

**DR.ANAND NADKARNI, CONSULTANT PSYCHIATRIST, MD., DPM**

**DOB: 22/12/1958      Place of Birth: Jalgaon ,Maharashtra**

- ❖ Completed his MBBS and M.D. in Psychological Medicine as well as D.P.M (Diploma in Psychological Medicine) from Seth G.S.Medical College and K.E.M. Hospital, Mumbai. Stood First in M.D. Examination in the University of Mumbai. Started his consultancy practice in 1986 after working as a lecturer in K.E.M. Hospital. Helped establishing Muktangam De-addiction Centre in 1986 and started Institute for Psychological Health, along with other colleagues in 1990.

#### **POSITIONS:**

- ❖ **Managing Trustee Institute for Psychological Health (IPH)**

**IPH** Community Mental Health Project in Thane, Maharashtra, India & a registered trust with the mission of 'Mental Health for All' , consist of mental health professionals from various fields & offers services to all age groups. De-stigmatization; that is reducing the gap of ignorance and misconceptions between society and mental health is the mission of IPH.

**IPH** is an experiment in the field of mental health, unique in many ways and probably only one of its kinds in India or possibly in Asia. It has become a place of learning for many mental health professionals from the country as well as abroad.

It is now getting recognized as Resource Centre for IGNOU (Indira Gandhi National Open University) Akalan, the learning centre of IPH organizes more than 100 days of training programs for mental health professionals throughout the calendar year. To cater to the growing need of professionals coming to learn, IPH has started a full fledged guest house 'Maitraghar'.

**IPH** has also become an official teaching centre recognized by Mumbai University, SNDT University and Tata Institute of Social Sciences & Amity University. Mental health professionals from Sweden, Finland, US, UK, Germany, Austria etc. have to the institute to learn the model of community mental health. There is a team of 72 trained professionals working together at the institute with more than 120 trained community volunteers working in different projects and a support team of 48 individuals. Creatively self sufficient economically, IPH offers most of its services to community at subsidized charges and has no financial backing, either from governmental or international agencies . IPH today has a full fledged audiovisual unit with a dedicated U tube channel ' AVAHAN IPH' covering a playlist of Mental health related programs. This channel has more than 106 thousand subscribers today. In the leased space from the Public Health Department, Maharashtra State, IPH operates a Daycare Workshop & production unit for people recovering from schizophrenia and their family members. There is a separate campus that runs a Daycare centre for Senior Citizens as well as a community kitchen SAHACHARI, operated by wives of recovering Addicts.

From March 2018, IPH has opened its full fledged activity centre in the city of Pune, a city with tradition of education and culture as well as growing industrialization. From October 2020 operation of 'IPH Mind Lab' started in the city of Nashik as well. IPH initiatives like VEDH (vocational Education, Direction & Harmony) are organized in over ten cities of Maharashtra.

- **President, Founder Trustee and Consultant Muktangam De-Addiction Center Pune:** one of the centers of excellence in the country for treating De-addiction in India. **Muktanganis** also a Regional Resource and Training Centre for United Nations Drug Control Program (UNDCP). This centre has received , Presidents Medal for its work in deaddiction& also ISO recognized organization.
- **On Board of Directors, Indoco Remedies,** a thousand Crore plus listed pharmaceutical company
- **Trustee:** Swayam Rehabilitation Trust for disabled children, especially with Cerebral Palsy and Samvedana Epilepsy Foundation.
- **On advisory board of MKCL** (Maharashtra Knowledge Corporation Ltd.) a premium E-learning company with social ethos.
- **Advisor,** 'Vayam' a literary Magazine for Teenagers.
- **Corporate Trainer and Human Resource Consultant:** Has been working as a trainer of Mental Health and related topics for many industries in Mumbai and throughout the country. Trainer & Consultant for over 30 major corporate organizations in the country in the field of Pharma, Engineering, Service, Chemicals & software.
- **Consultant & Advisor, TAPAS Centre for Elderly Care, Pune**
- **Trustee of Sadashiv Amrapurkar Memorial Trust**
- **Positions held in past:**

Consultant – Godrej & Boyce Co.Ltd (1989-2006)

Advisor-Muktipath De-addiction center Gadchiroli.

Founder Member Juvenile Diabetic Foundation (Maharashtra Chapter).

Visiting Prof. Tata Institute of Social Science (1985-1995).

Consultant Psychiatrist Larsen & Toubro Ltd (1987-1990).

- **AREAS OF PROFESSIONAL INTEREST :**

Dr.Nadkarni holds a busy consulting practice for last four decades. His clinical practice used to span over eleven hours in a day. In last eight years he has consciously started diverting his work to a team of 14 qualified psychiatrist team members to ensure that he gives more time to work at 'Macro' levels with different social groups. He regularly travels to steer activities in Pune and Nasik centres, in addition to his corporate & community engagements all over the country.

**His areas of interest s are:**

- Child & adolescent psychiatry.
- Psychological aspects of sports medicine.
- Group therapy techniques as applicable to Indian scenario.
- Has been spreading the message of mental health through workshop, talks & lectures for a decade with an average of over hundred lectures per year.
- Rational Emotive Behavior Therapy & Indian Philosophy.
- Vedant Philosophy
- The Buddhist thoughts & Mahayan Philosophy
- Indian History
- Indian & World Cinema

At the IPH centre he coordinates a team of 16 psychiatrists and over sixty counselors. At the institute, out patients, an average of 150 families is helped every day.

**EXTRA CURRICULAR INTERESTS:**

**1. Marathi Books:** Writer of 22 award – winning books in Marathi.

📖 **SwabhavVibhav** ( ) –Published on 1st October 2000, book on Rational Emotive thinking 20th edition

📖 **VishadYog** ( ) –Published on 4th October 2003, on the theme of stress management, comparative analysis of REBT & Bhagwatgeeta; now in its 11th edition. Received Maharashtra State Literature Award, Barrister NathPai Memorial Award, 2004-2005.

📖 **Gaddhyepanchvishi** ( ) - Memoirs –won AnantKaneekar award of Maharashtra State Govt. 5th edition

📖 **TyaTighanchiGoshta** ( ) –Script of his play on Marathi stage. In 2018 he was awarded Ram Ganesh Gadkari State Award for this book.

📖 **Vaidyaksatta** ( ) - Won Maharashtra Sahitya Parishad Award, now in its 7th edition.

📖 **Kinchit** ( ) - Won Yashwantrao Chavan Memorial award of Sahitya Sanskruti Mandal.

📖 **Arogyacha Arth** ( ) - Book on concept of Holistic Health. 7th edition.

📖 **Eka Psychiatristchi Diary** ( ) - book on memoirs as a psychiatrist. 9th edition

📖 **Jidnyasa** ( ) - Editor of this training manual of adolescent sensitization program, 3rd edition.

📖 **Muktipatre** ( ) - book on recovery process from addictions; 8th edition.

📖 **Manovikas** ( ) - Presenter of this book on Community Volunteer project run by IPH. 5th edition.

📖 **Devraichya Savleet** ( ) - A unique blend of insights in film-appreciation, creative documentation and information about 'schizophrenia' - a major mental illness. In second edition.

📖 **Shahanyancha Psychiatrist** ( ) - This a story of an activist in the field of Mental health spanning over two decades. Published March 2010. Six editions in five years.

📖 **Manogati** ( ) - A blend of psychotherapy and Indian philosophy. Two editions within one year of publishing since March 2010. Now in its 8th edition.

📖 **Mitule Ani Rasal** ( ) - A book consisting of literary essays.

📖 **Hey hi Diwas Jatil** ( ) - A novel based on eternal human values. In its fourth edition.

📖 **Janma Rahasya** ( ) - Script of a play on Marathi professional stage.

## 2. Books In English & other forms:

📖 **Nature and Signature** – English adaption of his Best-seller Marathi book SwabhavVibhav by Mr.SatishBapat (GautamiPrakashan)

📖 **Dialogue to Wellness** – English adaption of his popular book Mutipatre by Mr.SatishBapat(GautamiPrakashan)

📖 **EkaPsychiatristchi Diary** – Published in Braille edition

📖 **SwabhavVibhav and Vishadyog** published as audio books.

📖 **Muktipatre**- Kannada edition published in 2010.

## 2A. Recent books by him

📖 **Karnyache Divas Kalnyache Divas**(□□□□□□□□ □□□□ □□□□□□□□ □□□□ )- His writings during covid times, third edition.

📖 **Avyaktacha Aarsa** (□□□□□□□□□□ □□□□ )- A book of poetry, comprising of 147 poems published on social media during Kovid times

📖 **Akashbhashite** (□□□□□□□□□□ ): Literary essays , in second edition

## 2B : Forthcoming Books:

📖 **Manmaitrichiya Deshat** (□□□□□□□□□□□□ □□□□□ ) This explores the relationship between Vedant Philosophy, Neurosciences & Cognitive Psychology.

📖 **Buddhansobat Kshnokshani** (□□□□□□□□□□ □□□□□□□□□□ ) 102 poems presentiving use of Buddhist thought in day-to day life.

📖 **Tuzhyach sathi Rutu Ha**( □□□□□□□ □□□□ □□□ □□ ) – second collection of his poems

📖 **Shivaji, The CEO**: Presenting the Great Indian Leader as an entrepreneur. This incidently will be his published 25<sup>th</sup> book

3. **Plays**:(Has written several award winning one act plays and three scripts for professional Marathi Theatre)

- 🔔 **TyaTighanchiGoshta**: His play won for him MIFTA 2016 award in Sydney for best playwright .The play won many awards including prestigious Master Dinanath Memorial Award. It also won Ram Ganesh Gadkari award for best play script by Govt of Maharashtra.+
- 🔔 **Get Well Soon'** : A play based on his book 'Muktipatre' starring Swapnil Joshi won over 15awards for best commercial play 2014.
- 🔔 **'JanmaRahasya'**: A play depicting the relationship between mentally ill and their family members. Dr.Nadkarni won best writer's award from Maharashtra NatyaParishad.
- 🔔 **'SobatineChaltana'**: A popular play with a theme of Marital Stress and its solution.
- 🔔 **Rang MazaVegala** : For which Actress Bhakti Barve won NatyaDarpan Award.
- 🔔 **AmhiJagatoBepham** : Starring RohiniHattangadi; Dr.Nadkarni won B.C. Mardhekar Memorialaward as a promising young dramatist in SataraAkhilBharatiya Marathi SahityaSammelan.
- 🔔 **AsechAmhiSare**
- 🔔 **Mayasabha**: A play for amateur stage won Best writer's award in 21st State Amateur drama Competition.

#### 4. His Association with Films:

- 🔔 'Dr.Nadkarni was creative consultant to feature film ' Kasav' that won the 'Suvarna Kamal' best film National award in April 2017. Directed by SumitraBhave& Sunil Sukhtankar the theme of the film is 'Recovery from Depression'
- 🔔 Dr.Nadkarni was associated with as a consultant to the first ever feature film made on'schizophrenia' titled Devrai. This film was also directed by SumitraBhave& Sunil Sukhtankar, and with AtulKulkarni, SonaliKulkarni, Dr.MohanAgashe in leading roles. This film won the National award 2004-2005.
- 🔔 He worked as a consultant to another Marathi film 'Kadachit' produced by actress Ashwini Bhave that has won four state awards.

🔔 He was also creative consultant to Marathi film 'Ani Kashinath Ghanekar' that has set new box-office record in 2018.

#### 4A. Social Media & You Tube:

Dr.Nadkarni is active on FB, instagram and linked in with his regular posts, poems, drawings and photographs & enjoys wide fan following. He has a blog post- Manogati Word press.com & one can enjoy his ' Manacha Podcast'( [www.manogati.com](#) ) on the eplog.media website, which has 60 episodes. Through AVAHAN IPH You tube channel with over hundred thousand subscribers, he has presented innovative serials on History, philosophy and REBT. Over four hundred interviews taken by him are available on this channel.

#### 5. Music:

¶ He writes songs in Marathi & Hindi. Three Music Albums of songs written and tunes composed by him have been published.

- I. Navya Shatakacha Gane
- II. Song of Life
- III. Akashachi Gani

¶ He is part of a medical orchestra which holds professional programs for over twenty five years.

#### 6. Columnist:

- Dr.Nadkarni has written regular columns on Literature & Mental Health for various periodicals in Marathi. He is a regular contributor to Diwali Magazines in Marathi.

#### 7. Vocal Skills:

- Every year Dr.Nadkarni gives an average of Thirty public lectures and conducts over 30 seminars for corporate executives. He anchors and conducts career conferences in 11 major cities of the state.
- Dr.Nadkarni is a fluent orator in Marathi, English and Hindi.
- He has worked with 'Group-interactions' as an area of his interest and has dealt with varied Groups for therapy, education and guidance from tribal people to sports teams.
- He is a skillful group therapist compare of reputation in various literary, dramatic and social functions, had appeared several times on television and had many radio-broadcasts to his credit.
- In December 2005 gave a three evening, nine hour discourse on Stress Management & Indian Philosophy (<https://youtu.be/COoM9azsSzo>)
- In Dec 2019, he rendered a Ten and half hours discourse spread across three evenings exploring the relationship between Vedant philosophy Neurosciences and Cognitive Psychology (<https://youtu.be/IVGcnNwmWUI>)
- As an interviewer, he has taken interview of over 700 celebrities from different walks of life in 90 editions of VEDH Career Conference.
- His CDs and DVDs on various Mental Health themes are produced by the Audio Visual wing of IPH.
- He appears on different television shows and his work was showcased on a popular channel IBN Lokmat in a two hour program 'Great Bhet'.

#### **Special Features:**

- ✓ The Maharashtra State Board for Education has included in a the Marathi text book 'Kumar Bharati' for ninth Standard a lesson penned by Dr.Nadkarni.
- ✓ Manovikas Prakashan has published a biographical sketch of Dr.Nadkarni in a book-series 'The Real Super Heroes'.
- ✓ Sadhana Prakashan has published a book based on an interview with Dr.Nadkarni along with Dr.Abhay Bang and Dr.Anil Avachat titled 'Pudhe Jaanyasathi Maage Valun Pahataana'.

#### **8. AWARDS FOR SOCIAL CONTRIBUTION:**



- Receptient of Anant Bhalerao Smruti Puraskar 2021, a prestigious award received for his contributions to Mental Health.
- Hirvai Puraskar: Seth G.S.Medical College his Alma-Mater conferred this prestigious award on him given in memory of his mentor Dr.Sharadini Dahanukar in 2019.
- Manasa National Award : This award is given in memory of Dr.Ashok Pai, Pioneer Psychiatrist from Shimoga, Karnataka. Dr.Nadkarni received this award in 2019 from Dr.Prakash Amte.
- Dr.Nadkarni has been awarded with 'Thane Nagar Ratna' and 'Thane Bhushan' awards from the citywhere he stays. He has been conferred with 'SamajShikshak Award' as well as 'ArogyaDnyaneshwar'award by prestigious Institutes. Thane Municipal Council felicitated him with P.Savlaram Memorial award for his literary contributions.

**\*Dr.Nadkarni has a rare distinction of winning five state awards, one for his professional excellence i.e de addiction work, three for his books and one for his play.**

- The Govt.of Maharashtra, since 1999 onwards commenced a state award for contributions in the field of De-addiction presented on the Internation Anti-Narcotic Day (Dr.Nadkarni is the first recipient of this award).
- Dr.Nadkarni was nominated on the advisory committee to the Union Planning Commission of India on the subject of social welfare for the Five Year Plan 2012-2017.
- Indian Merchant Chamber Platinum Jubilee award for work in the field of De-addition.
- Dr.Arun Limaye Memorial awards for Youth Activist of the year.
- Shatayushi Puraskar for Medial Journalism.
- He gave P.M. Lad Memorial Oration in its Diamond Jubilee year for All India Radio.
- Dr.Dhairyasheel Shirole Oration in MAHAPEDICON of Child Health Consultants, Dec 2018. First Psychiatrist chosen to given oration to address Paediatricians.