

Curriculum Vitae

Dr Jitender Jakhar
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SECTION 1: ACADEMIC

Jan 2020- Aug 2021 : Senior Residency in MD Psychiatry, **GIPMER**, New Delhi
July 2018- Jan 2020 : Senior Residency in MD Psychiatry, **NIMHANS**, Bengaluru
July 2015-June 2018 : Completed MD in Psychiatry from the National Institute of Mental Health and Neurosciences (**NIMHANS**)
July 2004-March 2010 : Bachelor of Medicine, Bachelor of Surgery (**MBBS**), **MLB Government Medical College**, Jhansi
March 2013 : Passed All India Senior Secondary High School Examination, **New Delhi**
March 2011 : Passed All India Secondary School Certificate Examination, **New Delhi**

SECTION 2: WORK CREDENTIALS

July 2018- Aug 2021. : Senior Resident in Department of Psychiatry, **NIMHANS**
: Clinical coordinator for National and Internationally Government Funded project at **NIMHANS** integrated centre for Yoga.
: Senior Resident in Department of Psychiatry, **GIPMER**

July 2015- June 2018 : Junior resident in Department of Psychiatry, **NIMHANS**
: Trained in Specialties: Neuro-Psychiatry/Dementia Clinic, Child and Adolescent psychiatry Preventive and promotive mental health care, Emergency Psychiatry, Addiction psychiatry, Community, Rehabilitation and Perinatal Psychiatry.

March 2011- June 2015: Medical Officer at the Employees State Insurance Corporation, under the Union Ministry for Labour and Employment, Government of India
: Appointed as Casualty Medical officer In-charge
: Posted under Medicine, Pediatric and Emergency Department

March 2009-March 2010: Clinical rotatory internship in MLB Medical College, Jhansi, Uttar-Pradesh which Serve as Tertiary Center for Bundelkhand Region
July 2004- February 2009: Bachelor of Medicine and Bachelor of Surgery (MBBS)

SECTION 3: ACADEMIC HONORS AND AWARDS

- 1) **Early career fellowship award:** WASP 2021 Asia Pacific Hybrid congress 2021
- 2) **ICMR international Travel Grant** for oral paper presentation in World Psychiatry conference, Lisbon, Portugal :2019
- 3) MD thesis selected for **H S Subramanyam Best PG Paper Award:** KANCIP 2018
- 4) **Fellowship** discounted award for Oral paper presentation, World Thematic Conference: Melbourne 2018
- 5) **Awarded ICMR MD/MS Thesis Grant,** 2016
- 6) Awarded Shri Rajat Gupta Memorial **Gold Medal**, Securing Highest Mark in Pediatric in Final professional :2009
- 7) Awarded Certificate of Merit, Securing **Gold Medal** in Forensic Medicine in Second professional :2007
- 8) 20TH Indian Academy of Pediatrics certificate of appreciation and reached zonal round:2007
- 9) Participated Mathematics Olympiad at National level contest :2001

SECTION 4: PRESENTATIONS AND WORKSHOP:

INTERNATIONAL:

- 1) “Social psychiatry and digital mental health care” symposium at **WASP ASIA – Pacific** Hybrid Congress, September 2021
- 2) Poster Presentation at 20th WPA World Virtual Congress, March, **Hongkong** 2021
- 3) Oral paper Presentation at World Psychiatry conference, **Lisbon, Portugal** 2019
- 4) Oral paper Presentation at World Thematic conference, **Melbourne 2018**

NATIONAL:

- 1) Certified Publon academy peer reviewer, August 2020
- 2) Completed E-learning course “Good clinical practice E6(R2) , organized by The Global Health Network, 2020
- 3) Completed E-learning course “Introduction to clinical research” with a score of 100% ,organized by The Global Health Network, 2020
- 4) Invited speaker for symposium at South Zonal Psychiatry Conference , Madikeri 2019
- 5) Invited speaker on workshop on Yoga for Mental Health Professionals (1st-3rd October 2018)
- 6) Workshop on SOCRATIS ,NIMHANS (15-16th October 2018) , NIMHANS
- 7) Workshop on Research Methodology (13th -16th December 2017) , NIMHANS
- 8) Participated as delegate in 50th Annual conference of Indian Psychiatric society ,South Zone Branch-2017
- 9) Participated as delegate in the National Addiction CME 2017 on “Newer drugs and newer challenges

- 10) Attended the Second Symposium on Non-Invasive Brain Stimulation in Psychiatry, NIMHANS, 2016
- 11) Poster Presentation at First Symposium on Non-Invasive Brain Stimulation In Psychiatry, NIMHANS , 2015
- 12) Paper Presentation at India Psychiatry Society 2009

SECTION 5: RESEARCH EXPERIENCE

PUBLICATIONS:

1. **Jakhar J**, Mehta UM, Ektare A, Vidyasagar PD, Varambally S, Thirthalli J, Gangadhar BN. **Cortical inhibition in major depression: Investigating the acute effect of single-session yoga versus walking. Brain Stimulation.** 2019. doi: 10.1016/j.brs.2019.07.029 , PMID: 31401073.
2. **Jakhar J**, Linganna S, Seshadri SP. **Very early onset schizophrenia diagnostic challenge and cognitive remediation-A case report. Asian J Psychiatry.** 2018 doi: 10.1016/j.ajp.2017.10.020, PMID: 29529420.
3. **J. Jakhar**, D.U. Mehta, Bilateral continuous theta burst stimulation (cTBS) for treatment resistant auditory hallucinations and synesthesia in schizophrenia – A case report, *European Psychiatry*, ,2017,Page S769,ISSN 0924 9338
<https://doi.org/10.1016/j.eurpsy.2017.01.1451>
4. **Jakhar J**, Krishna MA, Bhargav DH, Varambally DS. **Potential role of yoga monotherapy in childhood social anxiety disorder: A case study.** *Explore (NY).* 2020 Aug 28; doi: 10.1016/j.explore.2020.08.013 ,PMID: 32891540.
5. Bhide SR, **Jakhar J**, Bhargav H, Arsappa R, Seshagiri DV, Nagappa M, Sinha S. **Integrative therapy for Wilson's disease: A case report.** *Asian J Psychiatry.* 2020 doi: 10.1016/j.ajp.2020.101963 , PMID: 32065964.
6. **Jakhar J**, Kharya P. **Social distancing and promoting psychological well being during COVID-19 pandemic.** *International Journal of Social Psychiatry.* October 2020. doi:[10.1177/0020764020968132](https://doi.org/10.1177/0020764020968132)
7. **Jakhar J**, Ambreen S and Prasad S (2021) Right to Life or Right to Die in Advanced Dementia: Physician-Assisted Dying. *Front. Psychiatry* 11:622446. doi: 10.3389/fpsy.2020.622446
8. **Jakhar J**, Badyal R, Kumar S, Prasad S. Olanzapine induced acute generalized exanthematous pustulosis: A case report. *Indian J Psychiatry* 2021; 63:411-3

9. **COVID-19 induced psychosis: new challenges for early career -psychiatrists.** IP Pavlov Russian medical biological herald journal 2021, **Jitender J** (<https://journals.eco-vector.com/pavlovj/article/view/72035>)

10. **Jakhar J**, Naik SS, Prasad S. **COVID-19 vaccination prioritization for persons with severe mental illness.** Asian J Psychiatry. 2021 Jul 24;64:102792. doi:10.1016/j.ajp.2021.102792. PMID: 34325281; PMCID: PMC8310420.

11. Urvakhsh Meherwan Mehta, Aboli Ektare, **Jitender Jakhar**, Rakshathi Basavaraju, Tarasingh N. Sanjay, Shalini S. Naik, Farooq Ali Syed, Praerna Hemant Bhargav, Preethi V. Reddy, Radhika Suneel Kelkar, Shyam Sundar Arumugham, Muralidharan Kesavan, Jagadisha Thirthalli, Bangalore N. Gangadhar “**A transdiagnostic evaluation of cortical inhibition in severe mental disorders using Transcranial Magnetic Stimulation**” **Journal of Psychiatric Research**, Volume 143,2021,Pages 364-369,ISSN 0022-3956, <https://doi.org/10.1016/j.jpsychires.2021.09.049>.

12. **Jakhar J**, Biswas PS, Kapoor M, Panghal A, Meena A, Fani H, Kharya P. **A comparative study of the mental health impact of the COVID-19 pandemic on health care professionals in India.** Future Microbiol. 2021 Oct 22. doi: 10.2217/fmb-2021-0084. PMID: 34674541.

13. Alkasaby MA, Philip S, Agrawal A, **J Jakhar et al.** **Early career psychiatrists advocate reorientation not redeployment for COVID-19 care.** *International Journal of Social Psychiatry*. November 2021. doi:[10.1177/00207640211057734](https://doi.org/10.1177/00207640211057734)

14. COVID-19-induced psychosis: new challenges for early career psychiatrist <https://journals.eco-vector.com/pavlovj/article/view/72035>

15. **Jakhar J**, Kapoor M, Aneja T, Kashyap P, Panghal A, Fani H, Suhas S, Kharya P, Biswas PS. Mental Health Impact of COVID-19 Infection on Postpartum Women from Lower and Middle-income Backgrounds in India and its Effects on Early Mother-infant Bonding: An Observational Study. *Psychiatr Q*. 2023 Jul 21. doi: 10.1007/s11126-023-10043-w. Epub ahead of print. PMID: 37477821.

BOOK CHAPTERS:

- 1) Indian Psychiatric Society supplement (Different stroke) –**Current status of Yoga and other spiritual therapy in Psychiatry** (June 2019)

- 2) **Exploring TMS potential as an investigational tool in Yoga research:** Indian Psychiatric society
- 3) **Elderly persons with LGBTQ+ issues:** Psychosocial approach, in international handbook of Psychosocial aspects of geriatric mental health care, Springer
- 4) **Optimizing psychiatry using fNIRS** in book “Optimizing patient care in psychiatry” by Routledge
- 5) **Neurobiology of Psychiatry disorder:** Undergraduate textbook by Paras publisher
- 6) COVID–19’s Lingering Toll Examining Mental Health Consequences in India (India International Centre ,Quarterly book July 2023.

SECTION 6: MEMBERSHIP OF PROFESSIONAL BODIES

- 1) Registered with Delhi Medical Council,INDIA
- 2) Registered with Indian Psychiatric Society

SECTION 7 : RESEARCH INTERESTS

- 1) Interested in **Yoga** and its therapeutic importance in neuropsychiatric disorder
- 2) Role of **Non-Invasive Brain stimulation method in psychiatry (Transcranial magnetic stimulation,** transcranial direct current stimulation,Electroconvulsive therapy approaches)

SECTION 8 : Newspaper and Media article

- 1) Don’t fight alone, See a light in the darkness
Read more at:
<https://health.economictimes.indiatimes.com/news/industry/dont-fight-alone-see-a-light-in-the-darkness/94112237>
- 2) Portal Exclusive: The price of COVID-19 pandemic on mental health
<https://www.educationtimes.com/article/editors-pick/80898476/portal-exclusive-the-price-of-covid-19-pandemic-on-mental-health>
- 3) We all are homosapiens, but we are not all the same: Neurodivergent spectrum
<https://health.economictimes.indiatimes.com/news/industry/we-all-are-homosapiens-but-we-are-not-all-the-same-neurodivergent-spectrum/100231536>

4) Mental health budget in 2022-23: There is hope, but the mind craves for more

Read more at:

<https://government.economictimes.indiatimes.com/news/healthcare/mental-health-budget-in-2022-23-there-is-hope-but-the-mind-craves-for-more/89422592>