

## Zonal Report IPS North Zone 2022-2023 (for Best Zone Award-2023)

### *Academic Activities*

1. **Webinar Series- Wednesday Learning Series** was initiated in March 2021 and successfully conducted sessions on Wednesday 8-9 PM with wider participation from different parts of the India and especially Faculty, and Postgraduate students from North Zone and Esteemed Speakers were with vast expertise in the area.  
In this year, **four Special sessions were conducted on Scientific writing and Publication ethics.**

# INDIAN PSYCHIATRIC SOCIETY North Zone



**Wednesday**  
**18 January 2023**



**08:00 PM to**  
**09:00 PM**

## Pragmatic Tips for Publications

### Speaker



**Dr Siddharth Sarkar**  
Additional Professor, Psychiatry  
& NDDTC, AIIMS Delhi

### Chairpersons



**Dr Gurvinder Pal Singh**  
Head, Psychiatry  
AIIMS Bathinda



**Dr Arshad Hussain**  
Professor Psychiatry  
GMC Srinagar (IMHANS- K)

**75<sup>th</sup> episode of Wednesday Learning** was marked as special event on 25<sup>th</sup> January, 2023 and session was delivered by Prof Ashok Malla from McGill University, Canada, with Chief Guest being Prof Afzal Javed (President WPA) and Special Guests being President of IPS, SAARC & AFPA.

# 75<sup>th</sup> Episode Wednesday Learnings (Online CME) of Indian Psychiatric Society- North Zone



Wednesday  
25 January 2023



07:30 PM on  
Zoom Platform

## "Early Intervention in Psychosis in Varied Economical and Cultural Conditions"

### Guest Speaker



**Prof. Ashok Malla,**  
FRCPSC; MRCPsych; FCAHS  
Professor Emeritus, Psychiatry, McGill University, Canada.

### Chief Guest



**Prof. Afzal Javed**  
President  
World Psychiatric Association

### Special Guests



**Dr N N Raju**  
President, IPS



**Dr Vinay Kumar**  
President Elect, IPS



**Dr. Gautam Saha**  
President SAARC



**Dr G Prasad Rao**  
President AFPA

### Chairpersons



**Dr Ajit Avasthi**  
(Former Prof & Head, Psychiatry,  
PGIMER, Chandigarh)



**Dr. Mushtaq A Margoob**  
(Former Prof & Head, Psychiatry,  
IMHANS Kashmir)

### Moderators



**Dr Abdul Majid**  
Professor & Head, Psychiatry  
SKIMS, Srinagar



**Dr Naresh Nebhinani**  
Dept. of Psychiatry,  
AIIMS, Jodhpur

### IPS North Zone Office Bearers

**Dr. Abdul Majid**  
President

**Dr Mamta Sood**  
Vice-President

**Dr. Naresh Nebhinani**  
Hony. Secretary

**Dr. Sandeep Grover**  
Hony. Editor

**Dr Subhash Das**  
Hony. Treasurer

Click here to join the program

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Meeting ID: 933 0642 7868

Passcode: IPSNZ

Academic Partner



2. To mark 'International day against drug abuse and illicit trafficking', Panel discussion was conducted on 26<sup>th</sup> June 2023 with Stalwarts and Experts as Panelist and Chairpersons. It was well appreciated and attended by the teachers, senior faculty and students from different parts of India.

# INDIAN PSYCHIATRIC SOCIETY

## North Zone

### Special session on 'International Day against Drug Abuse and Illicit Trafficking'



**Monday**  
26 June 2023





**08:00 PM**  
Onwards

### PANEL DISCUSSION

## Role of Clinicians and Researchers in Prevention of Drug Abuse and addressing stigma

**Panelist**

**Chairpersons**



**Dr. Vivek Benegal**  
Prof., Psychiatry  
NIMHANS, Bangalore



**Dr. Debasish Basu**  
HoD Psychiatry  
PGIMER, Chandigarh



**Dr. Alok Agrawal**  
Additional Professor, Psychiatry  
& NDDTC, AIIMS Delhi



**Dr Shiv Gautam**  
Director Professor, Gautam Hospital &  
Institute of Behavioural Sciences, Jaipur



**Dr Sandeep Bhola**  
Deputy Medical Commissioner &  
Consultant Psychiatrist, Kapurthala

**Moderators**



**Dr Abdul Majid**  
Professor & Head, Psychiatry  
SKIMS, Srinagar



**Dr Naresh Nebhinani**  
Dept. of Psychiatry,  
AIIMS, Jodhpur

**Dr. Abdul Majid**  
President

**Dr Mamta Sood**  
Vice-President

**Dr. Naresh Nebhinani**  
Hony. Secretary

**Dr. Sandeep Grover**  
Hony. Editor

**Dr Subhash Das**  
Hony. Treasurer

## **CME Programs & Organizational activities**

3. **Mid-term CME** was successfully organized at AIIMS Bathinda on 19<sup>th</sup> March 2023 on the theme of 'Revisiting Depression' and well appreciated and participated by around 130 delegates. Dr Gurvinder Pal Singh was Organizing Chairperson and Dr Jitender Aneja was Organizing Secretary. Experts delivered excellent sessions on nosology, bipolar depression, mixed states, seasonal affective disorders, pharmacotherapy, somatic therapies and CBT in depression. PG quiz was nicely coordinated by Dr Sandeep Grover.



4. **23<sup>rd</sup> Postgraduate Development Program** was organized on 8<sup>th</sup>-9<sup>th</sup> July 2023 at Government Medical College Kota on the theme of 'Addressing mental health issues in Children and Youth.' It was well attended by about 200 postgraduate students and 50 faculty/teachers. Dr C S Sushil was Organizing Chairperson and Dr Bharat Singh Shekhawat was Organizing Secretary. Experts delivered excellent sessions on ID, ASD, SLD, ADHD, CSA, behavioral addiction, psychosis and suicidal behavior in children. PG quiz was nicely coordinated by Dr Akhilesh Sharma.



## 5. 48<sup>th</sup> Annual Conference of IPS-NZ

Delegates participated to cherish the academic feast and great hospitality at Srinagar on October 27-28, 2023. Dr Maqbool Dhar & Dr Manu Arora were Organizing Chairpersons and Dr Abdul Majid & Dr Rakesh Banal were Organizing Secretary. Theme was 'Treatment adherence in Psychiatry' with special focus through workshop, special sessions and PG Quiz. Dr Vinay Kumar (President IPS), Dr Laxmikant Rathi (Vice-President IPS), Dr Arabinda Brahma (General Secretary IPS), Dr Omprakash Singh (Editor, IPS), Dr Aleem Siddiqui (Treasurer, IPS) graced the event in person.





6. Annual Conference of IPS North Zone was proudly organized with MIDCIPS-2023 as IPS-NZ was Co-host of first MIDCIPS. Five participants from IPS-North Zone were nominated for the Early Career Psychiatrist Workshop at MIDCIPS-2023 at Srinagar.



7. **UG Psychiatry Quiz**

Under the aegis of Indian Psychiatric Society, IPS-NZ proudly organized the Undergraduate Psychiatry Quiz for North Zone Medical Colleges (Screening Round on 15<sup>th</sup> Nov 2023 and Final Qualifying Round on 19<sup>th</sup> Nov 2023). Dr Sandeep Grover was the Quiz Master for both the rounds.

Hardik Gupta and Aryan Bansal from AIIMS Delhi secured 1<sup>st</sup> position in final qualifying round, they will participate in Final UG Quiz at ANCIPS-2024 from IPS-North Zone.



# INDIAN PSYCHIATRIC SOCIETY North Zone



Wednesday  
15 November 2023



08:00 PM to  
09:00 PM

## Undergraduate Psychiatry Quiz for North Zone Medical Colleges (Preliminary Round)

### Quiz Master



**Dr Sandeep Grover**  
Dept. of Psychiatry,  
PGIMER, Chandigarh

### Chairpersons



**Dr Abdul Majid**  
Professor & Head, Psychiatry  
SKIMS, Srinagar



**Dr Gurvinder Pal Singh**  
Professor & Head, Psychiatry  
AIIMS, Bathinda

### Moderators



**Dr Mamta Sood**  
Prof, Psychiatry  
AIIMS, Delhi



**Dr Naresh Nebhinani**  
Dept. of Psychiatry,  
AIIMS, Jodhpur

**Dr Mamta Sood**  
President

**Dr Gurvinder Pal Singh**  
Vice-President

**Dr. Naresh Nebhinani**  
Hony. Secretary

**Dr. Sandeep Grover**  
Hony. Editor

**Dr Gulbahar Sidhu**  
Hony. Treasurer

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Academic Partner



# INDIAN PSYCHIATRIC SOCIETY North Zone



Sunday  
19 November 2023



08:00 PM to  
09:00 PM

## Undergraduate Psychiatry Quiz for North Zone Medical Colleges (Final Qualifying Round)

### Quiz Master



**Dr Sandeep Grover**  
Dept. of Psychiatry,  
PGIMER, Chandigarh

### Chairpersons



**Dr Gulbahar Sidhu**  
Consultant Psychiatrist,  
Jalandhar



**Dr Vinod Daria**  
Professor, Psychiatry,  
GMC, Kota

### Moderators



**Dr Mamta Sood**  
Prof, Psychiatry  
AIIMS, Delhi



**Dr Naresh Nebhinani**  
Dept. of Psychiatry,  
AIIMS, Jodhpur

**Dr Mamta Sood**  
President

**Dr Gurvinder Pal Singh**  
Vice-President

**Dr. Naresh Nebhinani**  
Hony. Secretary

**Dr. Sandeep Grover**  
Hony. Editor

**Dr Gulbahar Sidhu**  
Hony. Treasurer

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Meeting ID: 968 5915 9755

Passcode: IPSNZ

Academic Partner



8. Preliminary Round of **PG Psychiatry Quiz of IPS-NZ** was held on Online mode on 15<sup>th</sup> October 2023 (64 teams registered from North zone). Top 7 teams were selected to participate in Final round on 22<sup>nd</sup> October 2023 (Online mode). 1<sup>st</sup> (Dr Arshia Sood & Dr Nishtha Chaurasia from PGIMER, Chandigarh), 2<sup>nd</sup> (Dr Shivangi Raina & Dr Muhasin Mujtaba from GMC, Srinagar) and 3<sup>rd</sup> (Dr Vasu Mishra & Dr Vishal Verma from AIIMS Jodhpur) teams were awarded at National Conference with Cash prize, Complementary registration and accommodation from the Organizers.

# INDIAN PSYCHIATRIC SOCIETY North Zone



Sunday  
15 October 2023



08:00 PM to  
09:00 PM

## Postgraduate Psychiatry Quiz for North Zone Medical Colleges (Preliminary Round)

### Quiz Master



**Dr Sandeep Grover**  
Dept. of Psychiatry,  
PGIMER Chandigarh

### Chairpersons



**Dr Roop Sidana**  
Consultant Psychiatrist,  
Sri Ganganagar



**Dr Sandeep Goyal**  
Consultant Psychiatrist,  
Ludhiana

### Moderators



**Dr Abdul Majid**  
Professor & Head, Psychiatry  
SKIMS, Srinagar



**Dr Naresh Nebhinani**  
Dept. of Psychiatry,  
AIIMS, Jodhpur

**Dr. Abdul Majid**  
President

**Dr Mamta Sood**  
Vice-President

**Dr. Naresh Nebhinani**  
Hony. Secretary

**Dr. Sandeep Grover**  
Hony. Editor

**Dr Subhash Das**  
Hony. Treasurer

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Passcode: 123456

Academic Partner



# INDIAN PSYCHIATRIC SOCIETY North Zone



**Sunday**  
**22 October 2023**



**08:00 PM to**  
**09:00 PM**

## Postgraduate Psychiatry Quiz for North Zone Medical Colleges (Final Round)

### Quiz Master



**Dr Sandeep Grover**  
Dept. of Psychiatry,  
PGIMER Chandigarh

### Chairpersons



**Dr Ajeet Sidana**  
Professor, Psychiatry & Medical Superintendent  
Mental Health Institute, GMCH, Chandigarh



**Dr Nitin Gupta**  
Consultant Psychiatrist, Chandigarh &  
Immediate Past President, IPS-North Zone

### Moderators



**Dr Abdul Majid**  
Professor & Head, Psychiatry  
SKIMS, Srinagar



**Dr Naresh Nebhinani**  
Dept. of Psychiatry,  
AIIMS, Jodhpur

<b>Dr. Abdul Majid</b> President	<b>Dr Mamta Sood</b> Vice-President	<b>Dr. Naresh Nebhinani</b> Hony. Secretary	<b>Dr. Sandeep Grover</b> Hony. Editor	<b>Dr Subhash Das</b> Hony. Treasurer
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### Media & Public Awareness Programs

- To mark 'International day against drug abuse and illicit trafficking', in collaboration of IPS-NZ, Special Interactive Session was organized at SKIMS College Auditorium

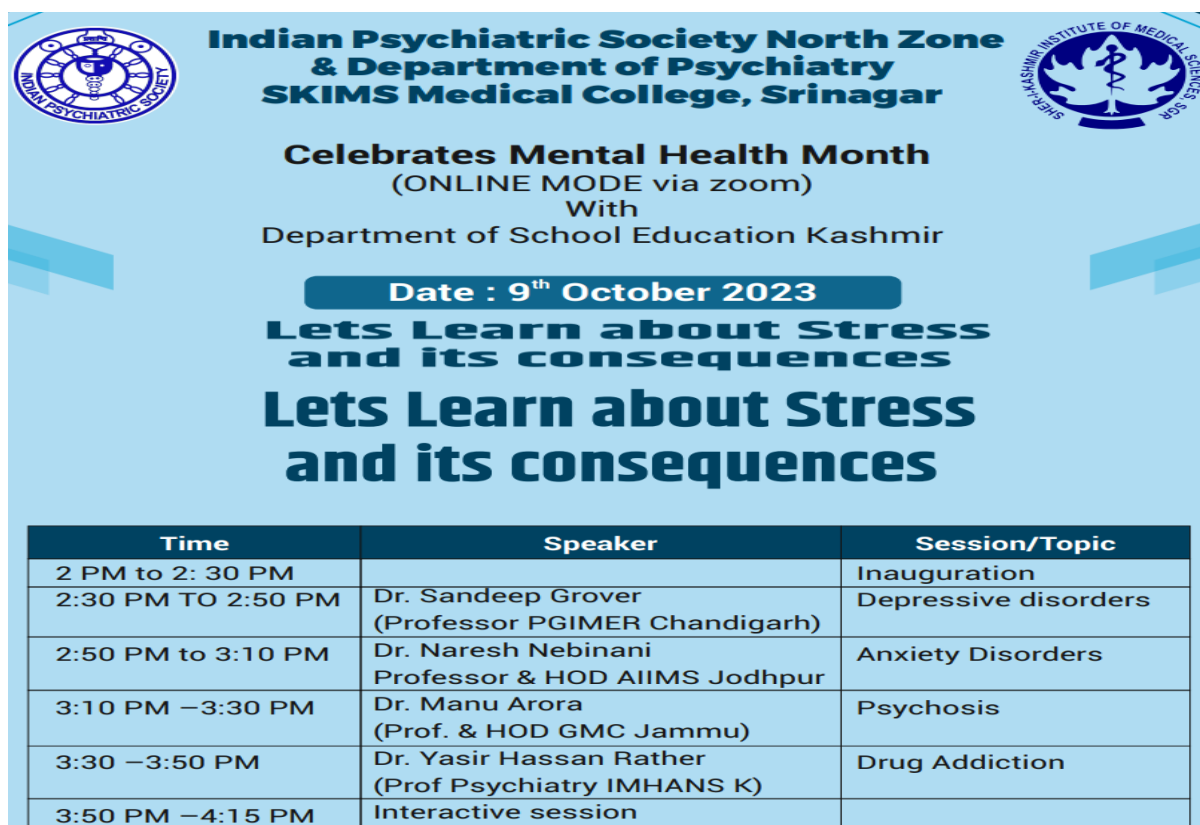
Srinagar, where former top Civil services officers, Media, Civil society, Police, Officials of Education Department participated in the Panel discussion.



10. On **World Suicide Prevention Day**, an Interactive session and Panel discussion was organized for Teachers, Parents and Mental Health Professionals. It was inaugurated by IPS President, Vice-President, Gen Secretary, President SAARC Psychiatry Federation, President Asian Psychiatry Federation. Panelists were Experts from all the five zones of IPS (Dr Shekar Seshadri, Dr Shubhangi Parkar, Dr B S Shekhawat, Dr O P Singh, Dr Vipul Singh). It was well attended and appreciated by the participants.

A promotional banner for an event. The top section is dark blue with the text 'INDIAN PSYCHIATRIC SOCIETY North Zone' in white. Below this, in yellow, is 'Observing World Suicide Prevention Day'. The middle section is white with a grey background for the date and time. On the left, a calendar icon is next to 'Sunday 10th September 2023'. In the center is the Indian Psychiatric Society logo. On the right, a clock icon is next to '07:00 PM to 09:00 PM'. Below this, the word 'Theme' is written in green. A red banner contains the theme 'Creating Hope Through Action' in white. The bottom section is light grey with text: 'Interactive cum Awareness Webinar Organized by Indian Psychiatric Society North Zone &amp; SKIMS Medical College, Srinagar With Teachers / Parents'.

11. To celebrate **World Mental Health Day**, SKIMS Srinagar in collaboration with IPS-NZ organized a Webinar on 'Lets learn about Stress and its consequences' for School Teachers of J & K. IPS President and Vice President IPS inaugurated the session and addressed to around 1000 Teachers with their vision and directions for mental health promotion. Dr Sandeep Grover, Dr Manu Arora, Dr Naresh Nebhinani & Dr Yasir Hassan made brief presentations and interaction with teachers.



**Indian Psychiatric Society North Zone  
& Department of Psychiatry  
SKIMS Medical College, Srinagar**

**Celebrates Mental Health Month**  
(ONLINE MODE via zoom)  
With  
Department of School Education Kashmir

**Date : 9<sup>th</sup> October 2023**

**Lets Learn about Stress  
and its consequences**

**Lets Learn about Stress  
and its consequences**

Time	Speaker	Session/Topic
2 PM to 2: 30 PM		Inauguration
2:30 PM TO 2:50 PM	Dr. Sandeep Grover (Professor PGIMER Chandigarh)	Depressive disorders
2:50 PM to 3:10 PM	Dr. Naresh Nebinani Professor & HOD AIIMS Jodhpur	Anxiety Disorders
3:10 PM –3:30 PM	Dr. Manu Arora (Prof. & HOD GMC Jammu)	Psychosis
3:30 –3:50 PM	Dr. Yasir Hassan Rather (Prof Psychiatry IMHANS K)	Drug Addiction
3:50 PM –4:15 PM	Interactive session	

## 12. Media Programs

Following Akashvani & FM Programs were conducted (Dr Naresh Nebhinani)

1. Talk on Autism awareness month (14<sup>th</sup> April, 2023 on Akashvani)
2. Talk on World Suicide prevention day (10<sup>th</sup> September, 2023 on Akashvani)
3. Talk on World Mental Health Day (10<sup>th</sup> October, 2023 on Akashvani)
4. Talk on ADHD Awareness (Part-I) (1<sup>st</sup> November, 2023 on Red FM)
5. Talk on ADHD Awareness (Part-II) (2<sup>nd</sup> November, 2023 on Red FM)

### 13. Journal Editors

Prof Debasish Basu is the Editor of World Social Psychiatry Journal

Dr Nitin Gupta is the Editor of Indian Journal of Social Psychiatry (IJSP), and Journal of Indian Association for Children and Adolescent Mental Health (JIACAM)

Dr Sandeep Grover is the Editor of SAARC Psychiatric Federation, Journal of Mental Health and Human Behavior (JMHHB) (Official Journal of IPS-NZ), Journal of Geriatric Mental Health (JGMH), and India Point of Care (IPoC).

Dr Gulbahar Sidhu is the Chief Editor of Beyond Borders, the Official magazine of the SAARC Psychiatric Federation

### 14. State Conferences and CME organized

#### Rajasthan

1. Mid-term CME of Indian Psychiatric Society Rajasthan Chapter (Theme: Dual diagnosis: Challenges and solutions) (Sri Ganganagar, 30<sup>th</sup> April, 2023) (Organizing Chairperson: Dr Roop Sidana & Organizing Secretary: Dr Rajiv Agrawal)







(Awardees of Dr. Saadgi Jagawat Memorial Quiz-2023)

2. 38<sup>th</sup>Annual conference of Indian Psychiatric Society Rajasthan Chapter (RAJPSYCON 2023) (Theme: Legal and Ethical considerations in De-addiction: Striking a balance) (Udaipur, 23<sup>rd</sup>-24<sup>th</sup> September 2023) (Organizing Chairperson: Dr Jitendra Jeenger & Organizing Secretary: Dr Manu Sharma)





## Punjab

The PG Development Program of the Punjab and Chandigarh branch of the IPS was organized on January 22 and 23, 2023 at Ludhiana (Punjab) on the theme “Back to Basics: Nosology and Phenomenology”. The conference was organized by Dr Navkiran Mahajan & Dr Ranjive Mahajan. (President- Dr Deepali Gul, Vice-President-Dr Gulbahar S Sidhu, Secretary- Dr Sandeep Grover, Editor-Dr Navkiran Mahajan of IPS Punjab State Chapter).





### **Jammu & Kashmir**

Several CMEs were organized by IPS J & K State Chapter on important contemporary Mental health issues with wider participation.

### **15. Research**

Prof Sandeep Grover received recognition among Worlds' Top 2% Scientist in Stanford University list (2023) for his lifetime and current research

### **16. Institution of New Awards**

*Dr V D Meel Poster Award* (Instituted in IPS-North Zone by Dr V D Meel). It is to promote Poster submission in young researchers as age of first author to be less than 35 years on the last day of submission of award.

*Dr. Saadgi Jagawat Memorial Quiz Award*- Dr Tushar Jagawat requested to start award in memory of his late daughter Dr. Saadgi Jagawat, who was pursuing DNB in Psychiatry and had sudden demise on 29/12/2021.

Both the above awards were started in 2023

### **17. Laurels to Consultant Psychiatrists**

Dr Rakesh Chadda is selected as President Elect of World Association of Social Psychiatry (WASP)

Dr Rajesh Sagar received Outstanding Faculty Award by Career 360 at Amity University.

Dr Abdul Majid received Fellowship of Royal College Edinburgh (FRCP), Distinguished Fellowship American Psychiatric Association & National Award of Excellence in Mental Health

Dr Naresh Nebhinani conferred Fellowship of National Academy of Medical Sciences (FAMS).

*Naresh Nebhinani*

Dr Naresh Nebhinani  
Hony Secretary  
IPS- North Zone

10<sup>th</sup> January 2024