**Dr Faheem Arshad**

I am an Assistant Professor of Neurology at the National Institute of Mental Health and Neurosciences (NIMHANS), and my research is focused on neurocognitive disorders. I have a broad background in neurology, with specific training and expertise in cognitive neurology. As PI or co-Investigator on several projects, my research has been focused on understanding modifiable risk factors for dementia and exploring modalities of treatment and prevention strategies. This may aid in understanding mechanisms that underlie neurodegeneration, which may have therapeutic implications in future. I have worked on identifying different mechanisms of resilience in neurocognitive disorders and focused on education and bilingualism as proxy measures of cognitive reserve in a diverse Indian dementia cohort. This will add to the limited existing literature on the potential prevention of various neurocognitive disorders through modifying risk factors and, importantly, examine this question in a low-middle income country like India where such low-costs interventions may have the greatest impact. These interventions can be implemented at a low cost, where economic and infrastructure constraints may limit access to disease modifying therapies. Particularly, I envisioned that many such modifiable factors which would help in building cognitive reserve in dementia, mitigate the onset of illness and can be implemented at any age of the patient, need to be studied. In addition, my pilot proposal as an Atlantic fellow at the Global Brain health Institute has been funded by the [Global Brain Health Institute](https://www.gbhi.org/) (GBHI), [Alzheimer's Association](https://www.alz.org/), and [Alzheimer's Society, UK](https://www.alzheimers.org.uk/) . As a result of these previous experiences, I am aware of the importance of frequent communication among project members and of constructing a realistic research plan, timeline, and budget. In addition, my work also focuses on neurogenetics, biomarkers and advanced imaging in degenerative dementias. My most recent work and preliminary data on genetics in neurodegenerative dementias is innovative and would provide a platform for future genetic studies in a diverse context like India.