

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

From the Desk of Honorary General Secretary



ESTD. 1947



EDITION: FEBRUARY 2026 - JULY 2026



ISSUE: 01

WHAT'S INSIDE

- ◆ *Message from President*
- ◆ *Message from Hon. General Secretary*
- ◆ *Obituary*
- ◆ *Zonal Activities*
- ◆ *Sub Committee Activities*
- ◆ *Task Force Activities*
- ◆ *Specialty Section Activities*
- ◆ *Around the Globe*
- ◆ *Upcoming Events*
- ◆ *Awards & Recognition*
- ◆ *Art Gallery*
- ◆ *IPS Team*

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER EDITORIAL TEAM

Honorary General Secretary
DR. ARUN V. MARWALE

Assistant General Secretaries
DR. ANWESHAK DAS ♦ DR. AMAN KISHORE ♦ DR. SOMASEKHAR BIJJAL

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



ESTD. 1947

Dr. T.S. Sathyanarayana Rao *President*

Professor Emeritus, Dept of Psychiatry,
JSSAHER, JSS Hospital, Room No 1111,
B Block, 1st Floor, MG Road,
Mysore - 570004, Karnataka
M: +91 9845282399
E: tssrao19@gmail.com
ipsnationalpresident@gmail.com

Dr. Om Prakash Singh *Vice President cum President Elect*

Flat 1901, Tower F, Tata Housing
Avenida, Plot No. II, G/7, Dorabji
Tata Road, AA II, New Town
Kolkata - 700160, West Bengal
M: +91 9434013231
+91 9836388865
E: opsingh.nm@gmail.com

Dr. Arun V. Marwale *Hon. General Secretary*

Shraddha Mansik Upchar kendra ,
10-B, near Water Tank, Samtanagar,
Chhatrapati Sambhajinagar
Aurangabad - 431001, Maharashtra
M: +91 7887487942
E: dr.avmarwale@gmail.com
ipssecretaryoffice@gmail.com

Dr. Laxmi Naresh Vadlamani *Hon. Treasurer*

Block C, Flat 505, Sattva Magnus
Apartments, Brindavan Colony,
Shaikpet, Hyderabad - 500008
Telangana
M: +91 9348039580
E: nareshvadla@yahoo.com
ipstreasurerooffice@gmail.com

Dr. Sujit Sarkhel *Hon. Editor*

12A/13/2, Pasupati
Bhattacharjee Road,
Charaktola, Kolkata - 700034
West Bengal
M: +91 9836074700
E: sujitsarkhel@gmail.com
editor.ijpsychiatry@gmail.com

EX-OFFICIO

Imm. Past President

Dr. Savita Malhotra
M: +91 9872000894

Imm. Past Hon. Gen. Secretary

Dr. Amrit Pattojoshi
M: +91 9438148100

Imm. Past Hon. Treasurer

Dr. M. Aleem Siddiqui
M: +91 7607358897

DIRECT COUNCIL MEMBERS

Dr. Amar Shinde

M: +91 9822207717

Dr. Heena Merchant

M: +91 7977739233

Dr. (Brig) Jyoti Prakash

M: +91 9830544652

Dr. Krishna Kadam

M: +91 9890090042

Dr. Manaswi Gautam

M: +91 9829053055

Dr. Niska Sinha

M: +91 9430009663

Dr. Parag S. Shah

M: +91 9426138318

Dr. Ravindra Munoli

M: +91 9972028881

Dr. Tanmaini Das

M: +91 9861065044

ZONAL REPRESENTATIVES

Central Zone

Dr. Sagar Lavania

M: +91 9917984336

Dr. Vipul Singh

M: +91 9415051675

Eastern Zone

Dr. Kaustav Chakraborty

M: +91 9432855683

Dr. Pankaj Kumar

M: +91 9868226571

Northern Zone

Dr. Abdul Majid

M: +91 9018111157

Dr. Sandeep Kumar Goyal

M: +91 9878331400

Southern Zone

Dr. Porandla Kishan

M: +91 9849059180

Dr. Raveesh B. N.

M: +91 9980138016

Western Zone

Dr. Ashish V. Saboo

M: +91 9422159211

Dr. Umesh Nagapurkar

M: +91 9823146088

INDIAN PSYCHIATRIC SOCIETY

HEADQUARTERS : Plot 43, Sector 55, Gurugram, Haryana 122 003
Phone: 0124-4006150, 0124-4006750 | **Email:** ipssecretaryoffice@gmail.com

SECRETARIAT : Shraddha Mansik Upchar Kendra, 10-B, Near Water Tank, Samtanagar
Chatrapati Sambhajinagar, Aurangabad - 431001
Mobile: +91 7588402283, **Email:** ipssecretaryoffice@gmail.com
Websites: www.indianpsychiatricsociety.org | www.indianpsychiatry.org

IPS OFFICE BEARERS: 2026-2027



Dr. T. S. Sathyanarayana Rao
President



Dr. Om Prakash Singh
Vice-President



Dr. Arun V. Marwale
Hon. General Secretary



Dr. Laxmi Naresh Vadlamani
Hon. Treasurer



Dr. Sujit Sarkhel
Editor (Indian J Psychiatry)



Dr. Savita Malhitra
Immediate Past President



Dr. Amrit Pattojoshi
Immediate Past HGS



Dr. M. Aleem Siddiqui
Imm. Past Hon. Treasurer



INDIAN PSYCHIATRIC SOCIETY EMBLEM

CONTACT US

Secretariat

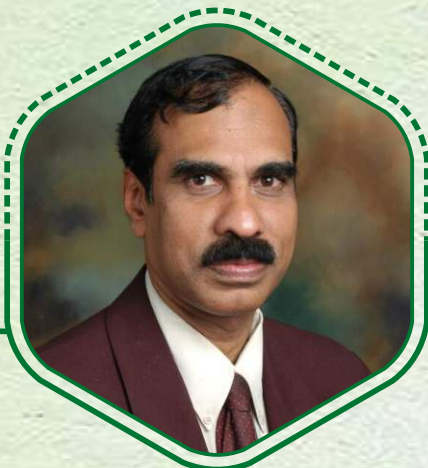
ipssecretaryoffice@gmail.com
secretariat@indianpsychiatricsociety.org

Head Quarters

0124-4006150 | 0124-4006750

Treasurer

ipstreasurerooffice@gmail.com



MESSAGE President of Indian Psychiatric Society

Dear Esteemed Members and Colleagues,

Warm greetings to all members of the Indian Psychiatric Society.

It is with great pride and humility that I address you as the President of Indian Psychiatric Society.

It gives me immense satisfaction and happiness to present this Newsletter. It showcases the immense dedication and hard work of all the esteemed members who have done excellent activities in their respective zones and states. Over the last six months the various subcommittees and task forces are really active, committed and engaged their work and activities with utmost sincerity and enthusiasm. I congratulate all for their zeal and efforts. In the coming months many such activities are still planned.

The weekly online Presidential Podcast, monthly IPS Foundation day Programmes have become a hit and let me appreciate the teams doing the work so well. The young psychiatry, women psychiatry programme, CPG development programme and many committees associated with school education, institutional education committee, UG, PG and Faculty Development, Fetal Psychiatry section and many other are doing a great job. We had a physical programme at the picturesque Jammu & Kashmir covering School Mental Health, IPS Foundation Day Programme on the theme: 'Intimacy, Relationship and Mental Health Matters', Declaration of Global Psychiatry Day and an intensive 'Thesis support' Programme.

The Unified Membership Scheme has been a mile stone achievement and is progressing well. Also many of our colleagues have attended international conferences and have been successfully carrying the torch of Indian psychiatric society world over.

Our journey over the past few months has been enriched by diverse engagements—from the IPS Executive Council Meeting in Jaipur and regular online sessions with office bearers, council members and committees, to international representation at the American Psychiatric Association Conference, the Sri Lanka College of Psychiatrists Annual Sessions and the British Indian Psychiatric Association Conference. These milestones highlight the Indian Psychiatric Society's (IPS) growing global footprint and our ongoing commitment to advancing psychiatry through dialogue, education and collaboration. Equally inspiring are our academic events held within India—notably mid-year zonal & state conferences

Looking ahead, we are preparing for several key events:

- MIDCIPS 2026 (22–23 August 2026 | Chandigarh): Focused on the theme "Polypharmacy: Rational, Irrational and Beyond," this event is led by Dr. Savita Malhotra (Chairperson) and an exceptional organizing team. Sessions will emphasize responsible prescribing, minimizing adverse drug reactions and improving patient quality of life.
- ANCIPS 2027 (7–10 January 2027 | Madurai, Tamil Nadu): This landmark conference will continue the IPS tradition of excellence while expanding opportunities for members to engage with psychiatry's evolving frontiers.
- National, Zonal and State Branch Events (September–November 2026): A full line up of upcoming regional gatherings.
- Online CMEs & Webinars: Ongoing virtual series including Art & Psychiatry, Fetal & Infant Mental Health, Psychopharmacology, the Young Psychiatry Series, the Young Psychiatry Conference and a special panel discussion titled "Changing the Narrative on Suicide."
- Awareness Campaigns: Dedicated initiatives for World Mental Health Day (10 October) and IPS Foundation Day (7 January) to further strengthen our shared vision.
- Global Psychiatry Day initiatives have been conveyed to WPA and many programmes are continued in association with WPA Zone XV, BIPA, IAPA, Royal College, APA, JSPN, Australia, New Zealand & Canadian Psychiatric Associations.

Your contributions have made these past months truly impactful and memorable. Many more activities are currently in planning for the coming months, all of which will be detailed in our next newsletter. I extend my heartfelt congratulations to all our esteemed members for their zeal, sincerity and enthusiasm in carrying forward the mission of IPS.

I am confident that together we will continue to uphold the values of excellence of Indian Psychiatric Society.

With warm regards,

Long live IPS

Dr. T. S. S. Rao

President

Indian Psychiatric Society



MESSAGE

Hon. General Secretary of Indian Psychiatric Society

Dear Esteemed Members,

Warm greetings to all members of the Indian Psychiatric Society. It gives me immense pleasure to present this Newsletter, which reflects another year of our collective commitment to advancing mental health care, strengthening academic excellence, and serving society with compassion and professionalism.

The past half year has been marked by significant achievements across our Society. Our members have continued to excel in clinical practice, research, education, advocacy, and public mental health initiatives. Through national and regional conferences, continuing medical education programs, specialty section activities, and community outreach, we have reaffirmed the Indian Psychiatric Society's position as the leading voice for psychiatry in India.

As mental health continues to receive greater national attention, our responsibility has become even more profound. Rapid technological advances, including artificial intelligence, changing social dynamics, and evolving healthcare needs present both exciting opportunities and complex ethical challenges. As psychiatrists, we must embrace innovation while preserving the values of empathy, scientific integrity, patient-centred care, and human connection that define our profession.

I sincerely thank every member, office bearer, committee, specialty section, task force, zonal branches and state branches for their dedication and unwavering support. Your enthusiasm and voluntary contributions have been instrumental in strengthening our Society and expanding its impact.

I also encourage our younger colleagues and early-career psychiatrists to actively participate in the Society's academic, research, leadership, and advocacy initiatives. Their energy and fresh perspectives will shape the future of Indian psychiatry. As we look ahead, let us continue working together to promote evidence-based practice, reduce stigma, advocate for equitable mental healthcare, and uphold the highest ethical standards. United by our shared vision, we can further strengthen the Society and contribute meaningfully to improving the mental well-being of our nation. I wish you and your families good health, happiness, and continued professional success. May the coming year bring new opportunities for learning, collaboration, and service.

With warm regards,

Dr. Arun V. Marwale

Honorary General Secretary
Indian Psychiatric Society

❖ OBITUARY ❖

IN LOVING MEMORY AND TRIBUTE



DR. AJAY KUMAR NIHALANI
Ghaziabad
D.O.D: 18-05-2026



DR. ANAND MADHUSUDAN NADKARNI
Thane
D.O.D: 15-05-2026



DR. SANKAR PROSAD MUKHERJEE
Kolkata
D.O.D: 09-06-2026



DR. DINEN BANERJI
Thane
D.O.D: 27-04-2026



DR. NEENA BOHRA
New Delhi
D.O.D: 21-06-2026



DR. NINGOMBAM HERAMANI SINGH
Imphal
D.O.D: 16-04-2026



DR. LAXMIKANT MADHUSUDAN NAGARKAR
Kolhapur
D.O.D: 31-03-2026



DR. APPAYA M. PRAKASH
Bengaluru
D.O.D: 15-08-2026



OBITUARY

IN LOVING MEMORY AND TRIBUTE



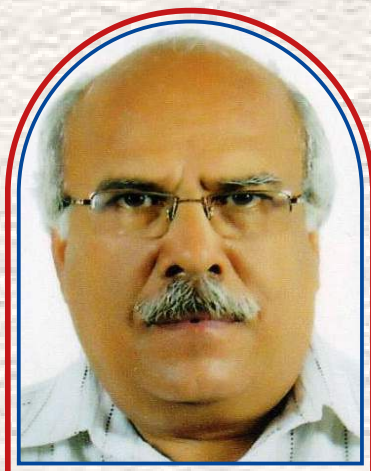
DR. DASHARATH VITHAL PATANGE
Gulbarga
D.O.D: 23-06-2026



DR. S. K. SUBBHE GOWDA
Mysore
D.O.D: 15-05-2026



DR. V VENKATARAMAIAH
Bengaluru
D.O.D: 06-08-2026



DR. KULWANT KUMAR SANTLAL SACHDEVA
Nagpur
D.O.D: 25-03-2026



DR. DHRUBAJYOTI BAGCHI
Kolkata
D.O.D: 30-11-2025



DR. NUR HOSSAIN MOLLAH
Kolkata
D.O.D: 21-12-2025



DR. HEMIKA AGRAWAL
Ghaziabad
D.O.D: 02-08-2026



DR. KAMAL HOSSAIN
Kolkata
D.O.D: 15-08-26



ZONAL ACTIVITIES

NORTH | EAST | CENTRAL | WEST | SOUTH

INDIAN PSYCHIATRIC SOCIETY – NORTH ZONE: ACTIVITY REPORT November 2025 – July 2026

INTERNATIONAL DAY FOR PERSONS WITH DISABILITIES 2025

December 10, 2025

The International Day for Persons with Disabilities was observed with a live “Question & Answer Session.” The expert panel consisted of Dr. Rajesh Sagar, President, IPS – North Zone, Dr. Shri Gopal Goyal, and Dr. Jitender Aneja, who took questions from teachers of children with special needs.

The expert panel threw light on various aspects of managing children with special needs, including violent outbursts, stubborn behavior, mood lability, and deliberate self-harm. The signs to identify children with special needs were also clarified.

The teachers of Cambridge Innovative School, Jalandhar, participated in the session. The parents of such children also posed questions to the expert panel.

The program also featured live performances by the children suffering from conditions like Learning disabilities and autism.

Mrs Anjali Dada, founder of “Soch Foundation”, an NGO working with children suffering from autism spectrum disorders, graced the occasion as a special invitee. She appreciated the IPS North Zone for providing a forum for the children to showcase their abilities and for answering the questions of the teachers.

UNDERGRADUATE PSYCHIATRY QUIZ 2025

December 14 and 21, 2025

The Undergraduate Psychiatry Quiz was organized in two stages, the preliminary round and the final round, in online mode.

A total of 48 teams registered for the Preliminary round, which was held on December 14. The top 6 teams qualified for the final round, which was held on December 21, 2025.

The Quiz Master for both rounds was Dr Sandeep Grover, Honorary Editor, IPS – North Zone.

The top six teams that qualified for the final round were as follows:

1. Arya Ganesh Ojha & Sabhyata Gupta (ABVIMS, New Delhi)
2. Saqib Shafi & Samridhi Lamba (ASCOMS, Jammu)
3. Jemish & Prateek (AIIMS, Jodhpur)
4. Gurneet Kaur & Deepakshi (GGS Medical College, Faridkot)
5. Abhinav & Kushangi (GGS Medical College, Faridkot)
6. Soumayadeep Choudhury & Asmita Bag (AIIMS, New Delhi)

The team comprising Gurneet Kaur and Deepakshi of Guru Gobind Singh Medical College, Faridkot, emerged as winners in the final round.

**Indian Psychiatric Society
North Zone**

Invites One and All On
International Day of Persons with Disabilities
for
A celebration of their talent, the spirit, and the enthusiasm
YES, WE CAN 2.0
Wednesday, December 10, 2025
8.00 pm to 9.30 pm
Featuring Live Question and Answer Session
with Teachers of Children
with Special Needs

PANELISTS		MODERATORS	
Dr Rajesh Sagar	Dr Shri Gopal Goyal	Dr Gulbahar Sidhu	Dr Deepali Gul

Followed by
Live performances by differently abled children

Meeting ID: 976 7189 9636 Passcode: IPSNZ

JOIN ZOOM MEETING
<https://torrentpharma.zoom.us/j/97671899636?pwd=L711461c6cQKVqAk105rRu8Wk6t9w.1>

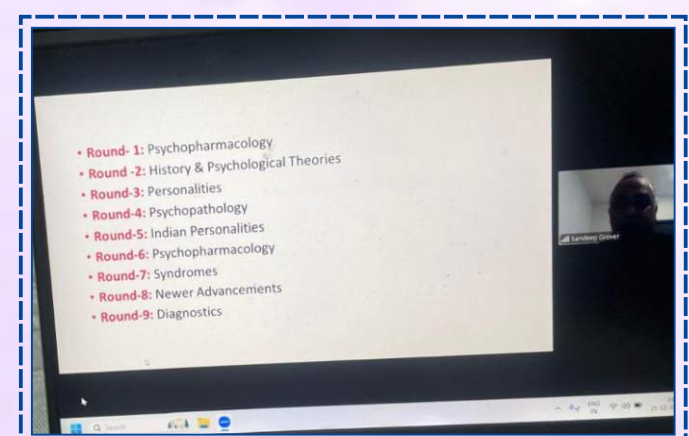
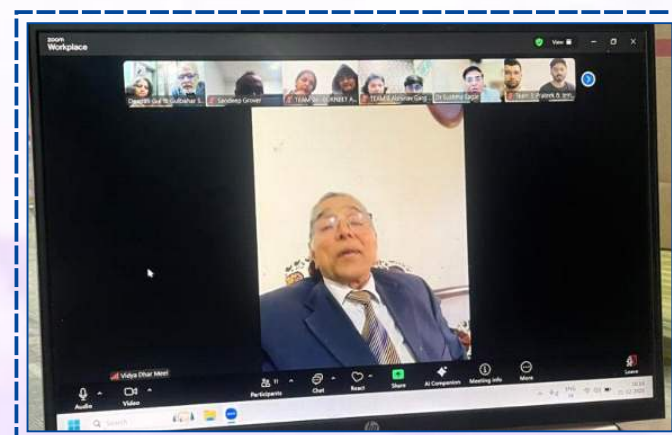
Dr Rajesh Sagar
President,
IPS North Zone

Dr V.D. Meel
Vice President,
IPS North Zone

Dr Deepali Gul
General Secretary
IPS North Zone

Dr Sandeep Grover
Honorary Editor
IPS North Zone

Dr Gulbahar Sidhu
Honorary Treasurer
IPS North Zone



Indian Psychiatric Society
North Zone

UNDERGRADUATE PSYCHIATRY

Quiz²⁰²⁵

Final Round

Chairpersons

QUIZ MASTER:
DR SANDEEP GROVER

Date: Dec 21, 2025
Time: 4.00 pm - 5.30 PM India
Meeting ID: 917 8345 6516
Passcode: IPSNZ

JOIN ZOOM MEETING
<https://torrentpharma.zoom.us/j/91783456516?pwd=Z4Kbliz6uolVefqnr43W4zNsGmfHTq.1>

DR RAJESH SAGAR
PRESIDENT
IPS NORTH ZONE

DR V.D. MEEL
VICE PRESIDENT
IPS NORTH ZONE

DR DEEPAI GUL
GENERAL SECRETARY
IPS NORTH ZONE

DR SANDEEP GROVER
HONORARY EDITOR
IPS NORTH ZONE

DR GULBAHAR SIDHU
HONORARY TREASURER
IPS NORTH ZONE

Indian Psychiatric Society
North Zone

UNDERGRADUATE PSYCHIATRY

Quiz²⁰²⁵

Preliminary Round

Chairpersons

QUIZ MASTER:
DR SANDEEP GROVER

Date: Dec 14, 2025
Time: 05:00 PM India
Meeting ID: 923 2565 7014
Passcode: IPSNZ

JOIN ZOOM MEETING
<https://torrentpharma.zoom.us/j/92325657014?pwd=SEokWVNE82f1Ze10J1ZFPlyGSUw8rt.1>

DR RAJESH SAGAR
PRESIDENT
IPS NORTH ZONE

DR V.D. MEEL
VICE PRESIDENT
IPS NORTH ZONE

DR DEEPAI GUL
GENERAL SECRETARY
IPS NORTH ZONE

DR SANDEEP GROVER
HONORARY EDITOR
IPS NORTH ZONE

DR GULBAHAR SIDHU
HONORARY TREASURER
IPS NORTH ZONE



“BAAT SE BAAT NIKALTI HAI”: INTERACTION WITH THE ROTARY CLUB, CHANDIGARH

January 16, 2026

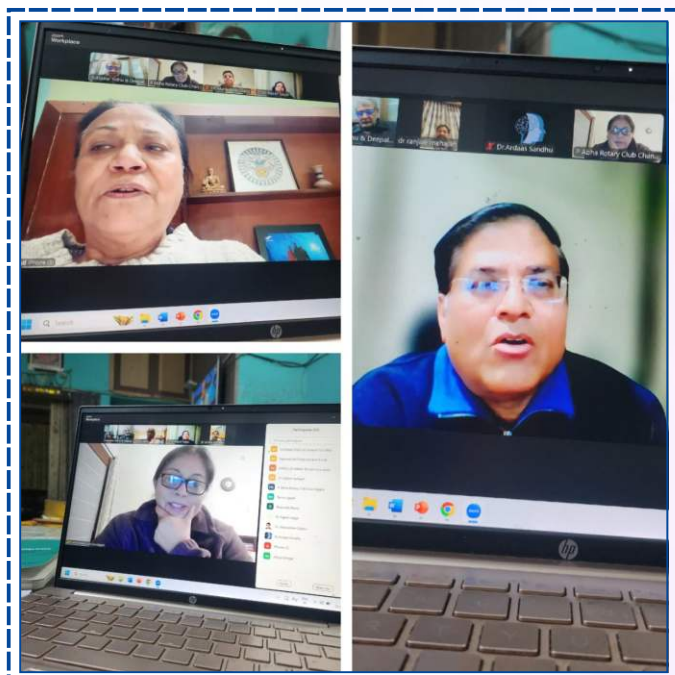
The IPS North Zone organized an online program on January 16, 2026, in collaboration with the Rotary Club of Chandigarh, on the emerging issue of excessive screen time and its repercussions on mental health.

The program featured a talk by Dr Gulbahar Sidhu on the theme of the program titled “Screen Time Saga: Extent of the Problem & Solutions.”

The program was graced by Dr. TSS Rao, Vice-President of the IPS, Dr. Rajesh Sagar, President of the IPS – North Zone, Mrs. Abha Joshi Sharma, President of the Rotary Club of Chandigarh, as well as other senior members of the Rotary Club and colleagues from across the North Zone.

The talk by Dr. Gulbahar Sidhu was well-received and was followed by a discussion featuring Dr. Ranjive Mahajan, Dr Manushree Gupta, Mrs Abha Joshi Sharma, Dr Bhavneet Bharati, a senior Pediatrician from PGIMER, Chandigarh, Mrs Shivya Sehgal, Director Youth Service, Dr Ardaas Sandhu, a psychiatrist based at Chandigarh, and Dr Shabana Azam, a clinical psychologist. It was an engrossing discussion with viewpoints from mental health professionals, pediatricians, social workers, lawyers, and an executive working with “Amazon.”

Mrs Abha Joshi Sharma, President of the Rotary Club, Chandigarh, proposed having a series of workshops with the children studying in schools across Chandigarh, in collaboration with IPS North Zone.



INDIAN PSYCHIATRIC SOCIETY - NORTH ZONE WINS SECOND-BEST ZONE AWARD AT ANCIPS 2026

The Indian Psychiatric Society – North Zone won the second-best zone award for the year 2025. This award was declared during the Annual Conference of the Indian Psychiatric Society (ANCIPS) 2026 held at Yashobhoomi, New Delhi, in January this year. This was the second year in a row that IPS North Zone won this award.

The best zone award went to the South Zone branch of the IPS.

INDIAN PSYCHIATRIC SOCIETY - NORTH ZONE TO BE THE CO-HOST OF ANCIPS - 2028

The Indian Psychiatric Society – North Zone would be the proud co-host of the Annual Conference of the Indian Psychiatric Society – North Zone (ANCIPS) 2028, to be held at Jaipur (Rajasthan). This was decided at the Annual General Body Meeting (AGBM) held during the ANCIPS 2026, at Yashobhoomi, New Delhi, in January this year.

INNOVATIONS IN POSTGRADUATE PSYCHIATRY TEACHING

Feb 27, 2026

Postgraduate teaching in Psychiatry has traditionally focused on bedside teaching, case discussions, lectures, and structured clinical rotations aimed at developing a knowledge base and clinical skills for managing patients with mental illnesses.

The rapidly changing social, economic, and cultural milieu, powered by the emergence and easy access to technology among other factors, has brought forth new challenges for mental health care, and by extrapolation, to the teaching that is imparted to the trainee psychiatrists.

In this context, the role of a psychiatrist has undergone a significant change. The precincts of the clinic are not the only workplace for the psychiatrist of today. It extends far beyond it, not just to the community, but to the vast world of social media as well. A psychiatrist is expected to be a communicator, social influencer, advocate for mental health, critical thinker, researcher, and competent clinician in his/her professional journey.

It was in this backdrop that the Indian Psychiatric Society – North Zone organized an online program inviting participation of postgraduate students across the States and Union Territories comprising the North Zone, that is, Jammu & Kashmir, Ladakh, Himachal Pradesh, Punjab, Haryana, Delhi, Chandigarh, and Rajasthan, to speak on innovations in postgraduate psychiatry teaching. The aim was to engage with and hear from the students themselves about innovations that could meaningfully change how the subject is taught to them.

The session was chaired by Dr Shiv Gautam, Dr SK Chaturvedi, and Dr S K Khandelwal, who are senior and respected names in the fraternity. The ideas could be loosely grouped into the following areas:

- Need to introduce “supervised modules.”
- Increased use of Online Platforms/Digital Learning Tools
- Developing competency in remote assessment and digital ethics
- Introducing “Simulation-based learning”
- Increased use of “Interactive Teaching”
- Shifting the focus to areas that are often overlooked
- The need to inculcate reflective thinking
- “Learning beyond the hospitals, into the real communities”
- Focusing on the Residents' Well-being

Need to introduce "Supervised modules":

It was suggested that the use of "Supervised modules" could go a long way in improving the clinical skills of residents, especially with respect to the interviewing skills, even more so in specific situations such as a suicidal patient, a violent patient, or a paranoid patient.

Increased use of Online Platforms/Digital Learning Tools:

The participating students advocated increased use of digital learning tools and online platforms, a trend that has continued since the COVID-19 pandemic. Among the suggestions made were online discussions of difficult-to-treat cases with the faculty all over the country, podcasts, and shared National learning platforms.

Developing competency in remote assessment and digital ethics:

The Government of India has been focusing on developing remote assessment tools to increase the reach of specialist health care to rural areas and to those areas where physical accessibility is difficult. Hence, postgraduate students of Psychiatry must develop competency in remote assessments and be made aware of the laws and ethics related to online consultations.

Introducing "Simulation-based learning":

The abstract and complicated concepts, such as receptor functioning, can be visualized with the help of AI for better understanding. Even symptoms such as hallucinations can be simulated to enable the students to understand their different aspects in a better way. A concept of "low-cost simulations" was given, wherein the residents can simulate different clinical scenarios in their respective institutes.

Increased use of "Interactive Teaching":

The suggestions given included quizzes, group discussions, problem-solving sessions, and "Patient-as-teacher" modules to be organized within the department and at the inter-departmental level in every institute.

Shifting the focus to areas that are often overlooked:

The postgraduate students identified domains in the curriculum that are often overlooked due to the constraints of time and the priority accorded to subjects of core psychiatry. These included identifying the sub-syndromic conditions, cultural psychiatry, and medicolegal aspects (including medicolegal documentation, court testimony, and disability assessment).

The need to inculcate reflective thinking:

Reflective thinking is of vital importance in understanding the finer nuances of psychiatric disorders. This can be developed by including "Book Reading Clubs" and by organizing movie shows followed by a free-wheeling discussion.

"Learning beyond the hospitals, into the real communities."

It was heartening to know that many postgraduate students rightly pointed to the need to take the learning beyond the hospitals into the real communities, to get a first-hand experience of problems related to mental health that seldom find a mention in the standard textbooks and diagnostic manuals.

Focusing on the Residents' Well-being:

The psychological well-being of the residents was advocated. Various strategies discussed included setting up feedback systems, mentorship programs, awareness, and management of burnout, and sensitizing the residents regarding issues of transference and counter-transference.

To conclude, there was an overwhelming body of opinion for shifting the focus of postgraduate teaching from the conventional lectures and bedside learning to more interactive and technology-driven methods. A need to focus on the mental health of the young trainees was advocated.

(Ideas contributed by Dr Rajarapu Hema, Dr. Omar Afroz, Dr Vivek Gujjar, Dr. Aakriti Khajuria, Dr. Kshitij Nair, Dr Harman Rai, Dr Gurleen Kaur, Dr SuriayaJavaed, Dr. Umer Nisar, Dr Brindashree).

INTERNATIONAL WOMEN'S DAY CELEBRATION

March 11, 2026

International Women's Day was celebrated by the IPS – North Zone by inviting prominent women colleagues from across the country to share their views on the theme this year, that is, "Give to Gain".

The event was graced by Dr Rajashree Ray, who joined from Kolkata; Dr Ruma Bhattacharya from Bhopal, Dr Shashi Rai from Lucknow, Dr Darpan Kaur from Mumbai, Dr Sharmishtha Chakrabarty from Kolkata, Dr Prabha Chandra from Bengaluru, and Dr Savita Malhotra from Chandigarh.

The event was moderated by Dr Deepali Gul, General Secretary, IPS – North Zone.

The views expressed covered diverse aspects of women's mental health, including the rise of "Nari Shakti" in mental health care, with a significant rise in the number of young women medical graduates taking up Psychiatry for postgraduation, the rise of women's power in different professions, such as banking, aviation, teaching, and the armed forces, among others, and the history of our nation wherein the women have been in the forefront of socio-economic changes. At the same time, the concerns regarding the safety of women, especially at workplaces, and the challenges facing women residing in rural areas were also discussed and deliberated.

The event was graced by Dr TSS Rao, President of the IPS, Dr OP Singh, Vice-President of the IPS, Dr Sujit Sarkhel, the Editor of the Indian Journal of Psychiatry, Dr Rajesh Sagar, President of the IPS North Zone, Dr Gulbahar Sidhu, Honorary Treasurer of the IPS North Zone, besides other colleagues from across the country.



Indian Psychiatric Society
North Zone



**International Women's Day
Celebration**
March 11, 2026, 8 pm -9 pm
on Zoom Platform

FEATURING
Round table discussion on this year's theme "Give to Gain"
&
Live Performance by Colleagues across India

For live performance, please send your name, Contact Number
& Nature of Your Performance on
Email: ipsnorthzone@gmail.com or DM on 9815928887
Before March 10, 2026


Dr Rajesh Sagar
President,
IPS North Zone


Dr V.D. Meel
Vice President,
IPS North Zone


Dr Deepali Gul
General Secretary
IPS North Zone


Dr Sandeep Grover
Honorary Editor
IPS North Zone


Dr Gulbahar Sidhu
Honorary Treasurer
IPS North Zone

WORLD BIPOLAR DAY: "UP, CLOSE AND PERSONAL"

April 5, 2026

The World Bipolar Day was observed by having an interaction with Shubha Menon, a celebrated author, whose novel titled "Traitor in the House" is a real-life story of her mother, a patient of bipolar disorder.

The event featured a talk by Shubha Menon recounting her memories of her mother in different phases of the disorder, and of her own experiences as a patient. The account was sensitive, touching, and heart-wrenching. It underscored the vast difference between the account of the illness in the textbooks and a real-life situation.

This was followed by a live "Question & Answer" session with the author, featuring colleagues from across the North Zone. The event was graced by Dr TSS Rao, President of the IPS, Dr OP Singh, Vice-President of the IPS, Dr Sujit Sarkhel, Editor of the Indian Journal of Psychiatry, Dr Rajesh Sagar, President of the IPS – North Zone, Dr VD Meel, Vice-President of the IPS – North Zone, Dr Gulbahar Sidhu, Honorary Treasurer, IPS – North Zone, Dr Deepali Gul, Honorary General Secretary of the IPS – North Zone, Dr Abdul Maajid and Dr Sandeep Goyal, Representatives of the IPS – North Zone to the IPS (Main body), Dr Shri Gopal Goyal, Dr Jitender Aneja, and Dr Gurvinder Pal Singh.

The program was well-received and attracted a good audience.



**Indian Psychiatric Society
North Zone**

INVITES
ONE & ALL
ON A UNIQUE EVENT TO COMMEMORATE

WORLD BIPOLAR DAY

AN INTERACTION WITH
SHUBHA MENON
(A CELEBRATED WRITER)
AUTHOR OF
"TRAITOR IN THE HOUSE"

A personalized account of Bipolar Disorder
On April 5, 2026, Sunday 2 pm
On Zoom platform
Also featuring A Q&A session with the audience

JOIN ZOOM MEETING

Topic: World Bipolar Day
Time: Apr 5, 2026 02:00 PM
Mumbai, Kolkata, New Delhi

Meeting ID: 950 51 52 6496
Passcode: IPSNZ

<https://torrentpharma.zoom.us/j/95051526496?pwd=nJ249t4YULyDBIUZkT9xz20w4Nn2rt.1>


Dr Rajesh Sagar
President,
IPS North Zone


Dr V.D. Meel
Vice President,
IPS North Zone


Dr Deepali Gul
General Secretary
IPS North Zone


Dr Sandeep Grover
Honorary Editor
IPS North Zone


Dr Gulbahar Sidhu
Honorary Treasurer
IPS North Zone

MIDYEAR CONFERENCE OF THE IPS – NORTH ZONE (MIDCIPS – NZ 2026)

May 17, 2026

The Midyear Conference of the IPS – North Zone was held in Jaipur on May 17, 2026, with the theme "Difficult to Treat Psychiatric Disorders".

The conference featured invited lectures delivered by renowned experts of the likes of Dr Mrugesh Vaishnav, Dr Sandeep Grover, Dr Pratap Sharan, Dr Jitender Aneja, and Dr Shri Gopal Goyal. The topics included difficult-to-treat Depression, Sexual Dysfunction, Schizophrenia, OCD, and Personality disorders.

The scientific program also included a panel discussion on the theme of the conference with stalwarts like Dr Shiv Gautam, Dr Rajesh Sagar, Dr Atul Ambekar, Dr Deepak Kumar, and Dr Ashwin Mohan. The panel discussion was moderated by Dr Gulbahar Sidhu and Dr Deepali Gul.

The conference was attended by more than 250 delegates.

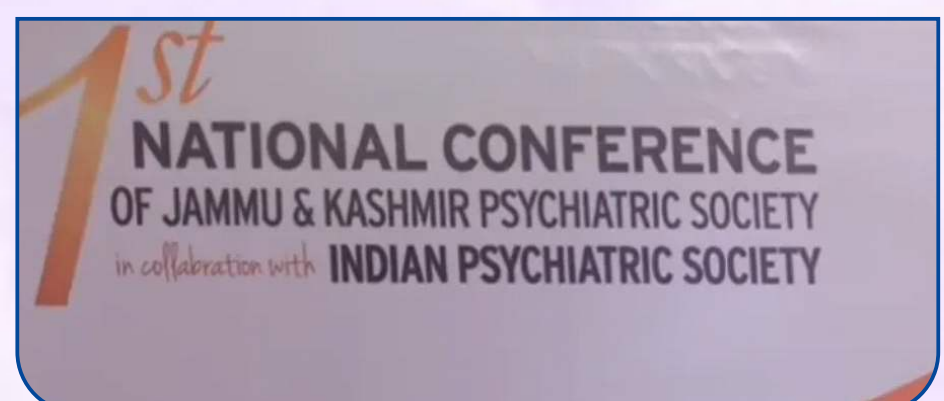


ACTIVITIES OF THE JAMMU AND KASHMIR BRANCH: FIRST CONFERENCE OF THE JAMMU & KASHMIR PSYCHIATRIC SOCIETY

November 12-13, 2025

The J&K Psychiatric Society, in collaboration with the Indian Psychiatric Society, organized its first-ever National Conference at the Sher-i-Kashmir International Convention Centre (SKICC), Srinagar. Held under the theme "Echoes of the Past, Hopes for the Future," the two-day event drew mental health professionals, researchers, and stakeholders from across the country for wide-ranging discussions on advancements in psychiatric care and mental health awareness.

More than 348 scholars registered for the conference, including 35 participants from outside Jammu and Kashmir. "Psychiatrists and mental health experts of national repute, including the President and General Secretary of the Indian Psychiatric Society, graced the event.



Key sessions included “Understanding and Managing Children with ADHD,” “Screening and Support for Depression,” and “Precision Psychiatry in Epilepsy Disorders.” A segment titled “Human Tragedy of Kashmir through Cinematic Lens” also resonated strongly with attendees.

The second and concluding day featured sessions on “Decoding Psychopathology,” “Mastering Research Writing,” “Emerging Trends in Psychiatric Care,” and more. Hands-on learning workshops—covering ADHD management, dementia care, precision psychiatry in opioid use disorders, and research writing—were among the major highlights.

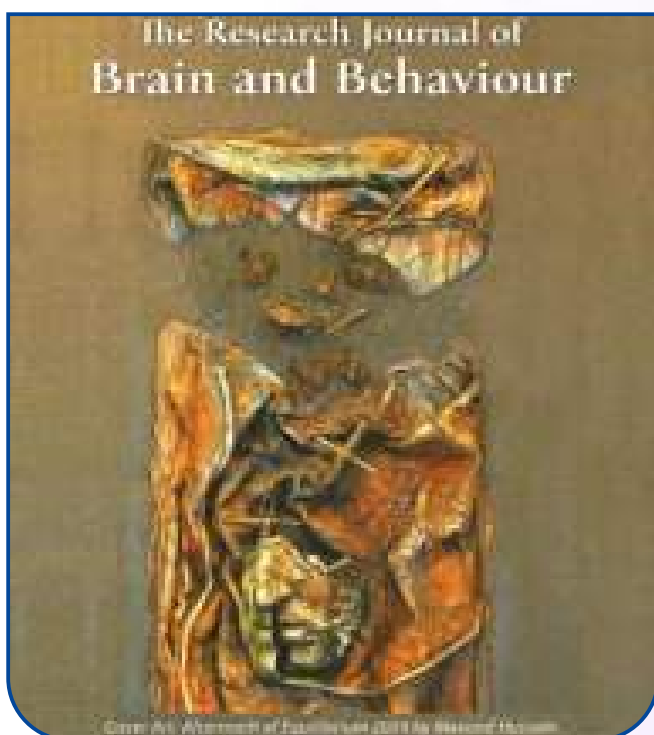
The conference featured keynote addresses and panel discussions designed to foster collaboration, build clinical insight, and enhance mental health care delivery in the region.



NEW JOURNAL

The J & K branch has been working on the launch of their new journal titled “The Research Journal of Brain and Behavior” with Dr Sabreena Quadri as the Editor.

Its inaugural issue will be released soon.



ANNUAL CONFERENCE OF THE PUNJAB AND CHANDIGARH BRANCH OF THE IPS (PUNCIPS - 2026)

April 19, 2026

The 30th Annual Conference of the Punjab and Chandigarh Branch of the Indian Psychiatric Society (PUNCIPS) was held on 19th April 2026 (Sunday) at the Senate Hall, Baba Farid University of Health Sciences (BFUHS), Faridkot. The theme of the conference was “Beyond the Conventional Psychiatric Practice: Technology, Telepsychiatry and Positive Mental Health.”

The conference was inaugurated by the Chief Guest, Hon'ble Vice Chancellor, BFUHS, Prof. Dr. Rajeev Sood, along with four Guests of Honour—eminent psychiatrists from District Faridkot: Dr. Jaswant Singh, Dr. K.C. Jindal, Dr. Harish Arora, and Dr. Ranvir Singh Yakhmi.

Delegates were formally welcomed by the Organizing Chairperson of PUNCIPS 2026. Key addresses were delivered by the President, Vice President, and General Secretary of PUNCIPS, along with the Chief Guest. The conference featured academic deliberations by eminent speakers from across North India.

The prestigious PUNCIPS 2026 Vidya Sagar Oration Award was conferred upon Dr. Sandeep Grover, Professor at Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh. In addition to scientific sessions, the conference included the R.L. Narang Poster Award, free paper presentations, and poster sessions.

The Annual General Body Meeting (AGBM) of PUNCIPS was also conducted during the conference. The General Secretary's and Treasurer's reports were presented and approved, and the Editor's report was noted. It was resolved that Government Medical College Amritsar will host PUNCIPS 2027, while Guru Gobind Singh Medical College will host PGDP 2027.

During the AGBM, the change of medallion ceremony was conducted, wherein the outgoing President, Dr. Gulbahar Sidhu, formally handed over charge to the incoming President, Dr. S. K. Verma, who assumed office for the term 2026–2027. Further, Dr. P. D. Bansal was unanimously elected as Vice President for the same term.



THE POSTGRADUATE DEVELOPMENT PROGRAM (PGDP 2026)

February 28-March 1, 2026

Under the aegis of the Punjab and Chandigarh Chapter of Indian Psychiatric Society and Punjab Medical Council, the Bathinda Psychiatric Forum had the privilege to host the PGDP Program, Punjab on 28th February and 1st March at Hyatt Centric Chandigarh.

The program was ably chaired by Dr. Purav K. Midha, with Dr. S. K. Verma (then President-Elect, now President PUNCIPS) as Co-Chairperson, and Dr. Arun Bansal serving as the Organising Secretary.

The event witnessed enthusiastic participation from over 150 delegates, including postgraduate students from medical colleges across Punjab and Chandigarh, as well as private practitioners, reflecting a vibrant academic gathering and a shared commitment to advancing psychiatric practice.

The theme, "Diagnosis and Beyond: Making of the Complete Psychiatrist," aptly captured the spirit of the program, which aimed at nurturing well-rounded, clinically competent psychiatrists. The sessions were thoughtfully curated to emphasize practical, skill-based learning in the clinical assessment of psychiatric patients.

Deliberations on history taking highlighted common pitfalls and critical areas that demand careful attention in everyday clinical practice. Specialized sessions addressing history taking in children, the elderly, and medico-legal scenarios enriched the learning experience, with valuable insights from eminent faculty invited from across the country.

A focused segment on phenomenology and mental status examination reinforced the foundational pillars of psychiatric evaluation. This was complemented by comprehensive discussions on physical examination, relevant laboratory investigations, and psychopharmacology, thereby promoting a holistic and integrated clinical approach.

A particularly engaging lecture on ethical dilemmas in psychiatric practice added depth and perspective, encouraging reflective and responsible clinical decision-making.

Spanning one and a half days, the program was academically intensive and was awarded four credit hours by Punjab Medical Council.

The Bathinda Psychiatric Forum expresses its sincere appreciation to the President PUNCIPS, Dr. Gulbahar S. Sidhu, and the entire PUNCIPS team for their trust and support in providing this esteemed platform. The success of the program stands as a testament to the collective dedication towards academic excellence and the continued advancement of psychiatric education.



PG 3-MINUTE MANAGEMENT COMPETITION 2026

January 18, 2026

A unique competition aimed to assess and improve the skills of the PG students in an emergency setting, titled "PUNCIPS PG 3-Minute Competition," was organized in online mode.

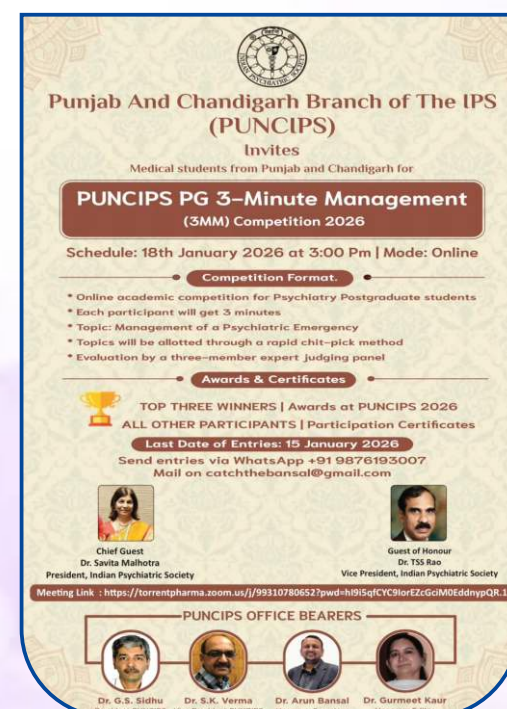
The students were given one topic from emergency psychiatry and were given 3 minutes to speak on it. The competition saw the participation of 25 postgraduate students from Punjab and Chandigarh.

The judges for the competition included Dr Deepali Gul, Immediate past President of PUNCIPS, Dr Purav Midha, senior practising psychiatrist from Bathinda, and Dr Jawahar Singh, Associate Professor of Psychiatry at AIIMS, Bathinda.

The event was graced by Dr TSS Rao, Vice-President of the IPS, who appreciated the efforts of the Punjab and Chandigarh branch of the IPS, Dr Sujit Sarkhel, the honorary Editor of the Indian Journal of Psychiatry, Dr Neeru Bala, Professor and Head, Department of Psychiatry, GMC, Amritsar, Dr Gurmeet Kaur, Professor and Head, Department of Psychiatry, Adesh Institute of Medical Sciences, Bathinda, besides other senior members of the state unit.

The final results were as follows:

- | | |
|----------------------|--|
| First Prize | Dr. Shreya (PGIMER, Chandigarh) |
| Second Prize | Dr. Parniti Khillan (PGIMER, Chandigarh) |
| Third Prize (Shared) | Dr. Rohit Guleria (AIIMS Bathinda)
Dr. Komalpreet K. Goli (Adesh Institute, Bathinda) |
| Special Mention | Dr. Surbhi (Subharti Medical College, Meerut) |



INDIAN PSYCHIATRIC SOCIETY – EAST ZONE: ACTIVITY REPORT November 2025 – July 2026

ORGANIZATIONAL ACTIVITIES

Following AGBM in Hotel Westin during 50th CEZIPS on 31st October and 1st November, 2025, the post conference meeting of the Executive Council of East Zone, IPS was held on 7th November 2025 on the agendas like assignment of five past zonal presidents of EZ IPS to look after the last AGBM decision., charge handover of EZ IPS offices, appointment of auditors and formation of sub-committees.

The special EC meeting of the East Zone IPS (2025-26) was held on 11th November 2025 on the agenda selection of past president of EZ IPS in the team of esteemed five past presidents to look after AGM decision held on 31/10 & 1/11/2025.

The special EC meeting of the Executive council of East Zone IPS was held on 23 rd November 2025 on the agenda, discussion about observations and suggestions of five past presidents (19/11/2025) on the matters raised from AGBM held on 31/10 & 1/11/2025.

The Extra Ordinary General Body Meeting of East Zone IPS (2025-26) was held on 20th January 2026 in Zoom platform on “Pending decision assigned to Executive Council of East Zone, IPS by last AGBM held on 31/10 & 1/11/2025.

The special EC meeting of the Executive Council of East Zone, IPS was held on 22nd February on concerns raised by Hony Secretary, IPSWB regarding inclusion of an esteemed fellow in one of the sub-committees.

The Extra-Ordinary General Body Meeting (EOGBM) for the Electoral reforms of East Zone, IPS for the final amended version was held in Hybrid mode on 13th June, 2026 in Wildberry's resort, Puri, Odisha at the venue of PGCME & Mid-Year Conference of EZ IPS.

The special EC meeting of EZ IPS was held on 24/7/2026 with Election Commission on first election of EZ IPS upon clustering system. The election will be held on following posts, (i) Vice President cum President Elect, one post (2026-27) and Executive Council Members, five posts (2026-28). IPS LF members (fresh) & IPS LOM to LF under EZ will join via unified membership Existing LF members (under EZ) will take Life Member membership of EZ via our website www.ipseastzone.org

CEZIPS 2025

The 50th CEZIPS 2025 was held in a grandiose manner hosted by IPS West Bengal State Branch in Hotel Westin< Kolkata. There had been a commemorative video released with felicitation to all past presidents and Hony Secretaries of EZ IPS. CEZIPS 2025 has been awarded 10 CME credit hours by West Bengal Medical Council.

Best Zonal Paper

The best zonal paper in the category of BPSS award from East Zone IPS conferred to Dr Indira Naskar was forwarded to Award committee of ANCIPS 2026.

UG quiz

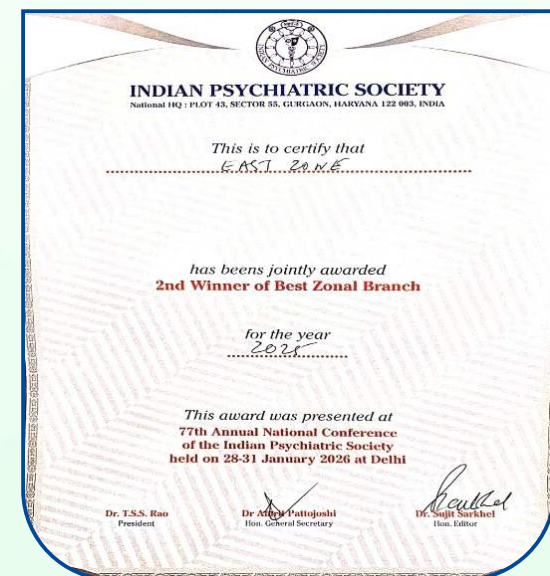
EZ IPS sent the names for the UG Quiz representatives who won the zonal level namely Dr Anirban Guha & Dr Agniswar Majee.

New Branch Nagaland Psychiatric Society

The new branch proposal was submitted by Dr Chikrozho Kezo, senior life fellow from Dimapur, Nagaland which was approved at zonal and national level.

ANCIPS 2026

In ANCIPS 2026, East Zone, IPS has been awarded as 2nd Winner of Best Zonal Branches in ANCIPS 2026 held in Yashabhoomi, New Delhi.



SPORTS

East Zone IPS playing with great spirit in IPPL during ANCIPS 2026.



CME ACTIVITIES

Webinar on World Autism Awareness Day was observed by EZ IPS on 2nd April, 2026. The session begins with inauguration and speech by office bearers. Dr Abir Mukherjee delivered a lecture on “Early diagnostic cues of ASD-Clinician's approach”. Dr Nupur Niharika & Dr Anirban Ray were the chairpersons in the session. This was followed by a talk by Dr Jairanjan Ram on “Autism & Humanity-Every life has value”. The session was chaired by Dr Pramod Kumar Singh & Dr Sanjiba Dutta. These sessions were followed by Discussion anchored by Dr Udayan Mazumder & DR Anweshak Das. The vote of thanks given by Dr Ranjan Bhattacharyya, Hony Secretary, EZIPS. The session was attended by 116 attendees in virtual platform.



INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



World Schizophrenia awareness Day was observed by EZ IPS on 24th May as webinar. The session begins with welcome address by the office bearers. The speaker of session 1 was Dr Disha Mukherjee who spoke on the topic "Deconstructing Schizophrenia, use of Endophenotype". This session was chaired by Dr Niska Sinha & Dr Sarmistha Chakraborty. Dr Samarjit Biswas spoke on "How to approach a case of Treatment Resistant Schizophrenia". This session was chaired by Dr Soumya Nashkar & Dr Asharul Hossain. The session was attended by 73 attendees in virtual platform.



CONGRATULATORY MESSAGES FOR MYC & PGCME HELD IN PURI, ODISHA

1. The Mid Year Conference of East Zone IPS was held in Puri on 12th to 14th June 2026. This year 25th MYC of East Zone in Puri, Odisha was one of the finest academic fest. Scientific program was very meticulously designed for PGs as well as other delegates. As we know the hospitality of Odisha fellows are superb. I thank the whole organising team led by Dr Amrit sir along with Dr Samrat, Dr A Sahoo, Dr Debdutta, Dr Suvendu Mishra and others for excellent arrangement in the Land of Jagannath Ji. My full hearted thanks to the zonal president Dr U K Sinha and Secretary Dr Ranjan Bhattacharyya and Vice president Dr Tanmaini Madam for their support to the team.

Dr. Dipayan Sarkar

2. Congratulations to East Zone IPS Office bearers led by President Dr UK Sinha, Vice President Dr Tanmaini Das Hon Secretary Dr Ranjan Treasurer Dr Dipayan and yes the Editor who has made efforts to publish the issue of zonal journal Dr Samrat for a great conference

Special thanks to the relentless efforts of the organising team Dr Amrit Dr Ashrumochan Dr Debadutta for as expected from them now with the experience of so many past conferences for the meticulous arrangements and care

Also Dr Abir Mukherjee sir who did the role of the perfect CME chairperson by not only chalking out an enriching Scientific feast but also himself contributing to the sessions with his presence in all the sessions

Dr. Niska Sinha

3. Congratulations to the Organising Committee of the Mid-term CME and office bearers of IPS EZ. The scientific program was exceptional, the hospitality was top-notch, and the cultural program was delightful. I would like to commend Dr. Amrit Pattojoshi, Dr. Samrat Kar, Dr. Debadatta Mohapatra, Dr. Ashrumochan Sahoo, and the Orissa team for their outstanding organization of this event. A special thank you to

Dr. Abir Mukherjee and Dr. Debadutta for their exceptional scientific program. The office bearers of EZIPS, including Dr. UK Sinha (President), Dr. Tanmaini Das (Vice President), Dr. Ranjan Bhattacharya (Hon. Secretary), Dr. Dipayan Sarkar (Treasurer), and Dr. Samrat Bhandari (Editor), demonstrated excellence in their roles. Lastly, I express my sincere gratitude to IPS EZ and the organizing committee for inviting me as the chief guest for the inauguration of the Midterm CME, IPS EZ.

Dr Gautam Saha

I want to extend my warmest congratulations to each of you for the outstanding success of PGCME and MYC held on 12-14 June at Puri.

Dr. Nupur Niharika



Dr Dipali Dutta oration conferred on Dr Rajkumar Lenin Singh Past President of East Zone, IPS and IPS Manipur State Branch in MYC of EZIPS at Puri.



TRIPSYCON 2025, ANNUAL CONFERENCE OF IPS TRIPURA STATE BRANCH

Team IPS Tripura State Branch for successfully organizing TriPSYCON 2025 (26th Annual State Conference of IPS Tripura State Branch since 1999) held on 12th and 13th December 2025 at Karl Landsteiner Auditorium (inventor of ABO blood group system in 1901), Agartala Government Medical College & GB Panth Hospitathis Agartala Tripura on the theme "Connected Minds, Nurturing Workplaces in the Digital Age."

My special gratitude to my beloved friend Dr Dipayan Sarkar, President of IPS Tripura State Branch and Hony Treasurer, EZ IPS; Dr Udayan Majumder, Hony Secretary, IPS Tripura SB; Dr Sajal Gupta & Dr Pj Chakma organizing chairperson and organizing secrerary respectively, Dr Bishnu Pada Saha, Editor, 26th TriPSYCON respected seniors like Dr AK Nath, Dr Jiban Chakraborti, Dr AK Dutta, Dr Bimal Krishna Bhowmic, Dr Jyotirmoy Ghosh, Dr Ganajit Debbarma, Dr Dibyendu Ray, Dr Swapan Chandra Barman, Dr Siddhartha Debbarma; my beloved and dynamic team of IPS Tripura SB including Dr Anup Kumar Debnath, Dr Bappaditya Roy (Hony Treasurer, IPS TSB), Dr Kaushik.Nandi, Dr Santanu Ghosh, Dr Munmun Debbarma, Dr Debanil Das, Dr Debajyoti Sarkar, Dr Chaitali Malakar, Dr Trishna Debbarma, Dr Sanjay Tripura, Dr Niladri Debbarma, Dr Kishan Debbarma, Dr P Sanghamitra, Dr Sagar, Dr Kaberi Nath, Dr Anirban Datta, Dr Ananya Kanojia,

Dr Amalendu Tripura, Dr Arnab Deb and others for putting whole-hearted efforts to make the conference a grand success.

Dr Debasri Debbarma, Director of Health Services & Dr Anjan Das, Director of Family Welfare & PM, Govt of Tripura have sent their messages; Prof (Dr) H.P Sarma, Director of Medical Education, Government of Tripura was the chief guest, Prof Anup Kumar Saha, Principal AGMC, MSVP AGMC are instrumental for voicing strongly in favour of better quality of mental health care, enhancement of PG seats, generating awareness, building collaborative care, making Psychiatry a separate subject with compulsory theory and practical examination, breaking the barriers of stigma, stopping cynicism and upliftment of mental well being in daily, family, corporate, workplace and social life.



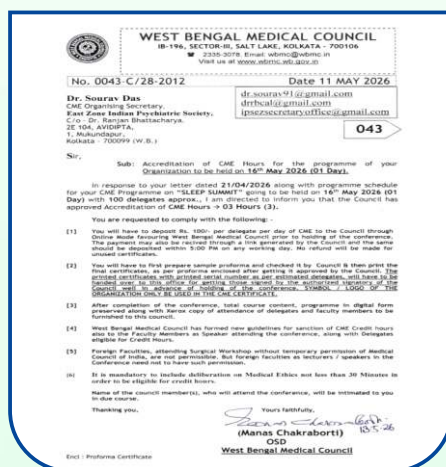
INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



SLEEP SUMMIT 2026



MESSAGE FOR CHAIRPERSON OF AWARD'S COMMITTEE

As the Annual Conference (CEZIPS 2026) is approaching, I, as Chairperson of the Award Committee, EZIPS, am in the process of finalising the flyer for the Award Papers and Orations, which I intend to circulate shortly among our members.

Prof. (Dr.) Samrat Kar
Chairperson, Award Committee
East Zone Indian Psychiatric Society



MEMBERSHIP STRENGTH

Total IPS EZ LIFE FELLOWS till 30/6/2026 are 753. Among these LIFE FELLOWS only 413 are members of EZ (called as life members). So, 340 life fellows are not members of EZ as yet. IPS LF members (fresh) & IPS LOM to LF under EZ will join via unified membership. Existing LF members (under EZ) will take Life Member membership of EZ via our ipseastzone.org website. Congratulations to Hony Treasurer Dr Dipayan Sarkar for updating and keeping records of transactions and preparation for audited reports to be placed before AGBM in CEZIPS 2026.

I, from the bottom of my heart express my gratitude to Dr Uday Kumar Sinha, President; Dr Tanmaini Das, Vice President cum President elect, Dr Dipayan Sarkar, Hony Treasurer; Dr Samrat Singh Bhandari, Hony Editors, EC members, sub-committee and Task force members and all the esteemed distinguished life fellows and members of EZ IPS for their whole hearted support.

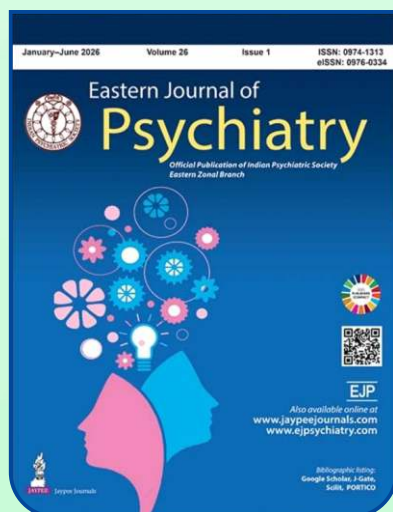
Long live East Zone, Indian Psychiatric Society,
Long live Indian Psychiatric Society.

Prof (Dr) Ranjan Bhattacharyya
Hony Secretary, East Zone IPS
Editor, Journal of Indian Medical Association.

Dated: 04/08/2026

EASTERN JOURNAL OF PSYCHIATRY

The volume 26, Issue 1 (ISSN 0974-1313, eISSN: 0976-0334 of Eastern Journal of Psychiatry (official publication of Indian Psychiatric Society, Eastern Zonal Branch) is now available online. The credit and applause to dynamic Editor Dr Samrat Singh Bhandari and the editorial board members. The hard copy of the same was distributed by post to all esteemed life fellows. The journal is now in bibliographical listing in Google Scholar, J Gate, Scilit and PORTICO.



INDIAN PSYCHIATRIC SOCIETY – CENTRAL ZONE: ACTIVITY REPORT November 2025 – July 2026

The activities conducted by the CPS (IPS- Central Zone) during the preceding quarter re listed below.

- Program on World No-Tobacco Day:** A talk was organized at Institute of Medical Sciences, Banaras Hindu University, Varanasi, under the leadership of Dr. Achyut Kumar Pandey, Secretary, CPS. The chief guest of the program was Dr. A.K. Chaturvedi, Vice-Chancellor, Banaras Hindu University. Distinguished guests at the program were Dr. SN Sankhwar, Director, Institute of Medical Sciences, IMS, BHU and Dr. Sanjay Gupta, Dean, Faculty of Medical Sciences, IMS, BHU. The program was covered by local media and a newspaper clip is attached.



- Post Graduate Development Program 2026:** Under the aegis of CPS, Post Graduate Development Program of the year 2026 was organized by the Dept. of Psychiatry, IMS, BHU. Dr. Sanjay Gupta, Dean, Faculty of Medical Sciences, IMS, BHU was the organizing chairperson and Dr. Achyut Kumar Pandey, Prof. and Head, Dept. of Psychiatry, IMS, BHU and Secretary, CPS, was the organizing secretary of the program. The theme of the program for this year was 'An Update on Neuromodulation.' The program was attended by more than 100 postgraduate junior residents in the subject of Psychiatry, from the medical colleges/Institutes of the four constituent states of the zone.



The attendees showed enthusiastic participation and had lively discussion.

The resource persons of the program included faculty members from reputed institutes within the zone and outside the zone, too. The program had lectures as well as hands-on demonstration and training session.



The inauguration of the program was graced by Dr. AK Chaturvedi, Vice-Chancellor, BHU, office bearers of IMS, BHU, Dr. OP Singh, Vice-President, IPS and office bearers of CPS.



INDIAN PSYCHIATRIC SOCIETY – WEST ZONE: ACTIVITY REPORT November 2025 – July 2026

It is our privilege to present the Six-Monthly Report of the **Psychiatric Society of Western Zone (PSWZ)** for the period [Nov 2025–July 2026]. During this reporting period, the Society remained committed to its mission of promoting excellence in mental healthcare, advancing psychiatric education, fostering research, and creating awareness about mental health among healthcare professionals and the community.

Through a series of academic programs, continuing medical education activities, public awareness initiatives, and collaborative endeavors, the Society has continued to strengthen professional development and contribute to the field of psychiatry. This report summarizes the major activities, achievements, and milestones accomplished during the past six months, reflecting the collective efforts and dedication of our members.

This tenure started with inclusion of new EC member Dr Aabha Bang while rest of the EC continued under the presidentship of Dr Kshirod Mishra. Dr Parag Shah joined as a vice president for the tenure.

CURRENT OFFICE BEARERS IPSWZB/PSWZ 2025-2026

President	Dr. K K Mishra
Vice President cum President Elect	Dr. Parag Shah
Secretary	Dr. Abhijeet Faye
Treasurer	Dr. Nakul Vanjari
Editor	Dr. Heena Merchant
Immediate Past President	Dr. Sudhir Bhav
Immediate Past Secretary	Dr. Dhananjay Ashturkar
Executive Committee Members	Dr. Abha bang Soni
	Dr. Pallavi Dhakne
	Dr. Deepak Tiwari
	Dr. Khyati Mehtalia
	Dr. Amol Deshmukh
	Dr. Bhalchandra Kalmegh
Representative to Central Council (2023-2026)	Dr. Ashish Saboo
	Dr. Umesh Nagapurkar

ADVISORS & CHAIRPERSONS-SUBCOMMITTEES/Task Force (IPSWZB/PSWZ) 2025-2026

Award	Dr. Umesh Ngapurkar Dr Arun Marwale
C. M. E	Dr. Ravindra Kamath Dr. (Brig) Jyoti Prakash
Psychotherapy	Dr. Vivek Kirpekar Dr. Minakshi Parikh
Constitution	Dr. Ashish Saboo Dr. Ashish Shrivastav
Leadership Development	Dr. Mrugesh Vaishnav Dr. Deepak Rathod
Public Education	Dr. Laxmikant Rathi Dr. Shailesh Umate
Quiz	Dr. Dr Malay Dave Dr. Bhushan Mhetre Dr. Sagar Karia
Website	Dr. Deepanjali Deshmukh Dr. Ajish Mangot
Task force: Aligning Needs of Teens to Educational Reforms	Dr. Alka Subramanyam Dr Sudhir Bhav
Research	Dr. Nilesh Shah Dr. Dr Manik Bhise
P G Psychiatry Education	Dr. Shilpa Adarkar Dr. Sushil Gawande
Woman Mental health	Dr. Shubhangi Parkar Dr. Ritambhara Mehta
Rural Psychological Health	Dr. Jaisukh Parmar Dr. Kiran Deshpande Dr. Suresh Patil
Doctors Wellness	Dr. Rajendra Hegde Dr. P M Chaugule Dr. Smitha Panse
Membership	Dr. Vijay Nagecha Dr. Krishna Kadam
Arts & Culture	Dr. Alkesh Patil Dr. Darpan Kaur
Finance	Dr Mukesh Jagiwal Dr Jai Shastri
IPS Foundation day task force	Dr Bharat Sarode Dr Sanjay Phadke Dr Dhananjay Ashturkar
History of IPSWZB/PSWZ Task force	Dr Sanjay Bagadia
UG Psychiatry	Dr Henal Shah Dr Abhishek Somani
Child Psychiatry	Dr Bhushan Shukla Dr Manjiri Deshpande
School and College Mental health	Dr Kersi Chavda Dr Avinash D'souza
Sports and Mental Health	Dr Umesh Nagapurkar Dr Pawan Adatia

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



VARIOUS ACTIVITIES CONDUCTED BY THE ZONE FROM NOV 2025 TO JULY 2026 ARE AS FOLLOWS

Annual PG CME was conducted at Sion Hospital

THEME	From Silence to Science: Navigating Psychosexual disorders in Psychiatry Training
VENUE	LTMMC & GH, Sion, Mumbai
DATE	13th & 14th December 2025
Participants	186 PG Students (Goa, Gujarat, Maharashtra)
Organizing Chairperson	Dr Heena Merchant, Dr Avinash D'souza
Organizing Secretary	Dr Sagar Karia



IPS FOUNDATION DAY

Celebrated with a webinar on 7th Jan 2026 with different topics including History of IPS/IPSWZB, A Cyber-psychiatrist, etc. The session was attended by more than 50 participants. Organized by IPS Foundation day task force lead by Dr Dhanajay Asturkar.

Task force: Aligning Needs of Teens to Educational Reforms

The process of application about delaying the school timing is underway as per the recent meeting with principal secretary at Mantralaya, Maharashtra.

Zone created a '**CAMH app**' (Child and Adolescent Mental health App) is available on google play store.

Research: One research project has been selected for the research grant from the Zone by Dr Riya Moonka (MGM Medical college, C Smbhaji Nagar, Maharashtra)

Membership list of the zone is updated and is sent to the IPS Secretary and Treasurer.

Psychotherapy subcommittee: CBT certificate course in collaboration with IACBT has been started and is ongoing. It's a three months certificate course in CBT for psychiatrists.

Rural psychological health: Manadarshika 2026 (year calendar with mental health awareness articles), Manojagar (program for celebration of various significant days in psychiatry by awareness videos in all the zonal languages to be release at a time). First activity conducted on World Bipolar disorder day. Second activity is conducted on World Schizophrenia Day.

ACTIVITIES BY SUBCOMMITTEES

Summary of PSWZ activities 2025-26- Nov to July

Sub-committee	Online	Physical	Total no of activities
WMH	5	-	5
PG Psychiatry	6	-	6
Art & Cultural	2	1	3
Doctor's wellness	3	-	3
Rural Psychological Health	3	-	3
CME	-	2	2
Research	1	-	1
Child Psychiatry	5	-	5
School and college mental health	-	3	3
Sports & Mental Health	2	-	2
Quiz	-	1 (Puzzle in AIP)	1
Psychotherapy	(1 CBT course ongoing)	-	1
IPS Foundation day	1	-	1
Total	29	7	36

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



35th MID TERM CME

THEME	Next Gen Psychiatry Innovations in Clinical Practice & Care Systems
VENUE	The Ritz Carlton, Pune
DATE	23rd & 24th May 2026
Participants	450 registrations (Goa, Gujarat, Maharashtra)
Organizing Chairperson	Dr Kendre
Organizing Secretary	Dr Amar Shinde



PSWZ COLLABORATED WITH VPA FOR VPA PGCON (VIDARBHA PSYCHIATRIC ASSOCIATION POST GRADUATE CONFERENCE)

50 PGs from various medical colleges in Vidarbha participated in the conference conducted at Hotel Le Meridian, Nagpur on 27th and 28th of June 2026



Various awareness and training activities have also been carried out for school teachers covering the identification and early interventions in childhood psychiatric disorders at Zonal level.

The task force on 'History of IPSWZB' is collecting the information about the important events, psychiatrists and overall history of the Zone to get it compiled in a 'Book' format. The book is scheduled to be published during Annual conference of the zone.

Annual conference of PSWZ is scheduled on 2nd-4th of Oct 2026 and second brochure is out for the same.

Regular issues of Zonal journal (Annals of Indian Psychiatry) are being published. There is a plan to publish 6 issues per year soon. The current impact factor is 0.3.

PSWZ also participated in a drive for protest against unethical dispensing of psychotropic drugs by the pharmacists. The letter in this regard has been sent by the zone for action to the commissioner of FDA, Maharashtra.

IPS Foundation Day was celebrated on 7th of Jan 2026 with an online CME. Eminent psychiatrists from the Zone delivered the lectures and discussed about the importance of IPS Day celebration.

We express our sincere gratitude to the office bearers, executive committee members, and all members of the Society for their unwavering support and active participation. We also acknowledge the continued guidance and encouragement of our parent body, which inspires us to further our objectives with renewed enthusiasm.

Regards

Dr. Abhijeet Faye
Hon Secretary, PSWZ

Dr. K K Mishra
President, PSWZ



INDIAN PSYCHIATRIC SOCIETY – SOUTH ZONE: ACTIVITY REPORT November 2025 – July 2026

INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH

RegdOffice : Athma Hospitals, 12-B&C, 10th Cross (East), Thillainagar, Tiruchirappalli - 620 018. TN.

Reg No: KNR/CA/351/2017

E.mail : ipsszboffice@gmail.com

www.ipsszb.org

President

Dr. Y. Arul Prakash

No:5,Nehru Street
Nagercoil 629001
Tamil Nadu
94434 50618
arulmanas@gmail.com

Vice-President

Dr. Thomas John

94472 10430
drthomasjohn@gmail.com

Immediate Past President

Dr. Umashankar Molanguri
98490 21281
molanguriumashankar@gmail.com
Immediate Past Hon. Gen. Secretary
Dr. P. Lokeshwara Reddy
79897 34662
drplokesh1975@gmail.com
Immediate Past Treasurer:
Dr. R. Mahesh Gowda
98451 34915
maheshrgowda@yahoo.com
Immediate Past Editor
Dr. Shahul Ameen
99618 93693
shahulameen@yahoo.com

IPS South Zonal Representatives to National IPS

Dr. P. Kishan
98490 59180
prashanthihospital@yahoo.com
Dr. Raveesh BN
99801 38016
raveesh6@yahoo.com

Women Representatives

Dr. Veda.N.Shetageri
98865 67859
shetageridveda@gmail.com
Dr. Sri Ramya
83745 50920
kundetisiriramyaa@gmail.com

State Representatives

ANDHRA PRADESH

Dr. T. V. Pavan Kumar(Secretary)
9849220263
drtvpavi@gmail.com
Dr. V. V. Kiran
9866555909
drkiran_vadcladi@yahoo.co.in

KARNATAKA:

Dr. Narayan R Mutalik (Secretary)
99016 21771
narayan_mutalik@yahoo.co.in
Dr. Ravindra N Munoli
99720 28881
ravindra.nm@hotmail.com

KERALA:

Dr. Anees Ali (Secretary)
93870 06999
draneesali@gmail.com
Dr. Radhakrishnan M. P.
98470 70888
krishmp1968@gmail.com

TAMIL NADU:

Dr. Arun Kumar.N (Secretary)
9944964102
drarunkumar@athmahospitals.com
Dr. R. Arul Saravanan
9500116003
arulpsg@gmail.com
TELANGANA:
Dr.P. Manmohan Raju(Secretary)
9347725016
pmanmohan-raju@yahoo.co.in
Dr.Pavan Kumar Kulikarni
9949309277
drrag27@gmail.com



2025-2026

Hon'Treasurer

Dr Arunkumar N

9944964102
drarunkumar@athmahospitals.com

Hon'General Secretary

Dr. George Reddy .V

Healthy Brain.. the mind care clinic
Opp. Bharat Petroleum
Trimulgherry X Road,
Secunderabad, Telangana-15
9885588944
georeddypsy@gmail.com

Hon'Editor

Dr. Rajshekhar Bipeta

93910 45080
braj111@yahoo.co.in

Date: 00-00-0000

To
Dr. Arun Marwale
General Secretary,
Indian Psychiatric Society.

Warm greetings on behalf of President, Dr. Arul Prakash, and the members of the IPS South Zonal branch and from the states of Andhra Pradesh, Karnataka, Kerala, Tamil Nadu, and Telangana Under the leadership of national IPS President Dr. T.S.S. Rao and General Secretary Dr. Arun Marwale for achieving new heights and making the Indian Psychiatric Society more visible. A big congratulations for implementing the unified membership under the leadership of the national IPS Office bearers, and a big appreciation to Dr. Naresh Vadlamani, Treasurer, who has been working relentlessly for the unified membership

Activity & Academic Report: Indian Psychiatric Society (South Zonal Branch)

Here is the updated consolidated report incorporating all major zonal scientific programs, post-graduate academic training, upcoming/ forthcoming conferences, venue inspections, state-level events, awareness initiatives, webinars, organizational drives, personal leadership achievements, and festive greetings organized under the aegis of the Indian Psychiatric Society – South Zonal Branch (IPSSZB):

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



Organisational & Membership Initiatives

Objective: Encouraging national IPS members to join the IPS South Zonal Branch via www.ipsszb.org.

Leadership & Point of Contact: Dr. Arunkumar N (Hon. Interim Treasurer).

Membership Committee: Dr. Anoop Vincent & Dr. Aruna Yadiyal (Advisors), Dr. Dayal Narayan K.T.P (Chairperson), Dr. Sarath Chandra I & Dr. Sunilkumar G (Co-Chairpersons), Dr. Venkatesh kumar K (Convener), Dr. Shanti Mohan K & Dr. Vaibhavi.P.S. (Members).

1. Executive Council (2025–2026) Leadership Structure

Office Bearers: Dr. Y. Arul Prakash (President), Dr. Thomas John (Vice President), Dr. George Reddy V. (Hon. General Secretary), Dr. Mahesh Gowda (Hon. Treasurer; Interim: Dr. Arunkumar N), Dr. Rajshekhar Bipeta (Hon. Editor). Immediate Past Leadership: Dr. Umashankar M (Imm. Past President), Dr. P. Lokeswara Reddy (Imm. Past Hon. Gen. Secretary), Dr. Arunkumar N (Imm. Past Treasurer), Dr. Shahul Ameen (Imm. Past Editor).

National IPS Representatives: Dr. P. Kishan & Dr. Raveesh BN

Women Representatives: Dr. Veda Setagiri & Dr. Sri Ramya

State Representatives (2025–2026):

Andhra Pradesh : Dr. T. V. Pavan Kumar (Secretary), Dr. V. V. Kiran

Karnataka : Dr. Narayan R Mutalik (Secretary), Dr. Ravindra N Munoli

Kerala : Dr. Anees Ali (Secretary), Dr. Radhakrishnan M. P

Tamil Nadu : Dr. Arun Kumar N (Secretary), Dr. P. P. Kannan

Telangana : Dr. P. Manmohan Raju (Secretary), Dr. Pavan Kumar K

World AIDS Day (1st December 2025): Theme: "Overcoming disruption, transforming the AIDS response." Focus: Highlighted the strong connection between HIV-AIDS and mental health. Addressed how depression, anxiety, and stigma impact treatment adherence and quality of life. Emphasized integrated care including early screening, counseling, psychosocial support, and community awareness.

**INDIAN PSYCHIATRIC SOCIETY
SOUTH ZONAL BRANCH**
creating awareness on

World Aids Day
Theme
"Overcoming disruption, transforming the AIDS response."
HIV-AIDS & Mental Health
A Strong Connection We Cannot Ignore

Mental health challenges such as depression, anxiety, and stress are common among people living with HIV. These conditions can affect treatment adherence, immunity, and overall quality of life.

Stigma and discrimination increase emotional distress and social isolation. Poor mental health can also increase risk-taking behaviours, raising the chances of HIV transmission.

Integrated Care Saves Lives

- Early screening for mental health issues
- Counselling & psychosocial support
- Family and community awareness
- Consistent ART + mental health care = Better outcomes

Executive Council 2025-26

Dr. Y. Arul Prakash President	Dr. Thomas John Vice President	Dr. George Reddy V Honorary General Secretary
Dr. Mahesh Gowda Hon. Treasurer	Dr. Rajshekhar Bipeta Hon. Editor	Dr. Umashankar M Imm. Past President
Dr. P. Lokeswara Reddy Immediate Past Hon. Gen. Secretary	Dr. Arunkumar N Immediate Past Treasurer	Dr. Shahul Ameen Immediate Past Editor

IPS South Zonal Representatives to National IPS
Dr. P. Kishan
Dr. Raveesh BN

Women Representatives
Dr. Veda Setagiri
Dr. Sri Ramya

State Representatives

ANDHRA PRADESH Dr. T. V. Pavan Kumar (Secretary) Dr. V. V. Kiran	KARNATAKA Dr. Narayan R Mutalik (Secretary) Dr. Ravindra N Munoli	KERALA Dr. Anees Ali (Secretary) Dr. Radhakrishnan M. P
TAMIL NADU Dr. Arun Kumar N (Secretary) Dr. P. P. Kannan	TELANGANA Dr. P. Manmohan Raju (Secretary) Dr. Pavan Kumar K	

International Women's Day Webinar (8th March 2026): Organizer: Women Empowerment Committee (SAMANWI), IPSSZB Topic: "Raising Responsible Digital citizens: Parenting in Screen Age." Chief Guest: Dr. TSS Rao (President, IPS) Speaker: Dr. Dipti Shah (Child & Adolescent Psychiatrist, Mumbai) Chairpersons: Dr. Jahnavi Kedare (TNMC & BYL Nair Ch. Hospital, Mumbai) & Dr. Joice Geo (Pushpagiri Medical College, Kerala)

**INDIAN PSYCHIATRIC SOCIETY
SOUTH ZONAL BRANCH**
MEGA MEMBERSHIP DRIVE

Respected and Dear member,
Are you member of IPS ?
Then take the next step—join IPS South Zonal Branch today
Be the part of the vibrant academic community!

★ **Apply Now**
download the application & Send filled form to **Dr. Arunkumar N**
www.ipsszb.org

Dr. Y. Arul Prakash
President

Dr. Thomas John
Vice President

Dr. George Reddy V
Hon' General Secretary
+91 98855 88944

Dr. Arunkumar N
Hon' Interim Treasurer
+91 99449 64102

Dr. Rajshekhar Bipeta
Hon' Editor

MEMBERSHIP COMMITTEE

Dr. Anoop Vincent (Advisor)	Dr. Aruna Yadiyal (Advisor)	Dr. Dayal Narayan K.T.P (Chairperson)
Dr. Sarath Chandra I (Co Chairperson)	Dr. Sunilkumar G (Co Chairperson)	Dr. Venkatesh kumar K (Convener)
Dr. Shanti Mohan K (Member)	Dr. Vaibhavi.P.S. (Member)	

**INDIAN PSYCHIATRIC SOCIETY
SOUTH ZONAL BRANCH**
WOMEN EMPOWERMENT COMMITTEE (SAMANWI)
On the occasion of
International Women's Day
We cordially invite you for first webinar
10AM onwards, Sunday 8th March 2026

Chief Guest
Dr. TSS Rao
President,
Indian Psychiatric Society

Topic:
**'Raising Responsible Digital citizens:
Parenting in Screen Age.'**

Speaker
Dr. Dipti Shah
Child and Adolescent Psychiatrist, Mumbai

Chairpersons
Dr. Jahnavi Kedare
Addl Prof Dept. of Psychiatry, TNMC &
BYL Nair Ch. Hospital, Mumbai
Dr. Joice Geo
Professor, Dept of Psychiatry
Pushpagiri Medical College, Tiruvalla Kerala.

OFFICE BEARERS

Dr. Y. Arul Prakash President	Dr. Thomas John Vice President	Dr. George Reddy V Hon' General Secretary
Dr. Mahesh Gowda Hon' Treasurer	Dr. Rajshekhar Bipeta Hon' Editor	

WOMEN EMPOWERMENT COMMITTEE

Dr. Sabitha Balasubramanian (Advisor)	Dr. N. Uma Jyothi (Advisor)
Dr. Niveditha Samala (Chairperson)	Dr. Baheshree Devi (Co Chairperson)
Dr. Namita Nazeer (Member)	Dr. Divya Bolla (Member)
	Dr. Veda N Shetageri (Co Chairperson)
	Dr. Abirami V (Convener)

CLICK HERE TO JOIN THE MEETING

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



World Bipolar Day (30th March 2026)

Organizers: Institute of Mental Health (IMH), Erragadda in association with IPSSZB, IPS Telangana State Branch, and IMA Telangana State Mental Health Committee.

Initiative: Organized by the Community Awareness Committee, IPSSZB.

Chief Guest: Dr. R. Anitha (Superintendent, IMH, Erragadda)

Core Message: "Bipolar disorder is not a weakness—it is a journey of strength, resilience, and hope."



INSTITUTE OF MENTAL HEALTH, ERRAGADDA
In Association with
INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH
INDIAN PSYCHIATRIC SOCIETY TELANGANA STATE BRANCH
IMA TELANGANA STATE MENTAL HEALTH COMMITTEE
creating awareness on
WORLD BIPOLAR DAY
30th March 2026

Chief Guest
Dr. R. Anitha
Superintendent, IMH, Erragadda, Hyd.

చైర్మన్ డిస్కర్డ్ బలహీనత కాదు — అది శక్తి, సహనశక్తి, మరియు ఆశతో సాగించే ఒక జీవన ప్రయాణం

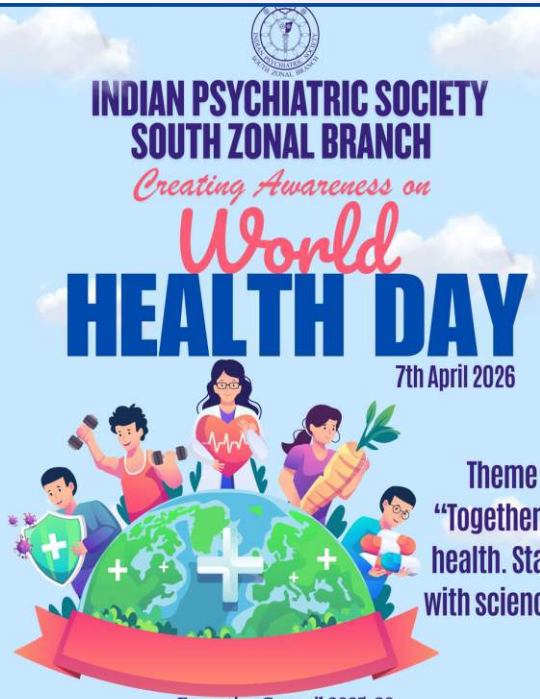
Bipolar disorder is not a weakness—it is a journey of strength, resilience, and hope

Venue: IMH, Erragadda, Hyderabad, Telangana
An Awareness Initiative by
Community Awareness Committee
Indian Psychiatric Society South Zonal Branch

World Health Day (7th April 2026)

Theme: "Together for health. Stand with science."

Focus: Zonal campaign emphasizing evidence-based approaches and scientific principles in health and mental healthcare promotion.



INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH
Creating Awareness on
World HEALTH DAY
7th April 2026

Theme
"Together for health. Stand with science."

Executive Council 2025-26

Dr. Y. Arul Prakash President	Dr. Thomas John Vice President	Dr. George Reddy .V Hon' General Secretary
Dr. Mahesh Gowda Hon' Treasurer	Dr. Rajshekhar Bipeta Hon' Editor	
Dr. Umashankar M Imm. Past President	Dr. P. Lokeshwara Reddy Immediate Past Hon. Gen. Secretary	Dr. Arunkumar N Immediate Past Treasurer
IPS South Zonal Representatives to National IPS Dr. P. Kishan Dr. Raveesh BN	Women Representatives Dr. Veda Setagiri Dr. Sri Ramya	

State Representatives

ANDHRA PRADESH Dr. T. V. Pavan Kumar (Secretary) Dr. V. V. Kiran	KARNATAKA Dr. Narayan R Mutalik (Secretary) Dr. Ravindra N Munoli	KERALA Dr. Anees Ali (Secretary) Dr. Radhakrishnan M. P
TAMIL NADU Dr. Arun Kumar N (Secretary) Dr. P.P. Kannan	TELANGANA Dr. P. Manmohan Raju (Secretary) Dr. Pavan Kumar K	



INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH
Creating Awareness on
WORLD AUTISM AWARENESS DAY
2 APRIL 2026

Executive Council 2025-26

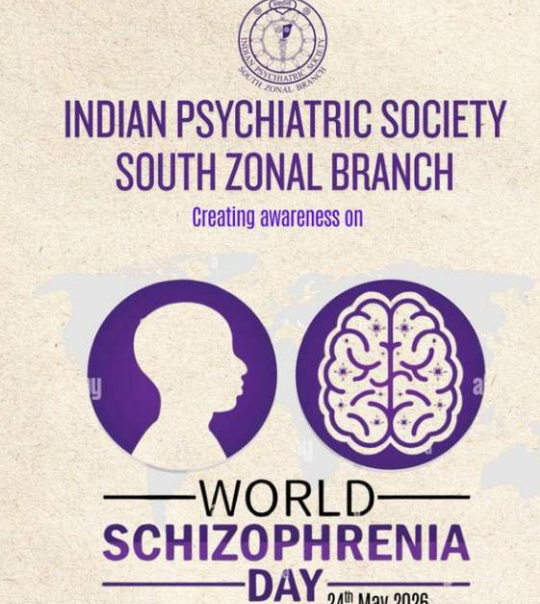
Dr. Y. Arul Prakash President	Dr. Thomas John Vice President	Dr. George Reddy .V Honorary General Secretary
Dr. Mahesh Gowda Hon' Treasurer	Dr. Rajshekhar Bipeta Hon' Editor	
Dr. Umashankar M Imm. Past President	Dr. P. Lokeshwara Reddy Immediate Past Hon. Gen. Secretary	Dr. Arunkumar N Immediate Past Treasurer
IPS South Zonal Representatives to National IPS Dr. P. Kishan Dr. Raveesh BN	Women Representatives Dr. Veda Setagiri Dr. Sri Ramya	

State Representatives

ANDHRA PRADESH Dr. T. V. Pavan Kumar (Secretary) Dr. V. V. Kiran	KARNATAKA Dr. Narayan R Mutalik (Secretary) Dr. Ravindra N Munoli	KERALA Dr. Anees Ali (Secretary) Dr. Radhakrishnan M. P
TAMIL NADU Dr. Arun Kumar N (Secretary) Dr. P.P. Kannan	TELANGANA Dr. P. Manmohan Raju (Secretary) Dr. Pavan Kumar K	

World Schizophrenia Day (24th May 2026)

Initiative: Public awareness drive conducted across the South Zone to dismantle stigma and promote early intervention for Schizophrenia



INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH
Creating awareness on
WORLD SCHIZOPHRENIA DAY
24th May 2026

Executive Council 2025-26

Dr. Y. Arul Prakash President	Dr. Thomas John Vice President	Dr. George Reddy .V Hon' General Secretary
Dr. Mahesh Gowda Hon' Treasurer	Dr. Rajshekhar Bipeta Hon' Editor	
Dr. Umashankar M Imm. Past President	Dr. P. Lokeshwara Reddy Immediate Past Hon. Gen. Secretary	Dr. Arunkumar N Immediate Past Treasurer
IPS South Zonal Representatives to National IPS Dr. P. Kishan Dr. Raveesh BN	Women Representatives Dr. Veda N. Shetageri Dr. Sri Ramya	

State Representatives

ANDHRA PRADESH Dr. T. V. Pavan Kumar (Secretary) Dr. V. V. Kiran	KARNATAKA Dr. Narayan R Mutalik (Secretary) Dr. Ravindra N Munoli	KERALA Dr. Anees Ali (Secretary) Dr. Radhakrishnan M. P
TAMIL NADU Dr. Arun Kumar N (Secretary) Dr. P.P. Kannan	TELANGANA Dr. P. Manmohan Raju (Secretary) Dr. Pavan Kumar K	

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

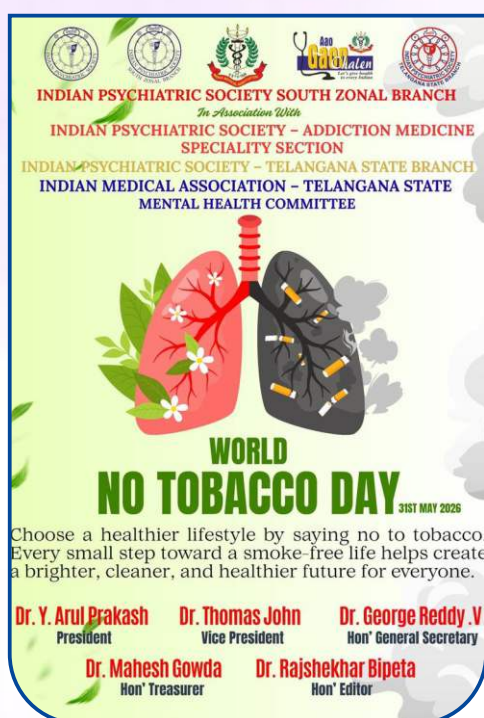
ISSUE: 01



World No Tobacco Day (31st May 2026):

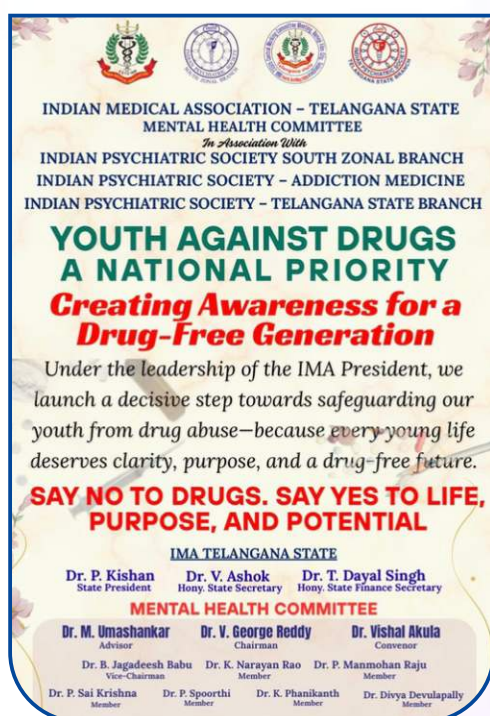
Organizers: IPSSZB in association with IPS Addiction Medicine Speciality Section, IPS Telangana State Branch, and IMA Telangana State Mental Health Committee.

Message: Encouraged healthier lifestyle choices by saying no to tobacco and building a smoke-free future.



Youth Against Drugs Campaign & Awareness

Joint Initiative: IMA Telangana State Mental Health Committee (Chaired by Dr. V. George Reddy), IPSSZB, IPS Addiction Medicine Section, and IPS Telangana State Branch. Core Message: "Say NO to Drugs. Say YES to Life, Purpose, and Potential."

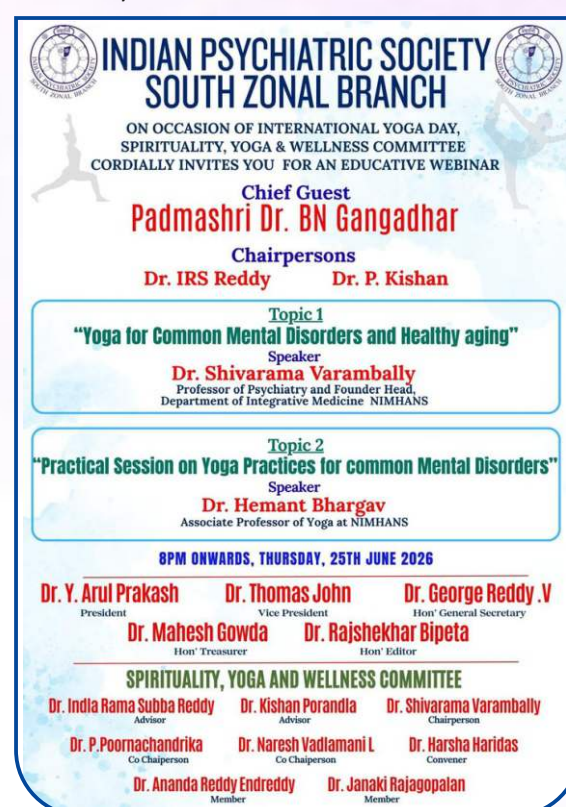


International Yoga Day Educative Webinar (25th June 2026)

Organizer: Spirituality, Yoga & Wellness Committee, IPSSZB Chief Guest: Padmashri Dr. BN Gangadhar

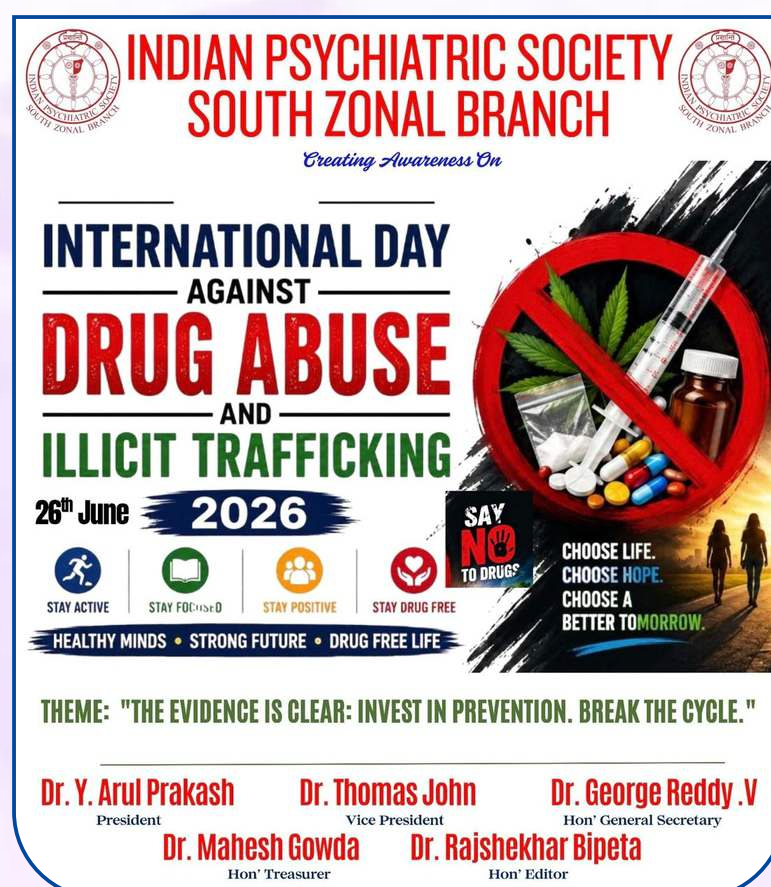
Chairpersons: Dr. IRS Reddy & Dr. P. Kishan

Topics & Speakers: "Yoga for Common Mental Disorders and Healthy aging" by Dr. Shivarama Varambally (Prof. of Psychiatry & Founder Head, Dept. of Integrative Medicine, NIMHANS). "Practical Session on Yoga Practices for common Mental Disorders" by Dr. Hemant Bhargav (Associate Prof. of Yoga, NIMHANS).



International Day Against Drug Abuse and Illicit Trafficking (26th June 2026)

Theme: "The evidence is clear: Invest in prevention. Break the cycle."
Focus: Promoted healthy minds and drug-free living with the message, "Choose Life. Choose Hope. Choose a Better Tomorrow."



INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

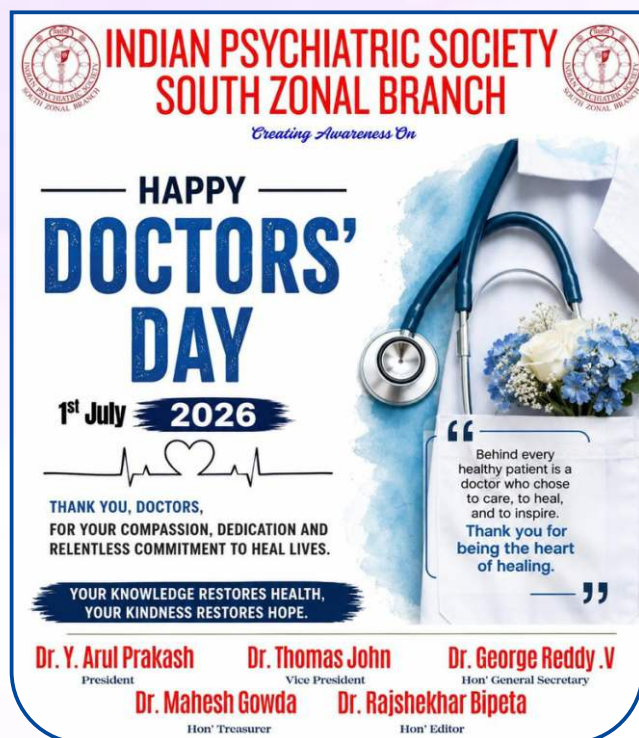
EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



National Doctors' Day Outreach (1st July 2026)

Activities: Member psychiatrists conducted extensive public awareness programs, including Radio and TV shows, as well as orientation sessions on mental health awareness for new medicos across various medical colleges.



Academic Awareness Activities on Important Mental Health Awareness Days & Webinars

Educative Webinar on "Stress, Burnout and Resilience in Medical Education"

Organizer: Women Empowerment Committee (SAMANWI), IPSSZB

Date & Time: Wednesday, 5th August 2026 at 8:00 PM onwards

Chief Guest: Dr. TSS Rao (President, Indian Psychiatric Society)

Distinguished Guests: Dr. M. Lakshmi Suryaprabha (Additional DME / Director R&D, Dr. NTR University of Health Sciences, Vijayawada, AP), Dr. Pratibha Lakshmi (Professor of General Medicine, SIMS, Telangana; Elected Member, TSMC; President, We for Women)

Chairpersons: Dr. Christina George (Convenor, IPS UG Education Committee; Prof & Head, Psychiatry, DR SMCSI MCH, Trivandrum, Kerala) Dr. K. Sarada (Professor & HOD, Dept of Psychiatry, GMC, Vizianagaram, AP)

Speaker: Dr. V. Ahalya, MD (Senior Assistant Professor of Psychiatry, Govt. Mohan Kumaramangalam Medical College, Salem, Tamil Nadu) SAMANWI

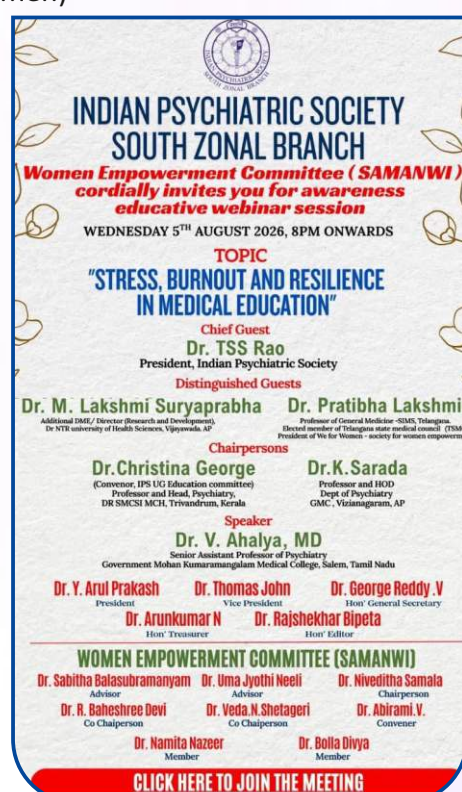
Committee Team

Advisors: Dr. Sabitha Balasubramanyam, Dr. N. Uma Jyothi

Chairperson: Dr. Niveditha Samala
Co-Chairpersons: Dr. R. Baheshree Devi, Dr. Veda N. Shetageri

Convener: Dr. Abirami V.

Members: Dr. Namita Nazeer, Dr. Bolla Divya



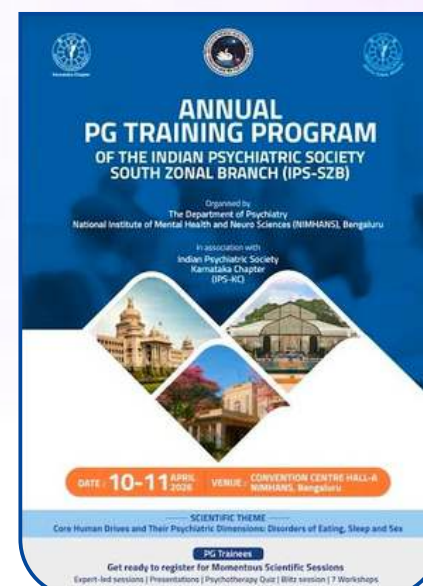
Key Zonal Academic & Training Programs Annual PG Training Program of IPSSZB

Dates & Venue: 10th – 11th April 2026 at Convention Centre Hall-A, NIMHANS, Bengaluru

Organized By: Department of Psychiatry, NIMHANS, Bengaluru, in association with IPS Karnataka Chapter (IPS-KC). Scientific

Theme: "Core Human Drives and Their Psychiatric Dimensions: Disorders of Eating, Sleep and Sex"

Highlights: Designed for postgraduate trainees, featuring expert-led sessions, presentations, a Psychotherapy Quiz, a Blitz session, and 7 hands-on workshops.



INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



Mid-Term CME 2026 (IPSSZB)

Dates & Venue: Saturday, May 30th & Sunday, May 31st, 2026 at Mamata Academy of Medical Sciences, Bachupally, Hyderabad

Organized By: Department of Psychiatry, Mamata Academy of Medical Sciences, Hyderabad, under the aegis of IPS Telangana Branch.

Theme: "Complexities in Diagnosis and Treatment"



Forthcoming & Upcoming Conferences

SIPSCON 2026 (42nd Annual Conference of the Branch of Indian Psychiatric Society - Kerala):

Dates & Venue: 07, 08 & 09 August 2026 at IMA House, Kochi

Theme: "Mental Health: Genesis to Senescence"

Organized By: Branch of Indian Psychiatric Society (Kerala) & Ernakulam Psychiatric Society Official Website: sipscon2026.in

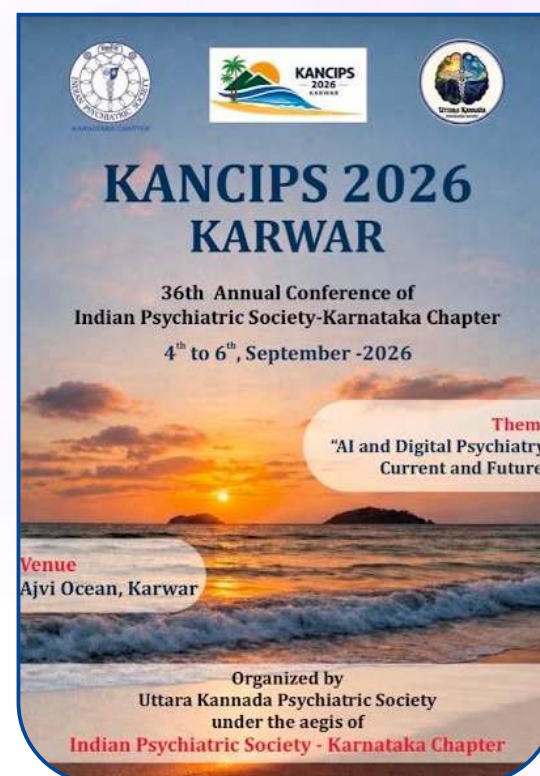


KANCIPS 2026 KARWAR (36th Annual Conference of IPS - Karnataka Chapter)

Dates & Venue: 4th to 6th September 2026 at Ajvi Ocean, Karwar

Theme: "AI and Digital Psychiatry: Current and Future"

Organized By: Uttara Kannada Psychiatric Society under the aegis of Indian Psychiatric Society - Karnataka Chapter



IPSOCON 2026 Kanyakumari (59th Annual Conference of IPSSZB)

Dates & Venue: 16th – 18th October 2026 at Rohini College of Engineering & Technology, Kanyakumari

Theme: "Emerging Trends in Psychiatry"

Association: Organised in association with IPS – Tamil Nadu Chapter and Tirunelveli, Kanyakumari, Tuticorin & Tenkasi (TKTTT) Psychiatric Association. Official Website: ipsocon2026.com



INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



Official Venue Inspection & Preparations (28th June 2026)

Conducted at Rohini College of Engineering & Technology, Kanyakumari, titled "A Journey of Preparation, Partnership and the Promise of an Extraordinary Conference." Led by Dr. Y. Arul Prakash (President - IPSSZB & Organising Chairman), Dr. V. George Reddy (Hon. General Secretary - IPSSZB), Dr. C. Panneer Selvan (Organising Secretary), and Dr. S. Sivasailam (Organising Treasurer), with active involvement from members of the TKTPT Psychiatric Association.



APPSYCON 2026 (46th Annual Conference of the IPS-AP State Branch)

Dates & Venue: 11th & 12th July 2026 at Centre of Excellence, Government Hospital for Mental Care, Visakhapatnam

Theme: "Frontiers in Consultation-Liaison Psychiatry: Innovation, Integration and Navigation"

Organized By: Government Hospital for Mental Care in association with Visakha Psychiatry Society (Accredited with 4 CME Credit Hours by APMC).



State Chapter Conferences & Key Events Held

TSPSYCON 2026 (Telangana State Psychiatry Conference)

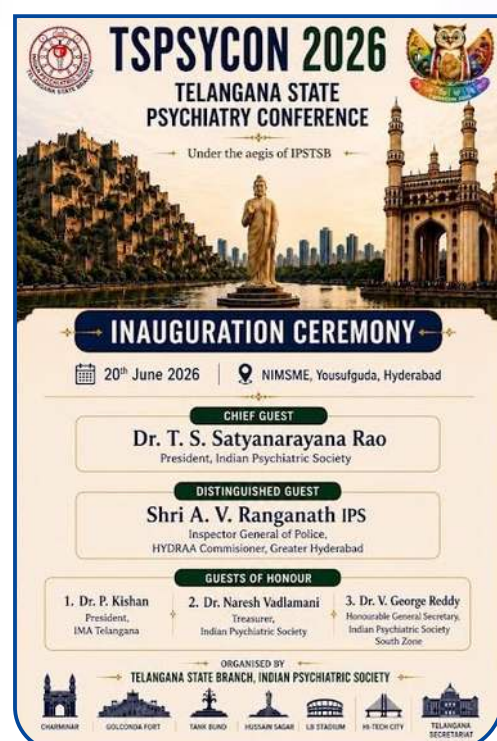
Inauguration Date & Venue: 20th June 2026 at NIMSME, Yousufguda, Hyderabad

Organized By: Telangana State Branch, Indian Psychiatric Society (IPSTSB)

Chief Guest: Dr. T. S. Satyanarayana Rao (President, Indian Psychiatric Society)

Distinguished Guest: Shri A. V. Ranganath IPS (Inspector General of Police, HYDRAA Commissioner, Greater Hyderabad)

Guests of Honour: Dr. P. Kishan (President, IMA Telangana), Dr. Naresh Vadlamani (Treasurer, IPS), Dr. V. George Reddy (Honourable General Secretary, IPSSZB)



Personal Achievements & Leadership Milestones

Landslide Election Victory – Kakatiya Medical College Alumni Welfare Association (KMCABA): Role: Elected as the Founder General Secretary of the Kakatiya Medical College Alumni Welfare Association.

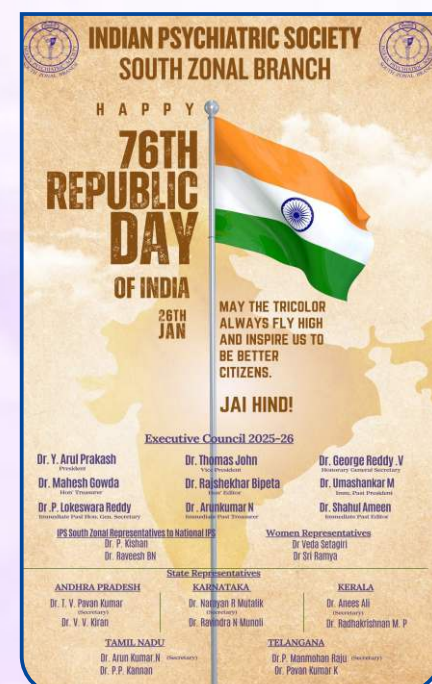
Details: In the elections held on 15th March 2026, Dr. George Reddy V (1995 Stalwart Batch) achieved a thumping victory, securing an overwhelming majority of 131 out of 137 votes.

Vision: Committed to working diligently with office bearers and college administration toward parent institute development as it reaches 80 years of inception.

Festive Greetings & Cultural/National Observances The Executive Council (2025–2026) of IPSSZB actively extended warm wishes and fraternal greetings to all members, psychiatrists, and the general public on major cultural, national, and religious occasions:



Bhogi, Pongal & Makar Sankranti Greetings: Festive wishes shared by the EC team

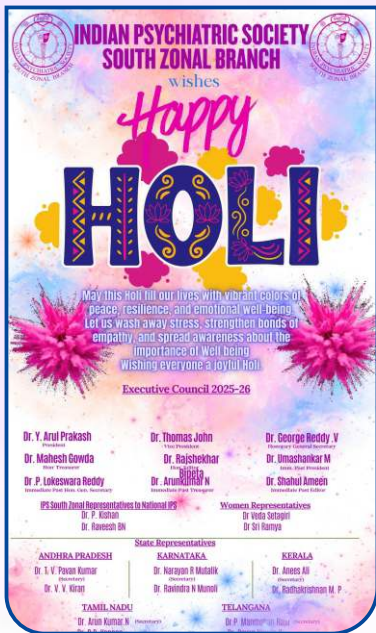


76th Republic Day of India
26th January
Patriotic Greetings Issued

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



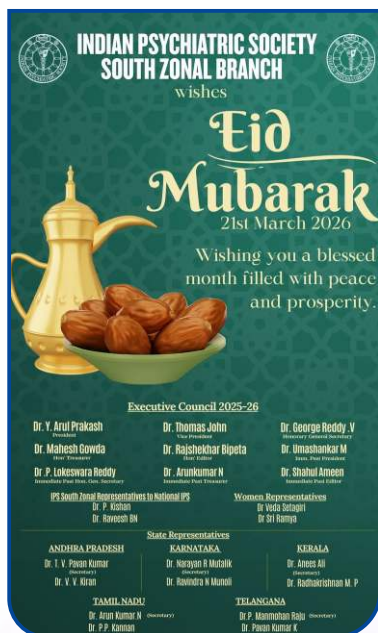
Holi Greetings: Messages promoting emotional well-being and stress reduction



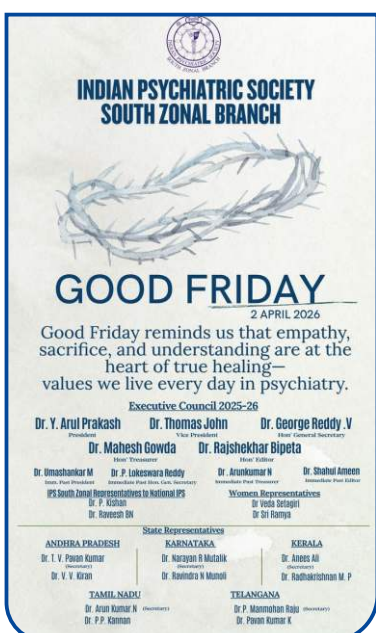
Ram Navami Greetings: Wishing love, harmony and prosperity



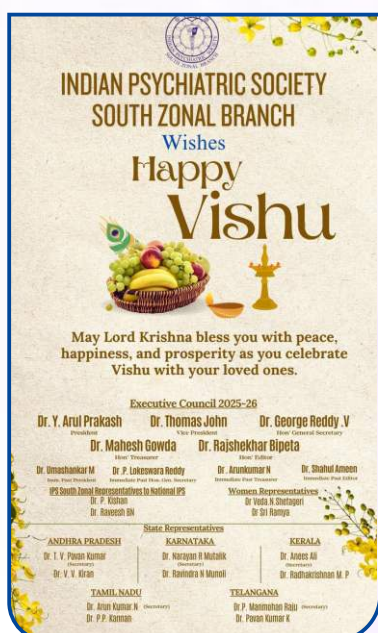
Ugadi / Yugadi & New Year Greetings: Wishing a happy and prosperous new year.



Eid Mubarak & Bakrid (Eid al-Adha): Warm wishes for peace and blessings.



Good Friday & Easter Greetings: Reflected on core psychiatric values of empathy, sacrifice, and healing.



Vishu Greetings: Wishing peace, happiness, and prosperity

Submitted for records and publication in the official IPS newsletter/report

EXTENDED EXECUTIVE COUNCIL 2025-26

AWARDS COMMITTEE

Dr. Umashankar Molanguri (Chairperson)
Dr. Swaminath G (Member)
Dr. Badhur Mohideen (Member)
Dr. Radhika Reddy V (Member)
Dr. Arun B Nair (Member)

ELECTION COMMISSION

Dr. Kumanan T (Chairperson)
Dr. Jayaprakashan KP (Returning Officer)
Dr. Harisha Delanthabettu (Election Officer)

TRIBUNAL AND ETHICS COMMITTEE

Dr. Ramanan Erat (Chairperson)
Dr. Kadiveti Uday Kumar (Co Chairperson)
Dr. Abhay Matkar (Convener)

CONSTITUTION COMMITTEE

Dr. Ponnudurai Ratnaraj (Advisor)
Dr. Anil Kakunje (Advisor)
Dr. Ramanan Erat (Chairperson)
Dr. Narasimha Reddy K (Co Chairperson)
Dr. Minhajzafer M Nasirabadi (Co Chairperson)
Dr. Ranganath R.Kulkarni (Convener)
Dr. Babu Bala Singh (Member)

CME COMMITTEE

Dr. Anitha Rayirala (Advisor)
Dr. Anil Kakunje (Advisor)
Dr. Vijaykumar Harbishettar (Chairperson)
Dr. Sabrin Sonjeev Ross (Co Chairperson)
Dr. Vidhukumar K (Co Chairperson)
Dr. Sai Krishna Puli (Convener)
Dr. Chodagiri Vamsi Krishna (Member)

JOURNAL TRIBUNAL & LEGAL ADVISORY COMMITTEE

Dr. Karri Rama Reddy (Advisor)
Dr. Suresh Bada Math (Advisor)
Dr. Aravind V K (Chairperson)
Dr. Suresh Kumar G (Co Chairperson)
Dr. Somashekhar Bijjal (Co Chairperson)
Dr. Phanikanth.K (Convener)
Dr. Rajmohan Velayudhan (Member)

RESEARCH CAPACITY BUILDING COMMITTEE

Dr. Shahul Ameen (Chairperson)
Dr. Samir Kumar Praharaj (Co Chairperson)
Dr. Suhas Chandran (Co Chairperson)
Dr. Sai Krishna Tikka (Co Chairperson)
Dr. Donthu Raj Kiran (Convener)
Dr. Arul Saravanan.R (Member)

PUBLICATION COMMITTEE

Dr. Mayuranatha Reddy Jalli (Advisor)
Dr. Vikas Menon (Advisor)
Dr. Vishal Akula (Chairperson)
Dr. Indu P. V (Co Chairperson)
Dr. Sivaraman.S. (Co Chairperson)
Dr. Suhruth Reddy Kaipu (Convener)
Dr. Apurva Mittal (Member)

POST GRADUATE COMMITTEE

Dr. Ramana Rao NV (Advisor)
Dr. Sharma P.S.V.N (Advisor)
Dr. Padma Sudhakar T (Chairperson)
Dr. Sudhakar S. (Co Chairperson)
Dr. Sireesha S (Co Chairperson)
Dr. R. Kishor.M (Convener)
Dr. Nimmy Chandran (Member)
Dr. Sudharani K (Member)

WOMEN EMPOWERMENT COMMITTEE

Dr. Sabitha Balasubramanyam (Advisor)
Dr. Uma Jyothi Neeli (Advisor)
Dr. Niveditha Samala (Chairperson)
Dr. R. Baheshree Devi (Co Chairperson)
Dr. Veda.N.Shetageri (Co Chairperson)
Dr. Abirami.V. (Convener)
Dr. Namita Nazeer (Member)
Dr. Bolla Divya (Member)

CHILD AND ADOLESCENT COMMITTEE

Dr. Gowri Devi M (Advisor)
Dr. Varghese P.Punnoose (Advisor)
Dr. Prasanna Kumar N (Chairperson)
Dr. Vinayak Koparde (Co Chairperson)
Dr. Sowmya Bhaskaran.T.S. (Co Chairperson)
Dr. Divya Devulapally (Convener)
Dr. Manasa kaja (Member)
Dr. Johann Philip (Member)

MEMBERSHIP COMMITTEE

Dr. Anoop Vincent (Advisor)
Dr. Aruna Yadiyal (Advisor)
Dr. Dayal Narayan K.T.P (Chairperson)
Dr. Sarath Chandra I (Co Chairperson)
Dr. Sunilkumar Giriappa Patil (Co Chairperson)
Dr. Venkatesh kumar Kandappan (Convener)
Dr. Shanti Mohan K (Member)
Dr. Vaibhavi.P.S. (Member)

COMMUNITY AWARENESS COMMITTEE

Dr. Jagadish A (Advisor)
Dr. Batchu Ramesh Babu (Advisor)
Dr. C. Panneer Selvan (Chairperson)
Dr. Deenu Chacku (Co Chairperson)
Dr. Shashidhar S Bilagi (Co Chairperson)
Dr. E. Omesh kumar (Convener)
Dr. Bellapukonda Srividya (Member)
Dr. S. Kavitha (Member)

ADDITION AWARENESS COMMITTEE

Dr. Nadukuru Nooka Raju (Advisor)
Dr. Suresh Kumar M (Advisor)
Dr. Prabhakar Yendluri (Chairperson)
Dr. Ch. Shanthi (Co Chairperson)
Dr. Sebind (Co Chairperson)
Dr. Hanihasan P (Convener)
Dr. Suresh.V.C. (Member)
Dr. S. Gopinath (Member)

SUICIDE PREVENTION COMMITTEE

Dr. Sivaramakrishnan K (Advisor)
Dr. M.S Reddy (Advisor)
Dr. Ramakrishnan K (Chairperson)
Dr. Sriakshmi Pingali (Co Chairperson)
Dr. Ashish Nair (Co Chairperson)
Dr. Gyan Nihal (Convener)
Dr. Gopal Das C.M (Member)
Dr. Sridhar Dandapally (Member)

SPIRITUALITY, YOGA AND WELLNESS COMMITTEE

Dr. Indira Rama Subba Reddy (Advisor)
Dr. Kishan Porandla (Advisor)
Dr. Shivarama Varambally (Chairperson)
Dr. P.Poornachandrika (Co Chairperson)
Dr. Naresh Vadlamani L (Co Chairperson)
Dr. Harsha Haridas (Convener)
Dr. Ananda Reddy Endreddy (Member)
Dr. Janaki Rajagopalan (Member)

INTERNAL AUDIT COMMITTEE

Dr. Gangaram K (Chairperson)
Dr. Arun kumar Naga Sundaram (Co Chairperson)
Dr. Narayan. R. Mutalik (Convener)

SPORTS, ARTS & CULTURAL COMMITTEE

Dr. Pavithra K.S (Advisor)
Dr. Yerra Sreedhar Raju (Advisor)
Dr. Pavan Kumar K (Chairperson)
Dr. Joice Geo (Co Chairperson)
Dr. Sachin.B.S. (Co Chairperson)
Dr. Chaitanya Kumar Narella (Convener)
Dr. Ramya Sampath Kumar (Member)
Dr. Ajay Krishna G.S (Member)

WEBSITE COMMITTEE

Dr. Ramana Rao G.V (Advisor)
Dr. Kambhampati Narayana Rao (Advisor)
Dr. Chethan.B (Chairperson)
Dr. Murugavel (Co Chairperson)
Dr. Vishnu T.C (Co Chairperson)
Dr. Raviteja Innamuri (Convener)
Dr. Pavan kumar Kadiyala (Member)

MIDTERMCMC 2026

Dr. C.M Pavankumar Reddy (Organising Secretary)

ANNUALPG TRAINING PROGRAMME 2026

Dr. Guru S Gowda (Organising Secretary)

IPSOCON 2026

Dr. C. Panneer Selvan (Organising Secretary)

IPS SUB-COMMITTEE 2026 ACTIVITY REPORT

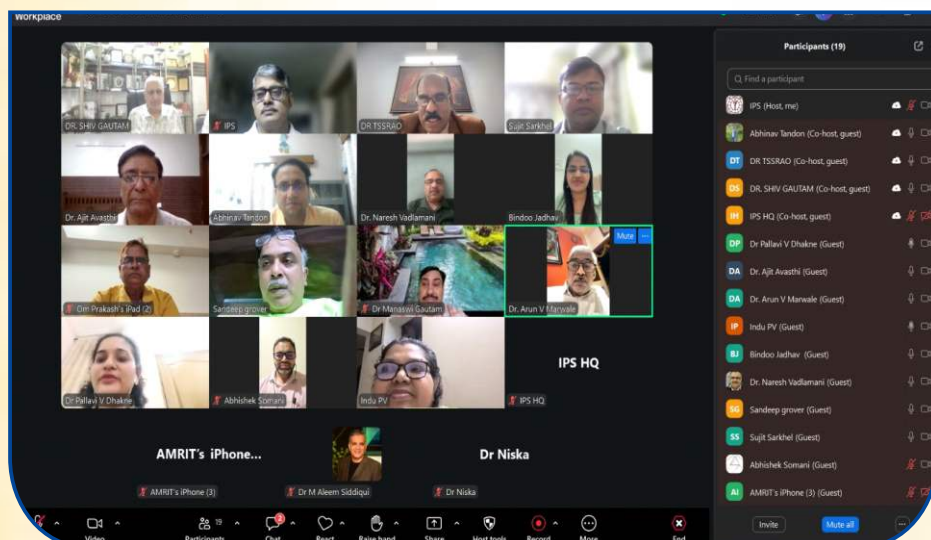
IPS CLINICAL PRACTICE GUIDELINES SUB-COMMITTEE

MEMBERS NAME	POST
Dr Ajit Avasthi	Advisor
Dr Shiv Gautam	Chairman
Dr Sandeep Grover	Co-Chairperson
Dr Jahnavi Kedare	Co-Chairperson
Dr Pallavi Dhakne	Convenor
Dr Abhinav Tondon	Member
Dr Abhishek Somani	Member
Dr Indu PV	Member
Dr Bindoo Jadhav	Member
Dr Niska Sinha	EC Co-Ordinator

The IPS Clinical Practice Guidelines Sub-committee was constituted by Hon President Dr TSS Rao, HSG Dr Arun Marwale, VP Dr OP Singh, Treasurer Dr Naresh Vadlamani & Editor Dr Sujit Sarkhel after consensus from the IPS Executive Council. All the post-holders were conveyed this via email from HSG office on 27th March 2026.

The Advisor Dr Ajit Avasthi and Chairman Dr Shiv Gautam sir informed the Timeline of the CPG calendar via email and official WhatsApp group of the subcommittee.

There was an online Zoom meeting on 7th April 2026, chaired by IPS President Dr TSS Rao and all the IPS office bearers, subcommittee members were invited for this to discuss the CPG agenda. After more than hour long brain-storming and due deliberations, 20 topics on Psychosexual Health, Dysfunctions and Disorders were finalized. The meeting was well received and ended with vote of thanks to the President and all present attendants.



Screenshot from the ZOOM meeting dated 7th April 2026

The Lead authors were identified, suggestions from subcommittee members were taken. Invitation letters to the lead author and their acceptance were received by 30th April 2026

The First drafts of all the lead papers were submitted by 30th June 2026.

There was a physical workshop in Jaipur on 1st and 2nd August where all lead papers were presented and the IPS President Dr TSS Rao, subcommittee Advisor Dr Ajit Avasthi, Chairman Dr Shiv Gautam, both Co-Chairpersons Dr Jahnavi Kedare & Dr Sandeep Grover along with all other lead authors, co-authors and invited experts discussed each paper and suggested changes/comments for relevant edition of the lead paper on day 1, Saturday 1st of August 2026.

There were 20 lead paper authors, 41 co-authors and 8 Experts. Due to mitigating circumstances our office bearers VP Dr OP Singh, Editor Dr Sujit Sarkhel and Treasurer Dr Naresh Vadlamani, 2 members of the CPG committee and a few lead authors, co-authors could not join in person for this workshop. They conveyed their regrets.



Day 1 of IPS CPG Workshop at Jaipur

On second day, Sunday 2nd of August 2026 All the lead papers were revised as per previous days scientific consultations resulting in a concise the executive summary of 250 words, Dr Sandeep Grover shared further outline regarding AI use declaration and use of previous CPG as well as reference style, footnotes and paragraphing as opposed to bullet points.



Day 2 of IPS CPG Workshop

The overlapping subject's data and information will be reviewed by the President Sir, Advisor, Chairman and both Co-chairpersons as well as Convenor.

All the lead authors are requested to make a final submission by end of 30th August 2026 before IJP submission

CPG team will complete necessary proofreading and approvals by 30th September 2026 and follow the CPG calendar.

So far, the CPG Sub-committee is track with its schedule

Long Live IPS

IPS DISABILITY ASSESSMENT TOOL SUB-COMMITTEE

MEMBERS NAME	POST
Dr. Padmavati Ramachandran	Advisor
Dr. Alka A. Subramanyam	Chairman
Dr. Thomas John	Co-chairperson
Dr. C. Ramasubramanian	Co-chairperson
Dr. Manushree Gupta	Convenor
Dr. T Sivakumar	Member
Dr. Sharad Philip	Member
Dr. Parag S. Shah	EC Co-ordinator

- The subcommittee has developed a Cognitive Flexibility scale (CF-IDEAS) proposed as a fifth domain of IDEAS, the statutory disability assessment instrument under the RPWD Act 2016 with TMT-B/WCST as the core neuropsychological anchors. A pilot study is planned to validate the scale followed by a larger multicentric trial before it's submission to the Govt of India for its adoption as the assessment tool for mental illness disability
- Disability Position Paper A concept paper — "Evolution of the Concept of Disability and its Relevance to Certification of Benchmark Disability for Mental Illness" — traces the conceptual evolution from GBD/DALY through ICIDH, ICF, WHODAS 2.0, UNCRPD, and the RPWD Act 2016 to IDEAS, including a four-version IDEAS comparison and the 2024 gazette notification. Its core argument: India's impairment-based, fixed-category certification model is contextually justified, and refinement (e.g., via CF-IDEAS) is the right path forward rather than a shift to participation-based assessment. It flags "operationalizing long-term impairment" as an open question for subcommittee input.

IPS FACULTY DEVELOPMENT SUB-COMMITTEE

MEMBERS NAME	POST
Dr. Pratima Murthy	Advisor
Dr. Pratap Sharan	Advisor
Dr. Kishor M.	Chairman
Dr. Kailash Ramdhan Jhalani	Co-Chairperson
Dr. Paramita Ray	Co-Chairperson
Dr. Arghya Pal	Convener
Dr. Pooja Shatadal	Member
Dr. Jyotsna Jain	Member
Dr. Pankaj Kumar	EC Co-ordinator

Organised by: The Faculty Development Subcommittee of the Indian Psychiatric Society

World Bipolar Disorders Awareness Day: Flash Medical UG Online Quiz

In observance of World Bipolar Disorders Awareness Day, a national online quiz program was organized to foster clinical knowledge and public awareness regarding Bipolar Disorders. Spearheaded by the MINDS Newsletter—India's first free monthly psychiatric newsletter established in 2011—this initiative was jointly supported by the Indian Teachers of Psychiatry (IToP) and the IPS Faculty Development Subcommittee. The event highlighted the committee's commitment to advancing faculty engagement with undergraduate medical students and psychiatry postgraduates across academic platforms. The session commenced with inauguration and opening remarks delivered by Dr. T. S. Sathyanarayana Rao, President of the IPS, alongside Dr. M. Kishor, Chairperson of the IPS Faculty Development Subcommittee. Serving as Quiz Masters, psychiatry

postgraduates Dr. Aditya Chandran and Dr. Mathumitha from JSSMC, JSSAHER, led the competitive segments, which uniquely featured interactive audience rounds to optimize participation.

Archiving of Historical Documents of Psychiatry and Psychiatry Education in India

On Wednesday, 29 April 2026, from 7:00 PM to 8:00 PM, a specialized online academic session titled "Archiving of Historical Documents of Psychiatry and Psychiatry Education in India: What do we know? What should we do?" was hosted on Zoom. This program was organized as a collaborative initiative by the Indian Psychiatric Society (IPS) Faculty Development Subcommittee and the Indian Teachers of Psychiatry (IToP). The webinar explored the critical, yet often overlooked, necessity of identifying, preserving, and systematizing historical documents, institutional records, and foundational textbooks that trace the evolution of psychiatric education and practice across India. The subcommittee was honored to host distinguished resource persons Dr. Pratima Murthy, Former Director of NIMHANS and Senior Professor of Psychiatry, and Dr. Sanjeev Jain, Former Senior Professor of Psychiatry at NIMHANS. The discussion was moderated by Dr. Priyash Jain from MGM Medical College, Indore, and Dr. Bhavneesh Saini from GGSMC, Faridkot, with formal organizational support provided by Psychiatry4u, the Center for Health Information, and the Minds United For Health Sciences and Humanity Trust.

Psychodynamic Approach in Child and Adolescent Psychiatry

On Tuesday, 19 May 2026, from 7:00 PM to 8:00 PM, a specialized academic session titled "Psychodynamic Approach in Child and Adolescent Psychiatry" was successfully conducted via Zoom Online. This event was organized as an initiative by the Indian Psychiatric Society (IPS) Faculty Development Subcommittee, in association with the IPS Psychotherapies Specialty Section, the IPS PG Education Subcommittee, the IPS UG Education Subcommittee, and the Indian Teachers of Psychiatry (IToP). The keynote lecture was delivered by Dr. Varghese P. Punnoose, MD, Principal and Professor of Psychiatry at the Government Medical College Kottayam, Kerala (affiliated with the Kerala University of Health Sciences). The session was chaired by Dr. Pratap Sharan, Professor of Psychiatry and Head of the Department at AIIMS Delhi, and moderated by Dr. Rajeev Ranjan, Additional Professor of Psychiatry at AIIMS Patna and an IToP SPSS Awardee. Dr. Rachna George, Assistant Professor in the Child and Adolescent Psychiatry Unit at Christian Medical College, Vellore, and an IToP MUST Enrich Research Grant Awardee, introduced the speakers and served as the Master of Ceremonies.

Implementing NMC MD Psychiatry PG Appraisal in Indian Medical Institutions

On Friday, 31 July 2026, from 7:30 PM to 8:30 PM, a vital institutional session titled "Implementing NMC MD Psychiatry PG Appraisal in Indian Medical Institutions" will be hosted live on the Zoom Online platform. This administrative and academic guidelines program is an initiative spearheaded by the Indian Psychiatric Society (IPS) Faculty Development Subcommittee, in structural association with the IPS PG Education Subcommittee, the IPS Southzone PG Committee, the IPS UG Education Subcommittee, and the Indian Teachers of Psychiatry (IToP). The session will feature an expert panel discussion including Dr. Henal Shah, Dr. M. Kishor, Dr. Anil Nischal, Dr. Padma Sudhakar T, Dr. Naresh Nebhinani, Dr. Imon Paul, and Dr. M. Bhargav Sai (Psychiatry PG Resident), under the moderation of Dr. Simran. Designed to provide institutional clarity on standard National Medical Commission (NMC) postgraduate appraisal systems, the program is offered completely free of charge to psychiatry teachers, postgraduate trainees, practitioners, and undergraduate medical students, with organizational hosting and support provided by Minds United For Health Sciences and Humanity Trust, Psychiatry4u, and the Center for Health Information.

IPS FOUNDATION DAY SUB-COMMITTEE

MEMBERS NAME	POST
Dr. Uday Kumar Sinha	Advisor
Dr. Rajashree Ray	Chairman
Dr. Aruna Yadiyal	Co-Chairperson
Dr. Minhajzafer Mushtaque Ali Nasirabadi	Co-Chairperson
Dr. Gyanendra Raghuvanshi	Convenor
Dr. Chayanika Sarma	Member
Dr. Yamini Devendran	Member
Dr. Jayant Murlidhar Dhake	Member
Dr. Sachin Arora	Member
Dr. Disha Mukherjee	Member
Dr. Vipul Janardan	Member
Dr. Niska Sinha	EC Co-ordinator

Celebrating the Legacy of Indian Psychiatry – Building the Future

The Indian Psychiatric Society (IPS) Foundation Day Subcommittee was entrusted this year with a unique responsibility—to transform the Foundation Day celebrations from a single annual event into a year-long programme of academic engagement, professional reflection, and leadership development. Guided by the IPS annual theme, Relationships, Intimacy and Mental Health Matters, the Subcommittee has initiated several innovative activities that celebrate the rich heritage of Indian psychiatry while fostering dialogue on contemporary issues relevant to clinical practice and professional leadership.

Monthly Webinar Series – "Talks and Tales on Tuesday: Dil, Dimaag aur Daftaar"

One of the flagship initiatives of the Foundation Day Subcommittee has been the launch of the monthly webinar series Talks and Tales on Tuesday – Dil, Dimaag aur Daftaar.

Designed as a signature IPS programme, each episode brings together two distinguished Icons in Indian Psychiatry in a unique talk-show format. Rather than conventional lectures, the webinars are structured into carefully curated signature segments that encourage conversation, reflection, storytelling, and audience interaction. This format has enabled participants to learn not only from scientific expertise but also from the personal experiences and professional journeys of eminent psychiatrists.

Every episode has been aligned with the IPS annual theme of Relationships, Intimacy and Mental Health Matters. Topics covered so far include:

- Workplace Relationships
- Mother–Child Relationships
- What Keeps Relationships Beyond Intimacy?
- Other contemporary themes exploring interpersonal relationships and emotional well-being

The response from members has been overwhelmingly encouraging, with more than 200 delegates participating in every webinar. The consistently high attendance and enthusiastic audience engagement demonstrate the relevance of these discussions and the growing popularity of this innovative educational format.

The webinar series continues to strengthen academic dialogue while reinforcing the humanistic values that lie at the heart of psychiatric practice.

IPS Foundation Day Summit, Srinagar

The second major initiative was the PS Foundation Day Summit, held in Srinagar, which brought together past and present leaders of the Society in a landmark gathering dedicated to celebrating the legacy of IPS while envisioning its future.

A special panel discussion titled: Legacy to Leadership: Conversations with the Past Presidents of the Indian Psychiatric Society' brought together Past Presidents of IPS, who reflected on the Society's remarkable journey, its defining milestones, and the evolving challenges facing psychiatry in India. Their collective wisdom provided invaluable insights for current and future generations of psychiatrists.

The Summit also hosted an PS Leaders' Conclave, bringing together office bearers and leaders from the National, Zonal, State, and Local Branches of the Society. The conclave created an important platform to discuss leadership, governance, organisational growth, and strategies for strengthening the Society across all levels.

The inaugural session featured inspiring addresses by senior Government officials from the State of Jammu & Kashmir and distinguished administrators from Sher-i-Kashmir Institute of Medical Sciences (SKIMS), Srinagar, highlighting the importance of mental health, professional collaboration, and the expanding role of psychiatry in healthcare.

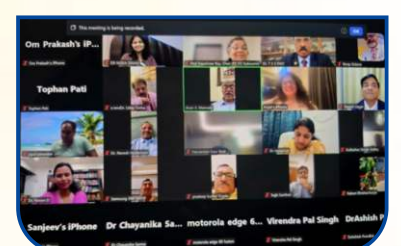
As Chairperson of the IPS Foundation Day Subcommittee, Dr. Rajashree Ray presented the History of the Indian Psychiatric Society, tracing the remarkable journey of IPS from its inception to its present stature as one of the leading psychiatric organisations in the world.

The Presidential Address was delivered by Prof. T. S. S. Rao, who eloquently spoke on the annual IPS theme, Relationships, Intimacy and Mental Health Matters, emphasising its relevance to clinical practice, education, research, and professional life.

A particularly memorable feature of the Summit was the formal recognition and felicitation of the Past Presidents of the Indian Psychiatric Society. Their extraordinary contributions and enduring legacy were celebrated with deep respect and gratitude. The Summit served as a bridge between generations, honouring the achievements of visionary leaders while creating opportunities for meaningful discussions on present-day leadership challenges and the future direction of the Society.

The Foundation Day Summit will be remembered as a historic milestone in strengthening institutional memory, celebrating excellence, and promoting leadership continuity within IPS.

Dr. U K Sinha , Dr. Rajashree Ray, Dr. Niska Sinha, Dr. Aruna Yadiyal, Dr. Minhaj Nasirabadi, Dr. Gyanendra Raghuvanshi, Dr. Chayanika Sarma, Dr. Vipul Janardhan, Dr. Yaminin, Dr. Sachin Arora, Dr. Disha Mukherjee



INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



ESTD. 1947

IPS MEMBERSHIP SUB-COMMITTEE

Member Name	Post
Dr Asim Kumar Mallick	Advisor
Dr Mahesh R. Gowda	Chairperson
Dr Ganesh Shanker	Co-Chairperson
Dr Chintan K. Solanki	Co-chairperson
Dr Javid Ahmad Shiekh	Convener
Dr Sayanti Ghatak	Member
Dr Nikhil P. Chougule	Member
Dr Krishna Kadam	EC Coordinator

Membership message has been sent to all LOM members (5500 around) of IPS regarding unified membership, benefits of becoming Life fellow of IPS and other eligible psychiatrists who are not yet members of IPS have been approached individually by members of IPS membership subcommittee. A good number of psychiatrists have already submitted IPS membership forms, both new as well as IOM members. Furthermore, we are in continuous coordination with Honorary treasurer IPS regarding new applicants and any issues thereof Membership subcommittee IPS.

A decision on IPS Unified membership scheme was taken

IPS PG EDUCATION SUB-COMMITTEE

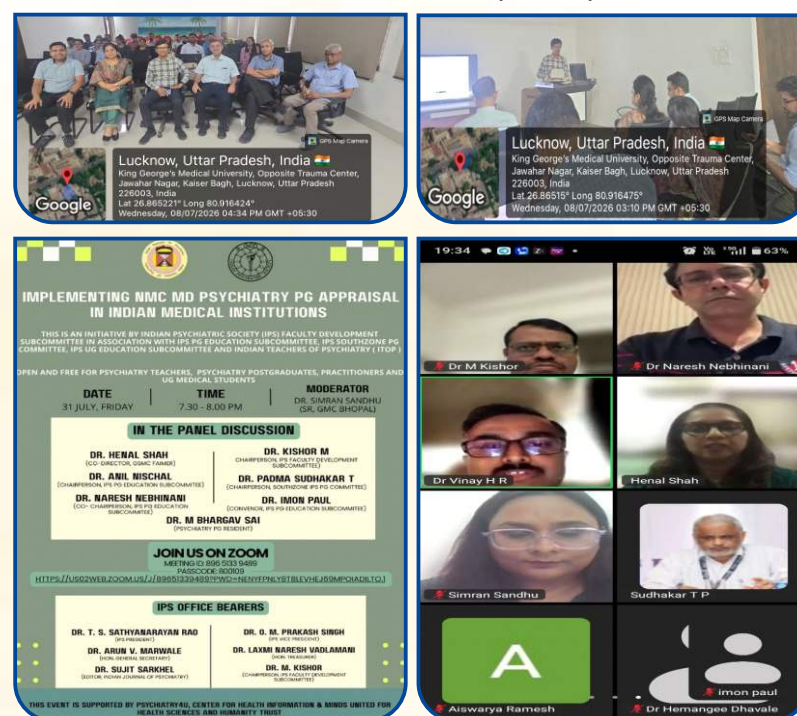
Member Name	Post
Dr Nilesh Bhagwandas Shah	Advisor
Dr Anil Nischal	Chairperson
Dr Naresh Nebhinani	Co-Chairperson
Dr Vijaya Chandra Reddy A.	Co-chairperson
Dr Imon Paul	Convener
Dr Priya Sreedaran	Member
Dr Sivaraman Subramanian	Member
Dr Pankaj Kumar	EC Coordinator
Dr. Henal Shah	Co-opted Member
Dr. Kishore M	Co-opted Member
Dr. Vinay HR	Co-opted Member

Proposed Plan of Action for this Year

- KEY OBJECTIVE – TO STANDARDIZE PG TRAINING ACROSS THE COUNTRY (As survey by previous subcommittee found need for reform in PG teaching methodologies and gaps in sub-speciality coverage and procedural skills training – reflecting a shift in demand from theory-heavy to skill-heavy training)
- BEGIN DEVELOPMENT OF A DRAFT CBME BASED MANUAL FOR PG PSYCHIATRY TRAINING TO ENSURE STANDARDIZATION.

Overview of Activities undertaken till July 2026

- We conducted an online Zoom meeting with all the committee members on 13/5/2026 where all the committee members were present.
- All the agenda points outlined in the proposed plan of action were discussed in depth.
- Committee members provided their respective recommendations in alignment with the proposed objectives.
- A training session was conducted for residents on Computer application and use of Artificial Intelligence in Medicine in hybrid mode (Offline+ online) on 7th & 8th July 2026.
- The sessions had Dr. Sandeep Bhattacharya & Dr. Shrikant Srivastava as invited experts and were moderated by Dr. Anil Nischal & Dr. Anupam Mishra.
- Webinar on NMC MD Psychiatry PG Appraisal in Indian Medical Institutions was organized on 31st July 2026 Friday from 7:30PM – 8:30PM by the IPS PG Education subcommittee, Faculty Development Subcommittee, IPS Southzone PG Committee, IPS UG Education Subcommittee and Indian Teachers of Psychiatry





[Estd: 1947]

INDIAN PSYCHIATRIC SOCIETY

Headquarters : Plot 43, Sector 55, Gurgaon, Haryana 122 003, India
Phone: +91-124-4006750, **Email:** ipsecretaryoffice@gmail.com
Secretariat : Shradha Mansik Upchar Kendra, 10-B, near Water Tank, Samtanagar, Chhatrapati Sambhaji Nagar, Aurangabad - 431001
Mobile: +91 7588402283, **Email:** ipsecretaryoffice@gmail.com
Websites : www.indianpsychiatricsociety.org • www.indianpsychiatry.org

EXECUTIVE COUNCIL (2026 - 27)

Dr. T.S. Sathyanarayana Rao <i>President</i> Professor Emeritus, Dept of Psychiatry, JSSAHER, JSS Hospital, Room No 1111, B Block, 1st Floor, MG Road, Mysore - 570004, Karnataka M: +91 9845282399 E: tsrao19@gmail.com ipnationalpresident@gmail.com	Dr. Om Prakash Singh <i>Vice President cum President Elect</i> Flat 1901, Tower F, Tata Housing Avenue, Plot No. II, G/7, Deraaji, Tata Road, AA II, New Town Kolkata - 700160, West Bengal M: +91 9434013231 E: +91 9836388865 opsingh.nm@gmail.com	Dr. Arun V. Marwale <i>Hon. General Secretary</i> Shradha Mansik Upchar Kendra, 10-B, near Water Tank, Samtanagar, Chhatrapati Sambhaji Nagar Aurangabad - 431001, Maharashtra M: +91 7887487942 E: dr.avmarwale@gmail.com ipsecretaryoffice@gmail.com	Dr. Laxmi Naresh Vadlamani <i>Hon. Treasurer</i> Block G, Flat 505, Sattva Magnus Apartments, Brindavan Colony, Shaikpet, Hyderabad - 500008 Telangana M: +91 9348039580 E: nareshvada@yahoo.com ipstreasureroffice@gmail.com	Dr. Sujit Sarkhel <i>Hon. Editor</i> 12A/13/2, Pasupati Bhattacharjee Road, Charakola, Kolkata - 700034 West Bengal M: +91 9836074700 E: sujitsarkhel@gmail.com editor.ippsychiatry@gmail.com
---	---	---	--	--

EX-OFFICIO
Imm. Past President
Dr. Savita Malhotra
M: +91 9872000894
Imm. Past Hon. Gen. Secretary
Dr. Anurag Patil
M: +91 9438148100
Imm. Past Hon. Treasurer
Dr. M. Aleem Siddiqui
M: +91 7607358897

DIRECT COUNCIL MEMBERS
Dr. Amar Shinde
M: +91 9822207717
Dr. Heena Merchant
M: +91 7977739233
Dr. (Brig) Jyoti Prakash
M: +91 9830544652
Dr. Krishna Kadam
M: +91 9890090042
Dr. Manaswi Gautam
M: +91 9829053055
Dr. Nisha Sinha
M: +91 9430009663
Dr. Parag S. Shah
M: +91 9426138318
Dr. Ravindra Munoli
M: +91 9972028881
Dr. Tanmai Das
M: +91 9861065044

ZONAL REPRESENTATIVES
Central Zone
Dr. Sagar Lavania
M: +91 9917994336
Dr. Vipul Singh
M: +91 9415051675
Eastern Zone
Dr. Kaustav Chakraborty
M: +91 9432855683
Dr. Pankaj Kumar
M: +91 9868226571
Northern Zone
Dr. Abdul Majid
M: +91 9018111157
Dr. Sandeep Kumar Goyal
M: +91 9878331400
Southern Zone
Dr. Porandha Kishan
M: +91 9849059180
Dr. Raveesh B. N.
M: +91 9980138016
Western Zone
Dr. Ashish V. Saboo
M: +91 9422159211
Dr. Umesh Nagapurkar
M: +91 9823146088

Ref: IGS/HGS/2026-28/0829 (Unified Membership)

Dated: 15th June, 2026

IPS NATIONAL - UNIFIED MEMBERSHIP SCHEME

As per the resolution of AGBM on 30th January 2026 and EOGBM on 31st May 2026, Unified Membership is being implemented.

- The States and Zonal Branches will not accept application for new membership.
- All memberships - Old memberships and New Unified Membership applications will be submitted to the office of the Hon Treasurer, Indian Psychiatric Society.
- All eligible applications after scrutiny will be approved for Unified Membership by the EC of IPS National Body.
- After approval, the same will be communicated to the respective State and Zonal Branches for their records.
- The Unified Membership Corpus Fund Share will be distributed by IPS National body to the respective State and Zonal branches according to the financial code.
- The Unified Membership scheme will be applicable only to the new application received from Monday, 15th June 2026, including the application for converting Life Ordinary Member (LOM) to Life Fellow. It is clarified that the scheme will not be applicable to the existing Life Fellows before implementation of the scheme.

Long live IPS!



(Dr. T.S.S. Rao)
President,
Indian Psychiatric Society



(Dr. Arun Marwale)
Hon. General Secretary,
Indian Psychiatric Society



(Dr. Laxmi Naresh Vadlamani)
Hon. Treasurer,
Indian Psychiatric Society

Society Registration No. 59 of 1948-1949

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



IPS YOUNG PSYCHIATRISTS SUB-COMMITTEE

Members Name	Post
Dr. Debjani Bandyopadhyaya, Dr. Pritam Chandak	Advisor Advisor
Dr. Samiksha Sahu, Dr. N G Nihal, Dr. Kashypi Garg	Chairperson & Co-Chairs Chairperson & Co-Chairs
Dr. Sonalika Mondal	Convener
Dr. Heena Merchant Dr. Jeet Girdharbhai Nadpara Dr. Dhruv Jaisukh Parmar	EC Coordinator & Members EC Coordinator & Members EC Coordinator & Members

The Indian Psychiatric Society (IPS) Young Psychiatrists Sub-Committee successfully organized the "Case Box Series." Held virtually via Zoom every fourth Friday of the month (8:00 PM – 9:30 PM), this webinar series focuses on critical clinical themes aligned with ICD chapters. Key episodes included coverage of Alcohol Use Disorder, Opioid Use Disorder, Schizophrenia, and Bipolar Disorder. Global Voices, Shared Hope! In a major international milestone, the World Psychiatric Association (WPA) Zone 15 Young Psychiatrists Committee collaborated with the IPS Sub-Committee to host a global webinar on Thursday, 16th July 2026. The event featured prominent academic and leadership highlights: Keynote Address: Professor Piyal Sen (Chair, Special Committee on Human Rights, RCPsych, UK) delivered a vital presentation on "Coercion in psychiatric practice—a human rights perspective." Session Chairs: Professor Johannes Wancata (Board Member, WPA Zone 6, Vienna) and Professor TSS Rao (President, IPS). Guest of Honour: Dr. Vinay Kumar (Board Member, WPA Zone 15), who shared valuable insights on regional psychiatric practices. This initiative fostered robust academic exchange and actively encouraged Postgraduate Trainees (PGTs) to engage in national and international learning.

The sub-committee received full administrative backing from core IPS Office Bearers: President Dr. TSS Rao, Vice President Dr. O P Singh, Hon. Gen. Secretary Dr. Arun Marwale, Hon. Treasurer Dr. Naresh Vadlamani, and Hon. Editor Dr. Sujit Sarkhel.

Looking ahead, the Young Psychiatry Sub-Committee is planning its flagship conference, YPCON 2026, this December in Kolkata.

IPS TECHNOLOGY & PSYCHIATRY SUB-COMMITTEE

Members Name	Post
Dr. Ruma Bhattacharya Dr. Mary Consepion Dsouza	Advisor Advisor
Dr. Darpan Kaur	Chairperson
Dr. Rajiv Kumar Saini Dr. Stephen Amarjeet Jiwanmall	Co-Chairperson Co-Chairperson
Dr. Diptadhi Mukherjee	Convener
Dr. Naven Kumar Channaveerachari Dr. Sucheta Chatterjee	Member Member
Dr. Kaustav Chakraborty	EC Coordinator

Formation & Vision of the Subcommittee

The IPS Technology & Psychiatry Subcommittee (2026–2027) was formally constituted by the Central Executive Council of the Indian Psychiatric Society under the leadership of President Dr. T.S. Sathyanarayana Rao and Vice-President Dr. Om Prakash Singh. Established to address the rapid digital transformation in modern psychiatric practice, the subcommittee aims to explore, evaluate, and establish guidelines for emerging technologies—including tele-psychiatry, artificial intelligence, electronic health records, and digital phenotyping. The national core team is headed by Dr. Darpan Kaur (Chairperson), Dr. (Brig) Rajiv Kumar Saini and Dr. Stephen Amarjeet Jiwanmall (Co-Chairpersons), Dr. Diptadhi Mukherjee (Convener), and Prof. (Dr.) Kaustav Chakraborty (Executive Council Coordinator), supported by advisors Dr. Mary D'Souza and Dr. Ruma Bhattacharya, and executive members Dr. Naveen Kumar C. and Dr. Sucheta Chatterjee.

Executive Planning & Administrative Meetings

The subcommittee convened four formal planning sessions to chart out academic, administrative, and strategic goals for the tenure:

- 04 April 2026 (Welcome & Orientation Meeting):** Chaired by Dr. Darpan Kaur with IPS Office Bearers and EC Coordinator Prof. (Dr.) Kaustav Chakraborty in attendance. Key discussions emphasized building a collaborative culture, expanding pro bono academic reach for postgraduate trainees, and establishing clinical action areas around legal e-prescriptions and digital confidentiality.
- 06 April 2026:** Focused on curriculum design and event framing. Proposals were initiated for an in-person CME/workshop in collaboration with the Armed Forces and MUHS, a national workshop proposal for ANCIPS at Madurai, and local academic programs at MGM Medical College

INDIAN PSYCHIATRIC SOCIETY
YOUNG PSYCHIATRISTS SUB-COMMITTEE

CASE BOX SERIES
EPISODE 2

TOPIC: OPIOID USE DISORDER

SPEAKERS

- Dr. Atul Ambekar
Professor, NDDTC
AIIMS, New Delhi
- Dr. Geeta Galgat
Senior Resident
PGIMS Rohtak

DATE
29 May 2026

TIME
8:00 PM – 9:30 PM

PLATFORM
ZOOM

JOIN ON ZOOM
<https://us06web.zoom.us/j/813733968317>
pwd=9P9shZu4Y0osara1aDEUelOdnyZg.1

IPS YOUNG PSYCHIATRISTS SUB-COMMITTEE

ADVISORS

- Dr. Debjani Bandyopadhyaya
- Dr. Pritam Chandak

CHAIRPERSON

- Dr. Samiksha Sahu

CO-CHAIRPERSON

- Dr. N G Nihal
- Dr. Kashypi Garg

CONVENER

- Dr. Sonalika Mondal

MEMBERS

- Dr. Jeet Girdharbhai Nadpara
- Dr. Dhruv Jaisukh Parmar
- Dr. Heena Merchant

EC COORDINATOR

- Dr. Heena Merchant

IPS OFFICE BEARERS

- Dr. TSS Rao (President)
- Dr. O P Singh (Vice President)
- Dr. Arun Marwale (Gen. Secy)
- Dr. Naresh Vadlamani (Treasurer)
- Dr. Sujit Sarkhel (Editor)

Global Voices, Shared Hope!

WPA Zone 15 Young Psychiatrists Committee
In collaboration with
Indian Psychiatric Society-Young Psychiatry Subcommittee

Proud to announce
MONTHLY WEBINAR SERIES

Thursday, 16th July 2026 | 8.15 PM IST

Featuring

Guest Speaker
Professor Piyal Sen
Chair of the Special Committee on Human Rights (SCHR), RCPsych UK

Topic
Coercion in psychiatric practice—a human rights perspective

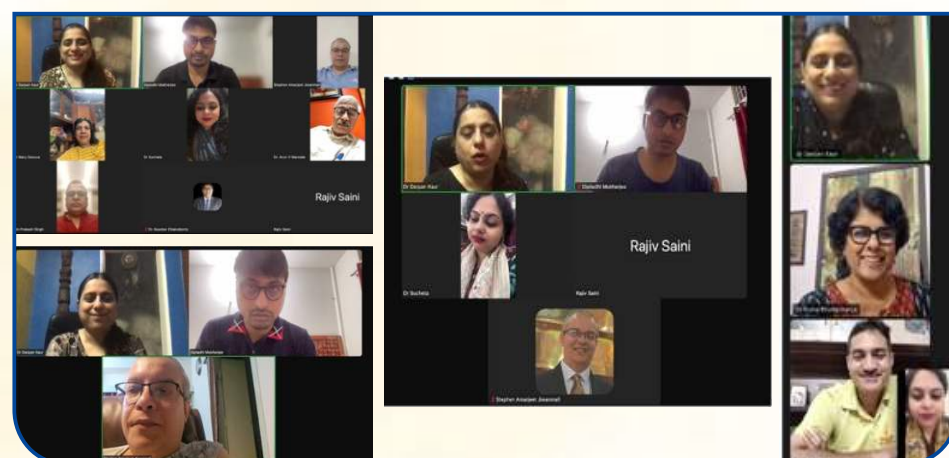
Chairpersons

- Professor Johannes Wancata
Board Member
Western Europe (WPA ZONE 6) Vienna
- Professor TSS Rao
President
Indian Psychiatric Society

Guest of Honour

- Dr. Vinay Kumar
MD, DFAPA
Board Member WPA (Zone 15)

Click to Join



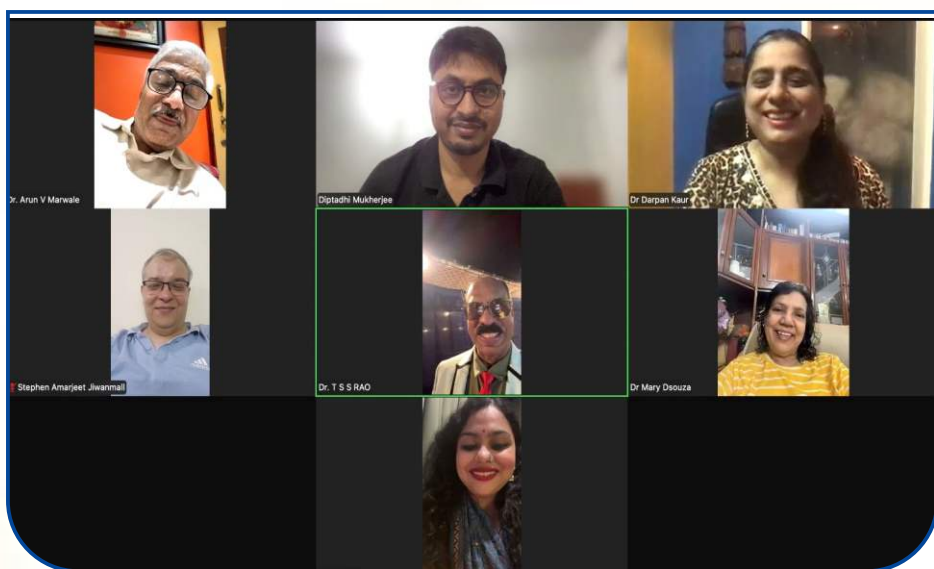
INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



- 03 June 2026:** Finalized operational logistics for the upcoming national webinar series and outlined preliminary frameworks for international webinars, CME at CMC Vellore, and podcasts planned for late 2026.
- 01 July 2026:** Conceptualized and finalized the national-level policy panel discussion, while setting the stage for an international podcast with Dr. Victor (August 2026) and a session on Agentic AI by Dr. Shahul Ameen post-September 2026.



National Webinar on Technology & Child Psychiatry

Date: 20 June 2026

Keynote Speaker: Dr. Paul Russell (Senior Professor, CMC Vellore)

Leadership: Dr. Darpan Kaur (Chairperson), Dr. Stephen Amarjeet Jiwanmall (Co-Chairperson), Dr. Diptadhi Mukherjee (Moderator/Convener)

Summary: Dr. Russell detailed the diagnostic shift toward the Research Domain Criteria (RDoC) and digital phenotyping for neurodevelopmental disorders. Key metrics highlighted high diagnostic accuracy for intermediate wearables in ADHD (Sensitivity: 94.55%, Specificity: 98.18%) and Depression (Sensitivity: 87%, Specificity: 93%). The session evaluated global Digital Therapeutics (DTx) effect sizes (e.g., DaylightRx, Somryst/SHUTi). During the interactive Q&A, the panel emphasized that Low-and-Middle-Income Countries (LMICs) represent less than 8% of global digital trial data, underscoring the urgent need for localized, CDSCO-compliant regulatory validation and strict child assent/parental consent frameworks.

Key Academic, Scientific & Executive Events

Presentation to the IPS Extended Executive Committee Meeting

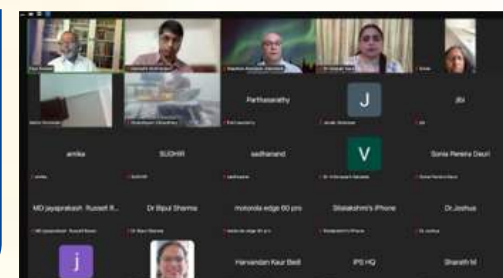
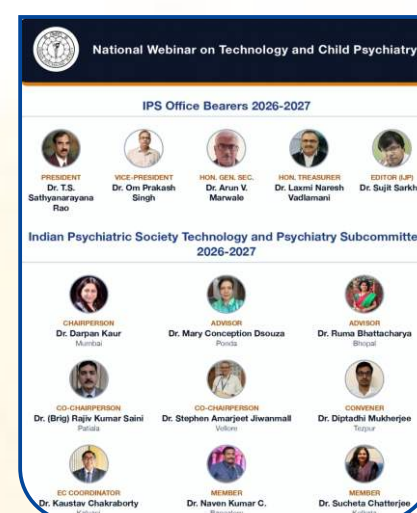
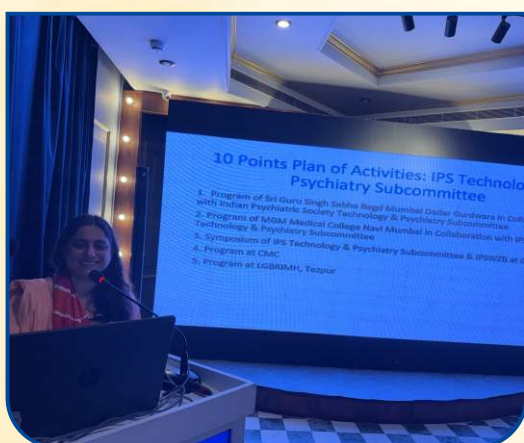
Date: 18 April 2026

Presenter: Dr. Darpan Kaur (Chairperson, Technology & Psychiatry Subcommittee)

Summary: Dr. Darpan Kaur presented the subcommittee's comprehensive progress report and future roadmap before the IPS Office Bearers and Extended Executive Committee. The presentation showcased the committee's key academic outputs, ongoing policy initiatives, national webinar reach, and proposed upcoming events (including international collaborations and national workshops), receiving strong appreciation and structural support from the central leadership.

National Workshop at APSI National Midterm CME on Behavioural Addictions conducted by Dr Darpan Kaur, Chairperson, IPS Technology & Psychiatry Subcommittee on 10th April at SMIMS, Sikkim Manipal University, Gangtok

Selected for International Presentation by Dr Prof Darpan Kaur Mohinder Singh, Chairperson, IPS Technology & Psychiatry Subcommittee on Indian Psychiatric Society's Technology & Psychiatry Subcommittee : Historical Contributions, Growth and Development: The Past, Present & Future at WPA 26th World Congress of Psychiatry, Stockholm, Sweden, 23rd-25th September 2026



INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



ESTD. 1947

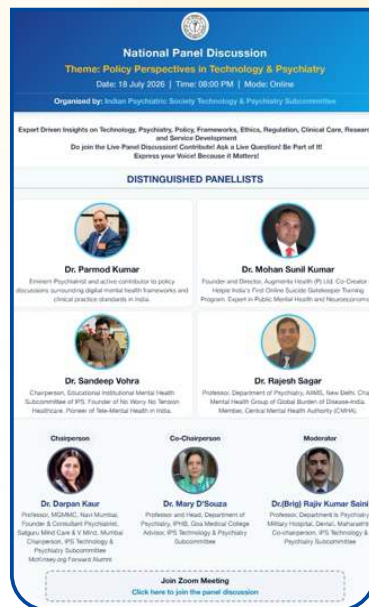
National Panel Discussion: Policy Perspectives in Technology & Psychiatry

Date: 18 July 2026

Distinguished Panellists: Dr. Rajesh Sagar (AIIMS New Delhi / CMHA), Dr. Mohan Sunil Kumar (Augmenta Health), Dr. Sandeep Vohra (IPS Subcommittee Chair), Dr. Parmod Kumar (Eminent Psychiatrist & Policy Expert)

Leadership: Dr. Darpan Kaur (Chairperson), Dr. Mary D'Souza (Co-Chairperson/Advisor), Dr. (Brig) Rajiv Kumar Saini (Moderator)

Summary: The panel examined the evolution of tele-psychiatry post-COVID, Tele-MANAS, and E-Sanjibani, alongside strict prescription parameters (e.g., prohibition of Benzodiazepines under standard tele-consults). Discussions focused on AI in clinical care and academia, emphasizing a strict "human-in-the-loop" approach, data privacy under HIPAA/Indian norms, and handling India's multilingual clinical context. The session highlighted procedural gaps in current tele-psychiatry guidelines—especially for private practitioners and international consultation—and called for structured IPS certification courses in telemedicine.



Summary of Core Policy Recommendations

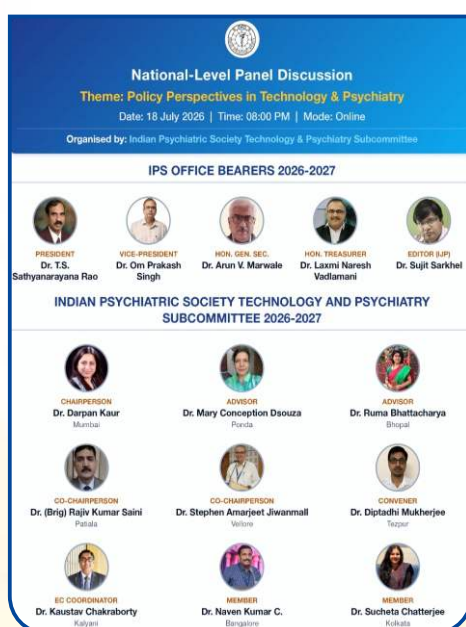
Clinical Boundaries: Tele-consultations must operate strictly within formal professional frameworks via prior appointments, maintaining clear triage criteria for severe, high-risk cases.

AI Integration: AI platforms should serve as clinical adjuncts rather than replacements, requiring thorough ethical disclaimers, data minimization, and encryption hosted on servers within India.

Capacity Building: The subcommittee strongly advocates for formal training in legal and ethical AI frameworks for postgraduate psychiatric trainees, while cultivating technology leaders within the psychiatric fraternity.

Upcoming Roadmap & Future Initiatives

- International Presentation at WCP Stockholm by Dr Darpan Kaur
- International Podcast by Dr Victor Sanchez Pereira & Team for young psychiatrists
- International Presidential Lecture by Prof Subodh Dave, President, Royal College of Psychiatrists, UK



- Collaborative Program with Psychotherapy Subcommittee on Digital Psychotherapy
- National CME at CMC, Vellore
- National Community Mental Health Awareness Program in Collaboration with Sri Guru Singh Sabha, Dadar, Mumbai
- 7th National Online Symposium

IPS JOURNAL SUB-COMMITTEE

Members Name	Post
Dr. Rajesh Sagar	Advisor
Dr. Sujit Sarkhel	Chairperson
Dr. Roshan Vitthalrao Khanande	Co-Chairperson
Dr. Vijay Pathak	Co-Chairperson
Dr. Dhiman R. Bharadwaj	Convener
Dr. Sabreena Qadri	Member
Dr. Arghya Halder	Member
Dr. Vipul Singh	EC Coordinator

The Indian Journal of Psychiatry has published regular monthly issues till July 2026. The August issue is due to be released soon. A Special Supplement on the Grantathon Project is to be released in the forthcoming MIDCIPS 2026 at Chandigarh. The Impact Factor of the journal has reached an impressive 2.4 (jump from 2.0 last year) in the Clarivate Analytics report released this year.



IPS PUBLICATION SUB-COMMITTEE

Members Name	Post
Dr. Padma Sudhakar Thatikonda	Advisor
Dr. Adarsh Tripathi	Chairperson
Dr. Rajshekhar Bipeta	Co-Chairperson
Dr. Sai Krishna Puli	Co-Chairperson
Dr. Debadatta Mohapatra	Co-Chairperson
Dr. Aratrika Sen	Convener
Dr. Sandesh Vishvanath Patil	Member
Dr. Nidhi Sharma	Member
Dr. Pravin Ramesh Salunkhe	Member
Dr. Jitendriya Biswal	Member
Dr. P. Kishan	EC Coordinator

Following projects are ongoing and are expected to be completed soon

- UG and PG textbooks started by Dr Savita Malhotra Malhotra as Chief Editor.
- IPS Textbook of Postgraduate Psychiatry -Sandeep Grover, Siddharth Sarkar, Adarsh Tripathi, Sujit Sarkhel, Vikas Menon
- EMOTIONAL DISTRESS: Sociocultural Understanding & Management of Non-psychotic Disorders in India: Pratap Sharan, Vinay Kumar, Geetha Desai, Salman Akhtar

Following projects are to be started soon

- Neuromodulation in Psychiatry
- Psychiatric Rehabilitation: Indian Perspectives



INDIAN PSYCHIATRIC SOCIETY TASK FORCE ACTIVITY

IPS PODCAST – TASK FORCE

Members Name	Post
Dr. Vipul Kumar Tyagi	Advisor
Dr. Archana Abhimanyu Singh	Chairperson
Dr. V. George Reddy	Co-Chairperson
Dr. Dhananjay V. Ashturkar	Co-Chairperson
Dr. Piyali Ghosh	Convener
Dr. Anuhya Guyton Gunturu	Member
Dr. Priti Singh	Member
Dr. Manaswi Gautam	EC Coordinator

IPS PODCAST: Conversations That Inspire, Educate and Connect

The IPS Podcast – Where Psychiatry Speaks is a flagship digital academic initiative of the Indian Psychiatric Society, conceived by President Dr TSS Rao, to bring meaningful conversations from leaders in psychiatry to clinicians, trainees, researchers, and the public. Through engaging discussions with eminent psychiatrists and thought leaders, the podcast explores science, clinical practice, policy, ethics, culture, and the human dimensions of mental health.

Since its launch, the series has steadily evolved into a platform that showcases the diversity of psychiatry while making complex ideas accessible to a wider audience. Each episode features an eminent guest exploring themes that extend beyond textbooks to the realities of clinical practice, research, society, and everyday life.

EPISODE HIGHLIGHTS

Episode 1 | Guest: Dr. T. S. S. Rao

Theme: Leadership, Vision and the Future of the Indian Psychiatric Society

The inaugural episode featured the President of the Indian Psychiatric Society, Dr. T. S. S. Rao, who shared his vision for strengthening academic excellence, professional unity, digital engagement, and public mental health initiatives. The discussion also reflected on his distinguished journey in psychiatry and his aspirations for the future of the Society.

Episode 2 | Guest: Dr. O. P. Singh

Theme: Psychiatry, Leadership and the Power of Academic Publishing

Dr. O. P. Singh discussed his remarkable journey as a clinician, academic leader, and former Editor of the Indian Journal of Psychiatry. The conversation highlighted mentorship, scientific writing, research quality, and the evolving role of psychiatrists in advancing knowledge.

Episode 3 | Guest: Dr. Shiv Gautam

Theme: Mental Health in Ancient India

This fascinating episode explored India's rich philosophical and cultural understanding of the mind. Dr. Gautam connected ancient wisdom with contemporary psychiatric practice, illustrating how traditional concepts continue to inform holistic mental healthcare.

Episode 4 | Guest: Dr. Thara Rangnathan

Theme: Understanding Schizophrenia: Science, Society and Humanity

Released around World Schizophrenia Day, this episode focused on improving awareness, reducing stigma, and promoting compassionate

care. Dr. Rangnathan discussed advances in treatment while emphasizing the importance of recovery-oriented practice.

Episode 5 | Guest: Dr. Arun Marwale

Theme: Alcohol and Society: The Silent Crisis Around Us

Dr. Marwale examined alcohol use as a growing public health concern, discussing prevention, treatment strategies, policy perspectives, and the social consequences of harmful alcohol consumption.

Episode 6 | Guest: Dr. Shubhangi Parkar

Theme: Behind the Smile: Women, Depression & the Silent Emotional Burden

This episode explored the unique mental health challenges faced by women across different stages of life, emphasizing gender-sensitive psychiatric care, early recognition, and reducing stigma surrounding depression.

Episode 7 | Guest: Dr. B. N. Gangadhar

Theme: From Chitta Vritti Nirodha to Neuroscience: Reimagining Mental Health through Yoga and Integrative Psychiatry

Dr. Gangadhar presented a compelling synthesis of neuroscience, yoga, and integrative psychiatry, discussing evidence-based approaches that combine traditional wisdom with modern scientific understanding.

Episode 8 | Guest: Dr. Raghuram Reddy

Theme: Patient-Centered Mental Health Services: Integrating Compassion, Humanized Care and Holistic Well-being

The discussion highlighted the importance of empathy, patient-centered care, interdisciplinary collaboration, and the need to place individuals—not illnesses—at the heart of psychiatric practice.

Episode 9 | Guest: Dr. Mohan Agashe

Theme: The Language of Mind

Padma Shri awardee Dr. Mohan Agashe reflected on the emotional language of literature, theatre, cinema, and human expression. The episode beautifully demonstrated how emotional literacy extends beyond spoken words and enriches psychiatric understanding.

Episode 10 | Guest: Dr. H. R. Phookan

Theme: The Psychology of Religion

Dr. Phookan explored the complex relationship between religion, spirituality, belief systems, resilience, and mental health, offering a balanced scientific perspective on one of psychiatry's most intriguing domains.

Episode 11 | Guest: Dr. Ajit Bhide

Theme: Am I My Brother's Keeper? A Closer Look at Sibling Rivalry

This engaging discussion examined sibling relationships across the lifespan, addressing rivalry, attachment, caregiving, family dynamics, and their implications for emotional development and mental health.

Episode 12 | Guest: Dr. Jayanta Das

Theme: Future of Humanity – Future of Psychiatry

Dr. Das shared his insights into the future of psychiatry in an era of artificial intelligence, rapid technological advancement, changing social structures, and evolving concepts of human wellbeing. The conversation emphasized preserving empathy while embracing innovation.

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



Episode 13 – Special Leadership Edition

Guests:

Dr. T. S. S. Rao (President, IPS)
Dr. O. P. Singh (Vice President)
Dr. Arun Marwale (Honorary General Secretary)
Dr. Sujit Sarkhel (Honorary Editor)
Dr. L. Naresh Vadlamani (Honorary Treasurer)

Theme: IPS Leadership Round Table – Open Minds. Open Dialogue. Shared Vision.

In a special round-table edition, the IPS leadership came together for an open and candid discussion on the future of the Society. Covering leadership, mentorship, research, publications, membership, academic priorities, and strategic vision, the episode offered members a unique opportunity to hear directly from the office bearers about the road ahead for the Indian Psychiatric Society.

Looking Ahead

The IPS Podcast continues to serve as an evolving academic and public engagement platform that brings together diverse voices from psychiatry and allied disciplines. By fostering thoughtful conversations that bridge science with society, the series reflects the Indian Psychiatric Society's commitment to education, innovation, and compassionate mental healthcare.

As the journey continues, the IPS Podcast remains dedicated to one simple objective – **to make psychiatry more accessible, more engaging, and more relevant to professionals, students, policymakers, and the public alike.**



IPS LEADERSHIP DEVELOPMENT – TASK FORCE

Members Name	Post
Dr. Dr. Shashi Rai	Advisor
Dr. Sarmishtha Chakrabarti	Advisor
Dr. Deepak Sadashiv Rathod	Chairperson
Dr. Ruksheda Nazli Syeda	Co-Chairperson
Dr. Md. Rezaul Hamid	Co-Chairperson
Dr. Smita Nikhil Panse (patankar)	Convener
Dr. Sumanta Dawn	Member
Dr. Amol Pathrikar	Member
Dr. Smit Jaisukh Parmar	Member
Dr. Sagar Lavania	EC Coordinator

IPS Leadership Development TF and IPS Thane Branch celebrated International Women's Day on 15th March 2026, with an unique program on leadership at Hotel Sharanam Thane. Dr. Deepak Rathod, Chairperson presented a lecture on "Leadership Journey of Women; Hurdles & Path-ahead" Dr. Kshirod Mishra President IPSWZ was the Chief Guest. Around 50 psychiatrists were present.

IPS LEADERSHIP CONCLAVE, Srinagar 3-4 JUL 2026 Dr. Deepak Rathod, Chairperson Leadership Development TF, Initiated conversation over IPS Organisational Leadership & Mental Health Leadership among senior IPS leaders with ample feedback from young Psychiatrists along with Dr. Rajashree Ray-Bandyopadhyay. Enriching interaction with past presidents Dr. Ajit Awasthi, Dr. P.K. Dalal, Dr. Gautam Saha, Dr. Laxmikant Rath, Dr. Savita Malhotra & incumbent president Dr. T.S.S. Rao. Thanks TF advisor Dr. Sarmishtha Chakrabarti for a very proactive role. Dr. Abdul Majid & team SKIMS successfully organised this event.

KAP SURVEY WILL BE UNDERTAKEN BY IPS LEADERSHIP TASK FORCE VERY SOON

Indian Psychiatric Society Leadership Development Task Force - 2026-27

Dear Member,

The IPS Task Force for Leadership Development is shortly coming out with a national survey on knowledge, Attitudes & Practices (KAP Survey) related to leadership in psychiatry. It will be titled as IPS National Survey on Leadership Readiness (NSLR).

Your inputs will help us design workshops and webinars and boost advocacy for leadership capacity building. Time needed will be 8-10 minutes. Responses will be anonymous & confidential.

Please do participate in large numbers.

Thanking you in advance.

INDIAN PSYCHIATRIC SOCIETY - 2026-27

President: Dr. T.S. Sathyanarayana Rao, V.P. Pres. Elect: Dr. Om Prakash Singh, Hon. Gen. Secretary: Dr. Arun Khandekar, Hon. Treasurer: Dr. Laxmi Nareish Vaidamani, Hon. Editor: Dr. Sujit Sarkhel

LEADERSHIP DEVELOPMENT TASK FORCE

Advisors: Dr. Shashi Rai & Dr. Sarmishtha Chakrabarti, Chairperson: Dr. Deepak Rathod, Convener: Dr. Amit Dharmadhikari, Co-Chairs: Dr. Ruksheda Syeda & Dr. Md. Rezaul Hamid, Members: Dr. Sumanta Dawn, Dr. Amol Pathrikar, Dr. Smit Parmar, Dr. Smita Panse, EC Co-Ordinator: Dr. Sagar Lavania



IPS LGBTQ – TASK FORCE

Members Name	Post
Dr. Amrit Pattojoshi	Advisors
Dr. Pawan Kumar Gupta	Chairperson
Dr. Minakshi Nimesh Parikh	Co-Chairperson
Dr. Suravi Patra	Co-Chairperson
Dr. Aninda Sidhana	Convener
Dr. Kumar Gaurav	Member
Dr. Amritha Thoomati	Member
Dr. Tanmaini Das	EC Coordinator

Report on EQUICON 2026

National Conference on Equity & Inclusion in Healthcare

Conference Title: EQUICON 2026 – National Conference on Equity & Inclusion in Healthcare **Venue:** Hall No. 419, 413, Kalam Centre, KGMU **Date:** 17th May 2026 (Sunday) Organized Under the Association of Clinical Psychiatry (IPS-UP State Branch), Indian Psychiatry Society-LGBTQ Task Force collaboration with NGO partners Suramya Life Foundation, SAATHI,

Introduction

EQUICON 2026 was organized as a national academic conference focusing on the themes of equity, inclusion, psychosocial wellbeing, and healthcare access for LGBTQIA+ and sexual and gender minority communities. The conference brought together psychiatrists, mental health professionals, researchers, surgeons, academicians, and community advocates to deliberate upon the psychosocial, clinical, and healthcare realities faced by marginalized populations in India.

The conference emphasized inclusive healthcare delivery, affirmative mental healthcare practices, gender-affirmative interventions, and community-centred approaches toward improving mental health outcomes and healthcare accessibility.

Objectives of the Conference

The major objectives of EQUICON 2026 were:

1. To promote awareness regarding healthcare inequities faced by LGBTQIA+ communities.
2. To encourage evidence-based and affirmative mental healthcare practices.
3. To discuss psychosocial realities, stigma, discrimination, and mental health concerns among sexual and gender minorities.
4. To provide a platform for researchers and clinicians to present innovative research and clinical experiences.
5. To foster interdisciplinary dialogue among healthcare providers, academicians, and policymakers.

Inaugural Session

The conference commenced with registration and breakfast from 9:00 AM to 10:00 AM followed by the inaugural ceremony. The inauguration included the Welcome Address, Lamp Lighting, Saraswati Vandana, and the Secretary Indian Psychiatric Society Chapter. Dr. Vivek Agarwal, Dr. D. Himanshu as Co-Secretary, Dr. Anshoo Srivastava Organising Secretary and Dr. Pawan Kumar Gupta Organizing Chairperson played a key role in the inaugural proceedings.

Dr. Amrit Pattojoshi, advisor of LGBTQIA taskforce of Indian Psychiatric Society announced "the IPS Position Statement on 2026 amendment Bill on Transgender Act."

The inaugural session established the tone of the conference by emphasizing dignity, inclusion, and equitable healthcare access for marginalized communities.

Academic Sessions – Hall 1

Inaugural Talk: The inaugural academic lecture titled "It's 11'o clock...time to be spontaneous: 7 frameworks about celebratory sexuality" was

delivered by Dr. Shekhar Seshadri under the chairpersonship of Dr. Vivek Agarwal and Dr. Shruti Sinha. The session highlighted healthy expressions of sexuality, normalisation of diverse sexual identities, and frameworks for affirmative psychosocial engagement.

Invited Lecture I : An invited lecture titled "From Evidence to Equity: Addressing Health Inequities among Sexual and Gender Minority Communities in India" was delivered by Dr. Venkatesan Chakrapani.

The lecture focused on:

- Structural barriers to healthcare access,
- Mental health disparities,
- Social stigma and discrimination,
- Need for policy reforms and inclusive healthcare systems.

The speaker emphasized translating evidence-based research into equitable healthcare practice.

Invited Lecture II: Another invited lecture on "Suicide and Self-harm among LGBTQIA+ Community" was delivered by Dr. Swapnjeet Sahu.

The lecture highlighted:

- Increased prevalence of self-harm and suicidal ideation,
- Minority stress and psychosocial trauma,
- Role of family rejection and societal stigma,
- Need for preventive mental health interventions and supportive environments.

Symposium Sessions

Symposium I: Psychosocial Reality of LGBTQIA Individuals in India

A multidisciplinary symposium titled "Dignity, Identity, and Distress: A Symposium on the Psychosocial Reality for LGBTQIA Individuals in India" was conducted by Dr. Ashok Jammigumpula, Dr. Surabhi Mitra, and Dr. L. Ramakrishnan.

The symposium covered:

- Beyond the HIV Lens: Psychosocial realities of gay and bisexual men.
- Psychosocial challenges and invisibility faced by LB women.
- Psychosocial experiences of asexual and pansexual individuals.

The session emphasized the importance of moving beyond disease-centered narratives and addressing broader psychosocial wellbeing and identity-related concerns.

Symposium II: Gender Affirming Surgeries

A symposium on Gender Affirming Surgeries was conducted by Dr. Narendra Kaushik.

Topics discussed included:

- Feminizing surgeries,
- Masculinizing surgeries,
- Surgical outcomes and ethical considerations,
- Holistic care for transgender individuals.

The symposium provided valuable insights into the clinical and psychosocial dimensions of gender-affirmative care.

Free Paper Presentation Sessions – Hall 2

The conference also featured scientific paper presentation sessions showcasing emerging research and clinical experiences.

Session I Highlights

Key presentations included:

- Shy Bladder Syndrome and Rest Room Anxiety among transgender individuals,
- AI-enabled WhatsApp chatbot for gender-affirmative healthcare,
- Lived experiences of queer clients in mental healthcare,
- LGBTQI+ affirmative CBT integrated with pharmacotherapy,

- Mental health and social determinants among LGBTQIA+ individuals.
- These presentations reflected innovation in mental healthcare, digital health interventions, and community-based affirmative care approaches.

Session II Highlights

The second session included papers on:

- Clinical accountability in gender-affirming practice,
- Queer clubs as mental health interventions in educational institutions,
- Barriers to healthcare access among MSM and transgender populations,
- Sexual health perceptions among university students,
- Cultural stress, stigma, and non-suicidal self-injury,
- Determinants of inconsistent condom use among LGBTQIA+ populations.

The session demonstrated the growing academic engagement with intersectional healthcare and inclusive psychosocial interventions.

Physicians' Panel Discussion

A panel discussion on "Experiences in Health Care Provisions" was conducted with participation from Dr. Praneeth, Dr. Sanjay Sharma, and other panelists.

The panel addressed:

- Real-world challenges in providing inclusive healthcare,
- Institutional barriers,
- Communication gaps between providers and LGBTQIA+ patients,
- Need for sensitization and training among healthcare professionals.

The discussion encouraged practical strategies for strengthening inclusive healthcare delivery systems.

Valedictory Session

The Winners of Free paper presentations were:

Dr. Utkarsh Tulshiyan-1st position, Vishal Melhotra- 2nd position and Dr. Divya R-3rd position.

The Winners of the free poster presentation were:

Lakshya Arora- 1st position, Dr. Ritwik Tripathi-2nd position and Dr. Divya R-3rd position.

The conference concluded with a valedictory session a Vote of thanks was conveyed by Dr. Pawan Kumar Gupta, Organising Chairperson. The valedictory ceremony acknowledged the contributions of speakers, organizers, chairpersons, and participants and Media partners. The conference ended on a positive note with renewed commitment toward promoting equity, inclusion, and mental wellbeing in healthcare systems.

Overall Outcome of the Conference

EQUICON 2026 successfully created a multidisciplinary platform for dialogue on equity and inclusion in healthcare. The conference:

With total 130 participants from various multi-disciplinary areas participated in the conference namely, Medicine, Nursing, Paramedical, Psychiatric-Social Work, Social workers etc.

- Enhanced awareness regarding LGBTQIA+ mental health and healthcare disparities,
- Encouraged evidence-based affirmative healthcare practices,
- Promoted academic and clinical discussions on psychosocial wellbeing,
- Facilitated networking among mental health professionals, Plastic surgeons, Medical Specialists and Infectious disease specialist doctors, students, Nurses and Researchers.
- Strengthened advocacy for inclusive healthcare systems in India.

The conference highlighted the urgent need for continued research, policy reforms, sensitization programs, and community-centered interventions to ensure equitable healthcare access for all individuals irrespective of gender identity or sexual orientation.

Conclusion

EQUICON 2026 emerged as an important academic and advocacy-oriented conference dedicated to healthcare equity and inclusion. Through expert lectures, symposia, free paper presentations, and panel discussions, the conference addressed critical psychosocial and healthcare concerns affecting LGBTQIA+ communities in India.

The conference reinforced the importance of compassionate, evidence-based, and inclusive healthcare systems while inspiring healthcare professionals to contribute toward a more equitable and affirming society.



Report Prepared by:

Deblina Roy - Faculty of Nursing, KGMU College of Nursing
Mrs.. Anshoo Sriwastawa - Organizing Secretary, Equicon - 2026

Report on Pre-Conference Workshop

EQUICON 2026 – National Conference on Equity & Inclusion in Healthcare

Conference: EQUICON 2026 – National Conference on Equity & Inclusion in Healthcare

Date: 16-05-2026 (9am-5:30pm) | **Venue:** Kalam Centre, KGMU, Lucknow
Resource Persons: Team SAATHI (by Dr. L. Ramakrishnan, Dr. Sanjay Sharma, KP Ranade, Ms. Randhoni L., Mr. Fred Roger, Shweta Sri, and Mr Amir Bisoi.)

Introduction

As a precursor to EQUICON 2026, a Pre-Conference Workshop was organized with the objective of sensitizing healthcare professionals, academicians, mental health practitioners,

and students regarding the principles of equity, inclusion, affirmative mental healthcare, and gender-sensitive clinical practice.

The workshop aimed to create a foundational understanding of the psychosocial realities and healthcare challenges faced by LGBTQIA+ individuals and other marginalized populations. It served as an interactive academic platform encouraging discussion, skill development, and professional reflection on inclusive healthcare delivery.

Objectives of the Workshop

The major objectives of the pre-conference workshop were:

1. To develop awareness regarding healthcare inequities experienced by sexual and gender minority communities.
2. To strengthen understanding of affirmative mental healthcare approaches.
3. To improve sensitivity and communication skills among healthcare professionals.
4. To familiarize participants with psychosocial, ethical, and clinical aspects of gender and sexuality.
5. To encourage interdisciplinary learning and collaborative healthcare practices.

Workshop Proceedings

The workshop began with participant registration and an introductory session highlighting the significance of inclusive healthcare systems and the role of mental health professionals in promoting equity and social justice.

Experts from psychiatry, psychology, mental health nursing, public health, and community advocacy contributed to the sessions through lectures, interactive discussions, and case-based learning activities.

The workshop emphasized:

- Respectful and non-discriminatory healthcare practices,
- Understanding gender identity and sexual orientation,
- Mental health concerns among LGBTQIA+ populations,
- Minority stress and psychosocial stigma,
- Barriers to healthcare access,
- Ethical and legal considerations in gender-affirmative care.

Key Themes Discussed

Equity and Inclusion in Healthcare

Participants were sensitized to the importance of equitable healthcare access and the need to eliminate discrimination within healthcare institutions. Discussions focused on how social stigma, prejudice, and lack of awareness adversely affect health outcomes among marginalized communities.

Affirmative Mental Healthcare

Resource persons highlighted affirmative approaches in mental healthcare practice. The workshop stressed the importance of:

- Non-judgmental communication,
- Empathy and validation,
- Gender-sensitive counseling,
- Inclusive therapeutic interventions,
- Culturally competent mental healthcare.

Participants were encouraged to adopt person-centered approaches that promote dignity, identity, and psychological wellbeing.

Psychosocial Challenges among LGBTQIA+ Communities

Detailed discussions were held regarding:

- Depression, anxiety, and minority stress,
- Self-harm and suicidal behaviors,
- Family rejection and social isolation,
- Discrimination in educational and healthcare settings,
- Challenges in accessing affirmative healthcare services.

The sessions highlighted the urgent need for supportive environments and community-based interventions.

Gender-Affirmative Healthcare

The workshop also focused on gender-affirmative healthcare practices and multidisciplinary approaches toward supporting transgender and gender-diverse individuals.

Topics included:

- Gender identity and expression,
- Clinical sensitivity during patient interactions,
- Psychosocial support systems,
- Ethical dimensions of care,
- Holistic approaches to gender affirmation.

Interactive Learning and Discussions

The workshop promoted active participation through:

- Interactive discussions,
- Case-based learning,
- Experience sharing,
- Question-and-answer sessions,
- Clinical reflections by participants and experts.

These activities enabled participants to relate theoretical knowledge with practical healthcare scenarios.

Participation and Academic Significance

The pre-conference workshop witnessed active participation from:

- Psychiatrists,
- Mental health professionals,
- Nursing professionals,
- Medical students,
- Researchers,
- Academicians,
- Community advocates.

The workshop successfully created a collaborative learning environment that encouraged dialogue on inclusive and evidence-based healthcare practices.

Outcomes of the Workshop

The workshop achieved several important outcomes:

- Improved awareness regarding LGBTQIA+ mental health and healthcare disparities.
- Enhanced understanding of affirmative and inclusive healthcare approaches.
- Strengthened professional sensitivity toward marginalized populations.
- Encouraged ethical and compassionate healthcare delivery.
- Motivated participants to advocate for equitable healthcare systems within their professional settings.

Conclusion

The Pre-Conference Workshop of EQUICON 2026 served as a meaningful academic and sensitization initiative that laid the foundation for the main conference proceedings. Through expert guidance, interactive learning, and multidisciplinary discussions, the workshop

reinforced the importance of equity, inclusion, dignity, and affirmative healthcare practices. The Pre conference was participated by 90 participants and was an important learning experience for all the people involved. The workshop successfully inspired participants to adopt more compassionate, inclusive, and evidence-based approaches in mental healthcare and general healthcare practice, thereby contributing toward the larger goal of building an equitable and inclusive healthcare system in India.



Report Prepared by:

Deblina Roy - Faculty of Nursing, KGMU College of Nursing
Dr. Pawan Kumar Gupta - Organizing secretary | **Dr. Prof. Vivek Agarwal** - HOD

IPS TRAINEE THESIS SUPPORT – TASK FORCE

Members Name	Post
Dr. B. Anand	Advisor
Dr. Vijaykumar S. Harbishettar	Chairperson
Dr. Prabbathi Lokeswara Reddy	Co-Chairperson
Dr. Shyamanta Das	Co-Chairperson
Dr. Junaid Nabi	Co-Chairperson
Dr. Wenona Herminia Fenandes	Convener
Dr. Saraswathi Tenagi	Member
Dr. Ravi Philip Rajkumar	Member
Dr. Subhasini K Rangarajan	Member
Dr. Naidila Jain	Member
Dr. Abdul Majid	EC Coordinator

Srinagar Document 2026 on Supporting Trainee Thesis

Adopted on 3 July 2026 | Venue: Sher-i-Kashmir Institute of Medical Sciences (SKIMS), Srinagar

Members Worked

Geriatric Psychiatry

Dr Mina Chandra (Lead) | Dr Sandeep Grover | Dr Junaid Nabi
Dr Wenona Fernandes (minutes) | Dr Sandeep Kumar Goyal
Dr Manmeet Singh | Dr Humayun Majeed Mir

Consultation Liaison Psychiatry Dr Samir Kumar Praharaj (Lead)

Dr Shahul Ameen | Dr Ravindra Munoli | Dr Anil Kumar MN (minutes)
Dr Sabreena Qadri | Dr Kathakali Chatterjee | Dr Neelofer Jan

Forensic Psychiatry/ MHCA

Dr Suresh Bada Math (Lead) | Dr P Lokeswara Reddy | Dr Vijaykumar Harbishettar
Dr Shyamanta Das (minutes) | Dr Ranganath R Kulkarn
Dr Syed Mehvish | Dr Nizam ud Din

Agreed in the presence of

Dr. T S S Rao - President, IPS

Dr. Arun Marwale - Honorary Secretary, IPS

Dr. Vijaykumar Harbishettar - Chair,
IPS Trainee Thesis Support Task Force 2026-27

Dr. Abdul Majid - Organising Chair of Medi-Synapse & Expert Meeting,
EC Coordinator, IPS

A national meeting of experts was held on 3 July 2026 at Sher-i-Kashmir Institute of Medical Sciences (SKIMS), Srinagar, under the Chairmanship of

Dr Vijaykumar Harbishettar, representing the IPS Trainee Thesis Support Task Force. The meeting was preceded by 2–3 weeks of collaborative work, including multiple online meetings and expert consultations, culminating in an intensive one-day in-person consensus workshop. Experts worked collaboratively in three thematic groups and unanimously adopted the following resolutions, which constitute the Srinagar Document 2026.

The meeting brought together distinguished academicians, clinicians, and postgraduate training experts who worked collaboratively in three thematic working groups throughout the day. Following extensive deliberations and consensus-building, the participants unanimously adopted the following resolutions, collectively known as the Srinagar Document 2026 on Trainee Thesis Support.

Consensus Statements

Research Idea Banks:

Develop a national Research Idea Bank to assist in developing theses protocols to support postgraduate Psychiatry theses in response to rapid increase in trainees

Thesis Ideas Template: Developed a structured Thesis Ideas Bank Template to promote quality, feasible, and clinically relevant research protocol

Priority Disciplines: Using the common template, Research Idea Banks initially were prepared for: Geriatric Psychiatry, Consultation-Liaison Psychiatry & Forensic Psychiatry

National Access: Upload these Research Idea Banks to the Indian Psychiatric Society (IPS) website for access by Psychiatry postgraduate trainees and Thesis Guides

Acknowledgement: Trainees using these resources may contact the IPS Trainee Thesis Support Task Force to use it and acknowledge their contribution in their protocol, dissertation, publications, and presentations under acknowledgements

Promoting Research Excellence: Recommend that the Indian Psychiatric Society consider instituting three annual "Most Impactful Thesis Awards" to recognise outstanding trainee research and strengthen the research culture among Psychiatry postgraduate trainees.

Commitment The participants reaffirm the commitment of the Indian Psychiatric Society to advancing postgraduate trainees' research theses through collaboration, mentorship, and innovation. The Srinagar Document 2026 reflects a shared vision for improving the quality and impact of research by Psychiatry trainees across India.

Adopted unanimously at SKIMS, Srinagar, on 3 July 2026



INDIAN PSYCHIATRIC SOCIETY SPECIALTY SECTION ACTIVITY

IPS INTERPERSONAL, TRANSACTIONAL ANALYSIS, & CBT - SPECIALTY SECTION

Members Name	Post
Dr. Rajesh Ramesh Dhumé	Advisor
Dr. Monali Sameer Deshpande	Advisor
Dr. Sukhada Abhiram	Chairperson
Dr. Sanchari Roy	Co-Chairperson
Dr. Tathagata Mahintamani	Co-Chairperson
Dr. Sameer Malhotra	Convener
Dr. Santosh Loganathan	Member
Dr. Neelima V	Member
Dr. Parag S. Shah	EC Coordinator

Learning Series: Webinar Series on Transactional Analysis

- TA Learning series: A series of three webinars on Transactional Analysis with various eminent speakers.
- The series focussed upon understanding epical characters through transactional analysis

Date & Time	Topic	Speaker	Chairperson
15th March, 2026 10:00 am	Script of Gandhari	Dr Madhumita	Dr. Monali Deshpande
14th June, 2026 10:00 am	The Script of Karna	Priyanka Sahastrabhojane	Dr. Monali Deshpande
28th June, 2026 10:00 am	Learnings from Karna, Script Cure	Dr. Rahul Bagal	Dr. Monali Deshpande
22nd March, 2026 10:00 am	Unfolding In Depth Through Transactional Analysis	Dr. Nilima	Dr. Monali Deshpande
5th April, 2026 10:00am	Learning Through Imaginative Autonomy	Dr. Deepanjali	Dr. Monali Deshpande

Online Symposium: INTERPERSONAL RELATIONSHIPS AND THE SKILLS THAT SHAPE THEM

Date: 18th July, 2026 | Time: 20:00 pm

SPEAKERS:

Dr. M S Arshiya Fathima - Senior Resident; Department of Psychiatry, Deccan College of Medical Sciences

Dr. Ayesha Sultana

Assistant Professor, Department of Psychiatry, Deccan College of Medical Sciences

CHAIRPERSON:

Dr. Minhajzafar Nasirabadi - Professor & Head, Department of Psychiatry, Deccan College of Medical Sciences

This online meeting was attended by around 65 participants, including students, faculty members, and IPS Office bearers



IPS PSYCHOPHARMACOLOGY - SPECIALTY SECTION

Members Name	Post
Dr. Chittaranjan Andrade	Advisor
Dr. Ram Chandra Das	Advisor
Dr. Shahul Ameen	Chairperson
Dr. Govind Mukund Kulkarni	Co-Chairperson
Dr. Raman Deep	Co-Chairperson
Dr. Simon Kisan Awale	Convener
Dr. Ratnesh Kurariya	Member
Dr. Anupama Korlakunta	Member
Dr. Vaibhavi P S	Member
Dr. Heena Merchant	EC Coordinator

Executive Summary:

During April–July 2026, the IPS Psychopharmacology Specialty Section successfully conducted a structured national academic programme comprising nine online psychopharmacology quizzes and two national webinars. These initiatives promoted evidence-based prescribing, postgraduate education and continuing professional development.

National Psychopharmacology Quiz Series

Quiz 1: Mood Stabilizers

Introduced the national quiz initiative with vignette-based MCQs covering lithium, valproate, carbamazepine, lamotrigine, therapeutic monitoring and evidence-based management of bipolar disorder.

Quiz 2: Antipsychotics

Focused on first- and second-generation antipsychotics, receptor pharmacology, adverse effects, metabolic monitoring and rational prescribing.

Quiz 3: Antidepressants (14 May 2026)

Reviewed antidepressant selection, switching, augmentation, treatment-resistant depression and adverse-effect management.

Quiz 4: Psychopharmacology for Women

Covered prescribing during pregnancy, lactation, reproductive years and menopause with emphasis on individualized care.

Quiz 5: Addiction Medicine

Evidence-based pharmacological management of substance use disorders, detoxification and relapse prevention.

Quiz 6: Child and Adolescent Psychopharmacology

Focused on age-appropriate prescribing, developmental considerations and safety monitoring.

Quiz 7: Drug Interactions

Reviewed clinically important pharmacokinetic and pharmacodynamic interactions in psychiatric practice.

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



ESTD. 1947

Quiz 8: Anxiety Disorders and OCD

Covered medication selection, augmentation strategies and adverse-effect management.

Quiz 9: Advanced Clinical Integration

Integrated key psychopharmacology principles through case-based clinical scenarios.

National Webinar - 5 June 2026:

Topic: Disulfiram Revisited: Is it Still Relevant in Modern-Day Addiction Treatment?

Speaker: Dr. Abhishek Ghosh (PGIMER, Chandigarh)

Chairperson: Dr. Gayatri Bhatia (Amrita Institute of Medical Sciences & Research, Faridabad) The webinar reviewed contemporary evidence regarding the role of disulfiram in addiction treatment and included an interactive discussion.

National Webinar - 30 July 2026:

Topic: New Receptor Targets

Speaker: Dr. Govind Mukund Kulkarni

Chairperson: Dr. O.P. Singh The webinar highlighted emerging receptor targets and recent advances in psychopharmacology with emphasis on their clinical implications.

Participant Recognition:

Participants achieving the qualifying score in each online quiz received a personalized Certificate of Achievement issued by the IPS Psychopharmacology Specialty Section.

Summary of Achievements:

Launch of the National Psychopharmacology Quiz Series. Nine online academic quizzes conducted. Two national webinars organized. Evidence-based continuing education for psychiatrists and postgraduate students. Promotion of rational psychopharmacology and self-directed learning.

Conclusion

The Psychopharmacology Specialty Section successfully established a structured national academic platform through quizzes and webinars, reinforcing the Indian Psychiatric Society's commitment to excellence in continuing psychiatric education.

Report Prepared by

Dr. Simon Awale

Convener

IPS Psychopharmacology Specialty Section



IPS FETAL & INFANT MENTAL HEALTH SPECIALITY SECTION

Members Name	Post
Dr. Devashish Konar	Advisor
Dr. Ritambhara Yeshwant Mehta	Advisor
Dr. Satya Raj	Chairperson
Dr. Seema Parija	Co-Chairperson
Dr. Kumari Rina	Co-Chairperson
Dr. Jigyansa Ipsita Pattnaik	Convenor
Dr. Hrishikesh Giri Prasad Manchala	Member
Dr. Lakshmi Sravanti Tanuku	Member
Dr. Tanmaini Das	EC Coordinator

Introduction: The Executive Council of the Indian Psychiatric Society initiated the Fetal & Infant Mental Health - Speciality Section in April 2026. This is a new subspeciality and has been formed considering the growing importance of fetal psychiatry and infant mental health. The team consists of the following members who are committed to increasing awareness of this speciality and improving academic knowledge in this area.

IPS SCHOOL MENTAL HEALTH - SPECIALITY SECTION

Members Name	Post
Dr. Satyajit Ash	Advisor
Dr. Kersi Chavda	Advisor
Dr. Avinash De Sousa	Chairperson
Dr. Manju Bhaskar	Co-Chairperson
Dr. Rajesh Kumar Chandel	Co-Chairperson
Dr. Rashmi Shukla	Convener
Dr. Subhash Das	Member
Dr. Porimita Chutia	Member
Dr. Niska Sinha	EC Coordinator

Organised CME cum workshop for school teachers in Lucknow on 29th June 2026 Topic life skill training

Fetal & Infant Mental Health: Dr. JIGYANSA IPSITA PATTNAIK had presented the plan of the committee for the upcoming year. We had proposed work in 3 key areas, namely, Training & Capacity Building Research Public Awareness and Advocacy

We have planned for a series of webinars in Fetal Psychiatry and Infant Mental Health. We completed the first webinar in the series on 10th July 2026. We had a grand inaugural webinar, and the IPS office bearers graciously attended. They shared words of encouragement and wisdom, which added value to the webinar. The webinar was extremely successful, with more than 160 participants, and was a very informative and interactive session.

The details of the webinar are as below:

Webinar 1: 10th July 2026 Time: 7:30 PM – 9:00 PM (IST)

Topic: Before the First Word: Introducing Fetal and Infant Mental Health to Psychiatric Practice

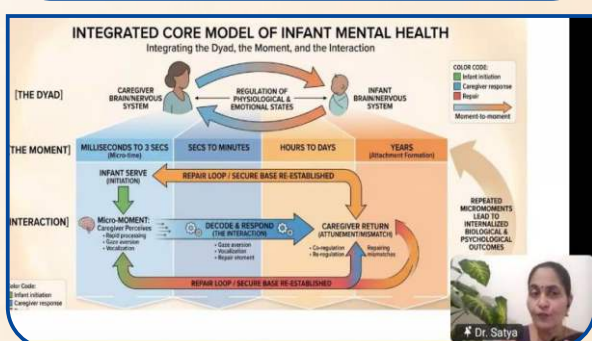
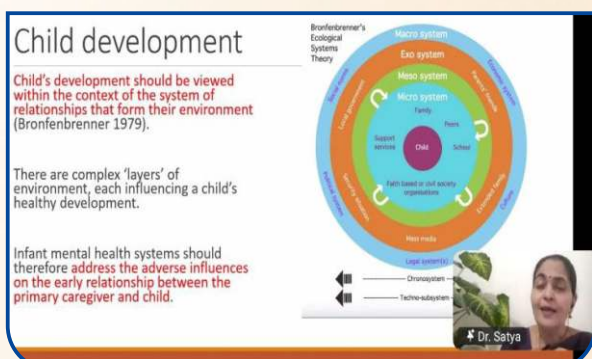
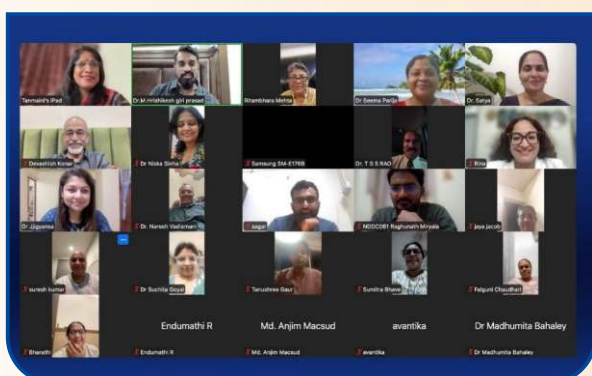
Speaker: Dr Satya Raj, Professor & Head, Department of Child & Adolescent Psychiatry, CMC Vellore

Chairperson: Dr Prabha S. Chandra, Senior Professor of Psychiatry & Director, NIMHANS

Moderator: Dr Seema Parija, Associate Professor, Psychiatry, JKMCH, Jajpur, Odisha.

The series planned are - Webinar 2 | 14 August 2026 The Lens We Look Through: Theoretical Models Shaping Fetal and Infant Mental Health Webinar 3 | 11 September 2026 Seeing the Unseen: Assessment, Multiaxial Diagnosis, and Case-Based Learning in Infant Mental Health Webinar 4 | 9 October 2026 From Theory to Transformation: Evidence-Based Interventions in Fetal and Infant Mental Health

Conclusion: We hope to continue to work with utmost care in this area and raise awareness of this speciality. Long live IPS.



IPS ADDICTION MEDICINE - SPECIALTY SECTION

Members Name	Post
Dr. Debasish Basu	Advisor
Dr. Manmeet Singh	Advisor
Dr. Vishal Akula	Chairperson
Dr. Lakhan Rudabhai Kataria	Co-Chairperson
Dr. Venkata Lakshmi Narasimha	Co-Chairperson
Dr. Abhishek Ghosh	Co-Chairperson
Dr. Ravindra Rao	Convener
Dr. Sambhu Prasad	Member
Dr. Bilal Ahmad Bhat	Member
Dr. Amar H. Shinde	EC Coordinator

1. Vision

To strengthen Addiction Medicine in India by making evidence-based care simple, practical, and accessible for every psychiatrist.

2. Proposed One-Year Action Plan

Presented by Dr Vishal Akula, Chairperson, Addiction Medicine Specialty Section, at the IPS National Executive Council Meeting, Jaipur.

2.1 Focus Areas

Strengthening the section through structured coordination and national engagement

Academic capacity building via monthly webinars and OPD-friendly treatment approaches

Active involvement of young psychiatrists and postgraduate students through mentorship and research

Promotion of multicentric, practice-oriented research and IPS-supported publications

Public health advocacy on emerging issues such as online betting, substance use, and digital addictions

Enhancing national visibility through dedicated academic sessions

Ensuring sustainability through structured documentation and leadership development

3. Key Policy Proposal — School Curriculum Advocacy

At the ANCIPS 2026 Delhi Pre-Conference Executive Council Meeting (The Leela Palace), Dr Akula proposed that IPS formally write to the Government of India — Ministry of Health & Family Welfare and Ministry of Education — to introduce a dedicated chapter on Substance Abuse and its Hazards in high school textbooks.

Objectives:

1. Early awareness and prevention
2. Improving adolescent mental health literacy
3. Addressing the growing burden of substance use disorders in India



4. Executive Council Discussion & Member Contributions

Following the presentation of the action plan, several Executive Council members and colleagues offered suggestions that were taken forward under Dr Akula's chairmanship.

Dr Lakhan Kataria

- Proposed a multicentric research study on rTMS (repetitive Transcranial Magnetic Stimulation) and addiction
- Proposed a national-level public event (e.g., press engagement) in major cities under the IPS banner to mark the International Day Against Drug Abuse and Illicit Trafficking (26th June)

Response: Dr Akula acknowledged both suggestions as highly relevant and confirmed they would be taken forward positively at the national level under the IPS banner.

Dr Abhishek Ghosh

Proposed advocacy for insurance parity for the treatment of substance use disorders, highlighting concerns for patients and doctors in the corporate/insurance sector

Suggested a joint position statement, potentially involving IPS-AP, APSI, IAPP, and other relevant organisations

Response: Dr Akula confirmed that a joint position statement on insurance parity for substance use disorder treatment would be planned, involving IPS-AP, APSI, IAPP, and other relevant organisations as part of the section's advocacy efforts.

5. State-Level Advocacy — Telangana Government Engagement

As part of the Telangana Government Doctors Association (TGGDA) State Team, Dr Akula participated in an official meeting with the Hon'ble Health Minister Shri Damodar Raja Narasimha, Principal Health Secretary Dr Christina Z. Chongthu, TSMSIDC Managing Director Shri Gaurav Uppal, Joint Secretary Smt. Ayesha, DME Dr Narendra Kumar, and Commissioner TVVP Dr Ajay Kumar, regarding issues concerning government doctors.



Following the meeting, Dr Akula personally met with the Hon'ble Health Minister and the Principal Health Secretary to propose collaboration between the Indian Medical Association (IMA), Mental Health Awareness Committee and the IPS Addiction Medicine Specialty Section with the Telangana Government Health Department on mental health awareness and addiction prevention activities. Outcome: The Health Minister and Principal Health Secretary responded positively and assured that an appointment would be arranged for further discussion with association members.



This update was subsequently conveyed to IMA Telangana State President Dr P. Kishan, IPS South Zone General Secretary Dr George Reddy, IPS TSB President Dr Narayan Rao, and IPS TSB General Secretary Dr P. Manmohan Raju — all of whom appreciated the initiative and confirmed that IMA and IPS TSB members would meet the Health Minister to take the collaboration forward.

6. Public Awareness Activity — World Schizophrenia Day

On the occasion of World Schizophrenia Day, the Indian Medical Association organised a schizophrenia awareness program at Dr Vishal's Alcohol De-Addiction Center, Khaleelwadi, Nizamabad.



INDIAN MEDICAL ASSOCIATION - NIZAMABAD

In Association with

INDIAN PSYCHIATRIC SOCIETY - ADDICTION MEDICINE SPECIALITY SECTION
INDIAN PSYCHIATRIC SOCIETY - SOUTH ZONAL BRANCH
INDIAN PSYCHIATRIC SOCIETY- TELANGANA STATE BRANCH
IMA TELANGANA STATE MENTAL HEALTH COMMITTEE

WORLD SCHIZOPHRENIA DAY

Awareness Programme. 24th May

Venue: Dr. Vishal's Alcohol, Drug De-addiction and Rehabilitation Centre, Khaleelwadi, Nizamabad

Dr. VISHAL AKULA President	Dr. D. HARISH SWAMY General Secretary	Dr. K. RAMANESHWAR Treasurer	Dr. K. SRISAILAM President Elect
-------------------------------	--	---------------------------------	-------------------------------------



The program saw active participation from doctors, hospital staff, patients, and Rotary Club members.

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



7. Doordarshan Jammu - A talk featuring Dr. Manmeet Singh

Dr. Manmeet Singh, Prof. and Head of Department, Psychiatry presented an insightful talk under the Nasha Mukta Bharat Abhiyaan on the Sohni Dharti programme on Doordarshan Jammu.



8. WORLD NO TOBACCO DAY, 2026

Theme: Unmasking the appeal countering nicotine and tobacco addiction

**WORLD
NO TOBACCO DAY 2026**
**Theme: Unmasking the Appeal
Countering Nicotine and Tobacco Addiction**
Rapid Fire Webinar: 6 Presentations in 60 Minutes

Date	Time	Platform
5th of June, 2026	2:00 PM - 3:00 PM (IST)	Zoom

Program Schedule
Know everything about the theme

- Introduction
- About the Theme
- Risks Associated with Newer Products
- Countering the Marketing
- Future Directions
- World No Tobacco Day Significance
- Newer Tobacco & Nicotine Products: Global and India
- Marketing Strategies by Industry
- Current Policy for Prevention: PECA 2019
- Interactive Quiz

Live Q & A Session

Organized by:
Centre for Addiction Medicine
Department of Psychiatry &
National Tobacco Quit Line Services (1800112356)
NIMHANS, Bengaluru

Registration is completely free

Welcomes you to this special webinar on World No Tobacco Day.
Join us for an interactive session with experts discussing tobacco cessation, awareness, and public health.

The Centre for Addiction Medicine in association with The Department of Psychiatry & National Tobacco Quit Line Services along with NIMHANS, Bengaluru organized a rapid fire webinar featuring 6 presentations in 60 minutes elaborating on the theme of the day discussing tobacco cessation, awareness, and public health.



On the same occasion, an awareness poster was released at the IPS South Zone Mid-Term CME, Hyderabad, on behalf of the Indian Psychiatric Society South Zonal Branch, in association with the IPS Addiction Medicine Specialty Section, IPS Telangana State Branch, and the IMA Telangana State Branch, and The IMA Telangana State Mental Health Awareness Committee.

**WORLD
NO TOBACCO DAY**
30th MAY 2026
Choose a healthier lifestyle by saying no to tobacco.
Every small step toward a smoke-free life helps create a brighter, cleaner, and healthier future for everyone.

Dr. Y. Arul Prakash President	Dr. Thomas John Vice President	Dr. George Reddy V Hon' General Secretary
Dr. Mahesh Gowda Hon' Treasurer	Dr. Rajshekhar Bipeta Hon' Editor	

The poster released reflects the commitment of psychiatric professionals and healthcare organizations towards preventing tobacco-related illnesses and improving public health.

9. Drug Abuse Awareness Rally — District Women and Child Welfare Department

On the occasion of the International Day Against Drug Abuse and Illicit Trafficking, the District Women and Child Welfare Department, Nizamabad, organised a Drug Abuse Awareness Rally from the Old Collectorate to Ambedkar Bhavan.



Dr Vishal Akula attended the program as Chief Guest. Psychiatrists Dr Keshavulu and Dr Raviteja also participated in the event.



Addressing the gathering, the speakers highlighted the harmful effects of substance abuse on physical health, mental well-being, families, and society, emphasising that prevention through awareness, early identification, and timely treatment is the most effective strategy to combat addiction. Students and the public were encouraged to lead a drug-free lifestyle and to seek professional help without hesitation whenever needed.



As part of the awareness activities, prizes were distributed to the winners of an Essay Writing Competition and a Drug Abuse Awareness Poster Competition, and participation certificates were presented to all students who took part, in recognition of their efforts in promoting a drug-free society. The program concluded with a collective pledge to work together towards creating a healthy, addiction-free community.

10. Drug Abuse Awareness Rally & Poster Release — IMA Nizamabad



IMA Nizamabad, in association with IPS TSB, IPS-SZB, and IMA TSB, organised a Drug Abuse Awareness Rally and Poster Release in Nizamabad.



Dr P. Kishan, President, IMA Telangana, attended as Chief Guest. Dr Gangaram, Dr Sreedhar Raju, and Dr George Reddy were Guests of Honour.



The event aimed to raise awareness on substance abuse and promote a drug-free society, with active participation from doctors, students, and the public.

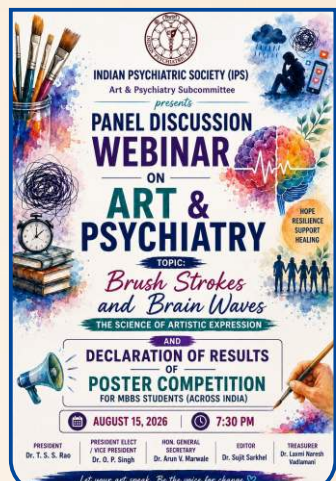


A Drug Abuse Awareness Poster was released, and participants pledged to work towards a healthier, drug-free future.

IPS ART & PSYCHIATRY SPECIALTY SECTION

Members Name	Post
Dr. Debasis Bhattacharya	Advisor
Dr. Harish Pandharinath Bedekar	Advisor
Dr. Deepali Gul	Chairperson
Dr. Sanjay Satyawar Jadhav	Co-Chairperson
Dr. Lokesh Babu	Co-Chairperson
Dr. Bhaktishree Raha	Convenor
Dr. Chetan Dalpatbhai Hansalia	Member
Dr. Sreelakshmi Vaidyanathan	Member
Dr. Manaswi Gautam	EC Coordinator

Art and Psychiatry subcommittee have organised a poster making competition for MBBS undergraduates all over India. The topic was Students and Mental Health. Criteria was hand made with no use of AI. Participation was very good



Another webinar is planned on 15th August 2026

IPS ENVIRONMENT & PSYCHIATRY SPECIALTY SECTION

Members Name	Post
Dr. Ram Ghulam Razdan	Advisor
Dr. Sonia Parilal	Advisor
Dr. Mina Chandra	Chairperson
Dr. Ashwini Jhalani	Co-Chairperson
Dr. Prajyoti Chakma	Co-Chairperson
Dr. Saurabh Tandon	Convenor
Dr. Purav Kumar Midha	Member
Dr. Vijaya Chandrakant Sakpal	Member
Dr. Umesh S. Nagapurkar	EC Coordinator

We would like to place on record our heartfelt gratitude to Dr. (Prof.) T. S. S. Rao, President, IPS, whose continued encouragement and visionary leadership have inspired initiatives that broaden the role of psychiatry in addressing societal and environmental challenges.

We are equally grateful to Dr. O. P. Singh, Vice President, IPS, for his constant support and guidance.

We also sincerely thank Dr. Arun Marwale, Hon. General Secretary, IPS, whose encouragement and unwavering support have been instrumental in the growth and activities of our Speciality Section.

Finally, we emphasize the growing recognition that environmental sustainability and mental health are inseparable priorities for our profession and for the society.

The following activities have been conducted by the IPS Environment and Psychiatry Specialty Section so far:

- The Department of Psychiatry, Centre of Excellence in Mental Health, ABVIMS & Dr. RML Hospital, New Delhi, successfully organized the "Tobacco Free Environment" Workshop on 5th June 2026, commemorating World Environment Day, with the theme "Unmasking the Appeal: Countering Nicotine and Tobacco Addiction." Prof Dr Sonali Jhanjee delivered a talk followed by panel discussion by multidisciplinary professionals: From ABVIMS & Dr RMLH: Dr Kavita Chaudhary (Professor Medicine), Dr Rahul Minotra (HoD Dental Surgery, Dr KK Tyagi (Addl MS and ENT Surgeon); from LHMCDr Bhavuk Garg (Professor Psychiatry); from Private Practice: Dr Paramjeet Singh (Psychiatrist) and from NCERT: Dr Gunjan Chandok Consultant Clinical Psychologist (Manodarpan)
- The Department of Psychiatry, Centre of Excellence in Mental Health, ABVIMS & Dr. RML Hospital, New Delhi, successfully organized the Webinar on the theme of this year's observance, "Inspired by Nature, For Climate, For Our Future – Focus on Climate Action,". The theme was commemorated through a panel discussion, poetry recital by Prof Dr Tushar Jagawat, and online art exhibition by established artists promoted by Artorii Advisory.

The distinguished panelists were Dr. (Prof.) Hitesh Khurana, Dr. Gulbahar Sidhu, Dr. (Prof.) Jugal Kishore, and Dr. (Prof.) Manushree Gupta who shared their expertise, insights, and thought-provoking perspectives. Their contributions enriched the discussion and provided valuable guidance for future action. The panel discussion was moderated by Dr. (Prof.) Priyajyoti Chakma with exceptional clarity, balance, and professionalism.

The programme was attended by more than 50 participants who participated actively with comments, questions and suggestions.

This successful programme is the result of dedicated teamwork led by the Chairperson, Dr. (Prof.) Mina Chandra, whose vision and leadership continues to strengthen the work of the IPS Environment and Psychiatry Speciality Section.

The Advisors, Dr. (Prof.) Ram Gulam Razdan and Dr. Sonia Parilal; Co-Chairpersons, Dr. Ashwin Jhalani and Dr. (Prof.) P. J. Chakma; and Member, Dr. Vijaya Chandrakant Sakpal contributed to the success of the program.



INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



ESTD. 1947

IPS SEX MEDICINE SPECIALTY SECTION

Members Name	Post
Dr. Laxmikant Rathi	Advisor
Dr. Neena Sanjiv Sawant	Chairperson
Dr. Swathi Mishra	Co-Chairperson
Dr. Pawan Satyanarayan Rathi	Co-Chairperson
Dr. Phanikant Kondaparthi	Convenor
Dr. Amit Devidasrao Tak	Member
Dr. Suresh Shankar Patil	Member
Dr. Niska Sinha	EC Coordinator

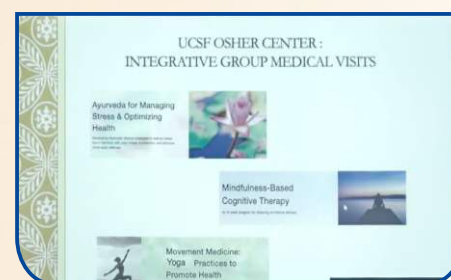
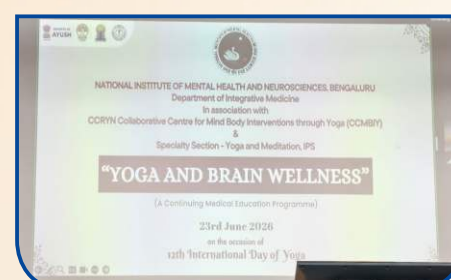
IPS sex medicine specialty section conducted a webinar on premature ejaculation. The speaker was Dr. Shivadev M Chief Psychiatrist and Psychosexual Medicine Specialist, Founder of Passion Fruit Top-Notch Wellness, Bangalore, and a member of the European Society for Sexual Medicine (ESSM). It was attended by around 100 participants.




IPS YOGA & MEDITATION SPECIALTY SECTION

Members Name	Post
Dr. B. N. Gangadhar	Advisor
Dr. Shivarama Varambally	Chairperson
Dr. Sudam Hajanrao Mogle	Co-Chairperson
Dr. Madhurima Ghosh	Co-Chairperson
Dr. Vani Badrish Kulhalli	Convenor
Dr. Shashikant Singh Rajput	Member
Dr. Bharath Holla	Member
Dr. Manaswi Gautam	EC Coordinator

Yoga and Psychiatry speciality section conducted a day long CME on "Yoga and Brain Wellness" at NIMHANS on 23rd June 2026. It was well attended by over 100 delegates.



IPS PSYCHOTHERAPY SPECIALTY SECTION

Members Name	Post
Dr. Mathew Varghese	Advisor
Dr. Prathama Guha Chaudhuri	Chairperson
Dr. Sona Jayesh Kakar	Co-Chairperson
Dr. Ajay Kumar	Co-Chairperson
Dr. Rajeev Ranjan	Convenor
Dr. Aniruddha Basu	Member
Dr. Nikhita Kulkarni	Member
Dr. Vibha K V	Member
Dr. Sagar Lavania	EC Coordinator

IPS Psychotherapy Specialty section have conducted two webinars. The first webinar was on Fairbairn Radical Shift in Psychiatric Theory and the second webinar was on Dream Analysis.

INDIAN PSYCHIATRIC SOCIETY WOMEN MENTAL HEALTH NATIONAL SYMPOSIUM

THE WOMEN MENTAL HEALTH Task Force of the Indian Psychiatric Society (IPS) successfully organized the 10th Annual National Women's Mental Health Symposium on 31st July 2026 in Jaipur, centered on the theme "Invisible Burdens, Visible Strengths." The symposium brought together over 150 delegates from across the country and provided a dynamic platform for scientific exchange, interdisciplinary dialogue, and capacity building through insightful lectures, interactive workshops, and thought-provoking discussions on the mental health needs, challenges, and resilience of women. One of the highlights of the symposium was the presentation of the Resilience Awards to two distinguished women psychiatrists in recognition of their great courage of fighting battles at personal front & converting scars to into stars and inspiring others. Academic excellence was further celebrated through awards for the debate competition which was conducted on 24th June and over 120 students had participated from 4 psychology institutes, paper, and poster presentations, acknowledging innovation, scholarship, and active engagement. The symposium also marked the release of the Swasthya Chintan booklet, an initiative aimed at enhancing awareness of physical and mental health. As part of the Task Force's commitment to community outreach, 2,000 copies of the booklet will be distributed to women with limited access to digital health resources, contributing to greater health literacy and informed well-being. The significance of the symposium was further reflected in its extensive coverage across television, digital, and print media amplifying its message and extending its reach to a wider audience. The Women Mental Health Task Force expresses its sincere gratitude to the leadership of the Indian Psychiatric Society, our esteemed faculty, delegates, participants, collaborators, and well-wishers whose vision, encouragement, and unwavering support made this landmark event possible. As we reflect on the success of this symposium, we remain committed to advancing the cause of women's mental health through sustained advocacy, scientific excellence, community engagement, and collaborative action.



MEDI-SYNAPSE SKIMS INDIAN PSYCHIATRIC SOCIETY 2026

A Conclave of Five (05) sub-Committee Program

Medisynapse: The Mental Health Conclave 2026 was held by the Department of Psychiatry SKIMS Deemed University & Medical College, Srinagar, under the aegis of the Indian Psychiatric Society. The two-day academic programme was inaugurated by Prof Mohammad Ashraf Ganie, Director SKIMS & Ex-Officio Secretary to Govt as chief guest, Prof T S S Rao, President Indian Psychiatry was the guest of honour. Other guests :Dean medical faculty Prof Bashir Fomda as Guest of Honour. Prof Ganai said that mental illnesses are like other physical illnesses and need to be treated like other disorders. He appreciated the efforts of department of psychiatry for organizing such events and assured continuous administrative support in future for conducting such programmes. The formal inaugural ceremony at SKICC marked the observance of IPS Foundation Day and declaration of World Psychiatry Day, and was graced by distinguished dignitaries on dice like Prof Bashir A Fomda; Dean SKIMS Medical Faculty, Prof Aijaz A Rather;Associate Dean, Dr. Naresh Vadlamani;Hony Treasurer IPS, Prof Rajshree Ray;chairperson IPS Foundation Day, Prof Mohammad Salim Khan; President JK Medical Council, Dr Vijay Herbishetter;Chairman Thesis subcommittee, past presidents of IPS, senior academicians, and leaders of psychiatry from across the country.

The guests were welcomed the Prof Abdul Maajid, HOD Psychiatry SKIMS Medical College as organising chairman said that Medisynapse: The mental health conclave that it's has become a historic moment for SKIMS Deemed university and Medical College Srinagar to hold first of its kind Thesis ideas bank creation for young psychiatrists and postgraduate students under the aegis of IPS followed by workshop on ethics and professional relationship at work place. Leaders conclave was held of five past presidents of IPS who shared their experiences and future directions and vote of thanks was proposed by Dr Nizam ud Din organising secretary of the event.

On the occasion Prof T S S Rao, president of Indian Psychiatry Society made a landmark initiative aimed at transforming psychiatric research in India- an intensive.

THESIS SUB-COMMITTEE SCIENTIFIC:

The Workshop, bringing together eminent academicians and subject experts from across India representing diverse subspecialties, including Consultation-Liaison Psychiatry, Forensic Psychiatry and Geriatric Psychiatry with experts from prestigious institutions like NIMHANS Bangaluru, AIIMS, PGI Chandigarh. The workshop focused on developing standardized research templates, generating novel research ideas, and formulating model thesis protocols that will ultimately contribute to the creation of a robust IPS Thesis Bank—a resource envisioned to establish a structured national repository of high-quality research ideas and model thesis protocols, fostering collaborative, innovative, and clinically relevant academic research among postgraduate trainees across the country. More than 100 thesis topics were produced under the leadership of Dr Vijay Herbishetter, Dr Suresh Badamath, Dr Samir K Paharaj and Dr Mina Chandra. Other prominent faculty members included Dr Ravindra N Munoli, Dr Shahul Ameen, Dr Anil Kumar M N, Dr Sabrina Qadri, Dr Kathakali Chatterjee, Dr Vijaykumar Harbishettar, Dr Lokeshwara Reddy, Dr Junaid Nabi, Dr Wenona Fernandes, Dr Shyamanta Das, Dr Sandeep Grover, Dr Manmeet Singh, Dr Sabreena Qadri, Dr Aaliya Khanam, Dr Mansoor Ahmad, Dr Imtiyaz Mansoor, Dr Parvaiz Alam, Dr Neelofer Jan. Prof Abdul Majid, Dr Nizam Ud Din, Dr Syed Mehvish, Dr Rasika Khan and Dr Gulzar Muzzaffar coordinated the event



IPS FOUNDATION DAY SUB-COMMITTEE

The scientific proceedings featured an engaging workshop on Ethics and Professional Relationships, highlighting the indispensable role of professionalism, ethical integrity, and compassionate clinical practice in modern psychiatry. Prof Rajshree Ray, Prof Sarmishta Chakrabarty, Prof Ranjan Bhattacharya and Prof Abdul Majid successfully conducted this work shop with Faculty, Hospital Administrators, Nursing Officers and Resident staff of SKIMS Medical College.



LEADERSHIP SUB-COMMITTEE

First time ever the Leadership Conclave was planned, where senior leaders of the Indian Psychiatric Society deliberated upon strategic priorities for the future growth of the profession, mentorship of young psychiatrists, and strengthening psychiatric services across the nation.

Prof T S S Rao, President Indian Psychiatry society was the special guest the session conducted on July 3rd 2026, with Prof Mushtaq A Margoob, welcomed all the invited guests and the past presidents of eminence. Dr Deepak Rathod, opened the discussion with former presidents of the likes of Prof Ajit Avasthi, Dr Gautam Saha Prof Savita Malhotra, Dr Laxmikant Rathi, Prof P K Dalal among others graced the occasion with their presence. Prof Rajshree Ray, Dr Ranjan Bhattacharya, Dr Abdul Majid, Dr Tanmaini Das, Dr Niska Sinha facilitated the session. The Session was chaired by Prof T S S Rao, Dr Naresh Vadlamani (Hony Treasurer IPS) & President IPS West Zone, Dr K K Mishra.

MEDICAL STUDENT MENTAL HEALTH SUB-COMMITTEE OF IPS

On the morning of 4th July 2026, a Walkathon along the picturesque banks of Dal Lake, symbolising the support to Nasha Mukta Bharat (Jammu & Kashmir) Abhiyaan by SKIMS Medical College in collaboration with Indian Psychiatric Society.

This was followed by panel discussion on students mental health moderated by prof Abdul Majid. The panel included Mr Khrusheed Ahmed

Gania, IAS, former adviser to Honorable Governor, Mr Imtiyaz Hussain DIG J&K Police, IPS, Prof Atul Ambekar NDDTC AIIMS, Mr Syed Shabir Ahmed, joint Director School Education, RJ Rayees Mohuddin Actor, creator, and Dr Mudasir AP clinical psychologist GMC Baramulla. The panellist highlighted changes in the challenges in mental health faced by the students over period of time and the solution to tackle such challenges. The special emphasis was laid on tackling the substance abuse. One of the panellist namely Prof Om Prakash from IHBAS New Delhi joined online opened the symposium.

WORLD PSYCHIATRY DAY SUB-COMMITTEE

"World Psychiatry Day" was launched first time in the 75 years of history of Indian Psychiatry that too from SKIMS Srinagar by President Indian Psychiatric Society Prof T S S Rao TO BE OBSERVED ON 20TH FEB EVERY YEAR. Dr N Manjunath, Presented the proposal to be submitted to World Psychiatric Associations.

ENVIRONMENT SUB-COMMITTEE

Environment Sub-Committee, Indian Psychiatric Society, planted a sapling in the front garden of College Auditorium Complex of SKIMS Medical College Bemina Srinagar in presence of Prof T S S Rao, Prof Mina Chandra, Prof Abdul Majid, Prof Sandeep Goyal and Dr Nizam ud Din.



TREE PLANTATION DRIVE

On July 27, 2026, the Dept. Of Psychiatry at Gouri Devi Institute of Medical Sciences & Hospital (GIMSH), Durgapur, under the tutelage of Prof. (Dr.) Rajashree Ray, joined forces with the Indian Psychiatric Society (IPS) Speciality Section on Environment and Psychiatry and Shri Ramkrishna Institute of Medical Sciences (SRIMS), and IQ City Medical College, to conduct a monumental dual-part event integrating eco-therapy with clinical academic exchange.

Held under the patronage of Mr. R.N. Majumder, an eminent industrialist and the founder of the Rahul Foundation, Durgapur, the event was attended by over 60 people, including the Vice President of the Rahul Foundation, Mr. Rahul Majumder. The Dept.s Of Psychiatry were represented by Prof. (Dr.) Rajashree Ray, HOD, Dr. B. Ravi (Associate Prof.), Dr. Rumelia Ray (Assistant Prof.) from the Dept. Of Psychiatry, GIMSH; Dr. Manish Roy (Associate Prof.) and Dr. Diptangshu Roy Choudhary (Assistant Prof.) from SRIMS.

Mega Tree Plantation Drive 2026

- Theme:** "Healthy Environment | Healthy Mind | Better Future" & "Plant Trees, Save Environment – Save Future".
- Activities:** Participants engaged in a dedicated plantation drive of Mango Trees across the GIMSH campus. As a token of appreciation on behalf of the Dept. Of Psychiatry, GIMSH, the attending consultants and participants were gifted indoor plants, further highlighting the eco-drive.
- Clinical Perspective:** The initiative highlighted the therapeutic role of environmental greening in psychological well-being, stress reduction, and inpatient/outpatient psychiatric recovery.



MIND, BODY & MEDICINE WORKSHOP

Mental Health Awareness & Workshop in Shillong Highlights Mind-Body Approaches for Everyday Well-Being.

Shillong, 8 August 2026 — Medical officers from across the state of Meghalaya, doctors and mental-health professionals gathered at the State Convention Centre in Shillong on Saturday for a special **Mental Health Awareness and Mind Body Medicine Workshop**, organised as part of the Indian Psychiatric Society – Meghalaya State Branch Annual Conference.

The interactive event focused on practical ways to improve mental well-being by connecting the mind and body — an approach that is gaining importance for managing stress, anxiety, lifestyle-related problems and overall health in today's fast-paced world.

Chief Guest for the program was Prof. Nicola Carissa Lyngdoh Iangrai, Director, Shillong Medical College.

A special video message was delivered by **Padma Shri Dr. B.N. Gangadhar**, former Director of NIMHANS, former Chair of the National Medical Council, and Advisor to the IPS Task Force on Mind Health in Public Health. He is also associated with the IPS Specialty Section on Yoga and Meditation.

The Mind-Body Medicine Workshop, was an interactive and participatory activity conducted by:

- **Dr. Sanjay Phadke**, Senior Neuro Psychiatrist, Jehangir Hospital Pune and Chairperson of the Mind Health in Public Health IPS Task Force
- **Dr. Sonali Shinde Tesia**, Consultant Psychiatrist at Mind & Wellness Clinic (Shillong & Guwahati) and Convener of Mind Health in Public Health IPS Task Force
- Guest Faculty **Dr. Leena Phadke**, who has trained in Mind Body Medicine at Harvard Medical School (USA) and serves as Professor and Head of Integrative Medicine at SKN Medical College, Pune

Around 20 Medical Officers & Psychiatrists from across the state of Meghalaya participated in this workshop along with other mental health professionals including Psychologists, Nurses and Educators. Participants learned simple, evidence-based techniques that combine modern psychiatry with integrative practices to support emotional balance, reduce stress and promote resilience.

Why This Matters for the Public

Mental health challenges such as stress, anxiety, sleep problems and burnout are increasingly common among people of all ages. Mind-body medicine emphasises that the mind and body are closely linked — practices that calm the mind can improve physical health, and vice versa.

By bringing together senior psychiatrists, public-health experts and government health leaders, the workshop aimed to:

- Raise awareness about mental health among medical officers and the wider community
- Introduce practical tools that can be used in clinics, workplaces and homes
- Strengthen the focus on preventive and holistic approaches to well-being in Meghalaya

Organisers said such programmes help reduce stigma around mental health and encourage people to seek help early while also adopting simple lifestyle practices that support emotional and physical balance.

The event underscored that mental well-being is not only a medical issue but a public-health priority that benefits families, communities and society as a whole



SYNAPSE 2026 PUNE

SYNAPSE 2026 was organized by SPHERE – Society for Prevention, Healthcare & Research in Noncommunicable Diseases in collaboration with Indian psychiatric society, Indian Physician's Association and Endocrine society of India. Inauguration was done by Dr. TSS Rao. Padmshree Dr. B. N. Gangadhar & Dr Arun Marwale took part in a collaborative meeting for the cause to achieve the goal of "Mind Health in

Public Health". The conference focussed on the vital connection between lifestyle, obesity, and sexual health and mental health highlighting the importance of lifestyle modification and positive mental health in preventing and managing metabolic syndromes. There were enriching discussions, knowledge exchange, and the opportunity to contribute to improving patient care through evidence based approach.



AROUND THE GLOBE



Dr. Gautam Saha, Dr. G. Prasad Rao, and Dr. Pallavi V Dhakne participated in the Regional Conference of the Asian Federation of Psychiatric Association (AFPA) held at Indonesia on 1-3 May 2026 where they delivered their scientific papers.



Dr. Rajashree Ray Participated in the Royal College of Psychiatrists International Congress 2026, Liverpool, UK where she participated in several academic and leadership programmes



Dr. T S S Rao participated in the Annual Conference of the British Indian Psychiatric Association (BIPA) on 27-06-2026, where he addressed the theme "Legacy to Leadership in Psychiatry." He highlighted upon the rich history of IPS since its conception in 1947, current membership and the vision for future psychiatrists. In his presentation he was also joined by Dr. Astha Sharma, SAS doctor in the UK who highlighted the newer initiatives, position statements and international collaborations strengthening the South Asian diaspora. In a business meeting with the current leadership of Royal College of Psychiatrist, UK Professor Rao exchanged took initiative in developing a workshop at ANCIPS for improving the well-being of doctors and preventing suicide through Lived Experiences

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



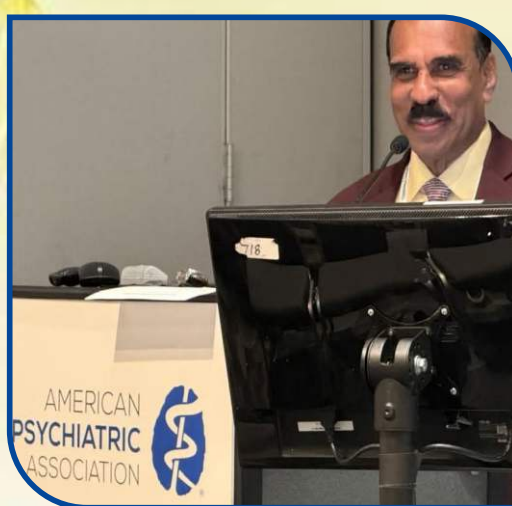
ESTD. 1947



Dr. T S S Rao had the privilege of serving as a Judge, alongside senior psychiatrist Dr. Damini Jayasinghe, for the Awards Session at the 23rd Annual Academic Meeting of the Sri Lanka College of Psychiatrists, held at Hotel Galadari, Colombo, Sri Lanka, on 7 June 2026.



Dr. Vinay Kumar delivered a plenary session at 23rd Annual Sri Lankan Academic Conference held at Colombo



Dr. T S S Rao attended APA on May 2026 held at San Francisco and delivered academic lecture and took part in various meetings with renowned psychiatrists from all over the world. Attended Indian American Psychiatry Association (IAPA) Annual meeting at historical Hibernia, built 1892. With the President Dr. Tanuja Gandhi, Consular General of India at San Francisco Dr. Sikar Reddy, Dr. Dileep Jeste, former President APA & the Board of IAPA. Also participated Sr Sridevi, President British Psychiatric Association, Dr. OP Singh our President Elect & past President Dr. Vinay Kumar. Addressed on strengthening IPS & IAPA heritage & cultural congruence in the coming days

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



ESTD. 1947



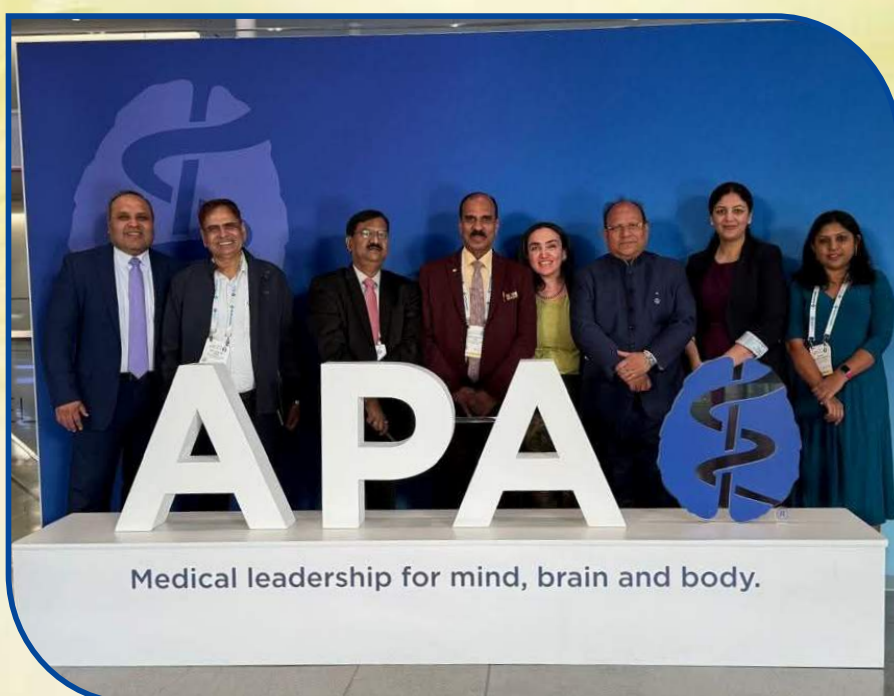
Dr. O P Singh attended APA at San Francisco on May 2026 and took part in leadership activities along with psychiatrists from all over the world. He also took part in academic activities



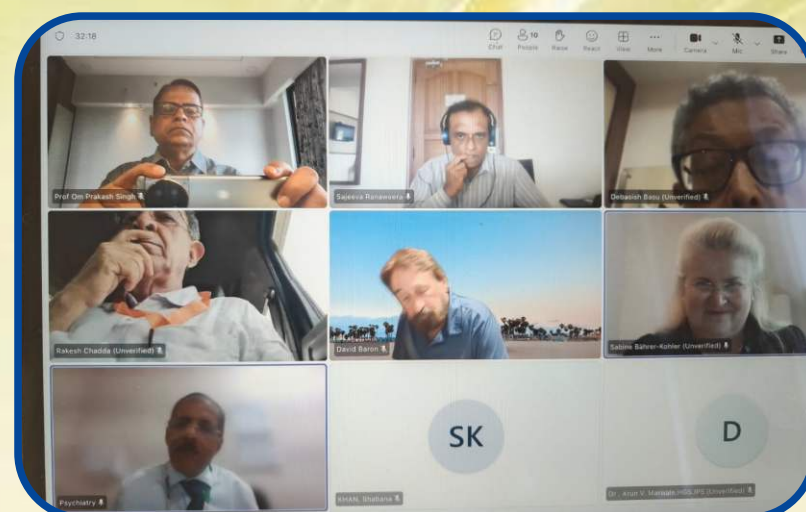
Dr Vinay Kumar attended APA at San Francisco and took part in academic activities



Dr Vinay Kumar attended RCPsych conference at Liverpool



Dr. P Kishan attended APA at San Francisco and took part in academic activities



Meeting with WHO SEARO, WFMH, and IPS Leadership

A productive meeting, initiated by **Dr. Roy Abraham Kallivayalil** and held under his guidance, brought together Mr. Andrew Bruno (WHO South-East Asia Regional Office), Prof. Sabina Bahrer Kohler (President, World Federation for Mental Health), Prof. Debasish Basu (President, Indian Association for Social Psychiatry), and representatives of the Indian Psychiatric Society (IPS), Dr. OP Singh, Dr. Arun Marwale and other colleagues. The discussions focused on strengthening psychiatric services and fostering greater collaboration between WHO SEARO, WFMH, and the Indian Psychiatric Society through academic partnerships, capacity building, and joint initiatives to improve mental health care

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

EDITION: FEBRUARY 2026 - JULY 2026

ISSUE: 01



UPCOMING EVENTS

51st Annual Conference of the
Indian Psychiatric Society - North Zone
ACIPS-NZ 2026

September 26-27, 2026 | Jalandhar, Punjab

THEME
EMERGENCY PSYCHIATRY
Together in Crisis Care,
Together in Mental Health

Under the aegis of Punjab Medical Council

Organized by
Doaba Psychiatric Forum

In association with
Punjab Institute of Medical Sciences (PIMS)

57th Annual Conference of
Psychiatric Society of Western Zone
Hosted by
Psychiatric Society of Goa
In Association with
Institute of Psychiatry and Human Behaviour

Theme:
AI and Human Mind: Conflict, Collaboration
or Coexistence?

2nd, 3rd and 4th October 2026
At Taleigao Community Centre, Taleigao, Panaji - Goa.

ANNOUNCEMENTS

- PSWZ office is inviting nominations and submissions for Award Papers, Posters and Free Paper/Poster Sessions.
- You are requested to refer to the guidelines and rules of individual awards by visiting the zonal website (<https://ipswzb.in/>) before sending the nominations or entries for particular awards. Also check the last date of sending entry/ nomination for a particular award.
- It is mandatory for the presenting author to register as a delegate for the conference.
- All submissions should be sent via e-mail.

Due to your immense response,
we are extending the early bird dates
till 31st July

CLICK TO REGISTER

51st Annual Conference of East Zone Indian Psychiatric Society
CEZIPS 2026
Theme: The Medical Mindscapes - Mind beyond Mind

10 & 11 OCTOBER 2026
VENUE: HOTEL ITC WELCOME, BODHGAYA
(09 OCTOBER PRE CONFERENCE WORKSHOPS & EC MEETING)

www.cezips2026.com

59th Annual Conference of
INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH
Theme: Emerging Trends in Psychiatry
IN ASSOCIATION WITH INDIAN PSYCHIATRIC SOCIETY - TAMILNADU CHAPTER
&
TIRUNELVELI, KANYAKUMARI, TUTICORIN & TENKASI (TKTT) PSYCHIATRIC ASSOCIATION

1st Announcement BROCHURE

16th - 18th OCTOBER 2026

Venue: Rohini College of Engineering, Kanyakumari
ipsocon2026.com

CIPCON 2026
47th Annual Conference
Central Psychiatric Society
(Indian Psychiatric Society-CZ)
25th-27th September 2026, Raipur (CG)
From Foundations to Frontiers: Psychiatry in the Current Era

Organized by
Chhattisgarh Psychiatric Society

Hotel Omayya Garden, Raipur

UPCOMING EVENTS



78th ANNUAL NATIONAL CONFERENCE
OF THE INDIAN PSYCHIATRY SOCIETY

Join **Psychiatrists** from across the Country
at **ANCIPS 2027, MADURAI**
7th - 10th of January 2027

Welcome to
ANCIPS 2027
M A D U R A I



Join us in **Madurai** for an extraordinary
journey that goes beyond **psychiatry**.

Discover **transformative ideas, connect
with experts**, and immerse yourself in the
**rich culture and traditions of one of
India's most historic cities.**



DR K RAMAKRISHNAN
ORGANISING CHAIRMAN



DR SABRIN SONJEEV ROSS R
ORGANISING SECRETARY



DR ARUNKUMAR N
HON. TREASURER

Register Now To Participate!

ancips2027.com

Registration Link



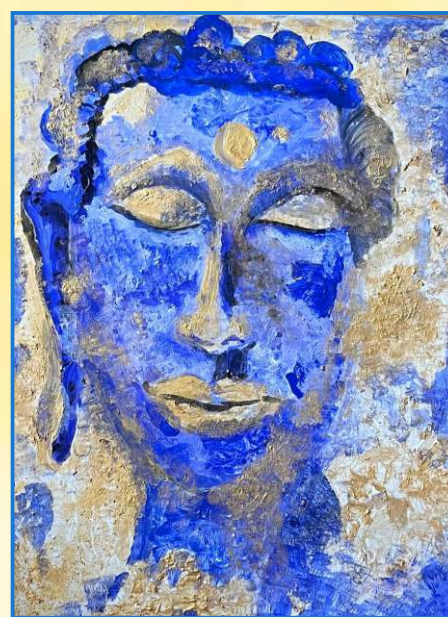
ART GALLERY



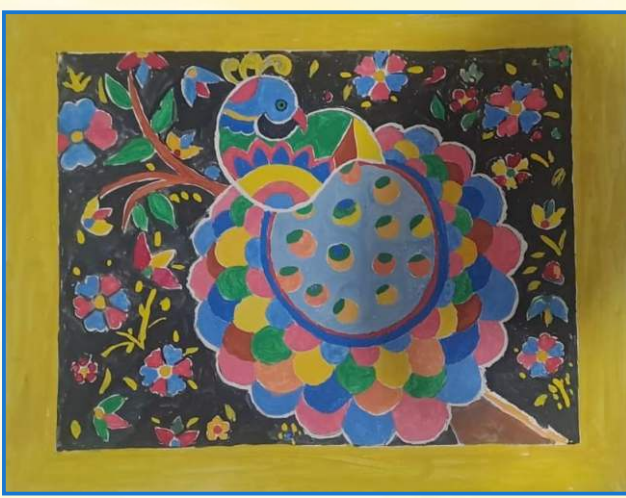
DR. RAJEEV JAIN



DR. ABHIRUCHI CHATTERJEE



DR MONALI DESHPANDE



DR. RAJASHREE RAY

AWARDS AND RECOGNITION



Dr Vishal Akula receive the prestigious Dr. Ketan Desai **“AAO GAON CHALEN”** Award from the Hon'ble Defence Minister of India, Shri Rajnath Singh Ji at Constitution Club of India, New Delhi



Dr Roy A Kallivayalil receives the National IMA Eminent Doctor Personality Award from Sri Rajnath Singh ji, Union Defence Minister during the award ceremony held at Constitution of India Club New Delhi today.

*Thank
You!*

It is with immense gratitude that we thank all the IPS office bearers for entrusting us with the responsibility of bringing out this NEWSLETTER. Our sincere thanks to President Dr. TSS Rao, Vice President Dr. OP Singh, Treasurer Dr. Laxmi Naresh. Vadlamani and Editor Dr. Sujit Sarkhel for their unwavering support, vision, and guidance at every step. We owe our heartfelt thanks to immediate past president Dr Savita Malhotra, immediate past Hon Gen Secretary Dr. Amrit Pattojoshi for their guidance. We also extend our thanks to Mr. Partha Ghose for all his support and help.

We deeply appreciate the dedication of all sub-committee members, task force teams, specialty sections, and zonal secretaries. Your tireless work over the past 6 months and your timely sharing of reports have made this edition possible. Our congratulations to all. We extend our sincere gratitude to every contributor. If, despite of our best efforts, we have inadvertently missed any activity or report or if there is any unintentional errors, we sincerely apologize and assure you it will be featured in the next edition.

With regards,



DR. ARUN V. MARWALE
Hon. General Secretary



DR. ANWESHAK DAS
Asst General Secretary



DR. AMAN KISHORE
Asst General Secretary



DR. SOMASEKHAR BIJJAL
Asst General Secretary



INDIAN PSYCHIATRIC SOCIETY COMMITTEE MEMBERS 2026 - 2027

ASSISTANT HON. GENERAL SECRETARY

Northern Zone	DR. DESIREE SAIMBI
Southern Zone	DR. SOMASHEKHAR BIJJAL
Western Zone	DR. AMOL ASHOK DESHMUKH
Eastern Zone	DR. ANWESHAK DAS
Central Zone	DR. AMAN KISHORE

ASSISTANT HON. TREASURER

Northern Zone	DR. GULBAHAR SINGH SIDHU
Southern Zone	DR. SABITHA BALASUBRAMANIAN
Western Zone	DR. DR. NAKUL VANJARI
Eastern Zone	DR. DR. DIPAYAN SARKAR
Central Zone	DR. MANISH BORASI

SUB-COMMITTEES

ACCREDITATION - SUB-COMMITTEE

Advisor	DR. VEMIREDDY RADHIKA REDDY
Chairperson	DR. SANTOSH KUMAR CHATURVEDI
Co-Chairperson	DR. SWAPNAJEET SAHOO
Co-Chairperson	DR. NITIN GUPTA
Convener	DR. SUKANTO SARKAR
Member	DR. SOURAV DAS
Member	DR. SIDDHANT MATHUR
EC Coordinator	DR. PARAG S. SHAH

AWARDS - SUB-COMMITTEE

Advisor	DR. (BRIG) M. S. V. K. RAJU
Chairperson	DR. ASHOK REDDY KARREDLA
Co-Chairperson	DR. KAMALA DEKA
Co-Chairperson	DR. NEELANJANA PAUL
Convener	DR. ASHISH PAKHRE
Member	DR. BHUSHAN BHAGWAN MHETRE
Member	DR. SUDHIR MAHAJAN
Member	DR. SRILAKSHMI PINGALI
EC Coordinator	DR. (BRIG) JYOTI PRAKASH

CLINICAL PRACTICE GUIDELINES - SUB-COMMITTEE

Advisor	DR. AJIT KUMAR AVASTHI
Chairperson	DR. GAUTAM SHIV K. SHARMA
Co-Chairperson	DR. DR. SANDEEP GROVER
Co-Chairperson	DR. JAHNAVI SHIREESH KEDARE
Convener	DR. PALLAVI VISHNU DHAKNE
Member	DR. ABHINAV TANDON
Member	DR. ABHISHEK ARUNKUMAR SOMANI
Member	DR. INDU P. V.
Member	DR. BINDOO JADHAV
EC Coordinator	DR. NISKA SINHA

CME - SUB-COMMITTEE

Advisor	DR. MRUGESH D. VAISHNAV
Chairperson	DR. SURESHKUMAR MUNIRATHINAM
Co-Chairperson	DR. ASHISH SRIVASTAVA

Co-Chairperson	DR. HITESH KHURANA
Convener	DR. VARUN S. MEHTA
Member	DR. VEDA NEELAKANTH SHETAGERI
Member	DR. ANAMIKA DAS
Member	DR. NUKALA SRI KRISHNA
EC Coordinator	DR. KRISHNA KADAM

CONFERENCE - SUB-COMMITTEE

Advisor	DR. NIMESH G. DESAI
Advisor	DR. MALIPATIL V. A.
Chairperson	DR. ARABINDA BRAHMA
Co-Chairperson	DR. NARAYAN RAGHVENDRA MUTALIK
Co-Chairperson	DR. NIMISHA DESAI
Convener	DR. CHINTAN MADHUSUDAN RAVAL
Member	DR. ARUN KUMAR NAGASUNDARAM
Member	DR. KAMALIKA MANDAL
EC Coordinator	DR. ASHISH V. SABOO

CONSTITUTION - SUB-COMMITTEE

Advisor	DR. RAJESH RASTOGI
Chairperson	DR. C. L. NARAYAN
Co-Chairperson	DR. UTTAM C. GARG
Co-Chairperson	DR. ANIL VISHNU RANE
Convener	DR. VENKATA SURYANARAYANA G MURTY
Member	DR. DEBJANI DAS
Member	DR. SHRI GOPAL GOYAL
EC Coordinator	DR. RAVEESH B. N.

CULTURAL - SUB-COMMITTEE

Advisor	DR. SUDHIR BHAVE
Advisor	DR. JAYANTA DAS
Chairperson	DR. SUSHIL DADAJI GAWANDE
Co-Chairperson	DR. KALMANE SRIDHARA PAVITRA
Co-Chairperson	DR. AMARJEET POPLI
Convener	DR. SACHI ASHOKKUMAR BANG
Member	DR. KANIKA DAS
Member	DR. JALPA PRAJESH BHUTA
EC Coordinator	DR. TANMAINI DAS

DISABILITY ASSESSMENT TOOL - SUB-COMMITTEE

Advisor	DR. PADMAVATI RAMACHANDRAN
Chairperson	DR. ALKA A. SUBRAMANYAM
Co-Chairperson	DR. THOMAS JOHN
Co-Chairperson	DR. C. RAMASUBRAMANIAN
Convener	DR. MANUSHREE GUPTA
Member	DR. T SIVAKUMAR
Member	DR. SHARAD PHILIP
EC Coordinator	DR. PARAG S. SHAH

EDUCATIONAL INSTITUTIONAL MENTAL HEALTH - SUB COMMITTEE

Advisor	DR. INDLA RAMASUBBA REDDY
Chairperson	DR. SANDEEP VOHRA
Co-Chairperson	DR. JITENDRA NAGPAL
Co-Chairperson	DR. PANKAJ VERMA
Convener	DR. SHIVANANDA MANOHAR J.
Member	DR. VIJAY NIRANJAN
	DR. KUNWAR VAIBHAV
EC Coordinator	DR. PANKAJ KUMAR

ETHICS - SUB-COMMITTEE

Advisor	DR. VIDYA DHAR MEEL
Chairperson	DR. SURESH BADA MATH
Co-Chairperson	DR. KSHIROD KUMAR MISHRA
Co-Chairperson	DR. ABHAY KUMAR DE
Convener	DR. SURJEET SAHOO
Member	DR. MANSOOR AHMAD DAR
Member	DR. SHATABDI KUNDU SAHA
EC Coordinator	DR. KRISHNA KADAM

FACULTY DEVELOPMENT - SUB COMMITTEE

Advisor	DR. PRATIMA MURTHY
Advisor	DR. PRATAP SHARAN
Chairperson	DR. KISHOR M.
Co-Chairperson	DR. KAILASH RAMDHAN JHALANI
Co-Chairperson	DR. PARAMITA RAY
Convener	DR. ARGHYA PAL
Member	DR. POOJA SHATADAL
Member	DR. JYOTSNA JAIN
EC Coordinator	DR. PANKAJ KUMAR

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER



EDITION: FEBRUARY 2026 - JULY 2026



ISSUE: 01



ESTD. 1947

FINANCE & INTERNAL AUDIT - SUB-COMMITTEE

Advisor	DR. RAJNI CHATTERJI
Chairperson	DR. LAXMI NARESH VADLAMANI
Co-Chairperson	DR. JAISUKH M. PARMAR
Co-Chairperson	DR. GANGARAM KAMATI
Convener	DR. RANJAN BISWAS
Member	DR. NITISHA VERMA
Member	DR. PRINCE GARG
EC Coordinator	DR. SANDEEP KUMAR GOYAL

INTERNATIONAL AFFAIRS - SUB-COMMITTEE

Advisor	DR. ROY ABRAHAM KALLIVAYALIL
Advisor	DR. GAUTAM SAHA
Chairperson	DR. MAMTA SOOD
Co-Chairperson	DR. SWARNDEEP SINGH
Co-Chairperson	DR. VISHAL INDLA
Convener	DR. GAUTAM BANSILAL SHAH
Member	DR. CHHITIJ SRIVASTAVA
Member	DR. SONAKSHI JYRWA
EC Coordinator	DR. P. KISHAN

INTERNATIONAL RESEARCH COLLABORATION - SUB-COMMITTEE

Advisor	DR. G. PRASAD RAO
Advisor	DR. VIVEK BENEGAL
Chairperson	DR. MURALIDHARAN K.
Co-Chairperson	DR. SAYANTI GHOSH
Co-Chairperson	DR. ARSHAD HUSSAIN
Convener	DR. ROSHAN BHAD
Member	DR. GEETA SOOHINDA
Member	DR. BIJU VISWANATH
EC Coordinator	DR. VIPUL SINGH

IPS FOUNDATION DAY - SUB-COMMITTEE

Advisor	DR. UDAY KUMAR SINHA
Chairperson	DR. RAJASHREE RAY
Co-Chairperson	DR. ARUNA YADIYAL
Co-Chairperson	DR. MINHAJZAFER MUSHTAQUE ALI NASIRABADI
Convener	DR. GYANENDRA RAGHUVANSHI
Member	DR. CHAYANIKA SARMA
Member	DR. YAMINI DEVENDRAN
Member	DR. JAYANT MURLIDHAR DHAKE
Member	DR. SACHIN ARORA
Member	DR. DISHA MUKHERJEE
Member	DR. VIPUL JANARDAN
EC Coordinator	DR. NISKA SINHA

JOURNAL - SUB-COMMITTEE

Advisor	DR. RAJESH SAGAR
Chairperson	DR. SUJIT SARKHEL
Co-Chairperson	DR. ROSHAN VITTHALRAO KHANANDE
Co-Chairperson	DR. VIJAY PATHAK
Co-Chairperson	DR. SMITHA C.A.
Convener	DR. DHIMAN R. BHARADWAJ
Member	DR. SABREENA QADRI

Member	DR. ARGHYA HALDER
EC Coordinator	DR. VIPUL SINGH

LEGAL - SUB-COMMITTEE

Advisor	DR. INDIRA SHARMA
Advisor	DR. SURESH CHAKRAVARTY
Chairperson	DR. BHARAT SINGH SHEKHAWAT
Co-Chairperson	DR. PRASANTA KUMAR MOHAPATRA
Co-Chairperson	DR. ANITHA R.
Convener	DR. GURU S.
Member	DR. NIWANT MURLIDHAR HARALE
Member	DR. ABHA BANG SONI
Member	DR. IMTIYAZ HUSSAIN MANSOOR
EC Coordinator	DR. RAVEESH B. N.

MEDIA AND ADVOCACY - SUB-COMMITTEE

Advisor	DR. HARISH KUMAR KRISHNA SHETTY
Chairperson	DR. RIMA MUKHERJI
Co-Chairperson	DR. VIKRANT CHANDRAKANT PATANKAR
Co-Chairperson	DR. PANKAJ KUMAR
Convener	DR. MANISH BATHLA
Member	DR. SHEENA G. SOMAN
Member	DR. AKSHADA AMONKAR
EC Coordinator	DR. MANASWI GAUTAM

MEDICAL STUDENT'S MENTAL HEALTH - SUB-COMMITTEE

Advisor	DR. OM PRAKASH
Chairperson	DR. JAYA PRAKASHAN K. P
Co-Chairperson	DR. SHIVANAND KATTIMANI
Co-Chairperson	DR. PAYEL TALUKDAR
Convener	DR. KATHAKALI CHATTERJEE
Member	DR. SADEQ QURESHI
Member	DR. ANGAD SINGH KOCHAR
EC Coordinator	DR. ABDUL MAJID

MEMBERSHIP - SUB-COMMITTEE

Advisor	DR. ASIM KUMAR MALLICK
Chairperson	DR. MAHESH R. GOWDA
Co-Chairperson	DR. GANESH SHANKER
Co-Chairperson	DR. CHINTAN K. SOLANKI
Convener	DR. JAVID AHMAD SHIEKH
Member	DR. SAYANTI GHATAK
Member	DR. NIKHIL P. CHOUGULE
EC Coordinator	DR. KRISHNA KADAM

MENTAL HOSPITALS - SUB-COMMITTEE

Advisor	DR. M. MALAIAPPAN
Chairperson	DR. DEEPAK KUMAR
Co-Chairperson	DR. KANGKAN PATHAK
Co-Chairperson	DR. RAJENDRA YADAVRAO SHIRSATH
Convener	DR. YERRA SREEDHAR RAJU
Member	DR. KALEEM AHMAD NADEEM
Member	DR. SANDEEP LAHANE
EC Coordinator	DR. ASHISH V. SABOO

PARLIAMENTARY AFFAIRS - SUB-COMMITTEE

Advisor	DR. B. S. V. PRASAD
Chairperson	DR. SHIV PRASAD
Co-Chairperson	DR. NAND KUMAR
Co-Chairperson	DR. GORAV GUPTA
Convener	DR. BHAVUK GARG
Member	DR. SHIPRA SINGH
Member	DR. JITENDER ANEJA
EC Coordinator	DR. SANDEEP KUMAR GOYAL

PG EDUCATION - SUB-COMMITTEE

Advisor	DR. NILESH BHAGWANDAS SHAH
Chairperson	DR. ANIL NISCHAL
Co-Chairperson	DR. NARESH NEBHINANI
Co-Chairperson	DR. VIJAYA CHANDRA REDDY A.
Convener	DR. IMON PAUL
Member	DR. PRIYA SREEDARAN
Member	DR. SIVARAMAN SUBRAMANIAN
EC Coordinator	DR. PANKAJ KUMAR

PUBLIC EDUCATION - SUB-COMMITTEE

Advisor	DR. SANJAY GUPTA
Chairperson	DR. RAJESHKUMAR CHANDRAKANT MANIAR
Co-Chairperson	DR. VAIBHAV DUBEY
Co-Chairperson	DR. NAHID SURAIYA ISLAM
Convener	DR. SHREYAS SHRIKANT PENDHARKAR
Member	DR. BOBBY HMAR
Member	DR. TAME KENA
EC Coordinator	DR. KAUSTAV CHAKRABORTY

PUBLICATIONS - SUB-COMMITTEE

Advisor	DR. PADMA SUDHAKAR THATIKONDA
Chairperson	DR. ADARSH TRIPATHI
Co-Chairperson	DR. RAJSHEKHAR BIPETA
Co-Chairperson	DR. SAI KRISHNA PULI
Co-Chairperson	DR. DEBADATTA MOHAPATRA
Convener	DR. ARATRIKA SEN
Member	DR. SANDESH VISHVANATH PATIL
Member	DR. NIDHI SHARMA
Member	DR. PRAVIN RAMESH SALUNKHE
Member	DR. JITENDRIYA BISWAL
EC Coordinator	DR. P. KISHAN

QUIZ - SUB-COMMITTEE

Advisor	DR. SANJAY GARG
Chairperson	DR. ANIL KAKUNJE
Co-Chairperson	DR. SONIA SHENOY
Co-Chairperson	DR. NUPUR NIHARIKA
Co-Chairperson	DR. NILIMA DEEPAK SHAH
Convener	DR. SANDESH PASUMARTHY
Member	DR. MADHU VAMSI G
Member	DR. DEVIKA
EC Coordinator	DR. PARAG S. SHAH

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

✍ EDITION: FEBRUARY 2026 - JULY 2026

📁 ISSUE: 01



ESTD. 1947

RESEARCH - SUB-COMMITTEE

Advisor	DR. HENAL SHAH
Chairperson	DR. SAMIR KUMAR PRAHARAJ
Co-Chairperson	DR. KOUSHIK SINHA DEB
Co-Chairperson	DR. ASHIS DEBNATH
Convener	DR. SANGHA MITRA GODI
Member	DR. VIPUL MEHROTRA
Member	DR. SWARNA BUDDHA NAYOK
Member	DR. SHRUTI AGNIHOTRI
EC Coordinator	DR. RAVINDRA N. MUNOLI

SOCIAL SECURITY SCHEME - SUB-COMMITTEE

Advisor	DR. ANAND KRISHNAMURTHY HANDIGOL
Advisor	DR. SUDARSAN K.
Chairperson	DR. JOSEPH P. VARGHESE
Co-Chairperson	DR. MUKESH P. JAGIWALA
Co-Chairperson	DR. ROOP SIDANA
Convener	DR. BIMAL MUKESHCHANDRA TAMAKUWALA
Member	DR. NIKHIL GORDHANBHAI PATEL
Member	DR. HEMANT ANANT BELSARE
Member	DR. DHARMENDRA VITTHALRAO KENDRE
EC Coordinator	DR. RAVINDRA N. MUNOLI

SPORTS - SUB-COMMITTEE

Advisor	DR. T. SUDHIR
Advisor	DR. B. R. MADHUKAR
Chairperson	DR. PAVAN KUMAR K.

Co-Chairperson	DR. KADAM MANGESH
Co-Chairperson	DR. SUVENDU NARAYAN MISHRA
Co-Chairperson	DR. AMIL HAYAT KHAN
Convener	DR. MANSI VORA
Member	DR. SHERYL JOHN SENTHILNATHAN
Member	DR. DEVIKA SHARAD PATIL
EC Coordinator	DR. AMAR H. SHINDE

SUPERSPECIALITY CERTIFICATE COURSES - SUB-COMMITTEE

Advisor	DR. P. K. SINGH
Advisor	DR. SMITA NEELKANTH DESHPANDE
Chairperson	DR. ABHAY MATKAR
Co-Chairperson	DR. PRANAB MAHAPATRA
Co-Chairperson	DR. MAHADEV SINGH SEN
Convener	DR. SHALINI NAIK
Member	DR. MAYUR KIRAN MUTHE
Member	DR. PRAJAKTA SUSHIL PATKAR
EC Coordinator	DR. KAUSTAV CHAKRABORTY

TECHNOLOGY - SUB-COMMITTEE

Advisor	DR. RUMA BHATTACHARYA
Advisor	DR. MARY CONSEPION DSOUZA
Chairperson	DR. DARPAN KAUR
Co-Chairperson	DR. RAJIV KUMAR SAINI
Co-Chairperson	DR. STEPHEN AMARJEET JIWANMALL
Convener	DR. DIPTADHI MUKHERJEE
Member	DR. NAVEN KUMAR CHANNAVEERACHARI
Member	DR. SUCHETA CHATTERJEE
EC Coordinator	DR. KAUSTAV CHAKRABORTY

UG EDUCATION - SUB-COMMITTEE

Advisor	DR. RAVI GUPTA
Chairperson	DR. AMIT KUMAR BHATTACHARYA
Co-Chairperson	DR. AJAY KUMAR BAKHLA
Co-Chairperson	DR. KIRAN KUMAR K
Convener	DR. CHRISTINA GEORGE
Member	DR. NEELI UMA JYOTHI
Member	DR. AMBU PANDEY
EC Coordinator	DR. HEENA MERCHANT

WEBSITE - SUB-COMMITTEE

Advisor	DR. ROHIT VERMA
Chairperson	DR. RAGUL GANESH
Co-Chairperson	DR. ANANT RANA
Co-Chairperson	DR. SUBRATA NASKAR
Convener	DR. POOJA SHAKYA
Member	DR. VIRINCHI SHARMA
Member	DR. DISHA ALKESHBHAI VASAVADA
Member	DR. TANMAY JOSHI
EC Coordinator	DR. KAUSTAV CHAKRABORTY

YOUNG PSYCHIATRY - SUB-COMMITTEE

Advisor	DR. DEBJANI BANDYOPADHYAYA
Advisor	DR. PRITAM OMPRAKASH CHANDAK
Chairperson	DR. SAMIKSHA SAHU
Co-Chairperson	DR. N G NIHAL
Co-Chairperson	DR. KASHYPI GARG
Convener	DR. SONALIKA MONDAL
Member	DR. JEET GIRDHARBHAI NADPARA
Member	DR. DHRUV JAISUKH PARMAR
EC Coordinator	DR. HEENA MERCHANT

SPECIALTY SECTIONS

ADDICTION MEDICINE - SPECIALTY SECTION

Advisor	DR. DEBASISH BASU
Advisor	DR. MANMEET SINGH
Chairperson	DR. VISHAL AKULA
Co-Chairperson	DR. LAKHAN RUDABHAI KATARIA
Co-Chairperson	DR. VENKATA LAKSHMI NARASIMHA
Co-Chairperson	DR. ABHISHEK GHOSH
Convener	DR. RAVINDRA RAO
Member	DR. SAMBHU PRASAD
Member	DR. BILAL AHMAD BHAT
EC Coordinator	DR. AMAR H. SHINDE

ART & PSYCHIATRY – SPECIALTY SECTION

Advisor	DR. DEBASIS BHATTACHARYA
Advisor	DR. HARISH PANDHARINATH BEDEKAR
Chairperson	DR. DEEPALI GUL
Co-Chairperson	DR. SANJAY SATYAWAN JADHAV
Co-Chairperson	DR. LOKESH BABU
Convener	DR. BHAKTISHREE RAHA

Member	DR. CHETAN DALPATBHAI HANSALIA
Member	DR. SREELAKSHMI VAIDYANATHAN
EC Coordinator	DR. MANASWI GAUTAM

BIOLOGICAL PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. SANJEEV JAIN
Chairperson	DR. MANIK CHANGOJI BHISE
Co-Chairperson	DR. BHAVESHKUMAR MANHARLAL LAKDAWALA
Co-Chairperson	DR. MANU ARORA
Convener	DR. URVAKHSH MEHERWAN MEHTA
Member	DR. AVANI AMRUT SARVAIYA
Member	DR. NACHIKETA DESAI
Member	DR. SHABIR AHMAD DAR
Member	DR. SHIVANGNI SINGH
EC Coordinator	DR. P. KISHAN

CHILD PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. JAI RANJAN RAM
Advisor	DR. JYOTI SHETTY
Chairperson	DR. ARVIND PANCHANADIKAR

Co-Chairperson	DR. CHINMAY BARHALE
Co-Chairperson	DR. PRASANNA KUMAR NERDUMILLI
Convener	DR. SUHAS CHANDRAN
Member	DR. DEEPANJALI DILIPRAO DESHMUKH
Member	DR. ABHILASHA YADAV
Member	DR. EESHA SHARMA
Member	DR. HARINI ATTURU
Member	DR. ANSHU VERMA
EC Coordinator	DR. SAGAR LAVANIA

COLLEGE MENTAL HEALTH - SPECIALTY SECTION

Advisor	DR. AJIT V. BHIDE
Chairperson	DR. SHUBHANGI RAGHNATH PARKAR
Co-Chairperson	DR. JAYAPRAKASH RUSSELL RAVAN
Co-Chairperson	DR. MANOJ KUMAR SAHU
Convener	DR. ADITYA SOMANI
Member	DR. REHANA AMIN
Member	DR. SUMA T. UDUPA
EC Coordinator	DR. SANDEEP KUMAR GOYAL

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER



EDITION: FEBRUARY 2026 - JULY 2026



ISSUE: 01



ESTD. 1947

COMMUNITY PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. BHARAT MANIRAM VATWANI
Advisor	DR. KADIVETI UDAYA KUMAR
Chairperson	DR. MUKTESH KAKASAHEB DAUND
Co-Chairperson	DR. ABIR MUKHERJEE
Co-Chairperson	DR. MARY ANJU KURUVILLA
Convener	DR. RAJINDER KUMAR
Member	DR. JISHNU BHATTACHARYA
Member	DR. RUPALI SHANKARLA KARWA
Member	DR. S A IDREES
EC Coordinator	DR. ABDUL MAJID

CONSULTATION LIAISON PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. GAUTAM KUMAR BANDYOPADHYAY
Chairperson	DR. DEEPAK K. GHORMODE
Co-Chairperson	DR. ARUL SARAVANAN RAMCHANDRAN
Co-Chairperson	DR. ANUPAM VINAYAK RATHOD
Convener	DR. PRIYANKA AMIT DHARMADHIKARI
Member	DR. KIRAN VITTHALRAO BODKHE
Member	DR. SAI KIRAN PUSUPULA
EC Coordinator	DR. VIPUL SINGH

DISASTER & EMERGENCY PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. SUPRAKASH CHAUDHURY
Chairperson	DR. R. K. LENIN
Co-Chairperson	DR. C. PANNEER SELVAN
Co-Chairperson	DR. JAYANTA DUTTA
Convener	DR. SONALI SHINDE - TESIA
Member	DR. YAMINI KANNAPPAN
Member	DR. RAVI KUMAR SHARMA
EC Coordinator	DR. ABDUL MAJID

ENVIRONMENT & PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. RAM GHULAM RAZDAN
Advisor	DR. SONIA PARIAL
Chairperson	DR. MINA CHANDRA
Co-Chairperson	DR. ASHWIN JHALANI
Co-Chairperson	DR. PRIYAJYOTI CHAKMA
Convener	DR. SAURABH TANDON
Member	DR. PURAV KUMAR MIDHA
Member	DR. VIJAYA CHANDRAKANT SAKPAL
EC Coordinator	DR. UMESH S. NAGAPURKAR

FETAL & INFANT MENTAL HEALTH - SPECIALTY SECTION

Advisor	DR. DEVASHISH KONAR
Advisor	DR. RITAMBHARA YESHWANT MEHTA
Chairperson	DR. SATYA RAJ
Co-Chairperson	DR. SEEMA PARIJA
Co-Chairperson	DR. KUMARI RINA
Convener	DR. JIGYANSA IPSITA PATTNAIK
Member	DR. HRSHIKESH GIRI PRASAD MANCHALA
Member	DR. LAKSHMI SRAVANTI TANUKU
EC Coordinator	DR. TANMAINI DAS

FORENSIC PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. IVAN S. NETTO
Chairperson	DR. RANGANATH R KULKARNI
Co-Chairperson	DR. PRASAD PADMAKAR DESHPANDE
Co-Chairperson	DR. B. J. P. MALLIKA
Convener	DR. SHRUTI SRIVASTAVA
Member	DR. MANISH NIGAM
Member	DR. SUDHAKAR S.
Member	DR. NIKHIL GOEL
EC Coordinator	DR. RAVEESH B. N.

GERIATRIC PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. SHRIKANT SHRIVASTAVA
Chairperson	DR. SIVAKUMAR PALANIMUTHU THANGARAJU
Co-Chairperson	DR. UTTAM MAJUMDER
Co-Chairperson	DR. ARVIND NONGPIUR
Convener	DR. TAJAMUL HUSSAIN DAR
Member	DR. PARUL PRASAD
Member	DR. VIDYA K L
EC Coordinator	DR. VIPUL SINGH

INTERPERSONAL, TRANSACTIONAL AND CBTS - SPECIALTY SECTION

Advisor	DR. RAJESH RAMESH DHUME
Advisor	DR. MONALI SAMEER DESHPANDE
Chairperson	DR. SUKHADA ABHIRAM
Co-Chairperson	DR. SANCHARI ROY
Co-Chairperson	DR. TATHAGATA MAHINTAMANI
Convener	DR. SAMEER MALHOTRA
Member	DR. SANTOSH LOGANATHAN
Member	DR. NEELIMA V
EC Coordinator	DR. PARAG S. SHAH

LITERATURE & PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. SANJAY BAROT
Advisor	DR. SOUMITRA GHOSH
Chairperson	DR. TUSHAR JAGAWAT
Co-Chairperson	DR. JAIKUMAR VELAYUDHAM
Co-Chairperson	DR. RANJAN BHATTACHARYYA
Convener	DR. DILLIP KUMAR DASH
Member	DR. PRASHANT C. JARIWALA
Member	DR. INSHA RAUF
Member	DR. KAREENA ARORA
EC Coordinator	DR. ASHISH V. SABOO

MILITARY PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. (AVM) KAUSHIK CHATTERJEE
Chairperson	DR. (BRIG) VINAY SINGH CHAUHAN
Co-Chairperson	DR. (COL) PRATEEK YADAV
Co-Chairperson	DR. (COL) ANURAG TIMOTHY
Convener	DR. (LT. COL) S.P. PANDA
Member	DR. (SURG. CDR) NEHA SHARMA
Member	DR. (LT. COL) RACHIT SHARMA
Member	DR. (LT. COL) MADHUBRATA RAY
EC Coordinator	DR. (BRIG) JYOTI PRAKASH

NEUROMODULATION - SPECIALTY SECTION

Advisor	DR. NISHANT GOYAL
Advisor	DR. SHUBH MOHAN SINGH
Chairperson	DR. SAI KRISHNA TIKKA
Co-Chairperson	DR. SREERAJ V.S.
Co-Chairperson	DR. ABHISHEK CHOWHAN
Convener	DR. MEDIKONDA MEENA KUMARI
Member	DR. PARUL PARIKSHIT TANK
Member	DR. ANUP SUBHAS BHARATI
Member	DR. AMIT SINGH
Member	DR. ABHINAV CHICHRA
EC Coordinator	DR. (BRIG) JYOTI PRAKASH

PRIVATE PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. G. GOPALAKRISHNAN
Advisor	DR. UDAY CHAUDHURY
Chairperson	DR. A. JAGADISH
Co-Chairperson	DR. QUADRI MERAJ
Co-Chairperson	DR. SELVARAJ K.
Convener	DR. PUSHKAR NIGAM
Member	DR. AKSHIKA VERMANI
Member	DR. ROHIT DESHMUKH
EC Coordinator	DR. UMESH S. NAGAPURKAR

PSYCHOPHARMACOLOGY - SPECIALTY SECTION

Advisor	DR. CHITTARANJAN ANDRADE
Advisor	DR. RAM CHANDRA DAS
Chairperson	DR. SHAHUL AMEEN
Co-Chairperson	DR. GOVIND MUKUND KULKARNI
Co-Chairperson	DR. RAMAN DEEP
Convener	DR. SIMON KISAN AWALE
Member	DR. RATNESH KURARIYA
Member	DR. ANUPAMA KORLAKUNTA
Member	DR. VAIBHAVI P S
EC Coordinator	DR. HEENA MERCHANT

PSYCHOTHERAPIES - SPECIALTY SECTION

Advisor	DR. MATHEW VARGHESE
Chairperson	DR. PRATHAMA GUHA CHAUDHURI
Co-Chairperson	DR. SONA JAYESH KAKAR
Co-Chairperson	DR. AJAY KUMAR
Convener	DR. RAJEEV RANJAN
Member	DR. ANIRUDDHA BASU
Member	DR. NIKHITA KULKARNI
Member	DR. VIBHA K V
EC Coordinator	DR. SAGAR LAVANIA

PSYCHO-DERMATOLOGY - SPECIALTY SECTION

Advisor	DR. HARISH ARORA
Chairperson	DR. SAVITHA S
Co-Chairperson	DR. UVAIS N A
Co-Chairperson	DR. SWAPNA B
Convener	DR. SURJYA ROY
Member	DR. CHINMAY DESHPANDE
Member	DR. BANDITA PHUKAN
EC Coordinator	DR. RAVINDRA N. MUNOLI

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

✍ EDITION: FEBRUARY 2026 - JULY 2026

📁 ISSUE: 01



ESTD. 1947

REHABILITATION PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. HEMA THAROOR
Chairperson	DR. RADHAKRISHNAN V. K.
Co-Chairperson	DR. VINAYAK GURNATHRAO PATIL
Co-Chairperson	DR. RAJESHKRISHNA P. DAMODARA BHANDARY
Convener	DR. SURENDRA PALIWAL
Member	DR. SOUMYA CHATTERJEE
Member	DR. KRITIKA CHAWLA
EC Coordinator	DR. AMAR H. SHINDE

RURAL PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. RAJEEV KUMAR GUPTA
Chairperson	DR. SANTOSH MAHADEO BINAWADE
Co-Chairperson	DR. SEEPANA RADHARANI
Co-Chairperson	DR. KHYATI BHAVIN MEHTALIA
Convener	DR. VUNDI MANASA RAM
Member	DR. PADMA ANGMO
Member	DR. MAHIMA BHASKARA ACHARYA
Member	DR. JAVED RAJESAB ATTAR
EC Coordinator	DR. TANMAINI DAS

SCHOOL MENTAL HEALTH - SPECIALTY SECTION

Advisor	DR. SATYAJIT ASH
Advisor	DR. KERSI CHAVDA
Chairperson	DR. AVINASH DE SOUSA
Co-Chairperson	DR. MANJU BHASKAR
Co-Chairperson	DR. RAJESH KUMAR CHANDEL
Convener	DR. RASHMI SHUKLA
Member	DR. SUBHASH DAS
Member	DR. PORIMITA CHUTIA
EC Coordinator	DR. NISKA SINHA

SEXUAL MEDICINE - SPECIALTY SECTION

Advisor	DR. LAXMIKANT RATHI
Chairperson	DR. NEENA SANJIV SAWANT
Co-Chairperson	DR. SWATHI MISHRA
Co-Chairperson	DR. PAWAN SATYANARAYAN RATHI
Convener	DR. PHANIKANTH KONDAPARTHI
Member	DR. AMIT DEVIDASRAO TAK
Member	DR. SURESH SHANKAR PATIL
EC Coordinator	DR. NISKA SINHA

SPIRITUALITY PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. (LT. COL. RETD) HARIHAR CHILUKURI
Chairperson	DR. ANJU DHAWAN
Co-Chairperson	DR. T. MADHUSUDAN
Co-Chairperson	DR. SHARANYA JANGILI
Convener	DR. SHRADDHA SHIVAJI JADHAV
Member	DR. ANANTA MANNA
Member	DR. B. RAVI SHANKAR
EC Coordinator	DR. P. KISHAN

SUICIDE PREVENTION - SPECIALTY SECTION

Advisor	DR. LAKSHMI VIJAYAKUMAR
Chairperson	DR. VIKAS MENON
Co-Chairperson	DR. SNEHIL GUPTA
Co-Chairperson	DR. HARINI K C
Convener16348	DR. PRIYANKA SHARMA
Member	DR. VIJENDER SINGH
Member	DR. SWATI RAVINDRAN
EC Coordinator	DR. PANKAJ KUMAR

TRIBAL PSYCHIATRY - SPECIALTY SECTION

Advisor	DR. TOPHAN PATI
Chairperson	DR. SANJAY KUMAR MUNDA
Co-Chairperson	DR. SAMRAT KAR
Co-Chairperson	DR. AARTI AMRUT BANG
Convener	DR. BONDONA TIMUNGPI
Member	DR. TIRTHANKAR DASGUPTA
Member	DR. MOHD ABRAR AHMAD GUROO
EC Coordinator	DR. (BRIG) JYOTI PRAKASH

WOMEN MENTAL HEALTH - SPECIALTY SECTION

Advisor	DR. BHUPINDERJIT KAUR WARAICH
Advisor	DR. HARVANDAN KAUR BEDI
Chairperson	DR. ANITA GAUTAM
Co-Chairperson	DR. PALLAVI A. JOSHI
Co-Chairperson	DR. NEERU BALA
Convener	DR. SRABANI CHAKRABARTI
Member	DR. MADHUMITA RAJENDRA BHALEY
Member	DR. PALLABI SAHU
EC Coordinator	DR. HEENA MERCHANT

YOGA & MEDITATION - SPECIALTY SECTION

Advisor	DR. B. N. GANGADHAR
Chairperson	DR. SHIVARAMA VARAMBALLY
Co-Chairperson	DR. SUDAM HAJANRAO MOGLE
Co-Chairperson	DR. MADHURIMA GHOSH
Convener	DR. VANI BADRISH KULHALLI
Member	DR. SHASHIKANT SINGH RAJPUT
Member	DR. BHARATH HOLLA
EC Coordinator	DR. MANASWI GAUTAM

TASK FORCES

FINANCIAL AWARENESS - TASK FORCE

Advisor	DR. JAGDISH RAJ THAPPA
Chairperson	DR. SWAMINATH GOPAL RAO
Co-Chairperson	DR. RAJAGOPAL RAJENDRA
Co-Chairperson	DR. VISHAL CHHABRA
Co-Chairperson	DR. RAKESH BANAL
Convener	DR. RAKESH KUMAR
Member	DR. KIRTI PRASHANT DESHMUKH
Member	DR. ATUL SHANKARRAO PATIL
EC Coordinator	DR. RAVINDRA N. MUNOLI

IPS ARCHIVE - TASK FORCE

Advisor	DR. PALLAB K. MAULIK
Chairperson	DR. SUBIR BHATTACHARJEE
Co-Chairperson	DR. BHALCHANDRA PRABHAKAR KALMEGH
Co-Chairperson	DR. PREETHI K
Convener	DR. ARIJIT MONDAL
Member	DR. PRAVEEN TRIPATHI
Member	DR. AISHWARYA RAO
EC Coordinator	DR. UMESH S. NAGAPURKAR

IPS CALENDAR – TASK FORCE

Advisor	DR. SUPRIYA HEGDE AROOR
Chairperson	DR. PADMA KALI KAR
Co-Chairperson	DR. PALI RASTOGI
Co-Chairperson	DR. ANUP MANAKLAL RATHI
Convener	DR. MAHUA JANA DUBEY
Member	DR. RAHUL RATAN BAGLE
Member	DR. HASEEB KHAN
EC Coordinator	DR. SANDEEP KUMAR GOYAL

IPS DIGITAL PLATFORM - TASK FORCE

Advisor	DR. VIVEK CHINTAMAN KIRPEKAR
Chairperson	DR. SIDDHARTH SARKAR
Co-Chairperson	DR. C. SADHANAND
Co-Chairperson	DR. SUMIT RANA
Convener	DR. JANAKI RAJAGOPALAN
Member	DR. APURVA
Member	DR. RUHI SATIJA
Member	DR. RASHI AGARWAL
EC Coordinator	DR. ASHISH V. SABOO

IPS PODCAST - TASK FORCE

Advisor	DR. VIPUL KUMAR TYAGI
Chairperson	DR. ARCHANA ABHIMANYU SINGH
Co-Chairperson	DR. V. GEORGE REDDY
Co-Chairperson	DR. DHANANJAY V. ASHTURKAR
Convener	DR. PIYALI GHOSH
Member	DR. ANUHYA GUYTON GUNTURU
Member	DR. PRITI SINGH
EC Coordinator	DR. MANASWI GAUTAM

LEADERSHIP DEVELOPMENT – TASK FORCE

Advisor	DR. SHASHI RAI
Advisor	DR. SARMISHTHA CHAKRABARTI
Chairperson	DR. DEEPAK SADASHIV RATHOD
Co-Chairperson	DR. RUKSHEDA NAZLI SYEDA
Co-Chairperson	DR. MD. REZAUL HAMID
Convener	DR. SMITA NIKHIL PANSE (PATANKAR)
Member	DR. SUMANTA DAWN
Member	DR. AMOL PATHRIKAR
Member	DR. SMIT JAISUKH PARMAREC
Coordinator	DR. SAGAR LAVANIA

INDIAN PSYCHIATRIC SOCIETY NEWSLETTER

✍ EDITION: FEBRUARY 2026 - JULY 2026

📁 ISSUE: 01



ESTD. 1947

LGBTQ – TASK FORCE

Advisor	DR. AMRIT PATTOJOSHI
Chairperson	DR. PAWAN KUMAR GUPTA
Co-Chairperson	DR. MINAKSHI NIMESH PARIKH
Co-Chairperson	DR. SURAVI PATRA
Convener	DR. ANINDA SIDHANA
Member	DR. KUMAR GAURAV
Member	DR. AMRITHA THOOMATI
EC Coordinator	DR. TANMAINI DAS

MENTAL HEALTH CARE ACT – TASK FORCE

Advisor	DR. SARANYA DEVANATHAN
Chairperson	DR. SANJAY RAMLAL KUMAWAT
Co-Chairperson	DR. PONNUSAMY PALANIYANDI KANNAN
Co-Chairperson	DR. MOLANGURI UMASHANKAR
Convener	DR. PRERNA KUKRETI
Member	DR. KAVERY BORA
Member	DR. DEBPRADIP CHAKRAVERTY
EC Coordinator	DR. RAVEESH B. N.

MEN'S HEALTH DAY – TASK FORCE

Advisor	DR. S. M. BADHUR MOHIDEEN
Chairperson	DR. DEEPAK RAHEJA
Co-Chairperson	DR. ARAVIND VAITHIYAM KRIHNARAM
Co-Chairperson	DR. DEBANJAN BANERJEE
Co-Chairperson	DR. HARSHIT HEMANT SALIAN
Convener	DR. PAKHA TESIA
Member	DR. BHAGWAT NARAYAN RAJPUT
Member	DR. AKSHATHA CJ
Member	DR. ANIRBAN DUTT
EC Coordinator	DR. NISKA SINHA

MIND HEALTH IN PUBLIC HEALTH - TASK FORCE

Advisor	DR. B. N. GANGADHAR
Advisor	DR. PRATIMA MURTHY
Advisor	DR. SANTOSH KUMAR CHATURVEDI
Advisor	DR. SANJEEV JAIN
Advisor	DR. RAMANAN EARAT
Chairperson	DR. SANJAY S. PHADKE
Co-Chairperson	DR. SHIVARAMA VARAMBALLY
Co-Chairperson	DR. OM SAI RAMESH V.
Co-Chairperson	DR. VIPUL KUMAR TYAGI
Convener	DR. SONALI SHINDE - TESIA
Member	DR. VANI BADRISH KULHALLI
Member	DR. NIKHIL GUPTA
EC Coordinator	DR. UMESH S. NAGAPURKAR

NDPS ACT – TASK FORCE

Advisor	DR. RUPINDER KAPUR
Chairperson	DR. ATUL AMBEKAR
Co-Chairperson	DR. ASHWIN MOHAN
Co-Chairperson	DR. UDAYAN MAJUMDER
Convener	DR. SAMRAT SINGH BHANDARI
Member	DR. CHIRAG PATEL
Member	DR. KIRAN VENKATA VADDADI
Member	DR. SACHIN KAUSHIK
EC Coordinator	DR. AMAR H. SHINDE

NEURO-PSYCHIATRY – TASK FORCE

Advisor	
Chairperson	DR. HARISH T.
Co-Chairperson	DR. SHOBIT GARG
Co-Chairperson	DR. S.P. MURUGAPPAN
Convener	DR. IMRAN ALI SHIVJI
Member	DR. SHREYAS SHRIKANT PENDHARKAR
Member	DR. PARVATHY SREELATHA
Member	DR. RIYA GUPTA
EC Coordinator	DR. HEENA MERCHANT

TRAINEE THESIS SUPPORT – TASK FORCE

Advisor	DR. B. ANAND
Chairperson	DR. VIJAYKUMAR S. HARBISHETTAR
Co-Chairperson	DR. PRABBATHI LOKESWARA REDDY
Co-Chairperson	DR. SHYAMANTA DAS
Co-Chairperson	DR. JUNAID NABI
Convener	DR. WENONA HERMINIA FENANDES
Member	DR. SARASWATHI TENAGI
Member	DR. RAVI PHILIP RAJKUMAR
Member	DR. SUBHASINI K RANGARAJAN
Member	DR. NAIDILA JAIN
EC Coordinator	DR. ABDUL MAJID

WORLD PSYCHIATRY DAY – TASK FORCE

Advisor	DR. K.S. SHAJI
Chairperson	DR. N. MANJUNATHA
Co-Chairperson	DR. SMITA ARUN AGRAWAL - TIBREWALA
Co-Chairperson	DR. SYED KARRAR HUSSAIN
Convener	DR. VIKRAM WANKHADE
Member	DR. ANANT KUMAR VERMA
Member	DR. PAYEL ROY
Member	DR. YASIR HASSAN RATHER
EC Coordinator	DR. SAGAR LAVANIA

GRIEVANCE COMMITTEE

Advisor	DR. NADUKURU NOOKA RAJU
Chairperson	DR. PRABIR PAUL
Member	DR. SANJEEV GOPAL SAOJI
Member	DR. MONA SRIVASTAVA
Member	DR. NIKHILES MANDAL
EC Coordinator	DR. KRISHNA KADAM

ELECTION COMMISSION

Chairperson	DR. RAVINDRA R. ABHYANKAR
Returning Officer	DR. SURESH KUMAR GUNAPALLI
Election Officer	DR. SRIKUMAR MUKHERJEE

TRIBUNAL

Chairperson	DR. PONNUDURAI RATNARAJ
Member	DR. T. V. ASOKAN
Member	DR. MRUGESH D. VAISHNAV
Member	DR. P. K. DALAL
Member	DR. VINAY KUMAR