

C.V.: January 2017

Prof.R. Srinivasa Murthy, born on 18 September , 1947, completed his undergraduate medical training from the Christian Medical College, Vellore, in 1971. During undergraduate course, he received gold medals in medicine and surgery and selected for Nuffield Fellowship in London. He completed postgraduate training in psychiatry, from the Postgraduate Institute of Medical Education and Research(PGIMER), Chandigarh in 1975. He was selected for the Silver Medal of the department and the gold medal for the best outgoing postgraduate of the Institute.

Prof.Murthy has been a full time academician/researcher from the time of completion of postgraduate training. He was faculty at PGIMER (1975-1981) and the National institute of Mental health and Neurosciences(NIMHANS) Bangalore(1982-2003). Prof. Murthy was **Professor of Psychiatry** at the National Institute of Mental Health and Neurosciences, Bangalore, India, from **1987-2003**. He was **Head of the Department of Psychiatry**, from January 1988 to February 1997 (9 years) with over 50 postgraduates and 40 academic staff. He has been a much respected teacher and mentor to many of the current leaders in psychiatry in India.

He was a staff of World health Organisation (WHO) during 2000-2001(Chief Editor, World Health Report, 2001- Mental Health) and 2004-2006(in the WHO-EMRO Office). Since retirement, he has provided honorary services to non-governmental organisations like the Association for the Mentally challenged, (AMC) Bangalore(2008-2014), Sri Shankara Cancer Hospital and Research Centre(SSCHRC), Bangalore (2015-2016). He was awarded the Distinguished Scientist Chair of Indian Council of Medical research, (ICMR), New Delhi in May 2016.

The broad theme on which Prof.Murthy has worked can be reflected by **'REACHING THE UNREACHED'**.

Recognising the large need for mental health care in the community, the limited resources available to reach the needy people, he identified the development of community mental health care as the approach. This was through the sharing of mental health skills with the non-specialist health personnel like the health workers/ primary health care doctors and through empowerment for mental health in the individuals. What is unique about Prof.Murthy is that he not only dreamed of 'BIG' changes in the community, but worked towards making it a reality, through research and programme development.

The most important of these developments are in the areas of (i) mental health services through integration of mental health with general health services; (ii) disaster mental health care; (iii) care of persons with intellectual developmental disability and (iv) persons diagnosed with cancer and their caregivers.

Mental Health services:

Challenged by the limited utilization of psychiatric services from the Department of psychiatry (8,17) and recognizing the importance of distance people have to travel to seek care, he under the leadership of Prof.Wig, initiated community mental health care.

Beginning with the WHO international Collaborative project ' Strategies for Extending Mental Health Care'(1976-1982). (49, 51,56, 63, 85,89,90,92,). Dr.Murthy has been one of the leaders in

the development of community mental health programmes in the country(102, 110, 124,126,132, 140,148,149,219). He was a member of team developing the Bellary District Mental health Programme. He was officer in charge of the ICMR Advanced Centre for Research in Community Mental health (1985-1990). He has been contributed to the implementation of the National Mental Health Programme in India. He assisted the Government of Karnataka to develop long term mental health plans for the State. He was a Commissioner of Supreme Court in the understanding of the ‘mentally ill in the jails of West Bengal (1994) and the Chairperson of the Committee set up by the High Court of Madras to study the issues relating to the homeless mentally ill and the IMH, Chennai(2009).

In the last 40 years, the scene in India has changed from mental hospital care to care in the community. His research in integrating mental health as part of primary health care contributed to the development of the National Mental Health Programme (NMHP), which currently covers nearly one third of the country. This is a significant achievement.

Disaster Mental Health Care:

It took two months, following the Bhopal Disaster in 1984, for Dr.Murthy to be invited to understand the mental health impact. In contrast, during the tsunami in 2004, there were mental health teams as part of the immediate response to the disaster. This change has been led by Prof.Murthy.

Prof.Murthy has been working on understanding the mental health impact of disasters (manmade and natural) and developing psychosocial interventions for survivors of disasters, beginning with the Bhopal Disaster in 1984.(107, 108,133,186,192, 201,212, 235,239,240, 244). His commitment to the Bhopal population has continued for over three decades and resulted in two training manuals for doctors (1987 and 2016). In the last 32 years, he has worked with the survivors of disasters of Marathwada Earthquake, Orissa Supercyclone, Gujarat riots, and at the international level with the war survivors in Afghanistan, Iraq, Iran, Sudan and Somalia. His chief contribution has been in developing and evaluation community based interventions involving the survivors, community level workers, teachers and health personnel. He has co-edited two books on disaster mental health in India and Asia.

A significant result of his work has been the inclusion of mental health care as part of the disaster response in India.

Work with intellectually Challenged persons and their families.

Recognising the emotional needs of the families with a ‘special child’ and the need for emotional support, Prof.Murthy has worked towards empowerment of families.(25,33,50,61,69,132,139, 211,222).

Prof. Murthy’s association with persons with intellectual disability and their families since 1973. He started work in this field, by providing professional support(as a postgraduate) to Prem Ashram, Una (Himachal Pradesh) during the 1970’s through once a month visits. During the 1980’s and 1990’s he guided many initiatives of Action Aid (disability division), CAPART of Govt. Of India, National Institute of Mentally Handicapped, Secunderabad and a number of voluntary organisations. From 2007 to 2014, he guided the Association for the Mentally Challenged (AMC), Bangalore to develop community care programmes. Recognising families

are the chief support for mentally challenged persons and they have continuous challenge of caring and supporting the mentally challenged throughout the life. Towards meeting this need, the goal of SAMRUDDHI is to strengthen and enrich the family life of mentally challenged persons. Support to families would include helpline, community radio, volunteer support to families and self-help groups, income generating activities for families, forming a network of support available at all times to families. He contributed to this cause, the total amount of Euro 40,000/ he received from the WPA Prof.Lopez Ibor, award in 2012.

Research

Prof. has published extensively in national and international journals (over **240 publications**). Dr.Murthy has authored **over 10 manuals** of mental health care(for non-specialists) and **co-edited books** on **(i) Community mental health- Proceedings of Indo-US Symposium on community Mental Health(1987); (ii) Decade of the Brain(1994);(iii) Mental Health in India-1947-2000; (iv) Disaster mental health in India(2004); (v) Advances in Disaster Mental Health in Asia (2006).**

International work

Prof. Murthy has worked with **WHO** extensively. He was short term Consultant(STC) to assist in the development of national programmes of mental health in a number of developing countries from 1985-2003 (**Bhutan, Iran, Kuwait, Myanmar, Nepal, Pakistan, Sri Lanka, Yemen**) **He functioned as Editor in Chief of the World Health Report 2001 of W.H.O. during 2000-2001. The report focused on Mental Health.** Following retirement in 2004, he worked with the World Health Organisation at the Eastern Mediterranean Regional Offices of Cairo and Amman. During the last two years he was the mental health officer of WHO-Iraq. **The most recent assignments are to assist the Governments of South Sudan (October-Dec 2011) and Somalia (March 2012 and April 2012) and Afghanistan (2012, 2015)to develop country mental health strategies.**

Current Activities: Cancer care and Emotional Health

*Spurred by the personal experience of living with cancer (2013....), and recognition of the current lack of emotional health care for persons diagnosed with cancer and their caregivers, currently he is directing his professional skills to develop psychosocial tools for **SELF-CARE FOR EMOTIONAL HEALTH** for persons diagnosed with cancer and their caregivers (241.242.243).*

Similar to the early career efforts to develop integration of mental health with general health care, the current goal is to make mental health care an essential part of cancer care. The focus of current work is (i) to develop tools for screening for emotional distress; (ii) develop self-care skills for emotional health; (iii) develop and evaluate psychosocial interventions; and (iv) advocacy for emotional health to make it an integral part of cancer care in India and other low and middle income (LAMI) countries.

In summary, Prof.Murthy, has brought a new vision to mental health care in India and other developing countries by his commitment and contributions to community mental health care, developing interventions to empower survivors of disasters, families living with a special child and persons diagnosed with cancer and their caregivers (**'REACHING THE UNREACHED'**).