



## **Bio-data**

### **Dr Kapil Dev Upadhyaya**

Date of Birth: 12 Jan. 1948

**Permanent address:**

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Working as: Advisor CMC-Nepal, Thapathali, & Consultant Psychiatrist Kathmandu Model Hospital Pradarsani Marg Kathmandu

### **Educational Qualification:**

M.B.B.S. (India), Post-Graduate Diploma in Psychological Medicine (DPM), National Institute of Mental Health and Neuroscience, (NIMHANS) Bangalore India, Post-graduate course in Neurology, Tel Aviv University, Isreal; Certification Training in Stress Counselling by UNDSS CISMU New York, 2007 organized in Bangkok

Nepal Medical Council ( NMC) No: 215

### **Work Experience:**

- 34 years in Government Health Service in different posts. Retired from the Govt. Job while working as Chief Consultant Psychiatrist and Director, Mental Hospital ( Level 11 Nepal Govt. Health Service ) Kathmandu Nepal in Jan 2008. Short term consultant (March 1996) WHO; Temporary Advisor WHO for short period in 1997
- Stress Counsellor UN Office Nepal 2008 to 2011 – 4 years

### **At present working as:**

- Senior Consultant Psychiatrist Kathmandu Model Hospital &
- Advisor : Center for mental health & counseling – Nepal (CMC-N) 2004 onwards

### **Research papers & Publication:**

Several original articles in the National journals.

Books: 4 books in Nepali (Depression, Schizophrenia, Epilepsy, Alcohol and drug abuse and 3 mental health training manuals )

**Membership:**

- Life member, Nepal Medical Association: Life member Naulo Ghumpti ( treatment and rehabilitation centre for drug and alcohol abuse ; Life member psychiatric association of Nepal (PAN).

**Special fields of interest:**

- Stress management and Counseling
- Community Psychiatry
- Spirituality and health



