

Dr. Avdesh Sharma
M.B.B.S., M.D., D.P.M.; (Psychiatry)
Consultant Psychiatrist



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DR. AVDESH SHARMA, M.B.B.S., D.P.M., M.D. (Psychiatry), *Gold Medalist* from National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore, is a *practicing psychiatrist* for twenty five years in New Delhi. He is President Elect of *Indian Association of Private Psychiatry*. He is the Past President of *Indian Psychiatric Society* (North Zone) and *Delhi Psychiatric Society*; member, National Advisory Board of *Indian Association of Private Psychiatry*, founder member of *Indian Association of Biological Psychiatry* and *Indian Society for Bipolar Disorders* and Secretary of *Indian Chapter of South Asian Forum for Mental Health*, Coordinator for ‘*Media and Public Education Committee*’ of ‘*Psychiatry in Developing Nations*’ Section of ‘*World Psychiatric Association*’ (WPA) and Chairperson – *Indian Psychiatric Society’s task force on ‘Spiritualism and Mental Health’*. He was Chairperson of *Non-Pharmacological Methods of Treatment* (Art of Psychiatry) Committee and Chairperson, ‘*Public Education and Mass Media*’ Committee of Indian Association of Private Psychiatry (IAPP). He is the Vice-President of *Medical Renaissance group worldwide*. He is the *member, advisory committee & Director*, Communications of WASS (World Academy of Spiritual Sciences). He is member, Advisory Board of the Centre for Mental Health & Spiritual Studies at Fountain House, Lahore, Pakistan. He is also member of Research Committee of *Global Hospital and Medical Research Center, Mount Abu*. He is advisor to *Indian Institute of Mind Body Medicine*. Dr. Avdesh Sharma is the Founder of **Mind’s Vision**, a center for Holistic Health, Director of ‘**Parivartan**’ Center for Mental Health, and Managing Trustee of ‘**RAHAT**’ Charitable and Medical Research Trust.

MEMBERSHIP

Dr. Avdesh Sharma is the **International Associate of Royal College of Psychiatrists; International member of World Psychiatric Association, World Federation for Mental Health, World Association of Psychosocial Rehabilitation, American Psychiatric Association, and International Society for Bipolar Disorders. He is the Fellow of Indian Psychiatric Society, Indian Association of Private Psychiatry, Indian Psychiatric**

Society (North Zone), Indian Association of Social Psychiatry, Delhi Psychiatric Society and Member, Indian Medical Association and Delhi Medical Association.

PSYCHO SPIRITUAL INTERESTS

Dr. Avdesh Sharma is **Master Teacher Healer** of '*Reiki*', '*Karuna Reiki*' and '*Magnified Healing*'. He has been trained in '**Reyukai**' (Japanese Meditation), **Transcendental Meditation**, **Sukhbodanada's Meditational techniques**, **Deepak Chopra's Beej Mantra Meditation** and **Brahma Kumari's Raj Yoga Meditations**, which he regularly practices; hold seminars on and prescribes to his clients.

He has been associated with various wings of Brahmakumaris, a global NGO having a consultative status with United Nations for about twelve years and has been a faculty on numerous International and national conferences & retreats on Soul Mind Body Medicine and Meditation. He has been actively involved in the Medical wing of Raj Yoga Education and Research Foundation and Global Hospital, Mt. Abu. He has been involved in various international and national programs of professional and spiritual organizations.

Dr. Avdesh Sharma has addressed more than 200 international and national conferences on Spirituality and Mental Health in India and abroad. He has authored many papers in lay and professional journals on these subjects and is a popular public speaker on integrating spirituality in Medicine and Health. He has featured on electronic (television and radio) as well as print media on these topics in India and abroad.

CONSULTING WORK

Dr. Avdesh Sharma has worked as a Consultant Psychiatrist in NIMHANS, Bangalore; G.B. PANT HOSPITAL, New Delhi and BATRA HOSPITAL. He has been visiting consultant to many private and govt. run de-addiction centers like 'Tilanjali', SPARC etc. He has served as consultant on drug abuse to Ministry of Welfare, Govt. of India.

PRESENTATIONS

Dr. Avdesh Sharma has represented India at many forums and conferences including Fellowship of USIC in Maryland (USA) and has represented **South Asia at the United Nations General Assembly** on media and drug abuse in 1998. He has lectured in more than 300 international and national forums as well as being a resource person for programs of Rotary and Lions Clubs. He has more than 500 appearances at forums for the general public and special groups. He carries out drug abuse programmes in schools and colleges. **He carries out 'Stress Management Programmes' along with colleagues for executives and general public and the organizations having benefited include IFFCO, KRIBHCO, FCI, ET&T, SCOPE, ONGC, HIEPA, British School, Raj Yoga Foundation, Indian Medical Association, DTC, J.K. Industries, Govt. of Sikkim etc.** He has also carried out '**Psychospiritual Management**' on various Forums including **British Indian Psychiatric Association, Indian-Australian Psychiatric Association, Raj Yoga Education & Research Foundation, Indian Psychiatric Society Conferences etc.** He has trained United Nations Population Fund (UNFPA) national staff on 'Living Values for a We

Culture'. He is now involved in workshops and training in Mental Health and Spiritual Values for Youth specially in schools.

AUDIO-VISUAL AWARENESS WORK

Dr. Avdesh Sharma anchored and programmed a weekly/fortnightly series on drug abuse '**Andhi Galiyan**', (Blind Street) for seven years from 1986 onward on DD National network in about 200 episodes. The 15 min. docu-discussion programme focused on policies, progress and prevention and treatment aspects featuring patients, families, health and policy professionals. Dr. Avdesh Sharma has directed, anchored and written many health, mental health and stress related serials for television. These include '**Mind Watch**', a 26-episode non-fiction English serial for television (*Doordarshan*) on mental health, which is the longest running non-fiction mental health serial in the world (having run twelve times on DD). The other serials include '**Mind Your Mind**' (Mental Illnesses), '**Khamosh Shatru**' (AIDS), '**Azadi Ki Aur**' (Health in India), '**Better Halves**' (Women's Health), '**Ayushman Bhav**' and '**Body Mind Soul**' (Holistic Health). He has anchored more than 300 programmes on national television (Doordarshan) and has appeared as expert on many international and national channels like BBC, Asian channel of USA, Zee television, Jain T.V. and TVI etc. He has also appeared on more than 100 broadcasts of National Radio of India (AIR). He is the creator of '**Psychospeak**', a public health information series for the Internet. He has been featured as a guest for 13 episode on Prime Time "**Awakening Brahmakumaries**" on Aastha Channel on Scientific Spirituality in Oct. 2008

PRINT MEDIA CONTRIBUTIONS & PUBLICATIONS

Dr. Avdesh Sharma has appeared as expert in more than 500 articles in Popular press for Public including international magazines like 'Time', 'Week', 'India Today', 'Outlook' etc. and all national and regional newspapers. He has written more than 500 articles in National newspapers like 'Hindustan Times' and 'Times of India' including two weekly series on mental health '*Behaviors*' and '*Relationships*' for over three years. Dr. Avdesh Sharma is currently a guest columnist in Magazine '*India Empire*'. He has written chapters for IMA Course on '**Sexual Medicine**' for General Physicians. He is the author of two Books on Stress – '**Distress to De-Stress**' and '**Alwida Tanav**'. He has written more than 100 scientific papers for journals, chapters in Books on Mental health and status reports of UNDCP and WHO. He has edited three books of proceedings on '**Art of Psychiatry**' **2004, 2005, 2006**, on Non Pharmacological Methods of Treatment in Psychiatry.

He is the editor of the book '**Spirituality and Mental Health: Reflections of the Past, Application in the Present and Projections for the Future**', published in 2009 by Indian Psychiatric Society and Medical Wing of RERF.

AWARDS

Dr. Avdesh Sharma has received awards and honors including '**Dr. Ramachandra Murthy Award**' as Psychiatrist of the Year from Indian Medical Association, '**Sadhna Kala Award**' for Community Awareness by Indian Medical Association, '**Scroll of Honor**' from Delhi Medical Association for 'Contribution in Public Awareness Programmes and Journalism,

'Medical Excellence Award' from National Institute of Economic Development, **'Gem of India'** and **'Rashtriya Gaurav Award'** at All India Achiever's Conference. He is listed in *'Indo-American Who's Who'* and *'Reference Asia's Men and Women of Achievement'*.