' Perspective" held at Indian Institute of Science Education and Research (IISER), Mohali, Punjab on November 2016 (A. Avasthi).
  435. Adjunct Faculty: Department of Psychiatry, King George's Medical University, Lucknow (A. Avasthi).
  436. Member Executive Committee and Consultant Expert for establishing services for Autism in the State of Punjab, 2016 (A. Avasthi, R. Shah and A. Sharma).
  437. Member, National Advisory Committee, 22 World Congress of Social Psychiatry, New Delhi, November 2016 (A. Avasthi).
  438. Nominated member of Chandigarh Mental Health Authority, 2015-16 (A Kohli)
  439. Selection Committee member at AIIMS for Faculty promotions, NIMHANS, 23rd September, 2016 (A Kohli)
  440. Member, Inspection Committee for evaluation of M.Phil in Clinical Psychology and M.Phil in Psychiatric Social Work at GMCH-32 on March, 2016 (A. Kohli).
  441. Vice-President Indian Association for Child and Adolescent Mental Health (A. Kohli).
  442. Member (non-official), Central Mental Health Authority, Ministry of Health and Family Welfare, Govt of India for a period of three years on March, 2017 (A. Kohli).
  443. Co-opted EC Member, Child Welfare Council, Punjab 2010-2017 (A Kohli)
  444. Special Nominee at India Alliance for Child's Rights, Zonal Chapter-Chandigarh till date (A Kohli)
  445. On the Editorial Board of International Journal of Social Science 2015-2017 (Canadian Research Center, Toronto) (A Kohli)
  446. On the Editorial Board of Indian Journal of Clinical Psychology 2015-2017 (A Kohli)
  447. On the Editorial Board of Journal of Adolescent Psychiatry (International) 2015- 2017 (A. Kohli)
  448. Associate Editor of Indian Journal of Psychiatry (2012-18) (S. Grover).
  449. Editor, Journal of Geriatric Mental Health (2013-18) (S. Grover).
  450. Council Member, Executive Committee, Indian Association of Child and Adolescent Mental Health

## ***Journey of Department (1963-2024)***

- (R. Shah) (2015-2017)
451. Member, Board of Studies: Medical Education and Research, Panjab University, Chandigarh (2013-2017) (A. Avasthi)
  452. Member Editorial Board, Andhra Pradesh Journal of Psychological Medicine (2013 2017) (A. Avasthi)
  453. Member, Board of Management, Baba Farid University of Health Sciences, Faridkot (2013-2018) (A. Avasthi)
  454. Director, Board of Management, Punjab Health Systems Corporation, Govt. of Punjab (2013 --) (A. Avasthi)
  455. Member Advisory Board, Indian Journal of Geriatric Mental Health (2014--) (A. Avasthi)
  456. Member Finance Committee, Baba Farid University of Health Sciences, Faridkot (2013) (A. Avasthi)
  457. Member Selection Committee for Teaching and Research posts, Baba Farid University of Health Sciences, Faridkot (A. Avasthi)
  458. Member Punjab State Mental Health Authority, Govt. of Punjab (2014--) (A. Avasthi)
  459. Member Punjab State Cancer and Drug Addiction Treatment Infrastructure Board (CADA), Govt. of Punjab (2014--) (A. Avasthi)
  460. Member Punjab State Board for Deaddiction and Rehabilitation, Govt. of Punjab (2014-17) (A. Avasthi)
  461. Member of the Committee on Postgraduate Studies in Medical Education and Research to finalize rules/regulations and outlines of test syllabi and courses of Master of Philosophy in Clinical Psychology and Master of Philosophy in Psychiatric Social Work, Panjab University (2014). (A. Avasthi)
  462. Direct Executive Member of Indian Association of Geriatric Mental Health (2014-2016) (A. Avasthi)
  463. Chairman Constitution Committee of Indian Associate of Geriatric Mental Health (2015--) (A. Avasthi)
  464. Vice-President-cum-President Elect, Indian Association of Geriatric Mental Health (2015-2017) (A. Avasthi)
  465. Co-Chairperson, Indian Psychiatric Society Task Force on Revision of Clinical Practice Guidelines for Psychiatrists (2015-) (A. Avasthi)
  466. Member, Technical Evaluation Committee under Human Resource Development Scheme of Department of Health Research, Govt. of India (2015-16) (A. Avasthi)
  467. Member, Task Force: Mental Health Policy for Elderly. Indian Association of Geriatric Mental Health. (2015-16)
  468. Member, Editorial Board, Telengana Journal of Psychiatry (2015 -)(A. Avasthi)
  469. Member Expert Committee of Indian Council of Medical Research on Prioritization of Mental Health Research in India. (2016)(A. Avasthi)
  470. Consultant Expert for establishing services for Autism in the State of Punjab (2016--)(A. Avasthi)
  471. Member of the Governing Body of the Punjab State Institute for Advanced Care and Research in Autism (2016--)(A. Avasthi)
  472. Member Executive Committee of the Punjab State Institute for Advanced Care and Research in Autism (2016--)(A. Avasthi)
  473. Member, Editorial Board (2016-2017) of Indian Journal of Private Psychiatry (A. Avasthi)
  474. Member, Punjab State Deaddiction and Rehabilitation Board (2017-) (A. Avasthi)
  475. Member, Expert Group of Medical Council of India to prepare competency based guidelines, minimum standards requirement and teacher eligibility qualification for DM in Geriatric Mental health

## ***Journey of Department (1963-2024)***

- (2017) (A. Avasthi)
476. Member, Punjab State Deaddiction and Rehabilitation Board (2017) (A. Avasthi)
477. President, Indian Association of Geriatric Mental Health (2017-2019) (A. Avasthi)
478. Co-Chairperson, Indian Psychiatric Society Specialty Section on Addictive Disorders. (2018) (D. Basu)
479. Editor, Indian Journal of Social Psychiatry (2018-2020) (D. Basu)
480. Founding Editor, World Social Psychiatry Journal (2018) (D. Basu)
481. Member, World Psychiatric Association Addiction Psychiatry Specialty (2018) (D. Basu)
482. President, Indian Association for Child and Adolescent Mental Health (2017-19). (A. Kohli)
483. Executive Committee Member, Indian Association for Social Psychiatry (2017-19) (A. Kohli)
484. Resource person for the Regional Congress of World Association of Social Psychiatry, December 8-9, 2018, Kochi, Kerala (D Basu)
485. Co-Chairperson, Addictive Disorders Specialty Section of the Indian Psychiatric Society (D Basu)
486. Co-chairperson, Task Force of Indian Psychiatric Society on Formulation of Clinical Practice Guidelines, year, 2018. (S. Grover).
487. Editor, Journal of Mental Health and Human Behaviour. (2018 onwards) (S Grover)
488. Member, Editorial Board, Psychiatry Research, (2018 onwards) (S Grover)
489. Member, Editorial Board, Asian Journal of Psychiatry, (2018 onwards) (S Grover)
490. Member, Editorial Board, Journal of Clinical Experimental Hepatology, (2018 onwards) (S Grover)
491. Member, Editorial Board, Andhra Pradesh Journal of Psychiatry, (2018 onwards) (S Grover)
492. Member, Editorial Board, Annals of Indian Psychiatry. (2018 onwards) (S Grover)
493. General Secretary, Punjab and Chandigarh Indian Psychiatric Society (PUNCIPS) for 2018-2020. (S Grover)
494. Associate Editor of Journal of Mental Health and Human Behavior (2018-2019) (R Shah)
495. Expert, Clinical Practice Guidelines for Child and Adolescent Psychiatry of the Indian Psychiatric Society Task Force, Jaipur, August 4-5 (2018). (R Shah)
496. Expert, Clinical Practice Guidelines for Child and Adolescent Psychiatry of the Indian Psychiatric Society Task Force, Jaipur, August 4-5 (2018). (A Sharma)
497. Honorary Fellowship of World Association of Social Psychiatry at its 23<sup>rd</sup> World Congress, Bucharest, Romania in October 25-28, 2019 (D Basu)
498. Co-Supervisor of Ph.D Work of Mauricio Najjaro, University of California at Berkeley, USA. (D Basu)
499. Medical Expert by the Health Minister Punjab for its Deaddiction Program and appointed as a member of the High Level Expert Committee of the Ministry of Health for standard treatment guidelines in substance use disorders for primary care physicians (D Basu)
500. Board Member for DM Addiction Psychiatry Curriculum at AIIMS, Rishikesh on May 23, 2020 (D Basu)
501. Member of the Indian Psychiatric Society (IPS) Sub-committee on Courses and Certification. (D Basu)
502. Nominated as a Founding

## ***Journey of Department (1963-2024)***

- Member of the Executive Council of Addiction Psychiatry Society of India ( D Basu)
503. Mental health expert for formulation of guidelines for "Prevention, Surveillance and Management of non-communicable diseases in primary and secondary health-care settings" by the World NCD Federation.(S Grover)
504. Associate Editor of Indian Journal of Psychiatry (2012-21) (S Grover)
505. Editor for Journal of Geriatric Mental Health (2013-21) (S Grover)
506. Associate Editor for Indian Journal of Psychological Medicine (2018 onwards) (S Grover)
507. Managing Editor for Journal of South Asian Federation (2018 onwards) (S Grover)
508. General Secretary for Punjab and Chandigarh Indian Psychiatric Society (PUNCIPS) (2016-2021) (S Grover)
509. Convener , Task Force of Indian Psychiatric Society on Formulation of Clinical Practice Guidelines ( S Grover)
510. Nominated member of the expert committee to be constituted by DHS, Department of Health and Family Welfare, Government of Punjab for drafting rules under the Mental Healthcare Act 2017 (Subodh BN)
511. Co-chairperson of the sub-committee on Physical treatment of Indian Psychiatric Society for 2020-21 (S M Singh)
512. Member of the Prevention and Information education communication committee of COVID-19 PGIMER, Chandigarh (S M Singh)
513. Core Member of a 5-member Committee on School Mental Health Programme under the aegis of the Indian Association of Child and Adolescent Mental Health ( R Shah)
514. Managing Editor of Journal of Geriatric Mental Health (2019-21) ( A Mehra)
515. Executive Editor of Elsevier, Clinical Keys for Psychiatry since 2020 (A Mehra)
516. Assistant Editor of Journal of Geriatric Mental Health (S Sahoo)
517. Managing Editor of Journal of Mental Health and Human Behaviour, IPS-North Zone (S Sahoo)
518. President, Tricity Psychiatric Society 2021-23 (S Grover)
519. Joint Secretary, Tricity Psychiatric Society 2021-23 (A Mehra)
520. Executive Council member, Tricity Psychiatric Society 2021-23 (S Sahoo)
521. Review Editor of Brain Imaging and Stimulation, a specialty section of Frontiers in Human Neuroscience 2021 (S Naik)
522. Joint Secretary, Tricity Psychiatric Society, 2024-26 (S Sahoo)
523. President, Neuromodulation Society of India ( S M Singh)
524. Member of National Academy of Medical Sciences (S Sahoo)

## ***Journey of Department (1963-2024)***

### **Completed Research Projects WHO funded Research Projects**

1. The effects on man of long-term cannabis use" A feasibility study.
2. Encouraging comparability in drug use surveys in young people.
3. Strategies for extending mental health care.
4. Standardized assessment of depressive disorders.
5. Psychosomatic sequelae of female sterilization.
6. Research and reporting project on epidemiology of drug dependence: development of methods of surveys on non- student youth.
7. Determinants of outcome of severe mental disorders.
8. Monitoring of mental health legislation in developing countries.
9. Study on standardized assessment of patients with depressive disorders: follow-up study.
10. Cross-cultural study of acute psychosis.
11. Mental health in primary health care.
12. Field trial of ICD-10, Fifth Chapter.
13. Long-term course and outcome of schizophrenia.
14. Establishment of Tobacco Cessation clinics in India.
15. Epidemiological Survey of Mental Disorders – A Longitudinal Study: a Multi-centered National Collaborative Study.
16. WHO-SEARO Funded Research Project: A controlled trial of family intervention in severe mental disorder
17. Adaptation of mental health gap (mhGAP) guidelines for India.
18. Mental Health in Primary Health Care. (WHO- SEARO).

19. Strengthening health sector response to gender based violence during Covid-19 Pandemic, 2021 August to November (four months).

### **National Institute of Health (NIH), USA & World Psychiatric Association (WPA) funded Projects**

- ROI DA 13550 "Marihuana Abuse: Cognition, Neuro-imaging and Endocrines" (NIH)
19. HIV-1C clade progression and neuro-AIDS (NIH)
  20. Cross-cultural reliability and validity of intermediate measures (CIM-II) of the measurement of treatment research to improve cognition in schizophrenia (MATRICS) (NIH)
  21. Enhancing HIV Medication Adherence in India (NIH).
  22. Prevalence of common mental disorders in subjects with diabetes mellitus (WPA).

### **Indian Council of Medical Research funded Projects**

23. Mental health in failing university students.
24. A personality study of loop and vasectomy cases.
25. Psychiatric disturbances associated with cardiac surgery.
26. Effects of protein calorie malnutrition on mental development.
27. Psychiatric and menstrual disturbances following tubectomy.
28. A long-term follow-up psychosexual symptoms following vasectomy.
29. Levels of individual steroids in schizophrenic patients.
30. A prospective study of neo-natal neurological examination including electro-encephalograph in high-risk babies and its correlation with subsequent neurological & mental development.
31. RBC transport of dehydroepiandrosterone (DHEA) in schizophrenic males.

## ***Journey of Department (1963-2024)***

32. Standardization of Hindi adaptation of WAIS-R verbal scale.
33. Use of psychometric assessment in brain dysfunction cases.
34. Collaborative study on illness behaviour in patients presenting with pain and its relationship with psychological and clinical variables.
35. Compilation and standardized analysis of diagnostic and socio-demographic data of psychiatric patients at national level
36. ICMR training Programme on extension of mental health services in the Community.
37. Development of a home-care programme for mentally retarded children.
38. Platelet monoamine oxidase activity in schizophrenic patients.
39. Severe mental disorder: A prospective 5-year follow-up study.
40. Efficacy of yogic techniques in the treatment of psychogenic headache.
41. Effect of yoga on the health of nurses.
42. Depression in schizophrenia: A study of phenomenology and predictive variables.
43. Coronary prone behaviour and coronary heart disease.
44. Psychosocial determinants of developmental psychopathology of school children.
45. A prospective study of psychiatric disorders in pregnancy and the first postnatal year.
46. Psychological aspects of infertility.
47. Role of yoga in the treatment of essential hypertension.
48. Differences in personality profile between yoga practitioners and controls.
49. Effect of yoga on cardio-vascular reactivity in anxiety neurotics.
50. Study of psychopathology in school children.
51. Community based follow-up and treatment of children identified to have psychiatric disorders.
52. Prevalence, characterization, and health-related risk behaviour in injecting drug users attending a de-addiction centre in northern India.
53. Acceptability of HIV Risk Reducing Strategies among Indian Couples
54. Molecular genetics of alcohol dependence- a pilot study.
55. Epidemiology of substance use and dependence in the state of Punjab'
56. ICMR- MRC Project -'Consortium on Vulnerability to Externalizing Disorders and Addictions [c-VEDA]'
57. Electronic screening and brief intervention for hazardous and harmful illicit drug use among college going students in north India: A mixed methods pilot study
- 58.** A randomized controlled trial of cognitive interventions in patients with first episode psychosis to improve cognitive outcomes
59. Pathways to Resilience in Mental Health ("PARAM")
60. Multisite Implementation Research Study on Integration of Screening and Management of Mental and Substance Use Disorders with other Non-Communicable Diseases (ICMR-MINDS)
- Research Funded by Government of India**
61. A study of factors contributing to mental health and mental illness among schedule caste/schedule tribes in Chandigarh (MOHF&W).
62. Study of health habits in school going children of scheduled caste

## ***Journey of Department (1963-2024)***

families (MOHF&W).

63. Molecular & Genetic Study of Schizophrenia (DST).
64. Thyroid dysfunction in patients on lithium prophylaxis (DST).
65. Development and implementation of a model Tele-psychiatry application for delivering mental healthcare in remote areas (using a medical knowledge based decision support system) (DST)
66. Molecular genetic studies of schizophrenia and bipolar disease (DBT)
67. A study of social psychological and behavioural aspects of sibling of handicapped children (ICSSR)
68. . Department of Science and Technology (DST)
  - Project on Effect of mobile on sleep, cognition and cardiovascular and pulmonary health - A multi-centric study
69. Efficacy of shared decision making for tobacco cessation at primary care level – A Randomized controlled trial
70. Effect of 1Hz repetitive, deep transcranial magnetic stimulation (dTMS) over right Inferior Frontal gyrus/ right Anterior Insula on Craving, Heart Rate Variability and Cognitive Performance in Heroin Dependent Users – a Proof of Concept Study
71. Mental Health Consequences of Sexual harassment among Adolescent school going students

### **Research Funded by Indian Psychiatric Society and other Societies**

- Multicentric study on Prevalence and Phenomenology of Functional Somatic symptoms in Depression
- Multicentric study on Assessment

of Health Care Needs of Patients with Severe Mental Illnesses

- Multicentric study on Psychotropic Prescription patterns in India
- 'An exploratory, multi-centre study to identify phenotypic clusters in OCD'
- Symptom profile of depression among elderly: A multicentric study (Indian Association for Geriatric Mental Health)
- Indian Psychiatric Society-An exploratory, multi-centre study to identify phenotypic clusters in OCD
- Indian Association for Geriatric Mental Health-Symptom profile of depression among elderly: A Multicentric study
- Burden of NCD Risk Factors in Haryana State
- Indian Psychiatric Society-Longitudinal Course of Bipolar Disorder: A multicentric study

### **Research Funded by Pharmaceutical Companies**

- Translation and validation of BPHQ derived from PRIME-MD: A multi-centric research project(Pfizer)
- A study of the effect of LY2216684, a Selective Nor-epinephrine Reuptake Inhibitor (NERI), in the treatment of major depression.
- A phase III randomised placebo control A phase III randomized, placebo-controlled, double-dummy study evaluating the safety and efficacy of oral ziprasidone vs haloperidol and placebo in in-patients with acute manic episode (Pfizer)
- Drug Trial-EMD 16, 923- an anxiolytic drug (E. Merck)
- A double blind, multi-centric, parallel group comparison of the efficacy and safety of ziprasidone and chlorpromazine in patients with schizophrenia who are refractory to standard therapy. (Pfizer).

## ***Journey of Department (1963-2024)***

- Efficacy and safety of olanzapine versus haloperidol in schizophrenic patients in India. (Eli Lilly).
- A prospective randomized, double-blind, placebo-controlled study of the effectiveness and safety of Risperdal Consta augmentation in adult patients with frequently-relapsing bipolar disorder (Janssen Medical Affairs)
- A Phase II/III, prospective, multi-center, randomized, 4-week, double-blind, placebo-controlled study, designed to determine the safety, tolerability, eeg effects and efficacy of oral doses of 30 mg bid of evenamide (nw-3509) in patients with chronic schizophrenia who are symptomatic on their current second-generation antipsychotic (aripiprazole, clozapine, quetiapine, olanzapine, paliperidone or risperidone)

### **International Collaboration**

81. Research on Asian Psychotropic Prescription Patterns on Bipolar Disorder (REAP-BD) and Mood Stabilizers (REAP-MS)"
82. University of Virginia- Effect of fluoride on the behavior and cognition of children
83. Family Resilience and Mental Well Being: Enhancing resilience and mental health of children and adolescents through integrated school and family-based approaches (The Framers Study)

### **Research Funded by PGIMER**

83. Study of therapeutic efficacy of loading dose of imipramine in major depression.
84. Study of factors associated with

relapse in treated alcoholics.

85. Development of a scale to assess attitudes towards drinking and alcoholism.
86. Sexual behaviour, knowledge and attitude in STD patients: A comparative study from north India.
87. Study of social burden and its correlates in patients on alcohol and drug dependence.
88. Interdependence of SIS variables with personality traits in psychiatric cases.
89. Knowledge and attitude towards condom use.
90. Abuse of codeine containing cough syrups: a report from Chandigarh.
91. Personality assessment of patients with and without significant memory deficit.
92. Body image disturbances in psychiatric cases.
93. Hindi translation of temperament and character inventory (TCI).
94. HIV-Risk behaviour, knowledge and attitude in opioids-users and alcohol dependent patients.
95. Attitude towards drug taking behaviour.
96. Hindi adaptation of the scale of knowledge and attitude towards condom use (SKAC).
97. Assessment of needs of patients of schizophrenia.
98. Psychiatric morbidity in vitiligo.
99. Adaptation of the shortened scale of Malin's Intelligence Scale for Indian Children.
100. Development of an indigenous scale for assessment of personality in Hindi.
101. A clinical and follow-up study of pervasive development disorders (PDD) of childhood.
102. Factor structure and norms of Hindi adaptation of Temperament and

## ***Journey of Department (1963-2024)***

- Character inventory (TCI).
103. Assessment of coping strategies and its correlates in relatives of persons with schizophrenia and bipolar affective disorders.
  104. Detection of memory impairments during ECT- usefulness of the Mini-Mental State Examination (MMSE).
  105. Neuropsychological profile in obsessive- compulsive disorder.
  106. Assessment of the psychological variables in post-traumatic joint stiffness.
  107. Life events, social support and social dysfunction in psychiatric patients.
  108. Social support and lithium prophylaxis.
  109. Psychological aspects of burns.
  110. Burden of care of manic-depressive psychosis and lithium prophylaxis.
  111. Burden of care of haematological malignancies.
  112. Burden of care of children with haematological malignancies.
  113. Outcome of schizophrenia: role of social variables.
  114. A study of loading doses of fluoxetine in patients with major depression.
  115. Study of long-term course and outcome of acute and transient psychoses.
  116. Study of stress in relation to long term course and outcome in acute and transient psychotic disorders.
  117. A clinical and follow up study of childhood onset schizophrenia.
  118. A neurobiological (SPECT) study of childhood onset schizophrenia.
  119. To study patterns of recurrence in acute and transient psychotic disorders with special emphasis on seasonality.
  120. Construction & Standardization of Sex Knowledge and Attitude Test
  121. A psychosocial study of treatment - adherence in psychiatric patients
  122. Somatic Pre-occupation in Patients with Sexual Disorder - before and after treatment
  123. Study of Female Sexual Functioning: Relationship with Sex Knowledge and Attitude
  124. A prospective study of seasonality of affective disorders: Socio clinical characteristics
  125. Dynamics of Psychosexual dysfunction versus Bronchial asthma - a psycho physiological paradigm
  126. Quality of Life in Spouses of Psychosexual Dysfunctional Males
  127. Follow-up Study of Seasonality in Affective Disorders
  128. A study of knowledge and attitudes towards and patterns of condom use in patients attending STD clinic
  129. A study of Defense Mechanisms and Personality traits in Psychiatric patients with drawing as a tool in psychological assessment of children with externalizing and internalizing disorders
  130. Study of Temperament and Emotional disorders of childhood
  131. Temperament and Emotional response to physical Illness in children
  132. Study of Temperament of Mentally Handicapped Children
  133. Measurement of Stress in the Emotionally Disturbed Children.
  134. Temperament study of Children of Mentally Sick Parents
  135. Psychological adjustment and family burden in children and families of children with congenital heart disease
  136. Marital adjustment of epileptic patients
  137. Long-term follow-up study of child psychiatric disorders in the community
  138. Distress associated with psychotic symptoms: The caregiver's

## ***Journey of Department (1963-2024)***

- perspective.
139. Neuropsychological assessment and patterns of specific learning disabilities.
  140. Assessments of cognitive functions in
  141. Patients with first episode of bipolar affective disorder.
  142. Psychological profile and correlates of patients with deliberate self-harm behaviour.
  143. Rapid diagnosis of Common Mental Disorders by using PRIME- MD Patient Health Questionnaire.
  144. Assessment and rehabilitation of persons with psychiatric disability
  145. "Neuropsychological assessment and intervention in attention deficit hyperkinetic disorders (ADHD)"
  146. A study of antidepressant-induced manic switch.
  147. Comparative efficacy and safety of atypical antipsychotics versus haloperidol in patients of delirium.
  148. Attitude of patients with mental illness and their caregivers towards psychotropic medications.
  149. Assessment of needs of schizophrenia and bipolar patients.
  150. Neuropsychological impairments among patients with schizophrenia and bipolar affective disorder and their unaffected relatives.
  151. Translation and validation of Involvement Evaluation Questionnaire (IEQ), a measure of caregiver-burden.
  152. Revalidation of Illness Behaviour Questionnaire in Neurotic and Hypertensive.
  153. Dexamethasone Suppression Test in Obsessive Compulsive Neurosis and Schizophrenia.
  154. Applicability of Maternal Attitude and Maternal Adjustment Questionnaire in India.
  155. Diagnostic Criteria and Outcome of Schizophrenia.
  156. Inter-rater reliability of various definitions of Schizophrenia.
  157. Distinction between Negative and Depressive Symptoms in Schizophrenia and Depression.
  158. Follow-up Study of Positive and Negative Subtypes of Schizophrenia.
  159. Efficacy of Electroconvulsive Therapy in the Treatment of Schizophrenia.
  160. HLA Antigens in Schizophrenia.
  161. Stress in residents
  162. Magico-religious beliefs in patients with schizophrenia
  163. Beliefs in supernatural in patients with psychoses in the United Arab Emirates
  164. Prevalence and pattern of substance use in 'dual diagnosis' schizophrenia.
  165. Factors affecting short-term compliance with lithium prophylaxis in bipolar disorders.
  166. An examination of modifiable factors associated with disability in mental retardation.
  167. Translation and evaluation of psychometric properties (reliability) of Hindi Version of Involvement Evaluation Questionnaire
  168. Neuropsychological impairments among patients with schizophrenia and their unaffected relatives.
  169. Intimate partner violence (IPV) amongst female psychiatric out-patients – A study from India
  170. Intimate partner violence (IPV) amongst substance use disorder patients
  171. Prophylactic efficacy of valproate in bipolar illness: a comparison with lithium carbonate
  172. Effectiveness and safety of risperidone, olanzapine and haloperidol in patients of delirium.
  173. Clinical and psychosocial study of old-age depression.

## ***Journey of Department (1963-2024)***

174. Assessment of cognitive functions in patients with first episode of bipolar affective disorder.
175. Distress associated with psychotic symptoms: the caregiver's perspective.
176. Clinical correlates of sexual dysfunction
177. Factors associated with treatment non-adherence in patients discharged from psychiatry in-patient unit-prospective 6 month follow up study
178. Prevalence and determinants of guilt in depression
179. Telepsychiatry for delivering mental healthcare in remote areas
180. Effectiveness and tolerability of methylphenidate for ADHD in children with intellectual disability as compared with those without intellectual disability
181. Prevalence of substance use in first Episode affective and non-affective psychotic disorder patients
182. Stigma and Psychiatric morbidity experienced by people living with HIV/AIDS
183. Effectiveness and tolerability of methylphenidate for ADHD in children with intellectual disability as compared with those without intellectual disability
184. To study the association of clozapine pharmacokinetics and pharmacogenetics with treatment outcomes and side effect profile in treatment resistant schizophrenia patients
185. Prevalence of white matter hyperintensities and its impact on treatment response in elderly patients with the depressive disorder
186. Pathways to care and barriers in help seeking in a Child and Adolescent Psychiatry Clinic of a tertiary level hospital (Intra-mural research Scheme)
187. Prevalence of white matter hyperintensities and its impact on treatment response in elderly patients with the depressive disorder
188. Development of an instrument to measure cue-induced craving in people with heroin dependence: functional magnetic resonance imaging (f-MRI) based study
189. Comparison of functional brain connectivity between patients with cannabis induced psychosis and schizophrenia with cannabis abuse or dependence: a f-MRI based study
190. Electronic screening and brief intervention for risky alcohol use: development of a smart phone based application and a web-portal
191. Mental health literacy among school teachers in Chandigarh, Union Territory
192. Immunotherapeutic and prophylactic remedy against heroin dependency
193. Emotion recognition and long-term outcome of schizophrenia
194. To study the association of clozapine pharmacokinetics and pharmacogenetics with treatment outcomes and side effect profile in treatment resistant schizophrenia patients
195. Prevalence of white matter hyperintensities and its impact on treatment response in elderly patients with the depressive disorder
196. Pathways to care and barriers in help seeking in a Child and Adolescent Psychiatry Clinic of a tertiary level hospital (Intra-mural research Scheme)
197. Prevalence of white matter hyperintensities and its impact on treatment response in elderly patients with the depressive disorder
198. Development of an instrument to measure cue-induced craving in people with heroin dependence: functional magnetic resonance

## ***Journey of Department (1963-2024)***

- imaging (f-MRI) based study
199. Comparison of functional brain connectivity between patients with cannabis induced
  200. Psychosis and schizophrenia with cannabis abuse or dependence: a f-MRI based study
  201. Electronic screening and brief intervention for risky alcohol use: development of a smart phone based application and a web-portal
  202. Mental health literacy among school teachers in Chandigarh, Union Territory
  203. Immunotherapeutic and prophylactic remedy against heroin dependency
  204. Emotion recognition and long-term outcome of schizophrenia
  205. Development of an instrument to measure cue-induced craving in people with heroin dependence: functional magnetic resonance imaging (f-MRI) based study
  206. Indian Council of Medical Research New Delhi, and the Medical Research Council UK- c-VEDA
  207. Electronic screening and brief intervention for risky alcohol use: development of a smart phone-based application and a web-portal
  208. Relationship between metabolic syndrome and cognitive impairments among patients of schizophrenia- a multicentric study
  209. A descriptive study to assess the workplace stress among nurses working in ICUs
  210. Assess the role of Screen Based Media use, Vitamin D on Myopia among adolescents: A pilot study from North India
  211. Can the Continuous Medical Education programs lead to changes in knowledge and practice: A cross-sectional study among psychiatry practitioners and residents
  212. Change in prevalence of Metabolic syndrome in patients with bipolar disorder: a retrospective-prospective study
  213. Depression in schizophrenia and its correlates
  214. Derogatory Stigmatizing labels: What terms should not be used for people with mental illnesses (PMI)?
  215. Dropout rates among patients attending the child and adolescent psychiatry services of a tertiary care centre: a retrospective study from North India
  216. Effectiveness of melatonin in management of delirium: a retrospective study
  217. Hematological abnormalities in patients receiving Clozapine
  218. Impact of Clozapine on disability in patients with schizophrenia: a study from North India
  219. Knowledge about and attitude towards ECT of patients and caregivers who accept and who refuse ECT
  220. Knowledge and Attitude of Medical Professionals towards Delirium
  221. Prevalence and profile of subjects with tapentadol misuse in a clinic based sample: a retrospective chart review
  222. Prevalence of mixed features in patients with affective disorders
  223. Prevalence of risk for obstructive sleep apnea (OSA) and its relationship with metabolic syndrome in patients with bipolar disorder
  224. Reasons for caregiving among caregivers of schizophrenia
  225. Relationship of Internet Addiction with Social connectedness, Self-Esteem, Anxiety, Depression, and Insomnia
  226. Relationship of Internet Addiction, Selfie Behaviour, Facebook Addiction with Psychological Well Being and Social Desirability
  227. Retrospective study of Use of

## ***Journey of Department (1963-2024)***

- Depot olanzapine in Clinical Practice.
228. To evaluate the stigma towards the mental illness among the elderly population in a rural area
  229. Use of Depot Antipsychotics in Clinical Practice: A survey of Psychiatrists
  230. Use of Electroconvulsive therapy in adolescents- A retrospective study
  231. Psychological impact of COVID-19 lockdown: An online survey from India
  232. State of mental health services in various training centres in India during lockdown and COVID-19 pandemic
  233. Changes in Sleep pattern and sleep quality during COVID-19 lockdown
  234. Sexual functioning during the lockdown period: An online Survey
  235. Impact of COVID-19 Pandemic and Lockdown on the State of Mental Health Services in Private Sector in India
  236. Psychological issues among police personnels on duty during "Lockdown" due to COVID-19 Pandemic
  237. Impact of COVID-19 Pandemic on the profile of psychiatric patients seen in Emergency Setting: A retrospective study
  238. Telephonic monitoring of patients on clozapine in the resource-poor setting during the COVID-19 pandemic
  239. Survey of parents of children attending the online classes during the ongoing pandemic
  240. Anxiety related to COVID-19 Infection: An Online survey among the General public in India
  241. Psychological impact of COVID-19 pandemic and lockdown on the migrant workers: A cross-sectional survey
  242. Beliefs related to sexual intimacy, pregnancy and breastfeeding in the public during COVID-19 era : a web-based survey from India
  243. Beliefs, Attitudes & practices related to COVID-19 infection
  244. Impact of COVID-19 pandemic on CLP services
  245. View of students about online classes and associated psychological distress - an online survey
  246. Knowledge and Attitude of Nurses towards Delirium
  247. Evaluation of Psychological impact of COVID-19 on Healthcare workers
  248. Profile of Patients seen in the Emergency Setting: A retrospective study involving data of 5563 patients
  249. Impact of COVID -19 pandemic on Psychiatry inpatient admission
  250. Cognitive deficits in patients with COVID-19 infection during their hospital stay: An Exploratory study
  251. Anxiety related to COVID-19 Infection: An Online survey among the General public in India
  252. Psychological impact of COVID-19 pandemic and lockdown on the migrant workers: A cross-sectional survey
  253. Knowledge overload versus actual practices: Knowledge and awareness about COVID-19 infection among patients attending the emergency services of a tertiary care hospital during the COVID 'Lockdown' period
  254. Mental health literacy among school teachers in Chandigarh, Union Territory
  255. A multi-centric study to explore the experiences of patients with substance use disorder during the lockdown period in India
  256. Effect of COVID-19 on treatment adherence among patients with dual diagnosis: an

## ***Journey of Department (1963-2024)***

exploratory study

257. Disulfiram Ethanol Reaction with alcohol-based hand sanitizer: an exploratory study
258. Impact of COVID-19 and Lockdown on Children with ADHD and & their families– an online survey & a brief online intervention

## **Publications**

### **Decade-I (1963-1972)**

1. Wig N.N. How We Dream. *Everyday Science*. 1964; 9:6-9.
2. Wig N.N. Psychogenic Headache. *Ind. J. Psychiatry*. 1964; 6: 18-21.
3. Verma H and Wig N.N. A Study of Extra- Cellular Fluid Volume in Depression and Response to Therapy. *Ind. J. Psychiatry*. 1966; 8: 270-276.
4. Sanathan R.N. and Wig N.N. A Personality Study of Neurotics on Modified Hindi and Punjabi Version of M.P.I. *Ind. J. Psychiatry*. 1967; 9: 49-53.
5. Wig N.N. and Singh G.A. Proposed Classification of Psychiatric Disorders for Use in India. *Ind. J. Psychiatry*. 1967; 9: 49-53.
6. Wig N.N. Psychosocial Aspects of Family Planning. *Ind. J. Psychiatry*. 1968; 10: 229- 35.
7. Wig N.N. A New Evaluation of Ghalib and his Poetry. *Indian Literature*. 1968; 11: 36-48.
8. Varma V.K. The Quest for Reliable Truths in Behavioural Sciences. *Patna J. Med*. 1969; 43: 536-542.
9. Wig N.N. Psychiatric Problems in General Practice. *Patna J. Med*. 1969; 43: 531-535.
10. Wig N.N. and Narang R.L. Hysterical Psychoses. *Ind. J. Psychiatry*. 1969; 11: 93- 100.
11. Varma V.K. Editorial. Social psychiatry: The Indian Perspective *IJSP*, 1969; 5: 1-3.
12. Wig N.N., Nagpal R.N. and Khanna H. Psychiatric Problems in University Students. *Ind. J. Psychiatry*. 1969; 11: 55-62
13. Wig N.N. Shah D.K. and Varma H.C. Brain Damaged Child: A Clinical Study of 50 Cases. *Ind. J. Men. Retard*. 1969; 2: 15-20.
14. Wig N.N., Verma H.C. and Shah D.K. Parental Deprivation and mental Illness: A Study of the
15. Incidence of Parental Death in Childhood in 2000 Psychiatric Patients. *Ind. J. Psychiatry*. 1969; 11: 1 - 6.
16. Brar H.S. Rorschach Content Responses of East Indian Psychiatric Patients. *J. Proj. Tech & Pers Develop*. 1970; 34: 88-94.
17. Kisore B, Verma H.C. and Shah D.K. Role of Stress in Criminal Mental Patients an Analysis of 380 Cases. *Ind. J. Psychiatry*. 1970; 12: 117-119.
18. Mougil A.C. Teaching Menstrual Hygiene to a Mentally Retard. *Ind. J. Men. Retard*. 1970; 3: 50-54
19. Shah .K. and Teja J.S. Psychiatric Unit in a District Hospital Haryana *Health Journal*. 1970; 1: 33-36.
20. Shah .K., Verma S.K. and Teja J.S. Differential Problems in Primary and Secondary Retardates. *Ind. J. Ment Retard*. 1970; 3: 25-39.
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### **Book Chapters**

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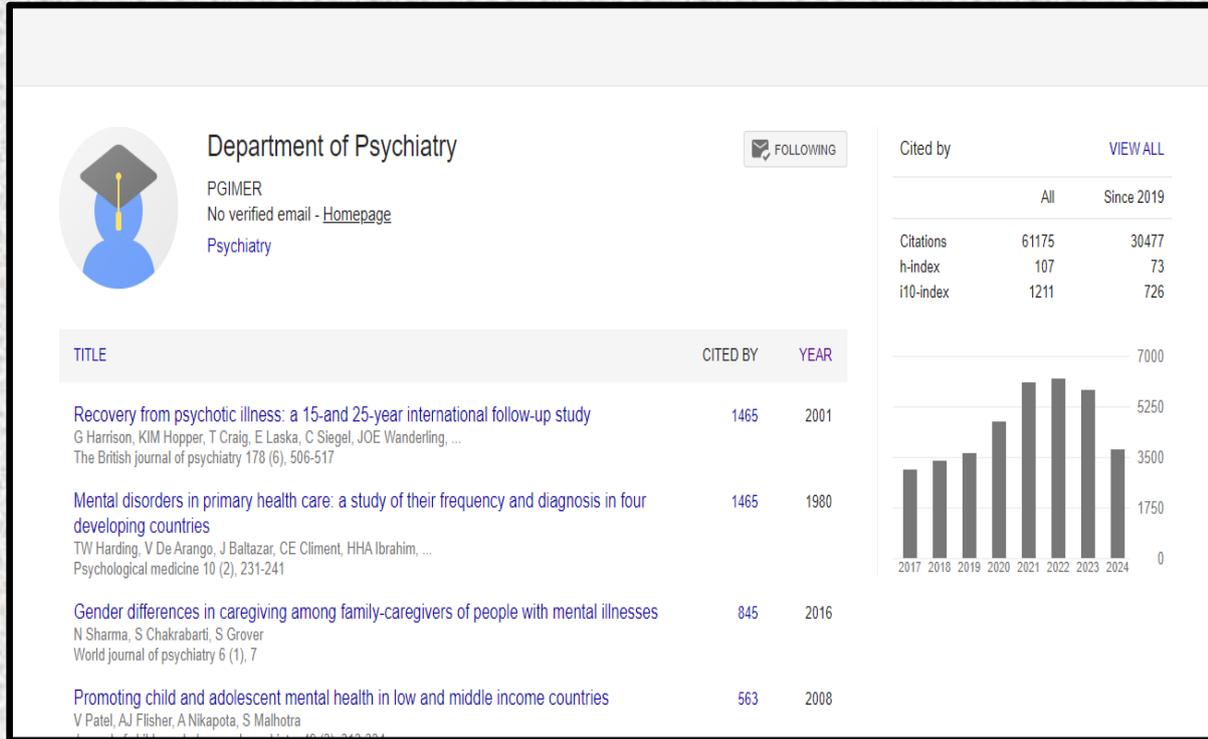
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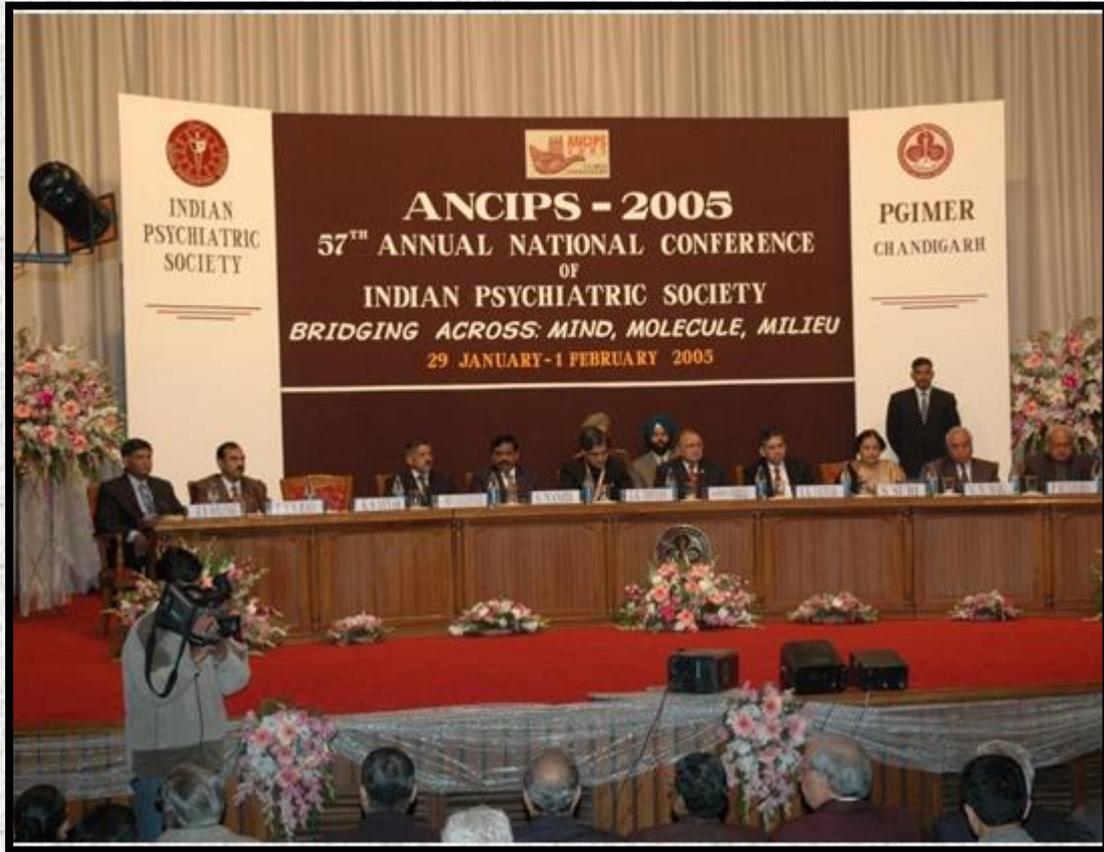


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***Journey of Department (1963-2024)***



***30<sup>th</sup> ANCIPS, 1978***



***57<sup>th</sup> ANCIPS, 2005***

***Journey of Department (1963-2024)***



***Golden Jubilee of the Department of Psychiatry & Silver Jubilee of DDTC , Sept 2013***

***Journey of Department (1963-2024)***



***Farewell of Prof Parmanand Kulhara 31<sup>st</sup> Oct 2011***



***Farewell of Dr Arun K Misra, 2012***

***Journey of Department (1963-2024)***



***Farewell of Prof Savita Malhotra, 31<sup>st</sup> Jan 2016***



***Foundation Day Celebrations, 16<sup>th</sup> September, 2016***

***Journey of Department (1963-2024)***



***CME-cum-Workshop  
Skill Building for Assessment and Management of ADHD, 20<sup>th</sup>-21<sup>st</sup> August, 2016***

***Journey of Department (1963-2024)***



***Foundation Day Celebrations, 16<sup>th</sup> September, 2016***

***Journey of Department (1963-2024)***



***CME-cum-Workshop  
Intellectual Disability: Assessment & Management, 18<sup>th</sup> November, 2016***

***Journey of Department (1963-2024)***



***CME-cum-Workshop  
Specific Learning Disorders: Identification & Assessment, 11<sup>th</sup> March, 2017***

***Journey of Department (1963-2024)***



***CME on  
Dual Diagnosis: Facing the reality & the Challenges, 18<sup>th</sup> March, 2017***

***Journey of Department (1963-2024)***



***Walkathon World Health Day, 2017***

***Journey of Department (1963-2024)***



***13<sup>th</sup> Annual National Conference of Indian Association for Geriatric Mental Health, 15<sup>th</sup> - 16<sup>th</sup> September, 2017***

***Journey of Department (1963-2024)***



***13<sup>th</sup> Annual National Conference of Indian Association for Geriatric Mental Health,  
15<sup>th</sup> - 16<sup>th</sup> September, 2017***



***Journey of Department (1963-2024)***



***Alumni Meet & Foundation Day 16<sup>th</sup> - 17<sup>th</sup> September, 2017***



***Journey of Department (1963-2024)***



***Alumni Meet & Foundation Day 16<sup>th</sup> - 17<sup>th</sup> September, 2017***

***Journey of Department (1963-2024)***



***Addiction CME 7<sup>th</sup> April, 2018***



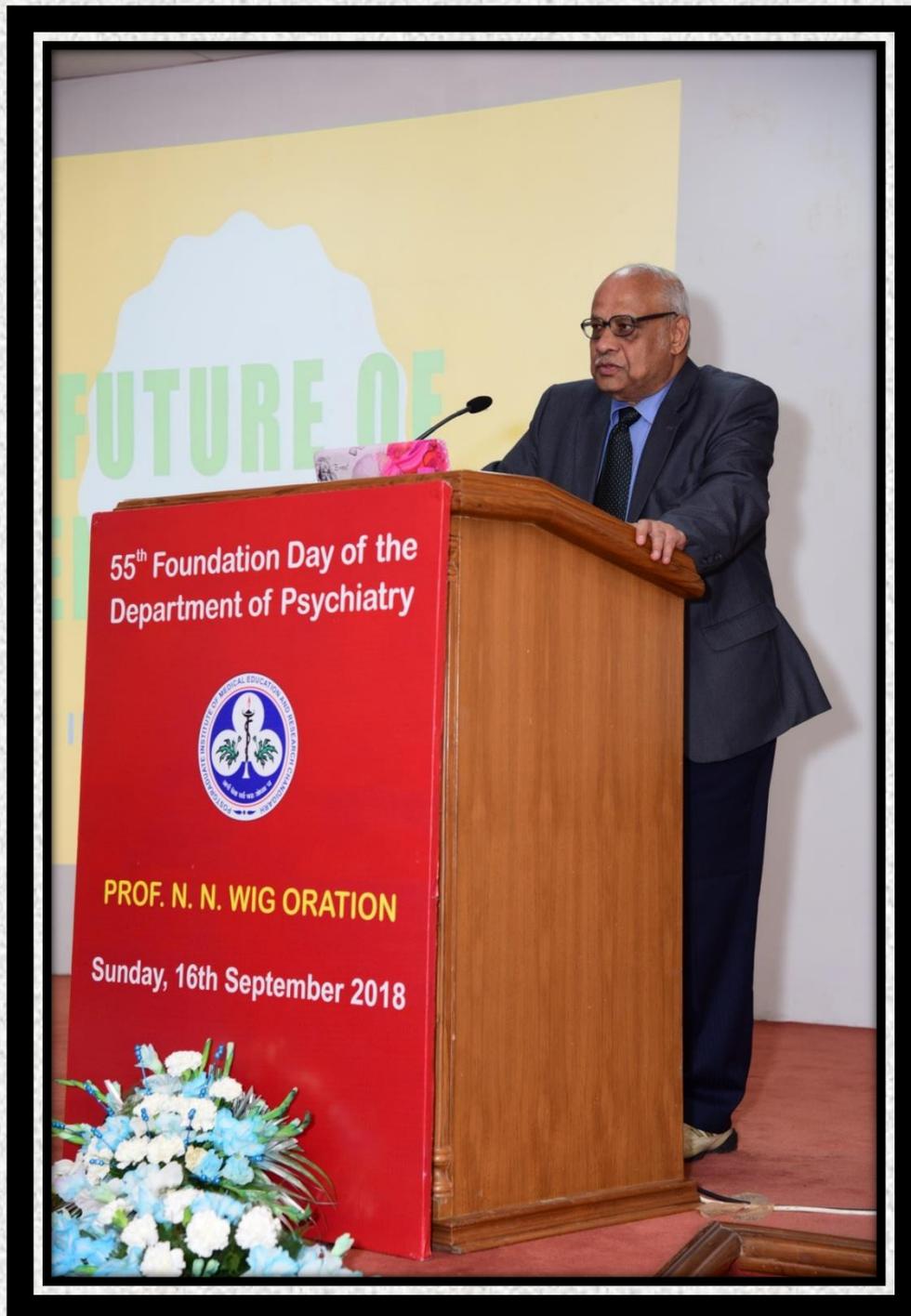
## ***Journey of Department (1963-2024)***



***55<sup>th</sup> Foundation Day and the 1<sup>st</sup> Prof NN Wig Oration, 16<sup>th</sup> September, 2018***



***Journey of Department (1963-2024)***



***1<sup>st</sup> Prof NN Wig Oration delivered by Prof R S Murthy, 16<sup>th</sup> September, 2018***

## ***Journey of Department (1963-2024)***



***55<sup>th</sup> Foundation Day of the Department and 30<sup>th</sup> Anniversary of the DDTC, PGIMER, Chandigarh***

***Journey of Department (1963-2024)***



***CRE program on promotion of school mental health programme, 6-8 Feb 2019***



***Journey of Department (1963-2024)***



***Farewell of Prof. Ajit Avasthi, 31<sup>st</sup> August, 2019***

***Journey of Department (1963-2024)***



***Farewell of Prof. Ajit Avasthi, 31<sup>st</sup> August, 2019***



***Journey of Department (1963-2024)***



***Farewell of Prof. Adarsh Kohli, 30th November, 2020***



***Journey of Department (1963-2024)***



***Farewell of Prof. S.K. Mattoo, 31<sup>st</sup> January, 2021***



## Journey of Department (1963-2024)

दिव्यांग बच्चों पर रखें नजर, मिलेगा सुरक्षित वातावरण  
रिहैबिलिटेशन काउंसिल ऑफ इंडिया व पीजीआई मनोचिकित्सा विभाग ने करवाया ये विनार

सुशोभित चतुर्वेदीय चेट्टरजी

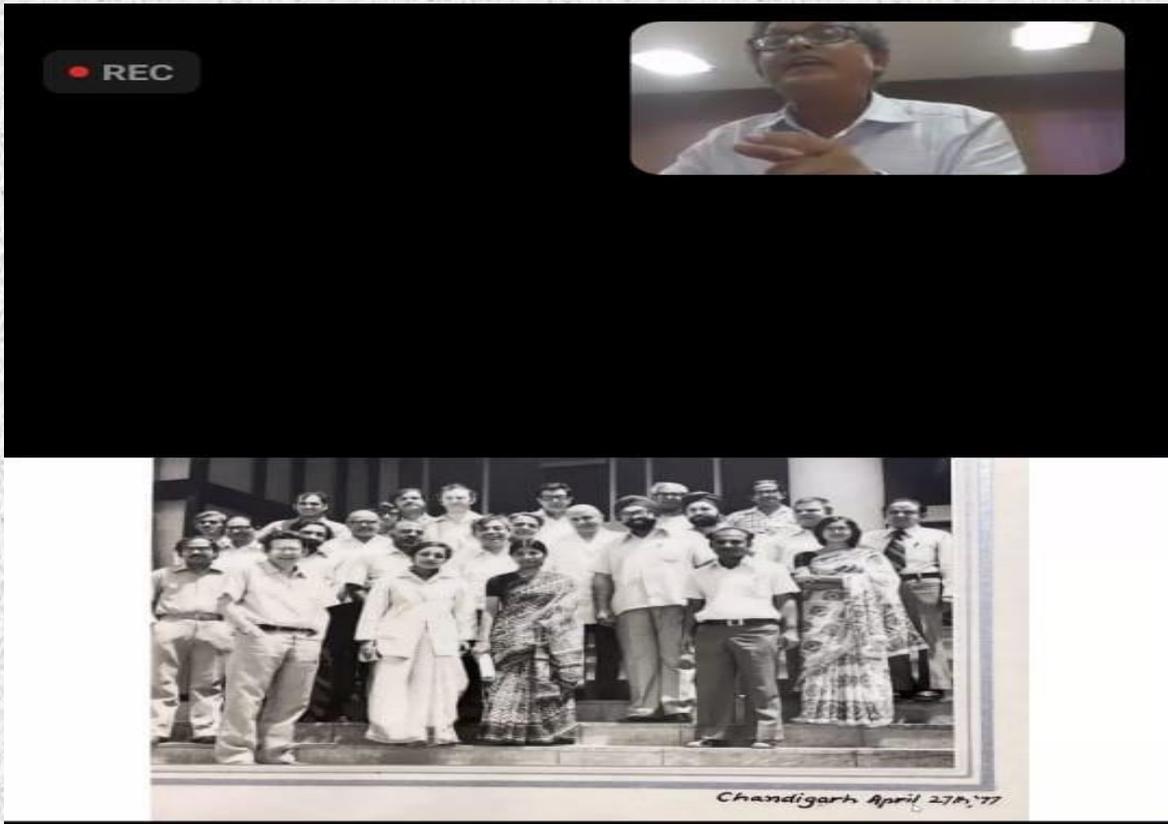
**SUCCESSFULLY  
COMPLETED NATIONAL  
LEVEL CRE WEBINAR  
ORGANISED BY  
DEPARTMENT OF  
PSYCHIATRY, PGIMER  
CHANDIGARH DATED  
14.15 MAY 2021**

**National Level CRE Webinar on "Ensuring Safety for Children with Disability" on 14-15<sup>th</sup> May 2021**

*Journey of Department (1963-2024)*



*1<sup>st</sup> Distinguished Speaker Series Talk by Prof. Norman Sartorius,  
25<sup>th</sup> August, 2021*



## ***Journey of Department (1963-2024)***



***4<sup>TH</sup> Prof NN Wig Oration delivered by Prof Savita Malhotra, 16<sup>th</sup> September, 2021***



***Journey of Department (1963-2024)***



***Distinguished Speaker Series Talk by Prof. Afzal Javed, 9<sup>th</sup> October, 2021***



***Distinguished Speaker Series Talk by Prof. Sir Robin Murray, 10<sup>th</sup> November, 2021***

***Journey of Department (1963-2024)***



**5<sup>th</sup> Prof N N Wig Oration by Prof. Thara Rangaswamy, 16<sup>th</sup> September, 2022**



***Journey of Department (1963-2024)***

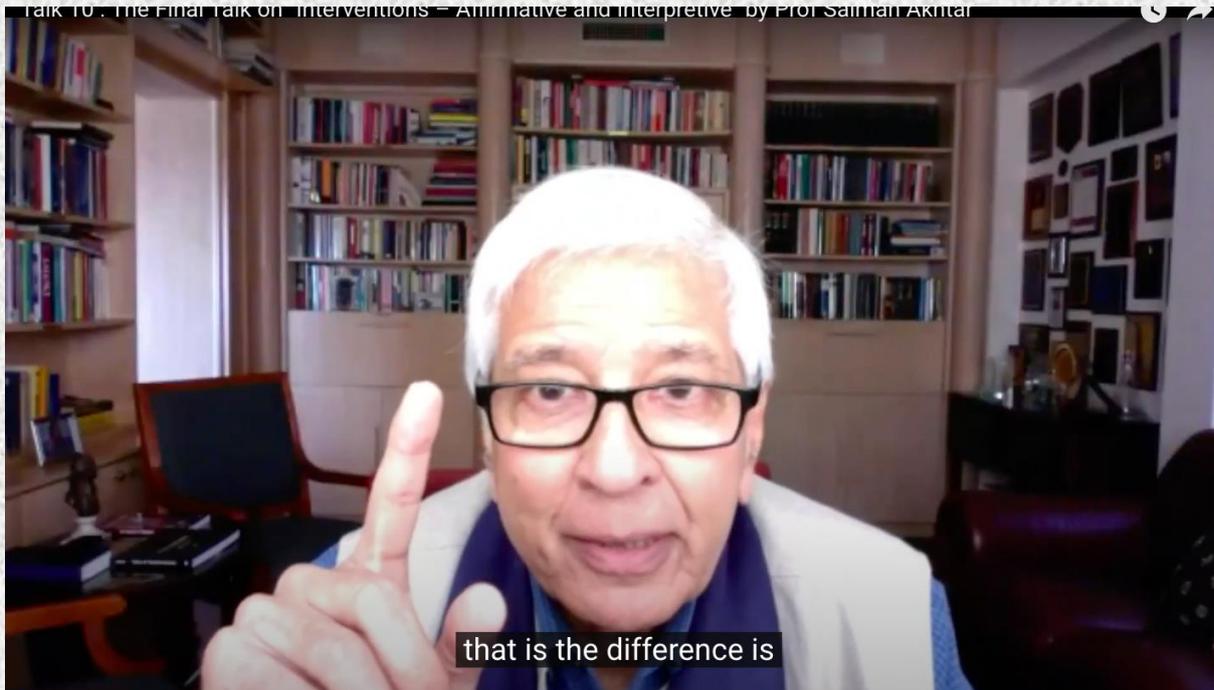


**National CME on First Episode Psychosis: An wake up call for Indian Psychiatrists on 17<sup>th</sup> September, 2022**



**Alumni Dinner on 17<sup>th</sup> September, 2022**

## ***Journey of Department (1963-2024)***



**Prof Salman Akhtar delivering online weekly lecture series on "A Primer on Psychoanalysis" – 27<sup>th</sup> Sept to 29<sup>th</sup> Nov, 2022**

***Journey of Department (1963-2024)***



**Marathon on World Mental Health Day, 10<sup>th</sup> October, 2022**



***Journey of Department (1963-2024)***



***Distinguished Speaker Series Talk by Prof. Helen Herrman, 8<sup>th</sup> March, 2023***

## ***Journey of Department (1963-2024)***



**Workshop on Child Abuse and Child Protection, 1<sup>st</sup> April, 2023**

## ***Journey of Department (1963-2024)***



## **Diamond Jubilee International Conference on Mental Health, 14<sup>th</sup>-16<sup>th</sup> Sept, 2023**



***Journey of Department (1963-2024)***



**Alumni Meet at Diamond Jubilee Celebrations**



***Journey of Department (1963-2024)***



***6<sup>th</sup> Prof NN Wig Oration delivered by Dr Afzal Javed,  
President, WPA on 16<sup>th</sup> September, 2023***



***Journey of Department (1963-2024)***



**Marathon on World Suicide Prevention Day, 10<sup>th</sup> Sept, 2023**

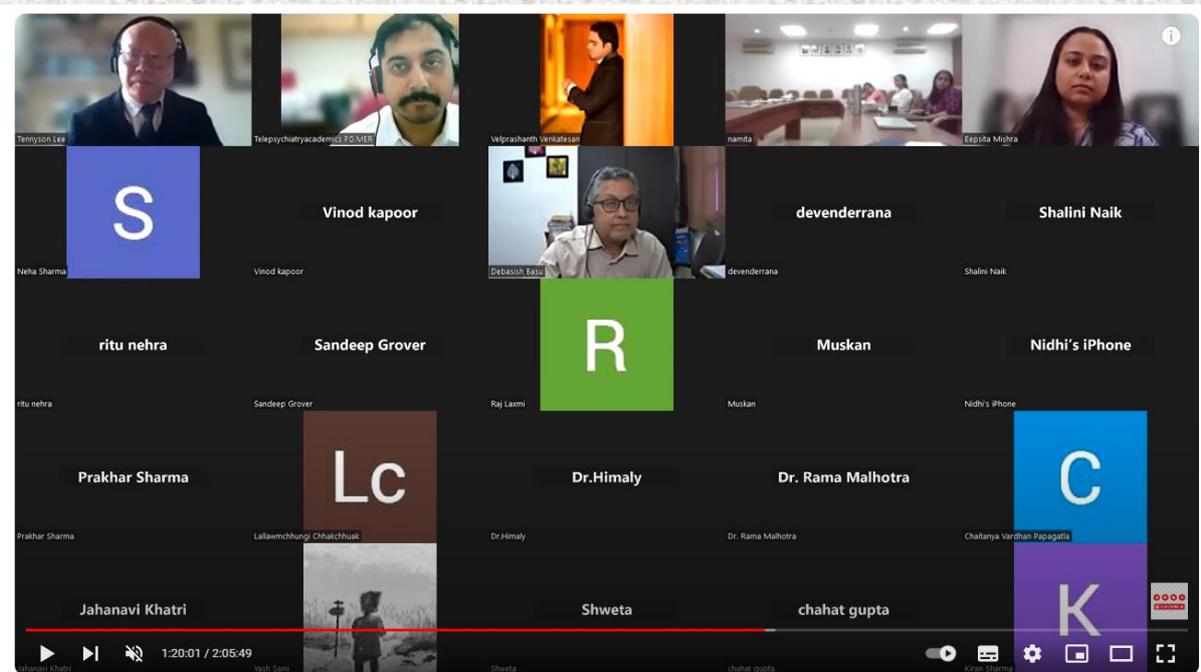


**National Workshop on Dream Analysis, March 3<sup>rd</sup>, 2024**

## ***Journey of Department (1963-2024)***



### **Distinguished Speaker Series Talk by Prof. Kamaldeep Bhui, 11<sup>th</sup> April, 2024**



### **Online Workshop on Managing Borderline Patients : key contributions from Transference Focused Psychotherapy, 13<sup>th</sup> & 20<sup>th</sup> April, 2024**

***Journey of Department (1963-2024)***

***And many more memories to come .....***