

DR. ANAND NADKARNI, CONSULTANT PSYCHIATRIST, MD., D.P.M.

- ❖ 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, Bombay. Stood First in MD Examination in the University of Mumbai. Started his consultancy practice in 1986 after working as a lecturer in K.E.M. Hospital. Helped establishing Mukhtangan 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', consists 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 it's kind 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.

IPH has also become an official teaching centre recognized by Mumbai University, SNDT University and Tata Institute of Social Sciences. Mental health professionals from Sweden, Finland, US, UK, Germany, Austria etc. have come to the institute to learn the model of community mental health. There is a team of 60 trained professionals working together at the institute with more than 250 trained community volunteers working in different projects and a support team of 30 individuals. Creatively self sufficient economically, IPH offers most of its services to community at subsidized charges and has no financial backing, either governmental or international.

- Founder Trustee and Consultant Mukhtangan De-Addiction Center Pune: One of the centers of excellence in the country for treating De-addiction in India. **Mukhtangan** is also a Regional Resource and Training Centre for United Nations Drug Control Program (UNDCP).
- Trustee, Swayam Rehabilitation Trust for disabled children, especially with Cerebral Palsy.
- **Corporate Trainer and Human Resource Consultant:** Has been working as a trainer of Mental Health and related topics for many industries in Bombay and throughout the country. Trainer & Consultant for over 30 major corporate organizations in the country in the field of Pharma, Engineering, Service, Chemicals & Software.
- **Trainer of Mental Health Professionals:** With his experience of Rational Emotive Behavior Therapy, he offers certificate courses in counseling for mental health professionals.
- **Positions held in the 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 helping average 70 to 80 individuals in a day. His clinical practice spans continuously over eleven hours in a day, for last 25 years.

- Child & adolescent psychiatry.
- Addiction & Community Psychiatry.

Institute for Psychological Health (IPH), Thane.

- Psychological aspects of sports medicine
- Application of Rational Emotive Behavior Therapy (REBT) in different walks of life.
- Group therapy techniques as applicable to Indian scenario
- Has been spreading the message of mental health through workshops talks & lectures for a decade with an average of over hundred lectures per year
- Rational Emotive Behavior Therapy & Indian Philosophy

At the IPH centre he co-ordinates a team of eight psychiatrists and over fifty counselors. At the institute out patients an average of 120 families are helped every day.

EXTRA CURRICULAR INTERESTS:

1. **Marathi Books:** Writer of 13 award-winning books in Marathi.

- Vaidyaksatta** - Won Maharashtra Sahitya Parishad Award, Now in its 5th edition.
- Kinchit** - Won Yashwantrav Chavan Memorial award of Sahitya Sanskruti Mandal.
- Gaddhyepanchvishi** - Memoirs - won Anant Kanekar award of Maharashtra State Govt. 3rd ed.
- Arogyacha Arth** – Book on concept of Holistic Health; 5th edition.
- Eka Psychiatristchi Diary** – book on memoirs as a psychiatrist, 6th edition.
- Swabhav Vibhav** - Published on 1st October 2000, book on Rational Emotive thinking; 10th edition.
- Jidnyasa** - Editor of this training manual of adolescent sensitization program, 3rd edition.
- Muktipatre** – book on recovery process from addictions; 5th edition.
- Manovikas** – Presenter of this book on Community Volunteer project run by IPH – 3rd edition.
- Vishad Yog** - Published on 4th October 2003, on the theme of stress management, comparative analysis of REBT & Bhagwatgeeta; now in its 8th edition. Received Maharashtra State Literature award, Barrister Nath Pai Memorial award, 2004-2005
- Devraichya Savaleet:** A unique blend of insights in film-appreciation, creative documentation and information about ‘schizophrenia’ – a major mental illness. In second edition.

RECENT PUBLICATIONS :

- Shahanyancha Psychiatrist** - This is a story of an activist in the field of Mental health spanning over two decades. Published Mar 2010. Three editions in one year.
- Manogati** – A blend of psychotherapy and Indian philosophy. Two editions within one year of publishing since March 2010.

2. **Books in English & other forms :**

- Nature and Signature** - English adaption of his Best-seller Marathi book Swabhav Vibhav by Mr. Satish Bapat (Gautami Prakashan)
- Dialogue to Wellness** – English adaption of his popularbook Muktipatre by Mr. Satish Bapat (Gautami Prakashan)

Institute for Psychological Health (IPH), Thane.

- ☐ Eka Psychiatristchi Diary - Published in Braille edition
- ☐ Swabhav Vibhav and Vishadyog published as audio books.
- ☐ Muktipatre – Kannada edition published in 2010.

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

His professional plays:

- **Rang Mazá Vegala** - For which Actress Bhakti Barve won Natyá Darpan Award.
- **Amhi Jagato Bepham** - Starring Rohini Hattangadi; Dr. Nadkarni won B. C. Mardhekar Memorial award as a promising young dramatist in Satara Akhil Bharatiya Marathi Sahityá Sammelan.
- **Asech Amhi Sare**
- **Tuzyawina**- His recent play won seven Zee nominations.
- ❖ **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 associated with as a consultant to the first ever feature film made on 'schizophrenia' titled Devrai. This film is directed by Sumitra Bhavé & Sunil Suktankar; and with Atul Kulkarni, Sonali Kulkarni, Dr. Mohan Agashe in leading roles. This film won the National award 2004-2005.

Recently he worked as a creative consultant to another Marathi film 'Kadachit' produced by actress Ashwini Bhavé that has won four state awards this year.

5. **Music:**

🎵 He writes songs in Marathi & Hindi. Two Musical albums of songs written and tunes composed by him have been published :

1. Navya Shatakache Gane
2. Song of Life

🎵 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 Issues 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 7 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 & had many radio-broadcasts to his credit.

- ☞ In December 2005 gave a three evenings, nine hour discourse on Stress Management & Indian Philosophy.
- ☞ As an interviewer, he has taken interviews of over 400 celebrities from different walks of life.
- ☞ 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'.

8. AWARDS FOR SOCIAL CONTRIBUTION:

- ☞ 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 1912-1917.
 - ☞ Indian Merchant Chamber Platinum Jubilee award for work in the field of De-addiction.
 - ☞ Dr. Arun Limaye Memorial awards for Youth Activist of the year.
 - ☞ Shatayushi Puraskar for Medical Journalism.
 - ☞ Doctor of the year award, 1993 by Indian Medical Association, Mumbai Branch.
 - ☞ Recipient of the prestigious BPT guest lecture award of 2001, by the Indian Association of Occupational Health for his work in the field of Industrial health.
 - ☞ The Govt. of Maharashtra, since 1999 onwards commenced a state award for contributions in the field of De-addiction presented on the International Anti-Narcotic Day (Dr. Nadkarni is the first recipient of this award).
- ❖ *Dr. Nadkarni has a rare distinction of winning four state awards, one for his professional excellence i.e. de-addiction work, two for his books and one for his play.*