



INDIAN PSYCHIATRIC SOCIETY ANDHRA PRADESH STATE BRANCH NEWSLETTER

December 2023



PRESIDENT'S MESSAGE FOR THE NEWSLETTER

Dear Esteemed Members,

As the beacon of the Indian Psychiatric Society, Andhra Pradesh State Branch, we continue to weave a rich legacy in psychiatry. Our indomitable spirit is mirrored in the dynamic awareness initiatives led by AP psychiatrists, a testament to our collective resolve and versatility.

In our current tenure, we have pioneered innovative programs attuned to the evolving landscape. Our monthly webinars are nurturing grounds for emerging psychiatric talent, while our quarterly newsletters serve as a tapestry of our vibrant activities and accomplishments.

A key focus has been the rejuvenation of our subcommittees, enhancing our outreach and enriching our academic and awareness campaigns. Beyond academia, we embrace the holistic development of our members, advocating for active engagement in sports and cultural endeavours to nourish both mind and spirit.

This journey, marked by milestones and growth, is a reflection of your unwavering support and dedication. For this, I am profoundly grateful.

Warm regards,

Dr IVL Narasimha Rao,

President, Indian Psychiatric Society, Andhra Pradesh State Branch.



SECRETARY'S MESSAGE FOR THE NEWSLETTER

Dear Members of the IPSAP State Branch,

It is with immense pleasure and pride that I announce the launch of our newsletter, a testament to our shared journey of connectivity, enlightenment, and inspiration. The remarkable success of IPSOCON 2023, spearheaded by Dr. I V L Narasimha Rao and Dr. I Sarath Chandra, merits our collective admiration. The conference, which saw the participation of over 1000 delegates and 58 esteemed speakers, was further distinguished by a standing ovation for Dr. IVL Narasimha Rao and his team, in recognition of their impeccable organization and execution.

We extend our deepest gratitude to all members and postgraduates who contributed to the conference's success, with a special mention to Dr. Abhinaya of GHMC Vizag for securing the first prize in the Satavahana Best Poster Award. The observance of World Mental Health Week, highlighted by the half-day CME themed "Mental Health: A Universal Human Right," has been a significant stride in our commitment to mental health advocacy. Moreover, the "Young Minds Summit," our monthly webinar series, has become a thriving platform for young psychiatrists to share their insights.

Our society's fervent efforts in advocating for mental health as a fundamental human right are commendable. I encourage our young psychiatrists to join IPS and the IPSAP state branch, thus bolstering our vibrant community.

In closing, the unwavering dedication of our esteemed members and the Executive Committee has been the cornerstone of our collective achievements and aspirations. Your commitment is deeply valued and appreciated.

Additionally, we congratulate Dr. P Saikiran for winning the bronze medal in the Dr. P Raghurami Reddy Best Research Paper Award. His outstanding contribution further enriches our community and showcases the high standards of research within our organization.

Thank you for your continuous support and affection.

Warm regards,

Dr. I Sarath Chandra

Honorary General Secretary, Indian Psychiatric Society, Andhra Pradesh State Branch.

MESSAGE FROM THE EDITORIAL DESK

Respected esteemed members,

Greetings! It is with great pleasure that we present the second edition of our newsletter for the year 2023. Building upon the success of our inaugural release, we are excited to share with you the strides and accomplishments that have marked recent months within the Indian Psychiatric Society Andhra Pradesh State Branch (IPS APSB).

In an effort to enhance the organization of our newsletter, we have meticulously divided its content into distinct sections. This refined structure encompasses updates on the Achievements of stalwarts, Organizational Events, Academic Activities, Journal, Awareness Initiatives, and Sports and Cultural Activities. We believe this approach will provide you with a more streamlined and accessible overview of the diverse facets of our society's endeavors.

Our sincere gratitude extends to all members for their continued support and active participation in reporting their activities. Your contributions have been integral in shaping the content of this newsletter, and we encourage you to keep sharing your valuable updates with us through our dedicated email address, ipsapcommunications@gmail.com.

A special acknowledgment goes to our President, Dr IVL Narasimha Rao, and our Secretary, Dr I Sarath Chandra, whose unwavering belief in us has been pivotal in making this second edition a reality.

This edition showcases a spectrum of programs held across the state, including the commemoration of Mental Health Day and World Alzheimer's Day. The diverse range of activities reflects our commitment to addressing various aspects of mental health and promoting awareness in our society.

As we strive for excellence in disseminating information and nurturing a sense of connection within our society, we welcome your feedback and suggestions. Your insights are invaluable in shaping future editions to better meet your expectations and needs.

Looking ahead, we wish you an advance Happy New Year 2024! May the coming year bring continued success and prosperity to all.

Thank you for your unwavering support, and we eagerly anticipate your continued engagement with the IPS APSB.



Yours sincerely,
Dr Rufus Ephraim Y & Dr N G Nihal
IPS AP Communications Committee



ORGANISATIONAL EVENTS

October 8th

MENTAL HEALTH UNIVERSAL HUMAN RIGHT CME IN VIJAYAWADA

As part of Mental Health Week, the Indian Psychiatric Society Andhra Pradesh State Branch (IPS APSB) organized a CME on the theme "Mental Health is a Universal Human Right" at the Hotel Fortune Murali Park in Vijayawada on October 8, 2023. The CME saw an impressive turnout of over 100 attendees.

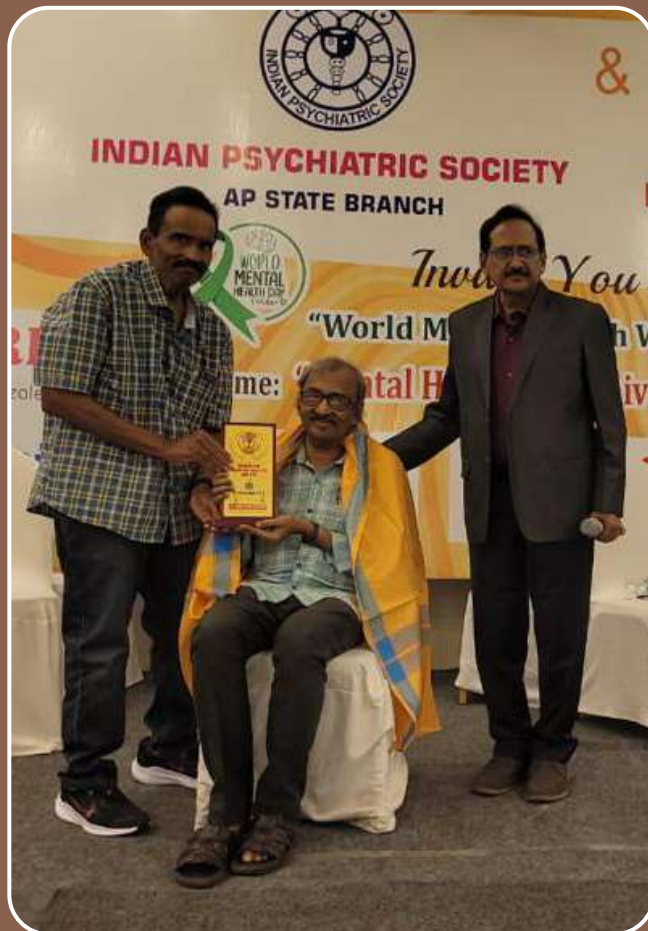
Dr. V Radhika Reddy, the registrar of YSRUHS and IPS APSB Representative to South Zone, was the chief guest, and Dr. P Lokeswara Reddy, Honorary Secretary of IPSSZB, graced the occasion as the guest of honor, adding a touch of prestige to this CME.

Dr. Karri Rama Reddy delivered the keynote address, discussing the theme, "Mental Health is a Universal Human Right." His comprehensive presentation delved into the importance of recognizing mental health as a fundamental human right, emphasizing the need for access to mental health services and support for all individuals.

A pivotal segment of the CME was a panel discussion on the topic, "Mental Health: Illness to Wellness," with Dr. Vishal Indla serving as the moderator. The panelists, Dr. P Lokeswara Reddy, who spoke on mental health illness, and Dr. GV Ramana Rao, who discussed mental health wellness, provided valuable insights into the spectrum of mental well-being, from recognizing and treating mental health disorders to maintaining good mental health. Dr. MC Das, a prominent professor and management consultant, offered an enlightening perspective on the societal perception of mental health.

Dr. IRS Reddy took the stage to discuss the intriguing topic, "Profession or Passion - Why Not Both?" He delved into the idea that one's profession and passion need not be mutually exclusive, suggesting ways to strike a balance and find fulfillment in both aspects of life.

The IPS AP SB's commitment to advancing mental health awareness and advocating for the rights of individuals struggling with mental health issues shone brightly throughout the event, making it a memorable and enlightening occasion.



October 13 -15th IPSOCON 2023

The 56th Annual Conference of the Indian Psychiatric Society South Zonal Branch (IPSOCON) unfolded in grandeur at Shree Conventions in Guntur, Andhra Pradesh from October 13th to 15th, 2023. Organized by the IPS AP State Branch, Guntur Psychiatric Society, and the Manasa Schizophrenia Foundation, IPSOCON brought together a plethora of psychiatrists from across the southern states of India to deliberate on the theme, "Exploring Newer Frontiers in Clinical Psychiatry."

The inaugural ceremony of IPSOCON, held in the evening of the first day with the distinguished presence of Chief Guest Dr. G Vanimohan, IAS, Principal Secretary to the Government of Andhra Pradesh for Culture and Tourism. Dr. Vanimohan's insightful address emphasized the importance of mental health and its role in the overall well-being of society.

The two Guests of Honor for the conference were luminaries in the field of psychiatry. Dr. Vinay Kumar, President of the Indian Psychiatric Society (IPS), and Dr. G Prasad Rao, President of the Asian Federation of Psychiatric Associations (AFPA), added their weighty voices to the discussions, highlighting the significance of the conference.

Dr. I V L Narasimha Rao, the Organizing Chairperson and the President of IPS AP State branch, and Dr. I Sarath Chandra, the Organizing Secretary and The General Secretary of IPS AP State branch, led a dedicated team that orchestrated an unforgettable academic and gastronomic experience for the delegates. With a remarkable turnout of approximately 1200 registered attendees, this conference was an unparalleled success.

Distinguished alumni reunions added a sense of nostalgia and camaraderie to this IPSOCON. The conference featured the NIMHANS Alumni meet, KMC Manipal Alumni meet, and Mamata Medical College Alumni Meet, bringing together old graduates of these institutions in one place.

Throughout the three-day conference, a staggering 32 sessions, encompassing diverse topics and perspectives, were conducted across four halls. These sessions featured a lineup of 56 renowned speakers who shared their insights, research findings, and clinical experiences. Delegates had the opportunity to engage in three workshops, further enhancing their understanding of cutting-edge psychiatric practices.

The academic portion of the conference also featured 60 paper presentations, shedding light on the latest developments in the field. Additionally, 98 e-posters were on display, showcasing innovative research and solutions in clinical psychiatry.

This IPSOCON, with its impressive lineup of sessions, esteemed speakers, and commitment to excellence, has certainly been one of the standout IPSOCONs. The conference concluded on October 15, 2023, on a high note, leaving participants looking forward to the 57th annual conference of IPSSZB, which is supposed to be held in Bengaluru, Karnataka in 2024.

Memorable conference, well thought out, and well executed. Congratulations to the IVL family and team. "న భూతే న భవిష్యతి"
- Dr. T.P. Sudhakar, Chittoor

Wonderful conference with high quality scientific sessions, sumptuous dinners. Great hospitality of IVL Family.
Thank you IVL garu and Sarath for everything

- Dr. G.V. Ramana Rao, Bheemavaram

Wonderful conference organized meticulously with perfect time management, outstanding scientific topics with authoritative speakers, delicious food festival, melodious cultural events... hats off to IVL family and trio IVLN Rao sir, Sarath & Sree Ramya
- Dr. B. Ramesh Babu, Kurnool

Kudos to IVL team & AP State office bearers for organizing a memorable conference. Hearty congrats to all the new office bearers of SZ

- Dr. G.S.P. Raju, Visakhapatnam

IPSOCON 2023 అనే కథను, MS Reddy తన వారితో పాఠాలు కూర్చు చెప్పి, abhay, లోకేశ్వర, udaya తోడుగా ఉండి, ప్రసాదరావు రమణారావు IRS గార్లు back బోన్ గా ఉండి, IVL శరత్ రమ్య, మధురంగా వారి యింటి పెళ్ళి లాగా సునాయనంగా, 1200 మందిని అన్నీ రంగాల్లో తృప్తి పరచి చేరిషబుల్ మెమోరీస్ తో పంపడం మహా అద్భుతం. ఆ ముగ్గురికి సంవత్సరం పాటు ధన్యవాదములు

– Dr. K. Uday Kumar, Nellore (Imm Past President of IPSSZ)



From left: Dr. IVL Narasimha Rao, Dr. Shahul Ameen, Dr. N. Arun Kumar, Dr. Lokeswara Reddy, Dr. G. Vani Mohan, Dr. Abhay Matkar, Dr. Vinay Kumar, Dr. G. Prasad Rao, Dr. Vishal Indla, and Dr. I. Sarath Chandra were on the dais for the inauguration of IPSOCON.



Dr G Vani Mohan lighting the lamp along with other dignitaries.



During the CME inauguration, from left: Dr. IVL Narasimha Rao, Dr. Shahul Ameen, Dr. K Uday Kumar, Dr. Lokeswara Reddy, Dr. NV Ramana Rao, Dr. MS Reddy, Dr. Abhay Matkar, and Dr. N Arun Kumar.



Medallion exchange from Dr K Uday Kumar to Dr Abhay Matkar during inauguration of IPSOCON.



Dr. M. Suresh Kumar Leads Discussion on Evidence-Based Opioid Addiction Management, Chaired by Dr. Ramana Cherukuri and Dr. G. Suresh Kumar.



Dr. Karri Rama Reddy addressed Legal Challenges in Clinical Practice during Talk, Moderated by Dr. S. Nambi and Dr. Mahesh Gowda on day 1.



Dr. T. P. Sudhakar discussed A Change in Prognosis of Major Mental Illnesses in the last 3 decades: A review and lessons for future - Advent of SGAs, SSRIs along with Dr. Malaiappan which was chaired by Dr. Kasthuri Pandiyan and Dr. Abdul Majid.



Dr. E Mohan Das delivered a talk on Nurturing Neuroplasticity in Clinical Practice, with Dr. KK Mishra and Dr. N Arun Kumar serving as the session chairs



The SAMANWI committee presented symposia on Substance Use Disorders, Behavioral Addictions, and the Management of Addictions in Women, featuring presentations by Dr. Srilakshmi Pingali, Dr. Sheena G. Soman, and Dr. N Uma Jyothi. The session was chaired by Dr. K. Ramakrishnan and Dr. R. Endumathi.



Dr. Joby Scaria, Dr. Shekhar Seshadri, and Dr. V. Aparna conducted a workshop on the Assessment, Diagnosis, and Management of Autism Spectrum Disorders, chaired by Dr. Savita Malhotra and Dr. N. Prasanna Kumar. Dr. K. Narasimha Reddi honored the speakers and chairpersons.



Dr. I. Raviteja presented a case on non-suicidal self-injury, which was moderated by Dr. Dayal Narayan. The session was chaired by Dr. Gowri Devi and Dr. R. Sateesh Babu.



Dr. Abhay Matkar delivered the presidential address, and the session was chaired by Dr. K. Uday Kumar on day 2 of IPSOCON.



Dr. K Chandrasekhar delivered the Visakha Psychiatric Society Oration Award on the topic "Unfettered Right to Treat" - Psychiatry versus Law



Dr. K Saibunnisa Beevi delivered the Athma Endowment Oration Award for women on the topic "Point of View of a Lady Psychiatrist about Her Profession."



Dr BN Gangadhar felicitated post his talk on Specific YOGA practices with high clinical utility in Psychiatric Disorders which was chaired by Dr. Shivaram Varambally and Dr. G.V. Ramana Rao.



Dr. Suresh Badamath spoke on Digitalization and AI interface – Influence on Psychiatric practice, and the session was chaired by Dr. K Narasimha Reddi and Dr. Anoop Vincent.



An interesting debate on Psychotherapies are Inefficient and Unproven, featuring Dr. G Prasad Rao arguing in favor and Dr. Ajit Bhide arguing against, was chaired by Dr. Joseph Varghese and Dr. H. Chandrasekhar.



Speakers Dr. Minhajzafar Nasirabadi, Dr. George Reddy, and Dr. Pavan Kumar K, as well as chairpersons Dr. P Kishan and Dr. Vishal Akula, were felicitated by Dr. G Prasad Rao after delivering a symposium on the Role of Biomarkers in Psychiatry.



Dr. SS Jayaram Award for best paper was awarded to Dr. B Sai Chaitanya Reddy, Assistant Professor, NIMHANS on the topic 'The Impact and Outcome Evaluation of Tele-monitoring for Practicing Medical Officers in Prison and Correctional Settings of Bihar in Primary Care Psychiatry'. The session was chaired by Dr. K. V. Rami Reddy and Dr. R. Arul Saravanan.



A workshop conducted on Psychiatry Competency Based Medical Education (CBME) for Faculty & Postgraduates by Dr. M. Kishor, Dr. Vikas Menon and Dr. T. Adishesamma which was chaired by Dr CM Pavan Kumar Reddy and Dr. K. Lokesh Kumar on day 3 of IPSOCON.



Dr. KV Ramireddy felicitated the speakers, Dr. V Radhika Reddy and Dr. GVS Murty, following their symposium on the Management of Insomnia in Psychiatric Disorders, with Dr. J. Mayurnath Reddy and Dr. Y. Sanjay serving as chairpersons.



Dr. IRS Reddy discussed 'Serial Killers: Nature or Nurture?' in a session chaired by Dr. B. Anand and Dr. Kota Suresh Kumar.



The final scientific session of IPSOCON featured Dr. N. N. Raju, who discussed the topic 'Dissociation: A Symptom, Defense Mechanism, or a Trans-Diagnostic Phenomenon and its Management.' This session was chaired by Dr. M. Vijaya Gopal and Dr. Vijay Kumar Harbishettar.



Dr. P. Sai Kiran received the Dr. P. Raghurami Reddy Best Research Award for the study on "Depression and Behavior Problems among Children Residing in Welfare Hostels and Orphanages."



The IPS South Zonal branch expressed their gratitude and felicitated the organizing chairperson and secretary of IPSOCON for conducting the conference wonderfully.



From left:
Dr. IVL Narasimha Rao (Organizing chairperson), Dr. Lokeswara Reddy (IPSSZ Secretary), Dr. IRS Reddy (standing), Dr. Abhay Matkar (IPPSZ President), Dr. M Uma Shankar (IPPSZ President-elect), Dr. B Rajasekhar (Editor of IJPM) and Dr. I Sarath Chandra (Organizing Secretary) at valedictory function.

ACADEMIC ACTIVITIES

September 20th

WEBINAR ON EARLY DIAGNOSIS & MANAGEMENT OF DEMENTIA

In observance of World Alzheimer's Day, IPS AP hosted a significant webinar on August 20th, focusing on the crucial theme of "Early Diagnosis and Management of Dementia." Dr. K Chandrasekhar, the esteemed Director of ASHA Hospital in Hyderabad, took center stage as the keynote speaker. With his extensive knowledge, Dr. Chandrasekhar illuminated several key facets of dementia, from its prevalence to the intricate stages of progression. He also emphasized the importance of early diagnosis, elucidated the role of advanced imaging techniques, and explored contemporary strategies for effective dementia management.

Ensuring a well-rounded discussion, the session was chaired by Dr. K Narasimha Reddi, Emeritus Professor of Andhra Medical College, Visakhapatnam. The recorded webinar is now available for those who missed the live session, offering a valuable resource for healthcare professionals, and anyone interested in advancing their understanding of dementia diagnosis and care. You can access the full webinar on YouTube:

https://youtu.be/E2_6QvgrIDM?si=mU0lusOGOpzl496p



September 24th

DR. SAI KIRAN ILLUMINATES THE SIGNIFICANCE OF PSYCHIATRIC ASSESSMENT IN SEXUAL OFFENCE ACCUSATIONS

On September 24, 2023, Guntur Medical College, in collaboration with the Department of Forensic Medicine under Dr. YSR University, hosted a Zonal CME. The talk highlighted the critical role of psychiatrists in assessing individuals accused of sexual offences. Dr. Sai Kiran's insights covered mental competence evaluation, legal implications, and ethical considerations in these cases. The event, attended by diverse medical professionals and students, emphasized interdisciplinary collaboration in forensic medicine and psychiatry.



September 27th

WEDNESDAY WEBINAR: CONSULTATION AND LIAISON - CHALLENGES IN CLINICAL PRACTICE

The Indian Psychiatric Society (IPS) Andhra Pradesh State Branch recently hosted a webinar that delved into the complexities of Consultation and Liaison Psychiatry (CLP). Dr. VV Kiran, an Associate Professor at Guntur Government College, led the session, with Dr. D Phanibhushan as the chairperson.

The webinar opened with Dr. Kiran introducing the critical role that Consultation and Liaison Psychiatry plays in bridging psychiatric care with other medical specialties. This field operates at the crossroads of mental health and general medicine, addressing the unique challenges that arise when patients present with both psychiatric and medical conditions.

Real-life case studies were presented, offering practical solutions for the complex scenarios often encountered in Consultation and Liaison Psychiatry. These cases showcased how effective consultation and liaison can make a difference in patient outcomes. Attendees found these examples particularly enlightening, as they demonstrated the application of principles discussed earlier in the webinar.





In addition to the webinar, the IPS AP State Branch had the privilege of releasing its newsletter prior to the event. The release was honored by the presence of Dr. K Uday Kumar, IPS South Zone President, and Dr. P Lokeswara Reddy, IPS South Zone Secretary. The newsletter serves as a valuable resource, offering updates on the activities and achievements of the IPS AP State Branch. The webinar can be viewed at:

<https://youtu.be/DEE8lmDeB2Q?si=VZ3Y4jEfSs-c9ZC>

September 30th

EVIDENCE TO EXPERIENCE WITH ENDOXIFEN



The Visakha Psychiatric Society held a session at The Gateway Hotel, Visakhapatnam, focusing on "Evidence to Experience with Endoxifen." Dr. GVS Murthy, President Elect of IPSAPSB, was the speaker, and Dr. KV Rami Reddy, GHMC Superintendent, chaired the event. Attendees, including psychiatrists and postgraduate trainees, gained valuable insights into the application of Endoxifen in psychiatric treatment, making it a highly educational and enlightening experience.



November 22nd

WEDNESDAY WEBINAR: NON PHARMACOLOGICAL MANAGEMENT OF ADHD

IPS APSB organized a Young Minds Summit Wednesday Webinar on Attention Deficit Hyperactivity Disorder (ADHD). Consultant Psychiatrist and Head of Indlas Child Guidance Clinic in Vishakhapatnam, Dr. V. Manasa Ram, served as the speaker for the evening and was chaired by Dr. N. Prasanna Kumar, Professor of Psychiatry at Andhra Medical College, Vishakhapatnam. The focus of the webinar was on the "Non-Pharmacological Management of ADHD - Indian Scenario," a topic of great significance given the rising awareness about ADHD and the evolving landscape of its treatment.

Dr. Manasa Ram delved into various aspects of non-pharmacological approaches to managing ADHD, emphasizing the importance of a comprehensive and multi-faceted strategy. Her presentation covered a spectrum of interventions, including behavioral management such as parent training, classroom interventions, and peer-based interventions. Additionally, she shed light on training

interventions, encompassing cognitive training, neurofeedback, occupational therapy, and Cognitive Behavioral Therapy (CBT). Dr. Manasa Ram spoke about physiological treatments, where she discussed the role of physical activity, yoga, and diet in managing ADHD. This holistic approach underscores the importance of considering lifestyle factors and non-invasive methods in the overall treatment plan. The webinar can be viewed on YouTube at this link:

<https://www.youtube.com/watch?v=qKuGzigKegg>



The Archives of Mental Health, a publication of the Indian Psychiatric Society-Andhra Pradesh Branch, is a journal that underwent a name change from the 'Andhra Pradesh Journal of Psychological Medicine' to 'Archives of Mental Health' beginning with the 2018 issues.

Helming the editorial board is Dr. A. Vijaya Chandra Reddy, serving as the Editor, alongside Dr. D. Raj Kiran, the Assistant Editor. As a peer-reviewed, semiannual journal, available in both print and online formats, "Archives of Mental Health" has been steadfast in advancing the understanding and discourse surrounding mental health.

The latest edition, Volume 24 Issue 1, is now available for viewing on the official journal website

(<https://journals.lww.com/amhe/pages/currenttoc.aspx>). This edition, like its predecessors, encompasses a diverse range of scholarly articles contributing to the broader understanding of mental health issues.

The esteemed Scopus indexing of "Archives of Mental Health" places it among recognized journals in psychiatry, attesting to its scholarly rigor and credibility through a meticulous peer-review process.

In addition to Scopus, the journal is registered with abstracting partners such as Baidu Scholar, CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, Ex Libris – Primo Central, Google Scholar, Hinari, Infotrieve, Netherlands ISSN Centre, ProQuest, TDNet, and Wanfang Data.

"Archives of Mental Health" also holds memberships with DOAJ (Directory of Open Access Journals) and is part of Scimago Journal Ranking, emphasizing its influence and reach. The journal boasts a current Scopus impact factor of 0.146, a significant accomplishment in the realm of psychiatric publications in India

The journal's H index of 4 further underlines its impact and relevance in the academic and scientific community. The ISSN numbers, 2589918X and 25899171, uniquely identify the journal, ensuring its traceability and accessibility. Published under the reputable Wolters Kluwer Medknow Publications, "Archives of Mental Health" upholds the highest standards of publishing ethics and editorial integrity.

Looking ahead, the editorial team aims to further enhance the journal's visibility by pursuing PubMed indexing in the near future. This strategic move aims to broaden the accessibility of the journal's content to the international scientific and medical community.

As a testament to its commitment to academic discourse and dissemination of knowledge, the upcoming Volume 24 Issue 2 of "Archives of Mental Health" is slated for release at the PG CME event in Anantpur, Andhra Pradesh, promising another insightful collection of articles and research findings.

In a bid to encourage scholarly contributions, the journal welcomes high quality article submissions through its online platform at : <https://review.jow.medknow.com/amh> .



AWARENESS ACTIVITIES

WORLD ALZHEIMER'S DAY AWARENESS ACROSS THE STATE



An awareness walk on the occasion of World Alzheimer's Day at RK beach, Visakhapatnam. Dr N N Raju, Dr Butchi Raju (Principal of AMC), Dr P Ashok Kumar (Superintendent of KGH), Dr K Venkateswarlu (Emeritus Professor, Dept of Neurology, KGH), Dr S Gopi (HOD of Neurology, AMC) addressed the audience and attended the walk as guest of honours.



During the Mental Health Week celebrations from October 4-10, conducted by Visakha Psychiatric Society and the Government Hospital for Mental Care (GHMC), the events included activities such as a radio talk on All India Radio, competitions for UGs, PGs, and nursing students, awareness programs, CME at Andhra Medical College at Andhra Medical College, a walk at RK Beach, a flash mob by UGs, PGs, and nursing students, and a meeting in coordination with DLSA and other stakeholders, inaugurated by Prof. PVGD Prasad, the Vice Chancellor of Andhra University, and Dr. G. Butchi Raju, the Principal of AMC, as the Chief Guest and Guest of Honor, respectively.



World Mental Health Day celebrations were conducted at NRI Institute of Medical Sciences in Sanghivalsa, led by Dr. C Radhakanth in Visakhapatnam.



Kausalya Counselling Centre organised a seminar focused on mental health, featuring Dr. M Vijaya Gopal as the keynote speaker and chaired by Dr. N N Raju, held at the Public Library in Visakhapatnam.



The Department of Psychiatry, under the guidance of Dr. V Padma, at Government Medical College, Srikakulam, orchestrated a comprehensive Mental Health Week, featuring a range of activities including an awareness walk, rangoli design, poster creation, essay writing, skit performances, and a distinguished talk by Dr. V Padma on "The Story of an Unfinished Journey."



World Mental Health Day organised by Dr. GV Ramana Rao and Dr. Subhash at Shanti Hospital, Bhimavaram, addressed legal rights for individuals with mental illness, emphasized counseling and medication, and highlighted legal support for discrimination victims. Bar Council President Shri M. Venkata Ramana Rao, and Mrs. GV Satyavani attended the event.



‘మానసిక్’ ఆరాగ్స్థం.. మానవ హక్కు..!

- "మాగునీ" కట్టించిపై అవకాశాల ఉండాలి
- ఆశా కీర్తికి పోస్టల్ బిల్ మాజీ సీనియర్ వ్యాఖ్య నైర్వహించాలి
- నేడు ప్రపంచ మానసిక ఆరోగ్య దినోత్సవం

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On the occasion of World Mental Health Day on October 10th, enthusiastic interns and PG students, led by Dr. Chaitanya and Dr. K. Suresh Kumar, interacted with patients and their relatives who attended the OPD at Katuri Medical College and Hospital. They aimed to create awareness about psychological health.



World Mental Health celebrations at the Institute of Mental Health (IMH) in Kadapa were held under the able guidance of the incharge HOD, Dr. Venkatramudu.



Dr. K. Anand conducted an awareness program at Priyanka Nursing Home in Tanuku, West Godavari.



Under the leadership of Dr. Uma Jyothi, the Department of Psychiatry at Guntur Medical College conducted a mental health awareness program for students, led by Dr. Sai Kiran. Dr. Uma Jyothi also addressed the nursing staff about patient rights.



On the eve of "World Mental Health Day," Trinity Neuropsychiatry & Rehabilitation Center in Anantapur, led by Dr. Y. Vijay Kumar, visited an old age home and conducted a free medical camp. They had an interactive session with caregivers and distributed medicines to around 100 people.



World Health Day was observed at Government Medical College, Vizianagaram



World Mental Health Day activities took place at GSL Medical College in Rajahmundry under the guidance of Dr. M. Vijaya Gopal.



Dr. Manasa was invited as the chief guest to address engineering students at KL University and degree students at Gandhiji Mahila Kalasala. Dr. Ayodhya addressed the gathering at Siddhartha Mahila Kalasala and KBN College.



The Department of Psychiatry, headed by Dr. N.N. Raju, at GVP Institute of Health Care and Medical Technology conducted a program on the topic "Mental Health is a Universal Need" on the occasion of World Mental Health Day. Dr. C. Radhakanth, HOD of NRIIMS, Vizag, was the guest speaker, and the event was attended by the Secretary, Dean, Medical Director, and Superintendent of GVP.



Under the guidance of Dr. TP Sudhakar, Apollo Institute of Medical Sciences, Apollo University, and Nursing College, along with government hospital staff, conducted a rally in Chittoor to highlight the importance of mental health. The participation of a Senior Civil Judge and Deputy Superintendent of Police were notable highlights of the event. In the afternoon, an awareness program was conducted in the hospital, followed by another session in the Department of Clinical Psychology later in the day.



World Mental Health Day was celebrated at GGH, Nandyal. Educational videos and posters, created by MBBS students, were launched by the Principal and Superintendent.



OTHER AWARENESS PROGRAMS ACROSS THE STATE



Following the tragic suicide of a cine hero's daughter, Dr. Manasa Kaja, in an interview on Suman TV, emphasized the critical factors driving youth suicide. Watch the interview at https://youtu.be/gR_wn1-iEjA?si=nKXeKzV2Aa16yTNJ.



Dr. BJP Mallika conducted an awareness session on ragging and substance use at JNTU, Vizianagaram, in collaboration with the District Legal Services Authority on 21st September.



Dr. Srinivasa Teja, representing IPS A.P. State branch, conducted a public awareness program on Alcohol and life style for 40 members of the Sunday Market Business Welfare Association, Nellore.



Dr. N. G. Nihal was invited as a speaker to address students of Unity PG & Degree College, Visakhapatnam, on the topic 'Mental Health and Well-being - A Priority.'



Dr. Ayodhya R.K. discussed "Duralavatlu Manukovatam ela?" in an interview broadcasted on AIR Vijayawada, FM 102.2, on 13th November 2023, at 12:40 pm.



Dr. Srinivasa Teja addressed an awareness program on "Women and Stress" for the Lions Club of Priyadarshini at the IMA Hall in Nellore.

PAPER CLIPPINGS OF OTHER AWARENESS ACTIVITIES



ACHIEVEMENTS

Dr. Karri Rama Reddy

Sakshi Excellence Award in Healthcare for the year 2022, bestowed by
Sri Biswabhashan Hari Chandan, Hon'ble Governor of the State of Andhra Pradesh.
Dr. Kambhampati Swayam Prakash memorial Life Time Achievement Award, 2023 by
Dr. Kambhampati Trust and Andhra Pradesh Adhikara Bhasha Samithi.
Leon of Healthcare Award 2023 by Times of India, bestowed by
Sri M. Venkayya Nayudu, Ex. Vice President of India



Dr Indla Rama Subba Reddy

Received the IPS Dr. JK Trivedi Lifetime Achievement Award at ANCIPS 2023 in Bhubaneswar and delivered an oration on 'Psychiatrists beyond Psychiatry.'
Received the IMA National President's Appreciation Award from the National President.
Invited as a guest speaker and was felicitated at NATA and TANA conferences in Dallas and Philadelphia in July 2023.
Received a prize in the Swati Weekly magazine short story competition in April 2023, titled "Manchu Kala," based on the life of a commercial sex worker.
Founder trustee of an NGO 'Manobandhu' for the care of wandering, homeless mentally ill individuals and, till now, reunited about 150 homeless mentally ill people with the help of Shraddha Foundation and IMH, Vizag.
Awarded the YSR Lifetime Achievement Award by the government of Andhra Pradesh, and it was presented by the honorable Chief Minister Sri YS Jagan Mohan Reddy.
Lok Nayak Award in recognition of his remarkable contributions, both as a psychiatrist and a literary figure.



CULTURAL AND SPORTS ACTIVITIES

October 12th

SOUTH ZONE PPL CRICKET TOURNAMENT

The RVR Engineering Grounds in Guntur witnessed a battle of minds as the South Zone Psychiatrists Premier League 2023 concluded with Karnataka Lions emerging as the champions, triumphing over Telangana Falcons in a nail-biting final.

In the group stage matches, the AP Titans, led by Captain Dr. Vishal Indla, faced a tough journey. The team suffered an early setback in their opening match against Telangana Falcons, but their fate took an unexpected turn as they received a bye against Tamil Nadu. This twist in fortune played a pivotal role in affecting their chances of reaching the finals.



Despite the teams from Telangana, Andhra Pradesh, and Tamil Nadu finishing with equal points on the table, Telangana secured a spot in the finals due to their superior net run rate. This technicality left the AP Titans on the sidelines, reflecting the unforgiving nature of the league.

The final clash between Karnataka and Telangana showcased exceptional skill and strategic brilliance from both sides. Karnataka, however, emerged victorious, clinching the title of the South Zone PPL 2023.

AP Titans Team 2023

Dr. Vishal Indla (captain)
Dr. Deepchand Natra
Dr. Prabhath
Dr. Ajay Sarath (wicket keeper)
Dr. TV Pavan Kumar (vice captain)
Dr. N G Nihal
Dr. Jagadish Kanta
Dr. Varadarajulu
Dr. Chaitanya Kumar
Dr. Ram Naresh
Dr. P Lokeswara Reddy
Dr. G Jagadeesh
Dr. V Shanshanka
Dr. V Katan



UPCOMING CONFERENCES

IPSAP	:	IPSAP Midterm practitioners CME
Dates	:	3rd March, 2024
Venue	:	AIIMS, Mangalagiri Guntur, Andhra Pradesh

MEMBERSHIP DRIVE

IPS Website Membership Link	:	https://indianpsychiatricsociety.org/new-membership/
IPS South Zonal Membership Form	:	https://ipsszb.org/wp-content/uploads/2023/05/IPSSZB-membership-form-Updated-z15-May-2022.pdf
IPS AP Regular Membership Form	:	https://ipsap.org/wp-content/uploads/2022/04/LIFE-MEMBER-LIFE-ASSOCIATE-MEMBERSHIP-FORM.pdf
IPS AP PG Membership Form	:	https://ipsap.org/wp-content/uploads/2022/04/PG-Membership-Form.pdf

PG Membership is mandatory for presenting both free and award papers at APPSYCON and for participating in the PG Quiz during PG CME

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IPS AP Communication Committee & Newsletter Editors



Dr. Rufus Ephraim Y



Dr N G Nihal



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