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He was the Secretary General of the World Psychiatric Association, Geneva (2014-2020), President of World Association for Social Psychiatry (2016-19) and President of Indian Psychiatric Society (2012-13) and President of the Indian Association for Social Psychiatry (2007-08).

He was Principal (Dean) of Ernakulam Medical College, Kochi, India and Professor and Head of Psychiatry at Thrissur and Kottayam Medical Colleges. He was also Chairman Board of Examiners, Member, Board of Studies and Member, Faculty of Medicine of the Cochin University of Science and Technology and Member of the Senate of Mahatma Gandhi University, India. He is an International Distinguished Fellow of American Psychiatric Association since 2013.

He was awarded 'Best Doctor Award' by Govt of Kerala in 2007, Indian Medical Association Life-time Achievement Award, IMA New Delhi, 2020, Honorary Fellowship of World Psychiatric Association, Geneva, 2020, NN De Oration Award 2021 and A Venkoba Rao Oration Award 2022 for eminence in Social Psychiatry. Hon'ble President of India presented him with the World Federation of Mental Health (WFMH) Award for meritorious services to the cause of Mental Health in 2017.

He has more than 100 publications in peer reviewed scientific Journals and has edited the books Suicide Prevention- a handbook for Community Gatekeepers (2009) and the WASP Textbook of Social Psychiatry, OUP (2023). He is the lead editor of the book 'The Glow of Synthesis: 12 Beacons of Social Psychiatry (2025).