

# CURRICULUM VITAE

## BASIC PERSONAL DETAILS

**Name** : **ANIL NISCHAL**

**Nationality** : Indian

**Date of Birth** : August 08, 1972

**MCI Registration No.** : 15093 dated 6.5.1996  
Medical Council of India, New Delhi

**Present Designation** : **Professor,**  
Department of Psychiatry  
King George Medical University  
(erstwhile C.S.M. Medical University)  
U.P., Lucknow - 226003  
Phone: 0522-4658881  
Fax :

## PROFESSIONAL QUALIFICATIONS

### **Primary Medical Qualification**

Name of Exam	Year of Passing	Medical College attended	No. of attempts
<b>MBBS</b>	1995	LLRM Medical College, Meerut	All exams cleared in first attempt

**Compulsory Rotating Internship:** 01.04.1995 to 31.03-1996 from  
L.L.R.M Medical College and Associated S.V.B.P. Hospital, Meerut, UP

### **Specialist Medical Qualification**

Examination	Year of Passing	Institution	No. of attempts
<b>M.D. (Psychiatry)</b>	2000	King George's Medical College and Associated Hospitals, Lucknow, Lucknow University	One

## **EMPLOYMENT DETAILS & WORK EXPERIENCE**

### **Junior Resident (Psychiatry)**

<b>S.no.</b>	<b>Designation</b>	<b>Institution</b>	<b>Period</b>
1	Non-PG JR, Psychiatry (House-officer)	Lady Hardinge Medical College and Asso. S.S.K. Hosp., N. Delhi	06-01-97 to 22-05-97
2	Post Graduate JR M.D. (Psychiatry)	King George's Medical College and GM & Asso. Hospitals, Lucknow	21-08-97 to 20-08-2000

### **Senior Resident (Psychiatry)**

<b>S.no</b>	<b>Designation</b>	<b>Institution</b>	<b>Period</b>
1	Sr. Resident	Institute of Human Behaviour and Allied Sciences, Shahdra, Delhi-96	30-12-2000 to 17-07-2001
2	Sr. Resident	Lady Hardinge Medical College and Associated S.S.K. Hospital, New Delhi	04-09-2001 to 31-05-2002
3	Sr. Resident	Dr. R.M.L. Hospital, New Delhi	11-07-2002 to 13-01-2003
4	Sr. Resident	Himalayan Instt. of Medical Sciences, Swami Rama Nagar, Dehradun,	21-01-2003 to 15-09-2004
Total Duration – Approx. 3 ½ years			

### **Assistant Professor**

<b>Designation</b>	<b>Institution</b>	<b>Period</b>
<b>Assistant Professor (Psychiatry)</b>	King George Medical University, UP, Lucknow	21.09.2004 to 20.09.2008 <b>(04 Years)</b>

### **Associate Professor**

<b>Designation</b>	<b>Institution</b>	<b>Period</b>
<b>Associate Professor (Psychiatry)</b>	King George Medical University, UP, Lucknow	21.09.2008 to 20.09.2012 <b>(04 Years)</b>

### **Professor**

<b>Designation</b>	<b>Institution</b>	<b>Period</b>
<b>Professor (Psychiatry)</b>	King George Medical University, UP, Lucknow	<b>Since 21.09.2012 – till date</b>

## ACADEMIC PROFILE

### AWARDS

1. **Awarded Dr. B B Sethi Award of Indian Association Social Psychiatry (2009)** as for poster “Burden of care on Key-relatives of schizophrenics” presented at Silver Jubilee National Conference of The Indian Association for Social Psychiatry (NCIASP – 2009), Co-sponsored by World Psychiatric Association, Nov., 2009.
2. **Tara Naidu Award (2010)** of Indian Psychiatric Society- Central zone as coauthor for paper entitled ‘ a study of cannabis use in schizophrenia’ presented at CIPCON 2010
3. **Awarded Best Paper Award (2011)** of Indian Psychiatric Society- Central zone as coauthor for paper “Qualitative evaluation of the impact of short-term introductory CBT training amongst mental health professionals in India” presented at CIPCON 2011

### RESEARCH EXPERIENCE

( Detailed list attached as Appendix-II )

- i. **My Own M.D. Thesis** on “Burden of Care on Key-relatives of Schizophrenics”
- ii. **WHO, SEARO, New Delhi : Research Project** titled “To demonstrate the feasibility of health service delivery models for reduction of treatment gap in epilepsy in the community served by CHC, Sarsol, Kanpur” as Coinvestigator : Completed
- iii. **Intramural Research Project** “A Study for Development of Cognitive Remediation Techniques for Indian Patients of Schizophrenia” as Coinvestigator (Ongoing)
- iv. **Chief Supervisor : MD (Psychiatry) Thesis - 11 (2 ongoing)**
- v. **Co-supervisor : MD (Psychiatry) Thesis - 07**  
**: MD Thesis (Other Departments) - 06**  
**: PhD Thesis - 02**
- vi. **Clinical Trials**
  - Principal Investigator - 3
  - Co- investigator - 5
  - Reviewer of PANSS Ratings - 1

## **PARTICIPATION IN CONFERENCES/WORKSHOPS/CMEs**

( Detailed list attached as Appendix-III )

➤ Conferences/ CMEs Organised	:	06
➤ Sessions Chaired	:	08
➤ Invited Lectures	:	11
➤ Presentations in Award Session	:	03
➤ Other Presentations	:	06
➤ Total Attended	:	27

## **OTHER DUTIES/ INVOLVEMENTS**

### **ROLE IN PROFESSIONAL ASSOCIATIONS**

#### **MEMBERSHIP**

- Life Fellow, **Indian Psychiatric Society**
- Life Fellow, **Indian Association For Social Psychiatry**
- Life Fellow, **Indian Association for Child & Adol. Mental Health**
- Life Fellow, **Indian Psychiatric Society- Central Zone**
- Life member, **Delhi Psychiatric Society**

#### **POSITIONS HELD**

- **Indian Psychiatric Society**
  - Convener, IPS task force for CME and Training, 2014-15
  - Convener, IPS task force for Forensic Psychiatry, 2013-14
  - Convener: IPS Task Force for Person Centered Medicine, 2012-13
  - Chairperson(2011-12) : IPS Young Psychiatrist Forum
  - Co-chairperson(2010-11) : IPS Young Psychiatrist Forum
- **Indian Psychiatric Society- Central Zone**
  - Member, Election Commission, 2011-12
  - Council Member, 2010-11
  - Incharge, Indian Psychiatric Society -Central Zone UG Psychiatry Quiz- 2010 - 15
- **Delhi Psychiatric Society**
  - Council Member, 2002-03

### **UNIVERSITY DUTIES / RESPONSIBILITIES ASSIGNED**

- **MD (Psychiatry) Examiner – 2011, 2013 & 2015, KGMU**
- **Coordinator, DNB (Psychiatry) – 2012, 2014 & 2015**
- **Paper setting work for DM Entrance Exam (Geriatric Psychiatry), KGMU-2012**
- **UP PGME MCQ validation 2013 & 14**
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- **Center Representative, CPMT-2012 , 2013 & 2014 K G Medical University, U.P.**
- **Center Representative/ Observer for UP PGME- 2011, 2013 & 2015, K G. Medical University, U.P.**
- **Expert, Doctoral Committee:** Ph.D of Mr. Prakash Kumar, 2011 on topic “Effectiveness of occupational therapy program for older adults with dementia”.
- Nodal officer, CSMMU **Centenary Year Celebration, 2010-11** cum Co-ordinator, **Medical exhibition-2010**, for Department of Psychiatry
- **Center Representative, CPMT-2009** Center 168, Kanpur for by C.S.M. Medical University, U.P.
- **Expert in selection committees** for selection of candidates for research projects in various department of C.S.M. Medical University U.P., Lucknow.
- Preparation of MCQs for the subject of Psychiatry
- Member of MCI AT-COM module team
- Reviewer for Intramural seed grant project, KGMU

### **DEPARTMENTAL RESPONSIBILITIES / ROLES**

- **Co-ordinator, non-examiner for DNB(Psychiatry) -2012, 13, & 15** examination of National Board of Examinations, Lucknow centre
- **Started ‘Anxiety Disorders & Stress Management’ speciality clinic**
- Nodal Officer, **District Mental Health Program, Rai Baraaily, 2012-15**
- Member of **Purchase committee** of the Department of Psychiatry, C.S.M. Medical University U.P., Lucknow since 2010.
- Incharge, UG teaching, Medical sub-store, Biofeedback, OPD, Male ward & Security and other Administrative responsibilities as directed
- Co-Incharge, New course, **M. Phil.(Clinical Psychology)**
- Presented Combined Clinical Rounds- 2012
- Teaching & Clinical (OPD, Indoor ward rounds) work
- Resource person for Regional Drug Deaddiction Center, and M. Phil. (Clin. Psy.) & PG Dip.( Psy. Nursing) courses of Dept. of Psychiatry, KGMU
- Six monthly Internal Exam of MD (Psy.) residents

### **MISCELLANEOUS INVOLVEMENTS**

- Expert, Selection committee for selection of Faculty, Department of Psychiatry, Hind Institute of Medical Sciences, Sitapur, held at Shekhar hospital, lucknow on 06 Feb., 2016.

- Expert, Selection committee for Sp. Doctors(Psychiatrist) –for Bihar Public Service Commission, held at Patna on 12.10. 2015
- Expert, Selection committee for DMHP, UP and National Health Survey Project
- Involved with **Royal College of Psychiatry(UK)** in developing Hindi Adaptations of Psycheducation material and Information Leaflets on various psychiatric problems(available freely on internet)
- Member of **Purchase committee** of the Department of Geriatric Mental Health, C.S.M. Medical University U.P., Lucknow since 2006 till date.
- **Appointed Subject expert (Psychiatry)- 2012** by National Board of Examination, MOHFW, for contributing to NBE Question bank.
- **Assistant Editor, Indian Journal of Psychosocial Foundation**, Official publication of Indian Psychosocial Foundation.ISSN 2231-3036, Ed. A.K. Gulati, Varanasi, UP since April, 2011
- **Paper setting work-** MD (Psychiatry) Paper, KGMU **2011, 13 & 15**  
     MD (Psychiatry) Paper, Gujarat University, **2015**  
     MD, Psychiatry paper setting work for Dr. R M L Awadh University, Faizabad,UP for the year **2016**  
     MCQs for DM/Mch. entrance exam 2013, KGMU Madhya Pradesh Professional Exam Board, Bhopal for PGME – **2008 & 2013**  
     Six monthly Internal exam for MD(Psy.) residents
- Evaluation of MD (Psychiatry) Thesis, KGMU 2011, 13 & 15  
     MD (Psychiatry) Thesis, Dr. RMLA Univ., Faizabad, 2015  
     MD (Psychiatry) Theory copies, Faizabad Univ., 2014  
     Interim evaluation of Clinical psy. projects, Amity Univ., 2015  
     Six monthly Internal exam for MD(Psy.) residents
- Public education program on **TV (Doordarshan, UP)** on Behavioral & Internet Addictions in youth.
- Appeared on **All India Radio** and on other Media forums for discussions for general public relating to mental health.
- Was actively involved in **“Global Essay Contest” and celebration of World Health Day- 2001** by Ministry of Health and Family Welfare, GOI.
- Was involved in publication of issues of **Indian Journal of Psychiatry** during the years 1997-2000.
- **Compering** of Various Conferences
  - National (IASP & IACAM)
  - Zonal (CIPCON & IAPP)
  - Local (Foundation Day Functions, Workshops & Other CMEs)

# **APPENDIX - I**

## **LIST OF PUBLICATIONS**

### **INTERNATIONAL PUBLICATIONS**

1. N Doval, E Sharma, M Agarwal, A Tripathi, **A Nischal** ; Experience of Caregiving and Coping in Caregivers of Schizophrenia : Clinical schizophrenia & related psychoses, **2016**
2. R Saha, S M Singh, **A Nischal**: Infanticide by a mother with untreated schizophrenia: Shanghai Arch Psychiatry; 27(5): 311-314. **2015**
3. R Saha, SM Singh, **A Nischal**: Obsessive slowness presenting as catatonia in a patient with Borderline Intelligence: Asian journal of psychiatry 18, 108-110, **2015**
4. Adarsh Tripathi, **A Nischal**, P.K. Dalal, Vivek Agarwal , Manu Agarwal , J.K. Trivedi, Bandna Gupta, Amit Arya: Sociodemographic and clinical profile of homeless mentally ill inpatients in a north Indian medical university; Asian Journal of Psychiatry, 6 (5), 404-409, **2013**
5. Tushar Baheti, Anuradha Nischal, **A Nischal**, S. Khattri, Amit Arya, Adarsh Tripathi, K.K. Pant: A study to evaluate the effect of celecoxib as add-on to olanzapine therapy in schizophrenia: Schizophrenia Research, Vol. 146(1), 201, **2013**
6. M L Patel, Rekha Sachan, **A Nischal**, Surendra Verma: Anxiety and depression – suicidal risk in patients of chronic renal failure on haemodialysis. International Journal of Scientific and Research Publications, 64-70, Vol. 2, Issue 3, **2012**
7. Harish Kalra, **A Nischal**, JK Trivedi, PK Dalal, PK Sinha: Extent and determinants of burden of care in Indian families: A comparison between obsessive compulsive disorder and schizophrenia: **International Journal of Social Psychiatry**, Vol.55(1), 28-38, **2009**.

### **Abstract Published**

8. J.K. Trivedi, **Anil Nischal**, P.K.Sinha, M. Dhyani: Burden of caregivers of schizophrenia: A study from Northern India. as abstract in the Australian and New Zealand Journal of Psychiatry, Vol. 40, Supplement 2:A 134, **August, 2006**.

### **International e-Publications (09)**

- Hindi adaptations of information leaflets for Royal College of Psychiatrists, United Kingdom on various topics; available for view at website link <http://www.rcpsych.ac.uk/expertadvice>
9. **Anil Nischal**, Manu Agarwal, Rakesh Yaduvanshi, Adarsh Tripathi, Electronic Publication. Hindi adaptation of information leaflet on **Cannabis: 2011**
  10. **Anil Nischal**, Adarsh Tripathi, Manu Agarwal, A.K.Jainer, Electronic Publication. Hindi adaptation of information leaflet on **Eating disorders :2011**
  11. Anuradha Nischal, Adarsh Tripathi, **Anil Nischal**, A.K.Jainer, Electronic Publication. Hindi adaptation of information leaflet on **Antidepressants: 2011**.
  12. Adarsh Tripathi, **Anil Nischal**, Rakesh Yaduvanshi, Electronic Publication. Hindi adaptation of information leaflet on **Dementia: 2011**

13. A.K.Jainer, Anil Nischal, Adarsh Tripathi, J.K.Trivedi, Electronic Publication. Hindi adaptation of information leaflet on **Bipolar Disorder: 2009**
14. Anil Nischal, Adarsh Tripathi, Electronic Publication. Hindi adaptation of information leaflet on **Sleep: 2009**
15. Snehlata Joshi, Anil Nischal, Adarsh Tripathi, Electronic Publication. Hindi adaptation of information leaflet on **Tiredness: 2008**
16. Anil Nischal, Adarsh Tripathi, Electronic Publication. Hindi adaptation of information leaflet on **Obsessive Compulsive Disorder: 2008**
17. Anil Nischal, Adarsh Tripathi, Electronic Publication. Hindi adaptation of information leaflet on **Bereavement: 2008**

### NATIONAL

1. S K Kar, A Nischal "Burden of care in the caregivers of patients with anxiety disorders" accepted for Publication in Indian Journal of Social Psychiatry, **2016**
2. AK Gupta, A Tripathi, P Sitholey, T Reeves, PK Dalal, A Nischal: Introductory, short term cognitive behaviour therapy training for indian mental health professionals: a qualitative evaluation, Indian Journal of Social Psychiatry 30 (1-2), 54-60, **2014**
3. R Garg, JK Trivedi, PK Dalal, A Nischal, PK Sinha, S Varma: Assessment of cognition in non-affected full biological siblings of patients with schizophrenia; Indian journal of psychiatry 55 (4), 331, **2013**
4. Mohan Dhyani, J.K. Trivedi, Anil Nischal, P.K. Sinha, Shubham Verma. Suicidal behavior of Indian patients with obsessive compulsive disorder. Indian Journal of Psychiatry; 55(2): 161-166, **2013**
5. Anil Nischal, Manu Agarwal, Anju Agarwal; Guest Editorial- Need for research in Substance Abuse in Children and Adolescents in India; Journal of Indian Association of Child and Adolescent Mental Health,; 9(2):22-25. **2013**
6. Manu Agarwal , Anil Nischal , Anju Agarwal, Jitendra Verma , Saranya Dhanasekaran; Substance Abuse in Children and Adolescents in India; Journal of Indian Association of Child and Adolescent Mental Health,; 9(3):62-79. **2013**
7. Anil Nischal, Anuradha Nischal, Manu Agarwal, Amit Arya, Bandna Gupta, Adarsh Tripathi; Relaxation Techniques - A Practical Approach for Mental Health Professionals; Accepted for publication in Indian Journal of Behavioural Sciences (2013).
8. Anil Nischal, Adarsh Tripathi, Anuradha Nischal, J.K. Trivedi: Suicide and Antidepressants ; What current evidence indicates, Mens Sana Monographs, Vol. 10(1), 33-44 , **2012**
9. J.K. Verma, Amit Arya, Anil Nischal, Adarsh Tripathi, Manu Agarwal: A study of Axis-II comorbidities in patients of bipolar disorder, 54-62, Indian Journal of Behavioural Sciences, Vol. 22(2), **2012**
10. Bandana Gupta, Rakesh Yaduvanshi, J.K. Trivedi, Anil Nischal: A comparative study of body image and coping style in breast cancer patients, Delhi Psychiatry Journal, 177-182, Vol. 15(1), **2012**
11. Adarsh Tripathi, Sameer B.M., Anil Nischal, S. Singh, Suryakant, A.K. Verma: Tuberculosis and psychiatric disorders, 73-78, Vol. 1(1), Lucknow Medical Journal, **2011**
12. Anuradha Nischal, Anil Nischal, K.K. Pant, Akhil Sanghal. "Good Clinical Practices: An Overview", The Clinical research plus, Volume 1, Issue 1; 26-33, March **2010**.



13. Anuradha Nischal, **Anil Nischal**, K.K. Pant, Akhil Sanghal, Baheti Tushar Chandra “ Pharmacovigilance: The road to a safe tomorrow”, The Clinical research plus, Volume 1, Issue 2; 63-67, June **2010**.
14. Prabhat Sitholey, **Anil Nischal** "Management Guidelines for Anxiety Disorders in Children and Adolescents" Invited review published as a part of “**Clinical Practice Guidelines, Indian Psychiatric Society**. 218-240, **2009**.
15. **Anil Nischal**, Anuradha Nischal, Adarsh Tripathi, Devashish Shukla, Pankaj Kumar. “Bupropion induced Auditory Hallucinations : A case report”. Delhi Psychiatric Journal, 142-143, Vol.12, No.1, April **2009**.
16. Adarsh Tripathi, Pankaj Kumar, **Anil Nischal**. “Stressful life event presenting as enuresis, dissociative disorder and worsening school performance: A case report”. Delhi Psychiatric Journal, 229-230, Vol.11, No.2, Oct. **2008**
17. J.S. Srivastava & **Anil Nischal** “Drug Prophylaxis of Schizophrenia” , 340-341. **Indian Journal of Psychiatry**, Vol. 39, No.4, **1997**
18. S K Kar, A Nischal "A cross-sectional study of cognitive functions and disability in schizophrenia", Medical Journal of Dr. D.Y. Patil University Nov. 2015

### **BOOK CHAPTERS**

1. J.K.Trivedi, **Anil Nischal**, & Rajul Tandon.: Chapter on “Quality of life and burden of care in Schizophrenia. in the book “Current development in Schizophrenia:” 425-437, Eds.- Manas K. Mandal & Haque S.H. **2004**
2. P.K. Dalal & **Anil Nischal**. Case Chapter on “Alcohol Dependence Syndrome: Management of Uncomplicated Withdrawl State”. Pg 7-9, Case book: Substance Use Disorders: A Physician Manual, Ed. Dr. Hem Raj Pal Published by National Drug Dependence Treatment Center, AIIMS, New Delhi. **March 2005**.
3. Book chapter ‘Ethics Framework’ in book ‘Exploring Ethics in Research’ published by Association of Research Professionals, 2013
4. Book Chapter ‘How to make a case presentation’ P K Dalal, Adarsh Tripathi & Anil Nischal in ‘ Psychiatry in India: Training & training centers’ Second Edition, supplement of Indian Journal of Psychiatry, 2015.

### **ABSTRACTS PUBLISHED**

1. VS Raghuvanshi, A Nischal, **A Nischal**, KK Pant, M Agarwal, AA Mahadi A Randomized Controlled Study to Evaluate the Efficacy of Celecoxib Add-On in Patients of Depression Partially Responding to Escitalopram, as abstract in Indian Journal of Pharmacology, 45, S243-S243, **2013**
2. **Anil Nischal**, P.K. Gupta, Vivek Agarwal, Sanjay Mahendru: Symposium “Grooming young psychiatrists”, published as abstract in Souvenir, 64<sup>th</sup> ANCIPS held at Kochi, 19-22 Jan.,**2012**.
3. Adarsh Tripathi, A.K. Gupta, P.K. Dalal, **Anil Nischal**, Rajneesh Kumar: Qualitative evaluation of the impact of short-term introductory CBT training amongst mental health professionals in India; BPSS Award presentation published as abstract in Souvenir, 64<sup>th</sup> ANCIPS held at Kochi, 19-22 Jan.,**2012**.

4. S.K. Pawar, **Anil Nischal**, J.K. Trivedi, Bandna Gupta, Manu Agarwal.:Burden and disability in bipolar I disorder, Free paper, published as abstract in Souvenir, 64<sup>th</sup> ANCIPS held at Kochi, 19-22 Jan.,**2012**.
5. J.K. Verma, Harjeet Singh, **Anil Nischal**, Amit Arya : A study of Axis-II comorbidities in patients of bipolar disorder, Free paper, published as abstract in Souvenir, 64<sup>th</sup> ANCIPS held at Kochi, 19-22 Jan.,**2012**.
6. **Anil Nischal**, Rajneesh Kumar, J.K. Trivedi, P.K. Dalal, Adarsh Tripathi. “Efficacy of Brief Psychosocial Intervention With Key Relatives of Patients of Schizophrenia”; published as abstract in Souvenir ACIASP-2011 held at Patna, 25-27 Nov.,**2011**.
7. Adarsh Tripathi, A.K. Gupta, P.K. Dalal, **Anil Nischal**, Rajneesh Kumar.: Qualitative evaluation of the impact of short-term introductory CBT training amongst mental health professionals in India; Best Paper Award presentation published as abstract in Souvenir CIPCON 2011 held at Kanpur, Oct 14-15 ,**2011**.
8. **Anil Nischal**, Ravi Gupta, S.K. Praharaj, G.V. Subramaniam: Symposium – Career needs of young psychiatrists, published as abstract in Souvenir of 63<sup>rd</sup> ANCIPS held at N. Delhi, 16-19 Jan. **2011**
9. **Anil Nischal**, Rajneesh Kumar, J.K. Trivedi, P.K. Dalal, P.K. Sinha. “Efficacy of Brief Psychosocial Intervention With Key Relatives of Patients of Schizophrenia”; published as abstract in Souvenir CIPCON 2010 held at Bhilai – Durg, October 29-30 ,**2010**.
10. Pawan Kumar Gupta, **Anil Nischal**. Culture and Mental Illness : A perspective from Indian subcontinent. Published as poster in abstract book of 62<sup>nd</sup> Annual National Conference of Indian Psychiatric Society, page 107-108, 17<sup>th</sup> – 20<sup>th</sup> January **2010**, Jaipur.
11. Rahul Saha, **Anil Nischal**, Dr. Shubh Mohan Singh, Dr. Abdul Qadir Jilani. Infanticide in Schizophrenia Published as poster in abstract book of 62<sup>nd</sup> Annual National Conference of Indian Psychiatric Society, page 151-152, 17<sup>th</sup> – 20<sup>th</sup> January **2010**, Jaipur.
12. Shubham Verma, P.K. Sinha, Harjeet Singh, **Anil Nischal**. A clinical study of premature ejaculation. Published as poster in abstract book of 62<sup>nd</sup> Annual National Conference of Indian Psychiatric Society, page 91, 17<sup>th</sup> – 20<sup>th</sup> January **2010**, Jaipur.
13. **Anil Nischal**, Himanshu Sareen, J.K. Trivedi. Burden of care on the key relatives of schizophrenics; published as poster abstract in Souvenir, Silver Jubilee National Conference of the Indian Association For Social Psychiatry, Page 118, 15-17 November **2009**, Lucknow.
14. Pawan Kumar Gupta, **Anil Nischal**. Transcultural Psychiatry published as poster abstract in Souvenir, Silver Jubilee National Conference of the Indian Association For Social Psychiatry, Page 120, 15-17 November **2009**, Lucknow
15. J.K. Trivedi, P.K. Dalal, Harish Kalra, **Anil Nischal** , Rajul Tandon, P.K. Sinha, Family Burden in Mental Disorders – An Indian Experience presentation for Marfatia Award at ANCIPS 2003- published as abstract in Indian Journal of Psychiatry Supplement **2003**.
16. Utpal Goswami, U. Khastgir, Pradeep Agarwal, **Anil Nischal**, Satinder Kumar: Catatonia or subthreshold Neuroleptic Malignant Syndrome- A clinical report with review of literature, published as abstract in souvenir of 54<sup>th</sup> ANCIPS-2002 held at Kolkatta, 8-11<sup>th</sup> Jan.,2002

## **APPENDIX – II**

### **RESEARCH EXPERIENCE**

- (i) **Own M.D. Thesis** on the subject “**Burden of Care on Key relatives of Schizophrenics**” under the able guidance of Professor J. K. Trivedi, Former Head, Department of Psychiatry, KGMU, UP and Ex-president, Indian Psychiatric Society.
- (ii) **Co-investigator in WHO, SEARO, New Delhi Research Project** titled “To demonstrate the feasibility of health services delivery models for reduction of treatment gap in epilepsy in the community served by Community Health Center, Sarsol (District – Kanpur)”. Principal Investigator- Prof. S.C. Tiwari, Professor & Head, Department of Geriatric Mental Health Psychiatry, C.S.M. Medical University U.P., Lucknow.
- (iii) **Intramural Research Project** “A Study for Development of Cognitive Remediation Techniques For Indian Patients of Schizophrenia” as Coinvestigator (Ongoing)
- (iv) **Chief Supervisor - MD Thesis**
1. Jamshed - 2016
  2. Pooja - 2016
  3. A Randomized Double blind study of Celecoxib augmentation in Schizophrenia ( MD Psychiatry Thesis - **2015** ) - Dr Kabir Garg
  4. A study of Disability in Schizophrenia ( MD Psychiatry Thesis - **2014** ) - Dr Mahaprakash Sharma
  5. Experience of caregiving and Coping strategies in caregivers of patients with Schizophrenia ( MD Psychiatry Thesis - **2014** ) - Dr Nimisha Doval
  6. A study of Relaxation therapy in Generalized Anxiety Disorder ( MD Psychiatry Thesis - **2013** ) - Dr Diwaker Sharma
  7. A study of Pathway of care in Substance use disorders( MD Psychiatry Thesis - Ongoing, **2013** ) - Dr Namita
  8. A study of Patterns of Referral to Psychiatry in a Teaching Hospital (MD Psychiatry Thesis, **2012**) - Dr Bheemsain Tekkalaki
  9. A study of Burden of Care on Key relatives of patients of Anxiety Disorders(except OCD), MD Psychiatry Thesis, **2012** - Dr Arti Kushwaha
  10. A study of Burden of Care on Key relatives of patients of Bipolar 1 Disorder (MD Psychiatry Thesis, **2011**) - Dr. Sunil Kumar Pawar
  11. A study of Brief psychological intervention in key relatives of schizophrenics (MD Psychiatry Thesis, **2010**) - Dr. Rajneesh Kumar
- (vi) **Co-Supervisor - Thesis :**
- M.D. Psychiatry**
1. A comparative study of phenomenology of adulthood and geriatric depression. (MD Psychiatry Thesis, **2006**) – Dr. Puneet Narang
  2. Suicidal behaviour in patients of obsessive compulsive disorder (MD Psychiatry Thesis, **2007**) – Dr. Mohan Dhyani

3. Cognition in unaffected full biological siblings of patients with Schizophrenia (MD Psychiatry Thesis, **2007**) -Dr Rohit Garg
4. Suicidal intent in Schizophrenia (MD Psychiatry Thesis, **2008**) – Dr. Malik Mohd. Akamaluddin
5. Burden of care on key relatives of patients of Somatoform Disorder (MD Psychiatry Thesis, **2009**) – Dr. Archana Shukla
6. A clinical study of Premature Ejaculation (MD Psychiatry Thesis, **2009**) – Dr. Shubham Singh Verma
7. A Study of Axis–II comorbidities in Patients of Bipolar I Disorder (MD Psychiatry Thesis, **2011**) – Dr. Jitendra Verma

#### **M.D. Other Disciplines**

8. A Study of Celecoxib augmentation on Serum Interleukin levels and clinical response in depression - Dr Hiten D. Chief Supervisor- Dr. Anuradha Nischal, Department of Pharmacology(MD Pharmacology Thesis, **2015**)
9. TMJ Arthrocentesiswith or without Duloxetine in TMJ pain; A Comparision, Dr. Pawan Goyal. Chief supervisor-Prof. R K Singh, dept. of Oral & Maxillofacial surgery, KGMU (MDS- **2015**)
10. A study of correlation of stress and metabolic syndrome - Dr Mohit (Chief Supervisor- Dr Kauser Usman, Professor, Department of Medicine, CSMMU UP, (MD Medicine Thesis, **2013**)
11. A Randomized Controlled Study to Evaluate the Effect of Celecoxib Add–on in Patients of Depression partially responding to Escitalopram- Dr Vinay Raghuvanshi; Chief Supervisor- Dr. Anuradha Nischal, Department of Pharmacology, CSMMU UP, (MD Pharmacology Thesis, **2013**).
12. Psychological assessment of geriatric patients seeking Prosthodontic rehabilitation- A cohort study – Dr Shantanu Dasgupta; Chief Supervisor- Dr Jitendra Rao, Department of Prosthodontics, CSMMU (MDS Thesis, **2011**)
13. A Study to Evaluate the Effect of Celecoxib as Add – On to Olanzapine Therapy in Schizophrenia- Tushar Chandrakant Baheti ; Chief Supervisor- Dr. Anuradha Nischal, Department of Pharmacology, CSMMU UP, (MD Thesis, **2011**).

#### **Ph.D Thesis Co-guide**

1. Anvita Singh, Department of Physical medicine and Rehabilitation, KGMU, 2013
2. To study the effect of Yogic Practices in the patients of male infertility – Ravi prakash gupta; Guide- Prof. Neena Srivastava, Deptt. Of Physiology, CSMMU, UP (Registered in 2009)
3. ??? Nishamani pandey

#### **(v) Clinical Drug Trials**

Sl. No.	Clinical Phase of trial (I to IV)	Role in Trial	Indication of Trial	Year
1.	II	Principal Investigator	Acute Mania	2007-08
2.	II	Principal Investigator	Bipolar Depression	2011-12
3.	II	Principal	Schizoaffective	Ongoing

		Investigator	Disorder	
4.	II	<b>Reviewer of Ratings</b>	Schizophrenia	2012

- I. Protocol R092670-SCA-3004: A Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study of Paliperidone Palmitate Evaluating Time to Relapse in Subjects With Schizoaffective Disorder. (PI)
- II. Protocol D1050292: A Randomized, 6-Week, Double-Blind, Placebo-Controlled, Flexible-Dose, Parallel-Group Study of Lurasidone Adjunctive to Lithium or Divalproex for the Treatment of Bipolar I Depression in Subjects Demonstrating Non-Response to Treatment with Lithium or Divalproex Alone. (PI)
- III. Study Protocol No: D4130C00004 (Fixed) A Multicenter, Randomized, Double-Blind, Parallel Group, Placebo Controlled, Phase III, Efficacy and Safety Study of 3 Fixed Dose Groups of TC-5214 (S-mecamylamine) as an Adjunct to an Antidepressant in Patients with Major Depressive Disorder Who Exhibit an Inadequate Response to Antidepressant Therapy. (Co-I)
- IV. Study Protocol No: RGH-MD-06, Protocol Title: A Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study of Cariprazine (RGH-188) in the Prevention of Relapse in Patients with Schizophrenia. (Co-I)
- V. ECT Vs Ketamine Vs Treatment as usual for acute management of acute depressive episode : single blind pilot study – Intramural project(Co-I)

### **APPENDIX-III**

#### **CONFERENCES ORGANISED**

1. **Co-Chairperson, Scientific Committee**, 22<sup>nd</sup> National Conference for Indian Association for Social Psychiatry, November 6-8, Agra, **2015**
2. **Co-Chairperson, Scientific Committee**, National Mid Term CME, Indian Psychiatric Society, Agra, August 2-3 **2014**.
3. **Incharge Organisation & Chairperson** , Psychiatry Quiz-2015 ; Midterm CME IPS Central Zone, 30th May, Kanpur , **2015**
4. **Member, organizing committee**, Annual Conference of Indian Psychiatric Society – Central zone, 19-20 Oct., CIPCON **2013**
5. **Organizing Secretary** of “ IPS National CME Program of the Specialty sections ( Child and Adolescent Psychiatry Specialty section and Community Psychiatry Specialty Section) ” organized by the Department of Psychiatry, C.S.M. Medical University U.P., at Lucknow on 11<sup>th</sup> December, **2010**.
6. **Organizing secretary** of Silver Jubilee National Conference of The Indian Association for Social Psychiatry ( NCIASP – 2009), Co-sponsored by World Psychiatric Association held from 15-17 November **2009** at Lucknow.
7. **Joint Organizing Secretary** of “IPS National Midterm CME” organized by the Department of Psychiatry, C.S.M. Medical University U.P., at Lucknow from 2<sup>nd</sup>-3<sup>rd</sup> Sept. **2006**

8. **Assistant Organizing Secretary** of “VIIIth Biennial conference of IACAM” organized by the Department of Psychiatry, C.S.M. Medical University U.P., at Lucknow from 24<sup>th</sup> – 26<sup>th</sup> November **2005**.
9. **Member, organizing committee**, Annual Serial Workshops on Cognitive Behavior Therapy from 2010 onwards at KGMU, Lucknow
10. **Member, Organizing Committee** of Annual Foundation Day Programs and workshops organized by Department of Psychiatry, C.S.M. Medical University U.P., Lucknow held from 2005 onwards.
11. **Member, Organizing Committee** of Annual Foundation Day Programs of Department of Geriatric Mental Health, C.S.M. Medical University U.P., Lucknow held in the years 2006 – 2012.

### **ATTENDANCE & PARTICIPATION IN CONFERENCES, CMEs & WORKSHOPS**

1. Serial Workshops on Cognitive Behavior Therapy in **2013, 14 & 15**
2. Foundation Day Oration & workshops of our own department in **2013, 14 & 15**
3. Completed Evidence Based Medicine course for Faculty organized by Department of Medical Education, KGMU in December, **2015**
4. **Delivered Invited Lecture** on ‘ Psychogenic Headache’ at National Headache Update, 2015 at GSVM Medical College, Kanpur on Nov. 21, **2015**
5. Completed training program in Professionalism, Ethics and Communication skills, joint venture between McMaster University, Ontario , Canada and KGMU, UP, India on 17-19 Nov., **2015**
6. **Chaired, G C Boral award Session**, at 22<sup>nd</sup> National Conference for Indian Association for Social Psychiatry, November 6-8, Agra, **2015**
7. **Delivered Invited Lecture** on ‘ Depression Simplified’ at Orbit Nxt – 2015, Annual conf. of physicians, 25th oct, **2015**
8. Participated in National Inter Command Hospital CME (PSYCON - 2015) on Addiction-Behavioural problems & Substance use disorders at CH, Lucknow on 16-17 oct., **2015**
9. **Convener** : Symposium on ‘ Neuroinflammation in Schizophrenia – current understanding & future directions’ at and attended World Psychiatry Association Regional Conference, Kochi. WPA educational credit-15, 25-27th Sep. **2015**
10. **Delivered Invited Lecture** on ‘Substance abuse and Addiction in youth’ organized by Think India,UP at IIM, Lucknow on Sept. 19, **2015**
11. Completed American Heart Association certified Basic Life Support Course, August 17, **2015**
12. Attended Workshop on Medical Council of India- AT-COM Module, July 31, **2015**
13. **Chairperson & Quizmaster**, Psychiatry Quiz-2015 ; Midterm CME IPS Central Zone, 30th May, Kanpur , **2015**
14. Participated in Workshop on Curriculum development and Blueprinting, Nov. 8, **2014**
15. Participated in ‘Examiners training workshop, at KGMU Lucknow on 31<sup>st</sup> Oct **2014**.
16. **Delivered Invited Lecture** on ‘Behavioural management of patients’ at Deptt. Of Conservative dentistry & Endodontics, BBD Dental College, Aug 14, **2014**
17. **Chaired session** on ‘ Classification of Anxiety Disorders’ at Indian Psychiatric Society Mid Term CME, 2-3 Aug. Agra, **2014**

18. **Delivered Invited Lecture** on ‘ Stress Management’ for Officers of NE Railways., July 31, **2014**
19. **Delivered Invited Lecture** on ‘ Classification in Psychiatry’ for MA (Clinical psychology) & MSc. (Psychology) of Amity University., June, **2014**
20. Workshop on MCQ- construction & validation by Medical Education Department on May 3, **2014**
21. **Chairperson-** Psychiatry Quiz & Open Q&A Session ; Annual Conference of Indian Psychiatric Society – Central zone, 19-20 Oct., CIPCON **2013**
22. **Delivered Guest Lecture** on ‘Psychiatric aspects of Respiratory Disorders’ at International Seminar on Airborne diseases & Respiratory Afflictions at Balrampur hospital, Lucknow organized by SGPGI, RMLIMS and KGMU, UP on 23<sup>rd</sup> March, **2013**
23. Attended workshop on ‘Analysis of Categorical Data’ as part of Annual Indian Clinical Epidemiology Network conference, cosponsored by ICMR & MCI, held at KGMU, Lucknow on 2-3 March, **2013**
24. **Attended 65<sup>th</sup>** Annual National Conference of Indian Psychiatric Society (ANCIPS-2013) at NIMHANS, Bengaluru from 10<sup>th</sup>-13<sup>th</sup> Jan.,**2013**
25. Attended National conference on Clinical Research-2012 held at KGMU, Lucknow on Oct. 31, **2012**
26. **Delivered Invited Lecture** on “Idea of God” for Indian Medical Association-Bahraich on 22<sup>nd</sup> June, **2012**
27. **Delivered Invited Lecture** on “Diabetes and Psychotropic drugs” organized by Uttar Pradesh Diabetes Association at Lucknow on May 27, **2012**
28. **Convener, co-chairperson & speaker:** Grooming during early professional years; **Symposium** on “Grooming young psychiatrists”, 64<sup>th</sup> ANCIPS held at Kochi, 19-22 Jan.,**2012**.
29. Participated in CME program held during Georgian Alumni Association centenary meeting at CSMMU, Lucknow, 22-24 Dec., **2011**
30. Attended CME on Recent Advances in Alzheimer’s disease organized at Lucknow on December 3, **2011**
31. **Presented in Award session** “Efficacy of Brief Psychosocial Intervention With Key Relatives of Patients of Schizophrenia”; in G C Boral II Award session at ACIASP-2011 held at Patna, 25-27 Nov.,**2011**.
32. **Chairperson & Quiz-Master,** Indian Psychiatric Society -Central Zone Under-Graduate Psychiatry Quiz-2011 in CIPCON 2011 held at Kanpur, October 14-15 ,**2011**.
33. **Master of ceremony & Guest Panelist,** Public awareness program in CIPCON 2011 held at Kanpur, October 14-15 ,**2011**.
34. **Chaired Session** on “Management of Childhood Anxiety Disorders” at 9<sup>th</sup> Annual Conference of Indian Association Of Private Psychiatry(UP & UK Chapter) held at Ghaziabad on 10-11 Sept.,**2011**
35. **Delivered Invited Lecture** on “Stress Management” for Indian Medical Association-Bahraich in May, 2011
36. **Delivered Invited Lecture** on “Anxiety disorders in General Practice – Diagnosis & Management” at PHYSICON-2011 Conference of Physicians in Feb, **2011**
37. **Presented** “Training needs for non-pharmacological treatments” in **Symposium** on Career needs for Young Psychiatrists at 63<sup>rd</sup> Annual National Conference of Indian Psychiatric Society (ANCIPS-2011) at N Delhi from 16<sup>th</sup>-19<sup>th</sup> Jan.,2011
38. **Chaired session** “Free Paper Presentation” at 63<sup>rd</sup> Annual National Conference of Indian Psychiatric Society (ANCIPS-2011) at N Delhi from 16<sup>th</sup>-19<sup>th</sup> Jan.,2011

39. **Chaired Session** titled “Fallacies of District Mental Health Program” in IPS National Twin CME Program of Child and Adolescent Psychiatry Specialty section and Community Psychiatry Specialty Section organized by the IPS- Child and Adolescent Psychiatry Specialty section and IPS- Community Psychiatry Specialty Section, at Lucknow on 11<sup>th</sup> December, 2010.
40. Attended Workshop on Cognitive Behaviour Therapy organized by IPS Taskforce on non-pharmacological management in psychiatry on 13<sup>th</sup> Nov,2010 at Lucknow
41. **Presentation in Award Session** - entitled “Efficacy of brief psychosocial intervention in key relative of schizophrenics” at CIPCON 2010 organized by Indian Psychiatric Society Central Zone held at Bhilai – Durg on 29<sup>th</sup> and 30<sup>th</sup> October 2010.
42. **Delivered Invited Lecture** on “Psychopharmacology in Older Adults” at In-House Winter Training in Geriatric Mental Health under aegis of Geriatric Psychiatry Specialty Section, Indian Psychiatric Society in collaboration with Indian Association for Geriatric Mental Health Lucknow from November 15<sup>th</sup> – 20<sup>th</sup> 2010
43. **Delivered Guest lecture** on “Psychiatric aspects of Cerebrovascular Disorders” at 20<sup>th</sup> Annual Conference of Punjab & Chandigarh Branch of IPS (PUNCIPS-2010), held at Ludhiana, Punjab on 12<sup>th</sup> September 2010.
44. **Chaired session** on “Management of Erectile Dysfunction” at VIIIth annual conference of Indian Association of Private Psychiatry, U.P. & UK chapter at Srawasti held on 28-29 August **2010**.
45. **Delivered Invited Lecture** on “Side effects of psychotropic medications” in VIIIth annual conference of Indian Association of Private Psychiatry, U.P. & UK chapter at Srawasti held on 28-29 August **2010**.
46. **Master of ceremony** at National CME in Geriatric Psychiatry-2010 under aegis of Geriatric Psychiatry Specialty Section, Indian Psychiatric Society in collaboration with Indian Association for Geriatric Mental Health at Lucknow on 20-21<sup>st</sup> Aug., 2010.
47. **Delivered Invited Lecture** “Stroke & Psychiatric Morbidity: Evidences and issues” in National Mid Term CME of Indian Psychiatric Society at Aurangabad held on 7-8 August **2010**.
48. Attended workshop on “Good Clinical Practice” at Department of Rheumatology, CSMMU, Lucknow held on 19<sup>th</sup> May **2010**.
49. **Chaired scientific session** “GC Boral Award II Presentations” in Silver Jubilee National Conference of The Indian Association for Social Psychiatry ( NCIASP – 2009), Co-sponsored by World Psychiatric Association held from 15-17 November **2009** at Lucknow.
50. **Awarded Dr B.B. Sethi award** for poster on “Burden of care on Key-relatives of schizophrenics” in Silver Jubilee National Conference of The Indian Association for Social Psychiatry ( NCIASP – 2009), Co-sponsored by World Psychiatric Association held from 15-17 November **2009** at Lucknow.
51. Attended the 61st Annual National Conference of Indian Psychiatric Society held at Agra, 8-11<sup>th</sup> Jan.,2009
52. Actively participated in a **week long workshop on “Cognitive Behavior Therapy”** from 9th April – 14th April **2007** and **subsequent serial three-day workshops on CBT** held in the years **2008, 2009, 2010, 2011 and 2012** conducted by Dr. Arun Kumar Gupta, a formally trained cognitive behavioral therapist, currently working as a consultant psychiatrist at South of Tyne and Westside Mental Health NHS Trust, U.K. organized at Department of Psychiatry, C.S.M. Medical University U.P., Lucknow.



53. **Invited lecture** on 'Depression in General Practice' for Indian Medical Association-Rai Bareilly Lecture in June, 2006
54. Attended National Mid-Term CME of Indian Psychiatric Society organized by Department of Psychiatry, C.S.M. Medical University U.P., Lucknow held on 2<sup>nd</sup> – 3<sup>rd</sup> September **2006**.
55. **Chaired scientific session** entitled "Psychological Correlates of Headache in Children" in VIIIth Biennial conference of IACAM at Lucknow, Nov., **2005**.
56. **Oral Presentation** on "Management Guidelines For Childhood Anxiety Disorders" in symposium on "Development of Management Guidelines for Child Psychiatric Disorders" in VIIIth Biennial conference of IACAM at Lucknow Nov., **2005**.
57. **Invited lecture** on "Therapeutic Drug Monitoring of Psychotropics" at Workshop on Essential Medicines, Adverse Drug Reactions & Therapeutic Drug Monitoring held at KGMU, Lucknow on 22 & 23 Aug., 2005
58. **Master of ceremony** in Annual Foundation Day Programs and Foundation day academic workshops organized by Department of Psychiatry, C.S.M. Medical University U.P., Lucknow held in the years **2006 – 2013**.
59. **Master of ceremony** in Annual Foundation Day Programs of Department of Geriatric Mental Health, C.S.M. Medical University U.P., Lucknow held in the years **2006 – 2012**.
60. **Co-Author in presentation for Marfatia Award** Titled: "Family Burden in Mental Disorders: An Indian Experience " at 55<sup>th</sup> Annual National Conference of Indian Psychiatric Society – 2003 at Hyderabad.
61. Participated in Diabetes Update 2004 held at Department of Post Graduate Medicine Himalayan Institute of Medical Sciences, Swami Ram Nagar, Dehradun at 16<sup>th</sup> May 2004.
62. **Presented Poster** titled "HIV Testing-Psychological aspects" at CME on Current state of HIV/AIDS in India held at HIMS, Dehradun on 11<sup>th</sup> May, 2003
63. **Presented Poster** entitled "Catatonia or subthreshold Neuroleptic Malignant Syndrome- A clinical report with review of literature" at the 54<sup>th</sup> Annual National Conference of Indian Psychiatric Society held at Kolkatta, 8-11<sup>th</sup> Jan., 2002
64. Attended 27<sup>th</sup> National Annual Conference of The Indian Association of Clinical Psychologists from 19<sup>th</sup> -21<sup>st</sup> February 2001 at IHBAS, Delhi.
65. **Oral Presentation** on "Psychological Aspects of Torture" at VIIIth International Symposium on Torture held at Vigyan Bhawan, New Delhi in September 1999.
66. **Co-Author in presentation** by Prof. J.K. Trivedi, Titled: Immunological aspects of Psychiatric Illnesses: Body – Mind Interface at Pune in 1999.
67. Attended the National Conference of Child and Adol. Psychiatry held at Goa in November 1997.