

# CURRICULUM VITAE

**NAME** : Dr. Sagar Lavania

**DATE OF BIRTH** : 27<sup>th</sup> June, 1976

**ADDRESS (Permanent)** : Permanent: H No. 126, Sector 6E, Avas Vikas Colony, Agra, U.P., India.

**CONTACT DETAILS** : Email: sagarlavania@gmail.com (Preferred)  
(In order of preference) Mobile: 91-99179-84336  
Phone: 91-562-2601787 (Residence)

**LANGUAGES KNOWN** : Hindi (Mother tongue) English

## QUALIFICATIONS

Course	School/Institute	Period	Results
M.D. (Psychiatry)	Central Institute of Psychiatry, Ranchi (Ranchi University, Jharkhand, India).	2006-2009	Pass (no marks are separately awarded as per university rule)
D.P.M.	Central Institute of Psychiatry, Ranchi (Ranchi University, Jharkhand, India).	2003-2005	60.5% marks
M.B.B.S. first professional	S. N. Medical College, Agra (Dr. B. R. Ambedkar University of Agra, India)	1996 - 2001	Pass with 53% marks.
M.B.B.S. second professional			Pass with 51% marks.
M.B.B.S. final professional			Pass with 52% marks.

## POST MD EXPERIENCE

Position	Duration	Supervisor	Reason for leaving
Assistant Professor S.N. Medical College, Agra	6 Aug 2009 to 21 March 2015	Dr. K.C. Gurnani, Head of Dept. of Psychiatry	Promoted
Associate Professor S.N. Medical College, Agra	22 March 2015 to 5 Aug. 2016	Dr. K.C. Gurnani Head of Dept. of Psychiatry	Promoted to HOD
Associate Professor & Head of Department of Psychiatry F.H. Medical College, Agra	6th Aug. 2016 to 22 March 2018	Dr. R.K. Goyal Principal	Promoted to Professor
Professor & Head of Department of Psychiatry F.H. Medical College, Agra	23 <sup>rd</sup> March 2018 to till date	Dr. R.K. Goyal Principal	

**CURRENT EMPLOYMENT** : Working as consultant psychiatrist (Professor & Head) in Medical Council of India recognised government medical college in Agra (India) from 23<sup>rd</sup> March 2018 onwards till date.

**MEDICAL REGISTRATION** : Registered at the Medical Council of India, New Delhi. Registration No (MBBS): 23477.  
Registration No (DPM & MD): 09-7981

**PREVIOUS WORK EXPERIENCE**

**Internship (2001-2002)** : The training included rotational posting in General Medicine (12 weeks), General Surgery (6 weeks), Obstetrics & Gynaecology (8 weeks), Community Health Work (Rural & Urban) (12weeks), Otorhinolaryngology (2 weeks), Ophthalmology (2 weeks), Tuberculosis & chest diseases (2 weeks), Casualty (2 weeks), Orthopaedics (2 weeks), Radiodiagnosis (2 weeks) and Paediatrics (2 weeks). Community medicine posting included community paediatrics, maternal child health and family welfare, primary health centre and national control programs.

**Diploma in Psychological Medicine (DPM) (2003-2005)** : Completed a two-year junior residency program leading to D.P.M., from Central Institute of Psychiatry (CIP), Ranchi, India. During this period my main rotation included adult psychiatry (15 Months), De-Addiction Psychiatry (2 months), Child Psychiatry (2 Months), Neurology (2 Months). My research work in the form of dissertation was on- “ Investigation of cloninger’s typology in male Patients with Alcohol dependent Syndrome”

**Non PG Junior Resident (2005-2006)** : Non PG (Post Graduate) Junior residency is an approved program accredited by Medical council of India for medical graduates & postgraduates. **It is a full time temporary post.** Roles and responsibilities of a non PG junior resident are similar to PG junior residence in psychiatry but the candidate is exempted from academic programmes.

**Doctor of Medicine (M.D.) in Psychiatry (2006-2009)** : Completed a three-year junior residency program leading to M.D. in psychiatry from the Central Institute of Psychiatry, Ranchi, India. During this period my main rotation included Adult psychiatry (24 months), child psychiatry (3 Months), De-Addiction(3 Months) Psychiatry(3 months), Neurology (3month). My research work in the form of thesis was on- “Factors associated with Deliberate self harm in male patients with Substance Dependence Syndrome”

## Post MD. Experience

**Assistant Professor** (6 Aug 2009 to 21 March 2015) : Supervisor: Dr. KC. Gurnani, Head of the Department (HOD) of psychiatry, SN. Medical College & Associated Hospitals, Agra, India

**Associate Professor** (22 March 2015 to 5 August 2016)

**Department of Psychiatry, SN. Medical College & Associated Hospital, Agra** : The Department of Psychiatry, S N. Medical College is a 25 year old department.  
Clinical work- OPD twice a week in patient rounds daily, delivering ECT to patients, running a de-addiction programme, giving expert advice to consultation lesion services and managing psychiatry emergency services.  
Teaching work- Bed side teaching of MBBS students, taking regular classes of undergraduate students and conducting CME programme. I supervised two thesis as co-guide.

**Associate Professor & Head** (6th Aug. 2016 to 22 March, 2018) : Supervisor DR. R.K. GOYAL, Principal, F.H. Medical College, Near Etmadpur Railway Over Bridge, NH-2, Etmadpur, Agra India  
**Professor & Head** (23 March, 2018 to till date)

**Department of Psychiatry F.H. Medical College, Agra**

The department of psychiatry in F.H. Medical College (FHMC) is a separate department working for more than 5 years. The department has two consultants who work under head of the department of psychiatry who in turn works under dean/ principal of the college. I am supervising all the teaching & clinical work in the department. During my tenure as the Head of Psychiatrist Department, FHMC, Agra, following duties were undertaken by me:

1. Management of inpatient units (Total patient strength: 15 patients including male, female & child patients distributed in a ward): This included carrying out regular clinical ward discussions, twice weekly ward rounds, one post-OPD evening round for the management of newly admitted patients, and assessment and management of patients with acute and chronic psychiatric illnesses and psychiatric emergencies; also carrying out a weekly chart meeting in which case files of recently discharged patients were reviewed and further management plan was decided. Types of patients included those with substance use disorder, mood disorder, schizophrenia, anxiety disorder, personality disorder, post-partum psychosis, mental retardation, autism and patients with other psychological problems were also seen. Inpatients were evaluated in details, under supervision, especially assessing the high-risk patients (e.g. delirium, suicidal and pregnant female patients) and managing these patients pharmacologically and non-pharmacologically.
2. Management of a twice-weekly outpatient clinic: The outpatient attendance ranged from 40-50 follow-up patients and 10-15 new patients. Both pharmacotherapy and psychosocial interventions were used to manage persons with psychiatric disorders.
3. Screening of new referrals in outpatient department (OPD) for inpatient treatment and detailed evaluation.

4. Referring and liaison with allied mental health professionals, general practitioners, neurologists and other specialists and private psychiatrists.
5. Administration of ECT with psychiatry trainees.
6. Family meeting, psycho-education and discharge counseling for patient's careers. Psychotherapy and psycho education of patients.
7. Training & Teaching of junior resident doctors and under graduate MBBS. students in clinical psychiatry.

**Emergency Psychiatry duties were as under (2/week)-**

- a. Management of emergency ward and attending the calls from the entire hospital.
- b. Training junior resident doctors in acute emergency care psychiatry

**ADDITIONAL COURSES UNDERTAKEN**

1. Participated in the certificate course on ECT administration and organisation: Practical issues, organised by the Indian Psychiatric Society at the 57th Annual National Conference of the Indian Psychiatric Society held during 29th January-1st February, 2005.
2. Complete course of Radiation Hazard – How to deal with medical disorder. Organised by National Atomic research station, At S N Medical College, Agra, September, 2014

**CONFERENCE PRESENTATIONS**

**Paper Presentations**

1. Lavania, S, Khes CRJ (2008). Predictors of severity of alcohol dependence in male patients with alcohol dependence. 60th Annual National Conference of Indian Psychiatric Society (ANCIPS), Kolkota, India. 3-6 January, 2008.
2. Lavania, S, Ram D (2009). Impulsivity associated with Deliberate Self-Harm in substance dependent male patients. Xth Biennial Conference of Indian Association for Child & Adolescent Mental Health (IACAMCOM), New Delhi, India, 23-25 November, 2009.
3. Lavania, S, Ram D (2009). Social profile & Family dynamics of male patients with severe alcohol dependence syndrome. 35th Annual conference of Indian Psychiatric Society Eastern Zonal Branch (CEZIPS 2009), Sikkim, India, 2009.
4. Lavania, S, (2009) Unique form of Dissociative disorder: A case report. Indian association for social psychiatry silver jubilee national conference (NCIASP-2009), Lucknow, India, 15-17 november, 2009.
5. Lavania, S, Ram D (2010). Social profile of male patients with severe opioid dependence syndrome. 62nd Annual National Conference of Indian Psychiatric Society (ANCIPS), Jaipur, India, 17-20 January 2010.
6. Lavania, S, Ram D (2010). Social profile of male patients with severe alcohol dependence syndrome. 62nd Annual

National Conference of Indian Psychiatric Society (ANCIPS), Jaipur, India, 17-20 January 2010.

7. Lavania, S (2010). Sex differences in patients of substance dependence syndrome who attempt deliberate self harm. Annual conference of American Association of Suicidology (AAS), Orlando, Florida, USA, 21-24 April 2010.
8. Lavania S, Kumar L, Haque Nizamie S (2011). Sleep Electroencephalographic spectral power in Alcohol Dependent Patients. World Psychiatric Association – Thematic Conference, Istanbul, Turkey,
9. Lavania S., Praharaj S., Bains H., Sinha V. (2012) Efficacy of haloperidol Vs Levosulpiride injection in patients with acute Psychosis: A Randomized double blind study. International Conference of Royal College of Psychiatrist, Liverpool, 10-13 July, 2012
10. Lavania S., Khan A. H., Nizamie S. H. (2012). Computed tomography brain Morphology and their polysomnographic correlates in Depression. 42nd Annual Meeting of Society of Neuroscience ,New Orleans, October 13-17, 2012
11. Lavania S., Pattojoshi A., Nizamie S.H. (2013). Polysomnographic predictors of response to Milnacipran in Depression. 21st World Congress of Social Psychiatry, Lisbon, June 29- July 3, 2013
12. Lavania S. Singh L.K., Nizamie S.H. (2014). Sleep Electroencephalographic Spectral Power in Alcohol Dependent Patient. Australasian Neuroscience Society, Adelaide, Australia, January 28-31, 2014.
13. Lavania S., Khan A. H., Nizamie S. H. (2014). Polysomnographic Parameters and Their Computed Tomographic correlates in Depression. A comparative study of Patients of depression, their first degree relatives & normal Controls. 69th Annual Scientific Convention & Meeting of Society of Biological Psychiatry, New York, May 8-10, 2014.
14. Lavania S. Sinha V., Gurnani K. C. (2015). The Comparative Efficacy of memantine and Diazepam in Alcohol Withdrawal Syndrome: An Open Level Trial. 67th Annual National Conference of Indian Psychiatric Society, Hyderabad, India, January 8-11, 2015.
15. Lavania S , Siddiqui A, Khess CRJ (2015). Oxidative stress in patients of chronic schizophrenia, Binneal congress of International society of neurochemistry, 22-27 August, Crains, Australia 2015.
16. Lavania S, Khan A H, Pattojoshi A (2017), Plasma lipid peroxidases level in patients of schizophrenia), World Federation of societies of Biological Psychiatry (WFSBP), Copenhagen, Denmark, 18-22 June, 2017.

17. Lavania S, Khan AH, Patojoshi A (2018), Sleep disorders in Alcohol dependent patients, World Congress of Neurology, Osaka, Japan.
18. Lavania S, Patojoshi A, Khan AH, (2019), Does transcranial magnetic stimulation improves tardive dyskinesia in psychosis? 60<sup>th</sup> Annual Meeting of Japanese Society of Neurology, May 22-25, Osaka, Japan.

**Research Publications**

- : 1. **Lavania S.**, Khess CRJ., Dotivala Kn. Perfume: The story of a murderer. Indian journal of social psychiatry, 2008, 24 (1-2), 57-58.
2. **Lavania S.**, Ram D., Praharak SK., Khan A H., Patojoshi A. Deliberate self harm in nondepressed substance dependent patients. Journal of addiction Medicine, 2012, Aug 6(4), 247-252.
3. **Lavania S** , Praharaj SK, Ram D. Deliberate self harm in substance dependent patients. Indian Journal of Private Psychiatry, 2012, 6 (1),62-70.
4. **Lavania S**, Praharaj SK, Kumar S. Prevalence of tardive dysmetria and tardive dyskinesia and their relationship in patients with chronic schizophrenia. Indian Journal of Private Psychiatry, 2012, 6 (1),71-75.
5. **Lavania S.**, Praharaj SK, Bains HS, Kumar S., Rathore DMS., Mohanty S., Nayak M. Does tardive dysmetria really exist? The journal of neuropsychiatry and clinical neurosciences, 2013, 25:1,58-62.
6. **Lavania S**, Praharaj S K, Bains HS, Sinha V, Kumar A. Efficacy and safety of Levosulpiride versus haloperidol injections in patients with acute psychosis: A randomized double-blind study. Clinical Neuropharmacology, 2016, Jul-Aug, 39 (4), 197-200.
7. Mitra S, Mishra AK, Anwar Z, **Lavania S**. Cannabis and delusional zoopathy: A mole that ran amok. Asian journal of psychiatry, 2017 Dec; 30:35-36
8. **Lavania S**, Siddiqui MA, Bharti S, Kumar A. Obsessive compulsive symptoms in patients with primary generalized and partial onset epilepsy. International journal of research in Medical Sciences, 2018, April;6(4), 1183-1186.
9. Nayak M, **Lavania S**. Psychiatric morbidity among school students. International Journal of contemporary Paediatrics. 2018, November;5(6), 2048-2051
10. Nayak M, **Lavania S**, Bakhla AK. Prevalence of overweight and obesity among school going children. International journal of scientific research. 2018, September7(6), 2277-2279.

**OTHER RELEVANT EXPERIENCE**

Have a working knowledge of computers: able to work with Windows XP, Office XP (Microsoft word, power-point, excel), carry out Internet browsing.

**AWARDS**

- : • Award from Indian Council of medical research for an Non-ICMR scientist in year 2010 to present paper in United States of America.
- Anil Kumar Dutt award for best poster titled-”Social Networking Associated with Deliberate Self Harm in Substance Dependent Male Patients” from Indian Association of Private Psychiatry (IAPP) at annual meeting in Jammu 24-26 September, 2010, India
- Travel award from World Federation of Societies of Biological Psychiatry (WFSBP) to present paper in world congress in prague 29th may -2nd june 2011.
- Anil Kumar Dutt award for best poster titled-“Prevalence of Tardive Dysmentia & Tardive Dyskinesia and their relationship with chronic Schizophrenia” from Indian Association of Private Psychiatry (IAPP) at annual meeting in Trivananderapuram, 11-13 November, 2011, India
- Japanese society of psychiatry & neurology fellowship award for presentation in 108th annual meeting at Sapporo, 24-26 may, 2012
- International bursary cum travel award from royal college of psychiatry for presentation in annual meeting in Liverpool-2012.
- International travel fellowship from society for neuroscience to attend & present in annual meeting in New Orleans 13-17 Oct 2012.
- Young Psychiatry Fellowship from World Association of Social Psychiatry to Attend & present in 21st World congress of Social Psychiatry in Lisbon from 29th June 3rd July 2013.
- IBRO-APRC International Travel Grant to attend & Present in Australian Neuroscience Society Annual meeting in Adelaide from 28th-31st January 2014.
- International Travel Scholarship to attend & Present in 69th Annual meeting of Society of Biological Psychiatry in New York from 7th-10th May 2014.
- International young scientist travel award to present in ISN-APSN Joint Biennial Meeting, Cairns, Australia, 23-27 August, 2015.
- Young Psychiatry fellowship to present my work at annual congress of WFSBP 2017 at Copenhagen, Denmark, 18-22 June, 2017.
- Travel Bursary to attend WCN at Osaka, Japan, 2018.
- Travel grant to attend 60<sup>th</sup> Annual meeting of Japanese Society of Neurology, May 22-25, 2019, Osaka, Japan.

**CURRENT RESEARCH PROJECTS:**

- Suicide in patients with substance dependence
- Antidementia drugs and their efficacy

**CAREER GOALS** : I am looking for a clinical position, which also allows me to do active research.

**HOBBIES AND INTERESTS** : Music & Games including athletics, volley ball, and cricket.

**REFEREES** :

1. DR. R.K. GOYAL, Principal, F.H. Medical College, Near Etmadpur Railway Over Bridge, NH-2, Etmadpur, Agra (Uttar Pradesh) India-283 201. Ph: 09837252854, Email: fhmc.mediclaim@gmail.com
2. DR. K C GURNANI, M.D. Head of Department & Professor of Psychiatry, Department of Psychiatry, Sarojini Naidu Medical College, Agra-282002, Uttar Pradesh, India Tel: + 91- 9897698020 E-mail: 1952kcg@gmail.com
3. DR. D Ram, M.D., Director & Professor of Psychiatry, Central Institute of Psychiatry, Kanke (PO), Ranchi-834006, India. Tele: 91- 651-2232618 / 2231844 ext. 212 (Office) 2450434 (Residence). Fax: 91-651-2233668 Email:director@cipranchi.nic.in

#### **DECLARATION**

I, **Dr. SAGAR LAVANIA**, here by state that the particulars given in this resume are correct to the best of my knowledge and belief.

**(DR. SAGAR LAVANIA)**