



IPS North Zone Office Bearers

President

Dr. Gurvinder Pal Singh

Vice President

Dr. Rajesh Sagar

Hony. Gen. Secretary

Dr. Deepali Gul

Hony. Treasurer

Dr. Gulbahar Sidhu

Hony. Editor

Dr. Sandeep Grover

NZ Representative to IPS

Dr. Sandeep Kumar Goyal

Dr. Abdul Majid

Executive Members

Dr. Jitendra Jeenger

Dr. Jitender Aneja

Dr. Shri Gopal Goyal

Dr. Deepak Kumar

Dr. Rupesh Choudhry

Immediate Past President

Dr. Mamta Sood

Immediate Past

Gen. Secretary

Dr. Naresh Nebhinani

Advisory Committee of Past Presidents

Dr. P D Garg

Dr. Rakesh Chadda

Dr. Rajiv Gupta

Dr. B S Shekhawat

Dr. Ajeet Sidana

EDITORIAL

"A Momentous Occasion"

Numbers do matter. Or are they just a sequence virtually imprinted in our minds from our early school days? Numbers change their avatar from the "monotonous" to the "vibrant", from the "colorless" to the "colorful", and, from being "uninspiring" to being the "inspiration" that shapes our lives! This dramatic change happens when we associate them with our emotions and our sweat and grind. These are the feelings that blow across our mindscapes, those of the editorial team that is, as we get down to compiling the third issue of the "IPS – North Zone Newsletter".

This issue will be released at a very special milestone in the annals of our own IPS – North Zone, that is, the "Golden Jubilee Conference" being organized at Chandigarh, the "City Beautiful". It is, hence, in the fitness of things that the third issue of the Newsletter should reflect this momentous occasion, with a grateful flashback into the pages of our history, and an enthusiastic gaze into the future. We are carrying pearls of wisdom from our senior colleagues and an overview of the "Psychiatry of the Future", contributed by younger colleagues.

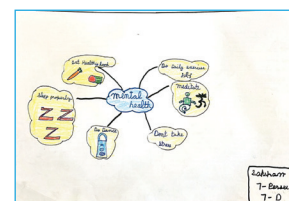
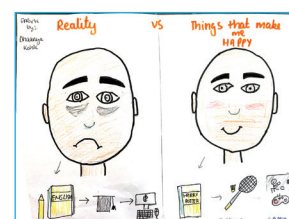
We are also featuring creations of young school students who participated in one of our contests aimed at engaging our "Generation Z" in matters related to mental health.

Over and above this, we continue to celebrate individual achievements of our colleagues, and chronicle the events organized at both the zonal and state-level, in the period since last issue of the Newsletter was released (on April 20, 2025).

Here's a salute to the efforts of all the members who make up our extended family! We do hope that this is just the beginning! We are reminded of an immortal tagline of an advertisement, "It's different". The IPS – North Zone, much like the product for whom this tagline was created, is dawning new roles in changing times, yet, has a fabric of the past legacy, that remains the same!

Dr Gulbahar Sidhu
Dr Sandeep Grover

"Mental Health Matters" seen through the eyes of young children



WHAT'S INSIDE...

Page 1

- The Team of IPS North Zone
- Editorial

Page 2

- Message from President, IPS North Zone
- Dr N.N.Wig: A Tribute

Page 3

- MIDCIPS NZ 2025
- Silver-Jubilee Post Graduate Development Programme (PGDP-25)

Page 4

- PGDP 2025 - Contd.

Page 5

- WE OWE IT TO OUR TEACHERS
- INDIA@79: BUILDING A RESILIENT NATION: HOW AND WHY?

Page 6

- BREAK THE CYCLE

Page 7

- Let The Children Talk
- World Bipolar Day

Page 8

- Honor for Prof Abdul Maajid
- Celebrating Womanhood

Page 9

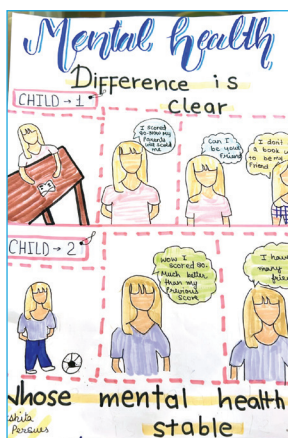
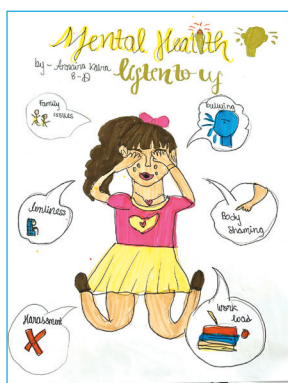
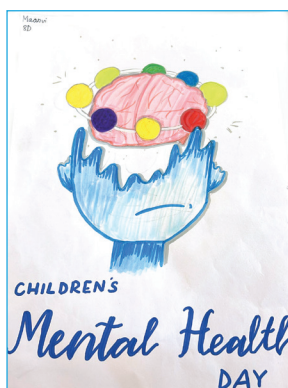
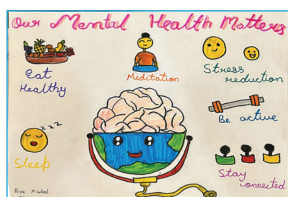
- PUNCIPS – 2025: Annual Conference of the Punjab and Chandigarh Branch of the IPS – 2025
- Undergraduate Psychiatry Quiz - 2025
- World Suicide Prevention Day

Page 10-11

- RAJMIDPSYCON 2025

Page 12

- Poem by Dr Deepali Gul
- Short Story by Dr Gulbahar Sidhu



Message from the President IPS North Zone

Dear esteemed members,

I am humbled by the opportunity to serve as President of Indian Psychiatric Society-North Zone, one of the most vibrant and oldest zonal branches of Indian Psychiatric Society, which is celebrating its Golden Jubilee on 11th and 12th October 2025.

I thank from the core of my heart the editors of this newsletter for bringing a memorable artistic work into the hands of the members. We are blessed with many dedicated members of the Indian Psychiatric Society North Zone, including its office bearers and executive members. I would like to welcome our esteemed members who will join us at the Golden Jubilee celebrations in the annual North Zonal Conference of the Indian Psychiatric Society on 11th and 12th October

2025. It has been an honor and a privilege for me to serve as President during the golden jubilee celebration at the annual conference of IPS-NZ, being organized by the Department of Psychiatry, Government Medical College, Sector 32, Chandigarh.

Our society has been fortunate to have so many talented members in the North Zone who have contributed a lot in so many ways and at so many levels, and this newsletter is an example of such innovative work by its hon'ble editors. In the golden jubilee celebration, I encourage all members to join actively in large numbers and go through the various contents of this newsletter and give your valuable feedback.

I sincerely thank Dr Gulbahar Sidhu and Dr Sandeep Grover, the editors of this newsletter who have been instrumental in transforming the idea of publishing a newsletter into reality.

Wishing you all the Best

Prof.(Dr) Gurvinder Pal Singh

Prof and Head, Department of Psychiatry, AIIMS, Bathinda

Dr N.N.Wig: A Tribute

Tributes to a teacher are usually written by the worthy students of that particular teacher, as sharing the moments in time gives an insight into those nuances of the teacher that the best of research cannot recreate. Dr N.N.Wig retired in the year 1980, when I was an eight-year-old child. More than four decades later, as I sit with my laptop, Dr Wig's persona and his accomplishments enthuse me and inspire me, an experience shared by many younger mental health professionals like me.

In 1963, Prof Wig established the Department of Psychiatry at the Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh. He served as the head of the department until 1980, during which time he laid the foundation for one of the leading psychiatric centers in India. His visionary leadership led to the department being designated as a WHO Collaborating Centre for Mental Health in 1976, the first such center in Asia.

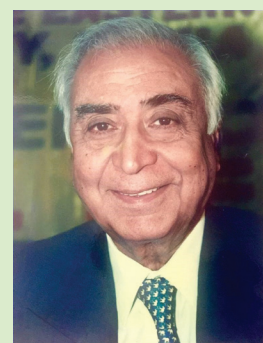
Prof Wig's contributions to psychiatry are, indeed, multifaceted. He is recognized for his pioneering work in community mental health, particularly in the villages of Raipur Rani, Haryana. His research in these rural areas provided a model for primary mental health care programs in India and other developing countries.

He authored more than 300 research papers, a feat that is phenomenal, even in today's world of the internet and smartphones, where gigabytes of information are available to us at, quite literally, the push of a button. Imagine a time, not so long ago, when there was no internet, no smartphones, and no "Google" to search relevant articles for us. To be so prolific in such an era makes the feat even more formidable.

Though I never met him in person, Dr Wig is described by his students as a very humane person, who always had the welfare of his patients at the core of his heart, irrespective of their socio-economic condition. The following quote from an article authored by him emphasizes the same fervour:

"I was able to accomplish a pathway toward complete recovery without abandoning the noble goal of helping out the less privileged and making the world a better place to live."

Legends like Prof Wig are immortal. Truly, teachers never die; they continue to live in the deeds and thoughts of their students.



by Dr Gulbahar Sidhu



MIDCIPS NZ 2025



The Mid-year Conference of the IPS – North Zone was held at the Government Medical College, Amritsar, on April 20, 2025.

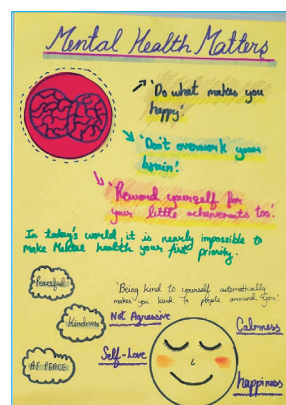
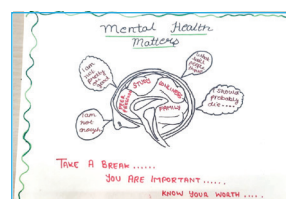
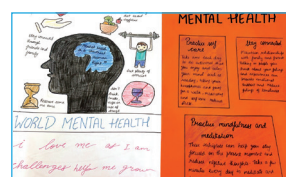
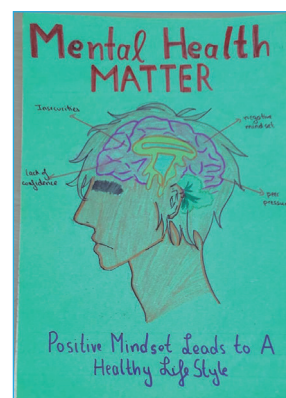
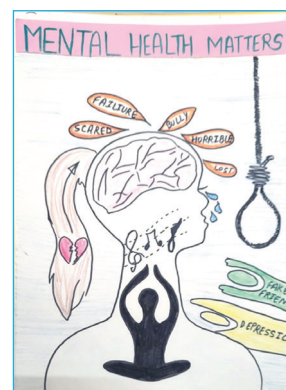
The theme of the conference was “Mental Health Issues in the Digital Era”, an aspect of mental health that has assumed increasing significance, with the increasing use of smartphones and the emergence of various social media platforms.

This conference was attended by more than 250 delegates from all over the north zone. This academic event of the IPS – North Zone was graced by Prof. Savita Malhotra, the President of the IPS, Dr TSS Rao, the Vice-President of the IPS, Dr Amrit Patojoshi, the Honorary General Secretary of the IPS, Dr Aleem Siddiqui, the Honorary

Treasurer of the IPS, and Dr Sujit Sarkhel, the Honorary Editor of the Indian Journal of Psychiatry, Dr Gurvinder Pal Singh, President, IPS North Zone, and Dr Rajesh Sagar, Vice President, IPS North Zone.

Senior colleagues from the north zone, including Dr Rajesh Rastogi, Dr Nimesh Desai, Dr Priti Arun, Dr Roop Sidana, Dr Sandeep Goyal, Dr Shobhit Garg.

The topics encompassed various aspects of digitization such as its impact on research methodology, digital-based interventions in mental health, public and individual policies for digital detoxification, and ethics of professional conduct on social media for mental health professionals.



Silver-Jubilee Post Graduate Development Programme (PGDP-25)



Silver-Jubilee Post Graduate Development Programme (PGDP-25) of the IPS-NZ was Organized by AIIMS, New Delhi, on 2nd - 3rd August, 2025, at the Jawaharlal Nehru Auditorium, AIIMS, New Delhi. The theme of the Silver Jubilee PGDP program 2025 was “Cultural Psychiatry”.



PGDP-25 (Contd. from previous page)



The program was structured to provide a theoretical base before providing exposure to practical aspects of cultural psychiatry.

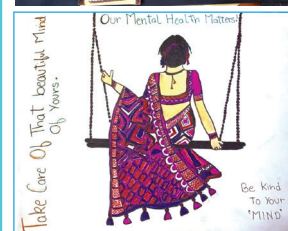
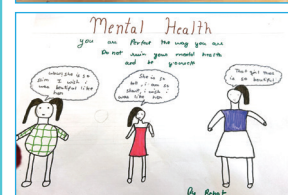
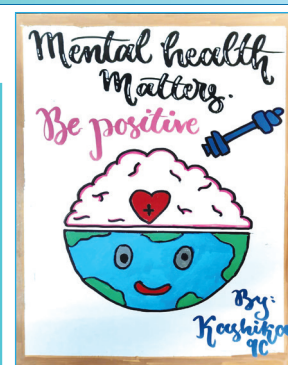
A total of 127 Postgraduate students from across the north zone attended the event. The inauguration ceremony was graced by the chief guest, Dr Kaushal Verma, Dean Academics of All India Institute of Medical Sciences, New Delhi, Guest of honors, Dr S.K. Khandelwal and Dr R.K. Chadda, Dr Savita Malhotra President IPS, Dr Gurvinder Pal Singh President of IPS-NZ, Vice Presidents of IPS and IPS NZ, Dr TSS Rao and Dr Rajesh Sagar respectively, Dr Deepali Gul General Secretary IPS NZ, Dr Gulbahar Sidhu, Treasurer NZ, along with our Organizing Chairperson Dr Pratap Sharan and Organizing Secretary Dr Mamta Sood.

After the inauguration ceremony, the day started with understanding the theoretical constructs around cultural psychiatry. The first session by Dr R. Raguram focused on the significance of culture in human life. This was followed by Dr Gurvinder Pal Singh's elaborate lecture on culture and classification. Dr Mushtaq Margoob talked about culture and psychosocial trauma. He used audio-visual depictions to talk about trauma in different cultural contexts. Dr Savita Malhotra focused on how culture impacts psychopathology in children and adolescents, with differences in parenting practices across cultures.

While the first half of the day dealt with theoretical constructs, the second half discussed some specific issues in cultural context, like the issue of migration, cultural bereavement, and cultural identity by Dr Gulbahar Sidhu, and psychopathology in the

Hill regions by Dr Dinesh Dutt Sharma. Dr Naresh Nebhinani spoke on a gender-sensitive approach and the importance of marriage and relationships across cultures. The day ended with an interesting and interactive session on anthropological interview by Dr Bhrigupati Singh.

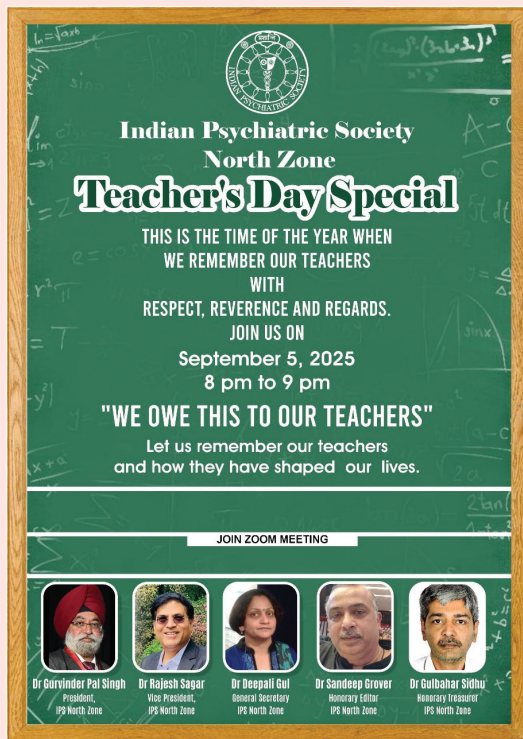
The second day of the program focused on the practical aspects of investigating the cultural context of mental health. A detailed discussion on qualitative methodologies was delivered by five speakers, along with numerous handouts to facilitate learning. While Dr Sujata Sethi discussed about DSM-5 Cultural Formulation Interview, Dr Pratap Sharan provided a detailed lecture on Phenomenological analysis. Dr Sujata Sethi emphasized the issue of contextualization of the illness rather than simply trying to fit patients into a diagnostic category. Dr Pratap Sharan spoke about differences in qualitative and quantitative methodologies and in-depth discussion on data collection and its analysis in qualitative research. The subsequent session was taken by three speakers, Dr Mamta Sood discussed the structure of focused group discussion, and the characteristics of a group, highlighting its uses and limitations. Dr Swarandeep Singh spoke about how to conduct focused group discussions, explaining group dynamics and group composition. Dr Perna Kukreti talked about analyzing qualitative data while discreetly highlighting each step of the analysis. The second day ended with a very interesting quiz by quiz masters Dr Jitendra Aneja and Dr Shri Gopal Goyal.





Activities of IPS North Zone

WE OWE IT TO OUR TEACHERS



Teachers occupy a special place in the lives of each of us. The memories of our teachers, including their mannerisms, their favorite one-liners, and the lessons they taught for the life's path ahead, always stay with us. The program titled "We Owe it to Our Teachers" was aimed to be a platform for sharing these lessons of life that we have all imbibed from our teachers.

This online event, organized on September 5, 2025, was graced by Dr TSS Rao, the Honorable Vice-President of the Indian Psychiatric Society, as the Chief Guest. Dr Rao,

in his address, remembered all his teachers from the school to post-graduation with reverence and affection. He congratulated the IPS – North Zone for conceptualizing such a unique and memorable event. The program was also attended by Dr Gautam Saha, Past President of the SAARC Psychiatric Federation and the Past President of the IPS. Dr Nimesh Desai, Dr Roop Sidana, Dr Abdul Maajid, Dr Shiv Gautam, Dr Hitesh Khurana, and Dr Rajesh Rastogi were other stalwarts who shared their memories of their teachers. Dr Rajesh Sagar, Vice President, IPS North Zone, reminisced about the importance of life's lessons learnt from the teachers.

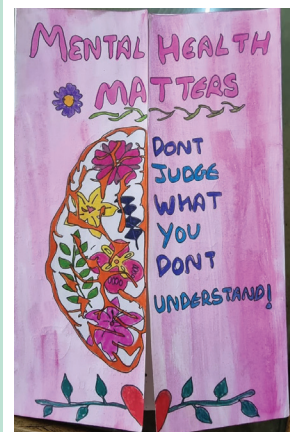
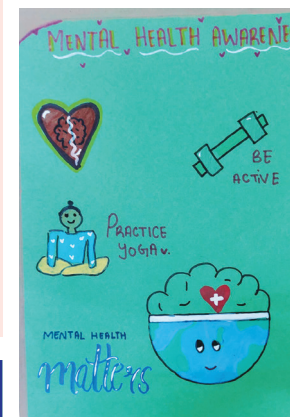
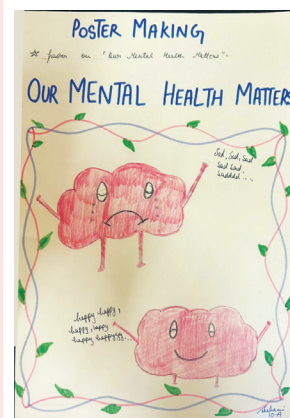
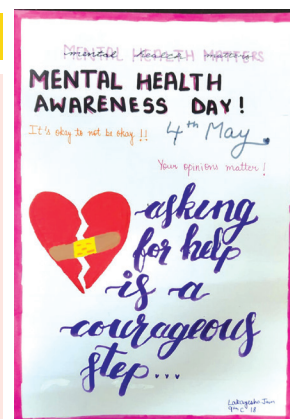


Dr Ranjive Mahajan talked about his teacher, Dr Gurmeet Singh, one of the senior-most colleagues in the zone, remembering his exceptional skills in recognizing the disorders in the sub-syndromal stage.

Dr Pankaj Verma, Dr Naresh Nebhinani, and Dr Shree Gopal Goyal paid their regards to their respective teachers. Dr Sandeep Grover, in his text message, recognized that his patients and his students have been his greatest teachers.

Listening to anecdotes about great teachers of the likes of Dr NN Wig, Dr Vidya Sagar, and Dr Vijoy Verma made the program truly a memorable one.

Dr Tushar Jagawat recited a poem penned by him for the occasion.



India@79: Building A Resilient Nation: How And Why?

The IPS – North Zone organized an interaction with the students of a residential school at Bemetara in Chhattisgarh on the 79th Independence Day.

This unique program had an expert panel comprising mental health experts, teachers, and students, who took questions from the students of classes 9 to 12 on different aspects of mental health.

The event was graced by Shri Inderbir Singh, a senior IPS officer from Punjab, presently serving as the DIG, Jalandhar, and Dr Savita Malhotra, President of the Indian Psychiatric Society, as the Chief Guests, Dr TSS Rao, Vice-President of the IPS, as the Guest of Honor.



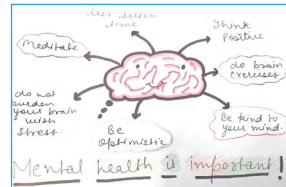
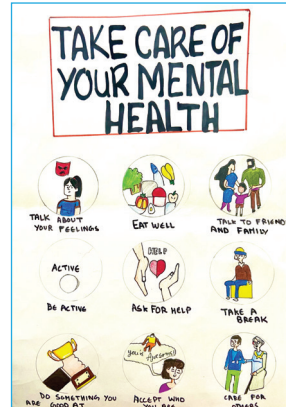
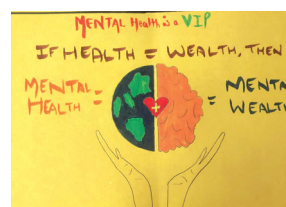
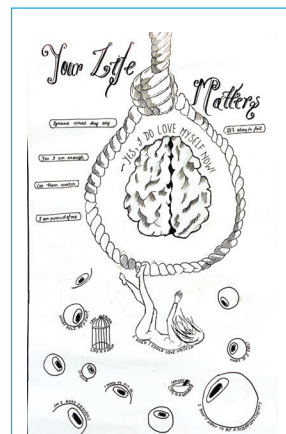
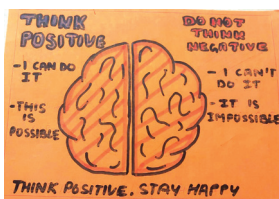


Honor for Prof Abdul Maajid



Prof. Abdul Maajid, past President of the IPS – North Zone, was honoured with the Prestigious Prof. Shiv Gautam Oration Award at the National Geriatric Mental Health Conference (GERON 2025) held in Lucknow.

His dedication, tireless efforts, and passion for advancing mental health care, especially for the elderly, have always inspired everyone. This recognition reflects his lifelong commitment to making a difference in people's lives.



**Indian Psychiatric Society
North Zone
CELEBRATES**
the month dedicated to women
by organizing an online event
PRESENTS
"Celebrating Womanhood"
on March 14, 2025 between 8.30 pm to 9.30 pm.
We invite your entries for the following:

- ➔ Live performance or recorded video of a dance/song/poetry by any women member of IPS North Zone.
- ➔ A two minute live or recorded video sharing your thoughts on womanhood....anecdotes or real life stories are welcome. Everyone, including male colleagues can contribute and participate.

Please send your entries by March 12, 2025 midnight at following email
deepaligul@rediffmail.com

TOPIC : CELEBRATING WOMANHOOD - IPS NZ Meeting ID: 999 7051 7146
Date & Time: Mar 14, 2025 08:30 PM Passcode: IPSNZ
Mumbai, Kolkata, New Delhi

JOIN ZOOM MEETING
<https://torrentpharma.zoom.us/j/99970517146?pwd=ZbT1Yv1t0obmuOX4bd6ze2yLBAQSrc.1>



CELEBRATING WOMANHOOD



The program also featured Dr TSS Rao, the Vice-President of the IPS, who narrated an anecdote on the importance of women in our families, Dr Tushar Jagawat, who recited a poem penned by him, and Dr Gurvinder Pal Singh, who sang traditional Punjabi "Tappe". Dr Rajesh Sagar regaled the audience with soulful rendering of Kishore Kumar classic, "O mere Dil ke chain".

The program was widely appreciated.



March is the month dedicated to women, and what better way to celebrate womanhood and the many things it stands for? This program was a small effort in this direction.

A woman is the heart and soul of a family. The woman is the torchbearer for her children. Above all, the woman is the force that drives our families and our homes. The program showcased the creative endeavours of our colleagues that included Dr Savita Malhotra, President of the IPS, who regaled the audience with a melodious song, Dr Darpan Kaur and Dr Aninda Sidana, who recited poetry, Dr Neeru Bala and Dr Prashanti, who gave a dance performance, and Dr Yashika Gupta, who gave a short talk.



Activities of State Branches

RAJMIDPSYCON 2025



The midterm conference RAJMIDPSYCON 2025 was successfully organized under the able leadership of Organising Chairperson Dr. Manju Bhaskar and Organising Secretary Dr. Aditya Soni, with the theme “Shifting Paradigms: Gender Sensitive Psychiatry for a Changing World.” The event was held on the 24th and 25th of May 2025, bringing together postgraduate students, faculty members, and clinicians from across Rajasthan and beyond.





Activities of State Branches



The conference witnessed an impressive attendance of 205 delegates, highlighting its strong academic appeal. The inaugural ceremony was graced by distinguished Chief Guests – Dr. M.L. Swarnkar, Dr. V.K. Kapoor, and Dr. N.D. Soni, whose presence added great prestige to the occasion.

The academic programme was rich and interactive, specifically workshop on Neuromodulation, which provided practical exposure and hands-on learning in this evolving area of psychiatry. Scientific sessions featured 13 paper and 27 poster presentations, offering young researchers a platform for academic exchange and constructive feedback.

Another major attraction was the quiz competition, which saw the enthusiastic participation of 35 contestants, creating an atmosphere of excitement and healthy competition.

Overall, RAJMIDPSYCON 2025 successfully combined academic enrichment, clinical skill-building, and professional networking. The tireless efforts of the organizing team, the guidance of eminent speakers, and the active involvement of delegates ensured the conference's resounding success and lasting impact.



Creative Corner

Poem by
Dr Deepali Gul

WORLD SUICIDE
PREVENTION DAY 2025
SEPTEMBER 10, 2025

"CHANGE THE NARRATIVE"

Remember
"Suicide Prevention is a
shared Responsibility"
Life is Precious, Live it

ये जीवन है
इसमें
नाउम्मीदी के बादल हैं
मुश्किलों की बारिश है
फ़रेब की फ़िसलन है
मगर
जीवन का एक रास्ता तो है

कठिन ही सही
रास्ता तो है
हार है, जीत है
संकट है, असफलता है
मगर
एक रास्ता तो है
ये जीवन है
मुश्किल ही सही
अमूल्य और मधुर है



**Playing with
Memories**
Short Story by
Dr Gulbahar Sidhu

It seemed to be an unusually cold July morning. Pluto sat cuddled up on his bed in a near perfect circle.

"Bye Pluto!", said Rohan, gobbling up the butter toast he had just prepared. Pluto answered with a small wag of his tail even as he lay cuddled up. Rohan locked his flat and started on his daily walk to his clinic. A thick mist enveloped Shimla and its surroundings. The devdar covered hills in the distance seemed like a bride stealing a glance from her veil of clouds.

"How Beautiful!", thought Rohan, who stopped for a while to take in the view. It was a common sight for someone who lived here but Rohan just could not have enough of it. His mobile phone rang interrupting the flow of thoughts. It seemed to come from a distance.

"What happened Rohan? Why are taking so long to get onions and potatoes?" The voice of Komal seemed almost surreal.

"Komal never understands the pleasure of simply staring at the games played between the clouds and the majestic mountains".

Ten long years had gone by like a whiff of moisture laden breeze. Today there would be no phone calls imploring Rohan to cutshort his gaze. The nature's spectacle had lost its innate charm on this very day, ten years back. Just one moment of callousness by an unnamed unknown person and Rohan's life had lost its bearing. The image of Komal lying on the road in a pool of blood flashed across his mind. He had run to her lifeless body in a flash.

She had smiled amidst the chaos and said, "Don't cry Rohan. Take me to the hospital. Quick." That was the last time Komal had talked to him.

He had lost her on the way to the hospital. Or was it? Rohan's life had paused for some time and then stuttered along, somehow. Time never waits for anyone. The guava and the apple tree which Komal had planted were now big boys, so to say. The vegetable garden which she so meticulously tended to, was in great shape. The conversations that he had shared with Komal still echoed in their home. Pluto had grown from a rampaging puppy to a thoughtful old dog. The kitchen was still much the same with some improvements, which would have made Komal's life easier.

Rohan would wonder many a times. "Does someone ever say goodbye?"

Probably not. The memories never fade. The friendships never get rusty. The glow of love and affection never fades with time. Rohan was a better human being today, guided by Komal's spirit of enthusiasm.