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He was Chairman, WPA Preventive Psychiatry Section (2011-14), Secretary General of the World Association for Social Psychiatry (2010-13), President of the Indian Association for Social Psychiatry (2007-08 and 2010-11), General Secretary (2002-06) and President of Indian Psychiatric Society (2012-13), founder Secretary General of the SAARC Psychiatric Federation (2014-16) and Associate Editor, Indian Journal of Psychiatry (2007-11) and National Vice-President, Indian Medical Association (2016-17).

He was Principal of Ernakulam Medical College, Kochi, India and Professor and Head of Psychiatry at Thrissur and Kottayam Govt. Medical Colleges. He was also Chairman Board of Examiners, Member, Board of Studies and Member, Faculty of Medicine of the Cochin University of Science and Technology and Member of the Senate of Mahatma Gandhi University. In 2007, Govt of Kerala honoured him with the 'Best Doctor Award'. He is Member of the Editorial Board of 'World Psychiatry' (the Journal with the highest impact factor) and the *International Journal of Person-Centered Medicine*, International Advisor of the Japanese Society of Psychiatry and Neurology (2017-19) and International Distinguished Fellow of American Psychiatric Association since 2013. He has more than 50 publications in peer reviewed scientific Journals and has edited the book "Suicide Prevention- a handbook for Community Gatekeepers". President of India presented him with the World Federation of Mental Health (WFMH) Award for meritorious services to the cause of Mental Health in 2017.