



DR PRITHIKA CHARY

Date of Birth : 2nd June 1947

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PERSONAL CHARACTERISTICS

- Adaptable, versatile, highly resourceful and very practical.
- Has varied interest & wears multiple hats other than medicine in management, Women & Child empowerment, Teachers Training etc.,
- Kind and generous, humorous, a good communicator, facilitator and trainer.
- Highly intelligent, perceptive, humane and a sensitive human being.
- Has a curious, constantly learning and enquiring mind.

Tries at all times to deal with people with empathy and compassion and constantly strives to do her bit to make a better world for herself and those around her.

HOBBIES & INTERESTS

- Voracious reader of Fiction & Non-Fiction Singing, Films, Theatre, Music performances
- Social Service, volunteerism, social activist for women 's causes, epilepsy and disability
- Adept at stage acting, having participated in the lead role in several plays at School & College and in amateur theatre with the International Women's Association
- Drawing, Painting, Sketching, Poetry writing

- Fitness related activities
- Teaching & Training - Neurology / Communication skills, Soft skills, Motivational, Mind Brain Concepts, for lay people etc.,
- Avid amateur photographer - Sunrise and Sunset, candid portraits of friends and family, travel photos
- Writing articles, Patient sketches and (Poems) Human interest stories in Newspaper and magazines (Medical Journalism)
- Have brought out two pocket books "The Little Book of Life" & "The Little Book on Stress"

QUALIFICATIONS

All obtained at the University of Madras in the first attempt

- **MBBS 1971**
- **MD (Internal Medicine) 1974**
- **DM (Neurology) 1978**
- **PhD (Neurology) (Speech disorders) 1981**
- **MNAMS (Neurology) (Conferred Diploma in 1989 by National Academy for Medical Sciences, New Delhi, India)**
- **MCh (Neurosurgery) 1990**
- Qualified **Master Practitioner in Neuro-Linguistic Programming** qualified with **NFNLP (USA)** useful as a rapport building tool and in healing.
- Trained in **Epilepsy Surgery under Mr.C.E.Polkey** at the Maudsley Hospital,(now affiliated to Kings Hospital) London in **1993**
- Certification in training, **City & Guilds**, London in **2005**

Full registration with the Madras Medical Council. Register No 21191

Additional qualifications MD,DM,PhD,MCh registered

Full registration with the **General Medical Council, London MBBS-26/11/74/MD - 4/6/75 Register No 2214999**

The first and only lady in India to be qualified both as a Neurophysician and Neurosurgeon.

- Having completed her **MBBS in 1971** from the **Government Kilpauk Medical College**, she thereafter rapidly completed her postgraduate studies in **MD in General Medicine** in 1974, her **DM in Neurology** in 1978 and a Ph.D., in 1981, passing all her exams in the first attempt from the Madras Medical College, Chennai.
- In addition she underwent training and completed her **M.Ch., in Neurosurgery** also at the **Madras Medical College in 1990**, becoming the **first and only lady in India to be qualified as both a Neurophysician and Neurosurgeon.**

PRESENT POSITION

- **Dr. Prithika Chary** is a **Senior Consultant Neurologist Since 1978** and a **Consultant Neurosurgeon** as well since **1990** and continuing.
- **Consultant Neurologist**, Apollo Hospital, Chennai since **1983** and continuing
- **Consultant Neurologist and Neurosurgeon**, Apollo Neuro Hospital, Chennai 35 since **1996** and continuing **Director, EPICENTRE** (Epilepsy Institute & Centre for Treatment, Training, Research & Education) since **1994** and continuing

CAREER BENCHMARKS AND MILESTONES

- **First and only lady in India to be qualified and practicing as both Neurophysician and Neurosurgeon.**
- **Initiated comprehensive services for epilepsy in Chennai in 1994 by starting EPICENTRE (Epilepsy Institute & Centre for Treatment, Training, Research & Education)**
- **Introduced the first video EEG service in the private sector in the whole of South India in 1994**
- **Started the epilepsy surgery program in Apollo hospitals in 1998**
- **Only PhD guide in Apollo hospital – have guided 4 students to date, three have completed successfully**
- **Took charge of and set up the medical library at Apollo hospital between 1984 and 2002**
- **Conceived, guided as project consultant and completed Wellness Plus centre for integrative health at Apollo Sindoori in 2003-4**
- **Conceived, guided, strategised, planned, executed and completed Apollo Centre of Excellence for Women 2005-6 – a standalone, multidisciplinary outpatient centre for women's health. Head of centre till July 2008.**

Attended several conferences, presented papers, written and published articles, given lectures, etc all over the world.

SPECIAL SKILLS

- Teaching experience spans 33 years, initially teaching in the Madras Medical College from 1974 to 1982 as an **Assistant Professor** successively in **General Medicine, Neurosurgery, Neurology and Neurodiabetology**. Thereafter at Apollo Hospitals and as a freelance teacher and trainer she has been a resource person in CME's and focused seminars in Medicine and Neurology
Working with neurological patients since 1974.
Actively involved in comprehensive epilepsy care in addition since 1994
- Speaks fluently in **Tamil, Telugu and English** and to some extent in Hindi as well. She writes and speaks well and gives regular talks and lectures to various audiences.

- Consultant in her specialty with the Apollo Hospitals, Chennai since its inception in the early 1980's and is now the **Chief of the Division of Epileptology since 1996.**

Public education on health and everyday applications of Mind/Brain functions is a passion with her, and she is able to simplify this complex subject into easy understandable concepts.

Involved with corporates, schools, colleges and management institutions and hospitals since 1996 in various aspects of cognitive & behavioural neurology, neurorehabilitation and mind/brain/body medicine.

Several talks and workshops on

"Stress Management"
"Mind/brain/body link"
"Holistic health"
"Health Enhancement"
"Balancing work & family"
"IQ,EQ,SQ"

- **Qualified master practitioner in NeuroLinguistic Programming which she uses as an additional rapport building tool and in her healing and training.**
- **Certified trainer by City & Guilds, London with skills for Corporate life skills and other training**
- **Through Creative Karma workshops (Workshops done in 2008 – Ultimate Intelligence, Power Thinking, The Complete You, The Magnetic You, Making the Law of Attraction work for you) and invited lectures she simplifies Neurological concepts about the brain and how to use the brain to its maximum potential**

HUMANITARIAN ACTIVITIES

- **Active in various social and cultural organizations and a member of several professional bodies, both National and International.**
- **Through NGOs like the Rotary Club of Madras Temple City, the Madras Management Association, the International Women's Association, etc and on her own she has created several awards and is involved in social causes in the community, especially those empowering and enabling girl children, women, the less abled and the economically underprivileged.**
- **Instituted the Thiru. C.V. Chary Memorial Praise for Post Graduates in DM Neurology and M.Ch Neuro Surgery at Madras Institute of Neurology, Government General Hospital, Chennai since 1990 and continuing**
- **Instituted the Mrs. C.V. Chary Memorial award for best all rounder out going plus two student at the Holy Angels Convent, Chennai since 2007**

OTHER POSITIONS HELD

- **Project Co-ordinator and Head of Centre from March 2006 to July 2008 and Medical Director and Co-ordinator clinical services Apollo Centre of Excellence (ACE) for women, Chennai 600 035 from March 2006 and continuing.**
- **Head of Department "Wellness Plus" Centre for Wellness & Integrative Health, Apollo Hospital, Chennai from March 2005 - June 2007 and project co-ordinator and consultant from May 2004 to March 2005**
- **Chief, Division of Epileptology, Apollo Hospital, Chennai 600 006 since 1995 & continuing**
- **Consultant Neurologist, Specialist Panel Indian AirLInes, since 20.04.98 & continuing**

- **Approved Ph.D., Guide S.No.132, The Tamilnadu Dr. M.G.R. Medical University (Apollo Hospital, Dept. of Neurosciences since 1993) – guided 4 PhD candidates – three have obtained their PhD and one currently pursuing research**
- **Chief Investigator in Chennai for multicentre open label study on Tiagabine A new add on Antiepileptic drug. Under sponsorship of Novonordisk/Sanofi torrent. Completed in 2001**
- **Editorial Adviser, Epilepsia Digest, A Publication of the ILAE (International League Against Epilepsy) 1996 to 1999 Governing Council Member, Tamilnadu, Indian Epilepsy Association 1998-2000 & 2000-2002**
- **Member, Editorial Advisory Committee, Epilepsy India (Joint Newsletter of Indian Epilepsy Association & Indian Epilepsy society) 1998 to 2005**
- **Founder trustee of the FRIENDS Trust (Foundation for Research and Information Exchange on Neurological Diseases) which does free epilepsy camps and organizes various lectures etc in neurology**
- **Creative Karma” workshops, seminars, lectures which enable & empower people to “Design their own destiny” by understanding the brain and its functions and how to take care of , nurture and use the brain for improving health and one’s own potential**
- **CEO and sole proprietrix of ADL Neurotech, a company dealing in products for neurorehabilitation and assistive aids for disability to improve ADL (Activities of Daily Living)**

PREVIOUS EXPERIENCE

During the appointment as **Assistant Neurologist**, trained for and took the **DM (Neurology)** course between **October 1976** and **April 1978**, and conducted research for the **Ph.D. degree in Aphasiology** from **August 1974**. This appointment involved inpatient and outpatient responsibilities for medical neurological cases. Duties included residential work and consultancy call duty services (day & night) to all the teaching hospitals in Chennai city,

Worked as **Senior House Officer in Neurosurgery** from February to May 1975, **Senior House Officer in General Medicine** from May 1974 to Jan 1975 **Postgraduate trainee for the MD with residential duties** from July 1971 to January 1974 **Resident Senior House Officer in General Medicine** from Jan 1971 to June 1971 All the above appointments were at the **Madras Medical College & Government General Hospital, Chennai**

SOCIAL COMMITMENTS

- Member, **FICCI Ladies Organisation, Chennai Chapter (FLO) Incoming Chairperson for 2009-2010**
- Member, **CII** Education subcommittee 2005-6
- Adjunct Professor, ICFAI Business School, Chennai since 2005 & continuing
- Domain expert for healthcare solutions, Isoft an UK based software company in healthcare – project based – 2007-2008
- Chairperson for activities like Health & Ecology for 2 years, Religion & Spirtuality for 2 years, Arts & handicrafts for one year at the International Womens Association, (IWA) Chennai

HONORS AND AWARDS

- **1982** - She is the recipient of the **Kshanika Oration Award** for outstanding woman scientist of the year from the Indian Council for Medical Research, a national award for her pioneering PhD work in multilingual aphasia
- **1991** - She has also received the **L.V.Ramiah award** for being the only lady in India who is both neurophysician and neurosurgeon and the **Stree Ratna award** from the Bharatiya Vidya Bhavan for constructive contribution to the nation in the field of Neurosciences
- **2001** - she received the **"Humanitarian Award"** from the Indian Red Cross, Chennai chapter for the health awareness camps she conducted in the various parts of Chennai over two years.
- **April 2002** - she was awarded the **"Jaya Distinguished Scientist Award – 2002"** for excellence in Human endeavor in the sphere of research in Neurosciences by Jaya Engineering College, Chennai
- **August 2008** – Zee Astitva Award for Exemplary Women – For Excellence in Healthcare given by the Archana trust, Mumbai
- **March 7th 2009** – Honoured as a woman achiever by the Russian Cultural centre Chennai – fellow recipients, singers Sudha Raghunathan and P.Susheela
- In college she has been the recipient of certificates of merit in **Forensic Medicine and Ophthalmology**, and won the **Leprosy prize** as well as medals in shot-put, javelin and discus throw and athletics in intercollegiate competitions.
- She was adjudged as the **best NCC cadet** of the year in the Medical Corps in 1966 and left the NCC in the rank of **Company Sergeant Major**
- Invited speaker for four years continuously from 2004 by IBN International of Malaysia for the Women of Power and then the Women of Independence conference, a women's conference held annually around March in Kuala Lumpur, Malaysia. In March 2009 was chairperson for the entire two day conference with 16 International speakers from USA, Australia, Saudi Arabia, Iraq, Thailand, India and Malaysia.

FAMILY BACKGROUND

Raised in an atmosphere where culture, languages, education, discipline and service to others was a way of life.

Parents – Late Mr. C.V.Chary and Late Mrs.Chitty Chary

Father was a fighter pilot with the Royal Air Force and the Indian Air Force and was decorated for bravery in the IndoBurma war during World War II. Thereafter worked as Works Manager Addison & Co and then onto General Manager, Stanes Motors, then George Oakes and retired as a Senior Executive in the Amalgamations Group of Companies. Was under the care of Dr.Prithika Chary from 1982 and expired on 30th December 1989 after a stroke and heart attack at the age of 73 years.

Mother was a graduate of Shantiniketan, Kolkata and a highly talented lady. She studied cultural arts of music, dance, literature, drawing, painting, leather etching, etc with luminaries like Rabindranath Tagore, Uday Shankar, etc She also underwent Montessori training directly under Madam Montessori. Spent varying periods of her life as a housewife, dedicated mother, Montessori teacher and as a teacher for the blind. Lived with Dr.Prithika Chary from 1982 and expired on August 14th 2004.

Siblings – Two sisters, one elder and one younger

Elder – Mrs. Sheba Shekhar, qualified as MA (Literature), B.Ed, Special diplomas in higher English teaching, IELTS & BECK trainer and examiner, consultant for teaching business English

retired as senior school teacher and principle of various schools. Currently attached to the British Council, Chennai. Has one son and two daughters and five grandchildren

Younger – Mrs. Srithi Kannan, qualified as BSc (Botany), Certificate in Inclusive Education, a special educator for learning disabled currently in charge of a school, Disha and consultant and remedial intervention specialist for dyslexia, ADHD, etc. Worked in SIET College, Chennai as a lecturer in Botany prior to marriage. Has also worked as a Volunteer English teacher at the Spastics Society of India. Has one son, one daughter and two grandchildren.

Paternal grandfather, Mr. Govindaraja Aiyangar was a lawyer with the firm King & Partridge in Chennai. Maternal grandfather was a senior official in the Railways. Both grandmothers were homemakers. Several cousins, aunts and uncles are doctors, engineers and lawyers.