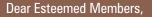


# INDIAN PSYCHIATRIC SOCIETY ANDHRA PRADESH STATE BRANCH **NEWSLETTER**

# December 2023

# PRESIDENT'S MESSAGE FOR THE NEWSLETTER



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 8<sup>th</sup>

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 APSB'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 -15<sup>th</sup> IPSOCON 2023

The 56<sup>th</sup> Annual Conference of the Indian Psychiatric Society South Zonal Branch (IPSOCON) unfolded in grandeur at Shree Conventions in Guntur, Andhra Pradesh from October 13<sup>th</sup> to 15<sup>th</sup>, 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 57<sup>th</sup> 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."ス がで ふ なひょう " - 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 nd 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 కూర్పు చేసి, abhay, లోకేశ్వర, udaya తోడుగా ఉండి,ప్రసాదరావు రమణారావుIRS గార్లు back బోన్ గా ఉండి, IvI శరత్ రమ్య,మధురంగా వారి యింటి పెళ్ళి లాగా సునా యసంగా, 1200 మందిని అన్నీ రంగాల్లో తృప్తి పరచి చేరిపబుల్ 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.



Traits like Resilierice, Readiness te mine<sup>4</sup> knning of interviewing skills - Empl pivers Adequate - time and patience in dis Zollaborative decision making Discussing, treatment options Admowledging failure, poor respon

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



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



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



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.



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.



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. Adiseshamma which was chaired by Dr CM Pavan Kumar Reddy and Dr. K. Lokesh Kumar on day 3 of IPSOCON.



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



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."



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.



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.



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



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 20<sup>th</sup>

# 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=mU0lus0G0pzI496p



# September 24<sup>th</sup>

## 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 27<sup>th</sup>

## 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/DEE8ImDeB2Q?si=VZ3Y4jEfSs-cc9ZC

## September 30<sup>th</sup> 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 Murty, 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 22<sup>nd</sup>

## 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

# **JOURNAL – ARCHIVES OF MENTAL HEALTH**

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 ACTIVITES**

# 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.



Dr. Y Prabhakar addressed a group of elderly individuals on Alzheimer's disease.



Dr. Kota Suresh Kumar, Senior Resident Raja Rajeswari, and interns conducted Alzheimer's disease awareness sessions for patients and their relatives at Katuri Medical College, Guntur.



Dr. RK Ayodhya and Dr. K Manasa jointly observed World Alzheimer's Day on behalf of IPS AP CHAPTER and Manasa Hospitals

# ನಾತ್ರ అల్జీమర్భ్ తో మరిచిపోతారు





On World Alzheimer's Day, Dr. K Suresh Kumar conducted an awareness program, distributed vitamin supplements, and served dinner to inmates of an old age home with assistance from Katuri Psychiatry Department's Assistant Professor Hari Manasa, Senior Resident Raja Rajeswari, and PG Dr. Mitra.

# వృద్ధలను కలవరపెడుతున్న మతిమరుపు

## ప్రముఖ మానసిక వైద్య నిపుణులు డాక్టర్ ఎంద్లూలి ప్రభాకర్

#### ప్రజాశక్తి-అనంతపురం

ఇటీవల కాలంలో వృద్ధలను మతిమరుపు(ఆల్జీమర్స్ వ్యాధి) ఎక్కువగా కలవర పెడు తోందని అనంతపురం నగరానికి చెందిన ప్రముఖ మానసిక వైద్య నిపుణులు, డాక్టర్ ఎండ్లూరి ప్రభాకర్ పేర్కొన్నారు. ఇది వృద్ధల(60 ఏళ్ల పైబడిన వారు)లో కనబడే మెదడు జబ్బు. రక్తనాశాల్లో రుగ్మత వల్ల గుండె వ్యాధి ఎలా

వస్తుందో మెదడు లోని కణాలు క్షీణిస్తే ఆలోచనలు, మాటలు, తెలివి తేటలు, జ్రాపకశక్తి, భావోద్వేగాలు, ప్రపర్తనలో మార్పులు వస్తాయన్నారు. ఈ లక్షణాలు కనపడడానికి 20 ఏళ్ల ముందే వ్యాధి మొదలవుతుందన్నారు. ఈ వ్యాధితో దేశంలో సుమారు 8.8 మిలియన్ల మంది అంటే 7.4 శాతం బాధపడుతున్నారన్నారు. మెదడులో ఎక్కువ కణాలు దెబ్బ తిని లక్షణాల ీవత పెరిగి చివరి దశలో వారి పనులు కూడా వారు చేసుకోలేకపోతారన్నారు. ఇంటి నుంచి బయటకు వెళ్లిన వ్యక్తి తిరిగి రాలేక తప్పిపోవడం, ఈ మధ్య జరిగిన విషయాలు, పేర్మ,



డాక్టర్ ఎంద్లూలి ప్రభాకర్

సంభాషణలు మరచి పోవడం, నిరాసక్తత, కుంగుబాటు, గందర గోళం, ప్రవర్తనలో మార్పు, పదే పదే ప్రశ్నించడం, తదితర లక్షణాలు ఉంటాయన్నారు. సాధారణంగా 65 ఏళ్లు దాటిన వారిలో ఈ వ్యాధి వస్తుంది. (పతి ఐదుగురు మహిళల్లో ఒకరు, ప్రతి 10మంది పురుషుల్లో ఒకరు ఈ వ్యాధితో బాధపడుతున్నట్లు గణాంకాలు చెబుతున్నాయన్నారు. రక్తపోటు,

షుగర్, ఊబకాయం, అధిక కొలెస్ర్రాల్, గుండె సంబంధిత వ్యాధులు, పొగతాగుట, శారీరక శ్రమ లేకుండుట, పోషకాహార లోపం ఈ వ్యాధి రావడానికి కారణాలన్నారు. కావున పండ్లు, కూరగాయలు, చిరుధాన్యాలు, చేపలు, మాంసం, నట్స్, ఆలీవ్ ఆయిల్ తీసుకోవాలన్నారు. శారీరక వ్యాయామం, పని చెయ్యడం, జ్రాపకశక్తి పెంపొందించే వ్యాయామం, సంగీతం, కళల ఆధారిత చికిత్స పొందాలన్నారు. వైద్యులు సూచించిన మందులను క్రమం తప్పకుండా వాడాలి. ఈ వ్యాధిగ్రస్తుల పట్ల కుటుంబ సభ్యులు ఓర్పు, సహనం, (పేమతో వ్యవహరించాలి.

# 'Brain-engaging activities can delay dementia'

The Hindu Bureau VISAKHAPATNAM

The best way to delay the degeneration of brain in dementia patients is to involve them in exercises such as solving puzzles, increasing blood supply to the brain through physical exercises and abstaining from alcohol and smoking, according to Dr. N.N. Raju, noted psychiatrist and former Superintendent of the Government Hospital for Mental Care.

Speaking at an

Psychiatrist N.N. Raju delivering a talk at Dwarakanagar Public Library, V. RAJU

awareness programme on 'Memory-Forgetfulness' organised by the Kausalya Counselling Centre marking the World Alzheimer's Day at the Public Library in Dwarakanagar, here, on Thursday, he said that any change in

behaviour of persons over 60 years of age such as inability to perform routine tasks such as buttoning a shirt and and expressing fears of the unknown without reason should be suspected as dementia.

Those suffering from hypertension and diabetes should be more careful as they run a greater risk of developing dementia in old age as blood supply to their brain would be less which accelerates the degeneration process.



















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.

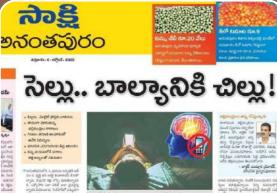


The Department of Psychiatry, under the guidance of Dr. V Padma, at Government Medical College, Srikakulam, orchestrated a comprehensive Mental Health Week, featuring a range of activities including an awareness walk, rangoli design, poster creation, essay writing, skit performances, and a distinguished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

















Dr Y Prabhakar, Consultant Psychiatrist in Ananthapur, diligently organized an array of activities throughout the Mental Health Week with a primary focus on creating awareness. These initiatives included a charitable free medical camp held at an orphanage, an enlightening awareness program conducted at his hospital, addressing the essential roles and rights of family members, competitive events in paramedical colleges, an insightful article pertaining to screen addiction in young individuals, and culminating in a spirited rally and a formation of a human chain within the confines of Ananthapur.



Led by Kota Suresh Kumar, the Psychiatry Department at Katuri Medical College in Guntur conducted an awareness program for medical students, facilitated by Assistant Professor Dr. Hari Manasa and PG students Apoorva Laxmi and Yasmin.



Dr. IVL Narasimha Rao, Director of Manasa Hospitals and President of IPS APSB, led an awareness program for patients at his hospital, with active participation from Dr. I Sri Ramya and Dr. I Sarath Chandra.



During the World Mental Health Week, the Nellore Psychiatric Society organized a Continuing Medical Education (CME) event at Hotel Tejaswini Grand in Nellore on October 8th. The event featured Dr. MS Reddy, who spoke on "TMS: Third Therapeutic Augment/Alternate," and Dr. TP Sudhakar, who presented on "Changing Scenarios in Psychiatric Practice in India -A Guess at the Future."





During World Mental Health Week, Dr. Venkata Ramudu initiated an awareness program on mental health at an engineering college in Rayachoti.

# <mark>ෂියීඞ</mark> සාාගලා...

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Dr. Kota Suresh Kumar led a successful awareness program organized by the Avagahana Society in Guntur, addressing psychological issues, with the participation of approximately 100 individuals, predominantly senior citizens. The engaging interaction extended for a substantial duration, with commendable contributions from the PG students.



Dr. B. Ramesh Babu conducted a mental health awareness program at his clinic on the eve of World Mental Health Week



On the eve of World Mental Health Week, Dr. K. Uday Kumar was invited as the chief guest to deliver a message to MBBS students and nurses at ACSR Medical College, Nellore. Dr. Laxmi Prasanna, Dr. Padmavathi, Dr. Subhahani, Dr. Sarath Chandra, and Dr. Ramesh Balaji attended and enlightened many on issues related to the theme and various mental health issues.a

| ನಾತ್ರಿ  |   |  |  |       |      |          |   |  |
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| ಕಾಂತಂ   | ୠୄଽ   | त्रे   | )S   | υş    | 0    | විස්     | స బ్రో !  |  |
| (SOI) with the start start provided in the start of th | టివ్వంతో మాద బరియ<br>మందిన ముష్టు కూడా<br>తేమరా అందరా పం మ<br>, పరిగిన జానతప్ప రృతి<br>'గార్థితే మెష్టన సిద్దులు కూడా<br>, ప్రదుప జానే పరిషియా<br>, సద్యకాప్రధాని, ఈ పిరాధి<br>కారంతో నిర్మకాప్రధాని, ఈ | ర్ల దారా జి.<br>సరికిషు సిన<br>నిట్లకురు గ్ర<br>మంచరంతో<br>రిందంది చే<br>సిపా ఆర్టోల<br>మానసిక అ | 0346<br>6768<br>1968<br>1968<br>2960<br>2960<br>2960<br>2960<br>2960<br>2960<br>2960<br>2960 |       |      |          | <b>మనసుకు ప్రశాంశంగా</b><br><b>ఉంచుకోలుగి</b><br>మరోజం రందకి<br>రందాంత కర్తింది?<br>ప్రధాత రంధు<br>రాజారు అంది కంది గే<br>దికా కండు తిల్లం సంక గంటి గే<br>దా కా కండు తిల్లం సంక గంటి గే<br>దా కా కండు తిల్లం సంక గంటి గే<br>దా కండు తిల్లం స్ట్రంత్రించి గాంత<br>గాంత రందులు గిరుగు ప్రాంత్రించు ప్రాంత |  |
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| ర్మింతో సరిత్స సాందాజిన్నారు. ప్రతి పరార<br>గోరల సంజ్య సంగోగరించి పైరక్తి సముదు<br>అందోకర వ్యక్తి వేర్కర్రాడు పిల్లల్లో ప్రతిం మార  | 201M  | 14.7.18  | 11.525   |       | 995  | 27,300   | figend add 1/a  |  |
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|   |   | 8.141  |  | 483   | 173  | 22.26    | Sould read of these largest does do   |  |
| గిన వ్యక్తు విషర్మాన, పిల్లర్లో పైను మాన<br>ముద్దలు అదర్శు వ్యక్తి పారుతార్పిన  |   |  |  |       |      |          |   |  |
| గికు వృట్టి విష్ణర్ాడు. వ్యోద్ ప్రత్య మార<br>- మెద్యాల కారదు పై వ్యోది పాటుకార్సిన<br>- ము జంది సారిచ్చుకారు.   | 2023  | 12,194   | 10,058   |       | 44.6 |          | an a bear an appropriate at the fi  |  |
| గిన వ్యక్తు విషర్మాన, పిల్లర్లో పైను మాన<br>ముద్దలు అదర్శు వ్యక్తి పారుతార్పిన  |   | 12,194<br>15,200<br>17,020   | 13.658<br>13.004<br>0.630  |       | 303  | 23.000   | శాస ఆ దరతి చన పలాలతాన 21 సంజన్<br>గదికి పిల్లకి. ఇప్పన పైర్య పరేషు చేసి సంశ<br>సరు: ఉన్న పోటి జన్నిపిసింటే పిల్లాగులో<br>అద్దికి సముజులదు పోషుపాడు నుంచి సం   |  |

## ಮಾನೆಸಿട് ಆರಿಗೆಗ್ಯಂతಿಗೆ ಜಿಐದ್ಗಾಂ

మానసిక వైద్య నిపుణులు డాక్టర్ ఎంద్లూలి ప్రభాకర్ - నేడు ప్రపంచ మానసిక ఆరోగ్య చినోత్సవం

ఆత్యంత ప్రామాణిక విలువలతో కూడిన శారీరక, మానసిక ఆరోగ్యంతో అనందంగా జీవించదం బైతి వష్టి మానవ హేక్కు అబి మానసిక వైద్య నిషణులు డాక్టర్ ఎండూరి బ్రభాకర్ అన్నారు. విష్మణులు దార్జిం ఎంద్వార్ బ్రహకిం అన్నారు. ప్రపంచ మానసిక ఆరోగ్య దినోత్సవాన్ని ప్రరస్నరించుకుని ప్రడాశక్రిలో మాట్లాడుతూ గ్రీన్న అద్దగౌరవం, హక్కుల కోనం బక్యరాజుస్థమితి. ప్రపంచ ఆరోగ్య సంస్థ, ప్రపంచ మానసిక ఆరోగ్య సంస్థ సమాఖ్య ప్రభుత్వాలు, మానసిక ఆరోగ్య కండారం, స్పేషింద సేవా

నమాఖ్య ప్రభుత్వాలు, మానుకు ఆరాగ్య కంద్రాలు, న్నిప్పంద సవా సంస్థలు ఎంతో కృషి, చేస్తున్నాయన్నారు. అయినా మానసిక వ్యాపులతో దాధపడే వారి పథ వివక్ష, మ్యాసితా థావన, చులకన ధోరణి, ఆపమానకర హేశాన, హింసాత్మక ప్రపర్తన, సామాజిక కళంకం కొనసాగుతుండటం బాధాకరమన్నారు. ఫలితంగా మానపిక అనారోగ్యంతో బాధపడే వారు సామాజిక, కుటుంబ వ్యవహారాల్షో (ప్రాధాన్యతకు నోచుకోవడం లేదన్నారు.



ఈసేపథ్యంలో మానసిక వ్యాధితో బాధపడే వారు గౌరవ్యవంగా ప్రవర్తించాల్సిన బాధ్యతను తెలియజేయాల్సిన ఆవనరం ఉందన్నారు. ముఖ్యంగా మానసిక ఆరోగ్యానికి భంగం వాటిల్లకుండా (ప్రవర్తించాల్సిన ఆవశ్యకతను పార్వతుందం (పెత్తరార్రం) అంగ్రాంటు సార్పతిక మానవ హక్తుగా గర్తిందాలని, మానటర్ సమస్యలుస్తు వారికి ఆర్థికంగా అందుజాటంట్ స్రామాజీకమైన బికిత్త, సంరక్షణ పొందవానికి అవకాశం ఉండాలని, స్వేష్టుగా అత్యగొరవంతో ఎందుకునే అవకాశం హక్తుగా అందరికి ఉండాలని సూచించారు.

ఎందువం అవకాశం వాబ్బగా కందెండి కందాలం సాయించిందారు. ఆరగా సౌకర్యాలు లీక చాలామంది మానినక రోజులు మర్చం, మాదక (దవ్మాలకు అలవాటు పడుతున్నారన్నారు. కావున వలు సంస్థం, సామాజిక కార్యకర్షు, వైద్యలు యాద్ర ప్రాతిపదికకు ప్రజిజీల్లీ అవగాహన కలిగించి అందుబాటులో ఉన్న అత్యాపనికి మానికిన వైద్యాల్లి, సాధారణ వైద్యంతోపాటు అన్ని ఆనువర్రకల్లే ఉదితంగా అందించేందుకు కృషి చేయాలని కోరారు.



# మనసుకూ జబ్బలొస్తాయి!

ురు కోట్ల మందికి పై/ వావపరుతున్నారు. ఇక rats Bob Bos Moor Spo dost B e del nt sur tig nd at ig ituse, so i

ు కూడా ఉన్నాయ బ్యుల్ భాక్తమ చగ్గరికి చెక్కి పచ్చి బిరిద్చ చేయిందుకోక, మ టిందనో, రేతటరి చేశాదన ann meann Tugtiocrtí

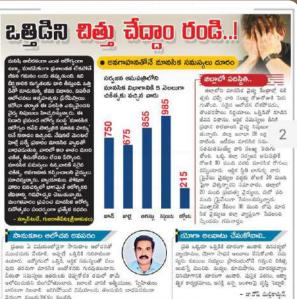
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సభిమాత్రలు కార మానిసిక ఆరోగ్య వచ్చిన అదిజీఎమ్ గొన్నెరుగ్ పద్దకు సేఆదిలీ, నిర్ముచలి 180 లుదువాటలోకి దరా మానసిక వైద్య నిషయ్ మూరిశ్వు ఎమీకీ లేరా A SEA MY

యిలో 'రచ్చు సరి వ్యక్తి చి

ప్రముత్వార్ని మానసిక సిపిందలు, స్వవృంది పరల్లే ఫెటినేదన్ ఆఫ్ మెంటల్ హెట్లే పిటున వాపసిక ఆదారోగ్యంపై, మూడదమ్మరాంపై --- - - గికిగ బాదుదాం! čágor,

(54)



- రా.పెండి పాయిరాం, ప్రభుత్వ మానసిక చైద్యవిపుణ

మానసిక వైద్యవిషణులు, సర్యజన ఆముపత్రి



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.

# 'ಮಾನೆಸಿ'ි' ಆರ್7ಿಗ್ಯೆ O.. ಮಾನೆವೆ ಏಾಕ್ಯು..!



ins office



On the occasion of World Mental Health Day on October 10<sup>th</sup>, 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





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 21<sup>st</sup> September.



Dr Srinivasa Teja, representing IPS A.P. State branch, conducted a public awareness program on Alcohol and life style for 40 members of t he 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



ఆంద్రనేభ

ෂෛංස් ෆෙංඊගේ ස්ථිංග

కుపరులు బిస్తులారు. థరి చిర్మాన్ని క్రామింగి అదేశరుడుతో శారంగా బర్జుతో ర్యానిసికు రహదా కంపారాలు. ద్రీరీ రిష్టారి లోపికి సిట్ట బర్మింగ్ ర్యానికి కుటం నిరుదంశాలో యంటి క్రామింగి కంపారులు బిస్తూ ర్యానికి కుటం నిరుదంశాలేదు, అముదు పరిపాటింగి బార్లి కు ప్రేముందురు బార్లు, ప్రదర్శి రుషుగుంతో, ప్రాత్య పరిష్క బార్లింగు, ఇక్సార మ్యాంపి స్థాన్నాడ.

# మత్తు' వదిలిస్తున్నారు

ನಾತ್ರ

తినేహెచ్లో ప్రశ్యేక వార్ని బాధికులకు ఉదితి వైద్యం

గంతారి మెదరి 'గండాలు నాగాది 3 చెంది సుద్రారు చెంద్రికలో ది పుర్ణ దిపి సా ఉదా బ్యాసికరు 'పుర్ణసిస్తాని, 'ద్రికరియా ప్రారణ 'ప్రారణిలో వరికిలా మక్కారికి బురాల కి పంద్రికి చెంద్రా. పుర్తికారంలో ప్రత్యేతు బురాల కి పంద్రికి చెంద్రా. పుర్తికారంలో ప్రత్యేతు ఉదన గుదాల శివించి చెంద్రి పుర్తికి సుద్ధికి పద్దికారు 'పుర్తి పెందారు. ప్రద్యేత పద్దిక పుర్తికి పెందిక పుర్తానం 'ప్రత్యేత పద్దిక పుర్తికి పెందిక పుర్తానం 'ప్రత్యేత పద్దికి పుర్తికి పెందిక పుర్తి సుద్ధ పుర్తి పద్దికి పుర్తికి పెందిక పుర్తికి పుర్తికు పెందిక పద్దికి పుర్తికి పెందిక పుర్తికి పుర్తికు పెందారు. పద్దికి పుర్తికి పెందిక పుర్తికి పుర్తికి పుర్తికి పద్దికి ప్రత్యేత పుర్తికి పుర్తికి పుర్తికి పుర్తికి పుర్తికి పద్దికి ప్రత్యేత పుర్తికి పుర్తికి పుర్తికి పుర్తికి పుర్తికి పుర్తికి పద్దికి ప్రత్యేత పుర్తికి పుర్తికి పుర్తికి పుర్తికి పుర్తికి పద్దికి ప్రత్యేత ప్రత్యేత పుర్తికి పురుకి పారికి పుర్తికి పురుకి పుర్తికి పుర్తికి పురుతికి పురుతికి పురుతికి పురుకు పుర్తికి పురుతికి పురుతికి పురుతికి పురుతికి పురుతి పురుతికి పురుతులు పుర్తికి పురుతులు పురుతులు పురుతులు పురుతులు పురుతులు పురుతులు పురుతులు పురుతులు పురుతులు పురుతు

ారు జీజ్హార్ సాచనిక వ్యాధం పైద్య -ఎల్ 18 పదకలతో ఓ అడ్విస్ సంజర్మం - 6 విషాదన పెండ్రం, ప్రత్యేషంగా ఎర్పాటు -ప్రాదన పరుజ్యం, బీడి, సిగిరిద్ర, పాగారు - ఇదు పరుజరం, గుడా, జిరా, గుడాలు, - 1

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ుల వైద్య చత్చకాల వారు ఎక్కువాం అ అదికోవి( ఈ వయస్సుకారపై తప్పదంద్రు ఎర్పాటు కృష్ణి సారంధారి, , సాగాకు - బాటికి వెంకి అవైనకి గండా గండాయి, 'మంటికి వెంకి అవైనకి గండా

> 01/01/2023 | Guntur(Guntur Moin) | Page : 5 Source : https://opapet.adebii.com/



**మార్కు** పార్ట్ ప్రాధమిక లక్షణాలతో గుర్తించాల పార్ట్ ప్రాధ్ కమిక లక్షణాలతో గుర్తించాల పార్టి ప్రత్యాప్తించిన ప్రాధించిన పర్షి ప్రాధింత అనాకు పరు నాల రాహకం ఆర్థి ప్రాధి ప్రాధం స్థిప

మాదేయను, జంలో పెస్తరంగా లదురు శిళ్ల అంగిగా చర్రదేశ విర్ణట వద్దారులు పొర్తుందా అం బిల్లిందు శర్మి పెర్తులు పొర్తుందా శ్రాపంగా శురులు కర్ణలు శెళ్ శిళాగ్రా చెరిశించ శీవరుగా గొరవల్లో మదిగిపోచచు, జంల్లో మం శీవరు పెర్రించిం దాంత ఆద్రాలు పిర్ణి స్పోంది శర్మిలి పైర్యులకు పుడ్డిమని రెడ్చి ముందు పెరిశాగా గర్తులి పైర్యులకు పుడ్డిమని రెడ్చు ముందు పెరిశాగా

క్ష్ణ ర్యాగింగ్ కు పాల్పడి భవిష్యత్తు నాశనం చేసుకోవద్దు కారం గ్రామంలో



వస్తేమవీ కళాలలో ర్యాంగిపై అవగారన సదుపు వర్శిసాం రాట ప్రస్తిపర్ ప్రశాకరికాజ అధ్యత పోరాంగా ముఖ్య అదిదుదా సీటియర్ ఒక్టి దీన లోక అకాలక్ వైర్లక్ శ్రీసింగురావం స్పాయాని ఇవసుము, వ్రైతిమాల్లోపై ఎందర్ర ప్రధారి విశలయ్యారు దీన హాల్లె సంతా ర్యాగింగ్ జేయదం రక్షిపెద్దకున్నారు. రాగ్రింగ్ కేరున పోత్య పరతాయ్యాగు భావోద్యగాలను అనుప్రాగే ఉందుకారి విద్యా పట్టు పరతాయ్యాగు భావోద్యగాలను అనుప్రాగే ఉందుకారి విద్యా పట్టు పరతాయ్యాగు భావోద్యగాలను అనుప్రాగే ఉందుకారి విద్యా పట్టు చేపడి దవిష్యత్యపై చృష్టి పెట్టింది పూచించారు. కరప్పాండెంట్ పిచ్చివికిద్ద కార్యదర్శి దర్శలమ్మ పాల్లింది.

# **ACHIEVEMENTS**

## **Dr.Karri Rama Reddy**

Sakshi Excellence Award in Healthcare for the year 2022, bestowed by
Sri Biswabhushan 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 12<sup>th</sup> 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. 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 presen | iting | both free and award papers at APPSYCON and for participating in the PG Quiz during PG CME |

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