



Indian Psychiatric Society  
North Zone

Inaugural  
Issue

# NEWSLETTER

Issue 01 : January ~ March, 2024

Be Informed, Be Inspired

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**Dr. Mamta Sood**

**Hony. Gen. Secretary**

**Dr. Naresh Nebhinani**

**Vice President**

**Dr. Gurvinder Pal Singh**

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**Dr. Sandeep Grover**

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## Editorial

It is with great pleasure that we present the inaugural issue of "The Newsletter" of the Indian Psychiatric Society – North Zone. We aim to chronicle the activities of our Zone as well as the constituent state branches besides the individual achievements of note. We also aim to mirror the upcoming events of our zone. The newsletter would feature a regular column "Living Legends of Psychiatry" dedicated to the senior stalwarts of our fraternity. This issue features Dr Gurmeet Singh, a name that requires no introduction. The creative works of our colleagues across North Zone also find a place in this issue and all subsequent issues.

Looking forward to the enthusiastic participation of all colleagues in this new venture! Let's be informed and be inspired!

Long Live I.P.S. – North Zone !

**Dr Gulbahar S. Sidhu**

**Dr Sandeep Grover**

## MESSAGE from the President, IPS



"Be Informed, Be Inspired", this spirit is the soul of all endeavors that we undertake at the Indian Psychiatric Society. I am pleased to know that the Indian Psychiatric Society – North Zone is bringing out the inaugural issue of "The Newsletter", to epitomize this spirit. I wish the editorial team all success and hope that this new endeavor grows in the time to come.

I also appreciate the work done by Dr Gulbahar Sidhu and Dr Sandeep Grover, who are an asset to our organization.

**Dr Laxmikant Rathi**

President, Indian Psychiatric Society

## MESSAGE from the Hon. General Secretary, IPS



It is with immense pleasure and a profound sense of responsibility that I address you today through the inaugural issue of newsletter, a milestone that marks not just the beginning of a new chapter in our collective journey but also a testament to our shared commitment to the field of psychiatry in India.

As we stand at the cusp of this significant moment, on the occasion of mid-year conference, it is essential to reflect on the strides we have made as a community. Our society, a beacon of knowledge and compassionate care, has significantly contributed to mental well-being. The launch of this newsletter is a step further in our endeavour to foster communication, share knowledge, and

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#### Message from **President** IPS North Zone



**Dr. Mamta Sood**

Dear Colleagues and Friends

It is my proud privilege to write for this inaugural issue of Newsletter for Indian Psychiatric Society North Zone (IPS NZ), IPS NZ comprises of New Delhi, Punjab, Haryana, Himachal Pradesh, and Rajasthan and the Union Territories of Kashmir, Jammu, Leh and Ladakh, and Chandigarh. IPS NZ has a long tradition of excellence in clinical care, academics and research. Prof Vidya Sagar, Prof N N Wig and Prof J S Neki have been guiding lights of the zone. National Mental Health Programme was launched in 1982 in Delhi. IPS NZ has been part of landmark national and international studies.

Since its inception in 1978, the IPS NZ supports continued medical education through its yearly academic activities – Midterm CMENow named as Mid-year Conference IPS NZ (MIDCIPS-NZ), Postgraduate development programme (PGDP) and Annual Conference of IPS NZ. IPS NZ promotes excellence in research in young scholars and honours lifetime achievement of senior professionals by providing yearly national awards in the field of psychiatry and mental health, during the annual national conference. The Indian Psychiatric Society North Zone publishes a semiannual journal “Journal of Mental Health and Human Behaviour”. It is a peer-reviewed print and online journal.

Looking forward to your active contribution and participation in the activities of the IPSNZ! Long live IPS NZ!

**Dr. Mamta Sood**

#### Message from **Vice-President** IPS North Zone



**Prof. (Dr) Gurvinder Pal Singh**

As vice President of Indian Psychiatric Society-North Zone I feel extremely happy and welcome the initiative taken under guidance of Hon'ble President Dr Mamta Sood and Congratulate Dr Gulbahar Sidhu Editor of newsletter for this wonderful task. This newsletter will be a hub of academic and extra cocurricular activities for all members of this prestigious society. My message is “aim always High” as high as the sky to be good so that coming generation of mental health professionals could feel pride that Editor and other office bearers unleash the hidden potential of them and established a new chapter in the history of Indian Psychiatric Society-north zone

Best Wishes

**Prof. (Dr) Gurvinder Pal Singh**

#### Message from **Hon. Secretary** IPS North Zone



**Dr. Naresh Nebhinani**

Indian Psychiatric Society-North Zone (IPS-NZ) is a non-profit organization of Psychiatrists of North India. Important objectives of the IPS-NZ are to promote awareness about mental health, wellness and psychological disorders in the general population and among the health professionals; to facilitate for effective prevention, and comprehensive management of psychiatric disorders; and to improvise service delivery, standard of care and wholesome psychiatric training for undergraduate and postgraduate students.

It is a matter of greater pleasure and proud that IPS-NZ has conceived for publishing regular Newsletter to disseminate the scholar information about mental health activities, historical milestone and legends of Psychiatry to all the fellows, members, students, and larger world. It will not only help in fulfilling the objective of IPS-NZ but will also help us in making our roots stronger.

I must congratulate Office bearers, Executive Council and each member of IPS-NZ for helping in release of inaugural issue of our own Newsletter, with special gratitude to Dr Gulbahar Sidhu, Dr Sandeep Grover and Dr Mamta Sood for making this plan a reality today. In line with the motto of this scholar work, let all of us ‘be informed and be inspired’ for greater work and humane contribution.

Long live IPS-NZ.

**Dr. Naresh Nebhinani**

The name of Dr Gurmeet Singh inspires awe. He is not just the senior most psychiatrist of our zone, he is an institution. His contributions to psychiatry as a specialty in India, have been phenomenal from authoring more than 300 original research papers including indigenizing rating scales such as the Presumptive Stressful Life Events Scale and the Beck's Depressive Inventory.

Known to be a man of few words and a teacher of my teachers during their post graduation, I must confess that I had my share of anxiety when I gave a call to him at the appointed hour. The voice that answered my call virtually melted away all my trepidation. It was a voice that effused warmth and affection.

Dr Gurmeet Singh expressed happiness at the fact that the I.P.S. – Indian Psychiatric Society - North Zone was bringing out a “Newsletter” to chronicle the recent as well as the upcoming events and said that it was the “need of the hour” so that those colleagues who are featured on the pages of the “Newsletter” get encouraged and the other colleagues are inspired.

On being asked about the vision that he has for the IPS – Indian Psychiatric Society - North Zone, he was of the view that the society needs to be more proactive and should organize more online and offline events especially involving the postgraduate students and young psychiatrists, with emphasis on psychopharmacology. He also said that there is a need for our society to reach out to the community with innovative programs to raise awareness about the various psychiatric problems, importance of mental health and psychiatric disorders.

As to the when asked about the advice that he wanted to give to the younger colleagues, Dr Gurmeet Singh said, “The soul of Psychiatry is in spending time and building a meaningful relationship with our patients. So, being with our patients and trying to understand their emotional turmoil on the bedrock of our knowledge, is absolutely essential.”

The Indian Psychiatric Society – North Zone wishes Dr Gurmeet Singh a healthy and productive life.

~ Based on the interview with Dr Gulbahar Sidhu

### Living Legend of Psychiatry Dr. Gurmeet Singh



#### Hon. Gen. Secretary Message (Contd. from Page 1)

celebrate the achievements that each one of you contributes to this noble field.

The IPS North Zone has always been a vibrant community of psychiatrists, characterized by its diverse expertise and unwavering commitment to advancing psychiatric care. This newsletter aims to be a reflection of that spirit – a platform where ideas meet, experiences are shared, and collaborations are born. Through its pages, we hope to bring to you the latest developments in psychiatry, insightful articles, updates on upcoming events, and stories of innovation and success from our very own members.

As we embark on this new venture, I encourage everyone to contribute and engage, making this platform a rich source of information and a connector among us. Your insights and stories will enrich this newsletter immensely.

I thank you all for your ongoing support and dedication to the Indian Psychiatry Society. Let's continue to inspire, innovate, and impact the lives of those we serve positively.

Wishing you all a productive and enlightening mid-year conference. Let us look forward to a future filled with hope, growth, and continued success in our endeavours.

Warm regards,

**Dr Amrit Patojoshi**

Honorary Secretary, Indian Psychiatry Society

#### Useful Resource Materials for Clinicians, Patients and their Caregivers

- NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses. Information available at <http://www.nami.org/Template.cfm?Section=Family-to-Family>.
- NAMI Hearts & Minds: A Roadmap to Wellness for Individuals Living With Mental Illness is available for free download at [http://www.nami.org/Content/NavigationMenu/Hearts\\_and\\_Minds/FINALfinalRoadmaptoWellness.pdf](http://www.nami.org/Content/NavigationMenu/Hearts_and_Minds/FINALfinalRoadmaptoWellness.pdf).
- NIMH Schizophrenia is an easy-to-read booklet on schizophrenia that explains what it is, when it starts, and how to get help. Available for free download at <http://www.nimh.nih.gov/health/publications/schizophrenia-a-easy-to-read/nimh-schizophrenia-quadfold.pdf>.
- NIMH has many other valuable psychoeducational materials on schizophrenia available at <http://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml>.

Management of BPSD:

<https://dementiaresearch.org.au/resources/bpsdguide/>

~ Contributed by Dr. Sandeep Grover

### KALEIDOSCOPE OF EVENTS

#### Let's Celebrate Exams

#### An Initiative by INDIAN PSYCHIATRIC SOCIETY - NORTH ZONE **LET'S CELEBRATE EXAMS**

A first of its kind interface between  
Psychiatrists, Teachers & Parents  
on  
How to guide our children to navigate  
Coming exams with stress

Live Question Answer Sessions & Panel Discussion

February 11, 2024 (Sunday), 5 - 7 pm  
on Zoom Platform

Join Zoom Link  
<https://digitalinfomedias.com/join/6936903329?pwd=YmB2dFZlUXIKK0VpWGVra1BaVnVjQ209>

Join Zoom Meeting Meeting ID: 693 690 3329  
Passcode: 123456



The Indian Psychiatric Society – North Zone set rolling a new initiative titled “LET’S CELEBRATE EXAMS”, on February 11, 2024, with an online program featuring teachers and parents of children appearing for Class 9 to Class 12 exams, and a galaxy of mental health professionals. The program saw the participation of over 200 teachers and parents.

A distinguished panel of experts comprising Dr Om Sai Ramesh V, Professor, Lady Hardinge Medical College, New Delhi, Dr Yatan Pal Singh Balhara, Professor, NDDTC, AIIMS, Delhi, Dr Rachna Bhargava, Professor, Clinical Psychology, NDDTC, AIIMS, Delhi, Dr Jitender Aneja, Additional Professor, AIIMS, Bathinda, and Dr Nidhi Chauhan, Assistant Professor, PGIMER, Chandigarh, answered the queries sent by the teachers and the parents, on a wide range of issues related to the stress associated with approaching exams.

One session each, for the parents and the teachers was conducted. The sessions were chaired by senior psychiatrists of the North Zone, including Dr Abdul Maajid, Immediate Past President of the IPS – North Zone, Dr Roop Sidana, IPS NZ representative to the IPS, Dr Sandeep Goyal, past President of the IPS -North Zone, Dr Deepali Gul, Professor at P.I.M.S., Jalandhar (Punjab), and Dr Vinod Kumar Daria, Professor at GMC, Kota (Rajasthan). The program was moderated by Dr Gulbahar Sidhu, Honorary Treasurer, IPS – North Zone.

The event was graced by Dr Savita Malhotra, Honorable Vice-President and President Elect, IPS who emphasized on seeing all exams in the larger context of life and not to pressurize the children to excel in them.

Dr Gurvinder Pal Singh, Vice-President, IPS – North Zone, spoke on the need to have realistic expectations from the children. The participants were welcomed by Dr Mamta Sood, Professor of Psychiatry at AIIMS, New Delhi, and the President of the IPS – North Zone. She also concluded the session by underscoring the need to make the children learn life skills instead of only focusing on getting good scores in the exams, and that, the aim of studying should be to make responsible citizens of the future. Dr Naresh Nebhinani, Professor of Psychiatry at AIIMS Jodhpur, and the Honorary Secretary of the IPS – North Zone, proposed a vote of thanks.

#### International Women's Day



International Women's Day was celebrated at the Institute of Human Behavior and Allied Sciences (I.B.H.A.S.), New Delhi by felicitating and honoring IPS North Zone President and other women who have made significant contributions in the field of mental health.

It was a matter of pride that Dr Mamta Sood, Professor of Psychiatry at AIIMS, New Delhi, and the Honorable President of the Indian Psychiatric Society, North Zone was among those felicitated. The other women stalwarts included Dr Pratima Murthy, Director, NIMHANS, Bangalore, Dr Madhuri Behari, Ex-Professor and Head, Department of Neurology, AIIMS, New Delhi and Dr Neha Garg, Director, Ministry of Health and Family Welfare, Government of India.



#### Observing World Bipolar Day

The Indian Psychiatric Society -North Zone organized a special online CME program on the occasion of World Bipolar Day on 27th March 2024. The program was titled – “Beyond the Binary: Mixed Presentations in Mood Disorders”. Dr Raman deep from AIIMS, New Delhi and Dr Sandeep Grover from PGIMER, Chandigarh were the speakers for the Online CME. The program started with opening remarks from the President, IPS-NZ, Dr Mamta Sood and Hony General Secretary, Dr Naresh Nebhinani. Dr Abdul Maajid and Dr Sandeep Goyal were the chairpersons for the session. Dr Raman Deep Spoke on “Understanding the historical and conceptual issues in mixed states” and Dr Sandeep Grover spoke on “Assessment and Management of Mixed States/Episode”. The program was attended by about 200 participants and the presentations were followed by lively question and answer session.

#### INDIAN PSYCHIATRIC SOCIETY North Zone Special session on World Bipolar Day

Wednesday  
27 March 2024  
08:00 PM  
Onwards

#### Beyond the binary: Mixed presentations in mood disorders



### KALEIDOSCOPE OF EVENTS

Under the aegis of Indian Psychiatric Society - North Zone - Panel Discussion on 'World Autism Awareness Day'

#### INDIAN PSYCHIATRIC SOCIETY North Zone

Panel Discussion on "World Autism Awareness Day"

Tuesday  
02 April 2024



08:00 PM  
Onwards

#### Autism Spectrum Disorder: Challenges, Responsibilities and Action

Panelists



Dr. Priti Arun  
HOD, Psychiatry  
GMCH, Chandigarh



Ms. Sangeeta Jain  
Executive Director  
NGO SOREM



Ms. Indu Chaswal  
Founder Director  
Aaddit Charitable Trust, Jalandhar



Ms. Nidhi Goyal  
State Coordinator  
Samagra Shiksha, Chandigarh



Dr. Shivangi Mehta  
Faculty, GMCH  
Chandigarh



Dr. Rakesh Chaddha  
HOD, Psychiatry  
AIIMS, New Delhi



Dr. Roop Sidana  
Consultant Psychiatrist  
Dr. Garg

Dr. Mamta Sood  
President

Dr. Gurvinder Pal Singh  
Vice-President

Dr. Rakesh Chaddha  
HOD, Psychiatry  
AIIMS, New Delhi

Dr. Sandeep Grover  
Hony. Editor

Dr. Gulabhar Sidhu  
Hony. Treasurer

The Department of Psychiatry, Government Medical College and Hospital, Chandigarh, had organized few activities to commemorate the World Autism Awareness day 2024. In liaison with the Indian Psychiatric Society – North Zone, there was a panel discussion entitled 'Autism Spectrum Disorder:

Challenges, Responsibilities and Action' which was chaired by Dr Rakesh Chaddha, Ex-HOD, Department of Psychiatry, AIIMS, New Delhi and renowned private psychiatrist Dr Roop Sidana, Ganganagar. The panelists included Dr Priti Arun, Head of Department of Psychiatry, GMCH, Chandigarh, Ms Sangeeta Jain, Executive Director, NGO SOREM, Ms Indu Chaswal, Founder Director, Aaddit Charitable trust, Jalandhar,

and Ms Nidhi Goyal, State Coordinator, Samagra Shiksha, Chandigarh with moderator Dr Shivangi Mehta, Assistant Professor, Department of Psychiatry, GMCH, Chandigarh.

The panel discussion focused on the challenges faced by the parents, the professionals and the teachers while dealing with the children with Autism and it encompassed the journey of two mothers of children with ASD who turned professionals treading the journey of autism over past 2-3 decades. Ms Sangeeta Jain started out seeking professional training and then joined in the NGO SOREM and has even started a respite care for ASD and actively marching ahead in this journey. While, Ms Indu Chaswal had 2 children with ASD with different intellectual levels and needs and subsequently her husband succumbed to cancer, but her progress is relentless. She started her journey at Action for Autism and subsequently founded the Aaddit Charitable trust at Jalandhar and is actively working there. Ms Nidhi Goyal has been working towards helping the parents via Government schemes and their implementation at school levels. Dr Priti Arun shared the challenges of parents from the perspectives of professionals and she emphasized on the shared responsibility.

### Meri Beti- a true story

Prof. (Dr) Gurvinder Pal Singh

Prof and HOD, Department of Psychiatry, AIIMS, Bathinda

You do not choose your family. They are God's gift to you. This I realize in my new journey of family life in a national importance institution. The value of sons and daughters, wife, parents and colleagues is immense and extended family is a strong supporting bond on this earth. I started traveling on a roadway bus with fast speed in September 2021 to appear in an interview for a professor post. I was reading books as a tough interview was on the next day. I booked a hotel room on the way and suddenly the bus stopped on the highway near my place of interview and we were asked to leave the bus. Slowly I got out of the bus and with difficulty reached the booked hotel. The receptionist refused to allow me the room as the date of booking was wrong. After a lot of requests, they agreed to double the price and allotted me a room on the first floor. In the morning the receptionist refused to add transport services and I travelled on foot to reach the interview place. The interview room was very silent and I was asked very tough questions and I failed miserably in the first attempt. The next day I took help from senior professionals for the interview in year March 2022 who advised me to take notes from a good professional to answer the tough questions. I started searching for it but could not trace it.

During a telepsychiatry duty, I found that one of our brightest

exams appearing post-graduate students was preparing notes. I requested her but initially, she refused. After one week again I requested her and she agreed to it for a few hours. I hurriedly got it photostat from various places and returned her the notes. I was surprised when the student visited my room and humbly requested not to share these notes with any other colleague. I assured her and has a wish ki kaash meri Beti be esihoti. She was very polite and prayed for my selection. Luckily my next attempt at an interview was successful and I received a very good message from her my adopted beti. She received many obstacles during her study career and professional life. Luckily, she also got selected at my place of posting. She used to provide opinion to me like daughter about further progress and crucial decision in career life. She supported me whenever I was in indecisive mode of emotional turmoil. One day there was a surprise inspection in our institution. She being hard worker informed me at 9 PM about surprise inspection by senior authorities and my career was saved by her efforts. Sometimes I got hurt whenever I view tears in eyes and we pray together for passing of tough time in our institution. We both respect each other like messenger of God and try to help the poor patients in one way or other way. Now I realize the value of daughter in each family.

CREATIVE

CORNER





**24TH PGDP 2024**

18 AND 19TH MAY 2024, DEPARTMENT OF PSYCHIATRY IGMC SHIMLA

**"CONSULTATION LIAISON PSYCHIATRY"**

**ANNUAL POST GRADUATE DEVELOPMENT PROGRAMME OF INDIAN PSYCHIATRIC SOCIETY (NORTH ZONE)**

**DR. DINESH DUTT SHARMA**  
Organising Chairperson

**DR. DEVESH SHARMA**  
Organising Secretary

**DR. NIDHI SHARMA**  
Treasurer

24th Annual Post Graduate Development Programme of Indian Psychiatric Society, North Zone  
**PGDP 2024**  
18-19 May, 2024 • Shimla

**49TH ACIPSNZ 2024**

Annual conference of Indian Psychiatric Society (North Zone)

**"CULTURE, MILIEU AND MENTAL ILLNESS"**

28TH AND 29TH SEPTEMBER 2024  
HOTEL PARK PARADISE, BIKANER

**DR. ACHYUT TRIVEDI**  
ORGANISING CHAIRPERSON

**DR. HARFUL SINGH**  
ORGANISING CO-CHAIRPERSON

**DR. SHRI GOPAL GOYAL**  
ORGANISING SECRETARY

DEPARTMENT OF PSYCHIATRY  
S.P. MEDICAL COLLEGE, BIKANER

49th Annual Conference of Indian Psychiatric Society North Zone  
**ACIPSNZ 2024**  
28-29 September, 2024 • Bikaner

### Useful Resource Materials for Clinicians, Patients and their Caregivers

- SAMHSA's Illness Management and Recovery Evidence-Based Practices (EBP) Kit provides evidence-based guidance for developing illness management and mental health programs that emphasize personal goal-setting and actionable strategies for recovery.

<http://store.samhsa.gov/product/Illness-Management-and-Recovery-Evidence-Based-Practices-EBP-KIT/SMA09-4463>.

- SAMHSA's Family Psychoeducation Evidence-Based Practices (EBP) Kit provides evidence-based guidance for developing family psychoeducation mental health programs.

<http://store.samhsa.gov/product/Family-Psychoeducation-Evidence-Based-Practices-EBP-KIT/SMA09-4423>.

- SAMHSA has many other valuable psychoeducational materials available for download, or hard copies can be ordered. Many are available free of charge at <http://store.samhsa.gov/home>.

- Team Solutions is a recovery-based illness and life skill management program designed to be used by mental health care professionals to educate clients and their families. It is copyrighted by Lilly USA, LLC. Available for free download or as hard copies. <http://www.treatmentteam.com/Pages/teamSolutions.aspx>.

- Solutions for Wellness addresses physical health and wellness by encouraging clients to live a healthier lifestyle. It is copyrighted by Lilly USA, LLC. Available for free download or as hard copies.

<http://www.treatmentteam.com/Pages/solutionsForWellness.aspx>.

- The Three R's Psychiatric Wellness Program assists individuals with neurobiological disorders to achieve a level of wellness that facilitates symptom management and relapse prevention. Information available at

<http://www.psychiatricwellness.com>.

~ Contributed by Dr. Sandeep Grover