

Biodata: Dr Vaishnav Mrugesh

Consultant Psychiatrist & Sex Therapist

Director - Samvedana Happiness Hospital

Director - Institute of Psychological & Sexual Research

National President – Indian Association of Private Psychiatry (2025-2027)

Member – Editorial Board, “WPA - Education & Psychiatry e-journal”

Member – State Mental Health Advisory Board, Govt. of Gujarat, India.

Ex. National President – Indian Psychiatry Society (2019-2020)

Ex. Chairman – WPA Asian Task Force on Stigma

Ex. Executive Committee Member - SAARC Psychiatric Federation (2022-2024)

Ex. Executive Committee Member - Indian Association of Geriatric Mental Health (2022-2024)

Advisor – Education and Scientific Publications Committee, Indian Psychiatric Society (2020 Onwards)

Member – Tribunal, Indian Psychiatric Society (2020 Onwards)

Date Of Birth: 6 Dec 1955

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OVERVIEW

Psychiatrist, Sex Therapist, Author & Philanthropist. I have a vast experience of 45 years. Started as a student leader being a college secretary at B J Medical College to a national leader of Junior Doctor’s Association and led the anti-reservation agitation to abolish caste based preferences of candidates in academic & educational institutions.

I started the crusade to fight against stigma and blind faiths against mental health related illnesses by organizing mental health Awareness Lectures and seminar, workshop and public meetings. I have conducted more than 2000 psycho-education public lectures & more than 500 seminars.



One of the biggest achievement was fighting against Indian film-makers by changing the demeaning name of film “Mental hai kya” to “Judgemental hai kya”.

Published several research work at National and International level, worked as editor of Academic Journals and Books. During COVID, edited COVID-19 supplement of Indian Journal of Psychiatry viz. COVID-19: Global Perspective, which had 36 International Research on COVID.

ACADEMIC QUALIFICATIONS:

1. **MBBS** - 1973 (Reg: G11058)
2. **DPM PSYCHIATRY** – 1980 (Reg: G2043)
3. **MD PSYCHIATRY** – 1981 (Reg: G12658)
From B.J Medical College, Ahmedabad.

CURRENT PROFESSIONAL STATUS:

1. **DIRECTOR: SAMVEDANA HAPPINESS HOSPITAL** – A super speciality Psychiatry Hospital & Deaddiction Centre
2. **DIRECTOR: INSTITUTE OF PSYCHOLOGICAL & SEXUAL RESEARCH** (Reg - E2891),
Some of the activities:
 - a. CME activities
 - b. Research in the field of Psychiatry and Sexual medicine
 - c. One of the largest research recently conducted on Post-Covid Neuropsychiatric Sequel
 - d. Publication of academic and awareness literature
 - e. Provide free consultations.
 - f. Samvedana Schizophrenia, Defeat Depression and Deaddiction Support Group

RESEARCH:

1. Principal Investigator of Phase 3 Clinical trials and Clinical Research - 1999 till date

WRITER/AUTHOR:

1. 60 academic publications in National & International Journals
2. Editor – Archives of Indian Psychiatry (2004-2006), Indian Journal of Psychiatry, Special Supplement on Covid-19 (2020), Textbook of Sexual Medicine(2022), Recent

Advances in Psychiatry (2023), Handbook of Sex Therapy (2023), 1001 MCQs to Master Addiction Medicine (2024)

3. Regular & guest author of columns in multilingual Daily Newspapers & Magazines with 4500 articles.
4. Authored 16 books for creating awareness & removing stigma related to psychiatry

AWARDS & ORATIONS:

1. Prestigious Prof. J.K Trivedi Lifetime Achievement Award, Indian Psychiatric Society, 2026.
2. Prestigious MARFATIA AWARD of research, Indian Psychiatric Society, 2022
3. ANCIAPP VARANASI AWARD of research, Indian Association of Private Psychiatry, 2021
4. Indian Psychiatry Society Presidential Oration, 2019
5. Mrs Avabai Wadia Oration award, 2019.
6. L.P Shah Oration award, 2018.
7. Dr. M.R Kotak Oration Award, 2019
8. International Council of Sex Education & Parenthood Best research Paper award, 1998
9. IMA Med Achiever's Award, 2014
10. Indian Association of Private Psychiatry Amit Bohra Oration Award, 2019
11. Prashanthi Hospital Oration Award, 2020
12. Times Health Icon - 2019
13. Indian Psychiatry Society West Zone Presidential Oration, 2009
14. Fellowships Oration at World Psychiatric Association (WPA) International Conference at Seoul (South Korea), April 2007
15. Hindi Sahitya Academy Award, 2020
16. Times Health Icons Award, 2019
17. B.N. Mehta Oration Award, Ahmedabad Medical Association, 2009-10
18. V.N. Bagadia Endowment Felicitation, 2013
19. Sexologist of the year – National Conference of Sexology, 1986
20. Honoured as Best Psychiatrist of Gujarat at Annual National conference of Indian Medical Association organized by Gujarat state branch
21. Neeta ambani awarding excellence in Public Awareness Trophy at 56th Annual National Conference of Indian Psychiatry Society, Bombay, 2005
22. Mother Teresa Sadbhavana Award, 2014
23. Gujarati Sahitya Parishad Award, 2000

Fellowships:

1. International Distinguished Fellow of American Psychiatric Association
2. Fellow of Indian Psychiatric Society

ORGANIZATIONAL & ADMINISTRATIVE POSITION:

1. Chairman, Community Psychiatry Subcommittee (2017-18), National Executive Council Member (2014-17), Chairman, "Spirituality & Mental Health" (2006-07), Chairman, Specialty section on Sexual Medicine (2008-10) – Indian Psychiatric Society
2. "National Executive Member" (2005-07), National Advisory Board Member (2003-05), - Indian Association of Private Psychiatry
3. National Executive Council Member Indian Association of Social Psychiatry – 2017 to 2020
4. President (2008-09), Editor (2004-06), Indian Psychiatric society- West zone branch.
5. President, IPS (1986-87), IAPP (2003-05) Gujarat State Branch

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