

CURRICULUM VITAE

Name	PRATIMA MURTHY
Date of Birth (DD/MM/YY):	13/03/1961
Gender	FEMALE
Affiliation	Director and Senior Professor of Psychiatry, National Institute of Mental Health and Neuro Sciences, Bangalore, India
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Academic/other qualifications

Sl. No.	Examination passed	Year of passing	Name of College/ University	Awards/ merit etc.
1	MBBS	1985	Bangalore Medical College, Bangalore University	Distinction in Ophthalmology and ENT
2	Diploma in Psychological Medicine	1987	NIMHANS, Bangalore Bangalore University	DLN Murti Rao Memorial Prize for highest marks scored in DPM
3	MD in Psychological Medicine	1989	NIMHANS, Bangalore Bangalore University	The Silver Jubilee Award as best outgoing student in MD

4	Diploma in Psychiatry	1993	The Victoria University of Manchester UK	Best performance in Diploma in Psychological Medicine for Psychiatrists from Developing Countries
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Particulars of Employment/Teaching & Research Experience

Sl. No.	Teaching & Experience	Name of the Institution / University	Period	
			From	To
1	Senior Resident	NIMHANS, Bangalore	Nov1989	Dec 1991
2	Registrar	Lancaster Moor Hospital and Withington Hospital, Manchester	Feb 1992	July 1993
3	Assistant Professor, Deaddiction	NIMHANS, Bangalore	3.8.1993	30.1.1994
4	Assistant Professor of Psychiatry	NIMHANS, Bangalore	1.2.1994	30.6.1998
5	Associate Professor of Psychiatry	NIMHANS, Bangalore	1.7.1998	30.6.2003
6	Additional Professor of Psychiatry	NIMHANS, Bangalore	1.7.2003	16.10.2005
7	Professor of Psychiatry	NIMHANS, Bangalore	17.10.2005	May 2021
8	Senior Professor of Psychiatry	NIMHANS, Bangalore	May 2021	Present
9	Director	NIMHANS, Bangalore	18.06.2021	Present

	Additional Qualifications/Membership/Administrative experience/training/travel fellowships	Period	
		From	To
NIMHANS Headship of Dept/Centre			
1	Head, Centre for Addiction Medicine, NIMHANS (Funded by the DDAP, Govt of India)	Jun 2006 Jun 2017	2012 Mar 2019
2	Head, Department of Psychiatry, NIMHANS	1 Apr 2019	17 June 2021
Other Departmental responsibilities			
3	Chair, Psychotherapy programme, Dept of Psychiatry	Aug 2013	2019
4	Head, Forensic Psychiatric services	Jun 2016	Feb 2020
Institute responsibilities			
5	Member, Library Committee, NIMHANS	Oct 2013 and 2018	
6	Member, Ethics Committee, NIMHANS	Oct 2014	Oct 2017
7	Chairperson, Internal Complaints Committee, NIMHANS	2015	2018
8	Member, PhD Registration Committee, NIMHANS	2019	
9	Member, Standing Committee on Child Care leave, NIMHANS	2019	

10	In-charge, Heritage Museum, NIMHANS The Heritage Museum, NIMHANS was established to commemorate NIMHANS becoming an Institute of National Importance and celebrate 160 years of the Hospital.	2015	2021
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PRESIDENTSHIP

11	President, The NIMHANS Faculty Association	2016	2018
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MEMBERSHIPS OF SOCIETIES

1	Life Fellow, Indian Psychiatric Society, South Zone and Karnataka		
2	Life Fellow, International Medical Science Academy	2015	
3	Fellow of The Royal College of Physicians and Surgeons, Glasgow UK	2015	
4	International Associate, Royal College of Psychiatrists, UK	2010	

AWARDS AND RECOGNITIONS

1	Marfatia Senior Psychiatrist's Award for best paper titled Erythrocyte Aldehyde Dehydrogenase in Alcoholism, Indian Psychiatric Society	1992	
2	Tilak Venkoba Rao Oration Award, Indian Psychiatric Society. Alcohol Dependence: Biological and Clinical Correlates	2001	

3	Poona Psychiatric Association (PPA II Award) Fetal Alcohol Spectrum Disorder	2013	
4	Raja Ramanna Award for excellence in science (Science and Society) Govt. of Karnataka and Karnataka State Council for Science and Technology.	2019	
5	Rotary Award for lifetime achievement in substance use disorder prevention and treatment	2021	
6	WHO Regional Director award for tobacco control	2021	

7	National Health Conclave Awards- Policy influencer Special Jury award, AHPI NHC	2021	
8	IHW Council. CME Excellence Dronacharya Award for outstanding CME contribution in Psychiatry	2021	
9	Mother Teresa award by the Newspaper Association of Karnataka	2021	
10	Presidents Appreciation award from the Indian Psychiatric Society	2021-22	
11	International Women Achiever's Award, CPWA	2022	
12	Varshada Kannadiga Award by TV 18 for contribution in the area of health	2023	
11	World Psychiatric Association (WPA) Presidential Commendation for extraordinary contributions to the work of the WPA and the advancement of psychiatry and mental health across the world	2020-2023	
12	Distinguished Scientist Award Koneru Lakshmaiah Education Foundation (KLEF), Vijayawada	2023	
13	Doctor of Literature (Honoris Causa) Sri Sathya Sai University,	2023	
14	Featured among top 100 women in India by India Today, India Today Magazine	2024	

15	Doctor of Science (Honoris Causa), YSR University of Health Sciences, Vijaywada	2024	
16	India Today Woman achiever in health, Women summit on Gender equity, Chennai	2024	
17	Devi Award, New Indian Express November 2024	2024	
18	Forbes India's W-Power Award	2025	
19	Honoured on National Physicians day by the API-Karnataka	2025	

ORATIONS

1	Mangalwedhe Oration on alcohol dependence, KIMS Hubli.	2015	
2	Maurice Bloch Annual Lecture, Institute of Health and Well-Being, University of Glasgow. Addiction treatment services in India-bridging chasms, not just gaps.	2015	
3	DLN MURTHY RAO Oration of the Indian Psychiatric Society awarded in 2023, delivered at the ANCIPS. Kochi	2024	

4	National Brain Research Centre (NBRC Manesar) Foundation Day lecture- New Frontiers in Psychiatry: bridging the brain and mind	2023	
5	Prof Ranjit Choudhary oration of the Indian Society for Clinical Research 17 th Annual Conference, February 24, Hyderabad. Transformations in Clinical Research for Better Patient Outcomes	2024	
6	First Dr Shamantakamani Narendran Oration of the Bangalore Adolescent Health Academy BAHA, Bangalore	2024	
7	Dr Prashanthi Oration of the Indian Psychiatric Society Telengana Branch	2024	
8	Dr BK Venkataraman birth centenary oration organized as part of the Mysore Medical College centenary celebrations in collaboration with Government Dental College and Research Institute and Mysore Medical College Alumni Association	2024	

9	RL Bijlani Lifetime Achievement Award Oration 11 th Annual Conference of the Association of Physiologists of India (ASSOPICON 2025)	2025	
CONSULTANCIES/ MAJOR ASSIGNMENTS			
1. International Labour Organization, Geneva. Invited by the ILO to document Best Practices of Workplace Prevention of Alcohol and Drug Abuse. A case study on the programme of the Karnataka State Road Trasport Corporation. 2000 2. United Nations Development Programme. Served as international technical consultant for the UNDP/ESCAP on a mission to the Maldives to carry out a feasibility assessment of a rapid situation assessment of drug abuse. October 29-2 November 2001 3. United Nations Drug Control Programme. Scientific Editor: Education pamphlets on substance abuse management for service providers. UNDCP. November 2001 4. International Labour Organization, Geneva Served as instructor on the ILO module Alcohol and Drugs at the Workplace at the International Solve Training Course. Turin, Italy, April 2002 5. Colombo Plan. Invited by the Drug Advisory Programme, Colombo Plan to be the Chief Trainer at a workshop on Workplace Prevention of alcohol and drug abuse held during the International Conference addressing Psycho-Social Problems at the workplace. Penang, Malaysia. June 2002 6. International Labour Organization, Geneva. Served as International Trainer for Workshop on Workplace Prevention of Alcohol and Drugs. Organised by the ILO and University Sains Malaysia, Penang, Malaysia, August 2002 7. United Nations Drug Control Programme Scientific Editor of the ILO report on community based drug rehabilitation and workplace prevention of substance abuse in India MSJE/ILO/UNDCP/EC. 2002 8. United Nations Drug Control Programme Scientific Editor of Monograph: Women and Drug Abuse: The Problem in India (UNDCP/MSJE). 2002 9. International Labour Organization, Geneva Invited to edit 3 MicroSolve Training modules for workers and supervisors on Alcohol and Drugs at the Workplace: Recognition, action and prevention. ILO, Geneva, 2002-03. 10. Colombo Plan Invited to be the chief trainer at the workshop on Triggering Workplaces for Prevention of Substance Abuse organized by the Drug Advisory Board, Colombo Plan and National Dangerous Drugs Control Board, Sri Lanka, Colombo, 20-21 February 2003 11. World Health Organization. Invited as International consultant and team leader to evaluate the National Project "Strengthening Specific Drug Demand Reduction Activities in Sri Lanka" Project SL/72, UNDCP/WHO/NDCCB, Colombo, February 22-March 3, 2003			

12. International Labour Organization, Geneva Invited as International Trainer for the ILO SOLVE course on prevention of psycho-social problems at the workplace. Workshop organized by the International Labour Organization, Geneva and the Chamber of Commerce, Sri Lanka, November 2003
13. Narcotics Control Board, Maldives. Technical consultant for Drug abuse in the Maldives Project report released in 2003, edited several chapters
14. International Labour Organization, Geneva Invited as an international resource person to a meeting on Psychosocial Problems at the Workplace, organized by the ILO and Smithers Institute, Cornell University, New York, February 2004
15. University Sains Malaysia. Invited by the International Labour Organization and the University Sains Malaysia as international trainer for 3 back to back courses on Managing Psycho-Social Problems at the Workplace (SOLVE), SOLVE course for Directors, and Workplace Prevention of Alcohol and Drugs. University Sains Malaysia, Penang, May 16-28, 2004
16. United Nations Office on Drugs and Crime. Served on panel of experts for monograph on substance abuse treatment and care for women: Case studies and lessons learned. UNODC Vienna. August 2004
17. International Labour Organization, Geneva. Technical Consultant for the International Labour Organization, to develop a self directed training module for managers on dealing with stress at the workplace, ILO Geneva, March 20-24, 2005
18. Washington University at St Louis. Visiting Professor, Washington University Department of Psychiatry, EPRG group, St Louis, May 2005
19. International Labour Organization, Geneva. Technical Consultant for the International Labour Organization, Geneva, to author a chapter on Alcohol and Drugs for the SOLVE (addressing psychosocial issues at the workplace) module, September 2005
20. World Health Organisation Country Office. Part of team involved in drafting advocacy document to control alcohol-related harm for India, World Health Organisation assignment. January 2006
21. United Nations Office on Drugs and Crime. Consultant for United Nations Office on Drugs and Crime, Regional Office for S Asia for Situation Desk study under project IND/149 "Reducing substance use related vulnerability in female drug users and female partners of male drug users". 2006-2007
22. United Nations Office on Drugs and Crime Lead Trainer. Regional Workshops on Reducing Substance Related Vulnerabilities. Organised by UNODC at Delhi, Calcutta, Pune, Shillong, Jan/Feb 2007
23. Reference Group to the United Nations on Drug use and HIV. Invited as Corresponding Member, Reference Group to the United Nations on HIV, March 2008-2010
24. WHO SEARO. Consultant to develop modules on tobacco cessation for doctors and dentists; nurses and other health professionals 2009
25. UNAIDS TAG UNODC. Gender Advisor for the UNAIDS TAG UNODC H 13 Project 2009
26. WHO SEARO- Bangkok. Meeting of experts for reduction of harm from alcohol. Bangkok, April 2009
27. Ad hoc consultancy to DFID/AIDS TAST to review situation paper on the current status of the national harm reduction approach developed for NACO, April 2011
28. WHO SEARO, consultant to develop a status paper on smokeless tobacco cessation in India, March to May 2011
29. Consultancy to UNAIDS to undertake review of the FIDU programme in the North-East, Nossal University Australia, May 2011
30. Co – Director, Fogarty ICOHRTA training program on chronic non-communicable disorders and diseases across the life span
31. WHO Country Office. Consultancy to develop manuals to address risk factors for NCD prevention. 2013-2016
32. WHO, SEARO. Chief trainer for tobacco cessation intervention for Bhutan, November 2014
33. WHO, SEARO. Chief trainer for tobacco cessation intervention for Timor Leste, August 2015
34. World Health Organization Geneva and International Telecommunications Union. International expert, mCessation initiative for tobacco, since 2016
35. Mental Health Regional Expert Group Meeting to support WHO South-East Asia Region to

- implement the Paro Declaration on Universal access to people centred mental health care and services - 28-29 November 2022
37. Arogya Trust, USA. To develop mental health messaging for sms and app-based messaging
 38. WHO Geneva. Consultant for technical expert group on public health responses to risks associated with cannabis and alcohol. 2019
 39. WHO Geneva. Member of STAG-MNS 2021. Attended the STAG-MNS meeting in Geneva, April 2024
 40. WHO. Member of the mHGAP GDG group for mental health. 2021.
 41. World Psychiatric Association. Member of the working group on implementing alternatives to coercion. 2020-2023
 42. NIHR, UK. Grant reviewer 2021.
 43. WHO Geneva. Member of expert group on alcohol use for the WHO Academy course on Behavioural counselling interventions in primary care for NCD risk factors 2022
 44. Mental Health Regional Expert Group Meeting to support WHO South-East Asia Region to implement the Paro Declaration on Universal access to people centred mental health care and services - 28-29 November 2022
 45. Member, UGC expert committee to formulate regulations for foreign universities, 2022
 46. Member UGC expert committee to frame guidelines for introduction of courses on health for holistic and multidisciplinary education in the light of NEP 2022.
 47. Jury, Sitaram Jaipuria Foundation Awards 2022 - 2023.
 48. Jury INFOSYS Aarohan Social innovation awards 2023.
 49. Received the Bloomberg Global MPOWER Award for tobacco Cessation on behalf of the Government of India in Dublin, Ireland, June 2025.
 50. Was on the Indian delegation to the UNGA October 2025.

More than 25 other national consultancies with NHRC, MOHFW, MSJE NACO and other organizations

BOARD MEMBERSHIPS/ ORGANIZING COMMITTEE			
1	Joint Organising Secretary, Indo US Symposium on Current Trends in Alcoholism.	Mar 2001	
2	Organising Secretary, Symposium on Addiction: Etiologies to Interventions, NIMHANS.	Nov 2004	
3	Member, Ethics Committee, The Banyan, NGO based in Chennai.	2011	2013
4	Member, IRB, Karuna Trust	2011	2013
5	Member, ICMR task force on epidemiology of drug abuse in Punjab, ICMR, New Delhi	2012	
6	Convenor, IPS Task Force on developing guidelines for postgraduate psychiatry training in India.	2013	
7	Scientific Committee Convenor, IPSOCON.	2014	
8	National Human Rights Commission, Member, Technical Group to advise on mental health in India	2015	
9	Member, TRG Resource Group on adolescent health subthematic specialty for addiction, Min of Health and Family Welfare, Govt of India	2015	
10	Chair, Scientific Committee, International Conference on Mental Health and Law, Bangalore.	Dec 2016	
11	Member, Advisory Board, DMHP Nagpur. Tata Trusts.	2018	Present
12	Member, Scientific Committee, International Society of Addiction Medicine (ISAM) Conference.	2019	

13	Member, Scientific Committee, INEBRIA International conference.	2020	
14	Visiting Faculty to Banjara Academy and Richmond Fellowship Society (India) Diploma in Counselling Course.	2015-2019	
15	National Human Rights Commission, Member, core committee on health	2015	Present
16	Chairperson, Institute Ethics Committee, Indian Institute of Science (IISc)	2019	Present
17	Founder member of Institute Body, AIIMS, Mangalgi	2021-2024	
18	CIB member of all AIIMS,	2021-	
19	Member, Board of Governors, Tezpur	2022-	
20	Chairperson, Core committee on Karnataka Mental Health Regulations	2022	
21	Member, Board of Governors NIBMG	2023	
22	Member, SAC, Centre for Brain Research	2023-	
23	Member, WHO STAG on MNS	2023	

24	Chairperson, Committee to finalize alternatives for discontinuation of MPhil, Ministry of Health and Family Welfare, Govt of India	2023	
25	Chairperson, Expert Committee for advice on mental health cover, IRDAI	2023	
26	Chairperson, Expert Committee on Autism, Ministry of Health and Family Welfare, Govt of India	2024	
27	Chairperson, Committee to provide recommendations on improvement and innovations in patient care. Constituted by PMSSY, MOHFW, Govt of India	2024	

28	Member, National Task force to prevent violence against health care professionals	2024	
29	Chairperson, Committee to recommend suicide prevention measures in new AIIMS	2025	
30	Chairperson, WHO expert group on opioid use disorder treatment	2025	
REVIEWER			
1	Adhoc reviewer for: Indian J Psychiatry Substance Abuse Treatment, Prevention, and Policy Indian J Medical Research Plos Medicine Asian J Psychiatry		
EDITORSHIP			
1	Associate Editor, De-Addiction Quarterly, NIMHANS	1995	2000
2	Editor, Souvenir of the International Conference on family and psychosocial Rehabilitation.	1997	
3	Editor, NIMHANS Alumni Souvenir	1998	
4	Editor, NIMHANS Alumni Souvenir	2000	
5	Joint Editor, NIMHANS Golden Jubilee Commemorative Volume, NIMHANS	Feb 2004	
6	Joint Editor, Mindscapes and Landscapes. An illustrated history of NIMHANS.	2013	
7	Joint Editor, Reconstructing Histories of Mental Hospitals in India.	2016	

8	Co-editor. IJP supplement on Mental Hospitals.	2018	
9	Principal Editor, Indian J Psychiatry supplement on Psychosocial Interventions in addictive disorders.	2018	
10	Joint-Editor, Suvarna Sambhrama Golden Jubilee Commemorative volume of the Indian Psychiatric Society, Karnataka Chapter.	2018	

Brief summary of work

I am presently Director and Senior Professor of Psychiatry at the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, India.

Contribution as Director, NIMHANS

Clinical, patient facilities and diagnostics

- Increased total inpatient beds to over 1000
 - Addition of 30 inpatient beds in integrative medicine
 - Commencement of day care centre 20 beds
 - Commencement of 125 bedded speciality RM Varma block for Neurology and Neurosurgery
 - Commenced 25 new special ward beds in psychiatry
- Initiation of ABHA
- Initiation of Hospital Information Management system
- Initiation of esanjeevini
- Care nation software for remote patient follow up
- Buggy services for patients
- Soft skills training for OPD staff, administrative staff and nursing staff
- Yoga and lifeskills training for staff
- Organ retrieval facility initiated
- Mental health review board on institute premises
- First INI to get Central Mental Health Authority registration
- Enhanced CSR grants
- Initiated revamping of casualty services

- Commencement of Vishram Sadan
- Construction of Psychiatry specialty block 125 beds
- Construction of Central laboratory complex
- Revamping of Sakalwara community rehabilitation centre
- OPD renovation and face lift
- Digitization of medical records
- Leksell Gamma Knife (LGK) for neurosurgical intervention
- Commercialization of radiopharmaceuticals produced in PET for use in other hospitals
- Neuropathology specimen tracker
- Small animal facility for MRI
- Student support network
- Initiation of HIMS
- New CSSD
- Outsourcing of laundry
- Restarting of family ward services
- Introduction of new diagnostic tests
- Opening of new hostel complex
- Sanction of new OPD block
- In principle approval for north campus polytrauma centre

Awards/Recognitions to NIMHANS 2021-2024

- NABH accreditation (First INI to receive accreditation) and Renewal
- World Health Organization Geneva Nelson Mandela Award for Health Promotion, World Health Organization 2024, presented during the World Health Assembly
- Fourth best medical institute under NIRF rating
- Top 5 universities in NIRF and India Today- MDRA survey
- Second prize in Kayakalp Scheme in Tier II category
- Among world's best hospitals by Newsweek international magazine

Commemorations

- 50 years of the Neuro Centre
- 70 years of the AIIMH
- 50 years of formation of NIMHANS
- 70 @70 reunion of all superannuated employees of NIMHANS
- Alumni reunion in 2024

Establishment of new Departments/Centres/Facilities

- Department of Integrative Medicine

- Department of Psychosocial Support in Disaster Management
- Centre for Neuromodulation
- Centre for Neurotoxicology and Pharmacology
- Centre for Neuromuscular disorders
- WHO collaborating centre for Tobacco testing
- Museum for brain and mind
- Centre of Excellence in AYUSH research
- New administrative block
- Platinum jubilee auditorium and training studios in Dept of Psychiatry
- ICMR Centre for Advanced Research on Digital Interventions in Mental health
- National Tobacco Testing Laboratory
- BSL III labs sanctioned

Extramural initiatives and engagement

- NIMHANS apex centre for Tele MANAS
- NIMHANS co-ordinating agency for NMHS 2
- Karnataka Brain Health initiative (KABHI)
- Hub and spoke model for neurotrauma and acute stroke
- WHO Toblabnet and recognized testing lab for WHO SEARO
- Hub and spoke model
- Mental health santhe
- Mannotsava
- Cognitive, affective and social neuroscience Laboratory

Academic/Research

- Establishment of Centre for Brain and Mind- RNF foundation
- Renewal of MOU with University of Liverpool
- Renewal of MOU with University of Maastricht
- Establishment of MOU with University of Oslo
- MOU with Pratiksha Foundation and University of Liverpool
- Renewal of MOU with WHO Collaborating Centre for Injury Prevention and Safety Promotion (2023-27)
- MOU with AFMS

Individual contributions

From my journey from Resident to Senior Professor, I have contributed in many areas:

Academic and Administrative summary

I was educated in Bangalore, and was head girl and best outgoing student of her school. I am a graduate of the Bangalore Medical College batch of 1979. I subsequently completed Diploma (1985-87) and MD (1987-89) in Psychiatry from NIMHANS and received the outstanding student award in both courses. I then obtained a Diploma in Psychological Medicine from the University of Manchester, UK in 1992 and returned to India. I have been a faculty in the Department of Psychiatry since 1994, as Assistant, Associate Professor, Professor and am presently Senior Professor of Psychiatry since May 2021. I have served as the head of the Centre for Addiction Medicine for eight years, Head of the Forensic Psychiatry Services for four years and Head of the Department of Psychiatry for two years (at NIMHANS), until my appointment as Director, NIMHANS in June 2021. I am a Fellow of the Royal College of Physicians and Surgeons, Glasgow.

Contributions to Psychiatry (Public mental health and substance use prevention and intervention)

I have principally contributed in the following areas of mental health and substance use interventions.

Mental hospital reform and quality assurance in mental health in India

Through collaborations with the National Human Rights Commission (NHRC), I have been working for over two decades in initiatives to improve mental health care in India.

- I was initially part of a team which inspected mental hospitals all over the country in the late 1990s, and was a major contributor to the report which developed recommendations for their improvement.
- In the following decade, there were substantial improvements in most of the hospitals in the country, in the documentation of which I was involved. The report that I co-edited examined the various changes that had occurred in institutional mental care, the need and challenges in developing mental health human resources and the need to strengthen community care. Following this, there have been concerted efforts to enhance mental health human resources. Several more medical colleges have initiated departments of psychiatry and resource allocation under various schemes of government have enabled improvements in infrastructure and personnel.
- I was the lead author of a technical report on mental health on behalf of the NHRC, which looked at state wise burden of mental illness, state policies and programmes to address mental health problems and the need for a comprehensive approach to mental health care. This report was submitted to the Hon'ble Supreme Court of India. It also formed a reference document for the subsequent National Mental Health Survey document. Following this report,

I assisted the Ministry of Health and Family Welfare in developing a mental health road map for the country. Since then there have been several developments in the mental health landscape of the country, including a national mental health policy and the enactment of a new mental health care act. As Director of NIMHANS, I am taking forward this agenda of empowering the individual states in the country to develop their state mental health authorities and am also leading the Government's national Tele mental health counselling initiative.

- Both earlier as an assistant professor and after becoming professor, I have worked with the National Commission of Women to look at the situation of mental hospitals in the country and also provided my team a gendered perspective on mental health and to look at the mental health needs of women both in institutions and in the community. The series of recommendations emerging from the report generated from this initiative has highlighted the need to look at the larger psychosocial matrix in society while planning such rehabilitation.
- As a member of the WPA workforce on implementing alternatives to coercion, I continue to contribute towards increasing access to mental health care in a rights based framework, which has been quite a challenge during the Covid-19 pandemic.
- During this time, I have provided key inputs into the development of Mental Health Advisories issued by the National Human Rights Commission.
- I have also been serving as one of the Directors of the World Psychiatric Association (WPA) collaborating centres.

Improving mental health care in Prison Settings

I have made significant contributions to mental health care in prison settings.

- As part of the forensic psychiatry services at NIMHANS, I was involved in coauthoring a report on mental health care and substance use in prison settings and their effective management.
- I have worked with prison settings to identify the common mental health problems among women undertrials and convicts and their amelioration.
- I have recently guided a PhD dissertation looking to develop peer groups in prison to provide mental health support, especially as countries like India are deficient in human resource in such settings.
- As Director of NIMHANS, I am currently focusing on strengthening mental health care in other correctional settings, like juvenile homes in the state.
- I have provided consultancy to a team from the National Law University, Delhi, that published a report on mental health issues related to death row prisoners, a very under-researched area in the region.

Addiction Management and prevention

- I have played a key role in developing addiction treatment services at NIMHANS, expanding the clinical facility, establishing a state of art toxicology laboratory for detection and quantitation of drugs of abuse. This lab is presently a member of the WHOTobLabNet.
- Along with colleagues at NIMHANS, I have initiated tobacco cessation services at NIMHANS and this has become the prototype for the country, and the team has trained health personnel from diverse areas in providing tobacco cessation. I was co-ordinating the tobacco quitline services for southern India.
- I was involved in formulating national guidelines for tobacco cessation, for psychosocial interventions for substance use disorders and guidelines for opioid substitution treatment.
- My work with women and substance use has informed community intervention policies for women using substances, women partners of men who use substances and injecting drug using women in the country.
- I have liaised with the Ministry of Health and Family Welfare, Government of India and the WHO country office to develop training modules and programmes for risk reduction for non-communicable disorders
- I was involved in initiating and documenting workplace prevention and intervention programmes for substance use. The KSRTC workplace model in one of the biggest transport companies in the world became internationally acclaimed. This work was expanded to addressing mental health problems with workplaces, engaging both public and private sector workplaces in Bangalore. Since this work, many organizations have initiated workplace programmes for mental health and substance use.
- I am presently the principal investigator on the IMPACT study in collaboration with the University of York. This seeks to adopt an integrated approach for mental and physical disorders.

Therapeutic Drug Monitoring

As an extension of the toxicology services, I worked with my team to introduce therapeutic drug monitoring for neuroleptics, which was hitherto not done in our Institute. This has helped us to rationalized neuroleptic doses and reduce dose-related side effects of medications.

Digital training and tele-health

I have been involved with developing digital training and tele-health at NIMHANS for nearly a decade. During the Covid-19 pandemic, this has become the new norm for mental health and training and reaching health professionals in underserved areas.

- I have guided the setting up of virtual online programmes in addiction and mental health by mentoring her younger colleagues. The VKN Nimhans, in collaboration with ECHO, University of Mexico has been instrumental in training

thousands of health professionals in addiction management and other areas of mental health. The VKN experience has led to the establishment of the NIMHANS Digital Academy (NDA) to expand human resources in mental health and to reduce the large treatment gap in mental health care.

- I have developed the content for the mCessation tobacco which is presently hosted through the National Health Portal.
- I have been involved in an app to provide doctors information on how to manage substance use disorders. This Addiction treatment app is available on playstore.

Post-graduate training in Psychiatry and other fields of mental health

This area is both a universal and national need and a personal passion.

- Through my collaboration with the Indian Psychiatric Society, I have developed guidelines for post-graduate training in psychiatry, which is a template adopted in medical colleges throughout the country.
- I have been involved in the training of young leaders in psychiatry through the mentorship of Professor Norman Sartorius, one of the best-known names in Psychiatry through an annual programme for young psychiatrists from the SAARC nations.
- I have functioned as the Chairperson of the psychotherapy programme of the Department, which trains post-graduate students in developing psychotherapeutic skills.
- I have been involved in the starting of post graduate training in addiction psychiatry through DM and PDF courses.
- I have been a guide/co-guide for several students in Psychiatry, Clinical Psychology, Psychiatric Social Work and Psychiatric Nursing and guided/coguided 30 students for MD dissertations, 19 PhD dissertations, and 2 DM in addiction psychiatry. These have largely focused on interventions and continuity of care from institutions into the community.
- I have been involved in one-month orientation training programmes to develop human resources in addiction treatment for nearly two decades.

Contribution to Institutional Mental Health and Social History

I was one of the key faculty involved in setting up the NIMHANS Heritage Museum, one of its kind in South-Asia, which documents the development and growth of mental services in the state of Karnataka, leading to the formation of NIMHANS. The Museum is also archiving records which provide a rich history into the socio-cultural contexts of psychiatric disorders. I am one of the editors of Mindscapes and Landscapes, an illustrative coffee table book documenting the story of NIMHANS, as well as the golden

jubilee commemorative volume. I have also been involved in helping other institutions in the country in developing institutional histories.

Research and Publications

I have been a principal investigator/Co-I on about 40 research projects, both national and international. I have more than 300 peer reviewed publications in the area of translation research into interventions and policies for mental health and addiction prevention and management.

Public Awareness

I am a skilled orator and have delivered, in addition to scientific lectures, numerous public lectures, talks, radio and television programmes and written articles in newspapers and magazines in the areas of substance use and mental health literacy.

Apart from regular radio and TV talks, some of the themes of presentations include alcohol and ill health, relapse prevention in addiction, common mental disorders and dealing with stress.

Research grants

I have been involved in about 40 research projects at international, national and regional levels

Presentations

I have made more than 400 presentations at various fora.

List of publications

About 400 peer reviewed publications.

2026

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RESEARCH PROJECTS

1	Community based drug rehabilitation and workplace prevention of substance misuse.	Ministry of Welfare, Govt of India/ UNDCP/International Labour Organization	Principal Investigator	1995-1998
2	Supported Employment in Substance Users	Ministry of Welfare, Govt of India / UNDCP/International Labour Organization	Principal Investigator	1995-1998
3	Project on Developing Core Questionnaire on Drug Epidemiology	World Health Organization	Co-investigator	1996
4	Seizures in alcoholism	NIMHANS	Principal Investigator	1999
5	Rapid Assessment of Drug Abuse in Bangalore	United Nations Drug Control Program (UNDCP)	Principal Investigator	2000
6	Nutrition in Alcoholism	NIMHANS	Principal Investigator	2000

7	Alcoholism and Sexuality in Women	Ford Foundation	Principal Investigator	1999-2001
8	National Household Survey of Drug and Alcohol Abuse in India (for Karnataka).	Ministry of Social Justice and Empowerment MSJE, Govt of India and UNDCP	Principal Investigator	2001-02
9	Molecular Genetic study of Alcohol Metabolising Enzymes in the Indian Population	NIMHANS	Co-investigator	2000-2001
10	Establishing and Monitoring Alcohol's Involvement in Casualties – Multi centre collaborative Project	World Health Organization	Co-investigator	2001-2002
11	Assessment of Unrecorded Consumption of Alcohol [Multi centre collaborative Project]	World Health Organization, Country Office and Ministry of Health	Co-investigator	2001-2002
12	Tobacco Cessation Clinic - Multi centre collaborative Project	World Health Organization Country Office and Ministry of Health	Currently Principal Investigator	2002-
13	Evaluation of drug deaddiction centers in South India	Ministry of Social Justice and Empowerment, GOI	Principal Investigator	2002
14	Targeted Risk Reduction In Children Of Alcoholics	Ministry of Health & Family Welfare / World Health Organisation	Co- Investigator	2003-05
15	Multi-Centre Collaborative Project on Gender, Alcohol and Culture [GENACIS]	World Health Organization	Co- Investigator for the India site at Bangalore	2003-04

16	Double Blind Study to Evaluate the Efficacy and Safety of Risperidone vs Quetiapine vs Placebo in Subjects with an Acute Exacerbation of Schizophrenia and Schizoaffective Disorder.	Janssen Pharmaceuticals	Co-PI	2003-2004
17	Randomised, Double-Blind, Placebo-Controlled and Olanzapine-Referenced, Parallel-Group Efficacy and Safety Study of Two Fixed Doses of Bifeprunox in the Treatment of Schizophrenia (S1543003)	Solvay	Co-PI	2004-2005
18	A randomized double-blind placebo controlled multicenter study to evaluate the efficacy and tolerability of licarbazepine 1000-2000mg/day in the treatment of manic episodes in bipolar I extended study CLIC477D2301E1	Novartis	PI	2006-07
19	A randomized double-blind placebo controlled multicenter study to evaluate the efficacy and tolerability of licarbazepine 1000-2000mg/day in the treatment of manic episodes in bipolar I disorder over 3 weeks" Protocol No CLIC477D2301	Novartis	PI	2006

20	Determinants of well-being	NIMHANS	PI	2006-2008
21	Foetal Alcohol Syndrome	Deaddiction centre, NIMHANS	PI	2007-2008
22	Correlates of anger among alcohol users	De-Addiction Centre, NIMHANS	Co-Investigator	2009-2010
23	Course and outcome of alcohol dependence	WHO SEARO	Co-Investigator	2009-2010

24	Community harm reduction from alcohol	WHO SEARO	PI	2009-2010
25	Drug abuse in first episode psychosis	NIMHANS	Co-I	2009-2010
26	Assessment of alcohol related harm-national survey	WHO SEARO	Co-I	2011-2012
27	Finding genes that predict alcoholism risk	ICMR	PI	2011-2013
28	“Turning the Pages”	Wellcome Trust, UK	Co I	2011-2016
29	Development of a partner focused intervention for alcohol dependence and the impact on couples’ outcome	ICMR	PI	2012-2013
30	Development of a trainers’ manual to address risk factors for NCDs for Medical Officers, Counselors and Community Health Workers	WHO Country Office	PI	2013-2014
31	Content validation of mCessation messaging for tobacco	WHO-ITU	PI	2015-2016
32	Needs assessment of women admitted to mental hospitals	National Commission for Women	PI	2016-2018
33	IMPRESS (Exposure to second hand smoking)	Medical Research Council UK	Co-I	2016-
34	Consortium on vulnerability to Externalising disorders and addictions (CVEDA)	ICMR/MRC UK	Co-I	2016-2019
35	Mobile text messaging for stress	Arogya World	Co-PI	2017-2018

36	Adolescent children of alcoholics (ACoAs): Assessment of cognitive functions, salivary stress biomarkers, gender-based experiences and responses to their father's alcohol dependence	DST-CSRI	Co-I	2017-2019
37	Accelerator Program for Diseases in the Brain using Stem Cells (ADBS)	DBT	Co-I	2016-2023
38	Regional Quitline for tobacco cessation	Ministry of Health and Family Welfare, Government of India	PI	2018-2023
39	IMPACT, University of York	NIHR	Co-PI	2018-
40	"Neuropathy in Alcohol Use Disorder: A study of prevalence, profile, determinants and pathobiological substrates:'	DST-SERB Core research grant	Co-I	
41	Overdose and other causes of Mortality in Substance Users	Ministry of Social Justice and Empowerment, GOI	Co-I	2023-2024
42	A Community-Based Survey cum-Service-Delivery Project on Youth with Injecting Drug Use and Related Risks in Bengaluru City	NFCDA	Co-I	2023-
43	SCIMITAR – South Asia study to address tobacco-related multiple long-term conditions in smoking in severe mental illness	NIHR, UK	Co PI	2022-