



**INDIAN PSYCHIATRIC SOCIETY
ANDHRA PRADESH STATE BRANCH**

NEWSLETTER
Dec 2024 - Mar 2025



INDIAN PSYCHIATRIC SOCIETY ANDHRA PRADESH STATE BRANCH

NEWSLETTER

Dec 2024 - Mar 2025

March 2025

PRESIDENT'S MESSAGE

Dear Esteemed Members,

As we gather for our Midterm CME, I am filled with immense pride and gratitude for all that we have achieved together. The **IPSAPSB PG CME** was a significant success, drawing over 150 delegates and providing a dynamic platform for postgraduate students and early-career psychiatrists to engage in valuable academic exchange and professional development. I extend my heartfelt thanks to everyone involved in making this event such a resounding success.

I am also thrilled to share that **IPSAPSB** has been honored with the title of **Best State Branch**. This prestigious recognition is a testament to the collective effort, passion, and commitment each of you has shown in advancing mental health awareness, care, and advocacy. Your unwavering dedication to improving the lives of those affected by mental health issues continues to make a profound impact across Andhra Pradesh.

As we look to the future, it is critical that we continue to expand and diversify our membership base. I encourage each of you to reach out to colleagues, students, and peers and invite them to join our society. By growing our membership, we amplify our collective voice and strengthen our advocacy for mental health. Together, we can continue to make a meaningful impact in advancing psychiatric care and raising awareness about mental health challenges.

I would also like to take this opportunity to express my sincere appreciation to the **Communications Committee**, particularly **Dr. I. Sri Ramya** and **Dr. K. Suhruth**, for their dedication and hard work in compiling and publishing this newsletter. Their efforts help keep us informed, connected, and engaged in the work that is so important to our mission.

Let us continue to work together, support one another, and drive forward our vision for better mental health care and a more informed society. Your active involvement is the cornerstone of our success, and I am excited about the progress we will continue to make in the coming months.

Warm regards,

Dr. G.V.S. Murty

President, IPSAPSB



VICE PRESIDENT'S MESSAGE



Dear Respected Members,

As we come together for our Midterm CME, I feel privileged to share in the many achievements we have made in the past few months. The **IPSAPSB PG CME** stands out as a significant accomplishment, bringing together over 150 delegates. It served as a great platform for postgraduate students and young professionals to enhance their knowledge and engage in meaningful discussions. I extend my sincere thanks to everyone who contributed to its success.

In addition, I am excited to announce that **IPSAPSB** has been recognized as the **Best State Branch**. This honor is a testament to the hard work, passion, and dedication that all of you bring to our society. It reflects the impact we've had in promoting mental health awareness and improving care across Andhra Pradesh.

Looking ahead, it's important that we continue to grow our membership. I encourage each of you to reach out to colleagues, students, and peers to join our society. By increasing our membership, we can continue to strengthen our collective influence in advocating for better mental health care.

Finally, a special thank you to the **Communications Committee**, especially **Dr. I. Sri Ramya** and **Dr. K. Suhruth**, for their dedication in producing and distributing this newsletter. Their work keeps us informed and connected, playing a vital role in our continued success.

Let us move forward together with renewed enthusiasm, supporting one another as we work towards a brighter future for mental health in our state. I look forward to all that we will accomplish as a unified community.

Warm regards

Warm regards,

Dr. P. Lokeswara Reddy,

President-Elect, IPS AP State Branch

SECRETARY MESSAGE

Dear Esteemed Members,



Secretary's Address: December 2024 – February 2025

To be Released at the Midterm CME

Dear Respected Members,

As I take this opportunity to reflect on the milestones we've achieved together, I feel deeply humbled and grateful to be part of this inspiring community. The progress we've made in advancing mental health care in Andhra Pradesh would not have been possible without your dedicated efforts.

The **IPSAPSB PG CME** was a wonderful success, and it is with immense gratitude that I acknowledge the active participation of over 150 delegates who made this event memorable. Your contributions have been invaluable, and I am deeply appreciative of the time and energy invested in making this program impactful.

MESSAGE FROM SECRETARY I am also incredibly proud to announce that **IPSAPSB** has been recognized as the **Best State Branch**. This prestigious award is a direct result of all your hard work and commitment. Together, we have elevated our branch to new heights, and I am honored to be a part of this journey with you.

I would like to extend a heartfelt thank you to **Dr. G.V.S. Murty**, our respected President, for his visionary leadership and unwavering dedication. His guidance has been instrumental in steering our efforts and ensuring that we remain focused on our collective goals. Similarly, I am equally grateful to **Dr. Lokeswara Reddy**, our Vice President, for his continued support and guidance. His contributions to shaping the success of our initiatives are invaluable, and I am truly privileged to work alongside him.

Finally, I would like to thank the **Communications Committee**, especially **Dr. I. Sri Ramya** and **Dr. K. Suhruth**, for their exceptional work in compiling and distributing this newsletter. Their dedication helps keep us all informed and united as we continue to work towards improving mental health care in our state.

Let us continue to work together with humility, dedication, and passion. It is through your collective efforts that we continue to make a lasting impact, and I look forward to all that we will achieve together in the future.

Long Live IPSAP!

With warm regards,

Dr. I Sarath Chandra,

HGS, IPSAP State Branch

Dear Readers,

It is with great pride and gratitude that we present this edition of the IPSAPSB Newsletter, highlighting the remarkable achievements and initiatives of our society over the past few months. This newsletter serves as a reflection of our collective efforts in advancing mental health care, education, and awareness across Andhra Pradesh.

We extend our sincere thanks to Dr. G.V.S. Murty, our esteemed President, for his visionary leadership and steadfast commitment to the growth of IPSAPSB. His guidance continues to inspire us all. Our heartfelt gratitude also goes to Dr. Lokeswara Reddy, our Vice President, for his unwavering support and encouragement in all our endeavors. Their contributions have been instrumental in shaping the success of our society.

A special note of appreciation goes to Dr. Sarath Chandra, our Hon. Secretary, for his tireless dedication and meticulous planning in ensuring that our academic and outreach activities run seamlessly. His leadership has strengthened the society's impact, and we are grateful for his continued efforts.

We are also thrilled to share that IPSAPSB has been recognized as the Best State Branch, a testament to the relentless dedication of our members and leadership. This achievement is a reflection of the collective efforts of each and every member who has contributed to the success of our society.

We encourage all members to continue engaging actively in our initiatives and to help expand our community by bringing in new members. Together, we can amplify our efforts in promoting mental health awareness and education.

Lastly, we express our deep appreciation to each of you for your support and contributions. Your participation makes all the difference, and we look forward to keeping you connected and informed through our future editions.

With warm regards,

Dr. I. Sri Ramya & Dr. K. Suhruth

IPSAPSB Communications Team



Dr. I. Sri Ramya



Dr. K. Suhruth

ABOUT US

The Indian Psychiatric Society Andhra Pradesh State Branch (IPSAPSB) has emerged as a dynamic and forward-thinking organization in the field of mental health. With a commitment to advancing psychiatric care, promoting mental health awareness, and fostering professional development, IPSAPSB has played a critical role in shaping the mental health landscape of Andhra Pradesh. In 2024-2025, the branch has successfully carried out a wide range of activities that showcase its leadership, dedication, and alignment with the broader goals of the Indian Psychiatric Society (IPS).

In line with its educational mission, IPSAPSB has also successfully conducted multiple Continuing Medical Education (CME) programs, ensuring that psychiatrists across the state are equipped with the latest knowledge and tools to deliver cutting-edge mental health care.

Community outreach has been another cornerstone of IPSAPSB's 2024-2025 efforts. Through various awareness programs, the branch has reached thousands of people, addressing critical mental health issues such as addiction, suicide prevention, and social media addiction. IPSAPSB has collaborated with educational institutions, police departments, and community organizations to promote mental health literacy and reduce stigma. These programs not only provide essential information to the public but also create avenues for early intervention and support, reinforcing IPSAPSB's commitment to community well-being.

Through these initiatives and more, IPSAPSB has demonstrated its commitment to excellence, community engagement, and the continuous professional development of its members. The branch's efforts in 2024-2025 highlight its pivotal role in not only advancing psychiatric care in Andhra Pradesh but also contributing to the national and global mental health landscape.

The leadership team of the Indian Psychiatric Society Andhra Pradesh State Branch (IPSAPSB) has been instrumental in advancing psychiatric care and promoting mental health awareness throughout the state. Their commitment and dedication have significantly contributed to the branch's success and impact in 2024.

IPSAPSB

The Indian Psychiatric Society Andhra Pradesh State Branch (IPSAPSB) has emerged as a dynamic and forward-thinking organization in the field of mental health. With a commitment to advancing psychiatric care, promoting mental health awareness, and fostering professional development, IPSAPSB has played a critical role in shaping the mental health landscape of Andhra Pradesh. In 2024-25, the branch has successfully carried out a wide range of activities that showcase its leadership, dedication, and alignment with the broader goals of the Indian Psychiatric Society (IPS).

In line with its educational mission, IPSAPSB has also successfully conducted multiple Continuing Medical Education (CME) programs, ensuring that psychiatrists across the state are equipped with the latest knowledge and tools to deliver cutting-edge mental health care.

Community outreach has been another cornerstone of IPSAPSB's 2024-25 efforts. Through various awareness programs, the branch has reached thousands of people, addressing critical mental health issues such as addiction, suicide prevention, and social media addiction. IPSAPSB has collaborated with educational institutions, police departments, and community organizations to promote mental health literacy and reduce stigma. These programs not only provide essential information to the public but also create avenues for early intervention and support, reinforcing IPSAPSB's commitment to community well-being.

Through these initiatives and more, IPSAPSB has demonstrated its commitment to excellence, community engagement, and the continuous professional development of its members. The branch's efforts in 2024-25 highlight its pivotal role in not only advancing psychiatric care in Andhra Pradesh but also contributing to the national and global mental health landscape.

The leadership team of the Indian Psychiatric Society Andhra Pradesh State Branch (IPSAPSB) has been instrumental in advancing psychiatric care and promoting mental health awareness throughout the state. Their commitment and dedication have significantly contributed to the branch's success and impact in 2024-25.

IPSAPSB OFFICE BEARERS



Dr. GVS Murty
President



Dr. P. Lokeswara Reddy
Vice – President



Dr. I Sarath Chandra
Honorary Secretary



Dr. R Kishore Kumar
Honorary Editor



Dr. A Vijaya Chandra Reddy
Honorary Treasurer



Dr. V Radhika Reddy
A.P. Representative
to South Zone



Dr. IVL Narasimha Rao
Immediate Past
President

EXECUTIVE COMMITTEE



Dr. TV Pavan Kumar



Dr. N. Prasanna
Kumar



Dr. I. Sri Ramya



Dr. B.J.P. Mallika



Dr. V. Shashanka

IPSAPSB EXTENDED EC

Associate Editor:

Dr. D Raj Kiran
Dr. M. Shivashanker Reddy

Assistant Editor

Dr. G. Sanghamitra

Constitution Committee:

Dr. K. Narasimha Reddi,
Dr. P. Himakar
Dr. N.R.P. Chandra

Awards Committee:

Dr. I. V. L. Narasimha Rao
Dr. G. V. Ramana Rao
Dr. K. Uday Kumar

Task Force Committee:

Dr. IRS Reddy
Dr. N.N. Raju
Dr. V. V. Kiran

Legal Advisory Committee:

Dr. Karri Rama Reddy
Dr. G. Bhagya Rao
Dr. Indla Vishal

C.M.E Committee:

Dr. G. Suresh Kumar
Dr. N. Umajyothi
Dr. P. Lokeswara Reddy

Election Commission:

Dr. T. P. Sudhakar
Dr. K. Nagi Reddy
Dr. P. Srinivasa Teja

Samanwi Committee:

Dr. Ch. Bharathi
Dr. BJP Mallika
Dr. P. Ramya Keerthi

Membership Drive Committee:

Dr. K. V. Rami Reddy
Dr. P. Hemanth Madhav
Dr. Rufus Ephraim Y
Dr. P. Sai Kiran
Dr. N. G. Nihal

Suicide Prevention Committee:

Dr. B. Ramesh Babu
Dr. Sk. Subahani
Dr. P. Dinesh
Dr. G. Subhash

Child and Adolescent Mental Health Awareness Committee:

Dr. K. Manasa
Dr. G. Sri Vidya
Dr. V. Manasa Ram

Communications:

Dr. B. Ramesh Babu
Dr. Sk. Subahani
Dr. P. Dinesh
Dr. G. Subhash

Publication Committee

Dr. K. Manasa
Dr. G. Sri Vidya
Dr. V. Manasa Ram

Sports & Wellness Committee:

Dr. T. V. Pavan Kumar
Dr. Anuhya Guyton
Dr. Chaitanya Kumar

BEST STATE BRANCH

IPS AP STATE BRANCH: FIRST BEST STATE BRANCH AWARD 2024



INDIAN PSYCHIATRIC SOCIETY

National HQ : PLOT 43, SECTOR 55, GURGAON, HARYANA 122 003, INDIA

This is to certify that

IPS Andhra Pradesh state Branch

was awarded

Best State Branch Award


For the year

2024

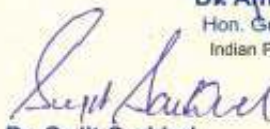
This award was presented at

**76th Annual National Conference
of the Indian Psychiatric Society**

held on 22-25 January, 2025 at Hyderabad


Dr. Savita Malhotra
President
Indian Psychiatric Society


Dr. Amrit Patojoshi
Hon. General Secretary
Indian Psychiatric Society


Dr. Sujit Sarkhel
Hon. Editor
Indian Psychiatric Society



BEST STATE BRANCH

The IPS Andhra Pradesh State Branch (IPSAPSB) has been honored with the **prestigious First Best State Branch Award 2024** at ANCIPS 2025 in Hyderabad, a recognition that marks a historic moment in the branch's history. This honor reflects the tireless dedication and collective efforts of the entire IPSAPSB fraternity, who have worked consistently toward strengthening the society's impact and influence over the years.

Under the visionary leadership of **Dr. Y. Prabhakar, Dr. I.V.L. Narasimha Rao and Dr. G.V.S. Murty**, the state branch has reached this extraordinary milestone. Their strategic foresight, commitment, and perseverance have propelled the branch to this unprecedented recognition. Their guidance was pivotal in transforming the branch's activities and vision, making this award not only a testament to their leadership but to the entire branch's collective progress.

However, it is also essential to highlight the significant role played by **Dr. I. Sarath Chandra**, the Honorary General Secretary (HGS) of the IPSAPSB, in driving the branch to this remarkable achievement. His vision, and relentless efforts have been instrumental in steering the branch towards excellence. His commitment to upholding the values and goals of the IPSAPSB, alongside his tireless work in enhancing the branch's operations, was crucial in securing this prestigious award. His consistent dedication to the mental health community in Andhra Pradesh and beyond has earned him great respect and admiration, making him a central figure in this success.

This achievement is a result of continuous efforts from all members who have dedicated themselves to improving the branch's structure and outreach. Among those who played a critical role in this success are **Dr. Lokeswara Reddy** our vice president whose contributions to the state branch's growth cannot be overstated, and

Dr. N.R.P.C. Balaji, whose relentless support and vision greatly contributed to the branch's development.

Further, the work of the **Office Team** has been indispensable in ensuring the smooth functioning of the branch's operations. Their dedication and teamwork were essential in implementing the branch's initiatives and fulfilling its responsibilities effectively.

A special mention must go to the **Newsletter Committee**, which was initially initiated by **Dr. Nihal** and **Dr. Rufus**. Under the guidance of Dr. Sri Ramya and Dr. Suhruth, the committee has taken the newsletter to new heights, meticulously documenting the branch's journey and showcasing its achievements. Their dedication has played an integral role in raising awareness about the work of IPSAPSB and ensuring that the branch's contributions are recognized on a larger platform.

Dr. I.R.S Reddy and **Dr. T.P. Sudhakar**, whose mentorship and unwavering support have been a cornerstone for the growth and success of the branch, have shaped its trajectory. Their wise counsel has helped steer the branch through numerous challenges, and their dedication continues to inspire members of the society.

BEST STATE BRANCH

Dr. Savitha Malhotra, the current president of IPS, also extended her heartfelt congratulations to the IPS AP State Branch, acknowledging their hard work, innovation, and consistent efforts in setting new benchmarks for the community. Dr. Malhotra expressed her pride in seeing IPS AP reach such remarkable heights, reinforcing the significance of collaboration and dedication in achieving such prestigious recognition.

Dr. Lakshmikant Rathi, the outgoing president of IPS, commended the efforts of the entire **IPS AP State Branch** for their tireless work and dedication. He noted that this award stands as a testament to the branch's collective perseverance and unwavering commitment to enhancing the standards of mental health care in the region. His words of encouragement and praise have been a source of motivation for all the members.



BEST STATE BRANCH



సాక్షి

ఏపీ మానసిక వైద్యుల సంఘానికి బెస్ట్ స్టేట్ బ్రాంచ్ అవార్డు

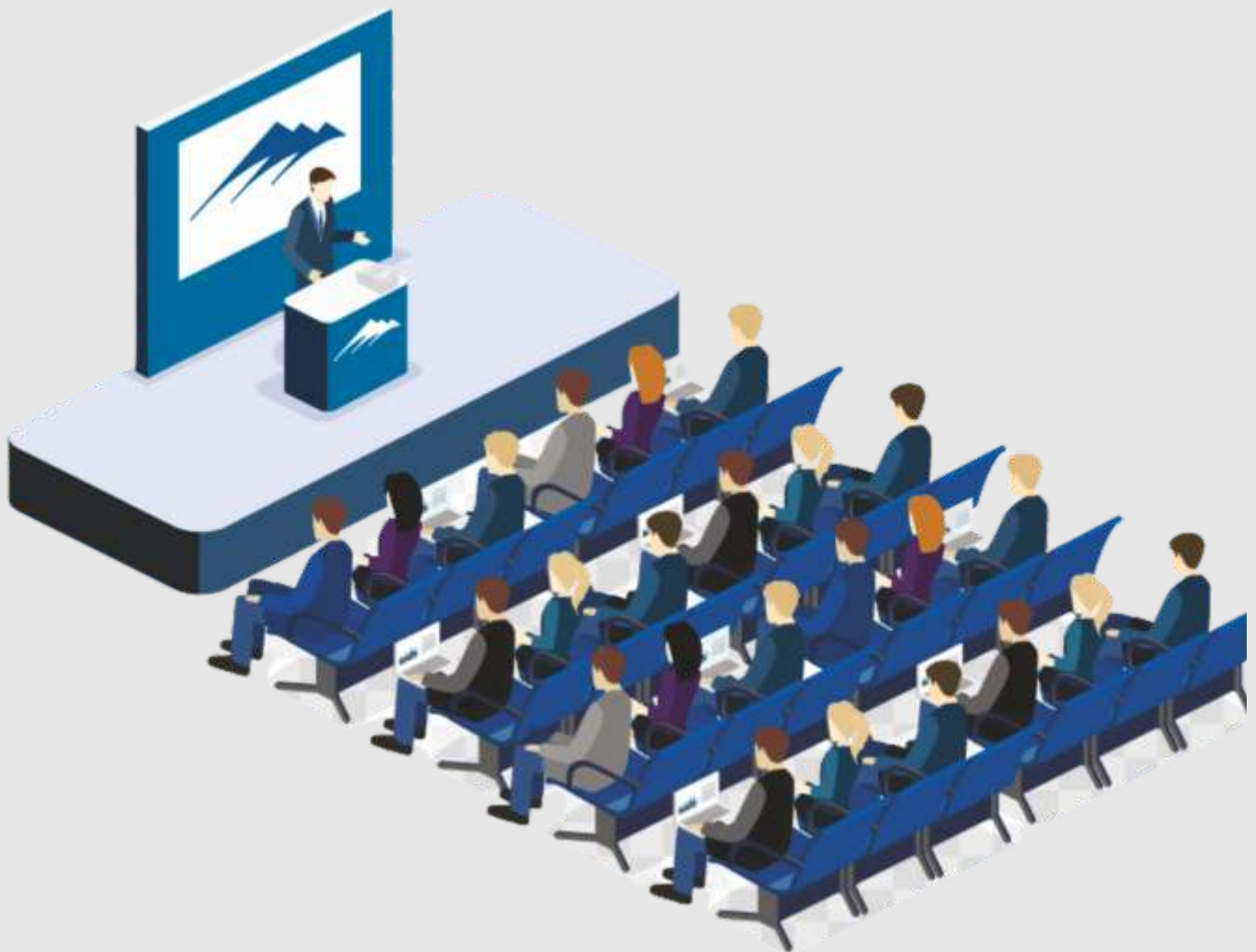
గుంటూరు మెడికల్: ఇండియన్ సైకియాట్రిక్ సొసైటీ ఆంధ్రప్రదేశ్ మానసిక వైద్యుల సంఘం రాష్ట్ర శాఖకు బెస్ట్ స్టేట్ బ్రాంచ్ అవార్డును అందజేసింది. జనవరి 22 నుంచి 25 వరకు హైదరాబాద్ లో జరిగిన జాతీయ స్థాయి మానసిక వైద్యుల సంఘం వార్షిక సమావేశంలో 2024 సంవత్సరానికి ఏపీకి అత్యున్నత రాష్ట్ర శాఖ అవార్డు లభించింది. గత ఐదు దశాబ్దాలలో తొలి సారిగా ఈ పురస్కారం ఏపీకి దక్కింది. సేవా కార్యక్రమాలు, అవగాహన కార్యక్రమాలు, వైజ్ఞానిక సదస్సులు నిర్వహించడంలో ఆన్ని రాష్ట్రాల కంటే ఏపీ ముందంజలో నిలిచిన కారణంగా ఈ అవార్డు లభించింది. రాష్ట్రవ్యాప్తంగా మానసిక వైద్య నిపుణులు మానసిక ఆరోగ్యంపై ఎన్నో అవగాహన, సేవా కార్యక్రమాలను నిర్వహిస్తున్నారు. గత రెండేళ్లుగా అనంతపురంలో డాక్టర్ యెండ్రూరి ప్రభాకర్, గుంటూరులో డాక్టర్ ఐవీఎల్ నరసింహారావు పూర్వ అధ్యక్షులుగా, విశాఖపట్నంలో డాక్టర్ జీవీఎస్ మూర్తి



బెస్ట్ స్టేట్ బ్రాంచ్ అవార్డు అందుకుంటున్న డాక్టర్ ఇవటూరి శరత్చంద్ర, ఇతర నేతలు

ప్రస్తుత అధ్యక్షులుగా, కార్యదర్శిగా డాక్టర్ ఇవటూరి శరత్ చంద్ర పర్యవేక్షణలో ఎన్నో వినూత్న కార్యక్రమాలను నిర్వహించారు. యువ మానసిక వైద్యుల సహకారంతో జరిగిన విజ్ఞాన సదస్సులు ఏపీకి రాష్ట్ర ఉత్తమశాఖ పురస్కారాన్ని పొందడానికి దోహదపడ్డాయి.

CONFERENCES & CME



IPS AP PG CME 2024

THEME: PSYCHIATRY – THE BIOLOGICAL TURN

The **IPS AP PG CME 2024** was a grand success, bringing together esteemed experts in psychiatry to share their insights on various critical aspects of the field. The event featured engaging lectures, thought-provoking symposiums, and hands-on workshops, offering invaluable learning experiences for all attendees. The diverse range of topics covered ensured a holistic understanding of psychiatry's biological underpinnings, making this **CME** an essential platform for postgraduate students and mental health professionals alike.

Dr. N. N. Raju and **Dr. N. G Nihal** demonstrated exceptional leadership and hospitality as the Organizing Chairman and Secretary of **IPS AP PG CME 2024**, ensuring a seamlessly executed and intellectually enriching event. Their efforts played a pivotal role in making the event a grand success, leaving a lasting impact on postgraduate education in psychiatry



CONFERENCES AND CME

NEUROLOGICAL SUBSTRATES OF AUTISM SPECTRUM DISORDER



Speaker: Dr. GVRamana Rao

A comprehensive and well-structured presentation that shed light on the intricate neurobiological mechanisms underlying autism. Dr. Rao's clarity and depth of analysis provided significant learning for postgraduate students and practitioners alike. The session emphasized the importance of early detection and intervention, helping attendees understand how neuroscience advancements are shaping autism diagnosis and treatment.

NEUROBIOLOGY AND MANAGEMENT OF ALCOHOL DEPENDENCE



Speakers: Dr. K Suhruth & Dr. E Anand Reddy

This session was lauded for its practical relevance and scientific rigor. The speakers effectively bridged theoretical knowledge with real-world clinical applications, making it an engaging and informative discussion. They provided an overview of the neurobiological pathways involved in alcohol addiction, along with evidence-based treatment approaches, including pharmacological and behavioral interventions.

CONFERENCES AND CME

MENTAL STATUS EXAMINATION WORKSHOP



Speaker: Dr. P. S. V. N. Sharma

This highly interactive session provided an excellent demonstration of mental status examination techniques, equipping participants with essential skills for accurate psychiatric assessment. Dr. Sharma's expertise and practical approach were highly appreciated by attendees. The session emphasized the importance of structured mental status examinations in clinical practice, ensuring comprehensive patient evaluation.

BREAKING BARRIERS: PSYCHIATRY BEYOND NEUROTRANSMITTER



Speaker: Dr. Bhaskar Mukherjee

This insightful session explored novel perspectives beyond traditional neurotransmitter-based models in psychiatry. Dr. Mukherjee's engaging style and in-depth knowledge captivated the audience, making it one of the most thought-provoking talks of the event. He elaborated on alternative treatment strategies, emphasizing a multidisciplinary approach to psychiatric care, incorporating psychology, social factors, and lifestyle interventions.

CONFERENCES AND CME

CAREER OPTIONS AFTER POSTGRADUATION



Moderator: Dr. K. Narasimha Reddi

Speakers: Dr. Radhika Reddy & Dr. IRS Reddy

A crucial and inspiring session that provided guidance on various career paths in psychiatry. The panelists' practical advice and experience-based insights were invaluable for the postgraduate students in attendance. They discussed opportunities in academia, research, hospital-based practice, private clinics, and emerging subfields such as neuropsychiatry and psychopharmacology.

UNDERSTANDING AGGRESSION: NEUROBIOLOGICAL INSIGHTS AND MANAGEMENT IN EMERGENCY CARE



Speaker: Dr. Karri Rama Reddy

A much-needed session that delved into the complexities of aggression and its emergency management. Dr. Reddy's dynamic presentation and evidence-based approach were highly appreciated by the audience. He elaborated on the physiological and psychological triggers of aggression, offering practical strategies for de-escalation and effective emergency intervention in clinical settings.

CONFERENCES AND CME

RTMS IN FOCUS: PROVEN THERAPY



Speakers: Dr. G Sanghamitra & Dr. Y Anirudh

This engaging session explored the role of rTMS in psychiatric treatment, examining the latest research and clinical applications. The speakers provided a balanced view, discussing both its benefits and limitations. The session sparked curiosity among attendees, encouraging them to critically evaluate emerging treatments in psychiatry and their place in clinical practice.

THE BRAIN BEHIND OCD



Speaker: Dr. G SureshKumar

A brilliantly structured session that unraveled the neurobiological basis of OCD. Dr. Kumar's well-articulated explanations made complex concepts easily comprehensible for the attendees. He discussed the latest neuroimaging findings in OCD, highlighting how these insights are paving the way for targeted treatments and improved patient outcomes.

CONFERENCES AND CME

VALEDICTORY



The CME concluded with a Valedictory Session, recognizing the efforts of all contributors and celebrating the enthusiastic participation of delegates. High tea provided a perfect setting for networking and reflections on the enriching experience of the event. Certificates were distributed to participants, acknowledging their commitment to professional development and psychiatric education.



IPS AP PG CME 2024 successfully upheld its commitment to fostering academic excellence and professional growth. The event was not only a platform for knowledge dissemination but also an opportunity to build collaborations and inspire future advancements in psychiatry. The overwhelming positive feedback from attendees reflected the event's success in delivering cutting-edge psychiatric education while promoting meaningful discussions and skill development.

FOUNDATION DAY



IPS FOUNDATION DAY

IPS FOUNDATION DAY CELEBRATIONS – ANDHRA PRADESH JANUARY 7, 2025

The IPS Andhra Pradesh State Branch (IPSAPSB) proudly led the IPS Foundation Day celebrations on January 7, 2025, an occasion to honor the incredible legacy and contributions of the psychiatrists in our region. As we commemorate this milestone, the day served as a reminder of our shared commitment to advancing mental health care and fostering unity within the psychiatric community.



The Kurnool Psychiatric Society (KPS) marked the occasion of IPS Foundation Day by honoring two distinguished psychiatrists: Dr. PSN Murthy Garu and Dr. N. Nageswar Rao Garu. These two remarkable individuals have contributed immensely to the field of psychiatry and the community, with a legacy that has inspired countless mental health professionals and patients alike. Their work has created a lasting impact on mental health care in the region. The felicitation ceremony was a powerful acknowledgment of their commitment to excellence, service, and leadership in psychiatry. Their invaluable mentorship has helped nurture future generations of psychiatrists who carry their vision forward.

IPS FOUNDATION DAY

GUNTUR PSYCHIATRIC SOCIETY (GPS) PAYS TRIBUTE TO PIONEERS

The Guntur Psychiatric Society (GPS) organized an inspiring and heartfelt felicitation ceremony on the occasion of IPS Foundation Day, where they honored the pioneers of psychiatry who have been instrumental in establishing and expanding the field in Guntur. Their selfless dedication and unwavering commitment to the mental health profession have paved the way for many others in the community. Dr. Sai Kiran, HGS of GPS, delivered a powerful speech recognizing the remarkable achievements of these stalwarts and emphasizing the importance of collaboration and continuing education in advancing psychiatric care. His words resonated deeply with the audience, as he celebrated the collective journey that has led to the current state of mental health advocacy and professional growth. The event was a true reflection of the community spirit and professional excellence that defines GPS, bringing together esteemed members and well-wishers to commemorate this special occasion.



IPS FOUNDATION DAY

NELLORE PSYCHIATRIC SOCIETY (NPS)

HONORS DR. V. GANGADHAR GARU

In Nellore, the Nellore Psychiatric Society (NPS) organized a memorable felicitation event to honor Dr. V. Gangadhar Garu for his outstanding 30 years of service to psychiatry. Dr. Gangadhar's contributions to the field are immeasurable, and his impact has been felt throughout the region, with countless lives transformed through his dedicated care and expertise. His work has been a beacon for others to follow, making him a role model for generations of psychiatrists. The event was graced by a distinguished group of eminent psychiatrists and postgraduate students from Narayana Medical College & GGH Nellore, including: Dr. Sreenivasa Teja, President, NPS Dr. Subhani, Secretary, NPS Dr. Seshamma Garu, Dr. Chakravarthy, Dr. Ramesh Balaji, Dr. Muralidhar, Dr. Padmavathi, Dr. Harshini, Dr. Sujitha, Dr. Sarath Chandra, and PG students from Narayana Medical College & GGH Nellore. Dr. Uday Kumar delivered an insightful address on the importance of IPS Foundation Day, stressing the role of unity in promoting the well-being of society through professional conferences, mental health services, and collective action. His words deeply resonated with all in attendance, inspiring the next generation of psychiatrists to continue striving for excellence.



The IPS Foundation Day celebrations across Andhra Pradesh were a resounding success, reflecting the unity, gratitude, and professional commitment of the psychiatric community. These celebrations were a fitting tribute to the many psychiatrists who have dedicated their careers to improving mental health and advancing psychiatric care. Through these felicitation ceremonies, we recognized the outstanding achievements of senior psychiatrists whose contributions continue to shape the future of the profession.

Journal



ARCHIVES OF MENTAL HEALTH	
ISSN Print: 2589-9171 ISSN Online: 2589-918X	Volume 25, Issue 2
July-December 2024	
<p>Indian Psychiatric Society Andhra Pradesh State branch</p> <p>Indexed with: DOAJ : Scopus UGC CARE List Group II</p> <p>Online at: www.amhonline.org</p>	<p>ORIGINAL ARTICLES</p> <p>Efficacy of transcranial magnetic stimulation in persistent somatoform pain disorder (psychosomatic pain): A narrative review Shailja Joshi, Preeti Mishra, Shobit Gang, Sangha Mitta Girdi, Sai Krishna Tikka, Mohan Dhyani 95</p> <p>Predictors of clozapine efficacy in treatment-resistant schizophrenia: A cross-sectional analysis of sociodemographic, clinical, biochemical, and electrophysiological EEG changes Sumaila Asif, Jyotsna Ipsita Pattnaik, Jyoti Debata, Sudipta Kumar Das, Jayaprakash Russell Kawan, Swayamika Samantaray, Ramakant Swain 102</p> <p>Association of anxiety, depression and sleep quality with binge-watching behavior in college students - An observational study Shailja Bandia, Srikanth Lella, Amalyn Kola, Krishna Mahan Parvathareni, Jhansi Rani 107</p> <p>Impact of alcohol dependence syndrome severity on male sexual dysfunction: A CONSORT-guided cross-sectional analysis Md Adil Faizan, Sri Divya Reddy Kandli, Geethanjali, Bangaru Sathish 112</p> <p>Smartphone addiction and its correlation with academic performance in high school adolescents: An observational study Rakesh Kumar, Alpi Gupta, Ashvini Jainwal 117</p> <p>Assessment of academic stress and its association with academic achievement among health science students Maheshor Kapile, Rajesh Karki, Sadip Khunt, Dipalika Aryal, Kishor Adhikari 124</p> <p>A cross-sectional study on distraction factors associated with conduct behaviors among children presenting with attention-hyperactivity disorders in Indian context Anindya Kumar Ray, Sankat Mitra 130</p> <p>Psychopathology teaching in residency program - An art loving its show: Psychiatry trainee residents' experience Ajaym Mehta, Rahul Chakravarty 135</p> <p>Evaluating the reliability and validity of the Strengths and Difficulties Questionnaire in a heterogeneous ethnic young cohort from northeast India Arif Ali, Abhijeet Singh 140</p> <p>Psychological well-being and its influence on elderly life Taryn Aksh, Rima Chaturvedi 146</p> <p>Understanding the connection and relation between sleep and depression in a tertiary health-care center: Insights from a cross-sectional study M. Anvith, Kailash Sureshwar, Shaheeba Z. Karish, P. R. Sethi, V. Madhumitha 151</p> <p>Prevalence of mental illness and associated factors among the elderly in Ogun East Senatorial District, Nigeria Omotosho Adedokun Y, Ogunremi Oluwalu O, Fawcett Oluwatoyin A, Nodewole Kolawole J, Adetula Nuzari O, Ogunkeye John O, Olanike Abiodun O, Amulake Chikwendu, Ajayi Fasayo G, Abiodun Olanise A 155</p> <p>Cyberslacking and psychological distress in school-going adolescents and its impact on their mothers' mental health P. C. Pradeep Kumar, Sithara M, Chako, Shevansh Manohar, M. Kishor 162</p> <p>CASE SERIES A rare case series on hypertrusive encephalopathy manifesting as psychosis Sai Kiran Pasupula, Katyayani Kollu, Naveen Vandamapu, Neeli Uma Jyothi 169</p> <p>CASE REPORTS Exploring suicidal attempts in a rare case of Kliefelner syndrome comorbid with autism spectrum disorder: Unveiling the underdiagnosed needs and noble intervention of electroconvulsive therapy Huzar Rizwan, Khadijah Ariff, Afidatul Hanim Abdul Razak, Tengku Mohd Saifuddin Tengku Kamarulbahri 172</p> <p>A report on gray matter heterotopia and neuro-psychiatric manifestation: A bleary phenomenon Vishnupriya Neeragathavan 174</p> <p>Family system and problematic technology usage M. S. Neeraj, Berigan Parthasarathy Nirmala, N. Anandhana, Manoj Kumar Sharma 176</p>

Archives of Mental Health: Jul-Dec, 2024 - A Comprehensive Overview

The Archives of Mental Health continues to serve as an invaluable resource for mental health professionals, researchers, and educators, offering deep insights into the latest advancements in psychiatry. The Jul-Dec 2024 issue (Volume 25, Issue 2) brings forward a diverse range of research

findings and case reports that tackle contemporary challenges in mental health care. Below is a detailed report highlighting some of the most significant contributions in this issue:

1. Efficacy of Transcranial Magnetic Stimulation in Persistent Somatoform Pain Disorder (Psychosomatic Pain): A Narrative Review

- **Authors:** Joshi, Shailja; Mishra, Preeti; Garg, Shobit
- **Pages:** 95–101

This narrative review explores the therapeutic potential of **Transcranial Magnetic Stimulation (TMS)** in managing persistent somatoform pain disorder, a type of psychosomatic pain. The review discusses the neurobiological mechanisms underlying somatoform pain and examines how TMS, a non-invasive brain stimulation technique, can alleviate symptoms. The article highlights promising findings but calls for further research to validate the efficacy of TMS for broader clinical application in pain management.

2. Predictors of Clozapine Efficacy in Treatment-Resistant Schizophrenia

- **Authors:** Asif, Sumaila; Pattnaik, Jigyansa Ipsita; Debata, Ipsita
- **Pages:** 102–106

This cross-sectional analysis investigates factors that predict the efficacy of Clozapine, an antipsychotic used for treatment-resistant schizophrenia. The study examines a range of sociodemographic, clinical, biochemical, and electrophysiological changes, including EEG patterns, to identify reliable predictors of response. The findings contribute to a better understanding of which patients are likely to benefit most from clozapine treatment and offer important insights for personalizing psychiatric care.

3. Association of Anxiety, Depression, and Sleep Quality with Binge-Watching Behavior in College Students

- **Authors:** Bandla, Shailaja; Lella, Srikanth; Kola, Amulya
- **Pages:** 107–111

This observational study focuses on the mental health effects of **binge-watching behavior** in college students, a growing concern in the digital age. The study examines the relationship between binge-watching and the prevalence of **anxiety, depression, and poor sleep quality**. The findings suggest a significant association, highlighting the importance of addressing unhealthy media consumption patterns as part of broader mental health interventions for students.

4. Impact of Alcohol Dependence Syndrome Severity on Male Sexual Dysfunction

- **Authors:** Faizan, Md Adil; Kandhi, Sri Divya Reddy; Geethanjali

- **Pages:** 112–116

This study assesses the impact of **alcohol dependence syndrome severity on sexual dysfunction** in men. Using a CONSORT-guided cross-sectional analysis, the researchers explore how increasing severity of alcohol dependence correlates with sexual health issues, offering insights into the complex interplay between substance abuse and sexual health. The findings underscore the need for integrated care approaches that address both addiction and sexual dysfunction.

5. Smartphone Addiction and Its Correlation with Academic Performance in High School Adolescents

- **Authors:** Kumar, Rakesh; Gupta, Alpa; Jaiswal, Ashvita
- **Pages:** 117–123

In this observational study, the authors investigate the relationship between smart phone **addiction and academic performance** in high school adolescents. The study reveals that excessive smartphone use, particularly for non-educational purposes, has a negative impact on academic performance. The article underscores the importance of promoting healthy technology use among students and suggests potential interventions to mitigate the adverse effects of smartphone addiction.

6. Assessment of Academic Stress and Its Association with Academic Achievement Among Health Science Students

- **Authors:** Kaphle, Maheshor; Karki, Rajesh; Khanal, Sudip
- **Pages:** 124–129

Academic stress is a major concern among **health science students**, and this study investigates its relationship with academic achievement. The authors explore various stressors affecting students, including workload, performance pressures, and social factors. The findings reveal a strong association between high levels of academic stress and reduced academic achievement, highlighting the need for stress management strategies within academic institutions.

7. A Cross-Sectional Study on Distinctive Factors Associated with Conduct Behaviors Among Children Presenting with Inattention-Hyperactivity Disorders in Indian Context

- **Authors:** Ray, Anindya Kumar; Mitra, Saikat
- **Pages:** 130–134

This study examines **conduct behaviors** among children with **inattention-hyperactivity disorders** in the Indian context, focusing on cultural, familial, and social factors that may contribute to these behaviors. The findings provide valuable insights into how specific environmental factors in India might influence the presentation and management of ADHD and related conduct disorders.

Case Reports and Series:

1. A Rare Case Series on Hypertensive Encephalopathy Manifesting as Psychosis

- **Authors:** Pasupula, Sai Kiran; Kolli, Katyayani; Vandanapu, Naveen
- **Pages:** 169–171

This rare case series sheds light on **hypertensive encephalopathy manifesting as psychosis**. The report discusses the challenges in diagnosing this condition and emphasizes the importance of recognizing hypertension-induced encephalopathy as a potential cause of acute psychosis, especially in patients with a history of uncontrolled blood pressure.

2. Exploring Suicidal Attempts in a Rare Case of Klinefelter Syndrome Comorbid with Autism Spectrum Disorder

- **Authors:** Ridzwan, Hijaz; Ariff, Khadijah; Razak, Afidatul Hanim Abdul
- **Pages:** 172–173

This case report explores a rare instance of suicidal behavior in a patient with Klinefelter syndrome and autism spectrum disorder (ASD). The authors highlight the complex interplay between genetic and neurodevelopmental factors in this case and discuss the role of electroconvulsive therapy (ECT) as an effective intervention for managing suicidal ideation in such patients.

Other Noteworthy Topics:

- **Psychological Well-Being in the Elderly:** Exploring the mental health challenges faced by older adults, this article emphasizes the need for interventions that promote psychological well-being in the aging population.
- **Cyberslacking and Psychological Distress in School-Going Adolescents:** This study examines the **impact of cyberslacking** (excessive use of digital devices during school hours) on the mental health of adolescents and its secondary impact on their mothers.
- **Sleep and Depression:** An in-depth look at the **relationship between sleep disturbances and depression**, offering new insights into the role of sleep hygiene in managing depressive symptoms.

The Jul-Dec 2024 issue of *Archives of Mental Health* provides a comprehensive look at the latest research and case reports in the field of psychiatry. From innovative treatment approaches like **Transcranial Magnetic Stimulation (TMS)** to the effects of **technology addiction** on mental health, the journal continues to contribute significantly to the ongoing conversation in mental health research and clinical practice.

EC MEETINGS

The IPSAPSB has conducted three executive committee meetings in 2024–2025. These meetings focused on key decisions and organizational planning.

The **3rd Executive Committee Meeting** of the **Indian Psychiatric Society Andhra Pradesh State Branch (IPSAPSB)** took place on **January 23, 2025**, at **11:30 AM** during **ANCIPS 2025** in Hyderabad. The meeting was chaired by **Dr. GVS Murty**, President of IPSAPSB, and **Dr. Sarath Chandra** served as the **Hon. Secretary**. **Dr. Lokeswara Reddy**, Vice President of IPSAPSB, was also present. After reviewing and approving the agenda, the minutes from the previous meeting were confirmed, with updates on action points. The committee discussed recent activities, including the successful **IPSAPSB PG CME 2024** held in December 2024. The **Treasurer Dr. Kishore** presented the financial report, focusing on income, expenses, and budgeting for upcoming events. Membership growth was highlighted, and strategies to engage more younger psychiatrists were discussed. Preparations for future events, such as the **Midterm CME**, workshops, and the **IPSAPSB 2025 Annual Conference**, were reviewed. An update on the **Archives of Mental Health** journal was provided by **Dr. Vijaya Chandra reddy** Hon Editor, and ideas to increase its visibility and impact were shared. Community outreach and mental health awareness initiatives were emphasized, along with plans for workshops and collaborations with local institutions. Finally, the meeting concluded with action items for organizing committees, increasing membership, and promoting mental health education, with a vote of thanks extended to all members. The meeting was adjourned with a brief discussion on the next steps, and the tentative date for the next EC meeting was scheduled.



ANCIPS 2025

The 2025 edition of ANCIPS (Annual National Conference of Indian Psychiatric Society) held in Hyderabad showcased a remarkable presence from the IPSAP (Indian Psychiatric Society Andhra Pradesh State Branch). Several of our distinguished members contributed to the scientific sessions, symposiums, and invited lectures, making significant strides in the field of psychiatry.

HONORING EXCELLENCE: FELICITATION OF DR. I.R.S. REDDY & DR. N.N. RAJU AT ANCIPS 2025



Our esteemed IPSAP members and revered past IPS presidents, Dr. I.R.S. Reddy and Dr. N.N. Raju, were grandly felicitated during ANCIPS in recognition of their remarkable contributions to the field of psychiatry. Their visionary leadership and enduring legacy continue to inspire generations of mental health professionals.

LECTURE: MYTH OF REINCARNATION - CHALLENGE FOR MENTAL HEALTH PROFESSION



This insightful session explored the intersection of cultural beliefs, such as reincarnation, and mental health. Dr. IRS Reddy delivered an enriching discussion on the challenges these beliefs present for mental health professionals. His expertise in the subject and compassionate approach to addressing cultural perspectives were highly commendable. Dr. Reddy emphasized how practitioners can sensitively navigate such sensitive topics with empathy and respect, ensuring a more culturally competent and inclusive approach to mental health care. His thoughtful and engaging presentation was well-appreciated by all attendees, offering valuable guidance for working in culturally diverse therapeutic settings.

LECTURE: THE MIND AND BRAIN – THE ENIGMA OF CONSCIOUSNESS



Speaker: Dr. T.P. Sudhakar Dr. Sudhakar's lecture offered a comprehensive exploration of consciousness, bridging neuroscience and psychology. The session provided a deeper understanding of the relationship between the mind and the brain, addressing the complexities of consciousness from a scientific perspective.

ANCIPS 2025

SYMPOSIUM: THE HIDDEN TOLL: UNVEILING THE UNSEEN STRUGGLES OF MEDICAL FACULTY

Speakers: Prof. Murali Thyloth, Dr. Lokeshwara Reddy



This symposium focused on the mental health struggles faced by medical faculty members, a topic that often goes unnoticed. The speakers provided insights into the various challenges faced by faculty and emphasized the need for institutional support to address these issues.

SYMPOSIUM: BEHAVIOURAL ADDICTIONS IN THE NEWER WORLD WITH EMPHASIS ON ADOLESCENTS



Speakers: Dr. Challa S V Vasan, Dr. Vundi Manasa Ram: This symposium addressed the emerging issue of behavioural addictions, particularly among adolescents. The panel discussed various types of addiction, including social media and gaming addiction, and highlighted potential interventions and strategies for prevention.

SYMPOSIUM: ISSUES AND CHALLENGES IN REHABILITATION OF HOMELESS INDIVIDUALS WITH MENTAL ILLNESS – SOUTH INDIAN EXPERIENCE



Speakers: Dr. Uday Kumar, Dr. Minhaz Jafar, Nazisarabadi, Dr. Panneer Selvam, Dr. Murali Dr. Uday Kumar highlighted the critical issues surrounding the rehabilitation of homeless individuals with mental illness, drawing attention to the unique challenges faced by this vulnerable group. He emphasized the importance of a holistic, multidisciplinary approach that integrates mental health care, social support, and legal frameworks. Dr. Kumar discussed the barriers to accessing care, including societal stigma and the lack of infrastructure, and called for greater collaboration between psychiatric professionals, social workers, and government authorities to provide more comprehensive services..

SYMPOSIUM: SOCIAL, LEGAL, AND CLINICAL PERSPECTIVE OF CANNABIS



Speakers: Dr. Gorrela Subash, Dr. Bellapukonda Sridevya
Dr. Gorrela Subash & Dr. Bellapukonda Sridevya (Wife and Husband duo)

This session addressed the social, legal, and clinical perspectives of cannabis use. The speakers provided a well-rounded discussion on the implications of cannabis on mental health and the challenges associated with its legalization and clinical use. They also highlighted the evolving role of mental health professionals in addressing cannabis-related issues and the broader societal concerns.

ENHANCING DIGNITY IN PEOPLE LIVING WITH DEMENTIA

Speakers: Dr. Sravani Gaddipati, Dr. S.V.R. Naga Pavan, Kumar Kampalli, Dr. N N Raju



This important symposium focused on enhancing dignity in people living with dementia, a topic of great significance in the mental health community. The speakers provided valuable insights into the ethical, clinical, and social aspects of dementia care, emphasizing the importance of preserving dignity and respect for individuals living with the condition. They discussed innovative approaches to improve the quality of life for dementia patients, including person-centered care models and strategies to address both the physical and emotional needs of patients. The session was highly appreciated for its compassionate and informative approach, leaving the audience with a deeper understanding of the challenges and solutions in dementia care.

SYMPOSIUM: AI, VIRTUAL REALITY, AND AI-POWERED VR IN PSYCHIATRY - PAST, PRESENT, AND FUTURE

Speakers:, Dr. Radhakanth Chunduri, Dr. Ashok Reddy Karredla. This symposium explored the role of AI and virtual reality in psychiatry. The speakers discussed the advancements in AI-powered VR technologies and their potential impact on psychiatric treatments, highlighting the progress from past to present and envisioning the future possibilities



SYMPOSIUM: WE ARE WHAT WE EAT: EXPLORING CUISINES IN PSYCHIATRY



Speakers: Dr. N.G. Nihal, Dr. Kashypi Garg, Dr. Samiksha Sahu, Dr. Rohan Jain

This engaging symposium delved into the intriguing relationship between nutrition, cuisine, and mental health. The speakers explored how different diets and food choices can influence psychiatric well-being, highlighting the growing importance of nutritional psychiatry. They provided a comprehensive discussion on how various cuisines impact mental health, both positively and negatively, and emphasized the role of food in mental health treatment and prevention. The session was highly appreciated for its fresh perspective and the speakers' ability to blend psychiatry with everyday lifestyle factors.

SYMPOSIUM: MENTAL INCAPACITY AND CRIMINAL RESPONSIBILITY: CURRENT PERSPECTIVES IN INDIA



Speakers: Dr. Y. Raja Anirudh, Maj. Dr. Markandey Sharma, Maj. Dr. Arka Adhvaryu

This symposium addressed the crucial topic of mental incapacity and criminal responsibility within the Indian legal framework. The speakers presented a comprehensive overview of the current perspectives, focusing on the legal, clinical, and ethical challenges involved. The session was appreciated for its depth of knowledge and the speakers' ability to make a complex subject accessible to the audience.

SYMPOSIUM: MENTAL WELL-BEING OF DOCTORS? DO DOCTORS PRACTICE WHAT THEY ADVISE ?

Speakers: Dr . P. Lokeswara Reddy, Dr Veda Shetageri, Dr K.S. Pavitra

This symposium explored the critical issue of doctors' mental well-being, questioning whether they practice the self-care they advocate for patients. Dr. P. Lokeswara Reddy highlighted the psychological stressors in the medical profession and emphasized practical interventions to prevent burnout and emotional exhaustion. His insights were highly appreciated for shedding light on this often-overlooked issue and for providing valuable guidance on fostering a healthier and more resilient medical community.



SYMPOSIUM: NEUROBIOLOGY OF ADOLESCENT BRAIN AND ITS VULNERABILITY TO MENTAL HEALTH ISSUES



Speakers: Dr. Uma Jyothi Neeli, Dr. Sai Kiran, Dr. V Venkata Kiran, Dr. Mayurnath

Reddy This symposium delved into the neurobiological aspects of adolescent brain development and its vulnerability to mental health issues. The discussion emphasized the importance of early intervention and the role of the adolescent brain in mental health vulnerability.



Awareness Activities



AWARENESS ACTIVITIES



Dr.Krishna vasan Awareness session given to students of Dr. BR Ambedkar SC Gurukulam school, Thalupulamma lova, Tuni madalam, Kakinada Jilla. Awareness given on study skills, learning skills, how to deal with exam stress.



Dr. O. Sindhuja, conducted an Awareness Programme to the Health workers in Kurnool. Around 50-60 health workers have attended the programme along with DSP Sir and Dr. Chaitanya Sir, Psychiatrist.



Dr.Ch.S V.Krishna Vasana at outreach camp at Siri Manovikas kendra, Samarlakota



Dr. O. Sindhuja, Assistant Professor, Department of Psychiatry, Santhiram Medical College, Nandyal attended a program on "Stress and Anxiety Management" at JSW Cement Factory on 13th December 2024. actively participating

AWARENESS ACTIVITIES



Dr. Manasa had the honor of attending the 10th Class Farewell at St. John's EM School, Vijayawada, as the Chief Guest. She delivered a speech to the bright young minds, and was felicitated by the school management.



Dr. Raja Anirudh Assistant professor of psychiatry, Katuri medical college, Guntur delivered a motivational speech to nearly 200 students at zilla parishath high school, Dronadula, Martur mandalam, Prakasham Dt. It was well appreciated by faculty members of the school and students



Dr Ramesh Babu ,Dr Chaitanya addressed children involved in crime and kept in observation home on addiction causes consequences and treatment..



National Epilepsy Awareness Day at Shanthi Hospital Bhimavaram by Dr.G.V.Ramana Rao,Dr.Subhas, Dr.Sri Vidya

AWARENESS ACTIVITIES



Dr. IRS Reddy addressing at the 6th world Telugu conference at Vijayawada



Dr. K. Suresh Kumar at awareness session held by Avagahana society

ROTARY THE MAGIC OF ROTARY

Rotary Midtown Vijayawada
Invites you to join for a Session on
POSITIVE MENTAL HEALTH
WHY and HOW??

Smt. Dr. Manasa Kaja
MEd, Ph.D. (Psy), (MGC, Manipal University)
PhD (QMS), Assistant Professor (I & A) GE

AP Tribal Welfare Residential School and
College for Girls, Srisailem, Rajamahendravaram

On 12th Nov, 2023, from 09.00 AM
APTSYS, 5th floor, 47, Sakinagar, Srisailem, Rajamahendravaram

Dr. Manasa Kaja
Dr. K. Suresh Kumar
Dr. K. Suresh Kumar
Dr. K. Suresh Kumar



SOCIAL MEDIA ARTICLES

కాఫీ తాగడం వలన మానసిక లాభాలు..? టీసెర్స్ లో తేలిస సంచలన విషయాలు



How Coffee Effects Mental Health | Dr.Indla Vishal Reddy | Indlas Hospital | Indlas Manasa Veena

పిల్లల పెంపకంలో ఈ తప్పులు చేయవద్దు...!

పిల్లలకు, తల్లిదండ్రులు నేర్పించాల్సిన విషయాలు ఇవే!




డాక్టర్ తె.సురేష్ కుమార్ సముఖ మానసిక వైద, నిపుణులు

అమితమైన కొపం వస్తూ జరిగిన స్వార్థం! ఇలా చేస్తే కోపాన్ని తగ్గించుకోవచ్చు



డాక్టర్ తె.సురేష్ కుమార్

పెళ్లి చేసుకుంటే క్రియేటివిటీ తగ్గిపోతుందా ఆశ్చర్యానికి గురిచేసే వాస్తవాలు



INDL

డిజిటల్ అరెస్ట్ స్కామ్మర్లు మిమ్మల్ని వాళ్ల అధీనంలోకి తీసుకోవడానికి ఉపయోగించే ట్రిక్స్



అన్ని తెలిసిన మోసపోయిన మా పేషెంట్ | Digital Arrest Scammers Tricks | Dr. Indla Vishal Reddy | Indlas Hospital | Indlas Manasa Veena

పూరణాభారతి



Psychological factors behind HOMICIDES Or Murders:Expert opinion by Dr. Manasa kaja

మానసిక రుగ్మతతోనే నేర స్వభావం



ప్రసంగిస్తున్న డాక్టర్ రమేష్ కుమార్

కర్నూలు లిగల్, నవంబరు 19 (ఆంధ్రజ్యోతి): మానసిక రుగ్మతలు కలిగి ఉన్న బాలలకు సకాలంలో చికిత్స అందించాలని, లేకుంటే వారిలో నేర స్వభావం పెరిగే ప్రమాదం ఉందని మానసిక వ్యాధి నిపుణుడు డాక్టర్ రమేష్ బాబు ఆన్నారు. బాలల హత్యల చారిత్రక సందర్భంగా స్థానిక బాలల పరీక్షల గ్రహంలో జరిగిన ఓ కార్యక్రమంలో ఆయన పాల్గొని మాట్లాడారు. ఇటీవల బాలలు కూడా మాడక ద్రవ్యాలు మద్య పానం వంటి వ్యవసాలకు బానిసలై నేరాలకు పాల్పడుతున్నారని, ఇటువంటి బాలలను వెంటనే గుర్తించి సకాలంలో చికిత్స అందించాలని కోరారు. కార్యక్రమంలో పరీక్షల గ్రహం సూపరింటెండెంట్ హశీనే బాషా, మానసిక వైద్యుడు చైతన్య కుమార్ పాల్గొన్నారు.

టైక్స్ లేవాయె, కామెంట్స్ రావాయె..



సోషల్ మీడియా వినియోగిస్తున్న నేటి తరంలోకి వెళ్తున్న యువతకు టైక్స్ లేవాయె, కామెంట్స్ రావాయె..

సోషల్ మీడియా వినియోగిస్తున్న నేటి తరంలోకి వెళ్తున్న యువతకు టైక్స్ లేవాయె, కామెంట్స్ రావాయె..

సాక్షి అనంతపురం

31.67/19.4

1491 11-9071 8000

క్షణికావేశం.. తీరని నోకం

282 316

3167/19.4

3167/19.4

ఈటింగ్ డిసార్డర్స్ లక్షణాలు

3167/19.4

3167/19.4

3167/19.4

3167/19.4

సాక్షి

బుడిబడి అడుగులు తడబడుతున్నాయ్!



66 ప్రామాణిక దాష్ట్య శీటలు

జనం అడుగులు తడబడడం వల్ల జీవితంలో అనేక ఇబ్బందులు వస్తాయి. ముఖ్యంగా వృద్ధులకు ఇది పెద్ద సమస్య. దీనిని నివారించడానికి ప్రత్యేకంగా తయారు చేసిన 66 ప్రామాణిక దాష్ట్య శీటలు ఉన్నాయి. ఇవి వృద్ధులకు అడుగులు తడబడకుండా నివారించడానికి ఉపయోగపడతాయి.

66 ప్రామాణిక దాష్ట్య శీటలు వృద్ధులకు అడుగులు తడబడకుండా నివారించడానికి ఉపయోగపడతాయి. ఇవి వృద్ధులకు అడుగులు తడబడకుండా నివారించడానికి ఉపయోగపడతాయి.



పాల్కిన్సన్స్ వ్యాధి-అక్షణాలు

పాల్కిన్సన్స్ వ్యాధి అనేది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది. ఇది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది. ఇది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది.

మనోహారం

మనోహారం అనేది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది. ఇది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది.

SUNDAY
విశాఖపట్నం
ఆదివారం
అనుబంధం

29 ఆదివారం
డిసెంబర్ 2024



పాల్కిన్సన్స్ వ్యాధి అనేది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది. ఇది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది.

మనోహారం

మనోహారం అనేది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది. ఇది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది.

పాల్కిన్సన్స్ వ్యాధి

పాల్కిన్సన్స్ వ్యాధి అనేది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది. ఇది ఒక నెయిర్ వ్యాధి. ఇది మెదulla పాల్కిన్సన్స్ ను దెబ్బతీస్తుంది.

NEWS/Amritha/Dr. D. Venkatesh

NEWS/Amritha/Dr. D. Venkatesh

మహిళల ఆరోగ్యమే కుటుంబ ఆరోగ్యం

కూరగాయలు ప్రోటీన్లతో కూడిన ఆహారం ఎంతో అవసరం

కూరగాయలు కలం ఆరోగ్యం: మహిళల ఆరోగ్యంగా ఉంటే ఆ కుటుంబం ఆరోగ్యంగా ఉంటుంది అందువల్ల మహిళలకు కూరగాయలు ప్రోటీన్లతో కూడిన ఆహారం మహిళలకు ఎంతో అవసరమైన మానసిక వ్యాధుల నివారణగా దాక్టర్ కింజారం సింధూజ అభిప్రాయం. వజ్రపాఠశాలలోని ఎన్నెల పాపమ్మ జూనియర్ కళాశాల ఆవరణలో జరిపిన సమావేశం లాంటిది జనరల్ హాస్పిటల్, మెడికల్ కాలేజీ సంయుక్త ఆధ్వర్యంలో విద్యార్థినిలకు మానసిక వ్యాధుల గురించి అవగాహన కార్యక్రమం నిర్వహించారు. ఈ సందర్భంగా మానసిక వ్యాధుల నివారణగా దాక్టర్ సింధూజ మాట్లాడుతూ మహిళలు ప్రత్యేక శ్రావణ మానసిక అవసరాలతో అందువల్ల వారికి పోషక విలువలతో కూడిన ఆహారం ఎంత అవసరమవుతుంది. ముఖ్యంగా గుండె ఆహారం శీటలతో కూడిన పోషక



పండ్లు, కూరగాయలు, ప్రోటీన్లతో కూడిన ఆహారం ఎంతో అవసరమవుతుంది. ముఖ్యంగా రోజూ కనీసం 30 నిమిషాలు వ్యాయామం చేయడం ద్వారా శరీరాన్ని రుదుతుగా ఆరోగ్యంగా ఉంచుకోవచ్చునన్నారు. మహిళల కడివంలో మానసిక ఆరోగ్యం కూడా ప్రధాన పాత్ర పోషిస్తుందన్నారు. ఓర్విత, ఆంధ్రాన, దీప్తివర్ణ, సమస్యలు కీళ్ల వ్యాధులు సంబంధిత వ్యాధులకు దారితీసే అవకాశం ఉందన్నారు.

మహిళల ఆరోగ్యంపై దృష్టి పెడితే సమాజంలో మహిళ స్థానాన్ని బలపరచవచ్చునన్నారు. మహిళల ఆరోగ్యంగా ఉంటే కుటుంబం ఆరోగ్యంగా ఉంటుందన్నారు. మహిళల ఆరోగ్యాన్ని ప్రోత్సహించడం ఎంతో శీలంకమన్నారు. ఈ కార్యక్రమంలో దాక్టర్ భవ్య, దాక్టర్ సాయి చరణ్, శాంతిరం జనరల్ హాస్పిటల్ వీఆర్సీ వైది రమణ శివారే బాలు కరివేరులు పాల్గొన్నారు.

NEWS/Amritha/Dr. D. Venkatesh

సౌఖ్యం కోసం 939519085



కన్వర్షన్ డిసార్డర్ లక్షణాలు-చికిత్స

డా. పి. సీతారాం
 కన్వర్షన్ డిసార్డర్ అంటే ఏంటో తెలుసుకోవాలంటే మనకు మనకు తెలియని అనేక విషయాలు తెలుసుకోవాలి. మనకు తెలియని అనేక విషయాలు తెలుసుకోవాలి. మనకు తెలియని అనేక విషయాలు తెలుసుకోవాలి.

ఇది, వాస్తవం, నిజం కాదు. ఇది ఒక అసాధారణమైనది. ఇది ఒక అసాధారణమైనది. ఇది ఒక అసాధారణమైనది. ఇది ఒక అసాధారణమైనది.



ఇది ఒక అసాధారణమైనది. ఇది ఒక అసాధారణమైనది. ఇది ఒక అసాధారణమైనది. ఇది ఒక అసాధారణమైనది.

ఇది ఒక అసాధారణమైనది. ఇది ఒక అసాధారణమైనది. ఇది ఒక అసాధారణమైనది. ఇది ఒక అసాధారణమైనది.

SUNDAY
విశాలాంధ్ర
 ఆదివారం
 అనుబంధం
 09 ఆదివారం,
 ఫిబ్రవరి 2025 | 7

దీనిని అర్థం చేసుకోవాలి. దీనిని అర్థం చేసుకోవాలి. దీనిని అర్థం చేసుకోవాలి. దీనిని అర్థం చేసుకోవాలి.

మీరు పరీక్షలకు సన్నద్ధం అవుతున్నారా?



అనంతపురం (వైద్యం). **న్యూస్ టుడే:** ఉమ్మడి అనంతపురం జిల్లాలో పదో తరగతి, ఇంటర్మీడియట్ వార్షిక పరీక్షలతోపాటు ఇతర పరీక్షలకు విద్యార్థులు సన్నద్ధం అవుతున్న తరుణం ఇది. సాధారణంగా పరీక్షలంటే విద్యార్థుల్లో ఒకేసారి భయం ఉంటుంది. సమయం సమీపిస్తున్న కొద్దీ తీవ్ర ఒత్తిడికి గురవుతుంటారు. పరీక్షలు ఎలా రాయాలి, ఎన్ని గంటలు చదవాలి, ఎలాంటి ఆహారం తీసుకోవాలి, ఎంతనేపు నిద్రపోవాలి, చదువుకున్న అంశాలను ఎలా జ్ఞాపకం ఉంచుకోవాలి, పరీక్షలను విజయవంతంగా ఎలా రాయాలి, ఉత్తమ పలితాల సాధనకు ఎలాంటి వ్యూహాలు అనుసరించాలి, వంటి అంశాల్లో అనేక సందేహాలుంటాయి. వీటిని నివృత్తి చేసేందుకు ఈనాడు-మీతోడు ఫోన్ ఇన్ కార్యక్రమం చేపట్టింది. నిర్దేశిత సమయంలో ఫోన్ చేసి మీకున్న సందేహాలను నివృత్తి చేసుకోవచ్చు.



- ☛ మానసిక వైద్య నిపుణుడు
 ఎండూరి ప్రభాకర్ (సెల్ నం. 85000 89999).
- ☛ క్లినికల్ న్యూట్రీషియన్, డైటీషియన్ మునీశ్వరి
 (సెల్ నం. 80085 73008)
- ☛ ఫోన్ చేయాల్సిన తేదీ : 11-02-2025
 (మంగళవారం ఉదయం 9 నుంచి 10 గంటల మధ్య)

Individual Achievements



INDIVIDUAL ACHIEVEMENTS



"Heartfelt congratulations to Dr. I.R.S. Reddy on receiving the Prof. Alka Pawar Marella Family Mental Health Award at the Association of Industrial Psychiatry of India Conference in Bodh Gaya!

Adding to this remarkable achievement, he was also honored with the Times of India Icons of Healthcare Award, presented by Hon'ble Sri N.V. Ramana Garu, Former Chief Justice of India. ✨

A well-deserved recognition of his dedication and contributions to mental health!
#ProudMoment #Congratulations #MentalHealthLeadership #IconsOfHealthcare"



"Heartfelt congratulations to Dr. Rama Reddy Karri on being honored as an NPTEL Megastar at the prestigious IIT Madras! A truly remarkable achievement, made even more special by a standing ovation led by Prof. Kamakoti, Director of IIT-M. Your dedication and excellence continue to inspire! #NPTELStar #IITMadras #Megastar #Honored #ProudMoment"

INDIVIDUAL ACHIEVEMENTS



Heartiest congratulations to Dr. I. Sarath Chandra on receiving the prestigious Fellowship Award at IGPI, held at Novotel Hyderabad! A well-deserved honor recognizing his dedication and contributions to psychiatry. Wishing him continued success! ✨ #Congratulations #FellowshipAward #IGPI #ProudMoment"



10K done and dusted! Our IPSAPSB President, Vice President, and General Secretary not only lead the way in mental health but also in fitness! Talk about running the show – literally! #TeamIPSAPSB #MentalHealthAndFitness #LeadingByExample

ART GALLERY



By Mrs. Padmaja W/o Dr. P. Lokeswara Reddy



By I. Sri Krithi
D/O Dr. I. Sarath Chandra



By I. Krishna Karthik
S/O Dr. I. Sarath Chandra

PHOTO GALLERY



PHOTO GALLERY



Captured with skill and Snapped to perfection Picture Courtesy
Dr. G.V.S Murty

Not a member yet ?

JOIN IPSAPSB

We invite psychiatrists and postgraduate students across Andhra Pradesh to join IPSAPSB and strengthen our community dedicated to advancing mental health care. If you're not yet a member, become part of IPSAPSB today to access valuable resources, networking, and professional growth opportunities. Contact us to join!

Dr. I. Sarath Chandra

Hon General Secretary

Mob: 9573236486

Dr. I. Sri Ramya

EC Member

Mob: 8374550920

With Best Compliments from....



Rx **CITA-S[®]** **Plus**
Forte
Escitalopram & Clonazepam Tablets

Rx **Divalex-OD[®]**
Divalproex Sodium ER 125/250/500/750/1000 mg Tablets

Rx **Sizopr!de[®]**
Amisulpride 50/100/200 mg Tablets

Rx **Paxit[®] CR** / **PLUS**
FORTE
Paroxetine Controlled Release & Clonazepam Tablets

Rx **NALCRES[™] - MD 50**
Naltrexone Hydrochloride 50 mg Tablets