

Dr. C.Tulsi Das

Clinical & Rehabilitation Psychologist

✉ tulsi_discc_cv@hotmail.com

☎ +91 9415303557/7007453168

Date of Birth- 03/11/1955

Address- 43/5 Sankat Mochan colony, Lanka
Varanasi, Uttar Pradesh- 221005

Profile

Dr. Tulsi is a senior Mental Health & Rehabilitation expert. In the last 40 years (1981 to present) he has conducted more than 5000 National and International seminars, workshops, coachings and individual therapy sessions with different kinds of Psychological and Mental health problems.

He has also conducted 40000 consultations, testing, family counselings and rehabilitation activities with Intellectually Dissabled children and adults during last 40 years.

He has sensitized 40,000 Police officials connected with emergency police services about various Mental Health problems of children and adults and their management through Pschotherapies with Yoga and Meditation.



Academic Record

Ph.D. (1981-85)	Psychatry-Clinical Psychology "Mental health promotion through Generalisation of Relaxation Response. UGC, JRF, Dept. of Psychiatry, BHU, Varanasi
Assistant Research Officer (1986-87)	Clinical Psychologist Dept. of Cardiology, IMS, BHU
Field Research Officer (1987-88)	Clinical Psychologist, (ICMR) under Padmashri Late Prof. KN Uddapa

Current Roles & Responsibilities

CEO	: Changemakers Advisors Pvt. Ltd. Corporate Organisation for Mental Health Promotion
Director	: Advanced Centre For Councelling, Guidance & Psychotherapy (ACCGP)
Founder President	: Deva International Society for Child Care (DISCC)
Counsel Member	: National Institute for Empowerment of persons with Intellectual Disabilities, Govt. Of India
Member	: ICMR Ethical Committee & Genome Research, Dept. of Genetics, BHU
Board Member	: Legal Guardianship of Intellectually Disabled, Varanasi
Technical Member, WHO	: Tracking Domestic Violence and abuse on women, India
Co- ordinator(India)	: Study Abroad Program University of Oshkosh, Wisconsin, USA
Consultant Mental Health Emergencies	: UP 100 Police Emergency Management System

Core Competencies

Behaviour Therapist	Certified by Department of Psychology IMS, Varanasi
Bio Feedback Therapist	Certified by Dr. Green, Founder Bio Feedback Therapies, Menniger Foundation, USA
Master Trainer	Intellectual Dissabilities Certified by RCI, India
Master Trainer	Rehabilitation and management of Autistic Children (PECS Training) by Dr.Bloom, Zena Barton Amanda Reed.
NLP Trainer	Certified by Dr.Richard Bandler for Stress & PTSD Problem
Sex Educator & Counselor	Certified by MEDICON, Mumbai
Yoga Therapist	Yoga Sadhna Kendra, BHU

Experience

International Co-ordinator (2011 to Present)	Training counsellors from Oshkosh, Wisconsin University, US in India in spirituality and mental health.
Board Member (2013-2015)	: ARUNIM (The National Trust for the welfare of persons with Autism, Cerebral Palsy, Mental Retardation & Multiple Disabilities
Guest Lecturer (June, 1994)	: Status of Special Education in India, Museon (The museum of Education) , Netherlands
Visiting Psychologist (May-June,1993)	: Pediatric Psychiatry Unit of Prof. M. BASQUIN PITIE SALPETRIERE, France
Guest Lecturer May-June(1992)	: Intellectual Disabilities & Mental Health promotional Techniques Maison Des Sciences de L' Homme (MSH) France
Visiting Psychologist (15 days June 1991)	: Intellectual Disabilities Centre De Sante, Saint-Quen , Paris, France
Hons. Consultant Clinical Psychologist (1987-1992)	: Employment Information and Guidance Bureau & Department of Psychology (BHU)
Guest Lecturer-Clinical Psychology 2 weeks (1990)	: Behavioral Sciences Alain Medical School, UAE

Workshop, Seminar & Conference

Organized a two days workshop on “Assertiveness Training” ,“Distressing School Children” and “Bio behavioral Management during Exams”
Bombay Psychiatric Society (2007)

Conducted a National Workshop on **“Awareness and Prevention of Torture in India”** in collaboration with European Union, Friedrich Naumann Stiftung, PWTN & Faculty of Education, **BHU** (2006)

“Unraveling autism-causes, Diagnosis and intervention”
Participated in Indo-US Conference at Tamana Special School, New Delhi (2006)

Presented a paper on “Management of ADHD children through Eastern and Western Management Techniques”
in International CME-II, Child & Adolescent Psychiatry & Mental Health, BHU (2005)

Jointly conducted a one-day conference with EHEO les Mureaux (France) on **“Partnership of Osteopathic Help for Disabled Children”**, Varanasi.

Organized a one day seminar “Testing, Training & Rehabilitation of Mentally Challenged” for the trainee’s students of Rehabilitation Council of India, RCI, (2002).

Organized a one day seminar “Handicapped’ Integration & Rehabilitation: Our views in 21st century”
Faculty of Education, BHU (2002)

Conducted a workshop on **“Status of Mentally Challenged in India, Management through eastern approaches”**
Lions Club of Paris, France (1992)

Organized a seminar on **“Generalization of Relaxation response”**
at Faculty of Medicine and Health Sciences, United Arab Emirates AL Ain, (1990)

Publications

**‘Handedness in Mental Retardation’,
Laterality** by Manas K. Mandal, G. Pandey &
Dr. C. Tulsi Das (1998), Brain Research.

**‘Single Session Treatment of Psychogenic
Urinary Retention by Paradoxical Intention’**
Das, Tulsi & Singh, Ratan
Journal of the American Academy of Behavioral
Medicine (1985)

**‘Behavioral Health: A Practical Approach to
Mental Health Promotion’**, Research in
Psychology, Das Tulsi, 1984

**‘Behavior Therapy in the treatment of Severe
Depersonalization’**, Research in Psychology.
Kumar Vimal & Das Tulsi, 1984

In last 35 years approx. 100 press and media coverages
have been made Nationally and Internationally on the
various programs launched by Dr. Tulsi on the status of
Intellectual disability and rehabilitation, police service
manual for UP Police 100, Leprosy rehabilitation & care
and for women empowerment issues-

Awareness brochures on Intellectual disabilities

- For mass distribution in community

- Quick screening tool for ASD spectrum disorder for the
community at grass root level.

- Awareness brochure on mental health and its
importance.

- Parental training manual for ADSD, Autism and
multiple disability.

- Audio CD on stress and relaxation management.

Awards

‘DIVYANG SEWA RATN SAMMAN’ for 40 years of
services in the field of disability rehabilitation and care
by district disability coordination committee.

Rotary Vocational Award in the field of
Disability prevention

Lions Club International Ambassador Award
to represent as a Lions Club Ambassador Paris
and to visit foundations and centres dealing
with rehabilitation of Adult Handicapped

‘KASHI GAURAV RATN ALANKARAN SAMMAN’ for
services in the field of mental health by **JAN HITAY
SAMITI**, Uttar Pradesh.

**‘ATAL AJEET DIVYANG PRATIBHA SEVA RASHTRIYA
SAMMAN’**, during T20 National Cricket Tournament in
Varanasi by **Purvanchal Cricket Association for All India
Association for Physically Challenged**.

‘NASHA UNMULAN SAMMAN’ for Dr. Tulsi’s contribu-
tions in the field of Drug de-addiction and awareness by
Kashyana foundation, Varanasi.

‘HERO AGAINST FIGHT OF DIABETES AWARD’ to Dr Tulsi
In Recognition of your selfless dedication & commitment
to help common man suffering from Life style Diseases
by **CARDIABCON at Diabetes and Heart attack free India
campaign**.

‘KASHI KASHWIK RATN SAMMAN’, for Dr. Tulsi’s
contribution in the field of social work and Mental
health services in Varanasi district by **KASHI PAVITR
SEWA SAMITI, Varanasi**.

“TOWARDS EMPOWERMENT, INCLUSION and EQUALITY”
Award by Jan Vikas Samiti, Varanasi

“DISABILITY PREVENTION” Award by Rotary Club
Varanasi Shivganaga, Varanasi.

“HUMANITARIAN SERVICES TOWARDS DISABILITY”
Award by Rotary Club Varanasi Shivganaga, Varanasi.

**“UNDERSTANDING MENTAL HEALTH ISSUES AND
OUT COME”**, National workshop honour by DAV
PG Collage, Varanasi

“SPREADING AWARENESS OF AUTISM”, honour by
Sunbeam group of Educational Institutions, Varanasi.

“VISHWA JYOTI PRASHASTHI PTR”, for contribution
towards Blind and Differently Able Children by Kannada
and Culture Dept., Govt. of India.

Recent Achievements And Advances

Services in field of mental health and disability rehabilitation received prestigious membership in **American Association of Behavior and Cognitive Therapist** and became member '**World Federation of Mental Health**'.

Invited by Advance Center of Genetics, Department of Zoology, BHU, Varanasi, to conduct and guide Genome Research in the field of ASD and other Neuro developmental disorders.

Consultant at faculty of education BHU, Varanasi to train special education teachers (**Internship programme**) at Deva Integrated School in various Behavioral components by Dr. Tulsi.

Conducted and organised International exchange meet of **University of Oshkosh, Wisconsin, USA students and students of Education faculty, DEI Agra**, in the area of trauma counselling, culture and spirituality.

Conducted and organised International exchange meet of **University of Oshkosh, Wisconsin, USA students and staff members of SAKHI centers for Women empowerment and prevention of domestic violence, Ministry of Women and Child Empowerment at EHBHAS, New Delhi**.

Selected in **Compodium of Advisors from WHO and Ministry of Health and Family Welfare (MOHW)** during COVID Lockdown time for Psycho social conseling and health of women and children.

Invited in many online conferences and seminars at state and central level on promotion of Mental Health and well being during COVID times.

Invited by **National Leprocy mission (NLR)**, as a technical advisor on Mental health in creation of Psychological first aid for NTDs (PFA-N) on the lines of WHO.

President, Special Olympic Bharat, Varanasi district, conducted many Special olympic and coach training programs in Varanasi district.