



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

ISSUE 6 – JULY 2025

Message from the President

Dear Esteemed Members,

TNIPS stands at an exciting threshold, propelled by collective achievements that we can all be proud of. Our journey this year has been marked by remarkable milestones, made possible by your unwavering commitment and team spirit.

Key Achievements

Updated Constitution & Guidelines:

Thanks to the tireless work of our Vice President, Dr. C. Sadhanand, and his dedicated team, our constitution and guidelines have been updated to reflect our evolving needs.

Digital Transformation

Driven by the persistence of Dr. A. M. Anusa and her team, we have embraced digital advancements, enhancing our efficiency and connectivity.

Celebrating Team Spirit & Leadership

Our members have exemplified outstanding teamwork and leadership, as demonstrated by the following leaders and their teams:

Dr. Arul Saravanan & Team – For their exceptional work in publishing our journal.

Dr. K. Raman & Team – For ensuring our program topics meet the highest standards.

Dr. S. Sivaraman & Team – For consistently hosting the RCBC program every month.

Dr. Endumathi & Team – For introducing us to niche and emerging topics.

Dr. S. Mohan Raj / Dr. S. Vidhya & Teams – For championing our physical fitness and reading initiatives.

Dr. P. P. Kannan & Team – For getting our office up and running smoothly.

Dr. R. Karthik Deivanayagam & Team – For bridging government policy and practice.

Dr. E. Sivabalan & Team – For publishing our engaging newsletters.





INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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Memorable Events & Initiative

We celebrated numerous events and successfully conducted our **Mid Term CME, PG Training Program, and TANPSYCON 2025**

The **PG Quiz Award** now honours the memory of our respected Prof.

Dr. Anandakrishna Kumar.

When IMH needed support, TNIPS stood by them, exemplifying solidarity.

Our successful bid for **ANCIPS 2027** (after 20 years) marks our next frontier—a challenge we will embrace with characteristic vigour.

Personal Note

This past year has been an amazing learning experience for me. I am deeply grateful to all TNIPS members for placing their trust in me and for your continued support.

I sign off with this quote: “Positions are temporary. Ranks and titles are limited. But the way you treat people will always be remembered.”

Long live TNIPS!

With warm regards,

Dr. R Sabrin Ross
President TN IPS
2024-2025



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Message from Hon. General Secretary



Greetings to all

We are pleased to present the second edition of the Indian Psychiatric Society Tamil Nadu Chapter Newsletter for the year 2024-25. This continued publication reflects the unwavering commitment and enthusiasm of our Newsletter Subcommittee, guided by the dynamic leadership of our President, Dr. R. Sabrin Ross.

The newsletter serves as a proud showcase of the academic achievements, accolades, and contributions of our members, reinforcing a sense of community and professional pride within the fraternity. It also provides a meaningful platform for our distinguished senior members to share their wisdom, experiences, and encouragement — inspiring the next generation of psychiatrists to pursue excellence and actively contribute to the field and society at large.

Our society remains steadfast in its mission to strengthen our membership through academic advancement, collaborative opportunities, and awareness initiatives. This newsletter is an integral part of that mission, promoting knowledge-sharing and enhancing awareness, which ultimately translates into better patient care and professional growth.

I extend my sincere appreciation to the Newsletter Subcommittee for their dedication and commendable efforts. I wish them continued success as they carry forward this significant endeavour.

Long Live TN-IPS!

Warm regards,

Dr. T Siva Ilango
Honorary Secretary



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JULY 2025

Message from the Editorial Desk

Dear Esteemed Members,

Greetings from the Indian Psychiatric Society Tamil Nadu Chapter Newsletter Committee! We are pleased to present the sixth edition of the TN-IPS newsletter. Your positive responses and continued support since our inception have fueled our passion and determination.

We extend our sincere gratitude to our TN-IPS President, Dr. R. Sabrin Ross, for his leadership and trust in our efforts.

This edition is proud to showcase various achievements of TNIPS in the form of being awarded the Best State Award for 2023-24 at ANCIPS 2024, inauguration of 25 DACs across Tamil Nadu, invitation by the Government in key policy making and establishment of norms for the care of homeless mentally ill. This edition also includes updates on RCBC programs, and TNIPS PG CME and TNIPS Midterm CME.

We thank all those who have contributed their valuable work and insights. We encourage you to engage with the content in this edition and let us know your thoughts and suggestions — your feedback plays a key role in guiding and improving future editions.

Thank you for your continued support. We look forward to keeping you connected and informed about the vibrant work of the Indian Psychiatric Society Tamil Nadu Chapter.

Sincerely,

TN-IPS Newsletter Committee

TN - IPS Newsletter Committee



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INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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Achievement & Award



Tamil Nadu IPS was awarded the prestigious **Best State Award** for 2023-24 at **ANCIPS** Hyderabad.



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NewsPaper Articles

Six women honoured at Sakthi Awards 2025 for their service and contributions to society

The Hindu Bureau
CHENNAI

Six women were honoured at the Sakthi Awards organised recently by *Puthiya Thalaimurai*.

In the 10th edition of the awards held to celebrate and honour women who made significant contributions to society, there were six categories – Courage, Talent, Leadership, Knowledge, Compassion, and Achievement.

The theme for Sakthi Awards 2025 was 'Accelerate Actions towards Achieving Gender Equality', a press release issued here said.

The Lifetime Achievement Award was presented to 98-year-old Captain Lakshmi Krishnan, who was part of the freedom struggle alongside Netaji Subhas Chandra Bose, for her courage and patriotism.

Muthamizh Selvi, the



R. Thara, vice-chairperson of SCARF, being presented the 'Knowledge Award' at the ceremony. SPECIAL ARRANGEMENT

first woman from Tamil Nadu to climb Mount Everest received the Courage category award. Purnaa Sundari, an officer in the Indian Revenue Service with visual impairment, was chosen for the award in the Talent category.

Major General Ignatius Delos Flora received the award in the Leadership category for her excellent service as the first Tamil Major General.

While R. Thara, vice-chairperson of Schizophre-

nia Research Foundation (SCARF), was given the 'Knowledge Award' for her efforts to raise mental health awareness, Shyamala Nataraj got the 'Compassion Award' for her advocacy and work on HIV awareness and rights, the release said.

The award ceremony will be telecast on *Puthiya Thalaimurai* on March 8 on the occasion of International Women's Day.

The Hindu is the media partner for the event.



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Newspaper Articles

Global body institutes award in the name of Lakshmi Vijayakumar

The Hindu Bureau
CHENNAI

The International Association for Suicide Prevention (IASP) has instituted an award in the name of Lakshmi Vijayakumar, psychiatrist and founder of the SNEHA Suicide Prevention Centre.

The IASP Lakshmi Vijayakumar Rising Star Award for Impact and Innovation will recognise notable and ongoing impact, innovation, and contributions to the field (broad and cross-sectoral) of suicide prevention at early to mid-career level.

Dr. Lakshmi Vijayakumar is the first IASP Board Member elected from a low and middle income country. She founded SNEHA, an NGO and suicide prevention crisis centre, in Chennai in 1986, as part of the global consortium of Befrienders International Samaritans worldwide.

SNEHA volunteers have provided emotional support to distressed people



Dr. Lakshmi Vijayakumar

for the past 39 years and, more recently, opened a postvention support group.

The award is open to active early/mid-career researchers and practitioners (up to 10 years' experience in the field of suicide prevention).

They should have made a notable and ongoing impact, innovation and/or contribution to the field of suicide prevention research, and are acknowledged as an emerging leader in the field, as confirmed by opinion leaders (in academic, practitioner, voluntary and/or community sectors), nationally or internationally.



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Events & Activities



Inauguration of 25 **Deaddiction Centre (DAC)** and release of TN State Policy for care of **Homeless Persons With Mental Illness (HPWMI)** by our **Hon CM** on 27 February 2025.



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Events & Activities

“கலங்கரை”
ஒருங்கிணைந்த போதை மீட்பு சிகிச்சை & மறுவாழ்வு மையங்கள் திறப்பு

மாண்புமிகு தமிழ்நாடு முதலமைச்சர் திரு. மு.க.ஸ்டாலின் அவர்கள்

மருத்துவம் மற்றும் மக்கள் நலத்துறை அமைச்சர்,
அரசு மருத்துவக் கல்லூரி மருத்துவமனைகளில்

ரூ.15.81 கோடி மதிப்பில் அமைக்கப்பட்டுள்ள 25 “கலங்கரை” ஒருங்கிணைந்த போதை மீட்பு சிகிச்சை மற்றும் மறுவாழ்வு மையங்களை திறந்து வைத்தார்.

மாவட்டம்: திண்டிவனம், மாவட்டம் - மகமது மதராசுபுத்தூர் | 27.02.2025

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தமிழகத்தில் கடந்த 2023-24-ம் ஆண்டில் போதை மறுவாழ்வு மையங்களில் 16 ஆயிரம் பேர் சிகிச்சை

முந்தைய ஆண்டைவிட 5 மடங்கு அதிகம்

சென்னை, பிப்.24- தமிழகத்தில் உள்ள போதை மறுவாழ்வு மையங்களில் கடந்த 2023-24-ம் ஆண்டு மட்டும் 16 ஆயிரம் பேர் சிகிச்சை பெற்று உள்ளனர். இதுமுதலைய ஆண்டைவிட 5 மடங்கு அதிகம் ஆகும்.

மறுவாழ்வு மையம்
தமிழகத்தில் மது, கஞ்சா உள் பட போதைப் பொருட்களை பயன்படுத்துபவர்களின் எண்ணிக்கை தாருக்கு, தான் அதிகரித்து வருகிறது. இதனை முற்றி விரைவு குழிப்பெற நடவடிக்கைகளை எடுத்து வருகிறது. போதைமயம் பாதை மாறி சீரழிந்து கொண்டிருப்பவர்களை தலையிட்டு தீர்த்து மது அடிமைகள் மறுவாழ்வு மையங்கள் அமைக்கப்பட்டு உள்ளன. மத்திய சமூகநிதி மற்றும் அறிக்காரம் அளித்தல் துறையின் பங்களிப்போடு மாநிலங்களில் மது அடிமைகளை ஒருங்கிணைந்த மறுவாழ்வு மையம், மாவட்ட அளவிலான மறுவாழ்வு மையங்கள், மாநில அளவிலான ஒருங்கிணைப்பு முகமை, சிகிச்சை பெற்றவர்களின் எண்ணிக்கை 5 மடங்கு அதிகரித்து உள்ளது. கடந்த ஆண்டில் 15 ஆயிரத்து 938 பேர் சிகிச்சை பெற்று இருந்தது விடும்பெறகு சிகிச்சை அளிப்பதோடு உள்ளனர்.

தமிழகத்தில் சிகிச்சை பெற்றவர்கள் விவரம்

ஆண்டு	அனுமதிக்கப்பட்டவர்கள்
2019-20	4,936
2020-21	3,320
2021-22	3,938
2022-23	3,668
2023-24	15,938

அவர்களுடைய குடும்பத்தினருக்கும் கவுன்சிலிங் அளிக்கப்படுகிறது. தாடு முழுமையாக 740 போதை மறுவாழ்வு மையங்கள் செயல்பட்டுள்ளன.

இதில், தமிழகத்தில் 35 புதுச்சேரியில் 3, மராட்டியத்தில் 55, கேரளாவில் 24, கர்நாடகாவில் 38 மையங்களும் அடங்கும். கடந்த 2019-20-ம் ஆண்டு முதல் 2023-24-ம் ஆண்டு வரையிலான 5 ஆண்டுகளில் மட்டும் தாடு முழுமையாக 15 லட்சத்து 56 ஆயிரத்து 797 பேர் பயனடைந்து உள்ளனர்.

புதுச்சேரியில் சிகிச்சை பெற்றவர்கள் விவரம்

ஆண்டு	அனுமதிக்கப்பட்டவர்கள்
2019-20	362
2020-21	369
2021-22	499
2022-23	463
2023-24	4,626

5 மடங்கு அதிகம்
மறுவாழ்வு மையங்கள் மூலமாக தமிழகத்தில் கடந்த 5 ஆண்டுகளில் 31 ஆயிரத்து 800 பேரும், புதுச்சேரியில் 6 ஆயிரத்து 317 பேரும் பயன்பெற்றிருக்கிறார்கள். தமிழகத்தை பொறுத்தமட்டில் கடந்த 2023-23-ம் ஆண்டோடு ஒப்பிட்டு

நேஷனல் போதை மறுவாழ்வு மையத்தில் 2023-24-ம் ஆண்டில் சிகிச்சை பெற்றவர்களின் எண்ணிக்கை 5 மடங்கு அதிகரித்து உள்ளது. கடந்த ஆண்டில் 15 ஆயிரத்து 938 பேர் சிகிச்சை பெற்று உள்ளனர்.

Honorable Chief Minister of Tamil Nadu released the Tamil Nadu State Policy for care of Homeless persons with mental illness and Implementation framework on 27 February 2025 at the Secretariat in the presence of Hon Minister of Health and Family Welfare.

போதை மீட்பு சிகிச்சை, மறுவாழ்வு மையங்கள் திறப்பு

தமிழக அரசு மருத்துவக் கல்லூரி மருத்துவமனைகளில் 25 “கலங்கரை” ஒருங்கிணைந்த போதை மீட்பு சிகிச்சை மற்றும் மறுவாழ்வு மையங்களை திறந்து வைத்தார். மாண்புமிகு தமிழ்நாடு முதலமைச்சர் திரு. மு.க.ஸ்டாலின் அவர்கள், அரசு மருத்துவக் கல்லூரி மருத்துவமனைகளில் 25 “கலங்கரை” ஒருங்கிணைந்த போதை மீட்பு சிகிச்சை மற்றும் மறுவாழ்வு மையங்களை திறந்து வைத்தார்.

மாண்புமிகு தமிழ்நாடு முதலமைச்சர் திரு. மு.க.ஸ்டாலின் அவர்கள், அரசு மருத்துவக் கல்லூரி மருத்துவமனைகளில் 25 “கலங்கரை” ஒருங்கிணைந்த போதை மீட்பு சிகிச்சை மற்றும் மறுவாழ்வு மையங்களை திறந்து வைத்தார்.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JULY 2025

Events & Activities



■ நெல்லை அரசு மருத்துவக் கல்லூரி ஆஸ்பத்திரியில் கலங்கரை போதை மீட்பு சிகிச்சை மையத்தில் கலெக்டர் சுகுமார், எம்.எல்.ஏ., அப்துல்வகாப் திருவிளக்கு ஏற்றினர்.டன் ரேவதிபாலன், டாக்டர்கள் பங்கேற்றனர்.

நெல்லை அரசு ஆஸ்பத்திரியில் போதை மீட்பு சிகிச்சை மையம்

திருநெல்வேலி, பிப். 28-

நெல்லை அரசு மருத்துவக் கல்லூரி ஆஸ்பத்திரியில் கலங்கரை ஒருங்கிணைந்த போதை மீட்பு சிகிச்சை, மறுவாழ்வு மையத்தை முதல்வர் ஸ்டாலின் காணொலிக் காட்சி மூலம் துவக்கி வைத்தார்.

தமிழகத்தில் நெல்லை உட்பட பல்வேறு அரசு மருத்துவக் கல்லூரி ஆஸ்பத்திரிகளில் 25 கலங்கரை ஒருங்கிணைந்த போதை மீட்பு சிகிச்சை மற்றும் மறுவாழ்வு மையங்களை முதல்வர் ஸ்டாலின் நேற்று சென்னை தலைமைச் செயலகத்தில் இருந்து காணொலிக் காட்சி மூலம் திறந்து வைத்தார்.

ஒவ்வொரு மையத்திலும் மனநல மருத்துவ தலைமையில் ஆற்றுப்படுத்துனர், சமூகப் பணியாளர், செவிலியர், பாதுகாவலர், ஆஸ்பத்திரி பணியாளர், தூய்மை பணியாளர் என 6 பணியாளர்கள் நியமிக்கப்

முதல்வர் ஸ்டாலின் துவக்கம்

பட்டு போதையால் பாதிக்கப்பட்டோருக்கு தரமான சிகிச்சை அளிக்கப்படவுள்ளது.

அனைத்து மையங்களிலும் ஒரேவகையில் மருத்துவ சிகிச்சை, உளவியல் சிகிச்சை, மூச்சுப்பயிற்சி, உடற்பயிற்சி, பொழுதுபோக்கு, உள்ளங்க விளையாட்டுக்கு முகிச்சை, குடும்பத்தினருக்கு ஆலோசனை உள்ளிட்ட மறுவாழ்வு சேவைகள் வழங்கப்படுகிறது.

நெல்லை அரசு மருத்துவக் கல்லூரி ஆஸ்பத்திரியில் கலெக்டர் சுகுமார், பாளை எம்.எல்.ஏ., அப்துல்வகாப், கலங்கரை மையத்தை துவக்கி வைத்து திருவிளக்கு ஏற்றினர்.

இங்கு ஏற்கனவே போதையால் பாதிக்கப்பட்டவர்களுக்கு மனநலத்துறையில் சிகிச்சை அளிக்கப்படுகிறது. இனிமேல் அவர்களுக்கு கலங்கரைமையத்தில் ஒருங்கிணைந்த சிகிச்சை அளிக்கப்படவுள்ளது.

கரைமையத்தில் ஒருங்கிணைந்த சிகிச்சை அளிக்கப்படவுள்ளது.

டன் ரேவதிபாலன், துணை முதல்வர் சுரேந்திரன், மருத்துவப்பணிகள் இணை இயக்குனர் லதா, துணை இயக்குனர் (சுகாதாரப்பணிகள்) கீதாராணி, மருத்துவக் கண்காணிப்பாளர் பாலசுப்பிரமணியன், மனநலத்துறைத் தலைவர் ரமேஷ்பூபதி, டாக்டர்கள் ராமசுப்பிரமணியன், ஆறுமுகம், ராமானுஜம், உறைவிட உதவி மருத்துவ அலுவலர் எஸ்தர், பொதுப்பணித்துறை உதவி செயற்பொறியாளர் ராமகோமதி, டாக்டர்கள் கலந்து கொண்டனர்.

இம்மையத்தில் அலைபேசி, சமூகவலைதளங்களில் நீண்ட நேரம் மூழ்கி மனநலம் பாதிக்கப்பட்டோருக்கும் சிகிச்சை அளிக்கப்படவுள்ளது.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



Successful inauguration of 'Kalangarai' at Government Vellore Medical College. It is a 20 bedded **Deaddiction Centre** under the Psychiatry Department. The inauguration program featured mime, Villupattu, and engaging debates on the role of family and society in effective deaddiction.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



Extension of mental Health services to Sri Lankan refugees was launched at an event held at Mapilaiyoorani camp, Thoothukudi district. Hon **Minister of Minority Welfare Mr SM Nasar** and **Hon Member of Parliament Ms Kanimozhi** launched this initiative. 56 new houses constructed by the Government for the refugees were inaugurated. It couldn't have been possible without the support of the Commissionerate of Rehabilitation and UNHCR's technical assistance.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



Based on the dedicated efforts of Dr. Karthick Deivanayagam and his team, the TNIPS has been invited by the government to participate in several key programs and decision-making processes.

Universal Health Coverage Day celebrated at DPH in December 2024. For the first time in the history of TNIPS, we were honored with an invitation from the Government for various important programs and decisions.

As part of the UHC day celebration, Mental Health Sensitisation Program was organised for the state level officers and staff of the DPH under the Presidentship of Dr. TS Selvavinayagam.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



Dr R Karthik Deivanayagam, State Monitoring and Evaluation Officer, Mental Health Programme, TN, was invited as a Resource Person (Mental Health) in the HRH, Boot Camp for the State level Program Officers organised by the **NHSRC, MOHFW NEWDELHI**.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities

40 years of SCARF – Mental Health Mela



Mindscape, the mental health mela was inaugurated by **Ms Supriya Sahu**, Additional Chief Secretary, Dept of **Health & Family Welfare** on 31st January, 2025.



On behalf of IPS, TKTT branch donated **Rs 1 lakh** as contribution towards the IMA Tirunelveli building Bharani house. Dr Paneerselvan and Dr Ramanujam gave it on behalf of the association.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities

Dawn of SMHA at Puducherry

The 1st SMHA meeting was conducted in the presence of Honorable Health Secretary at the Secretariat.





INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



Stress Management Seminar conducted by Dr Sivasailam for the Thoothukudi District Police at the Superintendent of Police Office, Thoothukudi. The session emphasised the significance of a proper diet, positive thinking, breathing exercises, and physical workouts in managing stress. Approximately 100 police personnel actively participated.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



A public awareness programme was conducted on **World Bipolar Day** in Tirunelveli.



World Bipolar Day at SRM Trichy. Theme based panel discussion for UG and PG students, Poster making conducted for UG students. Hands on training for UG students on raising public awareness.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



Dinamalar Vazhikatti program at Vellore for Class 12 students and their parents.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



**MINISTRY OF HEALTH AND
FAMILY WELFARE**
Government of India



MENTAL HEALTH DIALOGUE

Mental Health of Institutionalised Persons

25th April 2025 | 3.00-4.00 PM

<https://nimhans-ac-in.zoom.us/j/86285150409?pwd=QaKBoZ5XV1K23K0WnSvkmW7RCeH2iz.1>
Meeting ID: 862 8515 0409 | Password: 963137
Youtube link- <https://www.youtube.com/live/KB92Ak8moDk>



Understanding Mental Health of Institutionalised Persons

 **Dr. Naveen Kumar C,**
Professor, Forensic Psychiatry Unit, Department of Psychiatry
NIMHANS, Bengaluru

Panel Discussion

 Dr. Malaiappan M Director & Professor, IMH, Kilpauk, Tamil Nadu	 Dr. Priti Arun Professor of Psychiatry GMCH, Chandigarh
 Dr. Rajani P Deputy Director (Mental Health) Directorate of Health and Family Welfare Bengaluru	 Dr. Samrat Singh Bhandari Professor of Psychiatry, SMIMS, Sikkim

Moderators

 Dr. Pracheth R Associate Professor, Department of Epidemiology NIMHANS, Bengaluru	 Dr. Latha K Associate Professor, Department of MHE, NIMHANS, Bengaluru
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Coordinated by,
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INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JULY 2025

Events & Activities

A health awareness event organized by the **Chennai District Administration and Health Department** (9–22 May 2025) for students, aimed at promoting mental health, healthy lifestyle and responsible internet use. **Dr. Sivabalan Elangovan** and **Dr. S. Mohan Raj**, both psychiatrists, addressed the participants on these topics as part of the event.





INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



A comprehensive career guidance program was conducted on **24 May** by the Department of Psychiatry at Government Thoothukudi Medical College for outgoing **CRMIs**. Participants were engaged in informative sessions covering diverse career paths and opportunities to help them navigate their professional journey.



National Mental Health Survey 2 was launched in Tamil Nadu. MoU was signed between **NIMHANS** and Salem **MCH**.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities



2 day visit of experts (**Dr Rajinder K Dhamija, Dr Muralidharan, Dr Paul Swamidhas Sudhakar Russell, Dr Rajarathinam and Dr Vivek Benegal**) as part of Independent Assessment to strengthen services at IMH.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Events & Activities





INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Academic Activities

Indian Psychiatric Society Tamilnadu Chapter
MIDTERM CME for PRACTITIONERS - 2024

PUDUCHERRY CUDDALORE PSYCHIATRIC ASSOCIATION
In collaboration with
INDIRA GANDHI MEDICAL COLLEGE & RESEARCH
INSTITUTE, PUDUCHERRY

invite delegates for the

18TH MIDTERM CME FOR PRACTITIONERS

Theme :
RECENT ADVANCES AND OVERCOMING CHALLENGES IN PSYCHIATRY

**VENUE: AUDITORIUM, INDIRA GANDHI MEDICAL
COLLEGE AND RESEARCH CENTRE**
DATE : 4TH & 5TH JANUARY 2025





INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Academic Activities



TN-IPS Midterm CME

The 18th **TN-IPS Midterm CME** for Practitioners 2024, held at Puducherry, brought together mental health professionals from various institutions to foster knowledge sharing, professional growth and advancement of psychiatric practice. The CME aimed to enhance the skills, knowledge and competency of practitioners through meticulously chosen sessions by experts and stalwarts across diverse subspecialties of psychiatry. It emphasized enriching discussions, exchange of ideas, and collective efforts to strengthen the future of the profession. Participants left with valuable insights and renewed enthusiasm for their professional journey.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Academic Activities

TN PG CME



Tamil Nadu IPS postgraduates training program was conducted by Dept of Psychiatry, Sri Lalithambigai Medical College and Hospital along with Chennai Psychiatric Society on February 15 and 16, 2025. Delegates and postgraduates across Tamil Nadu participated. The sessions aimed at translating knowledge into everyday practice to enhance psychiatric excellence.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Academic Activities



ESIC MEDICAL COLLEGE & HOSPITAL,
KK NAGAR, CHENNAI – 78.



**ADDICTION TREATMENT FACILITY (ATF),
DEPARTMENT OF PSYCHIATRY**

Cordially invite you all for the program on
International Day against Drug Abuse and Illicit Trafficking – 2025.

**THEME: “BREAKING THE CHAINS: PREVENTION,
TREATMENT AND RECOVERY FOR ALL”**

Guest Lecture

**ADDICTION AND BRAIN: NEUROBIOLOGY
AND EMERGING PHARMACOTHERAPY**

Chief Guest

Dr. M. SURESH KUMAR MD, DPM, MPH,
Senior Consultant Psychiatrist, Chennai
Hubert H Humphrey Fellow in Substance Use
MPH, from Johns Hopkins University USA,
Retd.-Professor, Madras Medical College.



DHANVANTRI LECTURE HALL

July 02-2025 2.00pm – 4.00pm



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JULY 2025

Academic Activities



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER

Topic :

Psychological keys to healthy relationships for Medical Students

— Dr. Usha Nandini M
Consultant Psychiatrist,
Krish Hospitals, Thanjavur



08.30 pm
to 09.45 pm

Zoom Meeting ID : 663 481 0255

Password : eastwest



Office Bearers

Dr. Sabrin Ross
President

Dr. C. Sadhanand
Vice President

Dr. Sivasailam
Honorary Treasurer

Dr. T. Siva Ilango
Hon Gen Secretary

Dr. Arul Saravanan
Hon Editor

Dr. P. P. Kannan
TN Representative to IPS SZ

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Dr. K. Sathyamoorthy

Dr. R. Endumathi

Dr. R. Karthik Deivanayagan

Dr. M. Lakshmi Prabha

Dr. M. Sree Prathap

Dr. K. Radhakrishnan

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INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JULY 2025

Academic Activities

 **INDIAN PSYCHIATRIC SOCIETY**
MADURAI CHAPTER (Reg. No : Madurai South 79/2022)

**INVITES YOU FOR ITS MONTHLY
(APRIL 2025) MEET**

Speaker : **Dr. T.S. SATHYANARAYANA RAO**
Vice President cum President Elect – Indian Psychiatric Society
Professor Emeritus in Psychiatry & Chief Coordinator in Psychosexual Medicine,
Dept. of Psychiatry, JSS Medical College, Mysore

Topic : **Principles & Practice of Sex Therapy**

Chairpersons : **Dr. V.D. Krishnam**
Director and Senior Psychiatrist
Ram Psychiatry Hospital

Dr. C. Ramasubramanian
Director and Senior Psychiatrist
Ahana Hospitals

DATE: 12.04.2025 (Saturday) , **TIME :** 8pm
VENUE: COURTYARD BY MARRIOTT, MADURAI

President **Secretary** **Treasurer**
Dr.R.Sabrin Sonjeev Ross Dr.R.Baheshree Devi Dr.G.Ravi kumar

Executive Committee Members
Dr.S.John Xavier Sugadev Dr.M.V.Preethi
Dr. V.K.Aravind Dr.M.Sophia

Academic Initiative by





Indian Journal of Mental Health and Neurosciences, Our TN Psychiatry Journal, was released on 12.4.2025 by Dr TS Sathyanarayana Rao at Madurai.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

Academic Activities



IPS President Dr.Savita Malhotra, Vice President Dr TSS Rao and other office bearers and EC members of IPS at Madurai for preparations for **ANCIPS 2027** - Madurai.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JULY 2025

RCBC Activities

INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER
RESEARCH CAPACITY BUILDING COMMITTEE [RCBC]
STATEWIDE JOURNAL CLUB AND LECTURE SERIES
21st December 2024 | Saturday | 2.30 - 4.30 pm

TIME:	ACTIVITY:	RESOURCE PERSONS:
2.30-2.35PM	Setting up the meeting	Dr. Shivanand Kattimani
2.45-3.00PM	Welcome & Introduction of Speaker:	Dr. S R Nirmal
	Journal article presentation:	Dr. Farhan 2nd PG Psychiatry, IPMER, Puduchery
3.40-4.10PM	Moderators:	Dr. G.Vanishree Dr. S.Shankar
	Speaker:	Dr. Nishant Goyal MD Professor and H.O.D, Dept of Child and Adolescent Psychiatry, Central Institute of Psychiatry(CIP), Ranchi, Jharkhand, India
4.10-4.15PM	Winding up & vote of thanks:	Dr. John Xavier Sugadev

Dr. Nishant Goyal, MD
Professor and H.O.D,
Dept of Child and Adolescent Psychiatry,
Central Institute of Psychiatry(CIP), Ranchi, Jharkhand, India

IPS-TN Chapter - Office Bearers
Dr. R.Sabrin Ross | Dr. C.Sadhanand | Dr. T.Siva Ilango
Dr. S.Siva Sallam | Dr. R.Arul Saravanan | Dr. PP.Kannan

IPS-TN Chapter - RCBC Committee
Dr. S.Sivaraman | Dr. S.R.Nirmal | Dr. Shivanand Kattimani
Dr. John Xavier Sugadev | Dr. G.Vani Shree | Dr. G.Anbazhagan | Dr. S.Shankar

Zoom Meeting ID: 663 481 0255 | Passcode: eastwest

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INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER
RESEARCH CAPACITY BUILDING COMMITTEE [RCBC]
STATEWIDE JOURNAL CLUB AND LECTURE SERIES
18th Jan 2025 | Saturday | 2.30 - 4.30 pm

TIME:	ACTIVITY:	RESOURCE PERSONS:
2.30-2.35PM	Setting up the meeting	Dr. Shivanand Kattimani
2.45-3.00PM	Welcome & Introduction of Speaker:	Dr. S R Nirmal
	Journal article presentation:	Dr. Keerthana M 2nd PG Psychiatry, IPMER, Puduchery
3.40-4.10PM	Moderators:	Dr. G.Vanishree Dr. S.Shankar
	Speaker:	Dr. Narayana Manjunatha, MD, DPM Professor (Additional), Dept of Psychiatry, NIMHANS, Karnataka, India
4.10-4.15PM	Winding up & vote of thanks:	Dr. John Xavier Sugadev

Dr. Narayana Manjunatha
MD, DPM
Professor (Additional), Dept of Psychiatry,
NIMHANS, Karnataka, India

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IPS-TN Chapter - RCBC Committee
Dr. S.Sivaraman | Dr. S.R.Nirmal | Dr. Shivanand Kattimani
Dr. John Xavier Sugadev | Dr. G.Vani Shree | Dr. G.Anbazhagan | Dr. S.Shankar

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INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER
RESEARCH CAPACITY BUILDING COMMITTEE [RCBC]
STATEWIDE JOURNAL CLUB AND LECTURE SERIES
22nd Feb 2025 | Saturday | 2.30 - 4.30 pm

TIME:	ACTIVITY:	RESOURCE PERSONS:
2.30-2.35PM	Setting up the meeting	Dr. S. John Xavier Sugadev
2.45-3.00PM	Welcome & Introduction of Speaker:	Dr. Sivanand Kattimani
	Journal article presentation:	Dr. Marcus George MD Psychiatry Final year, Government Thiru Medical College
3.40-4.10PM	Moderators:	Dr. G.Vanishree Dr. S.Shankar
	Speaker:	Dr. Swarna Buddha Nayok DPM MD (Psychiatry), PhD (Clinical Neurosciences) Assistant Professor/Clinician Scientist, Centre for Brain and Mind (CBM), Dept of Psychiatry, NIMHANS, Bangalore
4.10-4.15PM	Winding up & vote of thanks:	Dr. Anbazhagan

Dr. Swarna Buddha Nayok
DPM MD (Psychiatry), PhD (Clinical Neurosciences)
Assistant Professor/Clinician Scientist,
Centre for Brain and Mind (CBM), Dept of Psychiatry, NIMHANS, Bangalore

IPS-TN Chapter - Office Bearers
Dr. R.Sabrin Ross | Dr. C.Sadhanand | Dr. T.Siva Ilango
Dr. S.Siva Sallam | Dr. R.Arul Saravanan | Dr. PP.Kannan

IPS-TN Chapter - RCBC Committee
Dr. S.Sivaraman | Dr. S.R.Nirmal | Dr. Shivanand Kattimani
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INDIAN PSYCHIATRIC SOCIETY
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STATEWIDE JOURNAL CLUB AND LECTURE SERIES
29th March 2025 | Saturday | 2.30 - 4.30 pm

TIME:	ACTIVITY:	RESOURCE PERSONS:
2.30-2.35PM	Setting up the meeting	Dr. S. John Xavier Sugadev
2.45-3.00PM	Welcome & Introduction of Speaker:	Dr. Sivanand Kattimani
	Journal article presentation:	Dr. Sameeksha MD 2nd year PG, Govt Thiru Medical College.
3.40-4.10PM	Moderators:	Dr. G.Vanishree Dr. S.Shankar
	Speaker:	Dr. G. Raghuthaman DPM MD (Psych) DNB Professor and Head PSG Institute of Medical Sciences and Research
4.10-4.15PM	Winding up & vote of thanks:	Dr. Anbazhagan

Dr. G. Raghuthaman
DPM MD (Psych) DNB
Professor and Head
PSG Institute of Medical Sciences and Research, Coimbatore.

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Dr. R.Sabrin Ross | Dr. C.Sadhanand | Dr. T.Siva Ilango
Dr. S.Siva Sallam | Dr. R.Arul Saravanan | Dr. PP.Kannan

IPS-TN Chapter - RCBC Committee
Dr. S.Sivaraman | Dr. S.R.Nirmal | Dr. Shivanand Kattimani
Dr. John Xavier Sugadev | Dr. G.Vani Shree | Dr. G.Anbazhagan | Dr. S.Shankar

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INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JULY 2025

RCBC Activities

INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER
RESEARCH CAPACITY BUILDING COMMITTEE (RCBC)
STATEWIDE JOURNAL CLUB AND LECTURE SERIES

19th April 2025 | Saturday | 2.30 - 4.30 pm

TIME:	ACTIVITY:	RESOURCE PERSONS:
2.30-2.35PM	Setting up the meeting	Dr. John Xavier Sugadev
	Welcome & Introduction of Speaker:	Dr. S Sivaraman
2.45-3.00PM	Journal article presentation:	Dr. Anusuya M MD, Psychiatry 3rd year PG, Thanjavur Medical College.
	Moderator:	Dr. G.Vanishree & Dr. Sivanand Kattimani
3.40-4.10PM	Speaker:	Dr. Sujith Kumar Kar MD (Psychiatry) Additional Professor of Psychiatry King George's Medical University, Lucknow.
	Topic: IDCS in adolescent depression RCT	
4.10-4.15PM	Winding up & vote of thanks:	Dr. S.Shankar



Dr. Sujith Kumar Kar
MD (Psychiatry)
Additional Professor of Psychiatry
King George's Medical University, Lucknow.

IPS-TN Chapter - Office Bearers
Dr. R.Sabrin Ross | Dr. C.Sadhanand | Dr. T.Siva Ilango
Dr. S.Siva Sallam | Dr. R.Arul Saravanan | Dr. PP.Kannan

IPS-TN Chapter - RCBC Committee
Dr. S.Sivaraman | Dr. S.R.Nirmal | Dr. Shivanand Kattimani
Dr. John Xavier Sugadev | Dr. G.Vani Shree | Dr. G Anbazhagan | Dr. S.Shankar

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INDIAN PSYCHIATRIC SOCIETY
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STATEWIDE JOURNAL CLUB AND LECTURE SERIES

24th May 2025 | Saturday | 2.30 - 4.30 pm

TIME:	ACTIVITY:	RESOURCE PERSONS:
2.30-2.35PM	Setting up the meeting	Dr. S Shankar
	Welcome & Introduction of Speaker:	Dr. Sivanand Kattimani
2.45-3.00PM	Journal article presentation:	Dr. Sibirasan MD, Psychiatry 2nd year PG, Government Mohan kumaranagamam Medical College Hospital, Salem.
	Moderator:	Dr. G.Vanishree
3.40-4.10PM	Speaker:	Dr. K Raman MD (Psychiatry) PDF (Child & Adolescent Psychiatry, CMC Vellore, Professor of Psychiatry Saveetha Medical College and Hospital, Chennai.
	Topic: Regression in Autism Spectrum Disorder	
4.10-4.15PM	Winding up & vote of thanks:	Dr. John Xavier Sugadev



Dr. K Raman MD (Psychiatry),
PDF (Child & Adolescent Psychiatry,
CMC Vellore, Professor of Psychiatr,
Saveetha Medical College and Hospital, Chennai.

IPS-TN Chapter - Office Bearers
Dr. R.Sabrin Ross | Dr. C.Sadhanand | Dr. T.Siva Ilango
Dr. S.Siva Sallam | Dr. R.Arul Saravanan | Dr. PP.Kannan

IPS-TN Chapter - RCBC Committee
Dr. S.Sivaraman | Dr. S.R.Nirmal | Dr. Shivanand Kattimani
Dr. John Xavier Sugadev | Dr. G.Vani Shree | Dr. G Anbazhagan | Dr. S.Shankar

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21st June 2025 | Saturday | 2.30 - 4.30 pm

TIME:	ACTIVITY:	RESOURCE PERSONS:
2.30-2.35PM	Setting up the meeting	Dr. S. Sivaraman
	Welcome & Introduction of Speaker:	Dr. Sivanand Kattimani
2.45-3.00PM	Journal article presentation:	Dr. S. R. Ramya MD 2nd year PG, Trichy SRM Medical College hospital & Research Centre.
	Moderators:	Dr. G.Vanishree
3.40-4.10PM	Speaker:	Dr. Hema Tharoor DPM, DNB, MNAMS Senior Consultant Psychiatrist Apollo Spectra Hospitals, Chennai.
	Topic : Management of Drug Induced Hyperprolactinemia	
4.10-4.15PM	Winding up & vote of thanks:	Dr. S. R. Nirmal



Dr. Hema Tharoor
DPM, DNB, MNAMS
Senior Consultant Psychiatrist
Apollo Spectra Hospitals, Chennai.

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Dr. R.Sabrin Ross | Dr. C.Sadhanand | Dr. T.Siva Ilango
Dr. S.Siva Sallam | Dr. R.Arul Saravanan | Dr. PP.Kannan

IPS-TN Chapter - RCBC Committee
Dr. S.Sivaraman | Dr. S.R.Nirmal | Dr. Shivanand Kattimani
Dr. John Xavier Sugadev | Dr. G.Vani Shree | Dr. G Anbazhagan | Dr. S.Shankar

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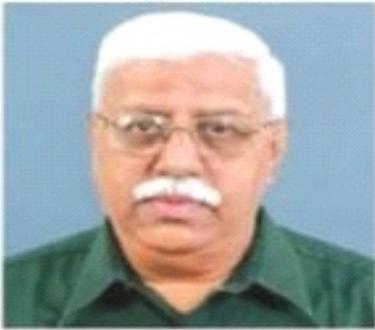


INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JULY 2025

OBITUARY

OBITUARY



Prof. Dr. C. KUMARBABU
MD, DPM, PhD
Senior Consultant Psychiatrist

We regret to inform the sad demise of our beloved father who passed away peacefully on 16.04.2025.

The last rites and cremation will take place on 17.04.2025 at 12 noon.

Fondly remembered by
Mrs. Girija Kumarbabu (wife)
Sons: Dr. C. Senthil Nathan &
Mr. C. Jagan Nathan
Dr. C. Kridhay Krishna (Grandson)
Dr. Deepa Senthilnathan
(Daughter-in-law)
Ph: 9381026953
Dr. C. Senthil Nathan



With profound grief, we inform the passing of
Dr. Vimala Rao.

DOB: 16-09-1938 DOD: 21-01-2025

Deeply Mourned by
Daughter Saranya, Son in law G.K. Gururaj,
Sister, Brothers, Nieces, Nephews,
Family and Friends.

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