













INDIAN PSYCHIATRIC SOCIETY South zonal Branch

NEWS LETTER 2022-23

RELEASED DURING

IPSOCON 2023

GUNTUR, ANDHRA PRADESH





Dear Members,

I hope this message finds you all in good health. As the President of the Indian Psychiatric Society South Zonal Branch, I am honored to address you in our latest newsletter. I want to express my gratitude to each and every one of you for your unwavering dedication to the field of psychiatry. Your passion and expertise make a significant impact on the lives of countless individuals struggling with mental health issues.

As we move forward, let us continue to collaborate, learn from one another, and strive for excellence in our practice. Together, we can make a profound difference in the lives of those we serve. I encourage you all to participate actively in our upcoming events, seminars, and workshops.

I am extremely happy that the Honorary Secretary Dr P Lokeswara Reddy is publishing the Newsletter which includes the important events and activities conducted by the various subcommittees of IPSSZB during 2022-2023 and also the activities done by the various state branches under the Zone.

Thank you for being an integral part of the Indian Psychiatric Society South Zonal Branch. Your support and contributions are invaluable.

> Warm regards, Dr K Uday Kumar President, IPS SZB



Dear IPS SZB family,

I express my sincere gratitude to all of you for choosing me as President Elect of the prestigious and vibrant south zonal branch. With your support and active participation, I am sure we will continue to work together towards fulfilling our goals of society.

I am deeply indebted to Dr Uday Kumar and his entire team who have tirelessly worked to keep the image of IPS SZB high and in flying colours.

I will work on plans involving members from all states focusing on the community at large as also improving professional skills. I would give priority to UG and PG training, would aim at uniformity in understanding basics of psychiatry and all its related subjects

Please feel free to communicate with me or any of the office bearers to make our zone the best in the country.

Long live IPS. Dr Abhay Matkar President Elect, IPS SZB



Dear Members,

I hope this message finds you all in good health and high spirits. As we approach the end of another year, it gives me great pleasure to reflect on the remarkable journey of our South Zonal Branch of the IPS.

Throughout the year, our dedicated members have shown unwavering commitment to the principles and values of our organization. We have continued to advance our mission of promoting excellence in psychiatry, upholding ethical standards, and advocating for the mental health needs of our region.

I want to take this opportunity to express my gratitude to each and every one of you. Your hard work, dedication, and passion have been the driving force behind our achievements. I look forward to the exciting initiatives and challenges that the coming year will bring.

Thank you for your dedication and unwavering support.

Sincerely, Dr P Lokeswara Reddy Hon. Gen. Secretary The 55th Annual Conference of Indian Psychiatric Society South Zonal Branch was held at Hotel Udaya Samudra Beach Resort, Kovalam, Thiruvananthapuram from 14th - 16th October 2022. The conference was organized under Chairmanship of Dr K Vidhukumar, Organizing Secretary was Dr Sheena G Soman, and Scientific Committee was headed by Dr Christina George. The theme of the conference was "Reframing Psychiatric Disorders and Interventions in the New Normal World". The inaugural session of the conference was graced by the Chief Secretary of Kerala as the Chief Guest and other dignitaries from Indian Psychiatric Society. The conference had rich scientific sessions with speakers from all over the country. The prestigious Visakha Psychiatric Society Oration Award was conferred to Dr G Swaminath from Karnataka and Athma Endowment Oration for Women was instituted for the first time in 2022, which was given to Dr R Thara from Tamil Nadu.



MIDTERM CME FOR PRACTITIONERS 2023

Indian Psychiatric Society South Zonal Branch CME for Practitioners 2023 was jointly organized by the Branch of Indian Psychiatric Society Kerala and the Calicut Psychiatric Guild on 29th and 30th April 2023 at Hotel Manuelson's Malabar Palace, Kozhikode, Kerala. Dr Sushil K was the Organizing Chairman and Dr Dayal Narayan was the Org Secretary. The CME was inaugurated by Dr Uday Kumar, President, IPS SZ and the inaugural function was blessed by Dr Lokeswara Reddy (Hon Secretary, IPS SZ), Dr Arun Kumar (Hon Treasurer, IPS SZ), Dr Shahul Ameen (Hon Editor, IPS SZ), Dr MS Reddy (Chairperson, CME Committee, IPS SZ), Dr Alfred Samuel (President, IPS Kerala) and Dr Mohan Sundaram (President, Calicut Psychiatric Guild).

Approximately 200 delegates participated in the two-day programme. Kerala State Medical Council had approved 4 CME credit hours to the programme. The scientific sessions started on time and there were 9 talks and 2 debates combined on 2 days. All the sessions started and concluded on time and were attended by a very good number of delegates who actively participated in discussions also.

The Executive Committee meeting of the IPS SZ Branch was conducted at the venue at 5.30 pm and was attended by all the office bearers and majority of the EC members. In the evening, a live Musical Night (Instrumental music) was presented along the banquet dinner at the venue itself where delegates socialized and enjoyed.

The valedictory function started immediately after the conclusion of scientific sessions and the office bearers and delegates appreciated the quality of scientific sessions, hospitality and arrangements. Special appreciation for the meticulous time management was the highlight of the feedbacks received. Special prizes were given away by the president, IPS SZ in appreciation of undergraduate Quiz team from Govt Medical College Kozhikode who won the first prize at National Level Quiz during ANCIPS 2023 at Bhubaneswar.

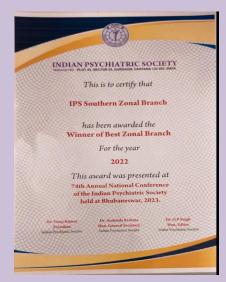


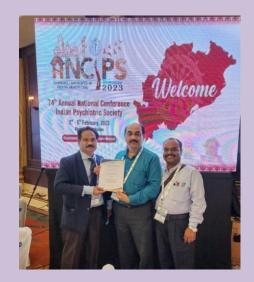
IPS SZB PG TRAINING PROGRAM 2023

The Annual South Zonal Branch PG Training Program was held from June 3rd to June 4th 2023 at Hotel Raj Park in Chennai, Tamil Nadu, under the guidance of the IPS SZB, the Tamil Nadu Chapter of IPS and the Chennai Psychiatric Society by the two PG training institutes – the SRM Medical College Hospital & Research Centre, Chengalpattu and the Institute of Mental Health, Chennai. Dr. Poornachandrika, Professor of IMH was the Chairperson and Dr. R. Arul Saravanan, Professor and Head of Psychiatry Department- SRM was the Organizing Secretary. As envisaged by the South Zonal Indian Psychiatric Society, the two days of academic training and skill development program – "Recent Advances in Psychiatry – A Tectonic Shift" - for the Postgraduate students of the southern five states of India (Tamil Nadu, Telangana, Andhra Pradesh, Kerala and Karnataka) and the Union territory of Puducherry was held in a fitting manner. The CME was inaugurated by the Chief Guest Dr. Ramanan Earat, Past President of IPS SZB and Dr. S. Nambi, Emeritus Professor of Psychiatry from Chennai was felicitated as the Guest of Honor. The CME had informative and educative sessions delivered by eminent speakers, paper presentations for PGs and the CME was closed by mock exam sessions by our postgraduates.



IPS South Zonal Branch won the best zonal award for the year 2022 and was presented at the Annual Conference of Indian Psychiatric Society held at Bhubaneswar, 2023.





REGISTRATION RENEWAL

ജില്ലാ പറ്റുറർ(ജനറൽ)ഓഫീസ് കണ്ണർ - തലപ്പൂരി 670101, തിയ്യതി 17-05 - 23 ഇ-മെയിൽ പ്രാഭണker@nic.n ഫോൺ:04902321330 psychiatric society south zonal branch mm സംഘത്തിന്റെ . 2018-19. . . to . . . 20.22 - 23. വർഷത്തെ / ഫയൽ ചെയ്തു. EEISTRAD സപ്പെലം രജിസ്ട്രാർ തലശ്ശേരി (BETT (അടുത്ത വർഷത്തെ ഫയലിംഗിനായി വരുമ്പോൾ ഈ സർട്ടിഫിക്കറ്റ് ഹാജരാക്കേണ്ടതാണ്) : നിയമാവലിയിൽ പ്രതിപാദിച്ച മാസത്തിലോ പ്രതിപാറിപ്പിട്ടില്ലെങ്കിൽ ജനവരി മാന വാർഷിക ജനറൽ ബോഡി ചേർന്ന് 14 ദിവസത്തിനകം ഭരണ സമികി പട്ടിക സമർപ്പിക്കേണ്ടതാണ് Nb:

The registration renewal was pending from 2018-19 year due to various reasons including COVID 19. I am happy to inform everyone that the registration renewal of our society from the year 2018-19 to 2022-23 is completed.

EC MEETINGS 2022-23

Regular EC meetings were held to transact the business agendas of the IPS SZB.

1st EC meeting was conducted on the day after AGB 2022 at Thiruvananthapuram on 16.10.2022 to discuss about the future activities and formation of various subcommittees of IPS SZB and Dr K Uday Kumar, President chaired the meeting.





2nd EC Meeting was conducted on 04.02.2023 at Hotel Mayfair Lagoon, venue of ANCIPS 2023, Bhubaneswar.

3rd EC Meeting was conducted on 29.04.2023 at Hotel Manuelson's Malabar Palace, Kozhikode, venue of IPS SZB Midterm CME.





4th EC Meeting was held on 03.06.2023 at Hotel Radisson Blue, Chennai during the IPS SZB PG Training Program.

5th EC Meeting will a Pre-conference meeting (IPSOCON 2023) EC meeting and will be held on 12.10.2023 at WELCOMHOTEL by ITC, Guntur, Andhra Pradesh.

IPS SZB JOURNAL

In this organizational year, Indian Journal of Psychological Medicine (IPS South Zonal Branch Official Journal) published all the six regular issues on time. They were themed on diverse topics: Anxiety, Psychopharmacology, Addiction, Children & Adolescents, Severe Mental Illness, Assessment tools. IJPM got its first ever Journal Impact Factor this year, that too 2.8, close to the 3.1 of IJP. The Clarivate Journal Citation Indicator increased from 0.55 in 2021 to 0.58 in 2022. Also, for 2022, the journal's Scopus Cite Score jumped to 3.5 from 2.6 of 2021. For 2023, till September 5th, it has further improved to 4. In Scopus, we also entered Q2 for the first time in the Psychiatry and Mental health category and continue to be in Q2 for the Clinical Psychology category. Under the Editorialship of Dr Shahul Ameen the Journal has grown into greater academic heights.



ELECTION COMMISSION

Election commission was constituted to conduct elections for IPS SZB with Dr Kasthuri Pandiyan as Chairman, Dr J Mayurnath Reddy as Returning Officer and Dr K Narasimha Reddi as Election officer. We have successfully conducted online elections including voting for the year 2023 in line with IPS National constitution.



The Women Empowerment Committee of IPS-SZ, rightly called the SAMANWI, which stands for South Zone Advocate for the Mental health and Awareness of the Newer challenges in Women's Issues, has been a very highly functional and vibrant committee with Dr R Endumathi as its Chairperson, Dr Niveditha S as its Co-chair,, Dr Aruna Yadiyal as its convener and Dr Uma Jyothi and Dr Sheens G S as members.

The committee successfully conducted 4 guest lectures and one webinar. Also the team of SAMANWI could present 3 symposiums, at south zone, national and international conferences, which was very well received and appreciated by all.

The details of the programs conducted are as follows:

- 1. Guest lecture on "Healthy partnering: Intimacy to violence", delivered by eminent speaker and consultant psychiatrist Dr Shalini S from Chennai, on 11-01-2023.
- 2. On the occasion of International Women's Day, conducted a webinar titled: "Gender paradox in suicidal behaviors and preventive capabilities", delivered by an international speaker Dr Danuta Wasserman, President Elect of WPA 2022-23 and was eminently chaired by or own suicidologist Dr Lakshmi Vijaykumar, Founder/CEO of Sneha, on 8-03-2023.
- 3. A guest lecture on a very pertinent topic concerning women mental health titled "Mother baby units in psychiatry: opportunities and challenges" by Dr Geetha Desai, Professor in NIMHANS, and this was chaired by Dr Sonia Parial, Chairperson of Perinatal psychiatry task force of IPS, on 10-05-2023.
- 4. Conducted a guest lecture on "Is your parenting style correct?" which was delivered by Dr T Adiseshamma, HOD/Professor in Government medical college, Ongole and was chaired by our beloved ex-chair of SAMANWI, Dr Radhika Reddy, Registrar of YSR Health university, AP, on 12-07-2023.
- 5. Lastly we had a very engaging session on 'Anger management' for which the speaker was Dr Tinku Wilson and it was chaired by Dr Indu P V, Professor at Government Medical College, Thiruvananthapuram, on 13-09-2023.

Apart from these online programs, Team SAMANWI has presented 3 symposiums offline too, on the relevant topic of 'Women psychiatrists in the mental health scape of India: from enrolment to empowerment", at three different forums, starting from IPSOCON 2022 at Thiruvananthapuram in October 2022, ANCIPS 2023 at Bhubaneswar, and at an International Psychiatry Conference, WPA RC, Kolkata, held on 13.04.2023 to 15.04.2023.





WEBSITE COMMITTEE

Dr Mohan Sunil Kumar (Chairperson) and Dr Minhajzafar Nasirabadi (Co-Chairperson) website committee have done a wonderful job in upgrading and updating the website. Mr Anil Martin has been appointed as the third party service provider for development and maintenance of the website, <u>www.ipsszb.org</u>. Committee members' photos, activities, photos and videos of south zonal branch are uploaded. All fellow members conducting events under the aegis of IPSSZB were requested to share the flyers and other promotional material to be displayed on website. Details of IPS SZB Elections 2023, Midterm CME and South zone PG Training program and IPSOCON 2023 have been uploaded.

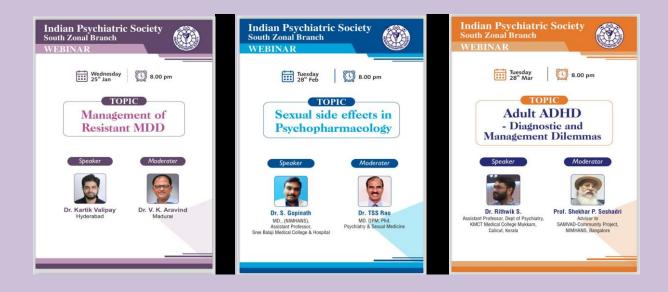
RESEARCH CAPACITY BUILDING COMMITTEE

Research Capacity Building Committee was constituted with Dr B Rajshekhar as Chairman, Dr P V Indu as Co-chairman, Dr N Nageswara Rao as Convener, Dr Samir Kumar Praharaj and Dr G. Ramanujam as members. The Research Capacity Building Committee (RCBC), Indian Psychiatric Society South Zonal Branch (IPS SZB) started RCBC Training program which is a novel initiative by IPS SZB. The IPS SZB led RCBC successfully conducted the III Edition of Brief Course in Psychiatric Research. A total of 23 participants registered from IPS South Zone and from other parts of the country. We are having last online session on 10.10.23 followed by online valedictory function which will be chaired by the President, Dr Uday Kumar and will be attended by other IPS SZB office-bearers. Team A and B jointly won Dr MV Ashok memorial award for the best group performance. Dr Rajeev Ranjan won Dr Vinoth memorial award for the best individual performance. The Chief faculty for this course, Dr Denis Xavier, will be felicitated during valedictory function of IPSOCON 2023 on 15.10.23.



CME COMMITTEE

The CME committee has organised webinars under the theme of Important Questions in Psychiatry (I QUIP) involving early career psychiatrists as speakers and senior practitioners as moderators for each session. The young speaker spoke about the theoretical aspects and the moderators added the information from their experience and wisdom. Under the chairmanship of Dr M S Reddy, Dr V K Aravind as advisor, Dr Dayal Narayan as Co-chairman, Dr G V Ramana Rao as Convener, Dr M Kishor & Dr P P Kannan as members and of the committee have worked sincerely to improve the quality of scientific sessions conducted during the year 2022-23.



YOGA AND SPIRITUALITY COMMITTEE

It was headed by Dr P Kishan (Chairman), Dr Shivarama Varambally (Co-chairman), Dr IVL Narasimha Rao (Convener), Dr Philip John & Dr v Jaikumar (Members). The committee organised a webinar on 03.12.2022 with the topic "INSIGHTS INTO GEETHA" on the occasion of Gita Jayanthi. The occasion was graced by Dr K Uday Kumar as Chief Guest and Dr M S Reddy, Dr Karri Rama Reddy, Dr MVR Sharma and Dr (Col) C Harihar were the speakers for the session. Dr Kishan Organised International Conference on "SPIRITUALITY IN MENTAL HEALTH AND WELNESS" as a webinar. The conference had eminent speakers in the field of spirituality from all over the world and was a grand success.



| | | | | PROGRAMME | | PROGRAMME |
|-------------------------------|---|---|----------------------------------|--|-------------------|---|
| | ORGANISING COMMITTEE | | (As per Indian Standard Timings) | | | |
| International Conference | Chief Patron : | Chief Advisor: | 9:00 to 9:45 | | 14:00 to 14:45 | |
| | Dr. B.N Gangadhar | Dr. G. Prasad Rao | Speaker | : Dr. Indranill Basu Ray (USA) | Speaker | : Dr. Muhammad Iqbal Afridi (Pakistan) |
| on | Patrons : | Advisors : | Торіс | : Science of Spirituality | Торіс | : Spirituality in Mental Health and Wellbeing |
| SPIRITUALITY IN MENTAL HEALTH | Dr. N.N Raju | Dr. Aleem Siddiqui Dr. Om Prakash Singh | Chairpersons | : Dr. Gautam Saha (India) | Chairpersons | : Dr. Sardar Khan (Afghanistan) |
| | Dr. Gautam Saha Dr. Vinay Kumar | Dr. Om Prakash Singh Dr. K.K. Mishra | | Prof. Nirmal Lamichhane (Nepal) | | Dr. V.L. Naresh (India) |
| AND WELLNESS (WEBINAR) | Dr. Ajith Avasthi | Dr. V. George Reddy | 9:45 to 10:30 | | 14:45 to 15:30 | |
| | Dr. E Mohandas | Dr. Y. Sreedhar Raju | Speaker | : Prof. Alan Fung (Canada) : Collaborations between Mental Health & | Speaker | : Prof. Harishchandra Gambheera (Srilanka |
| 0.011 0000 (0.1.) | Dr. Shiv Gautam | Dr. M. Umashankar | Topic | Faith Communities in Enhancing Global | Торіс | : Spirituality Buddhism and Wellness |
| On 8th January 2023 (Sunday) | Dr. I.R.S. Reddy | Dr. D. Keshava Rao Dr. Mayurnath Reddy | | Mental Health | Chairpersons | : Dr. Chong King Yee (Hong Kong) |
| 1000 | Dr. M.S.V.K. Raju | Dr. Jagannath | Chairpersons | : Dr. Arabinda Brahma (India) | | Dr. Vishal Akula (India) |
| Venue : | Dr. P.K. Dalal | Dr. M. Rama Subba Reddy | onanget aona | Dr. Shehan Williams (Srilanka) | 15:30 to 16:15 | (mold) |
| Hotel Taj Deccan, Hyderabad. | Dr. Mrugesh Vaishnav | Dr. V.L.Naresh | 10:30 to 11:30 | : Inaugural Function | Speaker | : Dr. Alexander Moreira-Almaida (Brazil) |
| | Dr. Arabinda Brahma Dr. T.S.S. Rao | Dr. Sanchari Roy | Presiding Officer | : Dr. N.N. Raju | Topic | : Science of Life after Death |
| | Dr. T.P. Sudhakar | Dr. Pavan Kulkarni Dr. Praveen Manna | Chief guest | : Prof. Afzal Javed (President - WPA) | | |
| | Dr. Ramanan Earat | Dr. G.V. Ramana Rao | Guests of Honour | : Dr. B.N. Gangadhar | Chairpersons | : Dr. Nabraj Koirala (Nepal) |
| | Dr. Uday Kumar | Dr. Shivarama Varambally | | Dr. G. Prasad Rao | | Dr. Pavan Kulkarni (India) |
| A CALL CALL | Dr. Chandrashekar | Dr. Samrat Kar | | Dr. Peter J. Verhagen | 16:15 to 17:00 | |
| | Dr. Ashok Reddy | Dr. A. Rajesh | Felicitations to | : Dr. B.N. Gangadhar | Speaker | : Dr. Harold G. Koenig (USA) |
| | Dr. M.S. Reddy | Dr. Vishal Akula Dr. Sai Krishna Puli | | Dr. Ajit Avasthi | Торіс | : Religion, Spirituality and Mental Health - |
| | | | 11:30 to 13:15 | : Panel Discussion | | Research and Clinical Applications |
| A SY CHATELO S | Organising Chairperson : Dr. P. Raghurami Reddy | | Topic | : Spirituality in Mental Health and Wellness | Chairpersons | : Dr. Avinash De Sousa (India) |
| CHIAIN | Organising Secretary : Dr. P. Kishan | | Moderator | : Dr. M.S. Reddy | | Dr. Sayuri Perera (Srilanka) |
| | Office Bearers of Indian Psychiatric Society : Dr. N.N. Raju (President) | | Panelists | : Dr. B.N. Gangadhar Dr. Shiv Gautam | 17:00 to 17:30 | : Valedictory Function |
| | | Raju (President) / Kumar (President Elect) | | Dr. R.S. Murthy | Presiding Officer | Dr. N.N. Raiu |
| Organised by | | inda Brahma (Hon Gen Sec) | | Dr. E. Mohandas | Chief Guest | : Dr. Mrugesh Vaishnav |
| | | eem Siddigui (Hon Treasurer) | | Dr. S.C. Tiwari | Guests of Honour | : Dr. K. Uday Kumar |
| IPS Taskforce on Spirituality | Dr. Om Prakash Singh (Hon Editor) | | 13:15 to 14:00 | | Governo de Homode | Dr. V. George Reddy |
| and Mental Health | Spirituality and Mental Health Taskforce Members : | | Speaker | : Dr. Antonio Morandi (Italy) | | Dr. M. Praveen Kumar |
| | Dr. G.Prasad Rao (Advisor) | | Торіс | : The Principles of Ayurveda as Determinants | | DI. W. FIGYCON KUNIAF |
| | Dr. Porandla Kishan (Chairperson) Dr. Sanchari Roy (Convenor) | | | of Mental and Physical Health | E.F. B. Barres | D. N.V. D |
| | | | Chairpersons | : Dr. Sandeep Grover (India) | Felicitations to | : Dr. N.V. Ramana Rao |
| | Dr. Laxmi Naresh Vadlamani (EC Coordinator) | | | Dr. Jayan Mendis (Srilanka) | | Dr. S.C. Tiwari |

MEMBERSHIP DRIVE COMMITTEE

It was constituted with Dr N M Patil as Advisor, Dr Panneer Selvan as Chairman, Dr George Reddy as Co-chairman Dr Alfred Samuel as Convener and Dr. Narayan R Mutalik & Dr S Kiran Kumar as members. The committee has done a wonderful job in increasing the membership to the zone by preparing flyers, circulating among the state branches and collecting the applications personally to the EC meeting. With the efforts of the committee members this year about 120 new members have joined the IPS SZB.



The Publication Committee was constituted with Dr Vikas Menon (Chairman), Dr Anil Kakunje (Co-chairman), Dr K Vidhukumar (Convener), Dr K Nagi Reddy (Member) and Dr Sai Krishna Puli (Member). The committee has done extremely great work during the tenure.

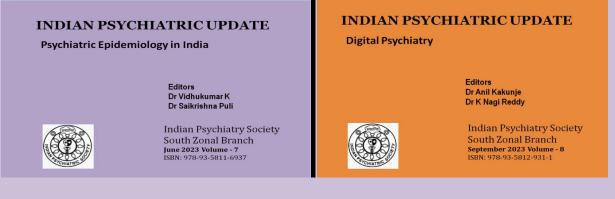
Two books were conceptualized during the tenure of the present committee:

- 1. "Psychiatric Epidemiology in India" (volume 7) edited by Dr Vidhukumar and Dr Sai Krishna Puli.
- 2. "Digital Psychiatry" (volume 8) edited by Dr Anil Kakunje and Dr K Nagi Reddy

All the chapters of both books have been finalized. Soft release of both these books is planned during IPSOCON 2023 Guntur.

Volume 6 titled "Rating Scales and Assessment Schedules in Mental Health" initiated during 2021-22 was soft released at IPS SZ PG CME 2023 held at Calicut, Kerala (ISBN: 978-93-5636-650-3).

Older volumes of Indian Psychiatric Update such as Volume 2-5 (Culture bound syndromes, Behavioral addictions, Bipolar Disorder, and Rehabilitation Psychiatry) was posted online on IPS SZB webpage earlier this year.



INTERNAL AUDIT COMMITTEE

IPS SZB has formed an Internal Audit Committee was formed with Dr Thomas John, Dr K Gangaram and Dr B Ramesh Babu, of them two members were Past Treasurers of IPS SZB and one was a senior member of the zone. The committee has audited the accounts of IPS SZB and sought clarifications from the Hon. Treasurer Dr N Arun Kumar. The committee will submit its report to the EC during the Pre-conference EC meeting to be held on 12.10.2023 at IPSOCON 2023, Guntur, Andhra Pradesh.

ANCIPS 2025

During the AGB of ANCIPS 2023 at Bhubaneswar, the state of Telangana was allotted to host the Annual Conference of Indian Psychiatric Society (ANCIPS) 2025. The National EC first EC meeting was held at Hyderabad to discuss about the conference and visited the venue. The EC was satisfied with HICC, Hyderabad for the venue of ANCIPS 2025.

UG QUIZ WINNERS AT ANCIPS 2023

The team comprising of Ms Aishu Rinu and Ms Aparna Narayanan, fro Government Medical College, Kozhikode, Kerala representing IPS SZB have won the first prize at National UG quiz at ANCIPS 2023, Bhubaneswar.



Dr S M CHANNABASAVANNA SPANDANA PG QUIZ

Dr S M Channabasavanna Spandana PG Quiz was conducted for the Postgraduates during the Annual PG Training Program 2023 held at Hotel Raj Park, Chennai on 03.06.2023.

The following are the winners of the PG Quiz competition.

1st prize:

College: IMH, Madras Medical College, Chennai, Tamil Nadu. 1) Dr Nivetha T S 2) Dr Pradeepa Manoharan

2nd prize:

College: Dr Pinnamaneni Siddhartha Institute of Medical Sciences and Research Foundation, Vijayawada, Andhra Pradesh.
1) Dr Umais Siraj Shaik
2) Dr Cherukuri Gayatri Devi

3rd Prize:

College: K S Hegde Medical Academy, Ullal, Karnataka. 1) Dr Nandhana Muralidaran 2) Dr Priyanka Jha

CHILD AND ADOLESCENT WORKSHOP

A two-day workshop in child and adolescent psychiatry was organized by the Child and Adolescent Psychiatry unit of St. John's Medical College, Bangalore in association with IPS-South Zonal Branch and IPS Karnataka Chapter on April 8th and 9th 2023. The event was accredited three credit hours by the Karnataka Medical Council.

The inaugural was attended by the President of IPS- SZB Dr Uday Kumar, the Editor, IPS-KC Dr Vijaykumar Harbishettar representing IPS-KC, the Dean, Dr George D'souza, the HOD of Psychiatry, Dr Manohari S M of St. John's Medical College and the organizing chairperson of the event Dr Ashok M.V. There were one plenary and six workshops as part of the academic program covering the following topics: Early life determinants of health, Autism Spectrum Disorders, Eating Disorders, Psychotherapy with Children, Family Systems Approaches in Child Psychiatric Disorders, CSA and POCSO Act, Paediatric Consultation Liaison Psychiatry.

The resource persons included the faculty of the CAP unit and adult units of Dept. of Psychiatry St. John's as well as faculty from the General Paediatric and Paediatric Surgery unit of St. John's. The chairpersons were chosen in discussion with IPS-SZB and IPS-KC and they were experienced academicians and clinicians from various south Indian states. Each workshop was conducted in a small group format with case vignette-based discussions. Post workshop reading material was also circulated.

During the valedictory, delegates were invited to give feedback on the workshops. Delegates spoke about how the chosen topics were all relevant to their practice and/or postgraduate curriculum. They were especially appreciative of the small group format, the clinical anecdotes used and the knowledge sharing by the resource persons. They however did express a need to have each of these topics as full day workshops in the future and more time allocated for Q&A during the sessions.



As you all know the Annual Conference of Indian Psychiatry Society South Zonal Branch is going to be held from 13.10.2023 to 15.10.2023 at Shree Convention centre, Guntur, Andhra Pradesh. The theme being "Exploring newer frontiers in clinical psychiatry" and Dr IVL Narasimha Rao is the organising chairman and Dr I Sarath Chandra is the organising secretary. The President, President Elect and Hon. Gen. Secretary have visited the venue on 05.08.2023 and was satisfied with venue and the plan of arrangements being done to make the conference a grand success.



STATE ACTIVITIES

ANDHRA PRADESH

IPS Andhra Pradesh State Branch have organized regular activities like EC meetings, AGB, state CME, PG Training Programs, and state conferences.

The 11th Annual PG CME was held at GMCANA Auditorium, Guntur Medical College, Guntur on 04.12.2022 on the theme "Newer trends in Psychiatry." The IPS AP State Branch Midterm CME for Practitioners was held on 05.03.2023 at Falcon's Nest Hotel, Bhimavaram, Andhra Pradesh. The CME was organized by Shanti Hospitals & Psychiatrists of Bhimavaram under the aegis of IPS-AP State Branch. The 43rd APPSYCON, held at the Manjeera International Convention Centre on the 8th and 9th of July 2023, revolved around the theme "RESILIENCE"

OF PSYCHIATRY - BEATING THE ODDS". The conference showcased excellent organization, featuring compelling topics presented by renowned speakers. The event received an overwhelming response, with a high turnout of delegates who appreciated the enriching experience. Dr. B N Gangadhar spoke on "Ethics and Regulation of ECT Practice – Changing Trends". During the annual conference Dr D S Raju Oration Award was conferred to Dr GSP Raju from Visakhapatnam and Manasa Hospital, Rajahmundry Oration was conferred to P Kishan from Karimnagar. The branch has conducted Quiz programs for UG and PG students and has actively observed all the important mental health days during the year.

The two issues of the journal of IPS AP State Branch 'Archives of Mental Health' were released during this year. The first ever news letter was released by the President and secretary of IPS SZB. Conducted an academic activity with Dr Dayal Narayan on Suicide Prevention Day and with Dr Chandra Shekhar K on World Alzheimer's day.

From July 2023 IPS AP State Branch commenced its monthly webinar series titled "**Wednesday Webinar Young Minds Summit**." Young speakers are given the opportunity to speak and chaired by a senior and experienced member.

The branch and members in individual capacity have conducted various academic activities to create awareness on the Suicide, Alzheimer's disease, Drug Abuse, Child abuse & Safety and various mental health issues. Various activities were conducted during the Mental Health Week.

KARNATAKA

IPS Karnataka Chapter have organized regular activities like EC meetings, AGB, state CME, PG Training Programs, and state conferences.

The Department of Psychiatry, NIMHANS organised **IPS-KC PG CME** on 24.02.2023 and 25.02.2023 at Hall B, NIMHANS Convention Centre, Bangalore. The theme of the CME was titled Clinical Skills and Management of Psychiatric Disorders. Sahyadri Silver Jubilee KANCIPS PG quiz was conducted during Indian Psychiatric Society Karnataka Chapter Post Graduate CME of 2023.

IPS-KC, Karnataka Institute of Medical Sciences, Hubballi hosted the **IPS-KC Midterm CME** in the month of May 2023. The highlight of this CME was the Hands on Workshop on rTMS and tDCS by experts from KMC Manipal and NIMHANS and sessions on rehabilitation in psychiatry, child and adolescent psychiatry in post and covid era and panel discussion on e - manas.

KANCIPS 2023 was organized by Department of Psychiatry, S N Medical College, Navanagar, Bagalkot Theme of the conference was "Consultation Liaison Psychiatry" and the venue was

Centenary auditorium, S N Medical College, Navanagar, Bagalkot KANCIPS 2023 was organised on 12.08.2023 and 13.08.2023. Preconference workshop was organised on 11.08.2023.

IPS KC have conducted many academic and awareness activities like Teachers Awareness Program, Psychiatry Prize Examination for Medical UGs and Interns, Case Conference Series, Neuropsychiatry series, Kannada Sambhrama, National Forensic CME at DIMHANS, Vayo Manas Sanjeevini Programme, CME Programme on Sleep Disorders, Workshop on implementation of MHCA, ECT 75 @ NIMHANS : An Update on Electro-convulsive Therapy, Workshop in Child and Adolescent Psychiatry held at St. John's Medical College, ICD 11 Workshop.

Has won the **BEST STATE BRANCH AWARD** jointly with Telangana for the year 2022 and was presented during ANCIPS 2023.

KERALA

IPS Kerala State Branch have organized regular activities like EC meetings, AGB, state CME, PG Training Programs, and state conferences.

The IPS Kerala Annual PG CME was held at Casino Hotels, Thrissur on 28.03.2023 on the theme "Essential Psychiatry for Postgraduates".

The IPS Kerala State Branch **Midterm CME for Practitioners** was held on 25.06.2023 and the CME was organized by Kollam guild of Psychiatry at Quilon Beach Resort, Kollam with the theme "Diagnostic and management challenges across the lifespan".

The **39th** Annual State conference of IPS Kerala branch was held from 08.09.2023 to 10.09.2023 with theme "Drug and Behavioral Addictions – An Overview at Krishna Beach Resort, Kannur and it was organised by Kannur psychiatry Guild.

IPS Kerala branch has hosted two South Zonal activities during this year:

- The 55th Annual Conference of Indian Psychiatric Society South Zonal Branch was held at Hotel Udaya Samudra Beach Resort, Kovalam, Thiruvananthapuram from 14.10.2022 to 16.10.2022. The conference was organized under Chairmanship of Dr K Vidhukumar, Organizing Secretary was Dr Sheena G Soman, and Scientific Committee was headed by Dr Christina George. The theme of the conference was "Reframing Psychiatric Disorders and Interventions in the New Normal World".
- Indian Psychiatric Society South Zonal Branch CME for Practitioners 2023 was jointly organized by the Branch of Indian Psychiatric Society Kerala and the Calicut Psychiatric Guild on 29.04.2023 and 30.02.2023 at Hotel Manuelson's Malabar Palace, Kozhikode, Kerala. Dr Sushil K was the Organizing Chairman and Dr Dayal Narayan was the Org Secretary.

The branch and members in individual capacity have conducted various awareness activities on the Suicide, Alzheimer's disease, Drug Abuse, Child abuse & Safety and various mental health issues. Various activities were conducted during the Mental Health Week.

IPS Tamil Nadu State Branch have organized regular activities like EC meetings, AGB, state CME, PG Training Programs, and state conferences. IPS TN has taken several steps to increase the membership.

Mid Term CME for Practitioners: Held on 10th and 11th December 2022 at Yercaud with Dr Ravishankar as the Organizing Chairman and Dr Mohamed Ilyas as Organizing Secretary. **PG CME 2023** held on 25th and 26th February 2023 at Kanyakumari with Dr Y Arul Prakash as Organizing Chairman and Dr C Panneer Selvan as Organizing Secretary. **SZ PG Training Program** held on 3rd and 4th June with Dr P Poorna Chandrika as Organizing Chairman and Dr R Arul Saravanan as the Organizing Secretary. Annual state conference **TANPSYCON 2023** the first ever non-pharma funded event held at Chengalpattu between 07th to 9th July 2023 with more than 400 delegates participated in the event.

Activities under the new team lead by Dr C Panneer Selvan as President:

- 17 Subcommittees with young and active members as part of it formed
- TN IPS building subcommittee formed to identify/purchase a separate building.
- Newsletter subcommittee is in process of publishing the first ever newsletter of TN IPS
- Women empowerment committee has organized an online academic program on 23rd Sep'23. Mrs R Geetha who is the advisor for unorganized workers Federation spoke on the problems faced by the unorganized Women Workers
- Dr Panneer Selvan has inaugurated monthly webinar series under the name of 'ENRICH' on 2nd Tuesdays of every month organized by the scientific subcommittee with the focus of identifying and encouraging young speakers in their area of interest.
- RCBC subcommittee is continuing their monthly statewide journal clubs that was conceived from the BCPR course organized by South Zone.
- Community awareness subcommittee were actively involved in organizing various awareness programs during the suicide prevention day (10th September)
- TN IPS along with SCARF and another NGO 'Citirise' was involved in organizing a twoday workshop for practitioners on 'Clinic to Community – Practice transformation for Mental Health Professionals' held at Chennai on 30th Sep and 1st Oct'23.

TELANGANA

IPS Telangana State Branch have organized regular activities like EC meetings, AGB, state CME, PG Training Programs, and state conferences.

IPS TSB **Midterm CME** was organised in Khammam with theme CYBER PSYCHIATRY with Dr Sateesh Babu as Org Chairman and Dr. Narayana Rao Kambhampati as Org Secretary on 10.12.2022. IPS TSB **PG Training program** was conducted at Deccan College Medical Sciences, on March 12th, 2023 with Dr. Minhaj Nasirabadi as Organising Secretary and Dr V

George Reddy as organising chairman. The theme of the CME was Emotional and Behavioural Disorders in Children. The Annual State conference **TS SPYCON 2023** was organised by Chetana Hospital, on 24.06.23 and 25.06.23 with the theme "Sleep and related disorders".

IPS TS and its members have conducted various awareness programs on the occasion of International Day against drug abuse and Illicit Trafficking, Suicide Prevention Day, Alzheimer's day and Mental Health Week.

Has won the **BEST STATE BRANCH AWARD** jointly with Karnataka for the year 2022 and was presented during ANCIPS 2023.

ACADEMIC AND AWARENESS ACTIVITIES





















SKIT 10:00-11:00 AM **VENUE: OP BUILDING DEPARTMENT OF PSYCHIATRY**

ESSAY WRITING

2:00-3:00 PM

VENUE:EXAM HALL RANGOLI

4:30-5:30 PM

VENUE: OP ADMIN BLOCK

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MAMATA MEDICAL COLLEGE









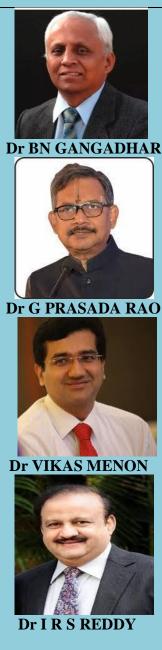
World Alzheimer's dav

World Suicide Prevention day

2-27 DM

World Mental health day

INDIVIDUAL ACHIEVMENTS





Appointed as Chairman, National Medical Commission.

- 1. Became the President of Asian Federation of Psychiatric Associations.
- 2. Received the Prof Shiv Gautam award at GERON 2023 Mysore.
- 3. His work along with KGMU on Spirituality in carers of Alzheimer's dementia A module for helping prevention of depression was awarded the Sweta Tiwari award.



He is awarded with 2023 De Leo Fund Award in recognition of outstanding research on suicidal behaviors carried out in developing countries.

Received the

- 1. IPS Dr. JK Trivedi Lifetime Achievement Award IMA
- 2. National President's Appreciation Award from the National President,
- 3. A prize in the Swathi Weekly magazine short story competition in April 2023, titled "Manchu Kala," based on the life of a commercial sex worker.

Received:

- 1. Sakshi Excellence Award in Healthcare for the year 2022, bestowed by Sri Biswabhushan Hari Chandan, Hon'ble Governor of the State of Andhra Pradesh.
- 2. Dr. Kambhampati Swayam Prakash memorial Life Time Achievement Award, 2023 by Dr. Kambhampati Trust and Andhra Pradesh Adhikara Bhasha Samithi.
- 3. Icon of Healthcare Award 2023 by Times of India, bestowed by Sri M. Venkayya Nayudu, Ex. Vice President of India.

Dr KARRI RAMA REDDY

INDIVIDUAL ACHIEVMENTS



Appointed as Registrar, Dr YSR University of Health Sciences, Andhra Pradesh.



Dr SAMIR K PRAHARAJ

CAREERS 360 FACULTY RESEARCH AWARDS Outstanding Faculty Awara Maserson Per

Has been awarded with "OUTSTANDING FACULTY AWARD" with 259 publications and cumulative 2151 citations.



Became the Editor of Telangana journal of IMA. Elected as Hon. Gen. Secretary of IMA Hyderabad city branch (largest branch in South India).





Dr MAHESH GOWDADr SHAHUL AMEENDr VISHAL AKULAOur IPS SZB members have been elected for the Direct Council Members of IPS National Body

EXTENDED EXECUTIVE COUNCIL

President Dr K Uday Kumar Hon. Treasurer Dr N Arun Kumar President Elect Dr Abhay Matkar Hon. Gen. Secretary Dr P Lokeswara Reddy Hon. Editor Dr Shahul Ameen

Immediate Past President: Immediate Past Hon. Gen. Secretary: Immediate Past Hon. Treasurer: IPS SZ Representative to National EC: Women Representatives:

Andhra Pradesh: Karnataka: Kerala: Tamil Nadu: Telangana:

Awards Committee

Dr Ramanan Earat (Chairman) Dr G Prasada Rao (Co-chairman) Dr Chandrasekhar H (Convener Dr T P Sudhakar Dr Kumanan M

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Dr Murthy GVS, Dr Srinivasa Teja P Dr Harsha GT, Dr Mahesh R Gowda Dr Joice Geo, Dr T Sagar Dr T Siva Ilango, Dr C Sadhanand Dr K Pavan Kumar, Dr M Umashankar <u>Constitution Committee</u> Dr Joseph Varghese (Chairman) Dr Karri Rama Reddy (Co-chairman) Dr A. Rajesh (Convener) Dr Harisha Delanthabettu

Dr J Jaya Prakash

Community Awareness Committee

Dr Arun B Nair (Advisor) Dr D Sivasailam (Chairman Dr Y Prabhakar (Co-chairman) Dr Somashekhar Bijjal (Convener) Dr Elsie Oommen Dr Vishal Akula

Women Empowerment Committee

Dr Endumathi (Chairman Dr S Niveditha (Co-chairman) Dr Aruna Yadiyal (Convener) Dr Sheena G Soman M Dr N Uma Jyoti

Membership Drive Committee

Dr N M Patil (Advisor) Dr Panneer Selvan (Chairman) Dr George Reddy (Co-chairman) Dr Alfred Samuel (Convener) Dr Narayan R Mutalik M Dr S Kiran Kumar

Tribunal & Ethics Committee

Dr S Nambi (Chairman) Dr K Chandrasekhar Dr G Bhagya Rao

Publication Committee

Dr Vikas Menon (Chairman) Dr Anil Kakunje (Co-chairman) Dr K Vidhu Kumar (Convener) Dr K Nagi Reddy Dr Sai Krishna Puli

Website Committee

Dr Mohan Sunil Kumar Dr Minhajzafer M Nasirabadi

Journal Tribunal Committee

Dr M Suresh Kumar (Chairman) Dr T S S Rao (Co-chairman) Dr Suresh Badamath

Spirituality & Yoga Committee

Dr P Kishan (Chairman) Dr Shivarama Varambally (Co-chairman) Dr I V L Narasimha Rao (Convener) Dr Philip John Dr V Jaikumar

Election commission

Dr Kasturi Pandiyan - Chairperson Dr. Mayurnath Reddy Dr. K. Narasimha Reddi

Child and Adolescent Committee

Dr Shanti Nambi (Chairman) Dr Radha Rani S (Co-chairman) Dr Deenu Chacko (Convener) Dr Anitha Rayirala Dr S Preethi

MIDTERM CME FOR PRACTITIONERS 2023

Organising chairman Organising Secretary Dr Sushil K Dr Dayal Narayan KT

IPS SZB ANNUAL PG TRAINING PROGRAM

Organising chairman Organising Secretary Dr Poorna Chandrika Dr Arul Saravanan

IPSOCON 2023

Organising chairman Organising Secretary Dr I V L Narasimha Rao Dr I Sarath Chandra

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