

Introduction of Dr. Anand Nadkarni

DR.ANAND MADHUSUDAN NADKARNI (Born in1958 at Jalgaon, Maharashtra, India) is a well - known psychiatrist, writer , Play writer, Musician, Poet, Sketching Artist, student of history, philosophy & Senior Social activist.

He is from a very educated and cultural family background. His father was a professor who later became a principal at well- known college in Thane. During his childhood he suffered from polio attack which made him face different challenges at the early stage of his life.

- ❖ Completed his MBBS and M.D. in Psychological Medicine as well as D.P.M (Diploma in Psychological Medicine) from Seth G.S.Medical College and K.E.M. Hospital, Mumbai. Stood First in M.D. Examination in the University of Mumbai. Started his consultancy practice in 1986 after working as a lecturer in K.E.M. Hospital. Helped establishing Muktakan De-addiction Centre in 1986 and started Institute for Psychological Health, along with other colleagues in 1990.

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His work in the field of de-addiction is path breaking. In early 80's the young generation was getting affected by addiction of drugs and that was when he started working actively in the field of the de-addiction. His efforts in the field of the de-addiction contributed in the formation of the Muktakan de -addiction and rehabilitation center in 1986. Presently he is a chairman of Muktakan.

He has been working as a trainer of mental health and related topics for many industries in Mumbai and throughout the country. He is a trainer, mentor and consultant for over 30 major corporate organizations in the country. He conducts training programs for top corporate executives across the country. He is mentoring young artist, athletes, player,singers to optimize their performances. He is addressing groups of parents and teachers on diverse topics. He conducts training of Elite commando forces and also he teaches postgraduates in psychiatry and psychology. Being in the role of mentor for various industrial houses he is on the board as an independent director. He is also a consultant to various small and medium scale industries.

He is one of the widely read author, poet, play-writer, columnist, actor, musician, tabla artist, sketch artist, ardent music lover, comparer, and active researcher in the field of philosophy.

He has authored twenty seven books in Marathi. Few of his famous Marathi literary contributions are :

1. वैद्यकसत्ता (Vaidyaksatta)
2. किंचित (Kinchit),

3. आरोग्याचा अर्थ (Arogyacharth)
4. मनोगती (Manogati)
5. गद्धेपंचविशी (Gaddhepanchvishi)
6. स्वभाव-विभाव (swabhav –Vaibhav)
7. शहाण्यांचा सायकॅट्रिस्ट (Shahanyancha Psychiatrist)
8. विषाद योग (Vishadyog)
9. मितुले आणि रसाळ (Mitule ani Rasal)
10. हे ही दिवस जातील (Hey Hi Diwas Jatil)
11. मुक्तिपत्रे (mukti patre)
12. मनोविकास (manovikas)
13. मनोगती (manogati)
14. जिज्ञासा (jidyasa)
15. कर्म धर्म संयोग (karm dharm sanyog)
16. पुढे जाण्यासाठी मागे वळून पाहताना (pudhe janya sathi maage valun pahtana)
17. कळण्याचे दिवस आणि करण्याचे दिवस (kalnyache divas ani karnyache divas)
18. अव्यक्ताचा आरसा (avyaktacha arasa)
19. आकाश भाषिते (akash bhashite)
20. मन मैत्रीच्या देशात (man maitrichya deshata)
21. बुद्धांसोबत क्षणो क्षणी (buddhansobat kshanokshani)
22. तुझ्याच साठी ऋतू हा (tujhyach sathi rutu ha)
23. जन्म रहस्य (Janmrahasya),
24. त्या तिघांची गोष्ट (tya tighanchi gosht)
25. विकास गीते (vikas gite)
26. Nature 'n' Signature
27. Dialogue to Wellness

and popular dramas viz, **जन्म रहस्य** (Janmrahasya), **त्या तिघांची गोष्ट** (tya tighanchi gosht) **सोबतीने चालताना चालताना** (sobatine chaltana) **रंग माझा वेगळा** (rang maza vegala).

For his contribution to the field of literature and drama he has been awarded with many prestigious awards such as Maharashtra Sahitya puraskar by state government ,on 4 occasions. Sahitya sankriti mandal sward and 19 similar awards. He has been a creative consultant to Marathi films like **कासव** (Kasav), **कदाचित** (Kadachit), **देवराई** (Devrai) & **आणि काशिनाथ घाणेकर** Ani Kashinath Ghanekar, all of which are award winning films.

He has directed, written and composed Hindi and Marathi music albums; नव्याशतकाचे गाणे (Navya Shatkache Gane) , सॉग ऑफ लाईफ (Song of Life) & आकाशाची गाणी (Akashachi Gani).

Covid 19 Pandemic Dr. Anand Nadkarni's activities.

During Pandemic period Dr. Anand Nadkarni has emerged as a poet and his daily publication of poems inspired people to handle challenges in the difficult times.

Dr. Nadkarni and his team has continued their mental health services online as well as offline through out the Covid 19 Pandemic period. During this period he has conducted more than 450 online webinars and supported thousands of families nationally and internationally. His such efforts helped people to face those challenges of testing times. His 4 Decades of innovative approach in mental health sphere helped him meet the challenges post covid.

He has been awarded for his work of excellence in various fields i.e. his Medical profession, De-addiction work, Literary contribution, Social work etc.

His area of work is very vast which covers his Personal Psychiatric practice for destitute from different arenas of society, not only urban area but also in rural Maharashtra, is work in Mental health is commendable. With his study of Hindu Philosophy, Evolutionary, Psychology, World history, Indian History, World and Indian Cinema as well as Literature, his conversations and presentation have a rare Integration of many disciplines.

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