



- **Name:** Dr. Arghya Pal
- **Department:** Psychiatry
- **Qualification:** MBBS (WBUHS), MD (AIIMS New Delhi), DNB
- **About myself** (in 150 words): I have been a psychiatrist and an academician, both by choice. I have worked previously in various parts of India and I believe that experience has broadened my horizon. I intend to be an honest teacher and also be an enthusiastic student of the subject. My research aspirations till now has been focused on mood disorders and I aspire to contribute meaningfully so that the psychiatric diagnosis can move beyond phenomenology to a more neurobiology based classification. Besides this, I am also an avid football follower and fountain pen enthusiast.
- **Area(s) of interest:** Social Psychiatry, Mood Disorder, Diagnostic Nosology
- **Research publications and/or book chapters (in last five years):**
 - **Number of publications:** 77
 - **Number of book chapter:** 17
 - **Highlighted publications:**
 - Pal, A. (2019). Predominant polarity in bipolar affective disorder: A scoping review of its relationship with clinical variables and its implications. *Indian Journal of Psychological Medicine*, 41(1), 9.
 - Pal, A. (2020). A cross-sectional study of internalized stigma in euthymic patients of bipolar disorder across its predominant polarity. *Indian Journal of Social Psychiatry*, 36(1), 73.
 - Pal, A., Gondwal, R., Paul, S., Bohra, R., Aulakh, A. P. S., & Bhat, A. (2021). Effect of COVID-19–Related Lockdown on Intimate Partner Violence in India: An Online Survey-Based Study. *Violence and Gender*.

- Pal, A., Saxena, V., & Avinash, P. (2021). Stigma in bipolar affective Disorder: a Systematic Quantitative literature Review of indian Studies. *Indian Journal of Psychological Medicine*, 43(3), 187-194.
 - Saxena, V., & Pal, A. (2021). Role of Transcranial Direct Current Stimulation in the Management of Alzheimer's Disease: A Meta-analysis of Effects, Adherence and Adverse Effects. *Clinical Psychopharmacology and Neuroscience*, 19(4), 589.
 - Pal, A., Nath, B., Paul, S., & Meena, S. (2022). Evaluation of the effectiveness of yoga in management of premenstrual syndrome: a systematic review and meta-analysis. *Journal of Psychosomatic Obstetrics & Gynecology*, 1-9.
 - Saxena, V., Pal, A., Talukdar, S. K., & Gupta, R. (2022). Relationship of obstructive sleep apnea with major depressive disorder and development of metabolic syndrome. *Indian Journal of Psychiatry*, 64(5), 505-509.
- **Research gate / PubMed link / Google scholar link:**
<https://scholar.google.co.in/citations?user=bOp5BzUAAAAJ&hl=en>
 - **Completed & Ongoing Funded Research Projects:** Nil
 - **Achievements:** (Award/Prize, Professional Recognitions, etc.):
 - Awarded Scholarship for Teachers towards Enrichment in Psychiatry teaching Skills under Minds United for Health Sciences & Humanity Trust, section on IToP STEPS 2023 Program (2023).
 - Assistant Editor:
 - *Indian Journal of Psychiatry*
 - *Indian Journal of Psychological Medicine*