



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

ISSUE 6 – NOV 2025

## Message from the President



I extend my heartfelt greetings to each one of you. It is a great honor to serve as the President of the Indian Psychiatric Society – Tamil Nadu Chapter. Connecting with you through this newsletter brings me a deep sense of purpose and responsibility.

As we move forward together, I remain committed to strengthening our society and promoting the well-being of all our members. Various subcommittees have been formed, combining the wisdom of our senior members with the energy of our younger colleagues. These teams are actively working to elevate our society to greater heights.

One of our important initiatives is the preparation of a draft for the State Mental Health Regulations, which will be submitted to the State Mental Health Authority (SMHA) through the Mental Health Establishment Subcommittee. Looking ahead, in collaboration with the Scientific Subcommittee, we have planned a series of informative webinars on Child Psychiatry. Additionally, with the RCBC and Editorial Committees, we are also planning to organize hands-on workshops on Research Methodology.

To ensure smooth and transparent functioning, we have initiated regular executive meetings, both in-person and online. Simultaneously, efforts are underway to streamline record-keeping and implement clear, accountable financial practices to strengthen our administrative foundation.

I'm happy to share that we now have a dedicated Zoom account to support our executive meetings and webinars conducted by our subcommittees.



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However, sustaining these services requires ongoing financial support. We aim to raise funds to cover the Zoom subscription, monthly office maintenance, and the annual upkeep of our website - <http://www.tnips.org>.

I sincerely encourage each of you to actively participate in these initiatives. Your engagement, ideas, and support are the driving forces behind our progress. Together, we can realize our shared vision and make a meaningful impact on the mental health landscape of our state.

Long live IPS!

Warm regards,

Dr.C.Sadhanand

President,

Indian Psychiatric Society – Tamil Nadu Chapter



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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## Message from Hon. General Secretary



**Dear colleagues**

I'm privileged to take up the post of hon General Secretary of our esteemed IPS TN Chapter

I thank almighty, all senior members, current office bearers, and all members who had faith in me for the task.

I congratulate the IPS TN chapter newsletter committee members for their sincere efforts in compiling all the events related to IPSTNC activities in this year 2024-25

All members have been actively participating in shedding light on mental illness, curbing myths, educating public, school children, adolescents form awareness related to drug addiction, positive mental health, healthy living, early identification of common mental illness, timely referral, suicide prevention and so on

Our TNIPS members have wide variety of talents from public speaking, school lectures, literary works, scientific research, art and in popular media

I sincerely thank once again all the members who contributed to the development of the TNIPS Newsletter 2024-25

Long live IPS!

Dr Arunkumar N

Hon General secretary

TN IPS Chapter



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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## Message from the Editorial Desk

We are delighted to present this edition of the IPS Tamil Nadu Chapter Newsletter, reflecting the vibrant contributions and active participation of our members. The past year has witnessed a remarkable range of initiatives by the TNIPS family, from public lectures and school programs to literary works and groundbreaking research. Each member's unique talents have enriched our collective mission—whether by spreading awareness on mental health, educating the public, fostering early identification of illnesses, curbing harmful myths, or promoting positive well-being.

Our chapter's activities have included outreach in schools and colleges, hands-on workshops, webinars on specialized topics, and dynamic advocacy for mental health regulations—all of which highlight the spirit and dedication of TNIPS members. These endeavors echo our commitment to progressive leadership and meaningful community impact.

As we move forward, we thank our esteemed President, Dr. C. Sadhanand, and Hon. General Secretary, Dr. Arunkumar N, for their unwavering support, guidance, and encouragement. Their leadership has inspired the committee to strive for excellence and foster innovation in every project.

We assure you that future newsletters will offer even more engaging reading materials, insightful updates, and coverage of the latest activities across our chapter. Your ideas, feedback, and enthusiastic participation remain the foundation of our success.

With sincere gratitude,  
Newsletter committee,  
IPS TN chapter.



Dr. S. Gopinath  
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Dr. Deepa Gopinath  
Mobile : 9739685196



Dr. V. Murugavel  
Mobile : .....



Dr. K. Ramya  
Mobile : .....



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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## Indian Psychiatric Society

President



**Dr. C. Sadhanand**

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Mail : drsadamobi@gmail.com

Vice President



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Honorary  
General Secretary



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Honorary Treasurer



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Honorary Editor



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TN Representative  
to IPS SZ



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## Ex Officio

Imm. Past President



**Dr. R. SABRIN ROSS**

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Imm. Past Hon.  
Gen.Secretary



**Dr. T. Siva Ilango**

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Imm. Past Hon.  
Treasurer



**Dr. S. Sivasailam**

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Imm. Past Hon.  
Treasurer



**Dr. D. Srinivasan**

Mobile : .....  
Mail : .....



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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## Executive Committee Members



Dr. Avudaippan S



Dr. K S Arun Narayan Pradeep



Dr. Jaikumar V



Dr. Kavitha S



Dr. Ramesh Boobathi K



Dr. Sivaraman S



Dr. Venkatesh Kumar K



Dr. Abirami V

## Sub Committee Members

### Awards Committee



Dr. R Sabrin Ross  
(9677332552)



Dr. T Kumanan  
(9843165135)



Dr. C Panneer Selvan  
(9842131550)



Dr. M Malaiappan  
(9840088572)



Dr. K Raman  
(9789039260)



Dr. SANTOSH KUMAR



Dr. S A NOORULHASAN



Dr. SHINIKA R

### Tribunal Committee

### Scientific Committee

### RCBC Committee



Dr. Shivanandkattimani  
(8754970078)



Dr. MAIKANDAAN C J



Dr. VANISHREE G



Dr. DHEERAJ KATTULA



Dr. ARUMAGANATHAN S



Dr. DIVYA CR



Dr. SIVARAMAN

### Women Empowerment Committee

### TNIPS Newsletter Committee



Dr. Hematharoor



Dr. Swetha Raghavan



Dr. Mridula Pradeep



Dr. Usha Nandhini



Dr. S Gopinath



Dr. Deepa Gopinath



Dr. V Murugavel



Dr. K Rammya



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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## Sub Committee Members

### TN - IPS Office Committee



Dr. P. P. Kannan



Dr. C. Panneer Selvan



Dr. T Siva Ilango



Dr. S. Sivasailam



Dr. Sharon Joe Daniel



Dr. Auxilla Catherine

### Journal Committee



DR. R Arul Saravanan



Dr. M Suresh Kumar



Dr. P. P. Kannan



Dr. Jayakumar Menon



Dr. Sharon Joe Daniel



Dr. Vijaya Raghavan



Dr. Jaikumar V



Dr. Ranganathan



Dr. Harsha Vardhan S



Dr. Sabari Sridhar O T



Dr. Kailash



DR. Vimaldoshi V

### Consultation Liaison Committee



Dr. Mohamed Ilyas  
Rahamathulla



Dr. Bhuvaneshwaran



Dr. Venkatesh Madan Kumar



Dr. M.B Abdul Rahman



Dr. Vidya Lakshmi

### Mental Health Establishment Committee



Dr. Venkatesh Kumar



Dr. Arun Seetharaman



Dr Anudhra Gopalakrishnan



Dr. Sree Pratap Mohana

### Constitution Committee



Dr. Ramesh Boopathi



Dr. J Jayaprakash



Dr. C Sadhanand



Dr. S Sivaraman

### Tamil Lexion Committee



Dr. J Jayaprakash



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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## IPS TN CHAPTER EVENTS July-Oct 2025.

**World SUICIDE PREVENTION DAY**

**Dr. R. Endumathi**  
Consultant Psychiatrist, Mathi's Mindcare Clinic, Coimbatore

Tuesday  
10th September 2024  
8:00 PM - 7:00 PM

**Catch Our Expert ON AIR**

**DR. S GOPINATH**  
CONSULTANT PSYCHIATRIST  
CHENNAI MIND CLINIC, MADRASKAM, CHENNAI

Exclusive on **Suryan**

**World Alzheimer's Day**  
21st September 2025

**சூரியன் மனசா** தயாராகவாணி, திருச்சி  
FM 102.1 MHz | MW 936 kHz | DRM 927 kHz

**சூரிய மனசா சூரிய**  
உயர் மனநலம் தீர்மானம்  
மனநலம் மருத்துவம்  
**J. ஜெயசாணி**  
அறிவுகள் நேரம்

10-10-2025  
10.02 AM

**Athma**  
Source of Hope

திருச்சி பன்னாட்டு 102.1 - தயாராகவாணி, திருச்சி

**உலக மனநல தினம் 2025**  
10th October 2025

**93.5 SURYAN**

10:00 மணி 10ம் மணி, 10:30 மணி முதல் 11:00 மணி வரை

**தாக்குதல் மற்றும் தற்கொலை**

**சூரியன் மனசா**  
மனநலம் தரக்கூடிய விழிப்புணர்வு கேள்விகளுக்கு பதில் அளிக்கிறார்

**டாக்டர். லக்ஷ்மி சீனிவாசன்**  
மனநல சிகிச்சை மருத்துவம், தாக்குதல், தற்கொலை, திடீர் மனநலம் சிகிச்சை, மனநலம் ஆரோக்கியம் மனநலம் சிகிச்சை



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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## TANPSYCON 2025 - YEARCAUD

### IPS TN CHAPTER ANNUAL CONFERENCE



The IPS TN Chapter inaugurated TANPSYCON at Yercaud on 11 July 2025. The event was graced by DR. ARUL PRAKASH, President, IPS South Zonal Branch; DR. SABRIN SONJEEV ROSS, President, IPS TN Chapter; and DR. SADHANAND, Incoming President, IPS TN Chapter.



DR. SURESH KUMAR M (IPS:19151) was conferred the prestigious PROF. A.V.R. ORATION AWARD in recognition of his outstanding contributions to the field of Psychiatry.



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## TN IPS MID TERM CME FOR PRACTITIONERS 2025

The TN IPS Mid Term CME for Practitioners 2025 will be conducted in D'wayfarer Inn resorts, Erode, on November 15-16. Organized by Erode Mental Health Foundation and Government Erode Medical College, the event's theme is "Psychiatry unplugged: From Finance to future minds," promising engaging discussions and updates for professionals.

### RCBC

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

27<sup>th</sup> September 2025 | Saturday | 2.30 - 3.30 pm

TIME	ACTIVITY	RESOURCE PERSONS
2.30-2.35PM	Objective	Moderator: Dr. Shivaram Kattimani Professor, Dept of Psychiatry, JIPMER, Puducherry.
2.35-3.30PM	Journal article presentation: An exploration of perspective of knowledge, attitude and help seeking behaviour in pregnant women and their families towards psychiatric ailments in a primary health care setting in South India - A cross sectional study Indian J Psychiatry 2023;67:764-6.	Presenter: Dr. Farhan First year PG, DePaul University, JIPMER, Puducherry.

**Award:** For Best Question Asked

IPS TN Chapter - Office Bearers  
Dr C Sathyanand | Dr J Babu Balasubrah | Dr N Anuram Kumar |  
Dr K Sathyanarayanan | Dr R Anil Saravanan | Dr PP Kannan  
IPS TN Chapter RCBC Committee  
Dr Shivaram Kattimani | Dr Manikandan C J | Dr Vani Shree  
Dr Dhwanj Kattimani | Dr Anuragathathan S | Dr Divya C R | Dr S Sivaraman

Zoom Meeting ID: 663 481 0255 | Passcode: eastwest

Logo of EAST WEST PHARMA INDIA PRIVATE LIMITED and ARIZE Hyderabad, Telangana.

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

25<sup>th</sup> October 2025 Saturday 2.30 - 3.30 pm

TIME	ACTIVITY	RESOURCE PERSONS
2.30-2.35PM	Moderator	Dr. Malkandasan C J Professor, Dept of Psychiatry, Madha Medical college and Hospital, Kovur, Chennai.
2.45-3.30PM	Presenter Topic: How to write a case report/Case Series for a journal	Dr. Shivaram Kattimani Professor, Dept of Psychiatry, JIPMER, Puducherry.

**Award:** For Best Question Asked  
(For Postgraduate students only)

IPS TN Chapter - Office Bearers  
Dr C Sathyanand | Dr J Babu Balasubrah | Dr N Anuram Kumar |  
Dr K Sathyanarayanan | Dr R Anil Saravanan | Dr PP Kannan  
IPS TN Chapter RCBC Committee  
Dr Shivaram Kattimani | Dr Manikandan C J | Dr Vani Shree  
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# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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## WORLD SUICIDE PREVENTION DAY 10TH SEPTEMBER 2025

Madurai Medical College commemorated World Suicide Prevention Day 2025 with a CME event themed “CHANGING THE NARRATIVE ON SUICIDE”, featuring expert talks and active participation from staff, students, and faculty, organized by Dr V Geethaanjali, Dr S J Xavier Sugadev.



**MADURAI MEDICAL COLLEGE**  
DEPARTMENT OF PSYCHIATRY  
We Cordially invite you for the CME program on

**WORLD SUICIDE PREVENTION DAY 2025**

Date : 10<sup>th</sup> September 2025      Time: 10 am - 12 noon  
Venue: New Academic Block , 6<sup>th</sup> Floor Auditorium

**THEME :**  
**“ CHANGING THE NARRATIVE ON SUICIDE ”**

Inauguration by our beloved Dean  
**Prof.Dr.L.ARUL SUNDARESH KUMAR MS (ENT)**

Organized by  
**Dr.V.GEETHAANJALI, MD (PSY), DCH**  
(HOD & Professor of Psychiatry, GRH, Madurai)

**Dr.S.JOHN XAVIER SUGADEV, MD (PSY)**  
(Professor of Psychiatry, GRH, Madurai)

**Faculties**

Dr. C.KAVITHA, MD (PSY), DCH      Dr. D. KIRUPAKARA KRISHNAN, MD (PSY), DPM  
Dr. C. ARUN PRASANNA, MD (PSY)      Dr. N. DEEPA, MD (PSY)  
Dr. ASMA J.A. BATCHA, MD (PSY)      Dr. PRABHA SAMIRAJ, DPM  
Dr. E. LLOYDS, MD (PST)

And all Pgs, Staffs  
Paramedical Staffs and Students.

**PROGRAM SCHEDULE**

10.00 AM      **TAMIL THAJAJ VAZHTHU**

10.05 AM      **WELCOME ADDRESS**  
Prof. Dr. V. GEETHAANJALI, MD (PSY), DCH  
(HOD & Professor of Psychiatry, GRH, Madurai)

10.10 AM      **INAUGURATION OF PROGRAM**  
Prof. Dr. L. ARUL SUNDARESH KUMAR, MS (ENT)  
(Dean, Madurai Medical College)

10.15 AM      **CHIEF GUEST ADDRESS BY DEAN**

10.30 AM      **GUEST OF HONOUR**  
Prof. Dr. K. SENTHIL, MD (General Medicine)  
TMDA President,  
(Professor & HOD, Dept. of General Medicine, Madurai Medical College)

10.40 AM      **FELICITATION**  
Prof. Dr. S. MALLIGA, MD (P&T)  
(Vice Principal, Madurai Medical College)  
Prof. Dr. S. KUMARAVEL, MS, MCH  
(Medical Superintendent, Madurai Medical College)

11.00 AM      **INTRODUCTION OF THE THEME**  
Dr. C. ARUN PRASANNA, MD (PSY)  
(Associate Professor, Dept of Psychiatry)

11.15 AM      **SUICIDE PREVENTION IN PRIMARY CARE SETTINGS**  
Dr. Dr.S.JOHN XAVIER SUGADEV, MD (PSY)  
(Professor of Psychiatry, GRH, Madurai)

11.55 AM      **PRIZE DISTRIBUTION**

12.00 PM      **VOTE OF THANKS**  
Dr. E. LLOYDS, MD (PSY)  
(Assistant Professor of Psychiatry, GRH, Madurai)

12.05 PM      **NATIONAL ANTHEM**



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## SUICIDE PREVENTION DAY AT MELMARUVATHUR



## SUICIDE PREVENTION DAY AT MADURAI

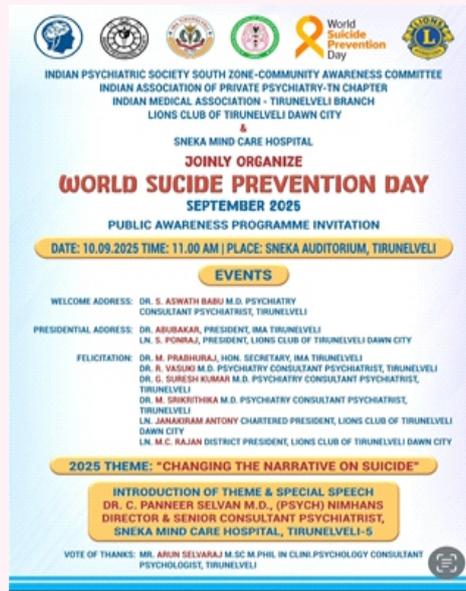




# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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DR.C.PANNEER SELVAN (IPS NO:03074) organized WORLD SUICIDE PREVENTION DAY program at SNEKA MIND CARE, Tirunelveli on September 10, 2025, focusing on “CHANGING THE NARRATIVE ON SUICIDE” through public awareness and expert discussions



Dr.C.Panneer Selvan (IPS NO:03074) addressed the press on September 10, 2025, in observance of World Suicide Prevention Day, highlighting the importance of awareness and community support for suicide prevention.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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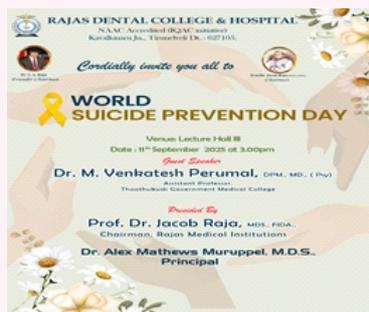
## SPEECH ON SUICIDE PREVENTION AT IAPP CONFERENCE

Dr.C.Panneer Selvan (IPS NO:03074) delivered an impactful awareness speech on suicide prevention at a national conference, stressing the need for collective action and support to reduce suicide rates.



## SUICIDE PREVENTION DAY AT RAJAS DENTAL COLLEGE

Dr.M.Venkatesh Perumal(IPS NO: 22158) gave an awareness speech at Rajas Dental College And Hospital on September 11, 2025, for World Suicide Prevention Day, encouraging open conversations and support for mental health.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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## SUICIDE PREVENTION AWARENESS PROGRAM

Suicide Prevention Awareness Program was held at Madurai on 14/09/2025 in the august presence of Dr.C.Panneerselvan (IPS NO:03074).



## SUICIDE AWARENESS PROGRAM AT SRINIVASAN MEDICAL COLLEGE

Dr. S. Sivaraman (IPS NO : 19629) led a suicide prevention awareness program at Srinivasan Medical College, Madurai on September 30, 2025, encouraging students and staff to prioritize mental health and support prevention efforts.



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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## **SUICIDE PREVENTION DAY AT ESI MEDICAL COLLEGE & HOSPITAL, KK NAGAR**

In observance of World Suicide Prevention Day 2025, the Department of Psychiatry, ESIC Medical College & Hospital, KK Nagar, Chennai, organized a meaningful program on 19th September 2025 at the Panchadeep Auditorium. The event emphasized the shared responsibility of mental health professionals in suicide prevention and postvention, featuring keynote addresses by Dr. C. Ramasubramaniam and Dr. Nandhini Murali from the MS Chellamuthu Trust and Research Foundation, Madurai.



## **SUICIDE PREVENTION DAY AT VELLORE**

World Suicide Prevention Day 2025 at Government Vellore Medical College was presided over by Respected Dean, Dr Rohini Devi. An awareness speech was delivered by Dr Jaikumar Velayudham. A psychological perspective on suicide was shared by Mr Shoban Babu, Assistant Professor of Clinical Psychology.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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## SUICIDE PREVENTION DAY AT CHENGALPATTU

Department of Psychiatry, Chengalpattu Medical College organised World Suicide Day Awareness Programme and Guest Lecture by Dr Mohan Raj followed by student participation in various events.



## SUICIDE PREVENTION AWARENESS PROGRAM BY DR SHARON JOE DANIEL





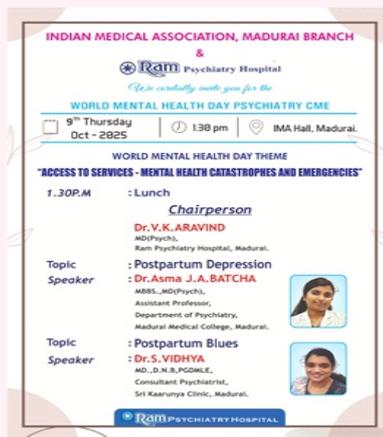


# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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## WORLD MENTAL HEALTH DAY AT MADURAI

Dr S Vidhya (IPS NO : 22235) spoke at the World Mental Health Day Psychiatry CME in Madurai on October 9, 2025, focusing on mental health emergencies and access to care.



## WORLD MENTAL HEALTH DAY

World mental health day awareness program conducted at Chennai Port Authority Hospital and interaction session with patients on 10.10.2025 - Dr N Venkataramanaiah (IPS no: 14223)





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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## WORLD MENTAL HEALTH DAY AT TIRUNELVELI

Dr Panneer Selvan (IPS NO: 03074) delivered key insights at the World Mental Health Day public awareness program in Tirunelveli on October 10, 2025, emphasizing access to mental health services and the importance of community support.

**INDIAN MEDICAL ASSOCIATION - TIRUNELVELI BRANCH**  
**LIONS CLUB OF TIRUNELVELI DAWN CITY**  
&  
**SNEKA MIND CARE HOSPITAL**  
Jointly Organize

**WORLD MENTAL HEALTH DAY - OCTOBER 2025**  
PUBLIC AWARENESS PROGRAMME INVITATION  
DATE: 10.10.2025, FRIDAY | TIME: 8.15 AM ONWARDS  
VENUE: NEW BUS STAND, TIRUNELVELI

**EVENTS**

Welcome Address: **Dr.G.Suresh Kumar** M.D. (PSYCH) Consultant Psychiatrist, Tirunelveli  
Presidential Address: **Dr.M.Abubacker** President, IMA Tirunelveli  
Address: **L.N.S.Ponraj** President, Lions Club of Tirunelveli Dawn City  
Felicitation: **Dr.M.Prabhuraj** HON. Secretary, IMA Tirunelveli  
**Dr.S.Aswath Bahu** M.D. (PSYCH) Consultant Psychiatrist, Tirunelveli  
**Dr.R.Vasuki** M.D. (PSYCH) Consultant Psychiatrist, Tirunelveli  
**Dr.M.Srikritika** M.D. (PSYCH) Consultant Psychiatrist, Tirunelveli  
**Mr.D.Chandra Mohan** M.com., PGDUFAM Assistant commissioner Melapalayam Zone, Tirunelveli  
**Mr.M.Senthil Thangadurai** B.Sc DTEM, Inspector Of Police, Melapalayam PS  
**L.N.Janakiram Antony** Chartered President, Lions Club of Tirunelveli Dawn City  
**Ln.Adv.M.C.Rajan** RC3242 A, District President, Lions Club of Tirunelveli Dawn City

**INAUGURATION OF HUMAN CHAIN BY**  
PM/JF Lion **Dr.H.SHAJAHAN**  
District Governor - 3242A - 2025-26

**2025 THEME:** "ACCESS TO SERVICES - MENTAL HEALTH IN CATASTROPHES AND EMERGENCIES"

**INTRODUCTION OF THEME & SPECIAL SPEECH:**  
**Dr.C.Panneer Selvan** MD Psych NIMHANS  
Director & Senior Consultant Psychiatrist,  
Sneka Mind Care Hospital, Tirunelveli - 5.

**VOTE OF THANKS:**  
**Mr. Arun Selvaraj** M.Sc. M.Phil in Clin. Psychology (BIMHANS)  
Consultant Psychologist,  
Sneka Mind Care Hospital, Tirunelveli.

**PARTICIPANTS:**  
IMA TIRUNELVELI, SNEKA MIND CARE HOSPITAL,  
LIONS CLUB OF TIRUNELVELI DAWN CITY,  
AIIB COLLEGE OF NURSING,  
SNEKA JOYAH COLLEGE OF NURSING.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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## WORLD MENTAL HEALTH DAY RALLY

World Mental Health Day rally led by Dr. Sathyamoorthy in Cuddalore on 10.10.2025  
(IPS No: 11167)



## WORLD MENTAL HEALTH DAY 2025 – SBMCH

The Dept of Psychiatry, SBMCH, organised a series of activities aimed at promoting awareness. IEC programs were conducted. A community outreach program was conducted in collaboration with local PHCs. One of the key highlights was a speech on Consultation. Liaison Psychiatry followed by a panel discussion involving senior faculties from various departments





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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SHADITHYA HOSPITAL conducted a World Mental Health Day 2025 outreach program at GROOTAN TECHNOLOGIES, Perungudi, focusing on promoting mental health and well-being in the workplace



BALANCING MENTAL HEALTH OF TEENAGERS AT SHREE NIKETAN CBSE SCHOOL, EAST TAMABARAM, CHENNAI





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

## EFFECTS OF DRUGS ON STUDENTS MENTAL HEALTH, AT KCG COLLEGE OF TECHNOLOGY



SHADITHYA PSYCHIATRIC HOSPITAL participated in VIT College's World Mental Health Day 2025 webinar, contributing expertise on mental health promotion and awareness for students.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## A WEBINAR ON MENTAL HEALTH AT WORKPLACE FOR THE EMPLOYEES OF SUPPORT STUDIO TECHNOLOGY



## WORLD MENTAL HEALTH DAY AT TRICHY

DR SIVARAMAN (IPS NO: 19629) AND TEAM organized Mental Health Day 2025 activities, promoting well-being and raising awareness through educational programs





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## WORLD MENTAL HEALTH DAY AT SRM TRICHY

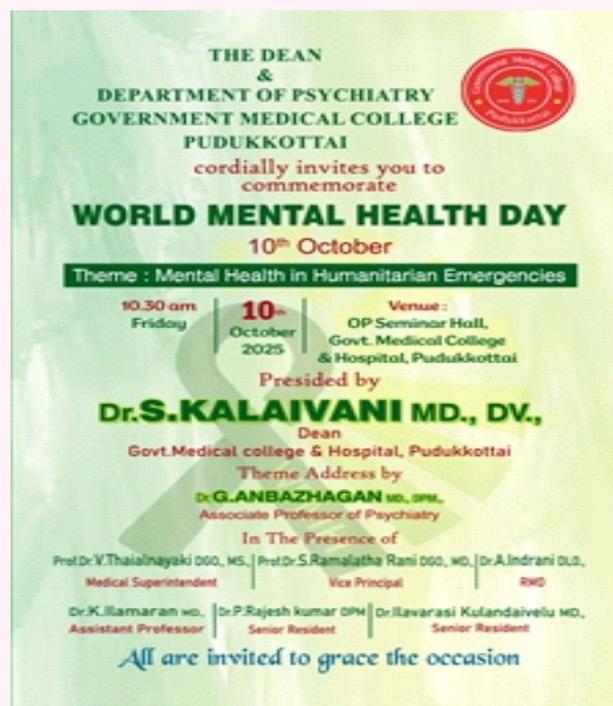


Tiruchirappalli, Tamil Nadu, India  
Samayapuram Main Road, Manachanallur,  
Tiruchirappalli, Tamil Nadu 621105, India  
Lat: 10.954528, Long: 79.754185  
10/10/2025 12:11 PM GMT+05:30  
Note: Captured by GPS Map Camera



## WORLD MENTAL HEALTH DAY AT PUDUKOTTAI

World Mental Health Day by Dr Rajesh Kumar (IPS No: 16197)  
and Dr Anbalagan, Pudukkottai.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025



## WORLD MENTAL HEALTH DAY

World Mental Health Day organised by Dr Malar Moses (IPS NO: LOM/M01/10) at Government Omandurar Medical College.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## MENTAL HEALTH AWARENESS PROGRAM AT PUDUCHERRY

Mental Health Awareness Program by Mahatma Gandhi Medical College at Aranganoor village, Puducherry – Dr. Vimalanathane (IPS No: LOM/V03/20).



## WORLD MENTAL HEALTH DAY BY GOVT KILPAUK MEDICAL COLLEGE & HOSPITAL





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## WORLD MENTAL HEALTH DAY AT RAILWAY HOSPITAL MADURAI BY DR SOPHIA M (IPS NO: 19586)



## MENTAL HEALTH DAY 2025 RALLY IN TRICHY DR RAMAKRISHNAN ATHMA HOSPITAL





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

## DOCTOR HEALTH TALK ON MENTAL HEALTH AWARENESS AT SPIC TUTICORIN – DR S SIVASAILAM (IPS NO: 19604)

**SPIC** **kauvery hospital**  
**Kauvery Hospital, Tirunelveli & SPIC, Tuticorin**  
cordially invite you to attend the  
**Doctor Health Talk** **WORLD MENTAL HEALTH DAY**  
Topic: Importance of Mental Health Awareness  
**DR.S.SIVASAILAM**  
MBBS, DNB (Psych) Gold Medalist  
Senior Consultant Psychiatrist,  
Rengasamy Nursing Home, Tuticorin  
**MR.S.ANTONY JEYAPRAGASH**  
Founder/Managing Director,  
JP MINDZ REFURB (Psychiatric & De-addiction centre)

<b>Date:</b> 10 <sup>th</sup> Oct 2025, Friday	<b>Time:</b> 02.30 PM Onwards	<b>Venue:</b> Training Center Auditorium, SPIC Tuticorin
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| RSVP : Mr. V. Sankara Kumar 89258 02650 |



## WORLD MENTAL HEALTH DAY PROGRAM, NAGERCOIL - DR. KARTHIK DURAISAMY (IPS NO:11212)

மன மருத்துவ சேவையில்  
**6-ம் ஆண்டில்**  
அக்டோபர் 10 **உலக மனநல தினம்**

**போதி**  
மன மருத்துவமனை

குற்றாலம் மெயின்ரோடு, நன்னகரம், தொகாசி-627811  
☎ 97902 08010  
**Dr.கார்த்திக் துரைசாமி**  
MD(Psych.), NIMHANS, FIACAM  
மனநல மருத்துவ நிபுணர்





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## MENTAL HEALTH AWARENESS BY DR KANNAPIRAN AT VINAYAKA MISSIONS MEDICAL COLLEGE KARAİKAL



## MENTAL HEALTH AWARENESS BY DR MANJULA DEVI (IPS NO: LOM/M01/12)





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## WORLD MENTAL HEALTH DAY BY DR G VANISHREE (IPS NO:07135)



## MENTAL HEALTH DAY AT BRITISH COUNCIL, ANNA ROAD, CHENNAI ON 10.10.2025 BY DR SURESH KUMAR M (IPS NO: 19151)

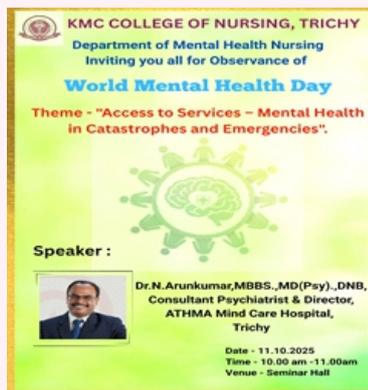




# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

**MENTAL HEALTH DAY AT BRITISH COUNCIL, ANNA  
ROAD, CHENNAI ON 10.10.2025 BY DR SURESH  
KUMAR M (IPS NO: 19151)**



**WORLD MENTAL HEALTH DAY - ADDRESS ON MISCONCEPTIONS  
ABOUT MENTAL ILLNESS OBSERVANCE AT VELLORE DR. N.  
THIAGARAJAN**





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## WORLD MENTAL HEALTH DAY CELEBRATION – GOVERNMENT GIRLS HIGHER SECONDARY SCHOOL, THAVUTTUPALAYAM, ANTHIYUR BY DR KAVITHA S





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

## WORLD MENTAL HEALTH DAY CELEBRATION – GOVERNMENT BOYS HIGHER SECONDARY SCHOOL, ANTHIYUR BY DR KAVITHA S



## WORLD MENTAL HEALTH DAY BY DR SEKAR SALEM, ANNAPOORNA MEDICAL COLLEGE

### சேலம் அன்னபூரணா மருத்துவக் கல்லூரியில் உலக மனநல தினம் கொண்டாடப்பட்டது

சேலம் : அக்ட. 12,  
சேலம் அன்னபூரணா மருத்துவக் கல்லூரி மற்றும் மருத்துவமனையில் உலக மனநல தினம் கொண்டாடப்பட்டது. கல்லூரியின் முதல்வர் டாக்டர் உஷா மற்றும் மருத்துவ கண்காணிப்பாளர் டாக்டர் மனோகர்ன் தலைமை தாங்கினார். மனநல மருத்துவத்துறை தலைவர் டாக்டர் சேகர் மனநலப் பிரச்சினைகள் குறித்த விழிப்புணர்வும், மன ஆரோக்கியம் குறித்த உரையாடல் மற்றும் மனநலப் பராமரிப்பு அணுகலை மேம்படுத்துவது பற்றியும் மருத்துவ மாணவர்கள், அலைடு ஹெல்த் சயின்ஸ் மாணவர்கள், மருத்துவமனை பணியாளர்களுக்கு எடுத்து



சுறினார். ஏராளமான மருத்துவ மாணவர்கள் மனநலத்தை பேணுவது குறித்த பதாகைகளுடன் பேரணியாக சென்று பொதுமக்களுக்கு மனநலப் பிரச்சினைகள் குறித்த விழிப்புணர்வை ஏற்படுத்துதல். மனநல ஆதரவுக்கான சமூக மனப்பான்மை வளர்த்தல் மற்றும் மன ஆரோக்கியத்தின் முக்கியத்துவத்தை வலியுறுத்தினர். இந்த ஏற்பாட்டினை மனநல துறையை சேர்ந்த மருத்துவர்கள் செய்கிறார்கள்.



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

**MARATHON ON OCCASION OF WORLD MENTAL HEALTH DAY,  
AT PUDUCHERRY, CONDUCTED BY DEPT OF PSYCHIATRY  
JIPMER, ON 12 TH OCTOBER 2025**



**WORLD MENTAL HEALTH DAY BY DR JANANI (IPS  
NO; LOM/J17/23), ATHMA HOSPITAL**





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## MENTAL HEALTH DAY 2025 AT DHANALAKSHMI SRINIVASAN MEDICAL COLLEGE BY DR SR NIRMAL (IPS NO: 19750)



## MENTAL HEALTH DAY 2025 AT CHETTINAD HOSPITAL





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## DR SEKAR - ANNAPOORNA MEDICAL COLLEGE SALEM WORLD MENTAL HEALTH DAY



## MENTAL HEALTH DAY 2025 BY DR JOHN DINESH (IPS NO: 10149)





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## MEDICAL CAMP

Medical camp at the Sorimuthu Ayyanar Temple, which is situated in the deep interior Mudumalai reserve forest of Western ghats. More than more than one lakh people attended the festival today. Senior psychiatrist from Madurai Dr. Viswanathan (IPS no:07071) organised the medical camp on 24/7/2025



## PREVENTION OF DRUG ADDICTION AWARENESS PROGRAM, 30.07.2025 - DR.S.SIVASAILAM (IPS:19604)

INDIAN MEDICAL ASSOCIATION THOOTHUKUDI Rotary Ips TN CHAPTER

**PREVENTION OF DRUG ADDICTION AWARENESS PROGRAM**  
For Higher Secondary Students

**GOOD SHEPHERD MODEL SCHOOL (CBSE)**  
Kanniyakudi, Thoothukudi

in the presence of  
**Mr. C. Durai Inbaraj**  
Principal - Good Shepherd Model School CBSE

Wednesday  
30th July, 2025  
02.00pm - 03.00pm

Rtn. J.Victor  
President

Rtn. S.Krishnasamy  
Secretary

Rtn. Dr. V. Vignesh  
Exec. Secretary

Speaker  
**DR.SIVASAILAM S**  
Senior Consultant Psychiatrist  
Rengasamy Nursing Home  
Thoothukudi  
Secretary, IMA Thoothukudi



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## ANTI DRUG ABUSE PROGRAM” DHANALAXMI SRINIVASAN MEDICAL COLLEGE, PERAMBALUR (11-8-2025)- DR SR NIRMAL (IPS:19750)



## AWARENESS SEMINAR ON GENDER PSYCHOLOGY (29.08.2025) – DR ARUNKUMAR N (IPS: 1292)





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

**AWARENESS ON DRUG ABUSE FOR GOVT. POLYTECHNIC  
COLLEGE STUDENTS, PERUNDURAI ERODE – 29.08.2025  
DR NEELAKANDAN (IPS NO : LOM/N25/21)**



**STRESS MANAGEMENT AT GOVT. KUNDAVAI NAATCHIYAAR  
ARTS AND SCIENCE COLLEGE ON 03.09.2025**





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

**INNER EQUILIBRIUM – STRATEGIES FOR A BALNCED  
PROFESSIONAL LIFE. DR ARUNKUMAR N (IPS: 1292) –  
04.09.2025**



**GUEST LECTURE ON INSOMNIA IN INTERNATIONAL SLEEP  
CONFERENCE SEAASM 2025 ON 13.09.2025 AT CHENNAI,  
DR RAMYA SAMPATH (IPS:LOM/R08/13)**





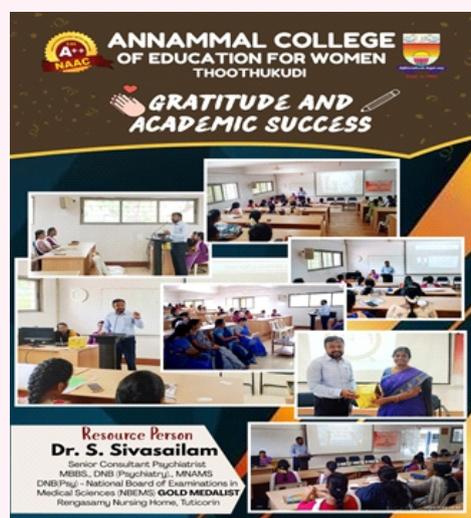
# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

**MENTAL HEALTH WELLBEING AWARENESS PROGRAM CONDUCTED AT  
SCAD COLLEGE, CHERANMAHADEVI, TIRUNELVELI ON 17/09/2025 -  
DR.C.PANNEER SELVAN (IPS NO:03074)**



**GRATITUDE AND ACADEMIC SUCCESS, DR.S.SIVASAILAM  
(IPS:19604) – 24.09.2025**





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

## DIGITAL DETOX PRESENTATION FOR SVMC STUDENTS ( SRI VENKATESWARA MEDICAL COLLEGE, CHENNAI) BY DR JAYAKUMAR V



## ACADEMIC ACTIVITIES TRICHY ASSOCIATION OF PSYCHIATRISTS MEET ON 24.05.2025

**Speaker-1**



**Topic 1 :**  
PG Case Presentation "Regeneration from within"  
A case of Delusional disorder

**Dr. P Kirthana**  
Post Graduate., Dhanalakshmi Srinivasa  
Medical college, Perambalur

**Speaker-2**



**Topic 2 :**  
General principles of prescribing and  
psychopharmacology in older adults

**Dr. Anand Kumar S**  
MBBS., MRC Psych (UK)  
Director and consulting Psychiatrist,  
Shanvi Mindcare and  
de-addiction center , Trichy

**Speaker-3**



**Topic 3 :**  
Insomnia Treatment  
Conventional vs. Innovative Approach

**Dr. N. Arunkumar**  
MD., DNB PSYCHIATRIST  
Director and Consultant Psychiatrist  
Athma Mind Care Hospital, Trichy



*Imagine. Innovate.*

### Trichy Psychiatrists Meet

Dear Doctor .....

We are privileged to invite you  
for a RT-CME

We shall be honoured by your presence  
and participation.

**Date:** 24<sup>th</sup> May, 2025 (Saturday)  
**Time:** 07:00 PM  
**Venue:** Hotel Oxina Lygon, Trichy

**Troikaa Pharmaceuticals Ltd.** 

Introducing  
World's Fastest Acting Zolpidem  
**Zolswift-SL**  
Spray



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

## TRICHY ASSOCIATION OF PSYCHIATRISTS MEET ON 23.08.2025

**TRICHY PSYCHIATRISTS MEET**  
We are Privileged to invite you for a RT - CME

ON SATURDAY AUGUST 23, 2025      STARTS AT 08:30 P.M      HOTEL BLOSSOMS, TRICHY.

**Speakers**  
**Dr. R. JEVA PRAKASH,**  
2nd Year Post Graduate,  
Trichy SRM MCH & RC.  
**Topic: PG Case Presentation (7.00 to 7.45pm)**  
**Dr. A. NITHYA,** DPM, DNB  
Consultant Psychiatrist  
Mercy Hospital, Trichy.  
**Topic : Rapid Cycling bipolar disorder - An Overview & Management (7.45 to 8.15pm)**  
**Dr. ANAND KUMAR,** MChPsych (UK)  
Consultant Psychiatrist  
Shanvi Mind Care & Deaddiction Centre, Trichy.  
**Topic : Othello syndrome (8.15 to 8.45pm)**  
**Dr. ARUN KUMAR,** MD DNB,  
Consultant Psychiatrist  
Athma Hospitals, Trichy.  
**Topic : Non Benzodiazepine in Management of Insomnia (8.45 to 9.00pm)**

**Pharm**      **Melora**



## CHENNAI PSYCHIATRIC SOCIETY MEETINGS

**Lunch 01:00 PM**

**Registration fees**  
Payable at Venue  
Post Graduate - 100  
Faculty - 200

**CHENNAI PSYCHIATRIC SOCIETY**  
*Welcomes everyone*  
**CME**

DATE : 29.06.2025  
TIME : 10:00AM to 1:00PM  
VENUE: IMH LECTURE HALL

**Program**  
10:30 AM to 11:30 AM  
**Topic:**  
EARLY DIAGNOSIS OF DEMENTIA INCLUDING BIOMARKERS  
**Speaker:**  
Dr. Sridhar Vaitheswaran  
Consultant Psychiatrist  
Dementia Care in SCARF (DEMCARES) Chennai  
11:30 AM to 12:00 PM  
Installation of new Office bearers  
12:00 PM to 01:00 PM  
AGBM

Dr.Siva Ilango President      Dr.Sudhakar Secretary      Dr.S.J.Daniel Treasurer

*All are Welcomes....!*

**Chennai Psychiatric Society**  
Professional Development Program  
Date : 05. 10. 2025 (Sunday)  
Time : 11.00 AM to 01.00 PM

11.00 AM - 11:30 AM : **Learning with the Masters**  
**Mental Health in Tamil Literature**  
Dr. Natarajan Shanmugasundram,  
Associate Professor, Dept. of Psychiatry,  
SRIHER, Chennai.

11:30 AM - 12:00 PM : **Legends as Mentors-Season-1/Episode-1**  
**Challenges in Private practice**  
Dr. S.Nambi, DPM, MD, FIPS,  
Senior Consultant Psychiatrist,  
Professor of Psychiatry (Retd.),  
Past President of IPS, Chennai.

12:00 PM - 12:45 PM: **Clinical crossroads:**  
**A Learner's case, An Expert's Insight**  
**"Case Presentation"**  
By Postgraduate, Followed by Discussion

12.45 PM -1.00 PM: **Vote of Thanks and Felicitation**

1.00 PM :Lunch  
Followed by **AGBM/EC Meeting (1.30 PM-2.00 PM)**

Organizing Committee  
Chennai Psychiatric Society  
Venue: Dr Saradha Menon Auditorium, IMH ,Chennai  
Registration fee:Rs.100/-



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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## TNIPS MEMBERS PUBLICATIONS

**MAK HILL** Publications  
Research Journal of  
Medical Sciences

Research Article  
doi: 10.36478/makrjms.2025.1.632.637

### **A Study on Psychiatric Morbidity in Patients with Hypertension**

<sup>1</sup>Dr. M. Vijayalakshmi, <sup>2</sup>Dr. K. Ilamaran, <sup>3</sup>Dr. N. Deepa, <sup>4</sup>Dr. V. Jaikumar and <sup>5</sup>Dr. M. Dhulasy Brindha

<sup>1</sup>*Department of Psychiatry, Government Thanjavur Medical College, Thanjavur, Tamilnadu, India*

<sup>2</sup>*Department of Psychiatry, Government Medical College, Pudukkottai, Tamilnadu, India*

<sup>3</sup>*Department of Psychiatry, Madurai Medical College, Madurai, Tamilnadu, India*

<sup>4</sup>*Department of Psychiatry, Government Vellore Medical College, Vellore, Tamilnadu, India*

<sup>5</sup>*Thanjavur, Tamilnadu, India*

Hypertension and Mental Health: What's the Link? A recent study compared 40 patients with essential hypertension to 40 healthy controls using HADS and PSLES. While 37% of hypertensive patients showed psychiatric symptoms, the difference wasn't statistically significant. Still, early hypertension management may help prevent long-term psychiatric complications

Research Journal of Medical Sciences. 19:  
632-637, doi: 10.36478/makrjms.2025.1.632.637



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## Indian Journal of Psychological Medicine

Original Article

### **Utilization of Psychiatric Clinical Rating Scales in Tertiary Care Teaching Hospital: A Retrospective Descriptive Study in a Naturalistic Setting**

Pranesh Ram Ranganathan<sup>1</sup>  and Sureshkumar Ramasamy<sup>2</sup> 

**Clinical Rating Scales: Underused Yet Essential** A study in a tertiary care hospital found declining use of psychiatric rating scales like BPRS, YMRS, and HDRS during inpatient stays. Despite their academic and clinical value, only 54% of patients were assessed at baseline, with rates dropping sharply over time. Strengthening trainee training in scale-based evaluation is crucial for improving psychiatric care.

Indian Journal of Psychological Medicine. 2025;0(0).

doi:[10.1177/02537176241310942](https://doi.org/10.1177/02537176241310942)



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025



## Industrial Psychiatry Journal

ORIGINAL ARTICLE

### Effectiveness of tele-counseling for patients with alcohol dependence syndrome – A randomized control trial

Ranganathan, Pranesh Ram; Gopal, Raghuthaman<sup>1</sup>; Ramasamy, Sureshkumar<sup>1</sup>

[Author Information](#) ⓘ

Department of Psychiatry, Swamy Vivekanandha Medical College Hospital and Research Institute, Tiruchengode, Tamil Nadu, India

<sup>1</sup>Department of Psychiatry, PSG Institute of Medical Sciences and Research Hospital, Coimbatore, Tamil Nadu, India

**Tele-Counseling in Alcohol Dependence: A Promising Step Forward** This RCT assessed mobile-based Tele-Continuing Care (TCC) versus standard outpatient follow-up in 78 male patients with alcohol dependence. TCC significantly improved treatment adherence, medication compliance, and group therapy attendance, though abstinence rates were comparable. Strengthening tele-counseling models may enhance long-term outcomes in low-resource settings.

**Industrial Psychiatry Journal** – [34\(2\):p 264-272, MayAug 2025.](#) | DOI: [10.4103/ipj.ipj\\_421\\_24](#)



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## ART IN MENTAL HEALTH-2025

"SEEK HELP - PREVENT SUICIDE: WORLD SUICIDE PREVENTION DAY ON 10TH SEPTEMBER 2025 CHANGING THE NARRATIVE ON SUICIDE" BY DR ARUNKUMAR N (IPS: 1292)



## WORLD ALZHEIMER'S DEMENTIA DAY IS ON 21 SEPTEMBER 2025 BY DR ARUNKUMAR N (IPS: 1292)

World Alzheimer's Dementia Day is on 21 September 2025, with the theme "Ask About Dementia." The leaf symbolizes the human brain, highlighting early diagnosis, reversible causes, prevention of metabolic syndrome, and vascular dementia. Purple represents the fight and hope for a cure, while the green leaf signifies the importance of a balanced diet. The philosophy likens life to a leaf—bright and supported by family but naturally aging and returning to the soil, emphasizing care and awareness.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

**WORLD MENTAL HEALTH DAY ON 10.10.2025  
DR ARUNKUMAR N (IPS: 1292)**



**SCHOOL PROGRAMME- 2025  
ADOLESCENT MENTAL HEALTH IN LION'S SCHOOL, PARAMAKUDI -  
24.08.2025 DR PREETHI M V (IPS NO : 16201)**





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

## ACADEMIC ACHIEVEMENT

INTERNATIONAL DIPLOMA IN OLDER ADULTS' MENTAL HEALTH ON 30.09.25  
DR.ANAND KUMAR (IPS NO: LOM/S01/11)



## AWARDS

DR.C.PANNEER SELVAN (IPS NO:03074) RECEIVED APPRECIATION AWARD  
FROM LIONS CLUB INTERNATIONAL ON 28/09/2025





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

## SEROTONIN SPARKS

The Serotonin Sparks series was a unique 100-day morning feature shared at 6:00 AM in Tamil Nadu academic psychiatry groups. It combined history, neuroscience, and human insight into engaging stories that connected classical wisdom with modern psychiatry. Each post highlighted a historical figure or event, exploring the neurobiology behind their creativity, resilience, or struggles, such as the amygdala's role in Rani Mangammal's resilience or dopamine's impact on Raja Ravi Varma's despair. Highly valued by psychiatrists across Tamil Nadu, the series made complex neuropsychiatric concepts accessible and inspirational through storytelling.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

## TN IPS CSR PROJECT

TN-IPS is supporting persons with Treatment-Resistant Schizophrenia (TRS), a condition affecting 20–30% of schizophrenia patients who do not respond to standard antipsychotics. TRS involves persistent symptoms and severe disability, impacting personal care, social life, and employment. Clozapine is the most effective treatment but is underused due to side effects and monitoring needs. The project provides essential support by guiding patients on medication adherence, regular blood tests, family counselling, and access to disability benefits. Data collection from consenting patients ensures confidential and ethical management. This comprehensive approach aims to improve treatment outcomes and quality of life for TRS patients and their families.

**DISABILITY CERTIFICATE**

**CENTRAL GOVERNMENT SCHEMES FOR PEOPLE WITH DISABILITIES**

- Disability Certificate and Identity Card
- Assistance for Purchase/Fitting of Aids and Appliances (APAA Scheme)
- Education Programme for children and Scholarship
- Preference in allotment of staff/PO to handicapped persons
- Employment of the handicapped and Nishankh awards to PwD
- Incentives to private employers for providing employment to PwD
- Economic assistance • Grant-in-aid schemes of Ministry of Social Justice and Empowerment
- Reservation of jobs and other facilities for disabled persons
- Custom concessions
- Concessions for Blind, Deaf, Mentally Retarded and Orthopaedically Handicapped

**UNIQUE DISABILITY ID**  
Government of India

Name / Name  
Address: Madhav George  
UD ID: 12345678901234567890  
Disability Type: [P]  
Year of Birth: 1980  
% of Disability: 75% (Mild, Moderate, Severe)  
Date of Issue: 15/11/2024  
Valid upto: 15/11/2029  
Issuing Authority Sign



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

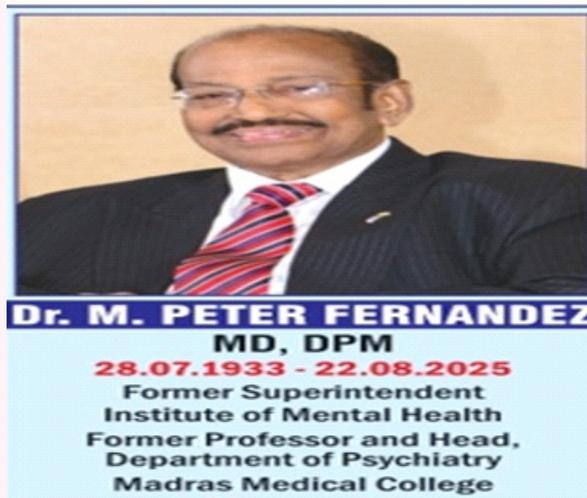
## OBITUARY



Dr KP SARAVANA PRAKASH



Dr M RAJARAM



Dr M PETER FERNANDEZ



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## Quick Clinical Reads for Busy Psychiatrists

Most of us are immersed in clinical work, and despite having access to journals and articles, finding time to read them is a challenge. To help, the TN-IPS Newsletter Committee recommends short, engaging articles that not only spark interest but also offer practical insights to enhance our clinical practice.

**Total reading time: 10 minutes**

### Suggested Reads this edition:

Leveraging technology to identify high-risk individuals before a crisis occurs? Suicide prevention efforts have traditionally centered around individuals who have already attempted suicide and survived. As psychiatrists, our primary focus often becomes preventing repeat attempts through therapeutic interventions and close monitoring. However, this reactive approach may overlook a critical window of opportunity for early intervention. What if we could shift our strategy to become more proactive by leveraging technology to identify high-risk individuals before a crisis occurs?

Electronic Health Records (EHRs) offer a promising avenue for such innovation. By integrating predictive algorithms into routine outpatient visits, clinicians could receive real-time alerts about patients who exhibit subtle but significant risk factors for suicide. This could transform how we assess and manage mental health, allowing us to intervene earlier and more effectively.

Notably, research indicates that up to 40% of individuals who die by suicide have had contact with a healthcare provider within the week preceding their death. This statistic underscores the urgency of embedding suicide risk detection into everyday clinical practice. By harnessing the power of EHRs, we can move beyond reactive care and toward a model of anticipatory prevention, potentially saving lives before a crisis unfolds.

1. Adams, R., Haroz, E.E., Rebman, P. et al. Developing a suicide risk model for use in the Indian Health Service. *npj Mental Health Res* 3, 47 (2024). <https://doi.org/10.1038/s44184-024-00088-5>



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

NOV 2025

## **Lamotrigine in the Perinatal Period: A Timely Clinical Review for Psychiatrists**

This article offers a concise yet clinically rich overview of lamotrigine's role in managing mental health disorders during pregnancy and the postpartum period. With increasing recognition of bipolar spectrum disorders and treatment-resistant depression in perinatal populations, lamotrigine emerges as a promising option especially in situations where lithium or antipsychotics may pose greater risks or tolerability issues.

The authors synthesize evidence from pharmacokinetic studies, registry data, and clinical guidelines to clarify lamotrigine's safety profile. Notably, they highlight its relatively low teratogenic risk compared to other mood stabilizers, while cautioning about the need for dose adjustments due to altered drug metabolism during pregnancy. The review also addresses practical concerns such as seizure threshold, breastfeeding safety, and the importance of shared decision-making.

Psychiatrists will appreciate the nuanced discussion of lamotrigine's place in stepped-care approaches, particularly for women with prior bipolar episodes, rapid cycling, or depressive predominance. The article also underscores the importance of preconception counselling and multidisciplinary collaboration bridging psychiatry, obstetrics, and pharmacology.

The authors call for more robust studies, especially in low- and middle-income settings, and advocate for individualized care that respects both maternal mental health and fetal safety. For clinicians navigating the complexities of perinatal psychopharmacology, this review is a valuable resource, balancing caution with therapeutic optimism.

It is a must-read for psychiatrists involved in reproductive mental health, consultation-liaison services, or guideline development.

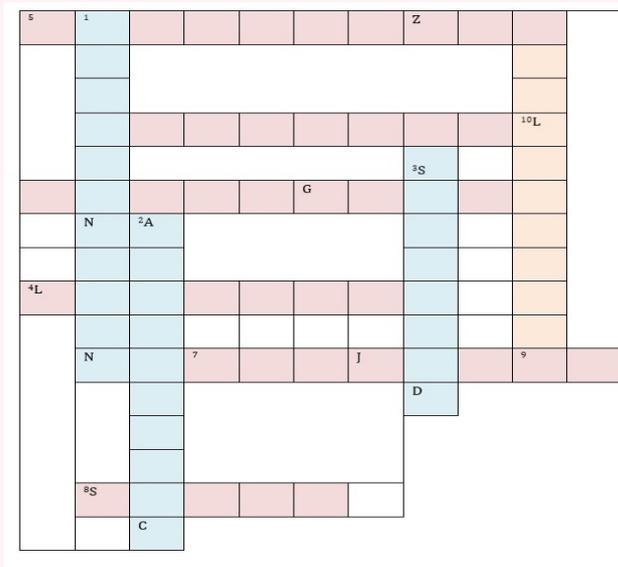
1. Austin HA, Baldwin DS. Lamotrigine treatment of mental health problems during the perinatal period. *The British Journal of Psychiatry*. 2025;227(3):585-587. doi:10.1192/bjp.2025.10307



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

NOV 2025

## CROSS WORD



### DOWN

1. Term used to refer interventions done after suicide (11)
  2. Term described by [Émile Durkheim in his book Suicide: A Study In Sociology](#) and occurs when social values and interests overwhelm [the individual's interest in self-preservation \(10\)](#)
  3. It enables painless, self-directed death via nitrogen in Switzerland. (8)
- ACROSS (LEFT TO RIGHT)
4. Soft, silvery metal that is highly reactive and flammable (7)
  5. An antitubercular drug later found to have mood elevation properties (10)
  6. Which famous English writer, who died by committing suicide gave this quote "Every man's life ends the same way. It is only the details of how he lived and how he died that distinguish one man from another." (9)
  7. This tragedy occurred in 1978 when over 900 members of the Peoples Temple died in a mass murder-suicide in Guyana. It marked one of the deadliest cult-related incidents in history. Name the person who led that cult? (8)
  8. This scale is designed to screen individuals in the community for presence of suicidal thoughts and assess the severity of these thoughts (5)

### UP

9. A Greek philosopher, reportedly leapt into Mount Etna, believing death was a transformation (10) ACROSS (RIGHT TO LEFT)
10. WHO initiative to support countries to advance political will, national strategic action, and serve as a catalyst for governments to take evidence-based action to prevent suicide. (8)

Answers to the crossword will be published in next edition

**"In every shared insight, we build a stronger mind and a kinder profession.  
Let us continue to learn, lead, and lift each other."**

A Pharmaceutical Company  
with **National Presence**

Ranked among **Top 100**  
Pharmaceutical Companies in India

**900** products spread across  
12 Therapeutic Segments

**ISO 9001:2015, WHO GMP**  
Certified Manufacturing Facility

Several brands ranked within the **TOP 30**  
brands in India, in the reference segment

Significant Presence in **Dermatology,**  
**Diabetology, Cardiology, Neuropsychiatry,**  
**Orthopaedic, Gynaecology** and allied segments

**EL-COGNI**

L- Carnosine 200 ml  
**Syrup**

**Clopam**

Clonazepam 0.25 mg (ODT) /  
0.5 mg (ODT) / 1 mg / 2 mg  
**Tablets**

**Olpin/Ridon**

Olanzapine 2.5 mg / 5 mg / 10 mg / 20 mg  
Risperidone 0.5 mg / 1 mg / 2 mg / 3mg / 4 mg  
**Tablets**



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