

DR. ASEEM KAILESH

CONSULTANT PSYCHIATRIST

President, Indian Psychiatric Society and Director, Clinic Brain Neuropsychiatric Institute & Research Center, Kolkata



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LinkedIn

Executive Summary

- Integrity-driven, Inspiring, Change-catalyst and Strategic Leader with over 3 decades of accomplished career in promoting the Improvement of Mental Health of the People and Mental Health Education in the society; fortifying positive community presence and ensuring the quality of patient care
- Exhibit excellence in promoting prevention, control, treatment and relief of all Psychiatry Disabilities; also advising on the standards of education and training for medical and auxiliary personnel in Psychiatry and to recommend adequate teaching facilities for the purpose
- Gained exposure of dealing with matters relating to mental health concerning the country and to do all other things that are similar to the subjects of the Indian Psychiatric Society
- Successfully bagged various awards & recognitions such as:
 - 'SEVA RATNA AWARD 2021' for the extraordinary contribution in COVID-19 pandemic and distinguished social services, organized by BSAGS (An International Forum for Researchers, Professors and Educationists) on 12 January 2021
 - J.N. Banerjee Memorial Award for Best Speaker, IMA in the year of 2010
 - Got national scholarship in the year 1981
- Presently working on "A prospective, Multicenter Study to Evaluate Real-World effectiveness and Safety of Endoxifen as a maintenance treatment in Patients of Bipolar - I mood spectrum, from mania with or without depressive" research, at Clinical Practice Guidelines for Psychiatrists in India IPS Publication Committee
- Successfully wrote a complete book name "Students' Life in COVID-19 Situation" – Education & Mental Health (Author – Dr. Arpita Chatterjee & Dr. Gautam Saha)
- Gathered fair understanding of analyzing & monitoring results of treatment, advising patient's caregivers on health care
- Highly personable, competent and team spirited Emergency Room Physician recognized for excelling in fast track, high stress environments

Fellowship

- Fellow Member at APA since 2017
- Fellow Member at IASP since 2017
- Paul Harris Fellow of the Rotary Foundation of Rotary International since 2010
- Fellow Member at IAPP since 2005
- Fellow Member at IPS since 2003
- Life Member of Indian Medical Association since 1990
- Life Member of St. John Ambulance since 1983

Education & Fellowship

- **MD** from NRS Medical College, University of Calcutta in the Year
- **MBBS** from North Bengal Medical College, North Bengal University in the Year

Teaching Exposure

- Imparting trainings to
 - PG Trainees
 - Intern of PG Students of Clinical Psychology
 - Medical Students and PG (Psychiatry) regarding rTMS
 - Teachers in many schools on Mental Health Program
- Contributed as Program Director of Course on Yoga, organized by WPA
- Played key role as Ex-Officio for the Certificate Courses from Indian Psychiatric Society entailing below areas:
 - Diagnosis and Management of Insomnia
 - Diagnosis and Management of Psychosexual Disorders
 - Principles and Practice of Cognitive Behavior Therapy
 - Child and Adolescent Psychiatry
 - Addiction Psychiatry

Career Timeline

Since 2001 | Founder Director
Clinic Brain Neuropsychiatric Institute and Research Centre

2007 - 2021 | India Psychiatric Society
(National, Zonal State)

2020 – 2021
Vice President cum President Elect of Indian Psychiatric Society

2018 – 2019
President of Indian Psychiatric Society, Eastern Zonal Branch

2016 – 2018
Hon. General Secretary, Indian Psychiatric Society

2014 – 2016
Publication Committee of IPS

2012 – 2014
Chairman of Membership Committee of IPS

2009 – 2012
Direct Council Member of IPS

2007 – 2009
Hon. Secretary of IPS, West Bengal

2016 to 2020 | Editor
Indian Association of Private Psychiatry (IAPP)

Work Experience

2016 to 2020 | Indian Association of Private Psychiatry (IAPP)

Editor

Key Contributions

- As an integral part of Clinic Brain, has successfully introduced Institute and the state of art research centre for Mental Health Care
- Providing quality evidence and researched based clinical services to the patients like OPD, Specialized Child and Adolescent care
- Imparting trainings to Mental Health Professionals, Mental Health Students, MSE Psychological students
- Ensuring organization of free Mental Health Camps for peoples living in remote rural areas (like interior of Sundarbans, and Mangrove Forest)
- Utilizing research approach from contemporary Neuromodulator to spirituality – yoga - mental well-being, from modern neuropsychiatric methods to disaster relief (like Covid pandemic), from dementia to addictions; exploring all the possible opportunities
- Radical in-house diagnostics facilities like rTMS, bio-feedback, DTES are easily available for the patients

Affiliations

- The President of Indian Psychiatric Society (IPS) (2021-2022)
- Member of World Psychiatric Association Standing Committee, Scientific Section (2020-2023)
- Member of Advisory Committee on Response to Emergencies (ACRE), World Psychiatric Association
- Vice President cum President Elect of SAARC Psychiatric Federation (SPF) (2020-2021)
- Vice President cum President Elect of Indian Association of Geriatric Mental Health (IAGMH) (2020-2021)

Publications (National & International)

Books

- Editor of Different Strokes (2014-2016) --- Publication of Indian Psychiatric Society
- Editor of Child sexual abuse: in Indian scenario

Articles

- **Comments on psychological impact of COVID-19 lockdown: An online survey from India**
September 2020 Indian Journal of Psychiatry 62(5):595 DOI: 10.4103/psychiatry.IndianJPsychiatry_1086_20
- **Impact of COVID-19 pandemic and lockdown on the state of mental health services in the private sector in India**
September 2020 Indian Journal of Psychiatry 62(5):488 DOI: 10.4103/psychiatry.IndianJPsychiatry_568_20
- **State of mental health services in various training centers in India during the lockdown and COVID-19 pandemic**
July 2020 Indian Journal of Psychiatry 62(4):363 DOI: 10.4103/psychiatry.IndianJPsychiatry_567_20
- **Psychological impact of COVID-19 lockdown: An online survey from India**
July 2020 Indian Journal of Psychiatry 62(4):354 DOI: 10.4103/psychiatry.IndianJPsychiatry_427_20
- **History of psychiatry in Bengal**
February 2018 Indian Journal of Psychiatry 60(6):192 DOI: 10.4103/0019-5545.224323

Core Expertise

- Neuropsychiatric Consultation & Assessment
- Management of Sexual Problem
- De-addicted Treatment
- Psychotherapy
- Speech Therapy
- Family and Marital Couple Relation Training & Therapy
- Cognitive Behavioral therapy
- IQ testing & Assessment
- Counseling
- Psycho-diagnostics
- Psychometrics
- rTMS

Social Engagements - Voluntary Work / Community Work

- Barasat Citizen Forum – Voluntary Medical Service
- President - Angels for Angel – Railway Platform Dwellers, Homeless Mentally Ill People - Special service during Covid-19 pandemic and full lockdown period
- Regular Free Mental Health Camp in the remote area of Sundarbans - UNESCO World Heritage (West Bengal, India) from Clinic Brain
- Relief Camp to the cyclone affected areas of West Bengal from Angels for Angels

Personal Information

Languages:	English and Hindi
Date of birth:	26th September 1965
Nationality:	Indian
Website:	aseemkailash.co
Twitter:	assemkailash

- **Dementia and the International Classification of Diseases-11 (Beta Version)**
January 2017 Indian Journal of Psychiatry 59(1):1 DOI: 10.4103/psychiatry.IndianJPsychiatry_66_17
- **INTRODUCTION The Na⁺ / K⁺ -ATPase (NKA) is a ubiquitous enzyme that maintains the Na⁺ and K⁺ gradients across the cell membrane by transporting three Na⁺ out and two K⁺ into Role of membrane cholesterol and lipid peroxidation in regulating the Na⁺ / K⁺ -ATPase activity in schizophrenia**
September 2016
DOI: 10.4103/0019-5545.192023 Mental Health Care Bill, 2016: A boon or bane?
July 2016 Indian Journal of Psychiatry 58(3):244 DOI: 10.4103/0019-5545.192015
- **Role of membrane cholesterol and lipid peroxidation in regulating the Na⁺ / K⁺ -ATPase activity in schizophrenia**
July 2016 Indian Journal of Psychiatry 58(3):317 DOI: 10.4103/0019-5545.192023
- **Gay rights, psychiatric fraternity, and India**
July 2016 Indian Journal of Psychiatry 58(3):241 DOI: 10.4103/0019-5545.192006
- **Principles of Marital Therapies and Behaviour Therapy of Sexual Dysfunction**
Indian J Psychiatry. 2020 January; 62(Suppl 2): S213–S222 Civil society and volunteerism in the COVID-19 pandemic
Indian Journal of Social Psychiatry
Year: 2020 | Volume: 36 | Issue: 5 | Page: 91-92
- **Clinical Practice Guidelines for Assessment of Children and Adolescents**
Indian J Psychiatry. 2019 January; 61(Suppl 2): 158–175 Why we really need a movement for Global Mental Health?
Indian Journal of Psychiatry, Supplement; Mysore Vol. 62, Iss. 8, (Jan 2020): 74-122
- **Expressed emotion In Psychiatric Disorders**
Eastern Journal of Psychiatry: On line ISSN (0976-0334), ISSN 0974-1313 Volume 16, Number 1 & 2 | February – August 2013
- **Efficacy of Psychological Intervention on Patients with Schizophrenia**
Eastern Journal of Psychiatry: ISSN-0974-1313 Volume 13 Number 1 & 2 February- August 2010 ISSN (Online) 0976 – 0334
- **Cyber Sex Addiction: An Overview**
Special Supplement | Member of National Advisory Board
Indian Journal of Private Psychiatry Special Supplement, September 2012
- **Guidelines for doctors on Sexual boundaries, Version 3.4**
IPS Task Force on Boundary Guidelines, GPRD, drshenoyrobinson.com
- **Clinical Practice Guidelines on Newer and Emerging Addictive Disorders in India**
IPS Publication Committee January, 2016
- **Synopsis of the Clinical Practice Guidelines on Substance Use Disorders**
IPS Publication Committee January, 2015
- **Principles of Marital Therapies and Behaviour Therapy of Sexual Dysfunction**
Indian J Psychiatry. 2020 January; 62(Suppl 2): S213–S222
- **Reducing the stigma of mental health disorders with a focus on low- and middle-income countries**
Asian Journal of Psychiatry 58 (2021) 102601