

# Dr Mohan Sunil Kumar MBBS, DPM, FIPS, FIAPP

## || Psychiatrist || Mental Health Entrepreneur ||

### Current positions:

- Co-Founder and Director, Augmenta Health Private Limited
- Chief Psychiatrist, Couch – Centre for new beginning
- Expert Member, Board of Studies, National Digital Academy – NIMHANS
- Psychiatry Faculty, Marrow – India's leading app for postgraduate medical entrance exam
- Psychiatry Faculty, DBMCI, Post Graduate Entrance Coaching Institute

### Academic Qualifications:

- National Institute of Mental Health and Neuro Sciences (NIMHANS) Post Graduate Diploma in Psychological Medicine (D.P.M): (April 2005- April 2007)
- JJMMC Medical College, Davangere, affiliated to Rajiv Gandhi University of Health Sciences (Bengaluru): Bachelor of Medicine and Surgery (MBBS) (1998-2004)

### Fellowships and Recognitions:

- Fellow of Ramachandra N Moorthy Foundation, NIMHANS
- Fellow of the Indian Psychiatric Society
- Fellow of the Indian Private Psychiatric Society
- Helpie was recognized as the finalist for the Best Community Outreach Program Using Information Technology (6th International Conference on Transforming Health Care with Information Technology, Bengaluru, Oct 2015)
- Augmenta Health was selected as one of the few health care startups to present for the session on “Startups and Innovations – The way forward” (6th International Conference on Transforming Health Care with Information Technology, Bengaluru, Oct 2015)

### Previous Experience:

**April 2009 – May 2016: Consultant Psychiatrist, Freedom Foundation, 12 Step based therapeutic community for Addiction related disorders.** - Manage patients with dual diagnosis, multiple relapses, and neuropsychiatric emergencies. Plan rehabilitation and discharge programs for individual patients.

- **December 2008 – August 2014: Consultant Psychiatrist, BEML Medical Centre (Kolar and Bengaluru)** - Consultant for Out Patient Mental health services, handling initial screening, detailed assessments and treatment of the employees and their dependents. Also was actively involved in liaisoning with other medical professionals, sensitization of mental health issues with various stake holders of the organization.

**September 2008 – January 2013: Founder Member and Ex-Member Secretary, Magpower Independent Ethics Committee** - Played active role in creation of the committee, development and execution of Standard operating procedures, review of ethical aspects of submitted clinical trials.

**August 2008 – August 2009: Consultant Psychiatrist, State referral Centre, NPRPD scheme** - Headed the Psychiatric services and involved in assessment, certification of mental disability, plan and conduct community camps.

**May 2007 - October 2007: Research officer (Sub Investigator), NIMHANS**

Worked with Dr. Chittaranjan Andrade, Head of Psychopharmacology, NIMHANS in Psychiatric research projects. Appropriately trained and credentialed to conduct research involving human subjects that meet all regulatory requirements.

**November 2004 - March 2005: Junior Resident, Department of Neurology, NIMHANS**  
Manage inpatient, outpatient and emergency services, as individual and part of a team.

#### **Recent Salient Academic Trainings/CMEs/Workshops:**

- Invited keynote speaker, trainer, panelist, and moderator in various forums of national and international repute related to various fields of mental health and allied sciences.
- Designed and conducted the following training programs for the fellow mental health professionals: Insomnia 101, Smoking Cessation 101, and Suicide Prevention 101.
- Lectures at various corporates, academic institutes and other relevant platforms on Suicide Prevention, Substance use disorders, Understanding Psychotropic Medications for Counsellors etc.

#### **Public Health Initiatives and Volunteering activities:**

- Designing, development and maintenance of an active mental health crisis line platform – [helpie.co.in](http://helpie.co.in)
- Designing, development and maintenance of an active virtual knowledge platform for medical and mental health professionals – [augmentahealth.com/ilovebrains](http://augmentahealth.com/ilovebrains)
- Designing, development and maintenance of an active virtual community mental health conversation space – [augmentahealth.com/essentialconversations](http://augmentahealth.com/essentialconversations)
- Developed modules and conducted Workshop, as a team for COPER, for Oncologists and Onco-Nurses, about communication skills in cancer care settings, 2011 – 2012.
- Developed online survey of Knowledge, Attitude and Practice, among Professionals involved in contemporary management of substance use disorders. In collaboration with Department of Clinical Pharmacology, St. John's Medical College, Nov 2011.
- Developed one day alcohol and nicotine addiction awareness modules for a public sector company, May 2011.

### **Books/Modules/Papers Written:**

- Telepsychiatry Netiquette: Connect, Communicate and Consult. Kumar MS, Krishnamurthy S, Dhruve N, Somashekar B, Gowda MR. Indian J Psychol Med. 2020 Oct 1;42(5 Suppl):22S-26S. doi: 10.1177/0253717620958170. PMID: 33354059; PMCID: PMC7736736.
- The dawn of eMental health professional, Kumar MS, Krishnamurthy S, Gowda MR, Dhruve N, Indian J Psychiatry. 2019 Apr;61(Suppl 4): S730-S734. DOI: 10.4103/psychiatry
- Introduction to Public Mental health – An inhouse e-publication
- Mental Health Initial Responder Kit – An in house e-publication
- Smart Study Series: Psychiatry (2011, Elsevier Publications)
- MCQs in Clinical Research for Manipal Sikkim University

### **Media appearances:**

- Key discussant in news programs, broadcasted in leading Kannada Channels; TV9 Kannada, Suvarna TV, ETV Kannada and Raj Kannada News TV
- Key discussant and subject expert on air in Radio Mirchi 98.3 FM

### **Areas of Special Academic interest:**

- Teaching in mental health
- Training in mental health
- Technology in mental health

### **Areas of Special Non - Academic interest:**

- Kite flying
- Watching people
- Enjoying nature

### **Licensure:**

Registered with the Karnataka Medical Council on 14/07/2004, Registration No.68724.

### **Skills, Proficiencies and Expertise:**

- Trained Hypnotherapist
- Trained Psychotherapist
- Trained in ICH GCP
- Trained in Traditional Medicine and Reiki
- Computer Awareness: Operating Systems – Windows 98/2000/ Millennium/XP
- Web designing, hosting and online educational platform creation

- Languages Known: Native: Tamil. Proficient: English, Kannada, Hindi, Telugu

### **Personal Attributes:**

- Personal commitment to work, approachable, flexible and open-minded.
- Good communication skills: ability to listen, understand, reflect, clarify, validate, encourage, question, give constructive feedback.
- Good teaching and presentation skills.
- Creative, innovative, ability to motivate, inspire and desire to make a difference

### **Personal details:**

- Date of birth: 15/04/1980
- Nationality: Indian

### **Address for communication:**

Couch, Unit of Augmenta Health Private Limited  
#108, St Johns Road  
Sivanachetty Garden  
Bengaluru 560042  
**M:** +91 9980225332  
**E:** [drmsk@augmentahealth.com](mailto:drmsk@augmentahealth.com)  
**W:** [www.augmentahealth.com](http://www.augmentahealth.com)