

## **P.N. SURESH KUMAR**

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### **Administration, Teaching, Clinical, General Psychiatry Management Profile**

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**Medical Professional offering 26 years work experience in Psychiatry and Clinical Psychology; conducted UG / PG Teaching, and as Director in the Institute of Mental Health & Neurosciences, Kozhikode, managed administrative, teaching & clinical duties.**

- **Currently Director, Chethana – Centre for neuropsychiatry, Kozhikode, Kerala, India**
- Worked extensively in the areas of common diagnosis of inpatients, general psychiatry management, consultation-liaison psychiatry, psychotherapy, and was actively involved in inpatient management, outpatient service, and emergency call duty.
- **Credentials:** Member of Royal College of Psychiatry, PhD in Faculty of Medicine, Diplomate of National Board of Examinations (Psychiatry), MD in Psychiatry from Central Institute of Psychiatry, Ranchi, DPM from Christian Medical College, Vellore and MBBS from Government Medical College, Trichur.

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### **Summary of Experiences**

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#### **Teaching Experience**

- Taught psychiatry to **undergraduate medical students** during their psychiatry attachment, leading the introductory week of classroom teaching, offering tutorials for clinical attachments & individual teaching, setting/ marking exam papers, assessing, planning and revising the course.
- Trained **postgraduate students in psychiatry** since 1988.
- Offered MCQ and Case Presentation Training in Psychiatry for interns for **Postgraduate Entrance** coaching organized by Calicut Medical College Alumni Association and led journal clubs, case conferences and seminars.
- **Guided the MD thesis** of postgraduate students in psychiatry, Pharm D students, PhD students.

#### **Management Experience**

- Worked as **Director, Institute of Mental Health & Neurosciences**, Kozhikode (2003-2006), Chairman of Thanal Suicide Prevention Centre (from 2001 till date), Executive committee member of Indian Medical Association, Kozhikode Branch (from 2001 till date); Vice-chairman of Committee for Mental Health - Indian Medical Association - Kerala State Chapter (currently), and worked as Secretary and Chairman of Indian Medical Association- Academy of Medical Specialties, Kozhikode Branch (2005-06 and 2013-14)).
- **Class A Trustee of Alcoholic Anonymous** representing Kerala State (Non-alcoholic 2015-17)

- Worked extensively with in-patient management; and supervised the outpatient clinics on a daily basis. Organized suicide Prevention Clinic and community mental health camps in rural areas.
- Carried out rehabilitation activities and public awareness programmes regarding mental illnesses.
- Offered in-service training of non-psychiatrist medical officers and paramedical staff of Kerala Government Health Service
- Handled ECT procedures thrice a week for about 15 patients daily and psychotherapy for 5 patients a week.
- Managed Common diagnoses of inpatients - mood disorder, schizophrenia, schizo - affective disorder, delusional disorder, adjustment disorder, acute psychotic episodes, acute stress reaction, dementia, delirium, alcohol & other substance dependence, other stress related disorders and somatoform disorders.
- Attended to acutely ill patients in the outpatient clinic with the following conditions: excitement, delirium, suicidal attempts, catatonia, alcohol withdrawal symptoms, conversion disorder, manic episodes, psychotic episodes, drug toxicity like lithium, phobia, panic attacks, postpartum psychosis, posttraumatic stress disorder, peri-ictal behavioural disturbances etc.
- Spent around 30 minutes for non-urgent new cases and about 1 hour for acutely ill patients
- **Organizing secretary** of 3<sup>rd</sup> National Conference of World Association for Psychosocial Rehabilitation (Indian Chapter) held at Kozhikode on 20<sup>th</sup> and 21<sup>st</sup> July 2013.
- **Organizing secretary** of Annual North Zone Conference of IMA Academy of Medical Specialties - Kerala Chapter held at Kozhikode on 05-02-2006
- **Organizing secretary** of CME on suicide prevention for medical professionals conducted by Indian Medical Association – Kozhikode Chapter on 13-02-05.
- **Organizing secretary** of CME on Ketamine in Psychiatric Disorders conducted by KMCT Medical College, Indian Psychiatric Society – Kerala Chapter and Calicut Psychiatric Guild on 28-02-20.
- **Organizing secretary** of IMA College of General Practitioners North Zone Conference, held at Kozhikode on 20-06-21.

### **Research Experience**

- **PhD Guide** of Kerala University of Health and Allied Sciences
- **Peer reviewer of Asian Journal of Psychiatry, Indian Journal of Psychiatry, Kerala Journal of Psychiatry, Frontiers in Psychiatry, SAGE publications**
- **Editorial Board member of Indian Journal of Psychological Medicine**
- **Research Associate** of Janssen – Cilag, Otsuka Pharmaceuticals, Newron Pharmaceuticals, Syngene International Ltd, Lundbeck India Ltd, Sanofi Aventis, Ranbaxy India, Sun Pharmaceuticals, INTAS Pharmaceuticals and Smith Kline Pharmaceuticals.
- **Member of task force for suicide prevention** by Indian Psychiatric Society 2023.
- **Member of task force for suicide prevention** by Indian Psychiatric Society South Zone Branch 2022.
- **Convenor of IMA Kerala State Branch Committee for Mental Health 2020-22.**
- Completed **PhD thesis - “Life events, social support, quality of life and coping strategies in attempted suicide”** at the **University of Kozhikode**, Kerala, India (2007).
- Conducted **psychological autopsy study** on suicides in Wayanad District to determine reasons for highest suicide rate in this district (2006),

- **Principal investigator** of Dr. D.S. Raju Memorial Postgraduate level award by South Zone of Indian Psychiatric Society.
- **Organizing secretary** of State Level Mid-term C.M.E. of Indian Psychiatric Society-Kerala Chapter conducted on 5<sup>th</sup> May 2002 at Kozhikode. The theme of the C.M.E. was 'sleep disorders and personality disorders.'
- **Organizing secretary** of State level C.M.E. on "Suicide prevention – strategies to be employed by primary care givers" at Kozhikode on 03-11-2002.

## Awards/ Prizes

### International

1. **Best published paper award** for the paper entitled "Assessment of prevalence of sexual side effects in psychiatric patients receiving psychotropic drugs and the quality-of-life assessment in terms of sexual satisfaction-a pilot study" published in International Journal of Medicine and Pharmaceutical Sciences (IJMPS) Vol. 4, Issue 5, Oct 2014, 77-84.
2. Official Attempt certificate for participation in the **Guinness World Records** for the Largest Booklet sentence in Bipolar Disorder Awareness.

### National

1. **Florence Nichols Prize** for the Best Performance in the Diploma in Psychological Medicine (DPM) examinations, 1986 - 1988
2. **Shantiniketan Mental Health Award** for the 'best scientific paper' of the Association of Industrial Psychiatry Society of India in the Annual conference-1991
3. **Dr. S.S. Jayaram Award** for the best scientific paper presented in South Zone conference of Indian Psychiatric Society 1992.
4. **Dr.G.C.Boral Award** for the best scientific paper of East Zone of Indian Psychiatric Society- 1995
5. **Col.Kirpal Singh Award** for the best paper in Military Psychiatry section of Indian Psychiatric Society -1995
6. **Best outgoing student of MD** in Psychiatry from Central Institute of Psychiatry, Ranchi in the year 1996.
7. **Poona Psychiatrists' Association Award II** for the best published scientific paper by a member of Indian Psychiatric Society, 1997-1998
8. **Poona Psychiatrists' Association Award II** for the best published scientific paper by a member of Indian Psychiatric Society- 2003
9. Elected as **Fellow of I.M.A. Academy of Medical Specialties** - 2004
10. **Dr. S.S. Jayaram Award** for the best scientific paper presented in South Zone conference of Indian Psychiatric Society - 2005

- 11.Poona Psychiatrists' Association Award II** for the best published scientific paper by a member of Indian Psychiatric Society, 2005
- 12.Indian Association of Private Psychiatry (IAPP) Award** for the original work done in the field of psychiatry - 2006
- 13.Dr.V.K. Verma Award** for the best published scientific paper by a member of Indian Association for Social Psychiatry -2009
- 14.Dr.G.C. Boral Award** for the best scientific paper presented during the XVII National Conference of the Indian Association for Social Psychiatry - 2010.
- 15.Dr.B.B.Sethi Award** for the best poster presented during the XVIII National Conference of the Indian Association for Social Psychiatry -2011.
- 16.IAGMH-INTAS Award** for the best research paper presentation at the 8<sup>th</sup> Annual Conference of Indian Association of Geriatric Mental Health -2012.
- 17.Dr.K.C. Bose Award** for the research paper presented at the Annual National Conference of Indian Psychiatric Society held at Pune -2014
- 18.Best Chairman of IMA Academy of Medical Specialities at National level – 2014.**
- 19.4<sup>th</sup> ANCIAPP Varanasi – IAPP Award in the 15<sup>th</sup> Annual National Conference of Indian Association of Private Psychiatry held at Cochin, Kerala in 2014.**
- 20.National Health Care Excellence Award in Psychiatry** instituted by National Institute for Education and Research held at Delhi in 2016.
- 21.Murugappan Award for the best poster** at the Annual National Conference of Indian Psychiatric Society held at Bhopal -2016.
- 22.Marfatia Award** for the best research paper in Annual Conference of Indian Psychiatric Society held Ranch on 6<sup>th</sup> February 2018.
- 23.Dr. Ramachandra N Moorthy Award** in Psychiatry under awards given for research for the year 2017-18 by Indian Medical Association.
- 24.Vidyasagar Award** for research activities in the field of mental health by ICMR for the year 2018.
- 25.Niloufer Award** instituted by the Indian Association of Child and Adolescent Mental health for the best paper on interventions in the field of child and adolescent mental health for the year 2019.
- 26.Bharath Ratna Dr. Radhakrishnan Gold Medal Award** for the outstanding individual achievements in mental health and suicidology, instituted by Global Economic Progress and Research Association, New Delhi in the year 2020.

- 27. Dr. Indla Ramasubba Reddy Award** for the best scientific paper presented at the 21<sup>st</sup> Annual National Conference of IAPP virtually held at Hyderabad during 5-6 December 2020.
- 28. Conferred IMA AMS professorship** by National IMA on the occasion of Teacher's Day on September 5, 2021.
- 29. Dr. Anil Kumar Dutt - IAPP Award** for the best scientific paper in the Annual National Conference of Indian Association of Private Psychiatry held on 19th November, 2021 at Guwahati, Assam, India.
- 30. Dr. Ramachandra N Moorthy Award** in Psychiatry under awards given for research for the year 2021-22 by Indian Medical Association.
- 31. Dr. P. Raghurami Reddy Best Research Paper Award** at the 56<sup>th</sup> Annual Conference of Indian Psychiatric Society South Zone branch held on 13<sup>th</sup> October, 2023 at Guntur, Andhra Pradesh.
- 32. Dr. G. C. Boral Award** for the best research paper on job stress in industries in the 20<sup>th</sup> Annual Conference of Association of Industrial Psychiatry of India held at Pune on 15<sup>th</sup> to 17<sup>th</sup> December 2023.
- 33. Mahatma Award 2024 for Healthcare Excellence** instituted by Aditya Birla Group.
- 34. Dr. Anil Kumar Dutt - IAPP Award** for the best scientific paper in the Annual National Conference of Indian Association of Private Psychiatry held on 22<sup>nd</sup> November, 2024 at Aurangabad, Maharashtra, India.

## State

- 1. Dr. Eapen Samuel Memorial Award** for the best scientific paper published by a member of IMA-Academy of Medical Specialties in the year 1997-1998
- 2. Social Awareness Kerala Award** in 2005 for suicide prevention activities in Kerala, instituted by Awareness Charity Trust and Indo-Arabian Business Development Foundation.
- 3. IMA Kerala Medical Journal Award** for the best original articles published in KMJ during 2010-11.
- 4. Dr. Sankarapilla Memorial Best Branch Award of IMA AMS** in the year 2005-06.
- 5. Dr. Eapen Samuel Memorial Award** for the best scientific paper published by a member of IMA-Academy of Medical Specialties-2007
- 6. IMA Kerala State Research Cell Award 2012** for the original research work on "An exploratory analysis of personality factors contributed to suicide attempts.
- 7. Dr. P. A. Alexander Memorial Oration Award** instituted by IMA Academy of Medical Specialties Kerala Chapter in the year 2014

**8. Best Doctor Award by Government of Kerala 2017.**

**9. IMA CGP Award** for the Best Paper presentation in the 64th Annual National Conference of IMA Kerala State held Aluva on 14th Sunday, November 2021.

**10. Dr. Eapen Samuel Memorial Award** for the best scientific paper published by a member of IMA-Academy of Medical Specialties-2022

**11. IMA CGP Award** for the Best Paper presentation in the 64th Annual National Conference of IMA Kerala State held Kunnankulam on 13th Sunday, November 2022.

**12. Winner of the Grand International Short Film Festival 2023 (GISF)** the documentary “**Invisible Friend**” conducted at Calicut on 21<sup>st</sup> August 2023.

**13. Doctor's Excellence Award 2024** on 18th February 2024 instituted by Kerala Kaumudi Newspaper and TV.

**14. IMA Outstanding Leadership Award 2023-24** from IMA Kerala State.

**15. Entrepreneurship award 2024** instituted by IMA Kerala State.

### Work Experience

- **Currently Director, Chethana – Centre for Neuropsychiatry, Kozhikode from 2022 till date**
- **Professor of Psychiatry**, KMCT Medical College, Calicut, 2011- 2022
- **Assistant Professor of Psychiatry**, Government Medical College, Trivandrum, Kerala, India, 2006-07
- **Director**, Institute of Mental Health & Neurosciences, Kozhikode, Jan 2003- Nov 2006
- **Assistant Professor of Psychiatry**, Department of Psychiatry, Government Medical College, Alappuzha, Sep 2002- Jan 2003
- **Senior Lecturer in Psychiatry**, Department of Psychiatry, Government Medical College, Calicut, Oct 1998-Sep 2002
- **Senior Lecturer in Psychiatry**, Director of Medical Education, Government of Kerala, Feb 1998-Oct 1998

### Qualifications

- **Member of Royal College of Psychiatry**, 2010
- **PhD in Faculty of Medicine**, University of Calicut, 2007
- **Diplomate of National Board of Examinations (Psychiatry)**, 1996
- **MD in Psychiatry**, Central Institute of Psychiatry, University of Ranchi, Bihar, India, 1996
- **Diploma in Psychological Medicine**, Christian Medical College, Vellore, M.G.R. University, Madras, India, 1993
- **MBBS**, Government Medical College, Trichur, Kerala, affiliated to the University of Calicut, 1990

## Courses / Conferences Attended

- Attended 52<sup>nd</sup> Annual Conferences of Indian Psychiatric Society & Joint Indo-British-American Symposium held at Cochin, Kerala on 20-23<sup>rd</sup> Jan 2000.
- Chaired the free paper session of 16<sup>th</sup> Annual Conferences of Indian Psychiatric Society Kerala State Branch held at Alappuzha on 26<sup>th</sup>& 27<sup>th</sup> Aug 2000.
- 53<sup>rd</sup> Annual Conference of Indian Psychiatry Society held at Pune, 9-12th Jan 2001,
- XXI Congress of International Association for Suicide Prevention held at Chennai from 22<sup>nd</sup> to 26<sup>th</sup> Sep 2001.
- 56<sup>th</sup> Annual Conference of Indian Psychiatry Society at Mysore, Karnataka on 8-11<sup>th</sup> Jan 2004.
- Presented research paper in the poster session entitled “A comparative study of psychosocial dysfunction and family burden in schizophrenia and obsessive-compulsive disorder” at the International Conference on Schizophrenia held at Madras from Jan 29 to Feb 2, 2004.
- Attended 2004 WFSBP Asia-Pacific Congress conducted at Seoul, Korea, July 9-11, 2004
- Presented a paper entitled “Family intervention therapy in alcoholism- one year follow up case control study” in the award session of the 57<sup>th</sup> Annual Conference of Indian Psychiatry Society, Bombay, Jan 29 to Feb 1, 2005.
- Participated in the Mid-Term Conference of the Lundbeck Institute-Indian Chapter and was trained in the Montgomery Asberg Depression Rating Scale (MADRS) at Bangalore on June 12<sup>th</sup> 2005.
- Attended the Annual North Zone Conference of IMA Academy of medical Specialties Kerala Chapter held at Calicut on 5 Feb 2006
- Representative from India for presenting “Present scenario of suicide in India” at the 2<sup>nd</sup> Asia Pacific Suicide Prevention Conference held at Singapore from 10 to 12<sup>th</sup> March 2006.
- Attended the 59<sup>th</sup> Annual Conference of Indian Psychiatry Society held at Madras, Karnataka on 4 -7 January 2006.
- Attended ICMR-NIH Workshop on Bioethics conducted by Indian Council of Medical Research, New Delhi and I.M.A. Academy of Medical Specialities, Calicut on 19 November 2006 at Calicut.
- Presented paper on “Rehabilitation of patients with chronic schizophrenia” in the Two days Care Givers Training Programme on Psychiatric Rehabilitation jointly organized by World Association for Psychosocial Rehabilitation – Indian Chapter and Kerala Federation for the Care Mentally Disabled held at Pala Mariasadanam on March 24, 25, 2007.
- Attended the Basic Life Support (BLS) Provider Course conducted by MIMS Academy on 1<sup>st</sup> July 2007 in Association with American Heart Association and Indian Institute of Emergency Medical Services, Kottayam.
- Attended the workshop on “Psychiatric Emergencies” on 16<sup>th</sup> October 2008 organised by the Department of Psychiatry, IQRAA International Hospital and Research Centre, Calicut, Kerala.
- Attended and presented a paper ‘Life events, social support, coping skills and quality of life in suicide attempters’ at 3<sup>rd</sup> Asia Pacific Conference of International Association for Suicide Prevention on October 31-November, 2008 at Hong Kong.
- 61<sup>st</sup> Annual Conference of Indian Psychiatry Society at Institute of Mental Health & Hospital, Agra, 8<sup>th</sup> to 11<sup>th</sup> January 2009.

- Attended and presented a paper entitled A Case Controlled Study of Suicides in Wayanad District, Kerala 62<sup>nd</sup> Annual Conference of Indian Psychiatry Society at Jaipur, 17<sup>th</sup> - 20<sup>th</sup> January 2010.
- Attended the 42<sup>nd</sup> Annual Conference of Indian Psychiatry Society–South Zone held at Thiruvananthapuram on 2 -4 October 2009.
- Attended the 26<sup>th</sup> Annual Conferences of Indian Psychiatric Society-Kerala State Branch held at Kumarakom on 17<sup>th</sup> to 19<sup>th</sup> September 2010.
- Attended the Annual Conferences of Indian Medical Association-Kerala State Branch held at Cochin from 12<sup>th</sup> to 14<sup>th</sup> November 2010.
- Attended the 17<sup>th</sup> Annual Conferences of Indian Association for Social Psychiatry held at Cochin from 19<sup>th</sup> to 21<sup>st</sup> November 2010.
- Attended the 27<sup>th</sup> Annual Conferences of Indian Psychiatric Society- Kerala State Branch held at Trichur on 24<sup>th</sup> to 25<sup>th</sup> September 2011.
- Attended the 12<sup>th</sup> Annual National Conference of Indian Association for Private Psychiatry held at Thiruvananthapuram from 11-13 Nov 2011.
- Attended the 18<sup>th</sup> National Conference of the Indian Association for Social Psychiatry held at Patna from 25-27<sup>th</sup> 2011.
- Attended the 64<sup>th</sup> National Conference of the Indian Association for Social Psychiatry held at Cochin from 19-22 January 2012.
- Attended 3<sup>rd</sup> National Conference of World Association for Psychosocial Rehabilitation (Indian Chapter) held at Kozhikode on 20<sup>th</sup> and 21<sup>st</sup> July 2013.
- Attended 1<sup>st</sup> Global Conference of Biological Psychiatry, India 2014 held at Delhi from 25<sup>th</sup> to 28<sup>th</sup> September 2014.
- Attended 15<sup>th</sup> Annual National Conference of Indian Association of Private Psychiatry held at Cochin, Kerala from 13-16<sup>th</sup> November 2014.
- Attended 67<sup>th</sup> Annual National Conference of Indian Psychiatric Society held at Hyderabad from 8-11<sup>th</sup> January 2015.
- Attended 16<sup>th</sup> Annual National Conference of Indian Association of Private Psychiatry held at Khajuraho, Madhya Pradesh from 3<sup>rd</sup>- 6<sup>th</sup> December 2016.
- Attended the 68<sup>th</sup> Annual Conference of Indian Psychiatry Society held at Bhopal, on 21<sup>st</sup> - 24<sup>th</sup> January 2016.
- Attended the 32<sup>nd</sup> Annual Conferences of Indian Psychiatric Society- Kerala State Branch held at Kozhikode on 5<sup>th</sup> to 7<sup>th</sup> August 2016.
- Attended the 69<sup>th</sup> Annual Conference of Indian Psychiatry Society held at Raipur, on 5<sup>th</sup> - 8<sup>th</sup> January 2017.
- Attended 70<sup>th</sup> Annual Conference of Indian Psychiatry Society held at Ranchi, on 5<sup>th</sup> - 8<sup>th</sup> February 2018.
- Attended 70<sup>th</sup> Annual Conference of Indian Psychiatry Society held at Ranchi, on 5<sup>th</sup> - 8<sup>th</sup> February 2018.
- Attended 19<sup>th</sup> Annual Conference of Indian Association of Private Psychiatry held at Hyderabad, on 28<sup>th</sup> November to 2<sup>nd</sup> December 2018.
- Attended the 35<sup>th</sup> Annual Conferences of Indian Psychiatric Society- Kerala State Branch held at Trichur from 30<sup>th</sup> to 1<sup>st</sup> September 2019.
- Attended the 38<sup>th</sup> Annual Conferences of Indian Psychiatric Society- Kerala State Branch held at Malappuram from 26<sup>th</sup> to 28<sup>th</sup> August 2022.
- Attended 74<sup>th</sup> Annual Conference of Indian Psychiatry Society held at Bhubaneswar, from 2<sup>th</sup> - 5<sup>th</sup> February 2023.
- Attended 75<sup>th</sup> Annual Conference of Indian Psychiatry Society held at Cochin, from 18<sup>th</sup> – 21<sup>st</sup> January 2023.



- Attended the Annual National Conference of Indian Association of Private Psychiatry held at Aurangabad from 21-24 November 2024.

### **Chaired/Papers presented at CMEs/Conferences**

- Presented a paper on the theme - "Problems of narcotic drugs and psychotropic substances convicts- Reformation and Rehabilitation" during a state level seminar on correctional administration conducted by the Department of Jail, Kerala State Government on 14<sup>th</sup> February 2000 at Kozhikode, Kerala.
- Presented a paper entitled "Depression and suicide – present scenario in Kerala" during the CME Program of Academy of medical Specialties & I.M.A. Kozhikode, held on 11<sup>th</sup> June 2000 at Kozhikode, Kerala.
- Presented a paper entitled "Management of difficult panic patient" during the CME Program of South Zone Chapter of Indian Psychiatric Society, held on 15<sup>th</sup> July 2000 at Kannur, Kerala.
- Conducted State Level Mid-term C.M.E. of Indian Psychiatric Society- Kerala Chapter on 5<sup>th</sup> May 2002 at Kozhikode. The theme of the C.M.E. was 'sleep disorders and personality disorders'.
- Presented a paper entitled "Recent Trends in the management of Bipolar Disorders" during the CME Programme in the Kerala Psychiatric Society Annual Conference held at Palakkad on 24<sup>th</sup> August 2002,
- Presented a paper entitled "Management of refractory obsessive-compulsive disorder" during the CME Program of South Zone Chapter of Indian Psychiatric Society, held on 15<sup>th</sup> October 2004 at Madras, Tamil Nadu.
- Presented a paper entitled "Management of refractory obsessive-compulsive disorder" during the CME Program of South Zone Chapter of Indian Psychiatric Society, held on 15<sup>th</sup> October 2004 at Madras, Tamil Nadu.
- Presented a research paper in the poster session entitled "Present Scenario of Suicide in Kerala" at the XIII WPA World Congress of Psychiatry held at Cairo on September 10-15, 2005
- Presented a research paper entitled "Serum lipid profile of suicide attempters versus normal age, sex and BMI matched controls" at the XIII WPA World Congress of Psychiatry held at Cairo on September 10-15, 2005.
- Presented a research paper entitled "Family intervention therapy in alcohol dependence syndrome- one year follow up case control study" at the 38<sup>th</sup> Annual Conference of Indian Psychiatric Society South Zone held at Kozhikode on 14<sup>th</sup>, 15<sup>th</sup> & 16<sup>th</sup> of October 2005.
- Presented a research paper in the entitled "Family intervention therapy in alcohol dependence syndrome- one year follow up case control study" at the Annual Conference of Indian Psychiatric Society held at Bombay on 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> of January 2006.
- Presented a paper entitled "Psycho-oncology-basic concepts" at the seminar in psycho-oncology held on 21<sup>st</sup> & 22<sup>nd</sup> January 2006 at Calicut.
- Successfully completed the course on Good Clinical Practices organised by Global Spectrum and in accordance with ACRP guidelines on 12<sup>th</sup> day of February 2006.
- Presented a paper on Alzheimer's disease–social aspects in the CME on Alzheimer's disease organized by the Department of Biochemistry, Calicut Medical College on 12<sup>th</sup> August 2006 at Hotel Hyson Heritage, Calicut,
- Presented a paper entitled "Melatonin in Schizophrenic Patients with Insomnia: A Double-Blind, Placebo Controlled Study" at the Indian Psychiatric Society–held at Madras, Karnataka on 4 - 7<sup>th</sup> January 2006.

- Presented a paper entitled “Influence of vocational rehabilitation in patients with chronic schizophrenia” at the Indian Psychiatry Society–held at Madras, Karnataka on 4 - 7<sup>th</sup> January 2006,
- Presented a paper on Indian Psychiatry-Myths and Concepts in the national Seminar on Ayurvedic psychiatry organized by Government Ayurveda Research Institute for mental Diseases, Kottakkal, Malappuram District, Kerala on 19<sup>th</sup> November 2007.
- Presented a paper on Present Scenario of Suicide in Kerala in the CME 2008- An update in Psychiatry organized by Department of Psychiatry, Amala Institute of Medical Sciences, Amala Nagar, Thrissur, Kerala on 6<sup>th</sup> April 2008.
- Chaired the PG Debate on Colloid Fluid of Choice in the Indo American Emergency Medicine CME 2009 jointly organised by IMA-AMS Calicut Branch Chapter and Department of Emergency Medicine, Malabar Institute of Medical Sciences, Calicut on 15<sup>th</sup> March 2009.
- Presented a paper on Depression- The new age killer in the CME organized by Indian Medical Association- Kerala State Branch at Annual Conference on 14<sup>th</sup> November 2009.
- Presented a paper on psychological autopsy study on suicides in Wayanad, an agrarian district – a case control study at the 17<sup>th</sup> Annual Conference of Indian Association for Social Psychiatry held at Cochin on 19<sup>th</sup> 21<sup>st</sup> November 2010.
- Presented a paper entitled ‘Identification of suicidal risk in elderly-an exploratory analysis’ during the 12<sup>th</sup> Annual National Conference of the Indian Association for Private Psychiatry held at Thiruvananthapuram from 11-13 Nov 2011.
- Presented a paper entitled ‘Comparative assessment of drug compliance behavior, severity of illness and quality of life among psychiatric patients attending the community mental health camps and outpatient department of a tertiary psychiatric hospital’ during the 18<sup>th</sup> National Conference of the Indian Association for Social Psychiatry held at Patna from 25-27<sup>th</sup> 2011.
- Presented a paper entitled “An exploratory analysis personality factors contributed to suicide attempts” at the 64<sup>th</sup> National Conference of the Indian Psychiatric Society held at Cochin from 19-22 January 2012.
- Presented a paper entitled “Sodium Valproate and Polycystic Ovary Syndrome in Women with Bipolar Disorder - A Cross Sectional Comparative Analysis with Other Mood Stabilizers” at the 1<sup>st</sup> Global Conference of Biological Psychiatry, India 2014 held at Delhi from 25<sup>th</sup> to 28<sup>th</sup> September 2014.
- Presented a paper entitled “Sodium Valproate and Polycystic Ovary Syndrome in Women with Bipolar Disorder in the 15<sup>th</sup> Annual National Conference of Indian Association of Private Psychiatry held at Cochin, Kerala from 13-16<sup>th</sup> November 2014.
- Presented a paper on psychiatric emergencies in the National Workshop “PROMPTA CURATIO” organised by Al Shifa College of Nursing at Perinthalmanna on 25<sup>th</sup> April 2015.
- Speaker on the topic “Psychiatric issues associated with renal failure: Role of psychiatrist “in the CME on Consultation Liaison Psychiatry organised by the South Zone of Indian Psychiatric Society held at Chithradurga, Karnataka from 16-17<sup>th</sup> May 2015.
- Presented a paper entitled “Pathways in Psychiatric Care – Kerala Experience” at the 16<sup>th</sup> Annual National Conference of Indian Association of Private Psychiatry held at Khajuraho, Madhya Pradesh from 3<sup>rd</sup>- 6<sup>th</sup> December 2016.
- Presented a paper entitled “A cross sectional analysis of suicidal Behaviour in adolescents – comparison with adult attempters” in the Marfatia Award session of 69<sup>th</sup> Annual Conference of Indian Psychiatry Society held at Raipur, on 5<sup>th</sup> - 8<sup>th</sup> January 2017.

- Presented a paper entitled “Transcranial Direct Stimulation for refractory auditory hallucination in schizophrenia” in the Marfatia Award session of 70<sup>th</sup> Annual Conference of Indian Psychiatry Society held at Ranchi, on 5<sup>th</sup> - 8<sup>th</sup> February 2018.
- Presented a paper entitled “Comparative study of serum lipid profiles in suicide attempters versus normal age, sex and BMI matched normal controls at the 19<sup>th</sup> Annual Conference of Indian Association of Private Psychiatry held at Hyderabad, on 28<sup>th</sup> November to 2<sup>nd</sup> December 2018.
- Presented a paper entitled “REM sleep behavioural disorder” at the Cross Over conference organised by CME Foundation of India held at Shillong from 21<sup>st</sup> to 23<sup>rd</sup> of June 2019.
- Presented a paper entitled “Recent trends in the present scenario of Kerala” at the 35<sup>th</sup> Annual Conferences of Indian Psychiatric Society- Kerala State Branch held at Trichur from 30<sup>th</sup> to 1<sup>st</sup> September 2019.
- Chaired a scientific session in the one-day CME Programme held at Govt. Mental Health Center, Kozhikode on 8<sup>th</sup> December 2019.
- Chaired the session “Movement disorders in psychiatric practice” in the CME “Augment 2021” organised by Government Mental Health Centre, Kozhikode on 21<sup>st</sup> February 2021.
- Presented a poster entitled “Comparative Assessment of Drug Compliance Behavior, Severity of illness & Quality of Life among Psychiatric Patients Attending Community Mental Health Camps & Outpatient Department of a Tertiary Psychiatric Hospital” in World Psychiatric Association Thematic Congress on intersectional collaboration – Psychological Trauma: Global burden on mental and physical health held on 10-12 December 2020 (Virtual).
- Presented a paper on “Psychiatric management of psych-odermatological conditions” in the CME on Psycho-Dermatology organised by Department of Dermatology, KMCT Medical College, Kozhikode on 27<sup>th</sup> March 2021.
- Presented a paper on “Drug Therapy – Psych-odermatoses” in the Mid-Annual Conference of Indian Association of Dermatology, Venereology and Leprology organised by IADVL Karnataka Academy on 4<sup>th</sup> July 2021.
- Delivered a lecture on “Psychopharmacology Session 2 - Endoxifen” in the 54<sup>th</sup> Annual National Conference of Indian Psychiatric Society – South Zone branch held at Madurai on 23<sup>rd</sup> October 2021.
- Delivered a lecture on “Suicide Advocacy and awareness” in the symposium “Suicide and pandemic in India” in the symposium “Suicide and pandemic in India: case based illustration” in the Annual CME of Indian Psychiatric Society held on 24<sup>th</sup> March 2022 at Vishakhapatnam.
- Delivered a lecture on “Mental health – Challenges in midlife: in the CME organised by Calicut Menopause Society on 10<sup>th</sup> April 2022 at Kozhikode.
- Delivered a lecture on “Nursing Management of Clinical Emergencies” in the National Conference 2023 organised by MIMS College of Nursing on 17<sup>th</sup> February 2023 at Kozhikode.
- Chaired the session “Heterogeneity and the antecedents of schizophrenia” in the CME “Augment 2023” organised by Government Mental Health Centre, Kozhikode on 26<sup>st</sup> February 2023.
- Chaired a scientific session in the one-day CME Programme organised by Indian Psychiatric Society – South Zone held at Kozhikode on 30<sup>th</sup> April 2023.
- Presented a paper “Recent advances in the phenomenology of negative symptoms in schizophrenia” at the 56<sup>th</sup> Annual Conference of Indian Psychiatric Society South Zone branch held on 13<sup>th</sup> October, 2023 at Guntur, Andhra Pradesh.

- Presented a paper entitled “An exploratory analysis of factors affecting non-compliance in psychiatric outpatients – Indian experience” at the Annual National Conference of Indian Association of Private Psychiatry held at Aurangabad from 21-24 November 2024.

### Professional Affiliations

- Member of WPA Section on Psychiatry, Law and Ethics
- International Member of American Psychiatric Association
- Life Member of Indian Medical Association
- Fellow of Indian Psychiatric Society
- Member of National Academy of Medical Sciences
- Life Member of Indian Medical Association - Academy of Medical Specialties
- Member of International Association for Child and Adolescent Psychiatry and Allied Professionals
- Member of World Federation of Societies for Biological Psychiatry
- Fellow of Indian Association for Social Psychiatry
- Life Member of World Association for Psychosocial Rehabilitation- Indian Chapter
- Fellow of Indian Association for Private Psychiatry
- Fellow of Indian Association for Geriatric Mental Health
- Fellow of Alzheimer’s and Related Disorders Society of India
- Fellow of Indian Association for Biological Psychiatry
- Fellow of Indian Association of Child and Adolescent Mental Health

### Major Research Interests

- Psychopharmacology
- Mood Disorders
- Suicidology
- Alcohol and Drug Abuse

### Personal Information

***Date of Birth:*** 1 June 1966

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***Nationality:*** Indian

### References

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## Annexure – 1, Publications and Book Chapters

### Journal Publications

#### International

1. Kumar PNS, Andrade C, Bhakta SG, & Singh NM. Melatonin in schizophrenia patients with insomnia - A double blind placebo-controlled study. *J Clinical Psychiatry* 2007; 68; 237-241.
2. Kallivayalil RA, Kumar PNS. Education in person-centred medicine: Indian perspectives. *Int J Person Centred Med* 2012; 2(2):155-158.
3. Andrade C, Kumar PN Treating residual insomnia in schizophrenia (Editorial Comment) *Acta Psychiatr Scand* 2013, 127, 11.
4. Shan S, Kumar PNS, Anil B, Seethadevi B, Raju R. Study on assessment of prevalence of sexual side effects in psychiatric patients receiving psychotropic drugs and the quality-of-life assessment in terms of sexual satisfaction-a pilot study. *International Journal of Medicine and Pharmaceutical Sciences (IJMPS)* 2014; 4:77-84.
5. Aswini B, Sreedhar S, Poulouse N, Kumar PNS. Schizophrenia Care: An over view considering the family burden, medication adherence, and pharmaco-economics. *Open J Psychiatry & Allied Scienc* 2016; 7:6-10.
6. Kumar PNS, Kallivayalil RA. Mental health legislation: does it facilitate or hinder mental healthcare in countries of South Asia? *Open Journal of Psychiatry & Allied Sciences* 7(2):124 · July 2016.
7. Bajjesh AR, Kumar PNS. Solution focussed brief therapy (SFBT) in the treatment of depression and suicidal ideation: a case study. *Int J Case Studies* 2018; 7:61-65.
8. Aswini B, Sreedhar S, Poulouse N, Kumar PNS. Schizophrenia Care: An over view considering the family burden, medication adherence, and pharmacoeconomics- *Open J Psychiatry & Allied Scienc* 2016; 7:6-10.
9. Kumar PNS, Gopalakrishnan A. A case of Fregoli syndrome in schizophrenia - *Asian J Psychiatry* 2018; 36:119-20.
10. Kumar PNS, Gopalakrishnan A. Paroxetine induced galactorrhoea – *Asian J Psychiatry* 2018; 34:31-32.
11. Kumar PNS, Gopalakrishnan A. Hyponatremia secondary to SIADH in a schizophrenic patient treated with Quetiapine - *Asian J Psychiatry* 2018;35:89-90.
12. Kumar PNS, Gopalakrishnan A. Escitalopram-induced extrapyramidal symptoms. *J Neurol Stroke*. 2018;8(3):163–164.
13. Kumar PNS, Azeez LA, Gopalakrishnan A, Uvais NA. Aripiprazole induced leucopenia and neutropenia - case series. *Psychiatry Research* 2020: 293; 113408.
14. Moidheen S, Thomas R, Kumar PNS, Uvais NA, Katshu MZH. Psychosis in a patient with anti NMDA receptor antibodies experiencing significant stress related to COVID 19. *Brain, Behaviour and Immunity - Health* 2020;7; 100125.
15. Kumar PNS, Radhika MK, Suresh R, Uvias NA. Comparative Study of Sexual Side Effects in Female Patients with Schizophrenia Receiving Risperidone or Olanzapine. *Prim Care Companion CNS Disord* 2021;23(4):20m02835
16. Kumar PNS, Vikas M, Rohit S, Uvais NA. Dermatitis neglecta: A case report in psych dermatology. *The Primary Care Companion for CNS Disorders* 2021; 23(4) :20102806.
17. Kumar PNS, Suresh R, Uvais NA. Clozapine-associated myopathic dysfunction. *Am J Therapeu* 0,1-2 (2022)

18. Kumar PNS, Menon V, Andrade C. A randomized, double-blind, placebo-controlled, 12-week trial of vitamin D augmentation in major depressive disorder associated with vitamin D deficiency. *Journal of Affective Disorder* 314 (2022) 143–149.
19. Kumar PNS, Menon V, Suresh R, Uvais NA. Psychopathology and pattern of remission of cannabis induced psychosis. *Prim Care Companion CNS Disord* 2023;25(2):22m03350.
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Factor structure, reliability, and validity of the revised Suicide Crisis Inventory in major depression: A multicentric Indian study *Journal of Affective Disorders* 345 (2024) 226–233.
21. Menon V, Balasubramanian I, Rogers ML, Grover S, Lakdawala B, Ranjan R, Sarkhel S, Nebhinani N, Kallivayalil RA, Raghavan V, Mishra KK, Aneja J, Abhivant N, Deep R, Singh LK, De Sousa A, Nongpiur A, Subramanyam AA, Mohapatra D, Kar SK, Dhiman V, Kumar PNS, Shreekantiah U, Bhandari SS, Ransing R, Ramasubramanian V, Praharaj SK. Psychometric properties and factor structure of the Suicidal Narrative Inventory in Major Depression: A multicentric evaluation. *Asian J Psychiatry* 2024; 95:104002.
22. Kumar PNS, Menon V, Andrade C. A randomised, open-label, pragmatic pilot comparison of oral and intravenous ketamine in treatment-resistant depression. *Asian J Psychiatry* 99(2024)104171.
23. Kumar PNS, Edwin G, Suresh R, Menon V. (Letter to the Editor) A nose for trouble: Tapentadol nasal spray use disorder associated nasal cartilage atrophy in a young male. *Asian Journal of Psychiatry* 103 (2025), 104346.

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1. Kumar PNS, Kumar MT, John JK. - Study of patients referred to a general hospital psychiatry unit from Industries. *Industrial Psychiatry J* 1993; 6: 42-48.
2. Kumar PNS, Kuruvilla K, Dutta S, John G, Jayaseelan- Psychosocial aspects of attempted suicide. *Indian J Psychol Med* 1995; 18: 32-42.
3. Kumar PNS, Kumar MT- A comparative study of neuroleptic induced neurological side effects in schizophrenia and mood disorder. *Indian J Psychiatry* 1997; 39: 110-114.
4. Kumar PNS, Kuruvilla K, Dutta S, John G, Nair M- Hundred cases of suicide attempters admitted in a medical intensive care unit: study of psychosocial factors in relation to age & sex. *Annals of National Academy Med Sciences (India)* 1997; 33: 223-230.
5. Kumar PNS, Raju SS- Substance abuse comorbidity in bipolar affective disorder. *Indian J Psychol Med* 1997; 20: 6-17.
6. Kumar PNS- Age and gender related analysis psychosocial factors in attempted suicide. *Indian J Psychiatry* 1998; 40: 338-346.
7. Kumar PNS, Das J, Bagchi DJ, Pal H- A comparative study of life events in depression and mania. *Indian J Psychiatry* 1998; 40: 370-376.
8. Kumar PNS, Raju SS- Impact of substance abuse comorbidity on psychopathology and pattern of remission in mania. *Indian J Psychiatry* 1998; 40: 357-364.
9. Kumar PNS, Haque NS- Fluoxetine induced extrapyramidal symptoms: case report and review of literature. *Indian J Psychiatry* 1998; 40: 87-90.

10. Kumar PNS, Thomas JK, Bagchi DJ, Sinha VK, Varma S- An exploratory study of escape/abscondence from a psychiatry hospital in Eastern India. *Indian J Psychol Med* 1998; 21: 53-66.
11. Kumar PNS, Damodharan SS, Khanna R, Raju SS- Profile of paramilitary personnel referred to a psychiatry hospital in Eastern India. *Indian J Psycho Med* 1998; 21: 60-64.
12. Kumar PNS- Risperidone in schizophrenia. *Indian J Psychiatry* 1999; 41: 172.
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14. Kumar PNS, Andrade C, Kutty K- An open clinical trial of risperidone in chronic schizophrenia. *Indian J Psychiatry* 1999.
15. Kumar PNS- Aggression in psychotic illness. *Indian J Psychiatry* 1999; 41: 383.
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17. Kumar PNS- Epidemiological findings on prevalence of mental disorders in India. *Indian J Psychiatry* 2000; 444.
18. Kumar PNS- Management of social phobia - An update. *Mind Healer* 2000; 9-12.
19. Kumar PNS- A descriptive analysis of methods adopted, suicide intent and causes of attempting suicide. *Indian J Psychol Med* 2000; 47-56.
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22. Kumar PNS, Andrade C- Risperidone induced tardive dyskinesia - Case report and review of literature. *Indian J Psychiatry* 2001; 78-80.
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51. Kumar PNS- Life events, social support, coping strategies and quality of life in attempted suicide: A case control study. Ind J Psychiatry 2013, 55(1), 46-51.
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53. Kumar PNS, Anish P K-. Identification of suicidal risks in elderly – An exploratory analysis. Ind J Psychiatry 2015;
54. Kumar PNS- Fear of Death. 46<sup>th</sup> Annual Conference of Indian Psychiatric Society- South Zone Branch (IPSOCON) 2013 Souvenir. 49-51.
55. Kumar PNS- Medical Education in India (Editorial). J Advances Med Edu Res 2015; 1:1-5.
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59. Kallarkal TJ, Kumar PNS. Suicidal ideation and perceived causes of suicide among adolescents: Building resilience and reasons for living as frame work for prevention of suicidal behaviour. *The Ground Builder: An attempt to Recast Quality Education* 2016; 4: 22-34.
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67. Thomas PJ, Kumar PNS. Efficacy of Mindful- based Intervention on Behaviour Regulation Index of Executive Functions among Students with Inattention. *Telangana J Psychiatry* 2017;3:115-17.
68. Kumar PNS, Gopalakrishnan A. Oxcarbazepine-induced hyponatremia in bipolar disorder: a report of two cases. *Ind J Psychiatry* 2016; 58: 233.
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74. Kumar PNS, Suresh R. Psychological autopsy study of suicides in farmers: Study from Kerala. *Industrial Psychiatry J* 2024; 33: S 3-8.

## **State**

1. Kumar PNS- Molecular genetics and psychiatry - review of recent developments. *Kerala J Psychiatry* 2000; 14: 47-64.

2. Kumar PNS- Suicide in Kerala from a Mental Health Perspective. Indian Med Ass News Bulletin (Kozhikode Branch) 2000; 6: 3-4.
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4. Thomas JK, George D, Kumar PNS- Pathways to psychiatric care: A Kerala experience. Kerala J Psychiatry 2000; 15: 20-30.
5. Kumar PNS- Suicide in Perspective-With Special Reference to Kerala. News Letter of Indian Med Ass (Kozhikode Branch) 2001; 5: 3-5.
6. Kumar PNS- Venlafaxine - A review of its pharmacology and therapeutic potential in various psychiatric disorders. Kerala J Psychiatry 2001; 8-13.
7. Kumar PNS- Issues in the management of difficult panic patients. Kerala J Psychiatry 2001; 16: No.2.
8. Kumar PNS- Venlafaxine-A review of its pharmacology and therapeutic potential in various psychiatric conditions. Kerala J Psychiatry 2001; 16: 8-13.
9. Kumar PNS- New approaches to bipolar disorder. Kerala J Psychiatry 2002; 17: 23-32.
10. Kumar PNS- Suicide in Kerala- A critical analysis. Kerala J Psychiatry 2003; 18: 14-21.
11. Kumar PNS- safeguarding medical students against suicide. News Letter of Indian Med Ass (Kozhikode Branch) 2003; 7: 2-3.
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19. Kumar PNS- Life events, social support, coping strategies and quality of life in attempted suicide- a case-controlled study. KMJ 2010; 10(3):100-108.
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23. Kumar PNS- Depot antipsychotics in psychiatric practice- an overview. Kerala J Psychiatry 2011; 25(1):15-24.
24. Kumar PNS- Psychiatric emergencies. Indian Psychiatric Society Kerala State Branch, Mid-Term souvenir 2012; 29-37.
25. Kumar PNS- An exploratory analysis of personality factors in attempted suicide. Kerala Medical Journal 2013;3(7):242-49.
26. Kumar PNS- Motivation enhancing therapy in alcoholism. Kerala J Psychiatry 2013; 20-28.

27. Farook M, Kumar PNS, Anish PK, Sushil K. Study on Injecting Drug Users tendency toward Crime. Kerala J Psychiatry 2013; 42-45.
28. Jijosh A, John M R, Kumar PNS. Impact of self- esteem on life satisfaction among alcoholics and non-alcoholic. Kerala J Psychiatry 2014; 21-24
29. Kumar PNS. Internet Addiction. National South Zone IMA CGP Conference Souvenir 2016; 53-55.
30. Kumar PNS. Changing trends of suicides in Kerala and solutions. Kerala J Psychiatry 2019; 32(1):55-63.
31. Kumar PNS. Suicide Research in India. GMHC Academic Souvenir 2021; 52-59.
32. Kumar PNS. Role of endoxifen in various psychiatric disorders. Indian Psychiatric Society – Kerala State Branch Souvenir 2022; 34-35.
33. Kumar PNS. Suicide among medical students – Is it a preventable health tragedy? Indian Psychiatric Society – Kerala State Branch Souvenir 2024; 11.
34. Kumar PNS, Suresh R. Farmer's suicide in India: Sociological disaster or unrecognised psychopathology. Kerala J Psychiatry 2024; 37(1) xxxxxx
35. Publications in vernacular language (Malayalam) about various psychiatric disorders in leading Malayalam Newspapers, Grihalakshmi, Vanitha and Mathrubhumi Arogya Masika and Manorama Arogyam.

### **Books and Book Chapters**

1. **Kumar PNS (2002)- Present Scenario of Suicide.** In: Suicide Prevention- strategies to be employed by primary care givers (Ed.Vijayaraghavan S), Publication of **Indian Medical Association - Calicut Chapter.**
2. **Kumar PNS (2003)-Keralathile athmahathyakal.** In:**Viramasndiyil - Keralathile athmahathyakalepatti** (Ed. Dr. A. Abdulbhari, Dr.PN.Suresh Kumar, C. Gowreedasan Nair, George K Philip), Ashraya Publications, Kottarakara, Kerala.
3. **Kumar PNS (2003)- Athmahathyayum Prathirothavum** (Dr.P.N.Suresh Kumar, M.P.Bhaskaran), Publication of **Indian Medical Association - Calicut Chapter.**
4. **Kumar PNS (2003)- Athmahathya Pravanatha.** In: Manorogavignanam (Dr. Subramanyan, Dr. Shibu Kumar), Published by IMHANS, Calicut, Kerala.
5. **Kumar PNS (2004) – Sthreekalum Manasika Rogangalum.** In Sthree Sareera Vignanam- Sthree Ariyendathellam. Mathrubhoomi books.
6. **Kumar PNS (2006)- Suicide among doctors & Present scenario of suicide in Kerala.** In: Suicide Prevention- Guidelines for Primary Care Givers (Ed. Dr.P.N.Suresh Kumar). Published by **Indian Medical Association- Academy of Medical Specialities- Kerala Chapter.**
7. **Kumar PNS (2014)- Sexual problems in physical disorders.** In: Comprehensive Textbook of Sexual Medicine (Ed.Kar N & Kar GC), Jaippee Brothers, Medical Publishers (P) Ltd, New Delhi, 225-232. (Revised Edition)
8. **Kumar PNS (2013)- Kuttikalile Manasika Rogangal. (Malayalam)** Mathrubhoomi Books.
9. **Kumar PNS, Subramanyan S (2015) – Manasika Rogangale Manasilaakkam. (Malayalam).** Mathrubhoomi books.
10. **Kumar PNS, Bijlee R (2015) - Sahayi** (Hand book on mental illness and welfare schemes by Government). Published by **Indian Medical Association- Kerala Chapter.**

11. Kumar PNS (2019) – Dopamin - Internet Addiction Rogamo? (Malayalam) DC Books, Kottayam
12. Kumar PNS (2019) – Malayaliyum Madhyapanavum – Engine Chikilsikkanam. (Malayalam) Mathrubhoomi books.
13. Kumar PNS (2020) - Padanam Palpayasam plole – Perakka Books
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15. Kumar PNS (2020) – Athmahathya – Prasnangalum prathirothamarngallum. Kerala Bhasha Institute.
16. Kumar PNS (2020) – Methashkayam - Smrithinasanm- Kerala Bhasha Institute.
17. Kumar PNS (2021) – Internet and Mobile Abuse – New Generation Addiction Disorder. Notion Press.com
18. Kumar PNS (2022) – Neugen Lahari – Enthellam, Chikilsa engine? Perakka Books.
19. Kumar PNS (2023) – Sthreekalum Manasikarogyaprasnangalum pariharangalum. (Malayalam) Mathrubhoomi books.
20. Kallivayalil RA, Kumar PNS. Hindus, Christians, Muslims and Jews in Kerala, India. Springer Nature Switzerland AG 2024 H. S. Moffic et al. (eds.), Eastern Religions, Spirituality, and Psychiatry, Chapter 27, [https://doi.org/10.1007/978-3-031-56744-5\\_27](https://doi.org/10.1007/978-3-031-56744-5_27)
21. Kallivayalil RA, Kumar PNS. Psychiatry in MBBS curriculum: scope and challenges. Indian Psychiatric Society South Zone (IPS SZ) publication (In press)