

CV OF SUPERVISOR

(Teaching experience and Publications)

Name : **Dr. Rajnish Raj**

Qualification : **MBBS, MD (Psychiatry)**
(With name of the University and Dates) MBBS-GNDU, Amritsar; Dec, 1997
MD Psychiatry
Government Medical College, Patiala
BFUHS, Faridkot; June, 2005

Designation : **Professor and Head**

- i. Date of Appointment/Joining as Professor : 29/09/2018
- ii. Place of Posting : Department of Psychiatry,
GMC, Patiala
- iii. Date since when posted on the present post : 29/09/2018

Other appointments as:-

- i. Registrar (Senior Resident) : 20/09/2005 to 19/09/2008
- ii. Assistant Professor : 21/06/2011 to 06/09/2015
- iii. Associate Professor : 07/09/2015 to 29/09/2018
- iv. Professor (Patiala) : 29/09/2018 to 13/12/2018
- v. Professor (Amritsar) : 14/12/2018 to 11/03/2019
- vi. Professor (Patiala) : 12/03/2019 to till date

Total Teaching Experience: 11 years and 4 months

Total MD, Thesis conducted as

Supervisor: 5

Co-supervisor:4

PhD Thesis

Co-Supervisor: 4

Academic Activities in last Five years (5yrs)

- | | | |
|---------------------|---|----|
| i. Paper Presented | : | 4 |
| ii. Paper Published | : | 36 |

Total MD Psychiatry Thesis Evaluation of Baba Farid University of Health Sciences Faridkot: 4

PUBLICATIONS AND RESEARCH WORK IN VARIOUS NATIONAL AND INTERNATIONAL INDEXED JOURNALS

Original research articles:

1. Hara Harbag Singh, Mukhtiar Singh, Ajay Gupta, **Rajnish Raj**, Hara Pritam Kaur. Idiopathic epilepsies. A population based epidemiological study. Int J Medical & Dent Science 2015; 4(2): 756-64.
2. Hara Harbag Singh, Maheshwari AK, Singh Mukhtiar, Gupta Ajay, **Raj Rajnish** and Hara Pritam Kaur. Focal and other epilepsies. A population based epidemiological study. J Research Med Educ & Ethics 2015;5(2): 115-9.
3. Hara Singh Harbag, Ajay Gupta, Mukhtiar Singh, **Rajnish Raj**, Harminder Singh, Gaurav Pawar, Pritam Kaur Hara, Jaswinder Singh. Epilepsy in Punjab (India): A population-based Epidemiologic study. Neuroepidemiology 2015;45:273-81.
4. Pahwa Mehak, Sidhu Balwant Singh, **Raj Rajnish**, Kumar Eish. Tramadol vs Buprenorphine for the treatment of opioid dependence. A comparative study. J Addic Res Ther 2015; 6(3):239. doi.10.4172/2155-6105.1000239.
5. **Rajnish Raj**, Ravinder Singh and Rakesh Tilak Raj. Critical appraisal of Fish's Clinical Psychopathology Signs and Symptoms in Psychiatry (Third Edition). Int J Psychol & Behav Science 2016;6(2): 47-52.
6. **Raj Rajnish**, Raj Anuradha, Garg Rohit. Antidepressants-a possibly risk factor for cataract development: a cross-sectional study. Int J Basic Clin Pharmacol 2017;6:1095-100.
7. Anupama Chopra and **Rajnish Raj**. Unfolding the secret of poetry as therapy. IJAR: Int J App Research. 2017; 3(7): 536-8.

8. **Rajnish Raj**, Balwant Singh Sidhu, Kuldip Chand Sharma. Psychiatric morbidity among students appearing in final semester bachelor of engineering examination. IJCAR: Int J Cur Adv Res. 2017;6(9):6266-71.
9. Anupama Chopra and **Rajnish Raj**. Cat in the Rain-A Psycho-Social Analysis. IJCAR: Int J Cur Adv Res. 2017; 06(11):7236-8.
10. **Raj Rajnish**, Bhagat Nisha. Psychiatric morbidity in newly diagnosed carcinoma cervix and its comparison with benign condition. Int J Reprod Contracept Obstet Gynecol. 2017;6(11):4990-7.
11. **Rajnish Raj** et al. Critical appraisal of an article on "Emperor Ashoka: did he suffer from von- Recklinghausen's disease? IJCAR: Int J Cur Adv Res. 2017;06(11):7439-44.
12. Bhagat G, **Raj Rajnish**, Sidhu BS and Sidhu AK. A Cross- Sectional Study on Behavioural and Psychological Symptoms of Dementia in Elderly and its Impact on Quality of Life in a Tertiary Care Hospital. Int J Adv Medicine. 2018;5:614-23.
13. Rohit Garg, Satinder Cheema and **Rajnish Raj**. Psychometric properties of Hindi translated version of insight in psychosis questionnaire and its relation to psychopathology in Indian population. Ind J Psychol Med. 2018; 40(2): 113-20.
14. Garg R, **Raj Rajnish**. A cross-sectional study of self-stigma and discrimination among patients with depression. Open J Psychiatry Allied Sci. 2019;10:124-7.
15. Singh P, Sidhu BS, **Raj Rajnish**. and Mittal N. Mephentermine Dependence: Emerging Trend of Substance Abuse and its Challenges. J Med Dent Sci. 2019; 8(1):1715-17.
16. Sharma H, **Raj Rajnish**, Juneja M. EEG signal based classification before and after combined Yoga and Sudarshan Kriya. J Neulet.2019;707:134300.

MD, Thesis, 2015-16

Co-Supervisor:

1. **Dementia in elderly: A study of behavioural and psychological symptoms and their impact on quality of life. (Completed in 2017)**

Location of Study:

Department of Psychiatry, Government Medical College and Rajindra Hospital,

Patiala-147001 (Punjab) India.

MD, Thesis, 2016-17

Co-Supervisor:

2. **To study psychiatric morbidity and quality of life in patients of migraine.**

Location of Study:

Department of Psychiatry, Government Medical College and Rajindra Hospital,

Patiala-147001 (Punjab) India.

PhD, Thesis, 2016-17

Co-Supervisor:

3. **Development of an approach to study the effect of alternative and complementary therapy on human brain using EEG. (Completed in 2018)**

Location of Study:

1. Department of Computer Science, Punjab and Engineering College, Chandigarh.
2. Department of Psychiatry, Government Medical College and Rajindra Hospital, Patiala-147001 (Punjab) India.

MD Thesis, 2017-2020

Supervisor:

To find out the therapeutic efficacy of Rhemercise (Kabaddi Yoga) in patients of opioid use disorder (Completed)

Location of Study:

Department of Psychiatry, Government Medical College and Rajindra Hospital,
Patiala-147001 (Punjab) India.

MD Thesis, 2017-2020

Supervisor:

The study of psychiatric morbidity and quality of life among orthopaedically challenged individuals (Completed)

Location of Study:

Department of Psychiatry, Government Medical College and Rajindra Hospital,
Patiala-147001 (Punjab) India.

MD Thesis, 2017-2020

Supervisor:

To study the caregiver burden, coping strategies and quality of life among Working Women and Homemaker taking care of Psychiatric patients in Tertiary Care Hospital: A Cross-Sectional Study

MD Thesis, 2018-2021

Supervisor:

To study the effectiveness of Tibolone in postmenopausal depression

Location of Study:

Department of Psychiatry, Government Medical College and Rajindra Hospital,
Patiala-147001 (Punjab) India.

MD Thesis, 2018-2021

Supervisor:

To study the therapeutic efficacy of aripiprazole augmentation in treatment resistant Obsessive compulsive disorder

Location of Study:

Department of Psychiatry, Government Medical College and Rajindra Hospital,
Patiala-147001 (Punjab) India.

MD Thesis, 2018-2021

Co-Supervisor:

The study of quality of life, stigma, motivation to seek treatment and attitude towards Buprenorphine among patients with Opioid Dependence

Location of Study:

Department of Psychiatry, Government Medical College and Rajindra Hospital,
Patiala-147001 (Punjab) India.

Projects in the Department of Psychiatry, Government Medical College & Rajindra Hospital, Patiala, 2016-17.

Principal Investigator: Dr. Rajnish Raj

1. To compare the safety and effectiveness of antidepressant, olanzapine and Lithium treatment moderate dose use (LiTMUS) as mood stabilizer versus lamotrigine and mood stabilizing therapy in treating people with bipolar type III major depression.
2. To study the therapeutic efficacy of oral Ketamine in obsessive compulsive disorder

ICMR Project: (Submitted)

Principal Investigator: Dr. Rajnish Raj

3. To Study Correlation of S100 A10 (p 11) in Major Depressive Episode of Unipolar and Bipolar disorder

Various ongoing Projects in the field of Translational Psychiatry, 2016-17

Title:

1. **Monitoring and Management of Concentration and Memory Power of School Children Using Mind Power Excel Technology.**

Location of study: Thapar University, Patiala.

Principal Director:

1. Dr. (Ms). Ravi Kiran, Ex. Professor, Head of School of Humanity and Social Sciences, Thapar University, Patiala-147004 (Punjab) India.

Co-Director:

2. Er. Anurag Joshi, M.E., PhD, Research Scholar, School of Humanity and Social Sciences and Department of Electrical Engineering, Thapar University, Patiala-147004 (Punjab) India.
3. **Dr. Rajnish Raj**, M.D., Psychiatry, Associate Professor, Department of Psychiatry, Government Medical College and Rajindra Hospital, Patiala-147001 (Punjab) India.

Title:

2. **An Experimental Study to Investigate Effects of Deep Breathing on Skin Conductivity using GSR Sensor Meter. (Completed)**

Location of study: Thapar Institute of Engineering and College, Patiala.

Principal Director:

1. Er. Anurag Joshi, M.E., PhD, Research Scholar, School of Humanity and Social Sciences and Department of Electrical Engineering, Thapar University, Patiala-147004 (Punjab) India.

Co-Director:

2. Dr. (Ms). Ravi Kiran, Ex. Professor, Head of School of Humanity and Social Sciences, Thapar University, Patiala-147004 (Punjab) India.
3. Dr. Ash Narayan Sah, Assistant Professor, School of Humanity and Social Sciences, Thapar University, Patiala-147004 (Punjab) India.
4. **Dr. Rajnish Raj**, M.D., Psychiatry, Associate Professor, Department of Psychiatry, Government Medical College and Rajindra Hospital, Patiala-147001(Punjab) India.

Proposal submitted to Indian Council of Social Science Research (ICSSR), 2016-17.**Title:**

3. **Stress monitoring through non-invasive instrumental analysis of skin conductivity.**

Location of study: Thapar Institute of Engineering and College, Patiala.

Principal Director:

1. Dr. (Ms). Ravi Kiran, Ex. Professor, Head of School of Humanity and Social Sciences, Thapar University, Patiala-147004 (Punjab) India.

Co-Director:

2. Er. Anurag Joshi, M.E., PhD, Research Scholar, School of Humanity and Social Sciences and Department of Electrical Engineering, Thapar University, Patiala-147004 (Punjab) India.
3. **Dr. Rajnish Raj**, M.D., Psychiatry, Associate Professor, Department of Psychiatry, Government Medical College and Rajindra Hospital, Patiala-147001 (Punjab) India.

Proposal submitted under technology intervention for disabled elderly (TIDE) Programme at New Delhi, 2015-16.**Co-Investigator:****Titled:**

An expert system based facilitation decision in detection of Alzheimer's disease for elderly people.

Location of study: Multi-centric study to be conducted in Chitkara Engineering University of Punjab and Department of Psychiatry and Physiology of Government Medical College, Patiala.