Message from General Secretary

Dear friends,

I am looking forward very much to the 70th Annual National Conference of Indian Psychiatric Society (ANCIPS 2018) in Ranchi from the 5th (Monday) to 8th (Thursday) February 2018. My humble request to all of you to spend your time in the conference and do not miss the exciting scientific sessions at the Central Institute of Psychiatry (CIP Ranchi), which is also celebrating its Centenary this year. The quality of the science at this meeting will be outstanding. Each year at the ANCIPS there are more and more psychiatrists joining us from all over the world, making this a very exciting international forum for discussion. There will be numerous valuable sessions for academic faculty and trainees at all levels. ANCIPS 2018 Ranchi will offer us all the opportunity to connect with colleagues and friends and share your ideas with mental health professionals from across the country and even around the globe.

As I write this for the last issue of my second year term of office as Hon. General Secretary will be coming to a close in a few hours’ time. It has been an extraordinary privilege to be your General Secretary over the past two years. It has been an amazing journey for me. I encountered challenges but there were moments of joy and satisfaction that I will remember and carry with me as I move on to a new journey in the years ahead.

As part of the ANCIPS, I will turn over the reins of IPS General Secretary. As for me, I can’t tell you how much I enjoyed working with my elder brother Dr. (Brig) M.S.V.K. Raju President, Dr. Ajit Bhide President-Elect, Dr. Mukesh Jagiwala Hon. Treasurer, Dr. TSS Rao Hon. Editor. We have an amazing organization with so many dedicated and talented people, all working to improve the care of mentally ill patients.

Lastly, I wish to thank my EC members of our Council and members of Committees, IPS Zonal and State Branch Presidents, Secretaries and representatives as well as the staff of the society for their unfailing support and efforts. My gratitude also goes to all our Assistant General Secretaries – Dr. Manaswi Gautam, Dr. Ranjan Bhattacharyya, Dr. Krishna Kadam and Dr. Vishal India who all have contributed their time and expertise generously to IPS.

I have learnt from the best, and gained much knowledge from my peers. I will miss the IPS EC terribly, but look forward to my continued association with our Indian Psychiatric Society.

Dr. Gautam Saha
Hon. General Secretary, IPS

Message from President

My dear friends,

Time has this incorrigible habit of flying! It is as if it was yesterday we met at the post ANCIPS Council at Raipur. Now it is already time to report the things we did during the days that went by seemingly in no time. As I look back I feel a sense of satisfaction, not in full measure but substantially.

Our window to the world, the website, is on the air. We reengineered it. Putting the history of our Society in the web is one thing that made me feel good. The same is uploaded in the WPA website. The Zones and other branches must pour in the information to make it fully loaded. Dr Abhijit Faye, his team and I spent some quality hours at Pune and Nagpur to bring it to the present shape. My gratitude to Dr Faye for putting up with my idiosyncrasies. Now it needs all of your full attention.

The Mid Term CME at Vishakapatanam was a tremendous success in every way. Dr N N Raju and Dr G V S Murthy did a great job marshalling resources and managing everything with great panache. The Tribal Psychiatry specialty Section did a great job in organising the first ever national conference at Bhubaneswar. We met the Union Tribal Affairs Minister at the conference and subsequently at his office in Delhi. We should see something tangible in near future. Our work for disadvantaged continued. We had organised the first ever conference on LGBT mental health issues also at Bhubaneswar. I must congratulate the members of our Odisha branch for doing a great job. I must put on record the singular service of Prof Tophan Pati and Prof Anmit Pattajoshi to our Society.

Continued on page 2

Viviloref™
Homotaurine 50 mg Tablets
available treatment for MCI & EFD
Introducing 1st time in India

MCI : Mild Cognitive Impairment  EFD : Executive Functions Deficit
Dr. Shashi Pandey, former Director of Central Institute of Psychiatry passed away on 13th December, 2017.

Dr. (Mrs.) Malati Ghosh, former HOD, Institute of Psychiatry, Kolkata and Past President, IPS West Bengal State Branch passed away on 1st November, 2017.

Dr. (Mrs.) Dipali Dutta, Past President, IPS Assam State Branch passed away on 11th November, 2017.

Dr. Bavindra M, Senior Psychiatrist from Kannur, Kerala passed on 12th September, 2017.

Dr. Lajpat Nagasamy, Senior Psychiatrist from Chennai passed away in the month of July, 2017.

Dr. Ratna Bilwani from Ahmedabad passed away.

Dr. Deepak Mane from Pune passed away.

Message from President

The SAARC Psychiatric Federation Conference at the City of Joy was literally a thing of joy for all. The scientific content, hospitality, speakers and the very ambience left a deep impression in all. Dr. Gautam Saha lead his team like a general. My congratulations to him, Dr. Jay shastri, a chip of the old block, and our West Bengal branch for pulling off a great show.

Our head quarter is now in a much better shape. Members can deliberate and stay there now in some comfort. The documentation is streamlined. I had apprised you all about the grave issue of the renewal of our society’s registration earlier. Dr. Gautam Saha, Dr Mukhesh Jagiwala and myself visited Chennai to set the process on. I am extremely happy to report that all formalities of the process are complete now and the renewal should come through any day. Full credit to Dr. Ponnudurai for his painstaking efforts at maneuvering through the mazes of offices of the government to get this thing happen. I was thrilled beyond measure when Dr. Vinay Kumar dug out our original registration! It was much sweat and toil for Dr. Mukhesh Jagiwala to put all documents in order and our head quarter in shape. I feel good being part of it all.

Work is in progress with regard to the yet to be named Commonwealth Psychiatric Forum. I had the pleasure of meeting the Chairman of the commonwealth Foundation and Presidents of the Psychiatric Associations of UK, South Africa, Australia, Canada and WPA President at a preliminary meeting at Berlin on the sidelines of WPA world Congress. Consultations are on. I am quite confident that we will succeed in our efforts. You are aware the Council has given the go ahead signal to take the matter of the Mental Health Care Act to the court. Dr. Vidhyadhar was much sweat and toil for Dr. Mukesh Jagiwala to put all documents in order and our head quarter in shape. I feel good being part of it all.

IPS National Body Activities

Society Registration - Renewal

The implication of the situation was grave and scary. We must admit it was a long journey with lots of agony, sleepless nights not only for the President Dr. (Brig.) MSVK Raju, but to the society as a whole. We went to breaking open the cup board at our headquarters to trace the required documents. Our visit to Chennai along with Dr. Gautam Saha for some brainstorming discussion with Dr. Ponnudurai. Dr. R. Ponnudurai, Chairperson Finance Sub Committee stuck to the task relentlessly and kept us on our toes to get all the required documents. President signed a whole lot of documents to conveying our prayer to Registrar of Societies stating that from 2001 IPS has been functioning regularly and explaining the delay of submission of the required documents for renewal of registration. Well, all is well that ends well. President quoted “the wages of sweat and toil are sweet!”

We have learnt our lessons the hard way. Never we shall allow our Society confront a similar situation again.

Long live Indian Psychiatric Society!
IPS National Body Activities

**EC Meeting at Visakhapatnam**

The Executive Council Meeting of Indian Psychiatric Society held on 11th August, 2017 at Visakhapatnam. Many important decisions were taken.

**National Midterm CME 2017, Visakhapatnam**

National Mid-Term CME, organized by Visaka Psychiatric Society and Government Hospital for Mental Care was held at Visakhapatnam on 12th to 13th August 2017. The theme was “Emerging trends in Psychiatry – experts’ perspective”. More than 800 delegates participated the CME programme.

**Office Bearers Meeting at CIP Ranchi**

Two meetings were held on 29th November and 30th December. Dr. (Brig) MSVK Raju, Dr. Ajit Bhide, Dr. Gautam Saha, Dr. Mukesh Jagiwal, Dr. TSS Rao had meeting with the Organizing Committee led by Dr. D Ram, Dr. Sanjay Munda, Dr. Nishant Goyal, Dr. VK Sinha discussed progress of ANCIPS 2018.

**Inauguration of renovated Headquarter of Indian Psychiatric Society at Gurgaon, Delhi NCR**

Our newly renovated headquarter inaugurated on 23rd January, 2018. It is now in a much better shape. Members can organise meetings and stay comfortably. Thanks to Dr. Mukesh Jagiwal for all the hardwork and looking after nitty gitty of the development.

**MHCA Meeting with Ministry of Health & Family Welfare**

On 1st December, 2017 we had an excellent meeting regarding rule formation of Mental Health Care Act with Mr. Lav Agarwal, Joint Secretary, Government of India, Ministry of Health & Family Welfare. There was a discussion regarding the rules formation of MHA, 2017. Dr. Brig. M. S. V. K. Raju, Dr. M.S. Reddy, Dr. Pramod Kumar and Dr. Gautam Saha were there on behalf of IPS and IAPP. Special thanks to Dr. Gourav Gupta for organising all and accompanying us all the time.

**Meeting with Minister for Tribal Affairs**

Brig. Dr. MSVK Raju, Dr Gautam Saha, Dr. Tophan Pati, Dr Sanjay Kumar Acharya along with Officials from Ministry of Tribal Affairs and Officials from Ministry of Health & Family Welfare did a meeting with our Honourable Union Minister, Tribal affairs, Sri Jual Oram on 20th December, 2017 morning. We made detailed presentation of prevailing situation with regard to mental health of Tribal Population in India.
IPS National Body Activities

SAARC Psychiatric Conference 2017

The 10th SAARC International Psychiatric Conference 2017 was organized in the ‘City of Joy’ Kolkata with the theme “Psychiatry in developing world – alternative models”. The event was of great success with the presence of renowned international and national faculties, not only from SAARC countries but from different corners of the world under the able leadership of SPF President Dr. MSVK Raju, Dr. Gautam Saha, Org. Chairperson and Dr. Jay Shastri, Org. Secretary and guidance from Dr Nirmal Namichanne Secretary, SPF.

International Congress of Asian Federation of Psychiatric Association (AFPA)

International Congress of Asian Federation of Psychiatric Association (AFPA) and the Annual Convention of the Philippine Psychiatric Association (PPA) were held in Manila, Philippines from 24–26 January. President Dr. (Brig) MSVK Raju, Hon. General Secretary Dr. Gautam Saha, Past President Dr. G. Prasad Rao, eminent psychiatrist Dr. Mohan Issac and few more represented the Indian Psychiatric Society this International meet.

Symposium on “Violence and Mental Health” at World Congress of Mental Health, Delhi

A symposium on “Violence and Mental Health” was presented by IPS Gujarat State Branch at World Congress of Mental Health, at The Ashok Hotel, New Delhi on 2nd to 5th November, 2017.

It was a very good learning experience and opportunity to meet top notch psychiatrists from India & World. The topic dealt with current burning issues with complexity and examined them from various perspectives.

WPA World Congress – 2nd to 5th November, 2017, Delhi

WPA – WORLD CONGRESS OF PSYCHIATRY, one of the most important scientific congresses with theme “Psychiatry of the 21st Century; Context, Controversies & Commitment” international experts from science, politics and society.

Books to be published in ANCIPS 2018

Two Books of Clinical Practice Guideline – Geriatric Psychiatry and addictive disorder being released as supplement copies of IJP in ANCIPS 2018.

Four Books – Different Strokes, Social Psychiatry, Research & Presentation and UG Text Book are being released by the IPS Publication Committee led by Dr. Vinay Kumar in ANCIPS 2018.
IPS Branch Activities

Zonal

42nd Annual Conference of IPS North Zone
President: Dr. Ajeet Sidana
Hon. Secretary: Dr. Sandip Kumar Goyal

IPS North Zone will hold its 42nd Annual Conference on October 7th & 8th in Delhi. The theme was “Stress, Relationship and Mental Health.” Congratulations to Dr. Dinesh Kumar Kataria (Org. Chairperson) and Dr. Shiv Prasad Khedar (Org. Secretary), Dr. Ajeet Sidana (President), Dr. Ram Jiloha (immediately past President), Dr. Sandeep Goyal (Secretary) as organizers. It was an excellent conference in all respects.

Annual Conference of IPS South Zone
President: Dr. T. P. Sudhakar
Hon. Secretary: Dr. Naresh Vadlamani

Annual Conference of IPS, South Zone (IPSOCON 2017) was greatly organized. Chief Guest Mr. Sashi Tharoor, MP gave an excellent speech. Congratulations to Dr. T. P. Sudhakar (President, SZ), Dr. K. Shivarmani Krishnan (Immediate Past President), Dr. K. Uday Kumar (Sec, SZ), Dr. A. M. Gopalakrishnan (Chairman, Org. Committee), Dr. Sabu Rohiman (Org. Secretary) and Dr. Vergese Poonose (President, IPS, Kerala State Branch).

43rd Annual Conference of IPS East Zone
President: Dr. Sanjiba Dutta
Hon. Secretary: Dr. R K Lenin Singh

43rd Annual Conference of IPS East Zone, CEZIPS 2017 at SMIMS, Gangtok on 15 Oct 2017 hosted by Sikkim State Branch. Shri PD Rai (Hon’ble Member of Parliament) & Lt. General Dr. Venkatesh (Vice Chancellor of SMU) graced the inaugural function as Chief Guest and Guest of Honour along with Dr. Gautam Saha (General Secretary, Indian Psychiatric Society) and office bearers of Indian Psychiatric Society Eastern Zonal Branch. The theme was “Community Psychiatry: Translating research into Practice”.

Annual Conference of IPS West Zone
President: Dr. Vishay Nagecha
Hon. Secretary: Dr. Jay Shastri

IPS North Zone will hold its Annual Conference on September 29th to October 1st at Rajkot. Thanks to Dr. Jay Shastri, Dr. Vijay Nagecha, Dr. Nilesh Shah for organizing such an excellent conference.

New Vice–President of IACAM
Dr. Kishor Gujar, our direct council member elected as Vice President cum President Elect of Indian Association of Child & Adolescent Mental Health during 14th Biennial conference of IACAM held at Kolkata in November 2017.

Annual Conference of IPS–Central Zone (CIPCON– 2017).
President: Dr. R. G. Razdan Hon. Secretary: Dr. S. P. Gupta

The 39th Annual Conference of IPS – Central Zone along with Mid Term CME was organised from 5th–7th October 2017 at The Auditorium of G SVM Medical College, Kanpur (UP). The Organising Chairpersons were Dr. RK Mahendru & Dr. Ravi Kumar and Organising Secretary was Dr. Dhananjay Chaudhari. The theme of the Conference & CME was “ Recent Advances in the Management of Psychiatric Disorders” & “Recent Advances in Non-Pharmacological Management of Psychiatric Disorders” respectively. The conference was inaugurated by Hon’ble Mayor of Kanpur Shri Jagat Veer Singh Dronaji. The CME programme was inaugurated by the President Dr. (Brig.) MSVK Raju. Hon. General Secretary. Dr. Gautam Saha was also present at the inauguration.

Achievement
Dr. Indira Sharma, Past President of IPS successfully completed LLB Degree. We congratulate her for this achievement.
IPS Branch Activities

State

Annual Conference of IPS, WB State Branch

PSYCON 2017 at Novotel, Kolkata, jointly organized by West Bengal Branches of Indian Psychiatric Society & Indian Association of Private Psychiatry on 2nd–3rd September 2017. IPS President Dr. (Brig) MSVK Raju and Dr. Gautam Saha and other dignitaries from different parts of India attended.

On a regular basis various CME programs are being organised in our own Seminar Hall, IMA Bengal House Kolkata.

Annual Conference of Madhya Pradesh State Branch

The Annual Conference of Madhya Pradesh State Branch of IPS was held this time on August 26 and 27 in Sagar Madhya Pradesh. This was 10th successful annual conference in a row without any break. The conference was inaugurated by IPS President Brig.(Dr.) MVSK Raju by lighting the lamp. The conference was largely attended by members of M P State branch of IPS. Major R K Pandey oration, Dr Tarun Ghosh UG Quiz, Smt. Kuntala Chatterjee best paper award sessions were held as regular feature of the M P Psycon. The theme of conference was “Changing Scenario in Psychiatric Care”. The conference was a big success.

Annual Conference of Manipur State Branch

18th Annual Conference of Indian Psychiatric Society, Manipur State Branch. MANIYCON 2018 was held at Hotel Classic Grande, Imphal on 7th Jan 2018. The theme of the conference was “Adolescent Mental Health”. Dr Gautam Saha Kolkata (Hon. General Secretary, IPS) deliberated on “Childhood depression” highlighting early signs and symptoms for early recognition and diagnosis. He said 2–4% of adolescent suffers with depression making them vulnerable to suicidal attempts at times. He emphasized the importance of early intervention, Counseling and antidepressant medication in severe cases.

IPS PARTICIPATIONS IN OTHER ASSOCIATIONS

ANCIAPP 2017

18th Annual Conference of Indian Association of Private Psychiatry was held at Jaipur this year. The theme of the conference was “Psychiatry Today – Challenges & Perspective.” Dr. K G Thanvi was Org. Chairperson and Dr. Vikas Thanvi was Org. Secretary.

IACAM 2017

14th Biennial Conference of Indian Association of Child and Adolescent Mental Health was held at Swabhumi, Heritage Plaza Kolkata from 10th to 12th November, 2017. Dr. Devashish Konar and Dr. Sanjay Garg was Organising Chairperson and Organising Secretary respectively.

GERON 2017

13th Annual Conference of Indian Association of Geriatric Mental Health, GERON 2017, organised by Dept. of Psychiatry, PGIMER Chandigarh was held at JW Marriot, Chandigarh. Heartiest congratulations to the organising team lead by Prof Ajit Awasthi Sir & Dr. Sandeep Grover (PGI Chandigarh team).
Activities: Sub Committees, Specialty Sections, Task Forces

**National Symposium on LGBT**

The first ever National Seminar On LGBT Mental Health Issues, organized by Task Force on LGBT, IPS and IPS Odisha State Branch, held in Bhubaneswar on 23rd Sept., 2017. Representatives from LGBT organisations actively participated.

**National Symposium on Women’s Mental Health**

National Symposium on Women’s Mental Health held at Anvita, Chunar, on 10th December, 2017. Dr. Rajani Chatterjee, Chairperson, Dr. Radhika Reddy, Co-Chairperson, Dr. Srikala Bharath, Convener of Women & Mental Health Specialty Section and Dr. Prabha Chandra, Chairperson, Dr. Sonia Parial, Co-Chairperson, Dr. Anita Gautam, Convener of Perinatal Psychiatry Specialty Section. DR. M. R. Jhanwar, Dr. VG Jhanwar, Dr. Rajesh Nagpal, Dr. E. Mohandas and team ANVITA.

**Specialty Section on Forensic Psychiatry**

A talk by Prof. Brendan Kelly, Professor of Psychiatry, Trinity College, Dublin, Ireland on “Law, Human Rights and Mental Health” was organized by Specialty Section on Forensic Psychiatry on 3rd December, 2017 at Patna during the annual conference of IPS Bihar State Branch.

**IPs Task Force on Road Safety and Accidents**

A case conference was done in our Sion hospital, Mumbai, along with colleagues from medicine department on ‘Sleep deprivation in Uber Taxi drivers and its consequences’. A case was presented of an Uber Taxi driver who presented with delirium after he drove his Uber taxi continuously for 4 days which lead to severe sleep deprivation. It was followed by a presentation of review of literature and discussion on the subject.

**Specialty Section on Addictive Disorders**

This Section organized a National Symposium in Imphal, Manipur on 6th January. This specialty section assisting the Govt on National Alcohol Policy & Advocacy on policy reforms related to Opioid Substitution Treatment.

**Sleep Disorders Specialty Section**

Sleep Disorders Specialty Section has published two guidelines this year- One for adults (already published) and other for geriatric patients (submitted to IJP in September). Besides this, some training programs were also organised to attract more Psychiatrists in this field.

**The Task Force on Mental Health Care Act 2017**

The Task Force on Mental Health Care Act 2017, (Chairmanship of Dr Watve and convener Dr Rajeev Jain) hold a symposium on 15 Dec. 2017 in SAARC Psycon KOLKATA, on the topic Mental Health Care Act. Overview and critical appraisal Dr Rajeev Jain, Dr Gautam Saha and Dr B. M. Suwalka. Dr Watve moderated the symposium.

**Task Force for Workshops & Training**

- A workshop on “CBT for updating skills and problem solving” by Dr Arun Gupta, Consultant Psychiatrist, National Health Services UK held at KGM, Lucknow on 2–3rd November, 2017.
- Workshop on “CBT in Depression” in IPS–Central Zone conference at Kanpur on 5–7th October, 2017 held at GSVM medical College at Kanpur by Prof P.K. Dalal, Dr Adarsh Tripathi and Dr Sujit Kar.

**Symposium on PWD Act & Disability Certification**

It was organised on 13th August, 2017 at Hotel ITC Grand Bay, Visakhapatnam. The topics of the discussions were “New PWD Act, 2016,” “General Guidelines to Disability Certifications,” Disability Certifications by IDEA”, ASD – Disability Quantification”, Specific Learning Disorder – Disability Quantification”, etc.

**Tribal Psychiatry Specialty Section**

- Round table on mental health of tribal populations organized by George institute held on 28th August Prof Raju was a key speaker.
- First National Conference on Tribal Mental Health organized by IPS in Bhubaneswar on 22nd October 2017.

**School Education & Counselling Task Force**

World Drug Abuse Day was observed by selected psychiatrists as a part of the trainers by reaching out to some schools and colleges across Hyderabad. World Suicide Prevention day on September 10th 2017 was observed by organising a Suicide Prevention 2Km walk on necklace road, Hyderabad which was participated by more than 800 supporters.

**General Hospital Psychiatry Specialty Section**

Dr. Parmod Gupta, Convenor, General Hospital Psychiatry Specialty Section, IPS and Chhattisgarh State branch, organised an excellent workshop on “Psychiatry in Other Specialties.”