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*In this issue.....*

## EDITORIAL

When The Whole World was Witnessing COVID-Crisis...A New Chapter Began  
Vipul Singh, Sujit Kumar Kar

The Slippery Slope of Editing : Balanced Perspectives for Initiating a New Biomedical Journal  
Debanjan Banerjee, T. S. Sathyanarayana Rao

## PERSPECTIVE

A Private Psychiatric Specialty Hospital in Kanpur – Some Initial Experiences  
R. K. Mahendru

Mental Health in U.P. - Last Fifty Years  
A. K. Agarwal

A Kaleidoscopic View of Substance Use in Uttar Pradesh  
Pranob Kumar Dalal and Kopal Rohatgi

NGO's and Their Role in Mental Health Care in India  
Shashi Rai, Bandna Gupta

Suicide in Uttar Pradesh : An Overview  
Shivangini Singh and Teena Bansal

## REVIEW ARTICLE

COVID-19 Chaos and New Psychoactive Substances: New Threats and Implications  
Kumari Rina, Sujita Kumar Kar, Susanta Kumar Padhy

Mental Health Issues in Covid and Post Covid-19 Scenario: The Way Forward  
Tapas Kumar Aich, Amil H Khan, Prabhat Kumar Agrawal

Psychiatrists in The State of Uttar Pradesh: The Iconic Professionals  
S. C. Tiwari, Nisha Mani Pandey

Werther's Effect: A Brief Review  
Rakesh Yaduvanshi, Anurag Agrawal, Chinar Sharma

Immune-inflammatory Pathways in Somatoform-Disorders : A Theoretical Update  
Vikas Menon, Natarajan Varadharajan, Selvaraj Saravanan

## VIEW POINT

Attributes of Distress Among Healthcare Workers Infected with COVID-19  
Sujita Kumar Kar, Akanksha Shankar, Sudhir Kumar Verma, Parul Verma, Rahul Kumar, Suyash Dwivedi, Anand Kumar Maurya and Rajnish Kumar

Choosing and Publishing A Research Project  
Yasodha Maheshi Rohanachandra, Raviteja Innamuri, Amit Singh, Anoop. G, Guru S Gowda, Harita Mathur, Jayant Mahadevan, Lochana Samarasinghe, Naga V S S Gorthi, Pratikchya Tulachan, Rajesh Shrestha, Rajitha Dinushini Marcellin, Samindi T. Samarawickrama, Shanali Iresha Mallawaarachchi and Shreeram Upadhyaya, Shreeram Upadhyay and Sharad Philip

## ORIGINAL ARTICLE

Sexual Openness and Sexual Dysfunction in Indian Women: A Qualitative Approach  
Jyoti Mishra, Nitin Gupta and Shobit Garg

## CASE REPORT

Cannabis Induced Psychotic Disorder in Cannabis With-drawal During COVID-19 Lockdown : A Case Report  
Dhana Ratna Shakya, Sandesh Raj Upadhaya

COVID-19 : Depression & Psychogenic Erectile Dysfunction  
Raghav Gupta, Pranahith Reddy and Kishore M.

Art & Mental health : Perspectives of The Mind  
Pawan Kumar Gupta and Aditya Agarwal

## ABSTRACTS



## Psychiatrists in The State of Uttar Pradesh: The Iconic Professionals

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*"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."*

— Dale Carnegie

Psychiatry, over years, is gradually getting its well-deserved recognition in the country, especially in the state of Uttar Pradesh. The credit goes to the concerted efforts of the professionals of the area who have worked hard to develop and sustain the field. They have remained consistently involved in establishing its various branches as well as strengthening the super/ sub specialities of Psychiatry. During the current pandemic, the need for mental health care was felt to be a primary concern. In this crisis, these professionals offered assistance through the newly formed Association of Clinical Psychiatry, Indian Psychiatric Society, Uttar Pradesh Branch and contributed towards an article to the inaugural issue of the 'Indian Journal of Clinical Psychiatry'. In this manuscript, we strive to acknowledge the contributions of the psychiatrists of Uttar Pradesh in the field of mental health, who have worked tirelessly 24\*7 to promote the subject as well as its sub/ super speciality in the state. We have tried to elaborate upon and pen down some of the phenomenal contributions/ stories of these great pioneers. Some of these icons are in our memory and some are guiding, supervising and helping us for developing and expanding the mental health related services further. Keeping this in the mind, with help of various websites and through personal contacts, present manuscript was prepared. Information related to these legends have been collected from various webpages and articles, we apologise for any missing information.

We would like to start with recounting the life of **Dr. Kalika Chand Dube** popularly known as KC Dube, who was born in 1913, in a district of Madhya Pradesh i.e. Hoshangabad. Dr. Dube joined the Agra Mental Hospital in 1957 as the Superintendent and made history by conducting the largest epidemiological study in Psychiatry with his colleagues between 1961 to 1967 (1). In the history of psychiatry, this is a landmark study sponsored by the Indian Council of Medical Research "A pilot investigation of incidence of mental diseases in India". In the literature of psychiatry, this study has been quoted across the world including India. Another achievement of this great person was the recognition of the Mental Health Unit of Agra as one of the only field research centres for International Pilot Study of Schizophrenia (IPSS) in the entire South Asia [1]. The study was conducted for 11 years at 9 centres of the world and has been published in year 1973 and 1979 subsequently in 2 volumes by the World Health Organization. With ample of publications in national as well as international journals he has been received many awards and fellowships too. He was one of the active members of the Indian Psychiatric Society (IPS) since its beginning and helped to upgrade the society in many ways; he had been President of the society twice. His work in the field given the recognition to psychiatry not only in the state of Uttar Pradesh but decided the fate of the subject in the country.

**Prof. Brij Bhusan Sethi**, popularly known as Dr. B.B. Sethi, was another pioneering psychiatrist in the state of Uttar Pradesh. He shaped how psychiatric practice is perceived in the state. Prof. Sethi did his medical graduation in 1956 from King George's Medical College-

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KGMC (now known as King George's Medical University-KGMU), Lucknow. Thereafter, he did his postgraduation *i.e.* M.Sc. Psychiatry from USA and was awarded the Diploma of American Board of Psychiatry and Neurology. In December, 1966 he joined KGMC as a faculty in the department of medicine and with his concerted efforts, extensive vision and professional zeal he started the department of psychiatry in the premises of the then KGMC. By 1971, a separate Department of Psychiatry was established in KGMC. He had been recipient of many awards and fellowships including a membership of the Royal College of Psychiatry in 1972 and a fellowship in 1976. He had been awarded the prestigious National B.C. Roy Award by Govt. of India for developing a specialty in medical discipline; Dr. D.L.N. Murthy Rao Oration Award was also conferred on him. As a member of Central Health Committee, Ministry of Health and Family Welfare, Government of India, he had been one of the planners of national mental health programme. Along with these, he had held many other distinguished academic positions in institutes like Indian Council of Medical Research; was an editorial member of Biological Psychiatry; a panellist in Council of Science and Technology, Medical Council of India; inspector as well as founder editor of the Indian Journal of Social Psychiatry [2]. Between 1976-1984 he was also the editor of Indian Journal of Psychiatry and during his editorship the journal had several innovative features, wider circulation and global recognition. He was an enthusiastic and committed researcher too. In a narration by Prof. Trivedi, he reveals *"since the beginning of his academic career Prof. Sethi devoted his energies .....and was one of the pioneers to conduct epidemiological studies in mental health and biological psychiatry and psychopharmacology. He was principal investigator in more than two dozen research projects sponsored by ICMR, WHO and Council of Science of Technology"*. It was heard by many of Professor Sethi's juniors/ student including the first author that he was very meticulous and the word 'no' was not in his dictionary, he never liked an incomplete mission and he was a hard task master full of energy. In later stage of his life, he was the Director of Mental Health Services in Napier, New Zealand during 1995- 1996 and left for his heavenly abode on May 8<sup>th</sup>, 1996.

**Prof. Narendra Nath Wig** known as NN Wig was one of the foremost Indian psychiatrists of India. His medical education (graduation and post- graduation in medicine)

was from KGMC, Lucknow and then he gained a double diploma in Psychological Medicine from England and Scotland. In 1991, he was honoured by the Royal College of Psychiatrists, London, with the highest award of the Honorary Fellowship [3]. Though Dr. Wig did not practice in Uttar Pradesh after his postgraduation but he took up numerous activities, which guided us in many ways. He developed the Primary Mental Health Care model for India and for many other countries. He was well-known for helping his patients and their families towards developing coping strategies for mental health issues. He was also a strong advocate for local, cultural issues and championed advocacy for women's mental health. He never believed in looking back; his continuous effort was to look forward to ensure that the benefits of modern scientific psychiatry became available to all sections of the population in India, and that those services become more relevant in terms of Indian cultural needs [4].

**Prof. Anil Kumar Agarwal** known as Dr. A.K. Agarwal did his medical graduation from KGMC Lucknow in 1961 and Post-graduation in Psychiatry from All India Institute of Medical Sciences, New Delhi. He has been registrar and lecturer at AIIMS from July 1965 to July 1969 and then joined KGMC in 1969 as faculty in the department of psychiatry and headed the department during 1986-88 and 1989-1999. In September 1999 Professor Agarwal superannuated. However, till date, he is a practicing psychiatrist and a renowned and appreciated mental health professional who is continuously involved in taking care of mentally ill persons. He has been president of Indian Psychiatric Society in 1994; Editor, Indian Journal Psychiatry for four years; Chairperson, Ethics committee for six years. He is also the President of Richmond Fellowship Society (INDIA), Lucknow branch and is the Chairman of Richmond Fellowship Society National Board, taking care of schizophrenic patients by providing them with modern psychosocial treatment. For his noble work and publications, he has been awarded by many organizations. He has been president of the IPS in 1994; Editor, Indian Journal of Psychiatry (IJP) for four years; Chairperson, Ethics committee for six years. There are around 120 articles published by him in renowned national/ international journals. He has authored four books and is the editor of two. His area of interest is to provide treatment and support to chronically ill psychiatric patients.

**Dr. R. K. Mahendru** is a former Professor and Head, Psychiatric Division, GSVM Medical College, Kanpur. He was first to obtain a MD in Psychiatry in 1971 from KGMC Lucknow. He has won the Central Zone Oration Award by the Indian Psychiatric Society in 1986 and has been the President and Secretary of Central Zone Branch of Indian Psychiatric Society as well. He has published many scientific papers in various national and international journals and written several articles on psychiatry and mental health in various magazines and newspapers. He was a part of the Executive Council of the IPS as a Direct Member and has successfully organized several national level CME programs and two central zone conferences, the first in 1983 and the second in 2000. The annual national conference of the Indian Psychiatric Society organized by him in Kanpur in Jan'1997 was a grand success. The national level mid-term CME programme of Indian Psychiatric Society held at Khajuraho in Sept'2004 was another memorable event organized by him. He has also won the prestigious Amit Bohra Oration Award at the national IAPP conference held at Kolkata in 2016 and delivered his popular lecture on 'Spirituality in Everyday Life'. Dr.Mahendru has attended many national and international conferences and had presented various lectures and research papers. In Oct. 2019 he attended the 11<sup>th</sup> SAARC International Psychiatric conference held in Colombo, Sri Lanka and presented his paper on spirituality. Dr.Mahendru is closely associated with IIT Kanpur and has been a regular guest speaker in IIT Kanpur on various topics related to psychiatry and mental health.

**Prof. Narottam Lal** popularly known as Dr. Lal Joined the then KGMC, Lucknow as a Faculty of Psychiatry in July, 1972 and remained there till 2003. He retired as the Professor & Head of Psychiatry in 2003. He was a Nodal Officer in the National Mental Health Program for the Govt. of India and founder Professor and Head of the Dept. of Psychiatry, ERA's Lucknow Medical Collage, Lucknow. At ERA's, he also served as the Dean and Chief Medical Superintendent and remained between 2003 to 2009. He is a consultant psychiatrist with more than 40 years of experience in handling and treating adult and geriatric patients. He was also associated with a special program run by Govt. of India at Ramakrishna Mission Sevasram Lucknow (Vivekananda Polyclinic and Institute of Medical Sciences Lucknow is a part of it) called Youth Counseling and positive thinking for youths as part of the celebration of 150th birth anniversary of Swami Vivekananda Youth Counseling Centre at Lucknow [5].

**Prof. Prabhat Sitholey**, a renowned child and adolescent psychiatrist, is a practicing consultant psychiatrist at present in Lucknow. Dr.Sitholey graduated from GSVM Medical College in 1971 and obtained MD (Psych) from the then King George's Medical College (KGMC), Lucknow in 1975. Afterwards, Dr.Sitholey joined the department as a faculty and in due course of time became the Professor. He became the Head of Psychiatry twice i.e. during 2000-2001 and 2002-2008. He superannuated in 2010. Dr Sitholey obtained his training in child and adolescent psychiatry from England and is a very popular child and adolescent psychiatrist. His works have been published in national and international journals and cited in international textbooks on child and adolescent psychiatry. He was the Founding Fellow and President of the Indian Association for Child and Adolescent Mental Health and President of the IPS Central Zone. He has been the Chairperson of the IPS Child and Adolescent Psychiatry Specialty Section. He has been the recipient of various awards including Commonwealth Medical Fellowship Award for training in Child and Adolescent Psychiatry in England; PPA Oration Award of Indian Association for Child and Adolescent Mental Health; IPS Central Zone Oration Award; Marfatia Best Paper Award of Indian Association for Child and Adolescent Mental Health.

**Prof. Jitendra Kumar Trivedi** was amongst one of the most eminent psychiatrists of the country. He was an adorable individual with many abilities par excellence in academics, research, leadership and wisdom. He completed his medical graduation in 1973, and post-graduation in 1977 from the then KGMC. In 1978, he joined the department of Psychiatry, KGMC, as faculty. He was the Head of the Department between November 2008 to March 2009; since March 2009 to September 2013, he served the department as a contractual professor and gave his services to psychiatry department for about 35 years. He was a psychiatrist of international repute and an ideal teacher and researcher. He was one of the pillars of the department who took the department on national and international heights [6,7]. Kallivayalil and Dalal (2013) report that formation of SAARC Psychiatric Federation (SPF) was one of his lasting contributions when he was President of Indian Psychiatric Society. One of his students describes him a "*charismatic, disciplinarian, eminently fair, honest to the point of bluntness, punctual, hard-working and dedicated to the cause of psychiatry*" [7]. His unfortunate, untimely sad demise created a vacuum in the world of psychiatry.



**Prof. Indira Sharma** did her graduation in 1972 and completed her post-graduation (psychiatry) in 1977 from the then KGMC and served Dept. of Psychiatry, Banaras Hindu University (BHU), Varanasi. Prof. Sharma served BHU for more than 3 decades and became the head of the department on rotation basis. After superannuation she served BHU as an emeritus professor too. She served many societies as President like; IPS, SPF, Indian Association of Child & Adolescent Mental Health, IMA-BHU (twice) and published many articles in National & International Journals (including 2 books and 17 chapters). Her research interests include- cognitive remediation of geriatric population, social and legal issues in married women with mental illness, mental illness and marriage- social and forensic aspects etc.[8].

**Prof. Harjeet Singh** joined KGMC in year 1967, for medical graduation and joined the Dept. of Psychiatry in 1974. He became a faculty in the department in 1980 and for 5 years he worked in child psychiatry. He had an interest in Community Psychiatry and he had taken an initiative to train physicians of Lucknow and has given training to of psychiatry to 50 General Physicians of Lucknow. He was the nodal officer for District Mental Health Programme, Raebareli sponsored by the Govt. of India. He has supervised 25 MD theses as the Chief Guide and 75 research publications are in his name. He has presented 150 Research papers in national/ international conferences. According to Dr. Singh, he has participated in various drug trials - Nomifexin, Amoxetine, Centpropazine etc. He served the Department of Psychiatry as the Head during 2009-10 and superannuated in 2010. Till date he is a practicing consultant and gives free services to mentally ill, poor patients.

The present Head of Department of Psychiatry, KGMU, Lucknow and the president of the IPS **Prof. Pronob Kumar Dalal** known as Dr.PK Dalal has also worked hard at upgrading the mental health status of residents of Uttar Pradesh. In 1979, after admission in MBBS in the then KGMC, he successively went forward and completed his MD (Psychiatry) in 1984; and did senior residency in 1984-85. He became a faculty member in January 1986 in the Department of Psychiatry, KGMU. He became professor in April, 1999 and since 2010 he has been the Head of the Department. He did extensive work in the field of de-addiction; the credit to run the de-addiction clinic in the department goes to Prof Dalal.

He acknowledges everyone's effort to sustain mental health and believes in the virtue of gratitude. Under his headship and guidance, M.D. Psychiatry seats were increased from 6 to 12, and he is the one who took initiative to start various programs/ courses/ Centres namely Manpower Development Program of Government of India; RCI Recognized Clinical Psychology course; NCI Recognized Diploma in Psychiatric Nursing; District Early Intervention Centre (DEIC); Drug Treatment Centre (DTC) and Opioid Substitution Therapy Centre (OST). He did many state and national level research projects. He has around 140 publications under his name; he has attended 17 international and more than 100 national conferences and seminars. He is also a member of different professional bodies. As the president of IPS, he took the initiative to start Foundation Day of the society and also started the UP State Branch of the IPS. He has been the recipient of many honours and awards including the Honorary fellowship of World Association of Psychiatry (2020).

Now some information about the first author – **Prof. Sarvada Chandra Tiwari** popularly known as Dr. S.C. Tiwari. After completion of his post-graduation in psychiatry in year 1982 from KGMC, he served the department of psychiatry as chief resident and senior research officer till September 1985 and then joined the department as faculty in October, 1985. In his professional career of more than 3 decades, he has contributed, achieved and added several feathers to the cap on the subject of Mental Health in the Medical University, State of Uttar Pradesh and the country. He has many firsts to his credit; Founder President, Indian Association for Geriatric Mental Health (IAGMH) (2004); Founder Head, Department of Geriatric Mental Health (2005), first to start a course - DM (Geriatric Mental Health) (2010) from the mother subject Psychiatry; Healthy Ageing Clinic in 2010, National Centre for Geriatric Electro-convulsive Therapy. Sixteen "Care Giver's Guide" with different 16 mental health and other problems was developed by him for care givers of elderly patients. He is the *first Indian* who received "WHO Rafaelson Fellowship Award in Psycho-pharmacology in 1988" and "II place IPA/Bayer Award in Psychogeriatrics in 1999" from International Psychogeriatric Association, USA. The "Socio-Economic Scale" developed by him and his team, is being used for urban/rural research studies all over the country and abroad. Similarly, recognizing his work and efforts, during the 8<sup>th</sup> Foundation

Day of the Department in 2013, the then Hon'ble Chief Minister established the "Advance Centre for Research, Training and Services in Ageing and Geriatric Mental Health" which is another milestone.

Psychiatry is a field emerging out of stigma in the Indian society. These psychiatrists have devoted their lives to the betterment of the general population. They have been pioneers and should be celebrated for what they have achieved.

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