

CURRICULUM VITAE

Name	Ajay Kumar
Date of Birth	03/06/1972
Gender	Male
Marital status	Married
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Basic Medical Qualifications Institute / Country/ Year obtained	MBBS 1997 Bangalore Medical College and Research Institute(BMCRI),Bangalore,India
Post graduate medical qualification Doctor of Medicine (MDPsychiatry)	Passing Year 2010 Institute- Central Institute of Psychiatry , Ranchi, Jharkhand, India

Medical Registration India

Jharkhand Medical Council, Permanent registration -2248

Memberships of Professional organisations	Indian Psychiatric Society(IPS)-Membership Number-LOM/A05/11 Indian Epilepsy Association-

CLINICAL SKILLS

- Assessment and management of psychiatric disorders in all age groups
- Risk assessment and management in cases of violence, self-harm, self-neglect
- Assessment of patients using multiple standardized scales and tools
- Acute care of psychiatric emergencies such as suicidal behavior, violence, catatonia, delirium, neuroleptic malignant syndrome, etc.
- Pharmacological management of psychiatric disorders
- Administration of Electroconvulsive therapy (ECT) and Transcranial Magnetic Stimulation (TMS)
- Psychotherapy including cognitive-behavioral therapy, mindfulness therapy, supportive therapy, behavioral therapies, habit-reversal training, motivation enhancement therapy & relapse prevention counseling for substance abuse, couple therapy
- Assessment of psychiatric disability and facilitating availing of benefits provided under Persons with Disability Act, Government of India
- Psychosocial interventions such as formal psycho-education, handling caregiver distress and expressed emotions in family members
- Addressing medico-legal issues in accordance with the Indian Mental Health Act
- Working in multidisciplinary teams to provide holistic bio-psycho-social care to patients and caregivers
- Managing psychiatric issues in patients with medical, surgical, and neurological disorders, liaising with specialists in these fields
- Providing mental health care in the community via out-reach clinics and coordinating with grass-root workers, primary health care system

Worked Overseas from 2017 till 2024

Assistant Professor Experience 3 years Seven Months

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Dates : April 2014 till August 2016 (2 years 4 months)

Position title : Consultant Psychiatrist and Assistant Professor in Psychiatry department (Full time, Clinical, teaching and academic faculty post)

Institution : Sri Ram Murti Smarak Institute of Medical Sciences (SRMSIMS) , Bareilly, U.P., India

Patient Care: As consultant I have been routinely providing inpatient, out patient, 24 hrs emergency duties, consultation-liaison work covering all type of psychiatric ailments. During this work period, I have routinely treated around (400-500 outpatients and 10-15 inpatients monthly) suffering from diverse psychiatric illnesses. Multidisciplinary treatment team is available in department and supervised by me as consultant comprising of clinical psychologist, post graduate resident, interns, nutritionist, qualified nursing, rehabilitative and physiotherapy staff. Routine community out reach programmes are executed in this period providing services to population residing in remote locations. I have carried out 4 different OPDs weekly each targeting different age groups and psychiatric illnesses. I have given routinely

modified ECTs and have supervised psychiatry trainees on this procedure. I have provided 24 hrs emergency services along with a team of MD resident and intern.

Research: I assisted and co-ordinated in research activities of MD degree students in psychiatry specialty for preparation of their thesis. Also, I have been designated to work as a member from my department in preparation of monthly department medical record audits and clinical audits. I am involved in supervising regular patient satisfaction surveys pertaining to the services rendered to patients from our department and executing patient's recommendations for future service improvements.

Teaching: I have provided regular faculty lectures in psychiatry subject to nursing/paramedic/ MBBS and MD trainees as per recommendations and guidelines of Medical Council of India. MD psychiatry trainees are supervised by me in various academic domains like journal clubs/seminars/case presentations in psychiatry specialty. I independently and regularly carry out in patient rounds for under graduate and post graduate students. I at times also deliver central seminar lectures on common psychiatry topics, attended by entire hospital faculty and students.

Administrative duties: I have been routinely assigned duties to prepare academic rosters for consultants, residents, planning and coordinating the working of trainees, their leaves planning and allocation of patients to them in OPD settings, organizing internal assessments and examinations for junior residents. I am routinely performing invigilation duties for internal as well as external university examinations of undergraduate and post graduate trainees. Furthermore, I am also member from my department in a central level hospital infection control committee supervising, checking and framing guidelines for the college from time to time targeting infection control in hospital. Time to time supervision and administrative directions are issued to me on all the above mentioned areas by the Head of Department and Dean of college.

Assistant Professor

Veer Chandra Garhwal Medical College Uttarakhand from September 2011 till July 2013 –

Teaching MBBS, nursing and paramedic students and carrying out clinical duties in the affiliated hospital.

Senior Resident Experience Total 1 year 2 months

Dates : Dec 2010 to Sep 2011 (9 months)

Position title : Senior Resident (Senior Registrar),in Psychiatry Department (Full time)

Institution : Army College of Medical Sciences (ACMS), Delhi Cantt, India

Hospital back ground and Responsibilities: This medical college is managed by Indian army welfare education society and is a premier teaching institute imparting medical education to wards of serving and retired Indian army personnel. The college has an attached Indian army base hospital which is 900 bedded providing tertiary level care treatment to serving and retired army personnel including their families. Psychiatry department working on general hospital psychiatry set up has around 55 inpatient beds imparting all types of psychiatric care .

Dates : Sept 2010 to Dec 2010 (3 and 1/2 months)

Position title : Senior Resident(Senior Registrar) in Deaddiction Department (Full time)

Institution : Central Institute of Psychiatry, Ranchi , India

Dates : September 1997 till April 2007

Position- General Duty Medical Officer(FULL TIME)

Retd as Major

Institution- Indian Armed Forces Medical Corps

Activities and responsibilities:

Carried out general physician duties in hospital and battalion level set up looking after patients

Administrative duties of looking after incharge of section hospital.

Dates :March 1996 to March 1997

- Position-Intern/House-Surgeon
- Institution – Banglaore Medical College and Research Institute, Bangalore, India
- The MBBS course (5 ½ years) included a compulsory 1 year rotating internship

SCIENTIFIC PUBLICATIONS

- 1.) **Kumar A**, Khess CRJ. Factor Analysis of Positive and Negative Syndrome Scale in Schizophrenia: An Explorative study. Indian Journal of Psychiatry. 2012 July-Sept; 54(3): 233-238
- 2.) **Kumar A**, Sarkar S, Praharaj SK, Akhtar S, Diwakar M. Steven Johnson Syndrome Progressing to Toxic Epidermal Necrolysis with Haloperidol and Carbamazepine combination. Industrial Journal of Psychiatry. 2011 July-Dec; Vol 20 Issue 2:131-133

- 3.) Nizamie SH, Goyal N, Biswas R, Haq MZ, **Kumar A**, Akhtar S. Contribution of Ranchi to Psychiatry in India: Role of Central Institute of Psychiatry. Central Institute of Psychiatry Progress Report 2008, Page No. 143-163. Published under aegis of Government of India, Ministry of Health and Family Welfare, Directorate General of Health Services, Nirman Bhawan, New Delhi-110011

ACADEMIC AWARDS

I presented part of this work titled "Factor Analysis of PANSS in Schizophrenia: An Exploratory Study" at the 36th Annual Conference of Indian Psychiatric Society (IPS), CEZIPS 2010, held on 8-9 October 2010 at CIP, Ranchi for which I won 1st prize known as "Leelabati Bholanath Award".



AJAY KUMAR