

THE GENERAL SECRETARY'S REPORT (Annual Conference 2025)

Respected Dr Savita Malhotra, President, Indian Psychiatric Society,

Dr G P Thami, Director Principal, Govt Medical College, Sector-32,
Chandigarh,

Dr TSS Rao, Vice-President, IPS,

Dr Amrit Pattojoshi, Honorary General Secretary, IPS,

Dr Gurvinder Pal Singh, President, IPS North Zone

Dr Rajesh Sagar, Vice-President, IPS – North Zone

Dr Gulbahar Sidhu, Honorary Treasurer, IPS North Zone,

Dr Ajeet Sidana, Chairperson, Organizing Committee,

My deepest respect to all past Presidents of the IPS North Zone present here,

Dignitaries on the dais and off the dais,

Esteemed delegates and dear students,

Namaskar, and a very Good Morning to everyone present here, on the momentous occasion of the 50th Conference of IPS – North Zone.

I am honored to be standing here today to present the General Secretary's Report before you.

Before I share the report of the activities undertaken by our zone, I must pay my utmost regards to my senior colleagues who guided the IPS North Zone to this occasion of our Golden Jubilee conference.

The road was not easy, and it has taken patience and perseverance to bring the IPS North Zone to its present vibrant self.

It gives me immense pleasure to share with you that Dr Savita Malhotra ma'am, esteemed Life Fellow and well known for her distinguished work, took over as

the President of the Indian Psychiatric Society during the Annual National Conference held in Hyderabad. It is an honor for the entire IPS North Zone.

I am extremely happy to share that our zone was awarded the “Second-best Zone” award at the Annual National Conference 2025 held in Hyderabad.

I am happy and excited to share that the IPS North Zone is the proud co-host of the upcoming Annual Conference of the Indian Psychiatric Society (ANCIPS-2026) at Delhi.

The Mid-year Conference of the IPS – North Zone, the first event of the year, 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.

More than 250 delegates from all over the north zone attended this conference. The first academic event of the IPS—North Zone was graced by Dr Savita Malhotra, the President of the IPS, Dr TSS Rao, the Vice President of the IPS, Dr Amrit Pattojoshi, 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.

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 the ethics of professional conduct on social media for mental health professionals.

The Silver-Jubilee Post Graduate Development Programme (PGDP-25) of the IPS-North Zone was organized by AIIMS, New Delhi, on 2nd - 3rd August, 2025, at the Jawaharlal Nehru Auditorium, AIIMS, New Delhi. The theme of the program was “Cultural Psychiatry”. The program was structured to provide a theoretical base as well as 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.

The Undergraduate Psychiatry Quiz was organized in two stages: a 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, Banur, District Patiala, emerged as winners.

This brilliant team did us proud by going on to win the National UG Psychiatry Quiz at the Annual Conference of the IPS at Hyderabad.

The 78th Foundation Day of the IPS was celebrated on January 7, 2025, in Delhi with the IPS – North Zone as the co-host, on the theme “Sound body in a Sound mind”, under the stewardship of Dr Nimesh Desai. 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 on and deliberate on the past achievements, the present perspective, and a vision for the future, respectively.

In the last year, we have worked to reach out and engage with different sections of society so that we can better understand their perspectives and unshackle the stigma that surrounds mental health and mental health professionals.

On the occasion of the “**World Mental Health Day**” on October 10 last year, whose theme was “Prioritizing Mental Health at Workplace”, we organized a special online session with the police personnel across the state of Punjab, as you would all agree that the police personnel have one of the most difficult workplaces. Shri Inderbir Singh, DIG, Jalandhar, along with Dr Laxmikant Rathi, the then President of the IPS, were the Chief Guests in the program.

The esteemed panel of Dr Gurvinder Pal Singh, Dr Rajesh Sagar, and Dr Sandeep Grover answered the questions of the police personnel on mental health.

The IPS–North Zone celebrated the **International Day of Persons with Disabilities** on December 11, 2024, 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.

We organized an online program titled “**Mind Matters**” on February 18, 2025, which was an attempt to engage with the students of Guru Nanak Dev University, Amritsar, with the kind cooperation of the Faculty of Education, Guru Nanak Dev University.

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.

The IPS North Zone organized an online program titled “**Celebrating Womanhood**,” on March 14, 2025, where we invited the women colleagues to share their talents with their fraternity, as part of the celebration of International Women’s Day.

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. Dr Gurvinder and Dr Rajesh Sagar, also gave live performances in the program.

The **World Bipolar Day** was observed on March 30, 2025, by organizing a special online session with Dr Sandeep Grover as the invited speaker. Dr Grover

enlightened those present by giving a comprehensive lecture on one of the most difficult-to-manage aspects of Bipolar Mood Disorder, that is, the management of Bipolar Depression. The session was chaired by Dr Deepak Raheja and Dr Gulbahar Sidhu.

The IPS North Zone organized a program to engage with school children on the

CHILDREN'S MENTAL HEALTH AWARENESS DAY 2025 was celebrated on May 28, 2025. On the occasion, a declamation contest for students of classes 9 to 12 was organized on the topic "Listen to Us," where 20 bright children selected after an initial screening round, from two cities, Jalandhar and Jammu, voiced their thoughts on mental health and the issues that were of concern to them. Senior colleagues, Dr Ajeet Sidana and Dr Sandeep Grover, were the judges.

A "Poster-making Contest" was also organized on the theme "Our Mental Health Matters". The entries were judged by Dr Gurvinder Pal Singh and Dr Rajesh Sagar. The best three entries were given prizes.

This program was widely appreciated.

We organized a special session on the **International Day Against Drug Abuse and Illicit Trafficking** on the theme this year, "The evidence is clear: Invest in Prevention. Break the cycle, hashtag stop organized crime.

The program featured Dr Atul Ambekar, Professor of Psychiatry, NDDTC, AIIMS, New Delhi, who spoke on the preventive aspects of addiction.

Dr Savita Malhotra, President of the IPS, joined the program as the Chief Guest, and Dr TSS Rao, Vice-President of the Indian Psychiatric Society, joined as the Guest of Honor.

More than 200 curious minds from the Academic World School, Bemetara, tuned in for a powerful online panel discussion hosted by the Indian Psychiatric Society, North Zone, on August 20, 2025, titled "**INDIA@79: BUILDING A RESILIENT NATION: HOW AND WHY?**"

The panel featured Dr Gurvinder Pal Singh, Dr Rajesh Sagar, Dr Nimesh Desai, Shri Inderbir Singh (IPS), Shri Girish Kumar (Principal, Academic World School), and two brilliant student voices: Dishita Shrivastava and Daksh Bhutada, who brought youthful insight and passion to the table.

The conversation dove deep into the essence of resilience — what it means, why it matters, and how we can nurture it in ourselves and our communities.

From mental strength to national spirit, the dialogue was a masterclass in building a better tomorrow, a roadmap for a resilient India and resilient young minds!

On the occasion of **Teachers' Day** on September 5, we organized an online program titled **“We Owe it to Our Teachers,”** aimed to be a platform for sharing these lessons of life that we have all imbibed from our teachers.

This online event 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, while remembering his teachers, said that their values should be imbibed by all the students.

Dr Ranjive Mahajan talked about his teacher, Dr Gurmeet Singh, one of the senior-most colleagues in the zone.

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.

I hope that the IPS North Zone continues on this fascinating journey, achieving more milestones and working towards improving the mental health of the community that we all serve.

Best wishes to the organizing team of the Annual Conference.

Thank You, and LONG LIVE IPS NORTH ZONE.