



Indian Psychiatric Society  
North Zone

# NEWSLETTER

Issue 02 : January ~ March, 2025

*Be Informed, Be Inspired*

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Dr. Ajeet Sidana



## Message from the President IPS North Zone

Dear esteem members,

It is a matter of great happiness that the Indian Psychiatric Society-North Zone is bringing a second issue of a Newsletter during MIDCIPS NZ-2025 at GMC Amritsar. I appreciate the way the editorial team of Dr.

Gulbahar Sidhu and Dr. Sandeep Grover are putting in their hard efforts and working tirelessly to raise the standard of the second issue of the newsletter.

I wish the editorial team of the newsletter a grand success and request esteemed members to share the contents of it with all their near and dear ones.

Long Live-IPS(NZ)!

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

President IPS-NZ &

Prof and Head, Department of Psychiatry, AIIMS, Bathinda

## EDITORIAL

The Journey Continues.....

Here we are, into our second inning, with renewed enthusiasm and vigor!

We, at the editorial team, have envisioned a "Newsletter" that goes beyond its primary task of informing the readers of the goings-on in our extended family of IPS - North Zone. We aim for a "Newsletter" that engages the readers and stimulates their thought processes. We aim for a "Newsletter" that takes its readers on a trip down the memory lane and, also, gives a peep into the time to come. We aim to live up to our motto of "Be Informed, Be Inspired".

This issue chronicles the activities of the Indian Psychiatric Society - North Zone and those organized by the constituent state branches since the release of the inaugural issue on the sidelines of the Mid-Year Conference of the IPS - North Zone on April, 2024 in New Delhi.

We sincerely hope that all our esteemed colleagues enjoy flipping the pages of this second issue of the "IPS - North Zone Newsletter", getting informed, and enthused to contribute to the mental health of the community around us.

Before we sign off, could not resist sharing this. It is rare to see issues related to mental health getting featured on the front page of a leading English-language daily newspaper and even rarer to see an editorial on the same issue, written with great sensitivity. The editorial refers to the decision of a primary school in Jalpaiguri (West Bengal) to install a wooden letter box where the children can share their worries, concerns, and confessions anonymously. The concluding lines of the editorial go as follows:

"In a world that often rushes past the struggles of its youngest, the mon peon-er bag is a reminder that even the smallest gesture can spark profound change. In the vulnerability shared and the hope received seeds of resilience and healing are sown, one note at a time."

Let us all work together to create awareness and inculcate empathy for the faceless faces around us suffering silently from issues related to mental health to help build a better tomorrow.

Let us be informed and be inspired.

**Dr Sandeep Grover**

**Dr Gulbahar S. Sidhu**

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## Dr Savita Malhotra

Esteemed Life Fellow and senior psychiatrist from Chandigarh was elected as the **Vice-President** of the Indian Psychiatric Society.



## IPS – North Zone declared the

**Second-Best Zone**

at ANCIPS 2024 held  
at Hyderabad



## LEGENDS OF IPS North Zone

### Remembered

## Dr Rajeev Gupta

### A Tribute by one of his students



Teachers impact the lives of their students in ways that go far beyond the confines of academic knowledge. A good teacher engages, encourages, and ensures that the student lives up to his/her capabilities. A good teacher makes the student discover hitherto untapped talents within them. There can be no better example than Dr. Rajeev Gupta, whom we lost two years back.

Being one of his students, the one lesson that he made us learn was to think out of the box. He would always encourage us to consider every patient as a human being who has come to us in distress. We, as postgraduate students, would be obsessed with labelling every patient with an ICD-10 diagnosis, as part of our work-ups. Often, the patient's history would just refuse to fit into any diagnostic construct. When we hesitantly shared our problem with Dr Gupta, he, much to our surprise, smiled back and said, "ICD criteria bhi to hum jaise logon ne hi banaaye hain (ICD criteria have been made by people like you and me). How can you expect them to fit into the histories of every patient?" He would always ask us to talk to the patient and his/her family members and address the main concern of the patient even if it did not fit into any formal therapy.

This approach has always been with me in more than two decades of clinical practice and has stood me in good stead. We, as students, remember his almost spontaneous rapport with the patients. We also remember his easy availability and ever-smiling face. Every one of his students felt comfortable discussing with him all their problems related to academics and beyond.

Dr Rajeev Gupta will be missed by everyone whose life was touched by him.

**Dr Gulbahar Sidhu**  
Consulting Psychiatrist  
Jalandhar (Punjab)

## Dr B.S. Chavan

### A tribute by a longtime colleague



Dr. B.S. Chavan was a rich academician, a good clinician, a great human being, and a very good friend. He remained head of the department of Psychiatry at Government Medical College & Hospital (GMCH) and Joint Director of the Government Rehabilitation Institute for Intellectual Disabilities (GRIID) in Chandigarh for more than two decades before becoming the Director of GMCH and GRIID in Chandigarh.

Dr.Chavan was a field man who would prefer to go to the community and try to help society through various kinds of mental health related interventions and treatment. He would always be available to help any staff/member of the department. Many conferences, CMEs, workshops, and camps were organized under his leadership. Dr.Chavan would always be ready to take the responsibility of any new program to be launched in the field of mental health in Chandigarh. Department of Psychiatry and GRIID grew under his leadership.

Department of Psychiatry, GMCH has the tradition of holding an annual department picnic and dinner where the entire department joins along with the alumni of the department. Dr.Chavan would happily interact with every member of the department and their families, and would play with kids too and would make the event very lively.

On 4th December, 2020, he left for heavenly abode. Every year, the Department of Psychiatry with NGO Parivartan, organizes the Dr. B.S. Chavan Memorial lecture and the Dr. B.S. Chavan rehabilitation program. Annual research day is also celebrated in GRIID on his birth anniversary.

We always feel his absence, but at the same time, we believe that he is watching us from the sky and would keep on guiding us.

**Dr Ajeet Sidana**  
Professor and Head  
Department of Psychiatry  
Govt Medical College, Chandigarh



## 49th Annual Conference Indian Psychiatric Society – North Zone



The Department of Psychiatry, DIMHANS, Sardar Patel Medical College, Bikaner, organized the 49th Annual Conference of the IPS - North Zone on the 28th & 29th September, 2024 which was held at Shree Ganesham Resort, Bikaner, revolved around the thought-provoking theme: "Culture, Milieu & Mental Illness."

The conference witnessed enthusiastic participation with around 300 delegates. Highlights of the conference included themed symposiums and invited talks delivered by eminent faculty. Free papers, free e-posters & Award papers (including Dr. NN WIG Oration, Dr. G.D. Koolwal Award, Dr. Buckshey Award, Dr. G.C. Boral Award & Dr V.D. Meel Poster Award)

presentations were done in a very interactive way. These sessions provided a platform for young and senior professionals to share their research and ideas in a highly interactive and stimulating manner.

The event concluded with a post-conference workshop focusing on Neuromodulation and Polysomnography, which provided participants with valuable hands-on training, ensuring a practical understanding of these advanced techniques.

The hospitality and arrangements during the conference and the delegates' stay were highly appreciated, with participants giving overwhelmingly positive feedback.



## Mid-Year Conference of the IPS – North Zone (MIDCIPS NZ 2024)



MIDCIPS NZ 2024, themed "Innovations in Psychiatry," convened in Delhi under Dr. Mamta Sood and Dr. Naresh Nebhnani's leadership. Organized by Dr. Pankaj Verma, Dr. Vishal Chhabra, Dr. Pankaj Kumar, Dr. Manushree Gupta, Dr. Rahul Saha, Dr. Shaily Mina, and Dr. Shruti Srivastava, the event commenced with a pre-conference dinner featuring Dr. Sandeep Vohra's presentation on Endoxifen, a significant Indian research innovation in psychiatry. Subsequently, a panel discussion and experience-sharing session were held, attended by distinguished figures including IPS President Dr. Lakshmikant Rathi, IPS Vice President Dr. Savita Malhotra, and 70 senior faculty members from IPS, IPS-NZ, and DPS.



The conference featured 22 oral paper presentations chaired by Professor Hitesh Khurana and Dr. Perna Kukreti.

A PG Quiz was organized with Dr. Swarndeep Singh as the quiz master and assisted by Dr. Siddharth Sethi. The PG quiz saw 15 teams, with four advancing to the final rounds after six rounds of intense competition. The team from SMS Medical College, Jaipur, clinched victory.

The conference was inaugurated by DGHS Prof. Atul Goel and Dr. Mamta Sood, President of the IPS – North Zone. Notable attendees

included Prof. B. Gangadhar, Prof. Vandana Talwar, Dr. Lakshmikant Rathi, Dr. Sujit Sarkhel, Dr. Gurvinder Pal Singh, Dr. Naresh Nebhinani, Dr. Sandeep Grover, Dr. Gulbahar Sidhu, Dr. Pankaj Kumar, and Dr. Pratap Sharan.

Dr. Pankaj Verma, the Organizing Chairperson, extended a warm welcome, emphasizing the significance of psychiatric innovations. Prof. Pratap Sharan introduced the CME theme to the audience.

The conference featured invited lectures on "Disruptive Innovations in Psychiatry", "The Art of Pediatric Psychopharmacology – an Update", "Ketamine in Psychiatry: Current Status", "Repetitive Transcranial Magnetic Stimulation (rTMS): Setting up a Facility and Laboratory", and a hands-on workshop on "Transcranial Direct Current Stimulation". The faculty included Dr. Kaushik Sinha Deb, Dr. Raghu Gandhi, Dr. Chittaranjan Andrade, Dr. Nishant Goyal, and Dr. Rohit Verma.



## 24th POST GRADUATE DEVELOPMENT PROGRAMME



The 24th Post graduate Development Program was organized at the IGMC, Shimla on May 18 and 19, 2024 on the theme of "Consultation Liaison Psychiatry".

The event was attended by over 130 postgraduate students from various medical colleges across the North Zone. The distinguished faculty

included Dr. Sandeep Grover, Dr. Sujit Sarkhel, Dr. Mukesh Swami, Dr. Manu Arora, Dr. Hitesh Khurana, Dr. Gurvinder Pal Singh, Dr. Kaushik Sinha Deb.

The Postgraduate Development Program was graced by Dr. Mamta Sood, President of the IPS – North Zone, Dr. Gurvinder Pal Singh, Vice-President of the IPS – North Zone, Dr. Naresh Nebhinani, Honorary General Secretary of the IPS – North Zone and Dr. Sandeep Grover, the Honorary Editor of the IPS – North Zone.



## World Mental Health Day 2024

When we think of the workplace, the image that comes to our mind is a conventional office with tables, chairs, cabins, seminar rooms, etc. However, the workplace can have so many different connotations. The roadside, the market, the airports, the aircraft, the buses, the trains, and the examples would go on and on. These are all workplaces for someone and each of these workplaces has its own challenges, especially with respect to mental health.

One of the most difficult workplaces is that of the police. Their workplace extends from the roadside to the marketplace, from the countryside to the city center, and from peace to turbulence. Their duty hours are unlimited. Add to this the pulls and pressures, aspirations and disappointments of all of us, the ordinary citizens.

That is the reason it was decided to have a live interaction with the police personnel on this World Mental Health Day on 10th October 2024.

Shri Inderbir Singh, DIG (PAP), Jalandhar, a senior IPS officer, was the chief guest for the occasion. Dr Laxmikant Rath, President of the Indian Psychiatric Society, was the Guest of Honor. He appreciated the unique initiative taken by the

IPS-North Zone and urged that more such interactions are needed. Dr Sujit Sarkhel, Honorary Editor of the Indian Journal of Psychiatry, graced the event.

Dr Deepali Gul, Honorary General Secretary of the IPS – North Zone, welcomed the Chief Guest, all eminent colleagues, and the police personnel who had joined the event.

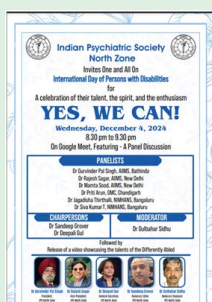
Dr. Gurvinder Pal Singh, President of the I.P.S. – North Zone, Dr. Rajesh Sagar, Vice-President of the I.P.S. – North Zone, Dr. Sandeep Grover, Honorary Editor of I.P.S. – North Zone, Dr. Abdul Maajid, Representative to the IPS, and



Shri Inderbir Singh, IPS, comprised the expert panel to answer the questions of the police personnel. The live Question-Answer session was chaired by Dr Mamta Sood, the immediate past President of the IPS – North Zone.

The event was well attended with more than 200 police personnel joining from different parts of Punjab.

## International Day For Persons With Disabilities 2024



The IPS-North Zone celebrated the International Day of Persons with Disabilities on December 11 by showcasing the creativity of persons with disabilities. The event was titled “Yes, We Can”. A short video featuring the creative pursuits of people with disabilities was compiled and released. This video was made with generous help from “Soch”, an NGO based in Punjab, working for those with autistic disorders, and “Parivartan”, an NGO associated with the Department of Psychiatry, Govt Medical College, Sector 32, Chandigarh.

This was followed by a panel discussion on the rights and privileges of people with disabilities and the problems associated with disability certification.

The expert panel comprised Dr. Gurvinder Pal Singh, President of the IPS – North Zone, Dr. Rajesh Sagar, Vice-President of IPS – North Zone, Dr. Priti Arun, Professor of Psychiatry, Govt Medical College, Chandigarh, Dr. T Sivakumar, Professor, Psychiatric Rehabilitation Services at NIMHANS, Bengaluru, and Dr Jagadisha Thirthalli, Professor of Psychiatry at NIMHANS, Bengaluru. The panel discussion was chaired by Dr Sandeep Grover and moderated by Dr Gulbahar Sidhu.

The panel discussion was chaired by Dr Sandeep Grover and moderated by Dr Gulbahar Sidhu.

Following are a couple of screenshots of the video released on the occasion:



## MIND MATTERS: Episode 1

February 18, 2025.

The Indian Psychiatric Society – North Zone, has been making efforts in the last year, to reach out to different sections of the society, engaging with them, and understanding their problems related to mental health.

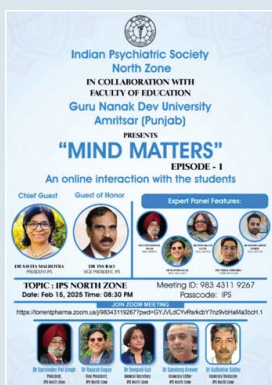
With this aim in mind, interactions with the school students, their parents, teachers, police personnel, and people with disabilities, were organized in the last year.

“Mind Matters” was an attempt to engage with the students of Guru Nanak Dev University, Amritsar, for which the IPS – North Zone is thankful to Dr Deepa Kauts, Professor and Dean, Faculty of Education, Guru Nanak Dev University.

Dr Savita Malhotra, the honorable National President of the Indian Psychiatric Society, graced the occasion as the Chief Guest, and Dr TSS Rao, the Vice-President of the IPS, joined as the Guest of Honor. The event was also attended by Dr Aleem Siddiqui, the honorary Treasurer of the IPS, and Dr Sujit Sarkhel, Honorary Editor of the Indian Journal of Psychiatry.

Dr. Savita Malhotra, in her keynote address, appreciated the efforts of the Indian Psychiatric Society – North Zone to reach out to different sections of the society, engage with them, and understand their problems and further added that efforts like these were the need of the hour and would go a long way in overcoming the stigma surrounding the issues related to mental health that still pervades our society.

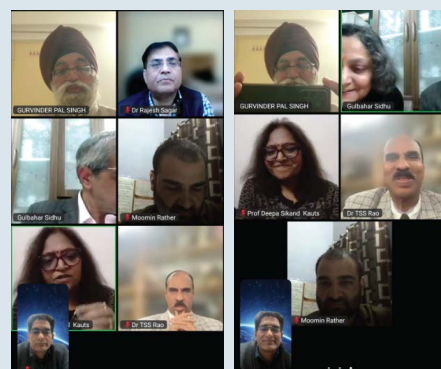
The program featured a live question-and-answer session with the expert panel comprising Dr. Gurvinder Pal Singh, Dr.



Rajesh Sagar, Dr. Vishal Chhabra, and Dr. Deepa Kauts. The session was moderated by Dr. Gulbahar Sidhu.

The program was well-attended and the questions from the students included ways to overcome procrastination, exam stress, introversion, and relationship problems among others.

Seeing the enthusiastic response of the students, it was decided to have similar interactions in the time to come. The program concluded with Dr Deepali Gul, Honorary General Secretary of the IPS – North Zone expressing gratitude to all the experts and dignitaries as well as the students for making this event a success.



## Dr Grover among World's Top 2% Scientists

Dr Sandeep Grover listed in the world's top 2% scientists

1	Name	Institution	Country	Global rank, all fields of science
2	Andrade, Chittaranjan	National Institute of Mental Health and Neuro Sciences	ind	21,378
3	Jacob, K. S.	Christian Medical College, Vellore	ind	52,830
4	Rajkumar, Ravi Philip	Jawaharlal Institute of Postgraduate Medical Education and Research	ind	67,105
5	Grover, Sandeep	Postgraduate Institute of Medical Education & Research, Chandigarh	ind	75,393
6	Thara, Rangaswamy	Schizophrenia Research Foundation Chennai	ind	89,605
7	Chaturvedi, S.	Jagadguru Kripalu Chikitsalaya	ind	98,801

Stanford University listed Dr. SANDEEP GROVER, a Professor of Psychiatry at PGIMER, Chandigarh, and the Honorary Editor of the IPS—North Zone, among the top 2 percent of scientists worldwide.

**The Journal of Mental Health And Human Behavior: the official journal of the IPS – North Zone:**

The Journal of Mental Health and Human Behaviour, a publication of the Indian Psychiatric Society - North Zone, is a peer-reviewed print + online Semi-annual journal. The journal allows free (Open Access) access to its contents. It permits authors to self-archive the final accepted version of the articles on any OAI-compliant institutional / subject-based repository.

### Abstracting and Indexing Information:

The journal is registered with the following abstracting partners: Baidu Scholar, CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, Ex Libris – Primo Central, Google Scholar, Hinari, Infotrieve,

National Science Library, Netherlands ISSN centre, ProQuest, TDNet, Wanfang Data

**The journal is indexed with, or included in, the following:**

DOAJ, Emerging Sources Citation Index, Indian Science Abstracts

Impact Factor® as reported in the 2023 Journal Citation Reports® (Clarivate Analytics, 2024): 0.6

### Editorship of Journals:

Dr. Sandeep Grover is the Editor of the Journal of the SAARC Psychiatric Federation, the Journal of Mental Health and Human Behavior (the official journal of the IPS – North Zone), and the India Point of Care.

Dr Debashish Basu is the Founding Editor of the World Social Psychiatry Journal and Dr Nitin Gupta is its Co-Editor.

Dr Abdul Maajid took over as the Editor of the Journal of Geriatric Mental Health, which is the official journal of the Indian Association of Geriatric Mental Health.

Dr Nitin Gupta is the editor of the JIACAM.

Dr Sandeep Grover is the Associate Editor of the Indian Journal of Psychiatry

Dr Sidharth Sarkar is the Assistant Editor of the Indian Journal of Psychiatry.

Dr. Gulbahar Sidhu is the Chief Editor of "Beyond Borders", the official magazine of the SAARC Psychiatric Federation.

## UPDATED WEBSITE:



The official website of Indian Psychiatric Society – North Zone was updated with the aim of making it more user friendly and easier to navigate. The steps and pre-requisites to becoming either a Life Ordinary Member or a Life Fellow are now easily available.

The website also features the past as well as upcoming activities of the IPS – North Zone. The updating of the website was carried out under the guidance of Dr Jitendra Jeenger, honorable Executive Council member.

The updated website was officially inaugurated during the inaugural function of the IPS – North Zone Annual Conference held at Bikaner.



## The 78th IPS Foundation Day Celebrations



The 78th Foundation Day of the IPS was celebrated on January 7, 2025, in Delhi with the IPS – North Zone as the co-host. The program was centered around the theme of “Sound body in a Sound mind”. The event was held in hybrid mode and esteemed members from all over the country joined to share their vision for the future of the IPS. The program was divided into three sessions to focus and deliberate on the past achievements, the present perspective, and a vision for the future, respectively.

The program was organized under the stewardship of Dr Nimesh Desai.

## Celebrating Womanhood



March 14, 2025.

March is the month that is dedicated to women, and what better way than to celebrate womanhood and for so many of the things it stands for? This program was a small effort in this direction. The woman is the heart and soul of a family. The woman is the torchbearer for her children. And above all, the woman is the force that drives our families, and our homes. “Celebrating Womanhood” was borne out of this backdrop and invited the women colleagues to share their talents with their fraternity. The male colleagues were invited to share anecdotes about the women in their lives.

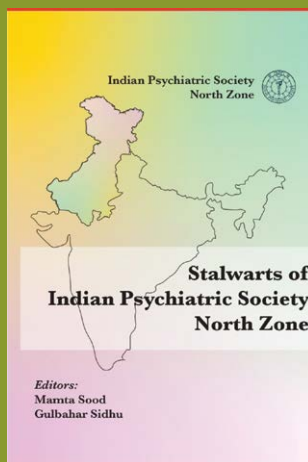
The Chief Guest for the evening was Dr. Savita Malhotra, the President of IPS. Dr. TSS Rao, the Vice-President of the IPS, graced the occasion as the Guest of Honor. Many esteemed members joined the programme.



Punjabi “Tappe” by Dr. Gurvinder Pal Singh.

There was song performance by Dr. Savita Malhotra and Dr. Rajesh Sagar, poetry recitation by Dr. Deepali Gul, Dr. Darpan Kaur, Dr. Aninda Sidana and Dr. Tushar Jagawat, Kuchipudi performance by Dr. Prashanti, and a lively performance of the

## Book Published By The IPS North Zone



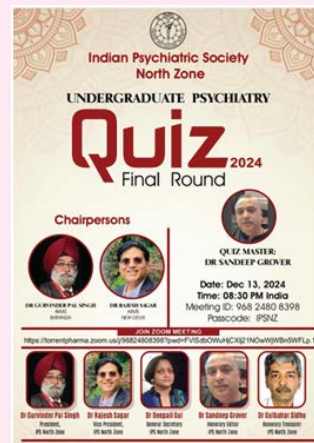
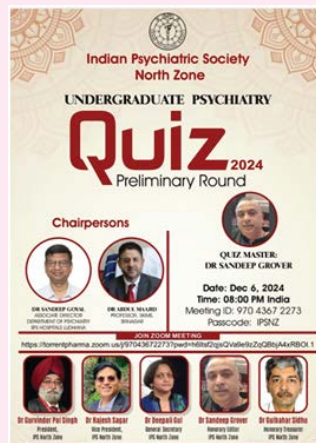
The Indian Psychiatric Society – North Zone has published a book titled “Stalwarts of I.P.S.-North Zone”, featuring write-ups by 38 stalwarts of the zone chronicling their childhood, academic career as well as professional achievements. The book offers a unique insight into the struggles, the determination, and the resilience shown by each of the stalwarts on their path to

success. This book has been edited by Dr Mamta Sood, Professor of Psychiatry at AIIMS Delhi, and Dr Gulbahar Sidhu, Consultant Psychiatrist based at Jalandhar in Punjab. This book was released at the Annual Conference of the IPS – North Zone held at Bikaner in Rajasthan.

## Undergraduate Psychiatry Quiz 2024

December 6 and 13, 2024

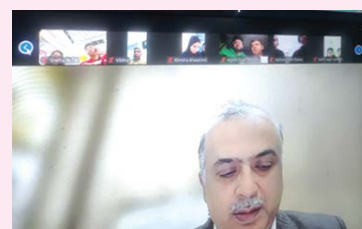
The Undergraduate Psychiatry Quiz was organized in two stages, the preliminary round and the final round, in online mode.



A total of 62 teams registered for the Preliminary round which was held on December 6. The top 6 teams qualified for the final round which was held on December 13, 2024.

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

The team comprising Pyush Moudgil and Kunal Dhawan of Gian Sagar Medical College, Ramnagar, District Patiala, emerged winners.







Indian Psychiatric Society  
North Zone

First  
Inaugural  
Issue

## NEWSLETTER

Issue 01 : January ~ March, 2024

Be Informed, Be Inspired

### IPS North Zone Office Bearers

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**Hony. Editor**  
Dr. Sandeep Grover

**Hony. Treasurer**  
Dr. Gulbahar S. Sidhu

**NZ Representative to IPS**  
Dr. Roop Sidana  
Dr. Sandeep Kumar Goyal

**Executive Members**  
Dr. Manish Bathla  
Dr. Deepali Gul  
Dr. Vinod Kumar Daria  
Dr. Jitendra Jeonger  
Dr. Jitender Aneja

**Chairperson Awards Committee**  
Dr. Nitin Gupta

**Chairperson CME Committee**  
Dr. Pratap Sharan

**Chairperson Election Commission**  
Dr. Tushar Jagawat

**Immediate Past President**  
Dr. Abdul Majid

**Immediate Past Gen. Secretary**  
Dr. Naresh Nehhinani

**Advisory Committee of Past Presidents**  
Dr. P.D. Garg  
Dr. Rakesh Chadda  
Dr. Rajiv Gupta  
Dr. B.S. Shukawat  
Dr. Ajeet Sidana

### 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. Sandeep Grover  
Dr. Gulbahar S. Sidhu

### What's inside...

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Message from Vice-President IPS North Zone

Message from Hon. Secretary IPS North Zone

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Interview of Dr. Gurmeet Singh

### 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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Kaleidoscope of Events

• Let's Celebrate Exams

• International Women's Day

• Observing of World Bipolar Day

• Panel Discussion on 'World Autism Awareness Day'

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Meri Beti - a true story

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Upcoming Events

## Indian Psychiatric Society — North Zone NEWSLETTER

The IPS-North Zone came up with the inaugural issue of the "NEWSLETTER" to showcase the events and achievements of the zone. The inaugural issue carried messages from Dr Laxmikant Rathi, the honorable President of the IPS, and Dr Amrit Pattojoshi, the honorable General Secretary of the IPS. This was officially released during the Mid-Year Conference of the IPS - North Zone held in New Delhi on April 7, 2024.



## National Winner in QUIZ COMPETITION

The UG team of Indian Psychiatric Society - North Zone won the **National UG Psychiatry Quiz** held at the Annual National Conference of the Indian Psychiatric Society, **ANCIPS 2024** held at Hyderabad.

## UPCOMING EVENTS

INDIAN PSYCHIATRIC SOCIETY  
NORTH ZONE **25<sup>TH</sup> PGDP**  
**2025**

AUGUST 2-3, 2025  
AIIMS, NEW DELHI

THEME: CULTURAL PSYCHIATRY

Organized by  
Department of Psychiatry  
AIIMS, New Delhi.

IPS North Zone  
25th Post Graduate  
Development Programme

**50th**  
**Annual**  
**Conference of**  
**Indian**  
**Psychiatric**  
**Society - North**  
**Zone 2025**

Theme: Severe mental illness- Beyond psychopharmacology  
Dates: 11th -12th October 2025  
Venue: Government Medical College & Hospital, Sector 32, Chandigarh

REGISTER NOW

IPS North Zone  
50th Annual Conference

77<sup>th</sup> ANNUAL NATIONAL CONFERENCE  
OF INDIAN PSYCHIATRIC SOCIETY  
NEW DELHI

Organized by  
The Delhi Psychiatric Society (DPS) Supported by IPS North Zone Branch

OFFICE BEARERS OF ORGANIZING COMMITTEE FOR ANCIPS 2025

Dr. Anurag K. Singh  
President 2025-2026  
Dr. Anurag K. Singh  
President 2025-2026  
Dr. Anurag K. Singh  
President 2025-2026

OFFICE BEARERS OF IPS NORTH ZONE

Dr. Anurag K. Singh  
President 2025-2026  
Dr. Anurag K. Singh  
President 2025-2026  
Dr. Anurag K. Singh  
President 2025-2026

OFFICE BEARERS OF INDIAN PSYCHIATRIC SOCIETY (IPS)

Dr. Anurag K. Singh  
President 2025-2026  
Dr. Anurag K. Singh  
President 2025-2026  
Dr. Anurag K. Singh  
President 2025-2026

Date: January 28 - 31, 2026  
Theme:  
"Unshackling Psychiatry for  
Society's Mental Health"



## Activities of the State Branches

### Jammu and Kashmir Branch



The 4th Annual National Conference of Addiction Psychiatry Society of India (ADDICON 2024) was organized by the Department of Psychiatry (Advanced Centre for Mental Health and Addiction Medicine) & JK PSYCHIATRIC SOCIETY from 17th to 19th October 2024 at SKIMS Medical College Bemina, Srinagar.

The conference was aimed at addressing the increasing prevalence of drug addiction-related problems in our society. The theme of this year's conference, "Nature to Nurture: preventing Relapse and Maintaining Recovery," is highly relevant, as many patients struggling with addiction face difficulties in maintaining treatment adherence. Factors such as individual behavior, lack of social or family support, clinical challenges related to illness and treatment, and barriers within the health system contribute to non-adherence, ultimately worsening the burden of addiction in our society.

The experts which included distinguished and eminent speakers from across India and abroad shared their expertise and insights, enriching the academic program. The valuable contributions from participating delegates, addressing the various aspects of substance use, helped explore solutions to improve treatment compliance and enhance the successful management of addiction disorders.

An invited symposium was organized in which experts Shri Dinesh Bodh, Narcotics Control Commissioner Govt of India, Dr. Lotika Khajuria, State Drug Controller J&K, and Prof Atul Ambekar regarding regulation psychotropics in India and how the challenges could be tackled to facilitate mental health professionals for smooth running of services in the netter interest of patient care.

The Inauguration ceremony was presided over by Prof Mohd Ashraf Ganie, Director SKIMS Soura & Ex-Officio Secretary to the Govt of J&K with Prof Iffat Hassan Shah, Principal / Dean Govt Medical College Srinagar as Guest of honor. Dr. P K Dalal, Dr. Shariq Rasheed Masoodi, Dr. Aijaz Ahmad Rather, Registrar SKIMS Medical College graced the occasion as special guests, Dr. Atul Ambekar, Prof of Psychiatry (Secretary General of APSI), Prof Mohammad Maqbool, HOD Psychiatry, IMHANS and Dr. Abdul Majid, Prof & HOD psychiatry SKIMS Medical College Bemina also spoke on the occasion.

The speakers emphasized the need for research in the area and collaboration by different stakeholders like Health,

Education, law enforcement agencies, NGOs, social work, youth service, and sports, religious organizations to tackle this condition.

The inauguration was followed by a panel discussion where experts from different fields the likes of Mr. Lateef U Zamaan Deva, IAS, former Chairman PSC, Dr Seema Naz, Director College of Education, Dr Yasir Hassan Rather, professor of Psychiatry, Dr Tahir Magray, Revenue attorney from divisional administration and Mr Mohammad Shafi, JKPS, Additional SP police crime branch.

During this conference delegates from across the country and abroad presented their research work upon this complex issue in the form of Symposia, Invited lectures, workshops and free papers. Faculty from reputed institutions like NIMHANS Bangalore, PGI Chandigarh, AIIMS New Delhi deliberated upon various aspects of addiction related disorders which would help in better understanding of this problem hence prove beneficial for the patients, family and society at large for safeguarding the interests of our future generations. The faculty included Prof Debashish Basu, HOD Psychiatry, PGI chandigarh, Prof P K dalal, Professor & former HOD KGMU lucknow, Prof Sandeep Grover (PGIMER), Prof Abdul Majid HOD Psychiatry from SKIMS Srinagar, Dr Arun Kandasamy, Prof & HOD, centre for Addiction Medicine, NIMHANS Bangalore, Prof. Ravindra Rao, Prof Siddarth Sarkar, Prof Koushik Sinha Deb, Dr Alok Aggrawal, Dr Roshan Bhad, from AIIMS Delhi Dr Shalini Singh from PGI Chandigarh and Dr Raghav Shah from SMS Jaipur who deliberated on various aspects aimed at preventing relapse and maintaining recovery.

In addition, a national ADDICON quiz final round was conducted where in the 6 qualified teams from preliminary rounds were AIIMS New Delhi, GMCH Chandigarh, J J Hospital Mumbai and SKIMS Medical College Srinagar. The first second and 3rd position was subsequently bagged by jointly by AIIMS- SKIMS team , AIIMS New Delhi, and GMCH teams respectively.

The conference concluded with recommendations for augmenting the efforts for prevention, early detection, intervention, relapse prevention and maintenance of recovery in patients with Drug Addiction related problems which is only possible for coordination by various stakeholders in addressing this complex issues.





## Activities of the State Branches

### Jammu and Kashmir Branch

Organising team comprising of Dr Mohammad Maqbool, Dr Abdul Majid, Dr Nizam ud din, Dr Junaid Nabi, Dr Aijaz Suhaff, Dr Himayun, Dr Farhana Rafiq, Dr Gulzar Ahmad, Dr Ajmal Anjum, Dr Abrar, Dr Sajid, Dr Shagun Saini, Dr Insha, Dr Rouf, Dr Vikas, Dr Masood, Dr Nowfeena, Dr Gaurav and Dr Firdous were complimented by one and all for organising the event meticulously.

The Organising Committee thanked all office bearers and EC Members of APSI, faculty, and delegates for allowing them to host them and making the event a grand success where over 3 days, more than 350 participants including faculty and delegates were present.



### The National Mid-Year Conference of Indian Association for Social Psychiatry (MID CON IASP 2024) & CME on CBME (Competency Based Medical Education) by Indian Teachers of Psychiatry (ITOPS)

The National Mid-Year Conference of Indian Association for Social Psychiatry (MID CON IASP 2024) & CME on CBME (Competency Based Medical Education) by Indian Teachers of Psychiatry (ITOPS) was organized by the Department of Psychiatry SKIMS Medical College and Govt Medical College Srinagar (IMHANS-K) on 20th & 21st April 2024 at SKIMS Medical College Bemina Srinagar J&K. The Theme of the Conference was “Changing Lifestyle and Mental Health” appropriately chosen as the present epidemic of non-communicable diseases like depression, Diabetes, heart diseases, obesity and other psychiatric illness are precipitated and aggravated by the faulty lifestyles that are prevalent these days in our society across world.

The inaugural ceremony was presided over by Dr U C Garg, President IAPS with Dr. Syed Abid Rasheed Shah (IAS), Administrative Secretary, Health and Medical Education & Director SKIMS, Srinagar, J&K as the chief Guest. Dr. Iffat Hassan Shah, Principal GMC Srinagar/ Handwara, and Dr. Irfan Robbani, Principal SKIMS Medical College graced the occasion as Guests of honor. Other dignitaries present on the dais were Dr. Varghese Punnoose, Dr. Mamta Sood, Dr. Vivek Agarwal, Dr. G S Kloiysa, Dr. Mohammad Maqbool, and Dr Abdul Majid (organizing Secretary of the event). The

Chief Guest emphasized the importance of sticking to the ABCs of positive lifestyles like Adequate sleep, a balanced Diet, Connectedness (social), Devotion to Social causes & religious activities, and of course Exercise as the best possible measures for prevention of mental health issues and lessening the burden of such diseases in the society for optimal health of our present and future generations.

Earlier in the day, Indian teachers of Psychiatry (ITOPS) in collaboration with the Department of Psychiatry, SKIMS Medical College Bemina Srinagar organized a CME on CBME (Competency Based Medical Education) which is the new curriculum introduced by the National Medical Council (NMC) to transform medical education for more competency and skill-based approach to make the Indian Medical Graduates (IMG) perusing carrier in various medical institutions for more patient-centric training than traditional teaching method. The chief guest during the inaugural session for this event was Prof. Pratima Murthy, Director of the prestigious National Institute of Mental Health and Neurosciences Bangalore (NIMHANS) with Dr. Mushtaq A Margoob, the leading Mental Health Professional from J&K as guest of honor.

Nationally and internationally acclaimed researchers like Prof. R Srinivasa Murthy, Prof. Roy Abraham Kalivayalil, Prof. Pratima Murthy, Prof. Mushtaq A Margoob, Prof. Mohan K Issac, Dr. IRS Reddy, Prof. Rakesh Chadda, Prof. Pratap Sharan, Prof. Varghese Punnoose, Prof. Sandeep Grover, Prof. M Kishor and other well-known psychiatrists contributed to the scientific sessions as faculty based on their vast experience and research in the field of Mental Health. In addition to these, other notable Speakers from renowned institutions in India delivered thought-provoking presentations, emphasizing the importance of a holistic approach to mental health care with special reference to a healthy lifestyle as one of the most important preventive measures. The conference showcased cutting-edge research in psychiatry, with a focus on the importance of adopting to positive lifestyle and evidence-based practices that can contribute to the promotion of positive mental health.

Faculty members, residents, and students from SKIMS Medical College, Govt Medical Colleges of J&K, and the rest of India actively participated in the event which is finally aimed at improving patient care and achieving the objective of having a healthy society.

Prof. Abdul Majid, (HOD Psychiatry at SKIMS Medical College) and organized Secretary, Dr. Mohammad Maqbool, Organizing Chairman, and Dr. Nizam-ud-Din, co-organizing Secretary thanked all IASP & ITOPS Office bearers, guests, speakers, chairpersons, the participants, and the support staff for allowing them to have the fruitful deliberation during this prestigious event.



## Activities of the State Branches

### Rajasthan Branch



#### 39th Annual Conference of the Rajasthan Chapter of the Indian Psychiatric Society

The 39th Annual Conference of the Rajasthan Chapter of the Indian Psychiatric Society was organized in Jaipur from September 14 to 15 2024 on the theme "AI and Legal Jargon: Road Map Ahead for Psychiatric Practice".

The conference was attended by more than 250 mental health professionals from all over Rajasthan. 55 research papers, 12 award papers, and 30 posters were presented.

The conference was graced by Dr Savita Malhotra, the Honorable Vice-President and President-elect of the Indian Psychiatric Society.



#### Workshop for the Clinical Practice Guidelines

The workshop for the formulation of Clinical Practice Guidelines was organized in Jaipur on August 10, 2024, in association with Gautam Hospital and Institute of Behavioral Sciences. This was attended by 50 experts from all over the country.

#### Counselling Services Started At Govt Medical College, Kota

In view of the recent incidents of students of classes 11 and 12 ending their lives while attending the coaching classes at Kota (Rajasthan), the Department of Psychiatry at the Government Medical College, Kota, started a Counselling Centre dedicated to students who might require expert help from mental health professionals. This initiative was conceived and implemented under the guidance of Dr Bharat Singh Shekhawat, Professor and Head of the Department of Psychiatry at the Govt Medical College, Kota.

### *A real dream fulfilled - a true story*

by  
**Dr Gurvinder Pal Singh**



A huge rainfall greeted the Govt primary school in a remote village of Haryana. It was my first day in my school and I was only 4 years old. The students and head teacher were worried about safety of students and the school records was wet and there was no scope of stoppage of heavy rain and thunderstorms. Suddenly emergency help was sought from Village Panchayat and a rented accommodation was provided to us and we shifted all the resources to this school building. On shifting to new building, the head teacher called my name for reciting National Anthem during prayers meeting at the start of classes. I recited it with full devotion in 52 seconds and it became a daily routine in my school. Whenever any big event used to occur, I was asked to do this noble duty. The whole school students and teachers wished that someday Hon'ble President of India visit our village and I got this noble opportunity and we have group photo with Hon'ble President of India. I use to read stories of Hon'ble president of India and circulate them among students that this dream could be a reality on some day.

Slowly time passed away and I joined an institute of National importance. In between I got selected in various state medical colleges but for fulfilling my dream I remained posted in Central institution. Two times I requested the higher authorities to send invitation to Hon'ble President of India whose photograph was posted at the entrance of my institution but always the authorities replied that it was possible only during convocation. In February I received a message of first convocation on my phone and within seconds I responded to the message. Next day in the meeting a possibility of my reciting National Anthem was communicated. I was little bit not sure as it was a big occasion and so many possibilities could occur. I started rehearsal early in the morning and one first day of rehearsal I put it on the audio system of auditorium. On stage I have seen few students for this noble duty then I realized that it was a difficult chance for me and daily I used to listen the rehearsal. On two occasion I was called on stage as role play for rehearsal and was worried that my name may not be deleted from photo session with President of India. Two three times there was shifting in standing pattern and finally that day came in March 2025. Repeated rehearsal made me realize that this could be possible only with almighty blessings. First time in my life the dream became a reality after 52 years of wait and patience. I considered myself lucky that fortunate day came in my life. I thanked all the competent authorities and all seniors, faculty, students who worked tirelessly for more than ten days to bring reality to this dream. It was a team work which brought that dream as a real day in my life.