REGULATIONS AND CURRICULUM GOVERNING

MD PSYCHIATRY PROGRAM

(2024-25)

Name of the Constituent Unit/Centre: Yenepoya Medical College



Deralakatte, Mangalore, Karnataka.

YENEPOYA
(DEEMED TO BE UNIVERSITY)
Recognized under Sec 3(A) of the UGC Act 1956
Accredited by NAAC with 'A' Grade

NOTIFICATION – 34-ACM/2019 dtd. 20.02.2019

Sub:- Implementation of Competency Based Medical Education PG Curriculum

Ref. : Resolution of the Academic Council at its 34th Meeting held on 08.02.2019 vide Agenda 33

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The Academic Council at its 34th Meeting held on 08.02.2019 and subsequently the 45th meetings of Board of Management held on 09.02.2019 have accepted the proposal for implementation of Competency Based Medical Education (CBME) for the PG Curricula of the following programs as per the MCI Norms.

1. MD in Pathology
2. MD in General Medicine
3. MD in Anaesthesiology
4. MD in Paediatrics
5. MD in Respiratory Medicine
6. MD in Radio-diagnosis
7. MD in Anatomy
8. MD in Physiology
9. MD in Biochemistry
10. MD in Microbiology
11. MD in Pharmacology
12. MD in Forensic Medicine
13. MD in Psychiatry
14. MD in Dermatology
15. MD in Community Medicine
16. MS in General Surgery
17. MS in OBG
18. MS in Otorhinolaryngology
19. MS in Ophthalmology
20. MS in Orthopaedics

This revised curriculum shall come into effect from the academic year 2019-2020 onwards.

REGISTRAR

Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangalore 575 018

YENEPOYA
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PREAMBLE

The MD (Psychiatry) programme is designed in accordance with the vision, objectives, and regulatory framework of the National Medical Commission (NMC) to produce competent, ethical, and compassionate psychiatrists capable of addressing the mental health needs of individuals, families, and communities in India.

Mental health disorders constitute a significant and growing public health challenge in the country, influenced by biological, psychological, social, cultural, and economic determinants. The MD Psychiatry curriculum aims to equip postgraduate students with comprehensive knowledge, advanced clinical skills, and professional attitudes required for effective prevention, diagnosis, management, and rehabilitation of mental illnesses across the lifespan, in diverse clinical and community settings.

The curriculum emphasizes a competency-based medical education (CBME) approach, focusing on clearly defined learning outcomes across the domains of knowledge, skills, attitudes, values, and ethics. It integrates basic neurosciences, clinical psychiatry, psychotherapy, community psychiatry, consultation–liaison psychiatry, addiction medicine, child and adolescent psychiatry, geriatric psychiatry, and emerging subspecialties, while promoting holistic, person-centered, and recovery-oriented care.

In alignment with national health priorities, the programme fosters understanding of mental health legislation, human rights, ethical practice, and the National Mental Health Programme, with special attention to vulnerable and marginalized populations. Training also includes exposure to research methodology, biostatistics, and critical appraisal to develop lifelong learners capable of contributing to evidence-based practice and advancing psychiatric knowledge.

The MD Psychiatry graduate is expected to function effectively as a clinician, communicator, leader, researcher, educator, and advocate, working collaboratively within multidisciplinary teams and across levels of healthcare delivery. The programme underscores professionalism, empathy, cultural sensitivity, and social accountability, preparing psychiatrists to meet contemporary mental health challenges and to serve society with competence, integrity, and compassion.

This curriculum shall serve as a dynamic framework, responsive to scientific advances, societal needs, and evolving mental health policies, ensuring uniform standards of postgraduate psychiatric education across India while encouraging innovation and excellence in training.

GOALS

The goal of the postgraduate (MD) course in Psychiatry is to produce a competent, ethical, and compassionate Psychiatrist who:

- Possesses sound clinical skills in psychiatry along with a strong grounding in the scientific foundations of behavioral sciences.
- Has the core competencies required to practice psychiatry effectively in the community as well as at primary, secondary, and tertiary levels of the health care system.
- Is well-informed about contemporary advances and recent developments in medical sciences, particularly those relevant to mental health and psychiatric practice.
- Is oriented to the principles and application of research methodology, enabling critical appraisal of literature and participation in research activities.
- Has acquired the knowledge, skills, and attitudes necessary for teaching and training undergraduate medical students, postgraduate trainees, and paramedical professionals.

SUBJECT SPECIFIC LEARNING OBJECTIVES

At the end of the MD course in Psychiatry, the student should have able to:

- Understand the relevance of mental health in relation to the health needs of the country
- Understand ethical considerations in the teaching and practice of Psychiatry
- Identify the social, economic, biological and emotional determinants of mental health

- Identify the environmental causes as determinants of mental health
- Institute appropriate diagnostic, therapeutic and rehabilitative procedures to the patients with mental illness
- Take detailed history, conduct appropriate ethically valid physical examination and institute appropriate evaluation procedures to make a correct clinical diagnosis
- Take detailed history, conduct appropriate ethically valid physical examination and institute appropriate evaluation procedures to make a correct clinical diagnosis
- Perform relevant investigative and therapeutic procedures for the patients with psychiatric illness
- Recommend appropriate laboratory and imaging examinations and interpret the results correctly
- Plan and deliver comprehensive treatment of a psychiatric patient using principles of rational drug therapy
- Plan rehabilitation of psychiatric patient suffering from chronic illness
- Clinically manage psychiatric emergencies efficiently
- Demonstrate empathy and humane approach towards patients and their families and respect their sensibilities
- Demonstrate communication skills of a high order in explaining management and prognosis, providing counseling and giving health education messages to patients, families and communities
- Develop appropriate skills to practice evidence-based psychiatry
- Demonstrate competence in basic concepts of research methodology and epidemiology
- Be aware of and take appropriate steps in the implementation of national mental health programs, effectively and responsibly
- Be aware of the concept of essential drugs and rational use of drugs
- Be aware of the legal issues in the practice of Psychiatry
- Be aware of the special requirements in the practice of Child and Adolescent Psychiatry and Geriatric Psychiatry
- **Research:** The student should know the basic concepts of research

methodology and plan a research project in accordance with ethical principles. S/he should also be able to interpret research findings and apply these in clinical practice. S/he should know how to access and utilize information resources and should have basic knowledge of statistics.

- **Teaching:** S/He should learn the basic methodology of teaching and develop competence in teaching medical/paramedical students, health professionals, members of allied disciplines (e.g. behavioural sciences), law enforcement agencies, families and consumers and members of the public.

SUBJECT SPECIFIC COMPETENCIES

By the end of the course, the student should have acquired knowledge (cognitive domain), professionalism (affective domain) and skills (psychomotor domain) as given below:

A. Cognitive domain

By the end of the course, the student should demonstrate knowledge in the following:

1. General topics:

1. The student should be able to demonstrate knowledge of basic sciences (Anatomy, Physiology, Biochemistry, Microbiology, Pathology and Pharmacology) as applied to Psychiatry.
2. The student should be able to explain aetiology, assessment, classification and management and prognosis of various psychiatric disorders (including psychiatric sub-specialities), and Neuroanatomy, Neurophysiology, Neurochemistry, Neuroimaging, Electrophysiology, Psychoneuro endocrinology, Psychoneuroimmunology, Chronobiology and Neurogenetics.
3. Acquire knowledge of delirium, dementia, amnestic & other cognitive disorders and mental disorders due to a general medical condition.
4. The student should be able to explain follow-up care of person suffering

from chronic relapsing psychiatric ailments.

5. The student should acquire knowledge of emergency measures in acute crisis arising out of various psychiatric illnesses including drug detoxification and withdrawal.
6. The student should acquire knowledge of pharmacokinetics & pharmacodynamics of drugs involved in psychiatric management of patients.
7. The student should acquire knowledge of (a) normal child development and adolescence, mental retardation in children (b) learning & associated disorders and their management
8. The student should acquire knowledge and be able to explain mechanisms for rehabilitation of psychiatric patients.
9. The student should acquire knowledge of substance related disorders and their management.
10. The student should acquire knowledge of psychotic disorders, mood disorders, and anxiety disorders and their management
11. The student should acquire knowledge of sexual and gender identity disorders and their management.
12. The student should acquire knowledge of eating disorders and sleep disorders and their management.
13. The student should be conversant with recent advances in Psychiatry.
14. The student should be conversant with routine bedside diagnostic and therapeutic procedures and acquire knowledge of latest diagnostics and therapeutics procedures available.
15. The student should be conversant with various policy related aspects of Psychiatric practice in India (e.g. Mental Health Act, National Health Mental Health Programmes etc.).
16. The student should be conversant with research methodologies.

B. Affective Domain:

1. The student should be able to function as a part of a team, develop an attitude of cooperation with colleagues, interact with the patient and the clinician or other colleagues to provide the best possible diagnosis or opinion.

2. The student should always adopt ethical principles and maintain proper etiquette in dealings with patients, relatives and other health personnel
3. The student should demonstrate respect for the rights of the patient including the right to information and second opinion.
4. The student should develop communication skills to prepare reports and professional opinion as well as to interact with patients, relatives, peers and paramedical staff, and for effective teaching.

C. Psychomotor domain

At the end of the course, the student should acquire the following clinical skills and be able to:

- become an expert in good history taking, physical examination, mental state examination, and able to establish rapport and counsel family members and patients on scientific basis. choose the required investigations for both short and long term management.

At the end of the course, the student should be able to:

1. Obtain a proper relevant history, and perform a humane and thorough clinical examination including detailed mental state examinations using proper communication skills.
2. Arrive at a logical working diagnosis and differential diagnosis after clinical examination.
3. Order appropriate investigations keeping in mind their relevance and cost effectiveness and obtain additional relevant information from family members to help in diagnosis and management.
4. Identify psychiatric situations calling for urgent or early intervention and refer at the optimum time to appropriate centres.
5. Write a complete case record with all necessary details.
6. Write a proper discharge summary with all relevant information.
7. Obtain informed consent for any examination/procedure.

8. Perform clinical audit.
9. Must be able to perform modified Electroconvulsive therapy (ECT).

The student, at the end of the course should be able to perform independently, the following:

1. Conduct detailed Mental Status Examination (MSE)
2. Cognitive behaviour therapy
3. Supportive psychotherapy
4. Modified ECT
5. Clinical IQ assessment
6. Management of alcohol withdrawal
7. Alcohol intoxication management
8. Opioid withdrawal management
9. Delirious patients
10. Crisis intervention

The student must be able to demonstrate approach to patient with variety of clinical presentations including following symptoms:

1. Auditory hallucinations
2. Visual hallucinations
3. Pseudo hallucination
4. Seizures true and pseudo seizure
5. Panic attack
6. Manic symptoms
7. Behavioural symptoms of schizophrenia
8. Catatonia
9. Delirium
10. Malingering

The student, at the end of the course should be able to perform under supervision, the following:

1. Behaviour therapy

2. Opioid intoxication management
3. Genetic counselling
4. Family therapy

The student, at the end of the course should be able to assist the expert in the following:

1. Interpersonal therapy
2. Management of suicide attempt

DURATION OF PROGRAMME

The period of certified study and training for the postgraduate MD Psychiatry programme shall be three academic years, comprising six academic terms. Each academic term shall consist of a training period of six months.

The postgraduate student shall be eligible to appear for the final examination only after successful completion of three years (36 months) of training and after having satisfactorily completed and cleared the prescribed formative assessments, as specified by the University and in accordance with NMC regulations.

In the event that a student fails to appear for the final examination for valid reasons, or does not successfully clear the final examination, the student shall be permitted to reappear for the examination after a minimum interval of six months, in the subsequent academic term, subject to fulfillment of the applicable institutional and regulatory requirements.

SYLLABUS

1. Functional and behavioural neuroanatomy
2. Neurophysiology and Neuro-chemistry
3. Neuro-imaging
4. Electrophysiology (including chronobiology, electroencephalogram, etc
5. Psychoneuroendocrinology
6. Neurogenetic disorder
7. Classification In Psychiatry
8. Theory of personality and personality disorders

9. Abuse (Physical / Sexual) or Neglect Of Child /Adult
10. Adjustment Disorder
11. Anxiety Disorders (including Panic Disorder, Agoraphobia, Phobias, Obsessive-Compulsive Disorder, Posttraumatic Stress Disorder, Acute Stress Disorder, Generalized Anxiety Disorder, etc).
12. Case-Presentations (including History Taking, Neurological Examination, Mental Status Examination etc.).
13. Child Psychiatry (including Learning Disorders, Motor Skills Disorder, Communication Disorders, Pervasive Developmental Disorders (Autistic Disorder, Rett's Disorder, Childhood Disintegrative Disorder, Asperger's Disorder), Attention-Deficit/Hyperactivity Disorder, Conduct Disorder, Oppositional Defiant Disorder, Pica, Tic Disorders, Elimination Disorders, Separation Anxiety Disorder, Selective Mutism, Reactive Attachment Disorder of Infancy or Early Childhood, Stereotypic Movement Disorder, etc.)
14. Community psychiatry
15. Consultation-Liaison Psychiatry
16. Culture Bound Syndromes
17. Dissociative Disorders (including Dissociative Amnesia, Dissociative Fugue, Dissociative Identity Disorder, Depersonalization Disorder, etc.
18. Eating Disorders (including Anorexia Nervosa, Bulimia Nervosa, etc.)
19. Electro-Convulsive Therapy
20. Emergencies In Psychiatry
21. Emotional Intelligence
22. Ethics In Psychiatry
23. Factitious Disorders
24. Forensic and Legal Psychiatry (including Indian Lunacy Act, Mental Health Act, Persons with Disability Act, Narcotic Drugs and Psychotropic Substance Act)
25. Impulse-Control Disorders (including Intermittent Explosive Disorder, Kleptomania, Pyromania, Pathological Gambling, Trichotillomania, etc
26. Learning – Theories
27. Memory

28. Mental Retardation
29. Miscellaneous: Non-compliance, Malingering, Antisocial Behaviour, Borderline Intellectual Functioning, Age-Related Cognitive Decline, Bereavement [including Death], Academic Problems, Occupational Problems, Identity Problems, Religious or Spiritual Problems, Acculturation Problems, Phase of Life Problems, Chronic Fatigue Syndrome, etc.)
30. Mood Disorders (including Depressive Disorders, Bipolar Disorders, Cyclothymic Disorder, etc.)
31. Movement Disorders (including Medication-Induced Movement Disorders, etc)
32. Organic Psychiatry (including Amnestic Disorders, Catatonic Disorder, Cerebrovascular Disorders, Delirium, Dementia, Endocrine Epilepsy, Head Injury, Headache, HIV – AIDS, Infections, etc.
33. Neuropsychology (including Psychological Features of Cerebral Disorders, Clinical Assessment etc.)
34. Pre-Menstrual Dysphoric Disorder
35. Post-Partum Psychiatric Disorders
36. Psychodynamics
37. Psychology (Clinical)
38. Psychometry/ Psychodiagnostics
39. Psychopharmacology
40. Psychosis (including Schizophrenia, Schizophreniform Disorder, Schizoaffective Disorder, Delusional Disorder, Brief Psychotic Disorder, Shared Psychotic Disorder, etc).
41. Psychosomatic Disorders
42. Psychotherapy
43. Sexual and Gender Identity Disorders (including Sexual Desire Disorders, Sexual arousal Disorders, Orgasmic Disorders, Sexual Pain Disorders, Vaginismus, Paraphilias, etc)
44. Sleep Disorders (including Insomnia, Narcolepsy, Breathing-Related Sleep Disorders, Circadian Rhythm Sleep Disorders, Parasomnias, Nightmare Disorder, Sleep Terror Disorder, Sleepwalking Disorder, etc.)
45. Somatoform Disorders (including Somatization Disorder, Undifferentiated

Somatoform Disorder, Conversion Disorder, Pain Disorder, Hypochondriasis, Body Dysmorphic Disorder, etc.)

46. Statistics/Research Methodology
47. Stress and related disorders
48. Stupor
49. Substance Related Disorders (including Alcohol-Related Disorders, Amphetamine-Related Disorders, Caffeine-Related Disorders, Cannabis-Related Disorders, Cocaine-Related Disorders, Hallucinogen-Related Disorders, Inhalant-Related Disorders, Nicotine-Related Disorders, Opioid- Related Disorders, Phencyclidine-Related Disorders, Sedative-, Hypnotic-, or Anxiolytic-Related Disorders)
50. Suicide management and medico-legal aspects
51. Transcultural Psychiatry
52. Rehabilitation of psychiatric patients
53. Geriatric Psychiatry

TEACHING PROGRAMME

The following techniques/methods are followed in the department for various teaching activities:

(a) Didactic Lectures

Didactic lectures are usually taken to familiarize them with clinical methods like history taking, mental state examination, psychopathology, diagnosis and classification and some of the commonly seen clinical problems.

(b) Seminars

Seminars are held once a week for the entire department and are attended by the residents as well as the faculty. The seminars are prepared by the residents under the supervision of a designated faculty member. The seminar is moderated by the designated faculty member and inputs are provided by all the faculty members of the department.

(c) Journal Club

Journal club is held once in every two weeks. Any valuable journal article from last 6 issues of a reputed national/international journal including and not limiting to -American Journal of

Psychiatry, Schizophrenia bulletin, Family process, British Journal of Psychiatry, JAMA psychiatry, Schizophrenia Research, Asian Journal of Psychiatry, Indian Journal of Psychiatry, British Journal of Psychology, Indian Journal of Clinical Psychology etc. are chosen for discussion. The focus of the discussion is on research methodology, ethics of research, scientific writing, statistical analysis as well keeping abreast with the recent developments in the field.

(c) Case Conference

Case conference is held once a week and is attended by the entire department, i.e., junior residents, senior residents, faculty, psychologists and social workers, etc. An interesting/unusual/difficult case from the inpatient or outpatient services is discussed in detail regarding psychopathology, diagnosis, differential diagnosis and management including pharmacological, psychological and psychosocial interventions.

(d) Outpatient Teaching Activities

Residents are required to work up new cases in detail and then discuss with the consultant. Residents are encouraged to follow up these cases to understand the progression and course of the illness.

(e) Ward Teaching

Ward rounds are taken every day by the consultants as well as senior residents. Besides service and management activities, the emphasis of the ward rounds is teaching of postgraduate residents in the art of history taking, eliciting psychopathology, arriving at a diagnosis, discussing differential diagnosis and management. Bedside teaching, grand rounds, structured interactive group discussions and clinical demonstrations shall be the hallmark of clinical/practical learning.

(g) Practical Demonstrations

Practical demonstrations are done specially for the teaching of EEG, neuroimaging and psychodiagnostic tools. Residents also learn by performing various psychological tests like tests of intelligence, memory, personality, etc. to the patients under the supervision by the clinical psychologist of the department.

(h) Research Methodology

Postgraduate students undergo training in research methodology by attending research methodology workshop conducted by Department of Community Medicine. They are also required to learn through E-learning modules offered by Swayam NPTEL. The postgraduate student is required to secure 50% in the proctored examination of the Basic Course in

Biomedical Research offered by ICMR-NIE via SWAYAM/NPTEL platforms as mandated by NMC.

(i) Research Ethics

Postgraduate students undergo training in ethics of scientific research under the aegis of Centre For Ethics, Yenepoya (deemed to be University).

(j) Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS)

Postgraduate students undergo training in AHA certified Basic Life Support and Advanced Cardiac Life Support offered by Advanced Comprehensive Clinical Training & Simulation Centre (ACTS YEN), Yenepoya Medical College Hospital, Mangalore.

(k) Clinical Society Meetings

Postgraduate students attend Interdepartmental Scientific meets every month where various departments present interesting cases and recent developments.

(l) Undergraduate teaching

Postgraduate students are given opportunities in conducting clinics, small group teaching and large group teaching for undergraduate students under the supervision of faculty members.

CLINICAL POSTINGS

- Each resident is posted to Psychiatry OPD and ward. The aim of the clinical postings in the OPD and ward is acquisition of clinical skills. These clinical skills are:

- Comprehensive history taking and physical examination.
- Working knowledge of major psychiatric diagnoses as per the ICD and the ability to present a reasoned differential diagnosis.
- Psychiatric formulation
- Ability to develop a comprehensive treatment plan.
- Knowledge of psychopharmacological agents, including indications and significant adverse effects.
- ECT administration
- Understanding of and basic competence in identifying psychiatric emergencies and

their management.

- Ability to write clear and thorough histories, consultation notes and follow- up notes.

- Psychiatry residents undergo training in Neurology for 2 months of which 6 weeks are completed under the Consultant Neurologist at Dept of Neurology, Yenepoya Medical College, Mangalore.
- Psychiatry residents undergo training in Child and Adolescent Psychiatry for a period of 3 months of which 4 weeks are completed at NIMHANS, Bangalore.
- Psychiatry residents undergo training in Internal Medicine and Consultation Liaison Psychiatry at Yenepoya Medical College, Mangalore.
- Psychiatry residents undergo training in Addiction Psychiatry for a period of 3 months across their entire period of training.
- Psychiatry residents undergo holistic training in Community Psychiatry through 3 months posting in the District Residency Programme (DRP) when they are posted at a designated Community Health Centre.
- Residents get one month (15 days x 2) of electives/ choice-based postings. They have to choose two among the five options provided for clinical training at Yenepoya Medical College:
    1. Emergency Medicine
    2. Forensic Psychiatry
    3. Neuroradiology
    4. Neuroanatomy
    5. Medical Ethics

THESIS

Every candidate shall carry out work on an assigned research project under the guidance of a recognized Postgraduate Teacher. The project shall be written and submitted in the form of a Thesis. The dissertation is mandatory as a part fulfillment for the M.D. course.

- Every candidate shall submit protocol for the thesis to the University within the time duration as specified by the University.
- Thesis shall be submitted to the University six months before the commencement of University examination.

- The student will identify a relevant research question; (ii) conduct a critical review of literature; (iii) formulate a hypothesis; (iv) determine the most suitable study design; (v) state the objectives of the study; (vi) prepare a study protocol; (vii) undertake a study according to the protocol; (viii) analyze and interpret research data, and draw conclusions; (ix) write a dissertation.
- Periodic review will be conducted by the thesis guide to monitor progress.

ASSESSMENT AND EXAMINATIONS

Internal Assessment:

1. First year- Theory Paper 100 marks on Basic Sciences as related to Psychiatry and Practical Examination- Psychiatry Long Case for 100 marks

2. Second year- Theory Paper 100 marks on Clinical Psychiatry and Practical Examination- Psychiatry Long Case for 100 marks

3. Third year (Prefinal)-

a. Theory Examination:

Sl. No.	Paper	Hours	Marks
1.	Basic Sciences as related to Psychiatry	3	100
2.	Clinical Psychiatry	3	100
3.	Psychiatric Specialties	3	100
4	Recent advances in Psychiatry and Psychiatry related to Medicine and Neurology	3	100

b. Practical Examination

Sl.		Marks

No.		
1.	Psychiatry Long Case	1X100= 100
2.	Neurology Short Case	1X50= 50
3.	OSCE/OSPE	3X10= 30
4.	Dissertation Viva	20
5.	Subtotal of Clinical/Practical	200
6.	Viva Voce	100
7.	Grand Total	300

ELIGIBILITY CRITERIA TO APPEAR FOR THE UNIVERSITY EXAMINATION:

1. The postgraduate student has 80% attendance during the period of the course
2. Participation in the Research Methodology Workshop conducted Department of Community Medicine, Yenepoya Medical College
3. Obtained 50% marks in the proctored examination of the Basic Course in Biomedical Research (BCBR) on the Swayam NPTEL platform
4. Submission of completed thesis to the university
5. Presented Paper/ Poster in National/ State conference
6. Attended Course in Ethics conducted by Centre For Ethics, Yenepoya (deemed to be University).
7. Completed AHA certified Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) offered by Advanced Comprehensive Clinical Training & Simulation Centre(ACTS YEN), Yenepoya Medical College Hospital, Mangalore.

UNIVERSITY EXAMINATION

THEORY EXAMINATION:

Sl. No.	Paper	Hours	Marks
1.	Basic Sciences as related to Psychiatry	3	100
2.	Clinical Psychiatry	3	100
3.	Psychiatric Specialties	3	100
4	Recent advances in Psychiatry and Psychiatry related to Medicine and Neurology	3	100

PRACTICAL EXAMINATION:

Sl. No.	Components	Marks
1.	Psychiatry Long Case	1X120= 120
2.	Neurology Short Case	2X60= 120
3.	OSCE/OSPE	4X10= 40
4.	Dissertation Viva	20
	Subtotal of Clinical/Practical	300
5.	Viva Voce (a. Basic Sciences and Psychology b. Clinical Psychiatry c. Psychiatric Specialities d. Neurology including EEG and Neuro-imaging)	4X25= 100
	Grand Total	400

SUGGESTED BOOKS

1. Kaplan and Saddock's Comprehensive Text Book of Psychiatry
2. Kaplan and Saddock's Synopsis of Psychiatry
2. The New Oxford Textbook of Psychiatry
3. Psychopharmacology by Stephen M. Stahl
4. Fish's clinical psychopathology
5. Mayor Gross: Clinical Psychiatry. – 3rdEdition, 1979 (Reprint) Bailliere Tindall, London.
6. The ICD-11 Classification of Mental and Behavioural Disorders. Clinical descriptions and diagnostic guidelines.
7. DSM 5- TR Diagnostic and Statistical Manual of Mental Disorders Text Revision.
8. Organic Psychiatry by Lishman
9. Technique of Psychotherapy by Wolberg
10. Rutter (Michael) & Hersove (Lionel) "Child and Adolescent Psychiatry" 2nd Edition; 1985, Blackwell Scientific Publications, Oxford, Britain.
11. Normal Psychology by Morgan and King.
12. Clinical practice guidelines of Psychiatric disorders in India
13. Lowinson et al -Substance Abuse-A Comprehensive Textbook
14. Galanter and Klebert-Textbook of Substance Use Treatment

JOURNALS

1. Indian Journal of Psychiatry
2. Indian Journal of Psychological Medicine
3. British Journal of Psychiatry
4. American Journal of Psychiatry
5. Archives of General Psychiatry
6. Journal of Clinical Psychiatry
7. Psychiatry Clinics of North America
8. Indian Journal of Clinical Psychology

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ANNEXURES

BLUEPRINTS FOR MD PSYCHIATRY QUESTION PAPERS

Paper 1: Basic Sciences related to Psychiatry (100 marks)		
Topics to be covered	Recommended weightage of marks (%)	Recommended number of questions
Functional neuroanatomy, Neural development and neurogenesis, Neuron signaling, Neurochemistry, Neurophysiology, Cellular electrophysiology, Basic science of sleep and appetite, Animal models in psychiatry, Neuroimaging	30 %	3
Genetics, Epigenetics and Pharmacogenetics	10 %	1
Psychoneuroendocrinology, Psychoneuroimmunology, Chronobiology	10 %	1
Basics of Clinical Pharmacology	10%	1
Psychology and Sociology (Sensation, Perception, Cognition, Motivation, Memory, Emotions, Theories of Intelligence and IQ assessment, Theories of Personality and Personality assessment, Psychoanalysis, Behavioral theories, Normality and Mental Health, Piaget's theory, Object Relations theory, Attachment theory, Erikson's theory, Neuropsychology assessment, Sociology, Socio-biology, Ethology, Anthropology, Transcultural psychiatry)	20 %	2
Principles & concepts of epidemiology, biostatistics, research methodology and evidence-based medicine	20 %	2
Total	**100**	**10**

Paper 2: General Adult Psychiatry (100 marks)		
Topics to be covered	Recommended weightage of marks (%)	Recommended number of questions
Schizophrenia and other psychotic disorders	10 %	1
Mood disorders (depressive disorders and bipolar disorders) including Suicide	20 %	2
Anxiety disorders, Obsessive-Compulsive and Related Disorders, Trauma and stress-related disorders, Dissociative disorders	10 %	1
Personality disorders	10 %	1
Substance use disorders and Behavioral addictions	10%	1
Feeding/eating disorders, Sleep-wake disorders, Sexual disorders, Paraphilic disorders, Gender dysphoria, Impulse control disorders	10%	1
Somatic symptom and related disorders, Factitious disorders	10%	1
Biological treatments including psychopharmacology, neuromodulation/brain stimulation techniques	10%	1
Psychological treatments and psychotherapies	10%	1
Total	**100**	**10**

Paper 3: Psychiatric Specialties (100 marks)		
Topics to be covered	Recommended weightage of marks (%)	Recommended number of questions
Child Psychiatry (Child and Adolescent development, Temperament, Intellectual disability, Specific Learning disorder, Communication Disorders, Autism Spectrum Disorders, Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder, Conduct Disorder, Feeding and eating disorders, Elimination disorders, Tic disorder, mood disorders in children and	30 %	3

adolescents, anxiety disorders in children and adolescents, early onset psychotic disorders, psychiatric emergencies in children and adolescents, and childhood maltreatment)		
Geriatric Psychiatry (Brain changes with aging, Psychological changes with normal aging, healthy aging, geriatric depression and other mood disorders, Alzheimer's disease and major neurocognitive disorders, Delirium, psychiatric issues in medically ill elderly patients, psychopharmacology in elderly, psychosocial interventions in elderly psychiatric disorders and dementia, Elder abuse)	20 %	2
Community Psychiatry (Evolution of community psychiatry in India and the globe, Community treatments, Psychiatric rehabilitation, National Mental Health Programme, District Mental Health Programme, National Tele-mental Health Programme, School mental health, National Mental Health Survey, Mental Health Gap, WHO Mental Health Gap Action Programme (mhGAP), Stigma and approaches for reducing stigma of mental illness), Suicide prevention and gatekeeper training, Disaster mental health, Mental Health Awareness programmes)	20 %	2
Forensic Psychiatry (Ethics in Psychiatric practice and research, Medico-legal issues, disability certification and IDEAS, Criminal responsibility, Fitness to stand trial, Testamentary capacity, Evolution of Mental Health Laws in India, Mental Health Care Act (MHCA) 2017, Capacity Assessment, Admission and Discharge Procedures, Psychiatric issues in Prisons, Medical Negligence, Legal issues around marriage, divorce, child custody of PWMI, Narcotic Drugs and Psychotropic Substances Act, 1985)	30 %	3
Total	**100**	**10**

Paper 4: Recent advances in Psychiatry and Psychiatry related to Medicine and Neurology (100 marks)		
Topics to be covered	Recommended weightage of marks (%)	Recommended number of questions
Consultation-liaison psychiatry and Psychosomatic medicine: History, Fundamental concepts (Mind-body interactions, stress theory, health psychology etc.), Cardiovascular disorders, Gastrointestinal disorders, Obesity, Respiratory disorders, Diabetes and other endocrine disorders, Mental disorders due to other medical conditions; Medication- induced mental disorders, Psycho-oncology, End-of-life and palliative care, Psychodermatology, Organ transplantation, Fibromyalgia and Chronic Pain	30 %	3
Neurocognitive disorders	10 %	1
Neuropsychiatry and behavioural neurology (Neuropsychiatric aspects of cerebrovascular disorders, brain tumors, epilepsy, psychogenic nonepileptic seizures, traumatic brain injury, movement disorders, multiple sclerosis, HIV and AIDS, Prion disease, Headaches; Neuromuscular disorders, Neurometabolic and Neuroendocrine disorders)	30 %	3
Recent advances in Psychiatry (Nosological systems and classification, Diagnostics and Therapeutics)	30 %	3
Total	**100**	**10**

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Time: **3 hours** **Max Marks -100**

PSYCHIATRY

PAPER I- Basic Sciences As Related to Psychiatry

Your answers shall be **specific** to question
Draw neat labeled diagrams wherever necessary.
Answer all questions.

Short Essays **(10X 10 = 100 marks)**

1. Discuss the neurobiological basis of consciousness. Describe altered states of consciousness and their pathogenesis [5+5]
2. Describe the synthesis, metabolism, pathways and receptors of GABA. Discuss its implication to Psychiatry [2+2+2+2+2]
3. What do you mean by Ego Defense Mechanisms? How will you classify Ego Defenses? Note on Defense Mechanisms seen in Obsessive Compulsive Disorder and Personality Disorder. [1+4+5]
4. Explain the difference between parametric and non parametric tests [5+5]
5. Abraham Maslow. Write in detail his contributions to Psychiatry [3+7]
6. What is learned helplessness? What are animal models of depression [5+5]
7. Pharmacogenomics
8. Pilot study
9. Neurobiology of memory
10. Describe the classical and operant conditioning and their practical application in the management of various psychiatric disorders. [5+5]

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Time: **3 hours** **Max Marks -100**

PSYCHIATRY

PAPER II - Clinical Psychiatry

Your answers shall be **specific** to question
Draw neat labeled diagrams wherever necessary.
Answer all questions.

Short Essays **(10X 10 = 100 marks)**

1. What are Culture bound syndromes? Explain culture bound syndromes seen in India.
2. Describe the etiology, neurobiology, clinical features, comorbidities of Opioid use disorders. (2+2+4+2)
3. Describe the etiological factors of borderline personality disorder. Write a note on Linehan's Bio-social theory. (5+5)
4. What are the differences between nightmares and sleep terrors? Describe the sleep hygiene measures. (5+5)
5. Describe the history and evolution of the concept bipolar disorder. Write a note on the current understanding of bipolar spectrum disorder. (5+5)
6. Define resistant schizophrenia and explain its management. (5+5)
7. Write the Clinical evaluation, laboratory work up and management of a patient suspected of Neuroleptic Malignant Syndrome. (4+2+4)
8. Describe Classification of Male sexual dysfunction as per ICD 10. Describe the treatment of erectile dysfunction. (5+5)
9. Define Treatment resistant OCD and its management. (3+7)
10. Describe the steps of suicide risk assessment.

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Time: **3 hours** **Max Marks -100**

PSYCHIATRY

PAPER III - Psychiatric Specialties

Your answers shall be **specific** to question
Draw neat labeled diagrams wherever necessary.
Answer all questions.

Short Essays **(10X 10 = 100 marks)**

1. Nocturnal enuresis- Clinical features, evaluation and management (3+3+4)
2. What is the mechanism of action, indication, dosage and adverse effects of Methylphenidate? (2+3+2+3)
3. What is informed consent? Describe its importance in psychiatry. (4+6)
4. The impact of marriage on psychiatric illness. Enumerate the Indian laws with respect to various religions regarding divorce and mental illness (5+5).
5. Explain the difference between positive and negative reinforcements with one example each (5+5)
6. What are the various causes for school refusal and its management (5+5)
7. With the help of a table enumerate the differences between dementia and pseudodementia.
8. Describe the salient features of National Mental Health Programme.
9. What is the difference between abuse and neglect? What are elder abuse and its clinical implications? (5+5)
10. What is stigma? What is the role of a psychiatrist and the government in reducing stigma? (3+3+4)

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Time: **3 hours** **Max Marks -100**

PSYCHIATRY

PAPER IV – Recent Advances & Psychiatry related to Neurology and Medicine

Your answers shall be **specific** to question
Draw neat labeled diagrams wherever necessary.
Answer all questions.

Short Essays **(10X 10 = 100 marks)**

1. What is Metabolic syndrome? What are its components, how do you diagnose and manage metabolic syndrome. (2+4+3+3)
2. What are neurological soft signs? What is their role in Psychiatry? (4+6)
3. What are the neuropsychiatric manifestations of Traumatic Brain Injury?
4. What are the various stress related psychiatric disorders? What are the endocrine and neurotransmitter responses to stress? (5+5)
5. Writer's cramp
6. Petit mal seizures
7. What are the clinical features, neuropathology, genetics and treatment of Wilson's disease? (3+2+2+3)
8. Role of Artificial Intelligence in diagnosis and management of psychiatric disorders. (5+5)
9. Interface between Diabetes mellitus and Psychiatry
10. Second generation depot antipsychotics

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Postgraduate Students Appraisal Form
Pre / Para /Clinical Disciplines

Name of the Department/Unit :

Name of the PG Student :

Period of Training : FROM……TO……

Sr. No.	PARTICULARS	Not Satisfactor	Satisfactory	More Than Satisfactory	Remarks
		1 2 3	4 5 6	7 8 9	
1.	Journal based / recent advances learning				
2.	Patient based /Laboratory or Skill based learning				
3.	Self directed learning and teaching				
4.	Departmental and interdepartmental learning activity				
5.	External and Outreach Activities / CMEs				
6.	Thesis / Research work				
7.	Log Book Maintenance				

Publications Yes/ No

Remarks* _____

***REMARKS: Any significant positive or negative attributes of a postgraduate student to be mentioned. For score less than 4 in any category, remediation must be suggested. Individual feedback to postgraduate student is strongly recommended.**

SIGNATURE OF ASSESSEE SIGNATURE OF CONSULTANT

SIGNATURE OF HOD