

# Curriculum Vitae

Vipul Janardan

<b>Phone number</b>	+91-8512045880
<b>Email Address</b>	vipuljanardan777@gmail.com
<b>Home Address</b>	I 546 Govind Puram Ghaziabad Uttar Pradesh, India -201013

## Clinical Summary

<b>Qualifications</b>	Bachelor of Medicine and Bachelor of surgery (MBBS), Doctor of Medicine (MD) in Psychiatry
<b>Current Position</b>	Senior Resident in Institute of Health and Behavioural Science (IHBAS), New Delhi equivalent to senior Registrar
<b>Sub-specialty interests</b>	Child Psychiatry /Deaddiction

## Education

**MBBS**-M R Medical College, Gulbarga, Karnataka

**MD**- Vydehi Institute of Medical Sciences, Bangalore Karnataka (May 2018- August 2021)

## Current Employment

<b>Employment Dates</b>	<b>Current Employer</b>	<b>Department / Scope of Work</b>
13 August,2022 till date	The <b>Institute of Human Behaviour and Allied Sciences (IHBAS)</b> is a premier specialty hospital situated in Delhi, India, specializing in mental health and neuroscience. Formerly recognized as the Hospital for Mental Diseases in Shahdara, it holds the distinction of being the world's largest mental hospital in terms of	<b>Academic Responsibilities:</b> <ul style="list-style-type: none"><li>Supervising thesis, projects and seminar presentations.</li></ul> <b>Research Contributions:</b> <ul style="list-style-type: none"><li>Engaging in research and publication.</li></ul>

	<p>campus area and the volume of patients it serves. IHBAS provides a diverse array of services, encompassing outpatient care, emergency treatment, and intensive care unit (ICU) facilities.</p> <p><b>Position/Designation</b> – worked as a senior resident equivalent to senior registrar</p> <p><b>Working hours</b> (56-58 hrs/week)</p>	<ul style="list-style-type: none"> <li>• Providing mentorship for thesis writing and academic dissemination.</li> </ul> <p><b>Clinical Duties:</b></p> <ul style="list-style-type: none"> <li>• Managing both Outpatient (OPD) and Inpatient (IPD) psychiatric services.</li> <li>• Offering independent decision-making and guidance to junior resident.</li> <li>• Administering treatments such as <b>Electroconvulsive Therapy (ECT)</b>.</li> <li>• Serving as the in-charge of rotation-based clinics, namely: <ul style="list-style-type: none"> <li>○ <b>Geriatric Clinic</b></li> <li>○ <b>Drug and Rehabilitation Treatment Clinic (DATRC)-Incharge</b></li> <li>○ <b>Child Guidance Clinic (CGC)</b></li> <li>○ <b>Marital and Psychosexual Clinic (MPC)-Incharge</b></li> <li>○ <b>Halfway Home-incharge</b></li> </ul> </li> <li>• Overseeing various psychotherapeutic approaches, including: <p>Psychodynamic psychotherapy (54 sessions)</p> <ul style="list-style-type: none"> <li>○ <b>Motivational Enhancement Therapy (MET) (54 sessions)</b></li> <li>○ <b>Cognitive Behavioral Therapy (CBT)(42 sessions)</b></li> <li>○ <b>Dialectical Behavior Therapy (DBT)(42 sessions)</b></li> <li>○ <b>Exposure and Response Prevention (ERP)(42 Sessions)</b></li> <li>○ <b>Family Therapy(36 sessions)</b></li> </ul> </li> </ul> <p><b>Emergency Psychiatry:</b></p> <ul style="list-style-type: none"> <li>• Providing urgent care in psychiatric emergencies.</li> </ul>
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

		<ul style="list-style-type: none"> <li>• Overseeing the psychiatric intensive care unit (ICU).</li> <li>• Assessing and treating patients in critical conditions.</li> </ul> <p><b>Forensic Psychiatry:</b></p> <ul style="list-style-type: none"> <li>• Evaluating the fitness to stand trial and capacity assessments for legal cases.</li> <li>• Conducting assessments for boards such as the <b>Mental Illness Board Intellectual Disability Board</b> and Specific Learning Disability Board</li> <li>• Issuing disability certificates to patients with mental illnesses.</li> </ul> <p><b>Case Management and Multidisciplinary Team Coordination:</b></p> <ul style="list-style-type: none"> <li>• Acting as a case manager to coordinate care with a multidisciplinary team.</li> <li>• Collaborating with <b>clinical psychologists, psychiatric social workers, and occupational therapists.</b></li> <li>• Facilitating referrals to other specialist departments as needed.</li> </ul>
--	--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

### Employment History

Employment Dates	Previous Employer	Department / Scope of Work(56 -58 hrs /week )
25 October 2021-11 August 2022	<p>Pt Madan Mohan Malviya Hospital,,New Delhi is a 200-bed government hospital renowned for its comprehensive healthcare services across various departments. It notably operates a specialized juvenile deaddiction centre along with general psychiatry opd.</p> <p><b>Position/Designation</b> – worked as a senior resident equivalent to senior registrar in Juvenile Deaddiction (child psychiatry )</p> <p><b>Working hours</b> (56-58 hrs/week)</p>	<p><b>Outpatient (OPD) and Inpatient (IPD) Management:</b></p> <ul style="list-style-type: none"> <li>• Coordinating comprehensive care for juveniles undergoing detoxification and deaddiction and rehabilitation.</li> <li>• Implementing psychotherapeutic interventions such as <b>Motivational Enhancement Therapy</b> and relapse prevention measures</li> <li>• General psychiatry OPD</li> </ul> <p><b>Psychotherapy and Family Therapy:</b></p> <ul style="list-style-type: none"> <li>• Facilitating role-playing and family therapy sessions</li> <li>• Providing psychoeducation to family members, equipping them with knowledge and strategies to support the juvenile's recovery.</li> </ul> <p><b>Community Outreach and Awareness:</b></p> <ul style="list-style-type: none"> <li>• Engaging in community outreach initiatives to raise awareness about juvenile substance use.</li> <li>• Establishing reference networks for continued support and management of juvenile addiction cases.</li> </ul>

June 2016-April 2017	<p>Aruna Asaf Ali Government Hospital is a distinguished 100-bed facility operated by the Government of Delhi. It was established more than 75 years, the hospital offers a multitude of departmental facilities and specializes in a comprehensive range of medical service</p> <p><b>Position/Designation</b> – worked as a senior resident equivalent to senior registrar</p> <p><b>Working hours</b> (60-62 hrs/week)</p>	<p>OPD management</p> <p>IPD management</p> <p>Emergency care</p>
June 2015-June 2016	<p>Aruna Asaf Ali Government Hospital, New Delhi</p> <p><b>Working hours</b> (60-62 hrs/week)</p>	<p>Junior Resident in Department of Medicine manage inpatient outpatient referral from another department and emergency</p>

<b>January 2013– May 2015</b>	Sarthak Medical Centre, New Delhi	Worked as a resident medical officer, handled emergency and assisting in ward and OPD
<b>June 2012– December 2012</b>	Dr RML Hospital, New Delhi	Junior resident in department of Neurology

#### Clinical Skills or clinical work during M.D.

**Designation:** Junior Resident in Psychiatry (May 2018-july2021) (56 -58 hrs /week )

#### Highlights:

- History collecting, examination and diagnosis of the mental illness and its treatment.
- Well versed with a variety of Psychotherapies.
- Assisted and performed Electroconvulsive Therapy (ECT)

- Took part in the management of patients of Addiction Disorder, Psychotic Disorder, Mood Disorder and so on

### **Clinical work during M.D. training:**

- Management of psychiatric outpatients and inpatients according to the standard guidelines
- Assisted in application of neuropsychological assessments and psychiatric scales
- Administering psychoeducation to patient and family members, psychotherapies- supportive, cognitive, behavioral, dialectical behavior therapy, motivation enhancement therapy, marital counselling, insight oriented psychotherapy Personality Assessment projective and objective, Neuro psychological assessment and so on
- Emergency management of acutely disturbed patients, estimating suicide risk and appropriate intervention
- Managed rehabilitation of psychiatric patients
- Gained experience in the management and treatment of Organic Brain Disorders with Behavioral Disturbances, Substance Use, Psychotic Illnesses, Mood Disorders, Anxiety and Obsessive Compulsive Disorders, Psychosomatic Disorders, Personality Disorders and Childhood Psychiatric Disorders
- Ensured regular visits to the community to address the mental health needs, participated in the School Mental Health Programme and so on
- Played key role in assisting specialty clinics like Deaddiction Clinic, Child Guidance Clinic, Dementia Clinic and Marital & Psychosexual Clinic

### **Inpatient Ward Management**

- Collaborated with psychologists, social workers, and nursing staff to provide comprehensive inpatient care under the guidance of consultant

### **Emergency and Liaison Services**

- Psychiatric Emergency Service – attended psychiatry emergency and appropriate management
- Ward Liaison- referral to various other departments

### **Community Psychiatry**

- Managed outpatient services and participated in mental health camps, including school programs in Bengaluru.

### **Addiction Psychiatry**

- Oversaw inpatient and outpatient addiction therapy clinics.
- Administered opioid substitution therapy (Methadone/Buprenorphine).

### **Child and Adolescent Psychiatry**

- Managed care in collaboration with child psychiatrist and therapists.

### **Psychotherapy**

- Practiced exposure and response prevention for OCD.
- Conducted Habit Reversal training for Tourette syndrome and Trichotillomania.
- Provided Behavioral Therapy for ADHD, including parent skill training.
- Anger Management and Marital Therapy.
- Cognitive behavior therapy (CBT)
- Motivational Enhancement Therapy (MET)
- IQ Assessments
- Marital and psychosexual therapy -Sensate Focus Therapy, Couple therapy
- Insight oriented Therapy
- Psychodynamic Psychotherapy

### **Psychological Assessment/Psychodiagnostics**

- Administered psychometric tests including IQ, Neurocognitive assessments, and Personality Evaluation-projective and objective.



**Neuromodulation**

- assisted ECT and rTMs

**Neurology Experience**

- Managed inpatient wards, outpatient services, and performed procedures like spinal tapping and EEG/EMG/NCV during rotational posting

**Teaching** -Teaching interns, help in history taking

**Management experience**

Enrolled in post Graduate diploma in Hospital Administration conducted By Ministry of Health and Family Welfare, New Delhi, India

**Publications / Presentations****Thesis**

“Psychiatric morbidity in primary school children” was submitted to Rajeev Gandhi University of Health Sciences in Bangalore, Karnataka

Paper Presentation in International and National conferences

1. Presented paper on “Awareness of Ethics among Medical Student” in international Conference in Pune, India (Indian council of Medical Research sponsored conference)
2. Presented paper on “A descriptive study on sexual dysfunction in person with Alcohol dependence” in WPA regional congress Kolkata held on 14 -16 April 2023
3. E-Poster presentation on “An unusual case presentation of steroid induced psychosis vs post operative complication of microadenoma” during the 25th Annual Conference of Delhi Neurological Association held at New Delhi from 3 rd – 4 th February 2024
4. Poster presentation on “Getting started with Wernicke encephalopathy: A request for uniform treatment protocols” during the 26th Annual Conference of Delhi Neurological Association & 22nd

Annual Conference of Delhi Neuro Nurses Association held at India Habitat Centre, New Delhi from 3rd - 4th February 2024

5. Symposium presentation “Treatment during First trimester: Challenges and options for Psychiatrist” on 24 th Annual national conference of Private Psychiatry on 4 th November 2023 in Goa other speaker were Dr Manoj Kumar and Dr Sonam Saxena

### **Publication**

1. Manaktala PS, Anand KS, Janardan V, Verma R. Half and half nails (Lindsay's nails) in chronic renal disease. J Assoc Physicians India. 2014 Oct;62(10):44-5. PMID: 25906522.

2. Janardan V, Kumar M, Singh P. The Transformative Role of Artificial Intelligence in Psychiatry: Enhancing Diagnosis and Treatment. Arch Psychiatry. 2024;2(1):20-22.

3. Kumar, M., Saxena, S., Janardan, V., Meena, N. (2022). Skin Excoriation Disorder with Co Morbid Schizophrenia. *Int J Psychiatry* 7(4), 186-188.

4. Janardan Vipul, Anand Kuljeet Understanding Dementia and managing behavioral and psychological symptoms Dementia News -News Letter 2023.

5. Janardan V, Rao TSS. Bridging Gaps: Sexual Medicine in Postgraduate Training in India. Journal of Psychosexual Health. 2024;6(1):11-12. doi:10.1177/26318318241263738

6. Janardan V, Suri K. The Screen Paradox: Cognitive Costs in the Digital Age. Arch Psychiatry. 2024;2(1):33-34.

### **Forthcoming Book/Article Publication**

1. “Understanding Dementia: A Practical Guide to Alzheimer’s Disease and Beyond” - Co-authored with Dr. K.S. Anand, to be published by National Book Trust(NBT). This work provides practical insights into dementia care, offering guidance to both healthcare professionals and families affected by Alzheimer’s and related disorders.

2. “Artificial intelligence in sexology” as letter to the editor in journal of psychosexual medicine, Sage journal

## Other Relevant Work Experience / Information

### Awards & Recognitions

Best Teacher Award - Recognized for outstanding commitment to teaching and fostering a learning environment that encourages student growth and academic achievement.

Appreciation for Outstanding Selfless Service - Awarded on National Doctors' Day for exceptional dedication and service in the medical profession.

Research Grant Recipient - Received a grant for the study on "Socioeconomic Status Affecting Retinoblastoma Patients" at L V Prasad Eye Institute, Hyderabad, sponsored by IASC Bangalore, INSAI New Delhi, NASI Allahabad.

MRCPsych Paper A - Successfully passed with a commendable score, reflecting a strong grasp of psychiatric knowledge and clinical acumen.

Occupational English test (OET) -Pass

ECFMG /EPIC certification -Done

Psychedelic Medicine Conference Grant - Received a grant for participation in the prestigious conference held in Tel Aviv, Israel, highlighting significant contributions to the field of psychedelic medicine.

### Training:

**Medical Council Registration: Delhi Medical Council, DMC**

**Languages: English, Hindi, kannada**

### Workshops:

**Clinical skills workshop in sexual medicine in September 2023.**

**Trans Magnetic stimulation workshop in Bangalore in TIPPS 2021, Bangalore, India**

**Lectures Given: To Refuges in India creating awareness in intellectually disabled kids and caregiver burden organised by BOSCO(NGO)**

**Conferences: skills training exercise in psychiatry postgraduate (2020) ;5<sup>Th</sup> National conference for post graduate in psychiatry**

**Personal Interests: Boxing, swimming, Martial Art**

**Non-Academic Awards:**

**1) Interview as an expert about masked depression and suicide on CNN news channel  
Organise camp in rural area for intellectual disability disorder -for awareness and creating database to do needful.**

**2) Running an organise camps for intellectual disabled kids in various part of India kaira- the beautiful mind**

**References:**

<b>Referee 1</b>	Dr Kiran Kumar K , <b>Job title</b> Professor & H.O.D address, Department of Psychiatry, Vydehi Institute of Medical Sciences ,Bangalore, Karnataka, phone number +919886496528, <b>email address</b> drkiran.psychiatry@gmail.com
<b>Referee 2</b>	Dr K S Anand, <b>Job title</b> Principle and Professor Neurology, <b>address</b> Dr RML Hospital New Delhi , <b>phone number</b> +91 9810495019 <b>email address :kuljeet_anand@rediffmail.com</b>
<b>Referee 3</b>	Dr Manoj kumar, <b>Job title</b> Asso. Professor Department of Psychiatry,Institute of human behaviour and Allied Sciences,New delhi <b>email address :drmanoj_k73@rediffmail.com Phone no :+919868396888</b>