



INDIAN
PSYCHIATRIC SOCIETY

NEWSLETTER

FROM THE DESK OF HONORARY GENERAL SECRETARY

ISSUE 1: JANUARY-MAY 2024 EDITION

Sound Body in Sound Mind Only

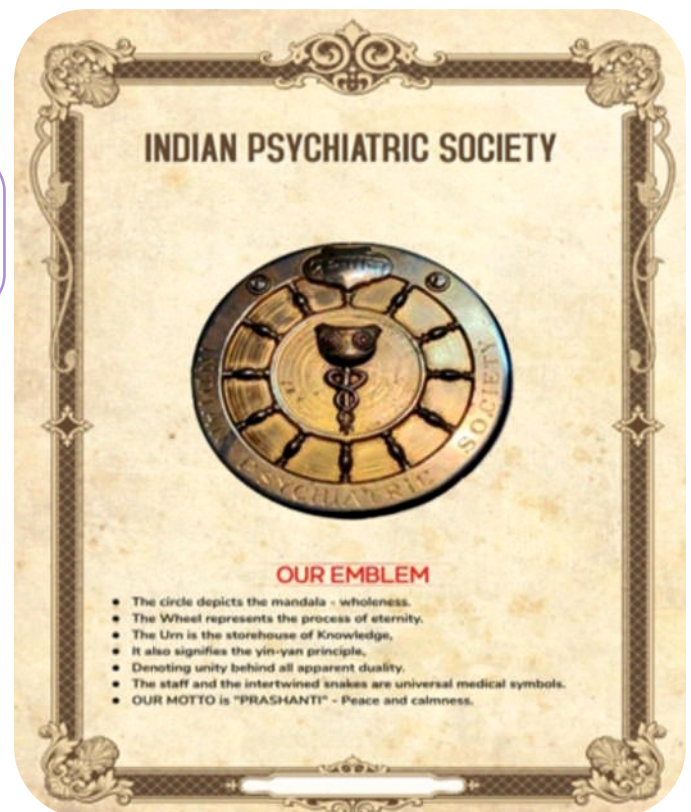
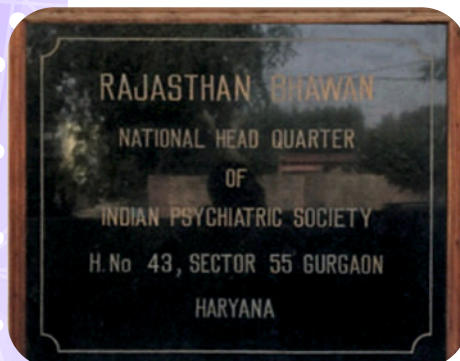
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Honorary Secretary Dr Amrit Pattojoshi,
Assistant Secretary Dr Minhajzafar Nasirabadi & Dr Niska Sinha



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[Estd: 1947]

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President



Dr Savita Malhotra
Vice President



Dr Amrit Patojoshi
Gen. Secretary



Dr M. Aleem Siddiqui
Treasurer



Dr Sujit Sarkhel
Editor

Our Journey

The IPS began in 1947 with 15 founder members and has now grown to a membership of above 7000 specialists. The IPS currently represents the largest society of mental health professionals in India & works on health advocacy, social activism, policy formulation & medical research in the field of mental health.

Origin

The IPS was founded on 7th January 1947, during the Indian Science Congress meeting held in New Delhi.

Journal

The Indian Journal of Psychiatry began in 1949 as the Indian Journal of Neurology and Psychiatry.

Zones

Between 1975 & 1978, five IPS Zones were formed, which have flourished over time.

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Message from the President

Warm Greetings from the office of the President!!!

Mental Health is gaining a lot of importance day by day and the slogan “SOUND BODY IN SOUND MIND ONLY” holds true. The intention of making a News Letter is to store the beautiful memories and enthusiasm of working together in one place as well as to motivate people to plan more activities. I wish to congratulate the dynamic team of General Secretary **Dr Amrit Pattojoshi**, Assistant Secretary **Dr Minhajzafar Nasirabadi** and **Dr Niska Sinha** for being instrumental in bringing out this edition of our much awaited newsletter which would serve as a treasure of our bond.

Team IPS with its office bearers, ex officio, EC members and the dedicated members from all zones in the subcommittees, speciality sections, task forces have already begun a roller-coaster ride with all the efforts and tasks as reflected in this edition of newsletter and are sure set to make us all proud. We have started with serial trusts and liaisons with national and international organizations which hold many promises to yield good results. I as a President wish to be a support and mentor to all the good work planned and promised. I extend my best wishes to Team IPS for executing and pursuing their plans and promises to make this year a historic one in the history of IPS. Together under the umbrella of our organization let all unite and strive to enhance patient care, promote well being and give a momentum to the academic research, training and academics.

Wishing our organization and its beloved members a healthy, hearty and smiling year ahead.

Long Live IPS!!!

Thanking You

Dr Laxmikant Rath

President

Indian Psychiatric Society



Message from Honorary General Secretary

Dear Esteemed Colleagues and Members,

As your Honorary General Secretary, I extend my deepest gratitude for your unwavering trust and support. Together, we are committed to fostering academic excellence, scientific innovation, and holistic patient care. This year, we initiated pivotal sub-committees, specialty sections, and task forces, each reflecting our core values of collaboration and inclusivity. These groups, representing diverse zones, have worked tirelessly to elevate our field and enhance our impact. Their commendable efforts are woven into our society's progression.

This newsletter reflects our dynamic activities since ANCIPS 2024 in Cochin, showcasing our dedication and innovative spirit. The zeal and creativity of our subcommittees, specialty sections, and task forces, under the exemplary leadership of our President and the strategic guidance of our office bearers and EC members, are truly praiseworthy.

Special thanks to our vibrant Assistant Secretary, **Dr Minhajzafar Nasirabadi** and **Dr Niska Sinha**, for the dedication in curating this newsletter. His efforts epitomize the spirit of dedication within our society.

With our guiding mantra “Empowering Minds, Enriching Lives” I invite you to share your insights and suggestions. Let us continue to enrich our society with vibrant ideas and enthusiasm. Together, we are shaping futures.

Long live IPS!

With deepest thanks,

Dr Amrit Pattojoshi

Honorary General Secretary

Indian Psychiatric Society





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A Loving Memorial and Tribute

With a heavy heart we pay our tribute
to the cherished members of our society

We treasure your contributions
and memories

Our hearts go out with the grieved and
may the loving memories bring you peace,
strength and courage to bear the loss!!!



Dr. Anil V. Shah
(LF 19050)
Ahmedabad



Dr. Prakash B. Behere
(LF 02037)
Wardha



Dr. P D Sasi
(LF 16220)
Kerala



Dr. O Somasundaram
(LF 19121)
Tamil Nadu



Dr. Anil Kumar Rai
(LOM/A04/09)
Mau, Uttar Pradesh





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Annual National Conference of Indian Psychiatric Society- ANCIPS 2024 (Kochi, Kerala)



✿ The Annual National Conference of Indian Psychiatric Society (ANCIPS) was organized from 18th January to 21st January, 2024 at Kochi, Kerala. The theme "Psychiatric Care: Problems, Progress & Prospects," reflected on the journey of education, research, and service to humanity over 75 years. Dr P Joseph Varghese, Organizing Chairman and Dr. Anoop Vincent, Organizing Secretary for the conference made all efforts for the delegates to experience an excellent hospitality and an incredible academic feast which made it a memorable experience for one and all. Hence, the year calendar of IPS started on a momentous note with a full house gathering and a hugely successful conference with registered delegates and attendees from all across the country and abroad.

✿ The academic extravaganza started with excellent plenary sessions from erudite speakers from the nation and worldwide. The inauguration ceremony marked the installation of Dr Laxmikant Rathi, the President IPS for 2024-25. In his Presidential address Dr Rathi emphasized on the concept of "Sound body in a Sound mind only". He said "Be informed, Be Inspired" spirit is the soul of all the endeavors and planning for IPS. He assured that IPS as a society of a beacon of knowledge and compassionate care would continue to contribute to mental health field in the best possible way during his tenure. He called for hard work, discipline and team work.

✿ Parallel sessions in 10 different halls for plenary talks, symposium, paper poster presentations for four days from experts in the field as well as young brigade and exchange of scientific content and ideas made it an unforgettable experience for the delegates. Prestigious awards for research work, presentations, zonal branch, state activities, life time contributions, sports were announced by the award committee and given. The newly elected office bearers and EC members along with the President and Honorary General Secretary had the first meeting last day of the conference where future plans were discussed.

✿ The conference ended with a valedictory function and felicitation of everyone who helped the event succeed.





Across The Globe

The new year started on a beautiful note global scene for IPS with President Dr Laxmikant Rathi and Vice President Dr Savita Malhotra chosen as Executive Council Members and General Secretary IPS Dr Amrit Patojoshi Joint Secretary for SAARC Psychiatric Federation. President Dr Laxmikant was also chosen a member of the constitution committee in SAARC and Dr Deepak Raheja a member of the scientific committee.

IPS had an active participation in American Psychiatric Association Annual Meeting at New York USA on theme “Confronting Addiction from prevention to recovery” in May, 2024. IPS President got the special invite. He attended and spoke on “Spirituality and freedom from Alcohol; IPS General Secretary Dr Amrit Patojoshi spoke on “Vocational Rehabilitation for problem drinkers”. He was honored to be on the Dias in opening ceremony and was a special invitee in the Presidential dinner of APA which he attended along with General Secretary IPS. It was an enriching experience and they both strengthened IPS ties with other International Leaders and Organizations IPS Past President Dr Gautam Saha chaired a session on "Addiction Recovery in individuals with Schizophrenia Spectrum Disorders". Few of the other delegates who attended the conference from India were Dr Roop Sidana, Dr Tanmaini Das, Dr Manaswai Gautam, Dr Vinay Kumar, Dr Deepak Raheja, Dr Padmakali Kar, Dr Manmeet Singh, Dr Suvendu Narayan Mishra to name a few. They contributed to scientific discussions and few others like Dr Sandeep Vohra were honored with International Fellowship by APA.

There was an invitation to IPS President Dr Laxmikant Rathi for attending Conference of Royal Australian and New Zealand College of Psychiatrist at Canberra on 19 - 23 May 2024 which he attended online.

IPS President and General Secretary have the honor of invite in forthcoming International events like International Conference of Asia, Asia-Pacific, SAARC and Middle East Psychiatric Federations at Abu Dhabi in May, UAE; Royal College of Psychiatrists International Congress, UK in June and SAARC Psychiatric Federation conference in July 2024 at Colombo, Sri Lanka. They are all set to keep the flag of IPS high through the representation to gather support and collaborations for IPS and International bodies in areas of research, academics and programs policies for quality health care.





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Activities

Dr Laxmikant Rathi President IPS and Dr Amrit Pattojoshi, HGS participated in an important meeting called by Indian Medical Association for medical speciality organization heads to discuss the issue of reconsideration of decision of doctors under consumer protection act

IPS President attended the Centre of Excellence Program on Alcohol Withdrawal Syndrome and OCD as an elite guest at Hyderabad in March, 2024

A meeting of the IPS Tribunal was conducted at Delhi on 13th April, 2024

Preparations for hosting Ancips 2026 and IPS Extended EC meeting at Delhi on 25th May 2024 begun by the enthusiastic Organising Delhi team



ACTIVITIES AND PLANS BY THE COMMITTEES/SPECIALITY SECTIONS/TASK FORCES

Committees

IPS International Research Collaboration Subcommittee



Dr E Mohandas
Advisor



Dr Neena Sawant
Chairperson



Dr B Sindhu
Co-chairperson



Dr Deepali Gul
Co-chairperson



Dr P Mahapatra
Convener



Dr Shahul Ameen
EC Coordinator



Programs Conducted: A webinar was conducted on 17th April 2024 on Exploring International Collaborative Research: Opportunities and Challenges with an eminent speaker from ICMR Dr Krushna Ch Sahoo





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IPS Research Subcommittee



Dr Ritambhara Mehta
Chairperson



Dr Sukanto Sarkar
Co-Chairperson



Dr Kamal N Kalta
Co-Chairperson



Dr Shahul Ameen
EC Co-ordinator



Dr Vidhukumar Karunakaran
Advisor



Dr Donthu Rajkiran
Member



Dr Aditya Somani
Convenor

The call for IPS Multicentric studies shall be released soon, after approval and vetting of protocols (study proposals) by aspiring researchers for which plans are to launch an online program wherein expert opinion on studies planned by aspiring researchers shall be done over meetings, in closed group discussion. The proposed name of this program shall be Protocol Evaluation by Experts and Research Subcommittee (PEERS). It has been thought to organize program and/or workshop on writing proposals for grants

IPS Quiz Sub-committee



Dr Anil Kakunje
Advisor



Dr Sagar Jarua
Chairperson



Dr Dayal Narayan
Co-chairperson



Dr Snehil Gupta
Co-chairperson



Dr Devavrat Harshe
Convener



Dr Prosenjit
EC Coordinator

Committee has plans for Conducting Quiz at ANCIPS and other CMEs like quiz sessions in most of official IPS conferences held all over India. PG Quiz along with UG quiz at ANCIPS and formulating some set rules for UG and PG quiz to streamline few discrepancies. Other Activities we plan are to come out with a small book on various aspects of quiz and have a separate directory made of all the local and zonal quiz masters. In each issue of IJP we propose to have one column of some interesting trivia or crosswords or some MCQs

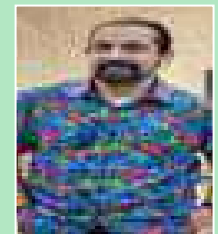
IPS Cultural Subcommittee



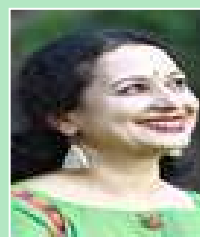
Dr Jayanta Das
Advisor



Dr Sudhir Bhawe
Chairperson



Dr Puneet Kathuria
Co-chairperson



Dr K S Pavitra
Convener



Dr Lokesh Babu
Member



Dr Umesh Nagapurkar
EC Coordinator

An online session on Saturday, 15th June 2024 - Interview with psychiatrist Dr. Anand Nadkarni, Thane, on "Culture and Mental Health: Impediments and Possibilities". Two subsequent online sessions (dates to be finalized) on: psychotherapy in the Context of Indian Culture and Suicidology: Indian Context

Physical seminar in Guwahati, Assam, in November, 2024



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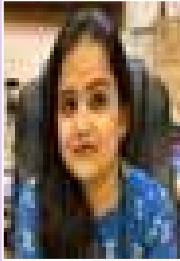
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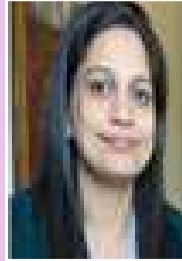
IPS Young Psychiatrist Subcomiitee



Dr S Nambi
Advisor



Dr Samiksha Sahu
Chairperson



Dr Kashypi Garg
Co-Chairperson



Dr Swayam P Baral
Co-Chairperson



Dr Pritam Chandak
Convenor

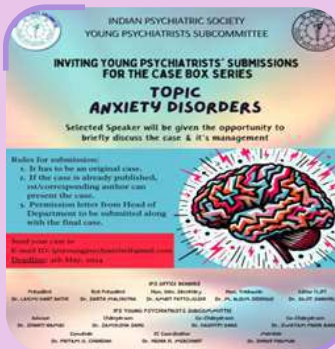
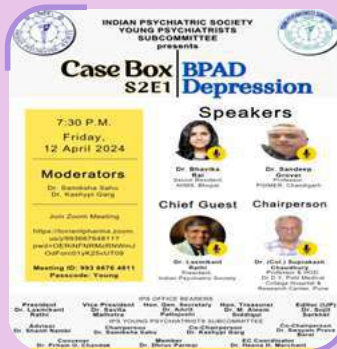


Dr Dhruv Parmar
Member



Dr Heena Merchant
Ec Coordinator

- Have conducted two Case Box Series a platform to a Young Psychiatrist <5 years post PG to present a case and along with it a senior discusses the case and recent advances
- Plans to continue Case Box Series, Mock Exam for the Young Brigade, collaborative event with other Subcommittess, for exploring career opportunities on National and International level, National level awareness programme for public on Adolescent Mental Health , organize YPCON and increasing mental health awareness through social media and other platforms



IPS Rural Psychiatry Subcommittee



IPS Community Psychiatry Subcommittee

Conducted an online program on Mental Health and well being





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Speciality Sections

IPS Child Psychiatry Speciality Section



Committee has plans for Webinars for Case based discussions/case series once a month to be made more interesting by having short case snippets on specified topics



Plan a hybrid conference



Plan surveys on Child psychiatry services in our country and training and have guidelines to help practice child psychiatry

IPS College Mental Health Specialty Section



Dr Pankaj Kumar
Advisor



Dr Anusha P
Chairperson



Dr Resaul Hamid
Co-Chairperson



Dr Neethi Valsan
Co-Chairperson



Dr Kunwar Vaibhav
Convenor



Dr R Karthik D
Member



Dr Tanmaini Das
EC Coordinator



After two online meetings of the members of the IPS College Mental Health Specialty Section, it was resolved to design pilot intervention to train faculty in colleges to provide Mental Health First Aid. The first one was “Empowering Mentors with Mental Health First Aid Skills” was conducted on 4 th May for faculty members of Pramukhswami Medical College, Gujarat. The role play videos can be used as resource material



Future Plans: Next iteration of the intervention is planned at a local Pharmacy college on 14 th May 2024. Subsequently, plan to training faculty at various colleges in India online mode through webinars





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IPS Forensic Psychiatry & Law Speciality Section



Dr Ramanan Earat
Advisor



Dr C L Narayan
Advisor



Dr Ivan Netto
Chairperson



Dr Suresh Bada Math
Co Chairperson



Dr Mona Srivastav
Co Chairperson



Dr Prabbathi L Reddy
Convenor



Dr Mahesh Gowda
EC Coordinator

Dr C L Narayan will organize the National Forensic Symposium in Bihar in July 2024, Dr Ivan Netto will organize another CME program in the month September 2024

This will be organized in Pune for the 7th consecutive year. Dr C L Narayan (Advisor) will organize a webinar in Patna / Gaya in the month of October 2024

IPS Psychopharmacological Speciality Section



Dr Chittaranjan Andrade
Advisor



Dr Manu Arora
Chairperson



Dr Pankaj Kumar
Co-Chairperson



Dr Ashutosh Kumar
Co-Chairperson



Dr P J Chakma
Convener



Dr Tushar Bhat
Member



Dr Dipayan Sarkar
EC Coordinator

Propose CME in webinar format on 7th June, 13th September and 5th November 2024; hold a workshop/symposium either in ANCIPS /MIDCIPS, a Physical conference (if feasible) and plans to invite the major organization in medical field like IMA and APA to participate. Proposal to start a Newsletter that will contain recent advances in psychopharmacological research to be published in electronic/digital mode

IPS Military Psychiatry Speciality Section

A workshop on "Introduction to Neuromodulation" was organised by Department of Psychiatry, AFMC as a part of Illuminati Conference at AFMC on 21 March 2024. 57 undergraduates from more than 15 medical colleges across the country attended the workshop. A workshop on "NEUROMODULATION" was organised on 11 Feb 2024 by Dept Of Psychiatry, AFMC in which residents from 05 local medical colleges attended, a lecture on Repetitive Transcranial Magnetic Stimulation (rTMS) by Brig VS Chauhan followed by a lecture on tDCS by Lt Col SP Panda and Demonstration with hands-on experience on rTMS and tDCS





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School Mental Health Speciality Section



Dr Kersi Chavda
Chairperson



Dr Ruksheda Syeda
Co Chairperson



Dr Khvati Mehtalia
Co Chairperson



Dr Anweshak Das
Convenor



Dr Rashmi Shukla
Member



Dr Heena Merchant
EC Coordinator

IPS section of School Mental Health conducted an awareness program for school teachers and parents in Nanded, a talk on importance of mental wellbeing and brain health was delivered by Dr Syeda Ruksheda.

Dr Kersi Chavda Chairperson has plans to conduct a School mental health program in collaboration with BPS and IPS in the month of August or September, Dr Anweshak Das in November in Guwahati, Dr Rashmi in various cities of Uttar Pradesh and Dr Khyati in Gujrat. Mostly the program will stress on increasing emotional skills, stress management improving life skills in a students life. The specialty section also plans to develop some modules on suicide prevention and mental health literacy with permission from IPS.

IPS Transactional Analysis Speciality Section



Dr Rajesh Dhume
Advisor



Dr Monali Deshpande
Chairperson



Dr Sanchari Roy
Co-chairperson



Dr Parag S Shah
EC coordinator



Dr Neelima V
Convener



Dr Nilima Shah
Member



Dr Tathagata Mahintamani
Member

Successfully conducted a certified training workshop for 25 Psychiatrists on “Transactional Analysis” on 23rd and 24th February 2024 at Smt. Kashibai Navale Medical College, Pune

Conducted webinar on the topic

“Recognising and dealing – the (false) positive strokes” on 18th April 2024





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Women Mental Health Speciality Section



Dr Sarmishtha Chakrabari
Chairperson



Dr D Swetha Reddy
Co-chairperson



Dr Vidyut Khadewale
Co-chairperson



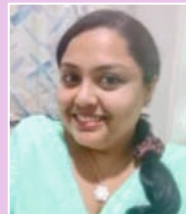
Dr Tanmaini Das
EC coordinator



Dr Shashi Rai
Advisor



Dr Bhupinderjit Waraich
Advisor



Dr Prajakta S Patkar
Convener



Dr Nisha Cyriac
Member



International women's day celebration-Mental well being for women-ME TIME (talent hunt among women psychiatrists on a zoom platform) on 23 rd March; Mindfulness meditation with mandala art on 24th April were organised



Plans ahead: Grand rounds in women mental health July 2024; Infertility and women mental health liaising with gynaecologists; awareness liaison programme on perinatal psychiatry / domestic violence and National symposium on 14 -15th December -Lady Hardinge Medical college -Delhi



Task Forces

IPS Art And Psychiatry Task Force



Dr Sushil Gawande
Chairperson



Dr Fabian Almeida
Co-chairperson



Dr Abhiruchi C
Convener



Dr Sushant Sexena
Member



Dr Vishal Akula
EC coordinator



An online art exhibition was organized by Art and Psychiatry Task Force of Indian Psychiatric Society on 28th April 2024. The art was exhibited in 5 categories - photography, painting, sketch, rangoli and craft witness the artistic side of IPS members. Dr Laxmikant Rathi was the chief guest and Dr Chhatrapati Dutta, Principal, Art & Craft College, Kolkata was guest of honor.





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IPS Boundary Guidelines Task Force



Dr Sunita Kurpad
Chairperson



Dr Sonali Shinde
Co-chairperson



Dr Srilaxmi Pingali
Convener



Dr Kumanan
Advisor



Dr Dhananjay Chaudhari
EC coordinator

The taskforce is Working on Draft Version 3.0 of Guidelines for doctors on Professional Boundaries in the doctor patient relationship incorporating feedbacks on the earlier Draft, as well as from IPS Task Force members which would be submitted to IPS EC to display on IPS website for feedback which we wish to incorporate to finalize guidelines, and then submit FINAL VERSION to IPS EC for consideration for approval/ ratification

Leadership Development Task Force



Dr Pratap Sharan
Advisor



Dr Deepak Rathod
Chairperson



Dr Devashish Konar
Co-chairperson



Dr Dinesh Narayanan
Co-chairperson



Dr Aachana Singh
Convener



Dr Prerana Gupta
Member



Dr Prosenjit Ghosh
EC Coordinator

Plans are to increase awareness about leadership development through questionnaires, brief presentations and articles; reinforcing the need through online talks and interviews of well known professionals; organizing workshops/summits and preparing modules on basics of leadership and to formulate guidelines for long term aspects of the activity





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Zonal News



Indian Psychiatric Society-Central Zonal Branch



Dr Anil Nischal
President



Dr Ganesh Shankar
Secretary



Dr Manish Borasi
Treasurer



Dr Adarsh Tripathi
Editor

- ✿ Renewal of Society registration
- ✿ Formation of various subcommittees
- ✿ EC meeting for CIPCON-2024 at Ayodhya in 30th August -1st September
- ✿ PG training programme at Dehradun on 6th and 7th July and plans for conducting IPS UG Quiz
- ✿ Two new awards for the Best Poster and CPS Life time achievement award proposal
- ✿ Various CMEs organised under IPS CZ
- ✿ A proposal letter from the International Council For Development and Learning (ICDL) USA, the renowned organisation working in the field of Autism and learning disorders for collaboration with IPS Central Zone and a MOU planned and to be proposed for approval
- ✿ The zone is all set to host and welcome all delegates for MIDCIPS- Mid year conference IPS 2024 at Agra



Indian Psychiatric Society-Northern Zonal Branch



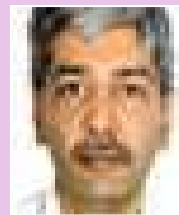
Dr. Mamta Sood
President IPS-NZ



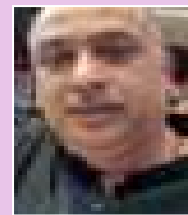
**Dr. Gurbinder
Pal Singh**
Vice President IPS-NZ



Dr. Naresh Nebhinani
Hon. General Secretary



Dr. Gulbahar Sidhu
Hon. Treasurer



Dr. Sandeep Grover
Hon. Editor

- ✿ The Indian Psychiatric Society – North Zone set rolling a new initiative titled “LET’S CELEBRATE EXAMS”, on February 11, 2024, with an online program featuring teachers and parents of children appearing for Class 9 to Class 12 exams, and a galaxy of mental health professionals and was graced by Dr Savita Malhotra, Vice-President IPS
- ✿ A special online CME program to commemorate the World Bipolar Day on 27th March 2024 titled – “Beyond the Binary: Mixed Presentations in Mood Disorders”
- ✿ Panel discussion on 'Autism awareness day' was organized entitled 'Autism Spectrum Disorder: Challenges, Responsibilities and Action'
- ✿ On World Health Day (April 7, 2024) the inaugural issue of IPS North Zone Newsletter was officially released at MIDCIPSNZ by our National President, Dr Laxmikant Rathi and Dr Atul Goel, DGHS, Govt of India
- ✿ MIDCIPSNZ 2024 was held on 7th April 2024 at Delhi organized by Vardhman Mahavir Medical College, Delhi in collaboration with DPS Delhi Psychiatry Society on theme "Innovations in Mental Health." DGHS Prof. Atul Goel, Dr BN Gangadhar, NMC Chairman, Office bearers of IPS Dr. Laxmi Kant Rathi, President and Dr Surjit Sarkhel, Editor, IJP graced the occasion.





INDIAN
PSYCHIATRIC SOCIETY

NEWSLETTER

FROM THE DESK OF HONORARY GENERAL SECRETARY

Indian Psychiatric Society-Eastern Zonal Branch



Dr R K Lenin Singh
President



Dr Srikumar Mukherjee
Vice President



Dr Jayanta Dutta
Hony. Secretary



Dr Tirthankur Dasgupta
Hony. Treasurer



Dr Shyamanta Das
Hony. Editor

The foundation day of Indian Psychiatric Society (7th JANUARY 2024) was observed by East Zone IPS by organizing three activities:

- A social media campaign was done by releasing a video depicting the founding pioneers of IPS.
- A community service was done by East Zone IPS in collaboration with IPS –Assam State Branch, with donation of blankets and woollen socks to a Senior Citizen Home and donating indoor games to a Drug De-addiction Centre at Moirabari, Assam. The program was coordinated by Hon. Secretary, East Zone IPS Dr Jayanta Dutta
- A webinar organised by CME committee of East Zone in collaboration with IPS-Assam State Branch on the occasion of foundation day of IPS. The speakers spoke on Foundation of IPS and on the theme Happy Family and Happy life

Flag hosting was done on the occasion of Republic day (26th JAN) at Patna at the registered office of Indian Psychiatric Society. This activity was conducted by IPS Bihar state branch

East Zone won the Joint Second best Zone Award and Odisha and Assam jointly got the second best State branch award at ANCIPS 2024.

Monthly webinars have been organized on themes like Eating disorder month was observed with a webinar on 17th February 2024 in collaboration with the Jharkhand State Branch IPS. On Women's Mental Health Day (8th March), a webinar was organized in collaboration with Bihar State Branch, IPS, World Autism Day (2nd April), a webinar was conducted in collaboration with the Odisha State branch

National mid-term CME of Addiction Psychiatry Society of India was organized by IPS-Odisha State Branch at Puri on theme "Enhancing collaborative care" in April, 2024

An awareness campaign video was released on 1st May, which is marked as awareness month for Mental Health and Women Health. The initiative was done by Dr Niska Sinha, Chairperson, Women Mental Health Specialty section of East Zone IPS

OBSERVATION OF FOUNDATION DAY OF
INDIAN PSYCHIATRIC SOCIETY.



THEME: "HAPPY FAMILY AND HAPPY MIND"

VENUE: DRUG DEADDICTION CENTRE &
SENIOR CITIZEN HOME, MOIRABARI, MORIGAOH, ASSAM

DATE: 7th JANUARY, 2024

ORGANISED BY
EAST ZONE INDIAN PSYCHIATRIC SOCIETY
IN COLLABORATION WITH
INDIAN PSYCHIATRIC SOCIETY - ASSAM STATE BRANCH





INDIAN
PSYCHIATRIC SOCIETY

NEWSLETTER

FROM THE DESK OF HONORARY GENERAL SECRETARY

Indian Psychiatric Society-Southern Zonal Branch



Dr Abhay Matkar
President



Dr M Umashankar
Vice President



**Dr P Lokeswara
Reddy**
Hon. Gen. Secretary



Dr N Arun Kumar
Hon. Treasurer



Dr B Rajshekhar
Hon. Editor

IPS South Zonal Branch has won the Best Zonal branch award from the Indian Psychiatric Society for the year 2023. IPS Telangana State Branch won best State branch Award. These awards were presented by the President of IPS Dr Laxmikant Rati during the AGB of IPS at Kochi, Kerala

The Indian Psychiatric Society (IPS), Andhra Pradesh State Branch, organized its Mid-Term Continuing Medical Education (CME) in collaboration with AIIMS Mangalagiri on the theme "Advancing Psychiatric Care: Innovative Approaches & Emerging Challenges" with a gathering of 350 delegates and graced by Dr. Laxmikant Rathi, President of IPS, as the Chief Guest. The occasion also marked the release of the third IPS AP newsletter and the Archives of Mental Health journal

Research Capacity Building Committee with Chairman Dr Shahul Ameen has been organising Basic Course in Psychiatric Research for last three years.

Samanwi with Chairman Dr Aruna Yadiyal has been a vibrant committee conducting various activities related to women mental health. On the occasion of International Women's Day 2024, the committee conducted a webinar titled "Self-care isn't selfish"

Annual PG Training Program with organising secretary Dr Jayaprakashan JP and chairman Dr Anil Prabhakaran for the Postgraduates will be held at Thiruvananthapuram, Kerala on 4-5 th May

Telangana Journal successfully got the RIN Number for the journal and indexing in DOAJ

As part of the Membership Drive, IPS Telangana branch has been instrumental with its own model under the leadership of Dr Minhaj Nasirabadi as President and Dr Vishal Akula as honorary secretary. For ANCIPS 2025, the venue is Hyderabad with IPSTSB as one of the sponsors and Dr. P Kishan as Organizing Chair and Dr. Umashankar M as Organizing Secretary

The zone has actively begun preparations for ANCIPS 2025 at Hyderabad





INDIAN
PSYCHIATRIC SOCIETY

NEWSLETTER

FROM THE DESK OF HONORARY GENERAL SECRETARY

Indian Psychiatric Society-Western Zonal Branch



Dr Neeta Sawant
President,
IPS WZB



Dr Sudhir Bhawe
Vice President,
IPS WZB



**Dr Dhananjay
V Ashturkar**
Hon. Gen. Secretary,
IPS WZB



Dr Ravindra Agarwal
Hon. Treasurer,
IPS WZB



Dr Avinash De Sousa
Hon. Editor,
IPS WZB

- IPS-WZB made 10 modules on common Mental Disorders for sensitization of PGs of other disciplines for DMER which are distributed to all Medical Colleges of Maharashtra & Goa for Dissemination by the local Departments of Psychiatry
- The website www.ipswzb.in is under process of upgradation. All webinars, Awareness videos with the links are now available on official YouTube Channel and website. IPS-WZB has started giving aid in grants of 25,000/- to three original research work every year
- CAMH App: An app was created for Child and Adolescent Mental Health with the help of Dr. Swati B Shelake to connect all doctors working in the field and to generate easy referrals
- IPS-WZB is publishing soon e book “Lyrics of Mind” which includes poem on mind & psychological issues written by our members
- Tenacious Tuesday Teaching – online monthly teaching session organized by PG Education Subcommittee of IPS-WZB for PG students
- IPS-WZB in association with Parag Pratishthan, Mumbai organized “Ekankika” drama competition with media coverage to spread awareness about Mental health at Mumbai in February 2024
- Women Psychological Health Subcommittee of IPS-WZB in collaboration with BPS and Dept of Psychiatry, KEM Hospital organized one day CME at Mumbai on 10th March 2024
- The public relation subcommittee organized a mental health awareness program at Gandhinagar on 24 th April which was coordinated by Dr Khyati Mehtalia. A workshop for students of a nursing college in Gujrat was also conducted
- Various subcommittees have organized programs both online and offline on different themes like Child Psychiatry Subcommittee on Multidisciplinary team in Child and Adolescent Mental Health; Women Psychological Health Subcommittee on Workplace Mental Health and on Psycho endocrinology; Public Relation Subcommittee on Understanding Mental Illness Reporting in Media; Research Subcommittee on How to write a case report and letter to Editor and on Study designs & sampling methods in Psychiatry research; Legal and MHCA 17 Subcommittee on boundary violation, Prescription guidelines, Number and types of licences; Geriatric Subcommittee an awareness program at Kolhapur, a program on Dementia at Mumbai and on aging gracefully
- 33rd Midterm CME of IPS-WZB was held on 11th and 12th May 2024 at Lonavala, Pune on Theme “Translational Psychiatry: From Concept to Competence” and was honored to have the presence of President IPS Dr Laxmikant Rathi and with more than 300 registered delegates





INDIAN
PSYCHIATRIC SOCIETY

NEWSLETTER

FROM THE DESK OF HONORARY GENERAL SECRETARY

Conference Invite

MID YEAR CONFERENCE
Indian Psychiatric Society
MIDCIPS 2024
17th to 18th August
Jaypee Palace Hotel & Convention Centre Agra, India
Theme: Embracing Diversity and Growth

ORGANIZING COMMITTEE WELCOME MESSAGE

Dear Colleagues and Esteemed Guests,

It is with immense pleasure that we extend a warm welcome to each one of you to the **Mid-Year Conference of the Indian Psychiatric Society, MIDCIPS 2024**.

As we gather in the historic city of Agra, at the Jaypee Palace Hotel & Convention Centre on the 17th and 18th of August, we are reminded of the rich heritage that surrounds us—a fitting backdrop for an event that celebrates the progress and future of psychiatry in India.

This year's conference promises an enriching experience with a plethora of sessions, workshops, and symposia designed to foster learning, collaboration, and growth. We are honored to host a distinguished panel of speakers who will share their insights and breakthroughs in the field of mental health.

We encourage you to engage, question, and network as we delve into the depths of psychiatric knowledge and practice. Let us use this opportunity to strengthen our bonds within the professional community and continue our journey towards excellence in mental healthcare.

Once again, we welcome you to **MIDCIPS 2024** and hope that the conference will be both professionally rewarding and personally enjoyable.

Warm regards,

Dr. J. P. Narayan
Organizing Chairperson, MIDCIPS 2024

Dr. Sagar Lavania
Organizing Secretary, MIDCIPS 2024

ANCIPS 2025
HYDERABAD
THEME: NEUROBIOLOGY OF ILLNESS TO WELLNESS
76th ANNUAL NATIONAL CONFERENCE OF INDIAN PSYCHIATRIC SOCIETY

SAVE THE DATES
22nd - 25th JANUARY 2025

VENUE: HICC, HYDERABAD

Scan this QR Code to Register

In Association with:

Welcome To HYDERABAD

Dr. M. Umashankar
Organizing Secretary

Dr. P. Kishan
Organizing Chairman

Dr. George Reddy V.
Organizing Treasurer

Dr. G. Jagannath
Joint Organizing Secretary

Dr. A. Vishal
Joint Organizing Secretary

Dr. Sai Krishna P.
Joint Organizing Treasurer

INVITATION BY ORGANIZING COMMITTEE

Esteemed Senior Members,

Dear Friends, Colleagues, Fraternity Members & Students

Welcome to Hyderabad, the city of pearls, major center for the technology industry and city of amalgamation of history, culture, and modernization!

We are proud and privileged to win an opportunity to host you in Hyderabad. Please accept our heartfelt invitation to join us from **22nd - 25th January** during 76th Annual National Conference of Indian Psychiatric Society 2025, Hyderabad. The theme of the conference is **"Neurobiology of Illness to Wellness"**. The conference is organized in association with **IPS Telangana State Branch and Institute of Mental Health, Hyderabad Alumni Association**.

The logo of the conference represents the true nature of Telangana. The **A** represents flower arrangements of the Royal festival of Telangana **"Batukamma"** to welcome you, **N** represents Banjara Art on embroidery that uses mirrors, cowrie shells, dhungroos (bells), tin (coins) stitched on to the fabric directly, with no use of adhesive. **C** represents **Bidi Work**, the pride of Bidar, near Hyderabad, an indigenous handicraft tradition practiced on steel and copper, and inlaid with pure silver or thin sheets. It is a delicate art and remarkably intricate. It is an illustration of **Telangana Courtesy** to **IPS Fraternity**. **S** represents **Dokra Art** also known as bell metal craft, a lost metal craft widely seen in Jalisco Mandal, Adilabad District of Telangana. **S** represents **Pochampally saris** or **Pochampalli Ikat**, a saris made in the old Pochampally, Yadadri Bhuvanagiri district, Telangana State, India. They have traditional geometric patterns in "Puggadu Bandhu" (ikat) style of dyeing. The intricate geometric designs find their way into saris and dress materials.

Until the 19th century, Hyderabad was known for the pearl industry and was nicknamed the **"City of Pearls"** and was the only trading center for Golkonda diamonds in the world. Many of the city's historical and traditional sectors remain open. Hyderabad's central location between the Deccan Plateau and the Western Ghats, and industrialization throughout the 20th century attracted major Indian research, manufacturing, educational and financial institutions.

Since the 1980s, the city has emerged as an Indian hub of pharmaceuticals and biotechnology and information technology. The city was originally called **Bagnanagar** ("city of gardens") and later acquired the name **Hydrabad**. Hyderabad is twinned with neighboring Secunderabad, to which it is connected by Hussain Sagar. Hyderabad is listed by UNWTO as a creative city of gastronomy. Hyderabad biryani and Hydrabad Haleem, with their blend of Mughal and Arab cuisines carry the national Geographical Indications tag. Hyderabad cuisine is influenced to some extent by French but more by Arabic, Turkish, Persian, and native Telugu and Marathi cuisines.

Hyderabad airport (RGIA) is one of the best airports in India having hassle free connectivity with rest of the world. It is one of the most convenient airports to fly from and into.

The venue of the conference is Hyderabad International Convention Centre (HICC) which has state-of-the-art infrastructure and facilities to host mega conferences. It is India's first purpose-built, state-of-the-art, service-driven convention facility managed by Accor, the world's leading hospitality and tourism management group. In every aspect, be it infrastructure, services, or technology, it compares with the best in the world.

HICC is connected to Novotel Hyderabad Convention Centre: an international business hotel. It has 288 rooms and is equipped with meeting rooms, restaurants, a business center, spa, and a health club. It is also the Best South India Travel Awards winner admired for its outstanding service.

Hyderabad is a complete package for you having all the qualities of a good host city. **ANCIPS 2025 will be a scientific and gastronomical feast with social and cultural extravaganzas. Once again, we extend a heartfelt invitation to you and your family.**

We look forward to welcoming you!
Regards,

Dr. M. Umashankar
Organizing Secretary

Dr. P. Kishan
Organizing Chairman

Dr. George Reddy V.
Organizing Treasurer

Dr. G. Jagannath
Joint Organizing Secretary

Dr. A. Vishal
Joint Organizing Secretary

Dr. Sai Krishna P.
Joint Organizing Treasurer



INDIAN
PSYCHIATRIC SOCIETY

NEWSLETTER

FROM THE DESK OF HONORARY GENERAL SECRETARY

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Western Zone	Dr. Bhalchandra Kalmegh	Western Zone	Dr. Hemant Sonanis
Eastern Zone	Dr. Niska Sinha	Eastern Zone	Dr. Tirthankar Dasgupta
Central Zone	Dr. Manish Borasi	Central Zone	Dr. Pritesh Gautam

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TEAM IPS 2024-25

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Co-Chairperson	Dr. Manushree Gupta
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EC Coordinator	Dr. Manaswi Gautam

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Co-Chairperson	Dr. Suvendu Narayan Mishra
Convener	Dr. Mansi Vora
Member	Dr. Ajeeshp. Ramachandran
EC Coordinator	Dr. Amar H. Shinde

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Co-Chairperson	Dr. Lokesh Kumar Singh
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EC Coordinator	Dr. Shahul Ameen

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Chairperson	Dr. Abhijeet Faye
Co-Chairperson	Dr. Ragul Ganesh R.
Convener	Dr. Ashish Pakhre
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EC Coordinator	Dr. Mahesh Ramanna Gowda

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ADDICTION MEDICINE SPECIALITY SECTION

Advisor	Dr. Atul Ambekar
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Co-Chairperson	Dr. Dhruvajyoti Bhuyan
Co-Chairperson	Dr. Anurag Varma
Convener	Dr. Lekhanish Shukla
Member	Dr. Sheenag. Soman
EC Coordinator	Dr. Dipayan Sarkar

BIOLOGICAL PSYCHIATRY SPECIALITY SECTION

Advisor	Dr. Malay Dave
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Co-Chairperson	Dr. Jaya Nawani
Co-Chairperson	Dr. Avani Sarvaiya
Convener	Dr. Purna Kukreti
Member	Dr. Sai Krishna Puli
EC Coordinator	Dr. Mahesh Ramanna Gowda

CHILD PSYCHIATRY SPECIALITY SECTION

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Chairperson	Dr. Abir Mukherjee
Co-Chairperson	Dr. Anil Kumar T. V
Co-Chairperson	Dr. Bhooshan Shukla
Convener	Dr. Chhitij Srivastava
Member	Dr. Sreyoshi Ghosh
EC Coordinator	Dr. Manaswi Gautam



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FROM THE DESK OF HONORARY GENERAL SECRETARY

TEAM IPS 2024-25

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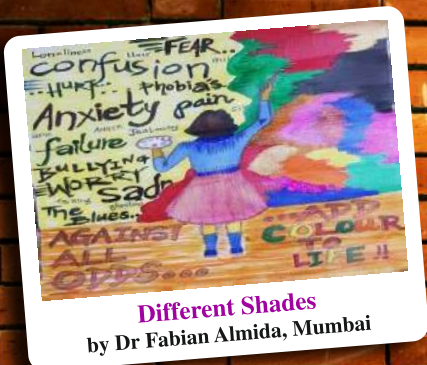


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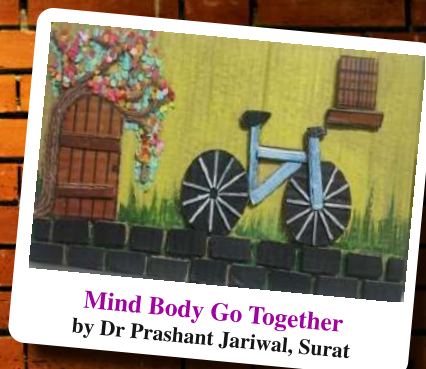
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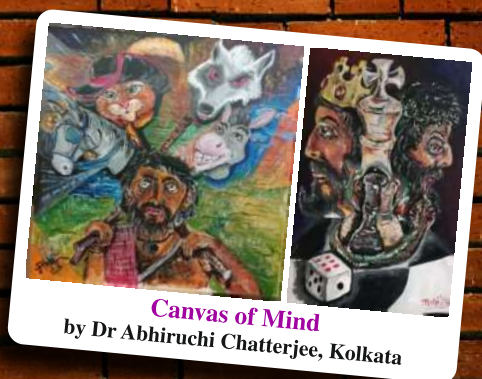
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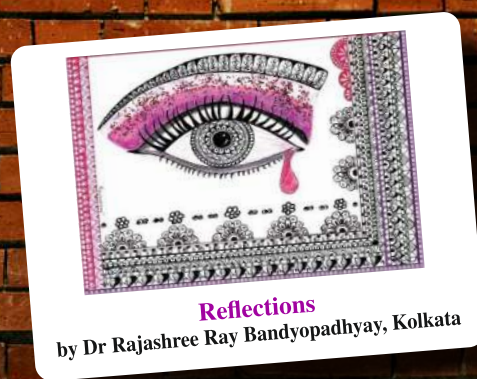
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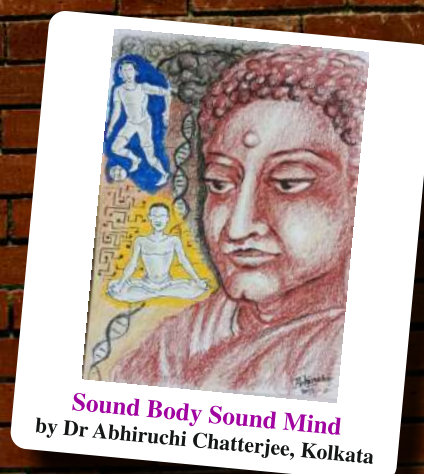
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