

CURRICULUM VITAE

NAME: DR. KALMANE SRIDHARA PAVITRA

PRESENT ADDRESS

Dr. K.S. Pavitra,
Consultant Psychiatrist,
Sridhar Neuropsychiatric Centre,
Rajendranagar, Shimoga-577 204,
Karnataka, India

LANGUAGES KNOWN: English, Kannada, Hindi, Tamil and Sanskrit.

CONTACT NOS.: 08182 274627, 08182 274647, +91 9845229499 (M)

EMAIL ID: pavitra_ks@rediffmail.com, pavitraks2011@gmail.com

ACADEMIC QUALIFICATIONS

- ✓ **M.B.B.S.** from **Mysore Medical College** in the year **2000**.
- ✓ **M.D** in **Psychiatry** from **NIMHANS**, Bangalore in the year **2004**.

ADDITIONAL QUALIFICATIONS

- ✓ **M.A (Vidwat - proficiency)** in **Bharatanatyam** - Indian Classical dance form.
- ✓ Specialized training in community mental health services and women's mental health.
- ✓ Has been trained in Indian classical dance, Yoga, classical music, martial arts.
- ✓ **M.A (Kannada Literature)** by Karnataka State Open University, Manasa Gangotri, Mysore.
- ✓ **M.A (Mass Communication and Journalism)** by Karnataka State Open University, Manasa Gangotri, Mysore.

AFFILIATIONS

- ✓ Working as **Consultant Psychiatrist** at Shimoga since 2005.
- ✓ Working as a professor and Head of Psychiatry Basaveshwara Medical college Chitradurga
- ✓ Worked as **Professor of Psychiatry** at **SDM Medical College, Dharwar**
- ✓ **Reviewer of Indian Journal of Psychiatry and Journal of Indian association of child and adolescent mental health.**
- ✓ Recognized by **RGUHS** as **post graduate teacher to guide the dissertation work of PG Medical (MD/MS) students.**

PUBLICATIONS

Pavitra K.S. shubrata, Kumar A and Gowda M (2019) Family matters! – The caregivers' perspective of Mental Healthcare Act 2017, Indian Journal of Psychiatry 61(10), pp 832-837.

Kalmane. S, Pavitra. K.S, Sridhara. K.R (2019). Breaking the Barriers: A Qualitative Study of Caregivers' Experience of First Episode Psychosis in a Town in South India. International Journal of Indian Psychology, 7(1), 471-481. DIP:18.01.053/20190701, DOI:10.25215/0701.053

Pavitra. K.S and Kumar V (2019) The interface of Dance, music and Psychiatry. The interface of Psychiatry; press.

Pavitra, K and Shubrata, K. (2014) Dance and the mind - Promoting mental health through the medium of movement Indian Journal of social psychiatry, 56(2),

Pavitra K.S. and shubrata, K.S. (2012) The impact of ramadan fasting on psychiatric illness and treatment –implications to clinical care, Indian journal of private psychiatry, 6(1), pp. 46-53.

Pavitra K.S. (2010) , Breaking the barriers-the challenges in mental health care in India psychiatria et neurologica japonica, 112(2), pp. 126-32.

Pavitra K.S. (2010) Complementary and alternative therapies in psychiatry-the relevance to postgraduate training-Indian journal of psychiatry Indian psychiatry society, training in postgraduate psychiatry supplement

Pavitra, K.S. and Gayathri Hedge (2010) Antenatal Depression - The Prevalence and the Impact on Birth Weight, Indian journal of private psychiatry, 4(1), pp. 12-16.

Pavitra, K.S. and Sridhara KR (2010) A Profile of Psychological Problems, Life Events, Coping Skills & Gender Differences in Chronic Depressive Disorders, Indian journal of private psychiatry, 4(1), pp. 23-34.

Pavitra, K.S. and Sridhara, K.R. (2010) Culture and depression-a study of the association of depression with cultural change in Havik Brahmin women of South India, Indian journal of social psychiatry, 26 (1-2), pp. 34-44.

Pavitra, K.S. (2008) A clinical experience on depression and intense grief, Indian journal of psychiatry, Indian Journal of social psychiatry, 24(3-4), pp. 79-83.

Pavitra, K.S. and Sridhara, K.R. (2008) 'Contraceptive attitude among college students and its relevance to family life education-Indian journal of psychiatry, 50(26).

Pavitra, K.S., Chandrashekar, C.R. and Choudary, P. (2007) Creativity and mental health-a profile of writers and musicians, Indian Journal of psychiatry, 49(1), pp. 34-43.

Pavitra, K.S. and Nagaraja, A.V. (2005) 'clinical and neuroimaging features of frontotemporal dementia', Indian psychiatric society, Karnataka branch news letter, pp. 14-17.

Pavitra, K.S. and Nagaraja, A.V. (2005) ' Depression in Myasthenia Gravis ', Indian psychiatric society , Karnataka branch news letter , pp. 14-16.

Pavitra, K.S. and Nagaraja, A.V. (2005) 'Opercular syndrome', Indian psychiatric society , Karnataka branch news letter , pp. 14-17

Pavitra, K.S. and Nagaraja, A.V. (2005) Poststroke neuropsychiatric illness, Indian psychiatric society , Karnataka branch news letter , pp. 14-16.

Pavitra, K.S. and Nagaraja, A.V. (2005) Neurologiacal syndromes which can be mistaken for psychiatric conditions, Indian psychiatric society , Karnataka branch news letter , pp. 11-14.

Pavitra K.S. Complimentary and alternative therapy in postgraduate training. Accepted for Indian journal of psychiatry. For info contact Prof. T.S.S Rao, editor, IJP, email:tssrao19@gmail.com.

Pavitra, K and Shubrata, K. (2014) Dance and the mind - Promoting mental health through the medium of movement Indian Journal of social psychiatry, 56(2),

BOOKS AND BOOK CHAPTERS

- ✓ Pavitra KS Sex education for adolescents-Ayurvedline- issue on sex medicine ed-Brahmananda Naik-Feb 2005 ,66-73
- ✓ Pavitra KS, Psychosocial aspects of women's lives and implications to psychiatric practice-psychiatric update IPS ASBCON 2007 eds-Kamala Dekha, Dhrubajyothi Bhuyan ,377-385
- ✓ Pavitra KS Consanguinity-Ayurvedline-Research Special ed-Brahmananda Naik-Jun 2007, 23-29
- ✓ Pavitra KS, The dance of Shiva-Nataraja and spirituality- Nupura ed-Prof Ramamurthy Rao-2008 Karnataka Sangeetha Nrithya Academy
- ✓ Pavitra KS, Dance and aesthetics Nupura ed-Prof. Ramamurthy Rao-2008 Karnataka Sangeetha Nrithya academy

✓ Dr. Pavitra has authored 40 books in mental health for public education namely

- Magu Manassu (on child mental health)
- Neevu matthu nimma sambandhagalu (on relationship management)
- Paripurna Vyakthitva (Personality development)
- Geelu kayile (obsessive compulsive disorder)
- O Sakhi neenu sukhiye- (on women's mental health)
- Mana-Manana (on community mental health)
- C.G Jung
- Adunika mahileya manasika savalugalu
- Mana mallige
- Mahila manodharma
- Moggina manassu
- Vaidya vijnani
- Pravasada anubhava matthu vyaktitva
- Soundarya prajne matthu vyakthitva
- Mahila manodharma'
- Nimma payana sugamavagali'
- Aralu Manassu
- Mano Boomika
- indina Mahileya Manasika Savalugalu
- Nimma payana sugamavagali
- Aralu Manassu
- Tallanisuva Mana
- Chitta-chittara
- Manini manogatha
- Mai manasugala suliyalli – SAKI!
- Chitta Chandira
- Bava Prapancha
- Bala Prapancha
- kaliyuva suka
- Nara rogagala arivinathaa
- Manamanjari
- Hadihareyada hada
- Manogna Prapancha
- Atanka mathu Bayakke sambandisida kayilegalu
- Teevara manasika Kayilegalu
- Nara mathu Midulu Rogagalu
- Mana manishe

DETAILS OF CONFERENCES ATTENDED

- ANCIPS 2002, Kolkata as a delegate and presenter of scientific paper
- ANCIPS 2003, Hyderabad as a delegate and presenter of scientific paper
- ANCIPS 2004, Mysore as a delegate and presenter of scientific paper
- ANCIPS 2005, Chandigarh as a delegate and presenter of scientific paper

- World Psychiatry Association Meet at Istanbul, 2006 as a delegate and presenter of scientific paper
- ANCIPS 2006, Mumbai as a delegate and presenter of scientific paper
- World Neuropsychiatric Congress at Sydney, 2006 as a delegate and presenter of scientific paper
- ANCIPS 2007, Chennai as a delegate and presenter of scientific paper
- World Women's Mental Health Congress, 2008 as a delegate and presenter of scientific paper
- World Dance Research Congress at Greece, 2008 as a delegate, performer and presenter of scientific paper
- ANCIPS 2008, Kolkata as a delegate and presenter of scientific paper
- IASP 2008, New Delhi as a delegate and presenter of scientific paper
- ANCIPS 2009, Agra as a delegate and presenter of scientific paper
- JSPN 2009 at Kobe, Japan as an invited young psychiatric fellow
- IASP 2009 at Lucknow as an awardee, presenter and a delegate
- CINP-Rafaelsen Young investigator awardee-at Hong Kong, June 2010
- WASP Young psychiatrist fellowship awardee at Morocco, October 2010
- IASP 2010 at Cochin as a delegate and a presenter
- ANCIPS 2011 at Delhi as a delegate and a presenter
- IANCON 2011 at Pune as a delegate and a presenter
- ANCIPS 2012 at Cochin as a delegate and a presenter
- IGPI meet 2012 at Cochin as a delegate and a presenter
- ANCIPS 2013 at Bangalore as a delegate and a presenter
- ANCIPS 2014 at Poona as a delegate and a presenter
- ANCIPS 2015 at Hyderabad as a delegate and a presenter
- ANCIPS 2016 at Bhopal as a delegate and a presenter
- KANCIPS 2016 at Mysore as a delegate and a presenter
- ANCIPS 2017 at Raipur as a delegate and a presenter
- ANCIPS 2018 at Ranchi as a delegate and a presenter
- ANCIPS 2019 at lucknow as a delegate and a presenter
- IAPP 2019 at Mumbai as a delegate and a presenter
- IWMC 2019 at Paris as a delegate and a presenter
- National conference on medical kannada literature 2019 at Mangalore
- ANCIPS 2020 at Kolkatta as a delegate and a presenter

PRESENTATIONS IN NATIONAL AND INTERNATIONAL CONFERENCES

✓ ANCIPS 2003

- Psychiatric disorders seen in non psychiatric medical care

✓ ANCIPS 2004

- 'Musical hallucinations' - A case report
- ✓ **ANCIPS 2005**
 - Neurocysticercosis.-A neurobehavioral syndrome
- ✓ **WPA 2005, Turkey**
 - Therapeutic dimensions of Bharatanatyam for mental health.
 - Psychiatric problems in obstetric practice
- ✓ **ANCIPS 2006**
 - Adolescent Sex Education-A Study among Teachers, Parents and Adolescents
 - A study of Sexual Behaviour and Dysfunction and Help-seeking Patterns in adults Aged 40-80 Years
- ✓ **KANCIPS 2006**
 - Psychiatric aspects of stroke
- ✓ **ANCIPS 2007**
 - Creativity and mental health a profile of writers and musicians. Winner of Marfatia award 2007
 - Social origins of depression - a study from South India
- ✓ **World women's' mental health congress 2008 Melbourne**
 - A Cry from the Mother's Womb, the Saga of Unborn Female-female foeticide in India
- ✓ **ANCIPS 2008**
 - Contraceptive Attitude among College Students and its Relevance to Family Life Education
 - Personality profile of alcoholics
- ✓ **ANCIPS 2009**
 - Antenatal depression: the prevalence and the impact on birth weight
 - Artistic creativity and mental health – a study of yakshagana artists in South India
- ✓ **Indian Association for Social Psychiatry, 2009**
 - Culture and depression – a study of change and depression in Havik Brahmin Women of South India
- ✓ **ANCIAPP 2009**

- A profile of psychosocial problems, life events, coping skills and gender differences in these in chronic depressive disorders
- ✓ **JSPN 2009**
 - Breaking the barriers - the challenges in mental health care in India.
- ✓ **KANCIPS 2010**
 - Doctor patient relationship – few thoughts from Baint’s work
- ✓ **ANCIPS 2010**
 - Artistic creativity and mental health – a study of Yakshagana artists
- ✓ **CINP 2010, Hong Kong**
 - The impact of Ramadan fasting on psychiatric illness and treatment - implications to clinical care
- ✓ **WPA 2010, Beijing**
 - Culture and depression – a study of change and depression in Havik Brahmin Women of South India
- ✓ **IASP 2010, Cochin**
 - The impact of Ramadan fasting on psychiatric illness and treatment - implications to clinical care
- ✓ **IPSOCON 2010, Bangalore**
 - Dance therapy workshop.
- ✓ **ANCIPS 2011**
 - Culture and depression – a study of the association of depression with cultural change in Havik Brahmin Women of South India
- ✓ **Indian Medical Association, Shimoga, Sept. 2011**
 - Psychiatric aspects of stroke
- ✓ **UGC Seminar – Kuvempu University, Shimoga, Oct. 2011**
 - Women and scientific attitude
- ✓ **UGC Seminar for department heads of Kuvempu University, Shimoga, Jun 2011**
 - Sexual coercion - exploitation - a barrier for women in higher education.
- ✓ **UNICEF & KCRO Child Rights Media Fellowship, October 2011**
- ✓ **Women and scientific attitude – workshop for Angananwadi workers, Sept. 2011**

- ✓ Indian global initiative meet 2011 at Cochin, **Young psychiatrist fellowship**, December 2011
- ✓ **Lecture on 'how does mind work' at Vismaya Prakashana, Mysore, 1st Jan. 2012**
 - **Inauguration and keynote address at All India Institute of Speech and Hearing, Manasagangothri, Mysore. Feb.2012** Workshop on autism and dance therapy
- ✓ **Workshop for teachers at JSS Mysore on emotional aspects of learning april 2012**
- ✓ **Workshop for working class women on life skills may ,june 2012**
- ✓ **Training of health workers on identifying and teaching self help skills in mentally retarded children july 2012**
- ✓ **ANCIPS 2012 –Cochin**
- ✓ **ANCIPS 2013 –Bangalore**
- ✓ **ANCIPS 2014 –Poona**
 - **Media matters! A workshop on Psychiatrist's role in the mass - January 2014**
- ✓ **ANCIPS 2015 –Hydrabad**
 - **A lecture on Counteracting stigma through media -a community experience The challenges for a young psychiatrist in the community - January 2015**
- ✓ **KANCIPS-2015**
 - **Scientific Committee Chairman**
- ✓ **ANCIPS 2016 –Bhopal**
 - **A lecture on Are we Really Reaching the Unreached?-Print Media and Mental Health Annual conference of the Indian Psychiatric Society January,2016**
- ✓ **KANCIPS-2016 -Mysore**
 - **A lecture on Doctor-patient Relationship in a Changing World - The Psychiatrist's Perspective**
- ✓ **ANCIPS 2017 –Raipur**

- A lecture on Temple healing in mental illness – a boon or bane ?
Annual conference of the Indian Psychiatric Society January, 2017
- ✓ **ANCIPS 2018 –Ranchi**
 - What to tell ?How much to reveal ?–the art of Psychoeducation-in an era of biological Psychiatry January -2018
- ✓ **ANCIPS 2019 –Lucknow**
 - Creativity and Prescription January -2019
- ✓ **IAPP 2019 –Mumbai**
 - Dance and Mental health November -2019
- ✓ **IWMHC 2019 – Paris**
 - **Touching minds with pen-making of a womens' mental health writer March -2019**
- ✓ **ANCIPS 2020 –Kolkatta**
 - **Art with impact-Indian cinema and mental health literacy-where are we? January -2020**
- ✓ **Regular workshops on dance therapy , training and research on dance therapy.**
- ✓ **Experience as principal investigator in clinical drug trials.**

AWARDS

1. **S.S. Jayaram award** for the best mental health literature for the year **2005**
2. **"Kayaka" Samman** for best youth writer for mental health the year **2006**
3. Recipient of **Marfatia award** for the year 2007 by Indian Psychiatric Society.
4. **Aralu prashasthi** by Kannada sahithya parishat for best literature in child mental health for the year **2007**

5. Recipient of **Balint's award** for the year **2008** by Indian association for social psychiatry.
6. **Kitthur Chennamma award** for service in the field of women's mental health for the year **2008**
7. **JSPN (Japanese Society of Psychiatry and Neurology) Young psychiatrist fellowship award 2009**
8. **Dr. Indla Ramasubbarao Reddy award** for the best original research paper **2009** in Indian association of private psychiatry
9. **Dr. G.C. Boral - 2 awards** for the best original research paper by a young psychiatrist in Indian association for social psychiatry **2009**
10. **Kateel Appu Pai oration award** for Media and mental health-**2009**
11. **CINP-Rafaelsen Young investigator awardee-at Hongkong June 2010**
12. **WPA Young psychiatrist fellowship 2010** at Beijing, China September **2010**
13. **WASP Young psychiatrist fellowship awardee** at Morocco, October **2010**
14. **Datti Prashasti** from Kannada Sahithya Parishat, April **2011**
15. **Aralu Prashasti** (award for budding literary talents) from Kannada Sahithya Parishat for best literature – 'Mana Manana' (A collection of articles related to mental health) for the year October **2011**
16. **UNICEF & KCRO Child Rights Media Fellowship**, October **2011**
17. **Indian global initiative meet 2011** at Cochin, **Young psychiatrist fellowship**, December **2011**

18. **Dr. K.S Pavitra's C.G Jung book won the Dr.A.S Dharanendraiah award from Kannada Sahitya Parishat for the year 2012-2013.**
19. **Junior Fellowship from Ministry of culture for her research topic promoting health through arts-2013**
20. **Fellowship from Kanaka Adhyana Pitha on Knaka sahithya and Kale-2013**
21. **Mahila Jyothi Award 2013 from integrated council for socio – Economic Progress thrissur, Kerala for performance at seminar on India's Development – Current Scenario held at Bangalore**
22. **Prof.M.Vaidyalingam oration IN 2015 being conferred to Dr.K.S.Pavitra for her work on creativity and mental health**
23. **Bendre grantha bahumana puraskar for the year 2014 FOR THE BOOK Mahila manodharma**
24. **Vishveshwaraiah National award 2016 FOR THE BOOK Nimma payana sugamavagali'**
25. **Kannada sahitya parishat award 2016 FOR THE BOOK Aralu Manassu**
26. **Kuvempu Vaidya Sahithya" award 2016 FOR THE BOOK indina Mahileya Manasika Savalugalu**
27. **'Bhagya Nanjundappa Award – 2017 FOR THE BOOK' Manini Manogata'**
28. **Kannada sahitya parishat award 2017 - Asundi krishnarao huddar datthi nidhi prashasti FOR THE BOOK kanakadasara kavya matthu sangeetha**
29. **Kannada sahitya parishat award 2018- Bisleri Jayanna dattanidhi Prasashasti FOR THE BOOK □ Nara rogagala arivinathaa on Neurological Disorders**
30. **Advisor Literary Award -2019 'FOR THE BOOK Chittachittara**
31. **Kateel Appu Pai And Vinodini Pai Oration Award -2019**
32. **Sandesha Art Award-2020 from Sandesha Foundation, Mangalore**

CURRENT RESEARCH ACTIVITIES

- ✓ Curently Dr. Pavitra has been appointed as Convener of task force of Creativity and mental health by the national executive committee of Indian Psychiatric Society
- ✓ Heads two special clinics - in the area of women's mental health and neuropsychiatry.
- ✓ Has completed projects on pathways to care, Temple healing and women's' mental helath

CONTRIBUTIONS TO SERVICE AND DEVELOPMENT OF PSYCHIATRY IN INDIA

- ✓ Dr. Pavitra's areas of research and interest have been Creativity and mental health - child, adolescent and women's mental health, neuropsychiatry and psychopharmacology and combining all these in the practice of her community psychiatry.
- ✓ Dr. Pavitra has been working on community-oriented projects in the areas of women's mental health, creativity and clinical psychopharmacology. She believes in evidence based research which is clinically implicated and practically useful.
- ✓ Dr. Pavitra has been working in an area which caters to a large population, more than 50 lakhs, which has unmet needs in the area of mental health, Psychosocial problems, stigma towards seeking psychiatric help especially in women are rampant in this area.
- ✓ Dr. Pavitra with her own resources, dedicated and committed to her work, is sure that changes though slow will happen. She is extending both her clinical and research activities to near by villages, is coordinating with self help groups and various organizations like FPAI (Family planning association of India) to further detect, treat the mental health problems early in the community, to create awareness about mental health.
- ✓ She also is active in Consultation Liaison Services specifically with obstetric hospitals to improve women's mental health.
- ✓ Being an eminent artist, Dr. Pavitra trains children in the field of Indian classical dance focusing specifically on the use of arts in intellectual and emotional development.

- ✓ She also plans to conduct research on the therapeutic and prophylactic values of arts on mental health i.e., use of arts for promotion of mental health and whether arts has a role in rehabilitation aspects and negative symptoms in mental illnesses.
- ✓ Dr. Pavitra has been an active resource person in media programmes on educating the public on mental health.
 - A series of weekly Television programmes for three consecutive years in Bangalore Doordarshan on Mental health.
 - A series of 16 television programmes on women's mental health and parenting named "Manini" (woman).
 - Numerous talks on All India Radio
 - Numerous workshops at schools on adolescent mental health, creativity for daily life
 - Numerous workshops at women's organizations focusing on women's mental health.