



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

President's Message



Dear Esteemed Members,

I am delighted to stay connected with you and share updates on the various activities of our chapter through this newsletter.

As we move forward with renewed enthusiasm, we have been actively organizing webinars through our dedicated TNIPS Zoom platform. The Women Empowerment Committee has been conducting impactful sessions on women-centric topics, while the Scientific Committee's child webinar series continues to enrich our academic discourse.

Consultation Liaison Committee has planned online discussions focusing on certification issues related to LD and ID, addressing important concerns.

The Newsletter Committee, under the leadership of Dr. S. Gopinath, continues to do commendable work in compiling and presenting comprehensive updates on all chapter activities.

I am also proud to share that our Indian Journal of Mental Health & Neurosciences (IJMHN) has been indexed in the Directory of Open Access Journals (DOAJ), thereby achieving peer-reviewed indexed journal status. This milestone is a testament to the dedication and sustained efforts of our Editorial team.

The RCBC Committee's monthly online journal clubs for postgraduates demonstrate our sustained focus on nurturing young minds and strengthening academic engagement and learning.



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We continue to streamline the maintenance of current and past records, best accounting practices to ensure smooth and transparent functioning, thereby strengthening the administrative foundation of our chapter.

Together, these collective efforts and commitments help us grow academically and professionally, strengthening IPS-TN for the future.

Warm regards,

Dr. C. Sadhanand

President, IPS - TN



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General Secretary's Message

Dear Colleagues,

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



I thank the 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 2025-26.

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.

Our TNIPS has been active in reaching out to the needy; a CSR project initiated benefits persons with Treatment-Resistant Schizophrenia persons with guidance regarding Disability certificate, periodic blood investigations.

Our TNIPS members have a 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 2025-26.

Long live IPS!

Dr. Arun Kumar N

Hon General Secretary
IPS TN Chapter.



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From the Editorial Desk

We are pleased to present this edition of the IPS Tamil Nadu Chapter Newsletter, a reflection of the enthusiasm, dedication, and remarkable contributions of our members. Over the past year, the TNIPS fraternity has undertaken a wide spectrum of initiatives showcasing our shared commitment to advancing mental health. Each member's effort - be it in awareness creation, community education, early recognition of mental illness, dispelling stigma, or promoting overall well-being - has strengthened the collective spirit of our chapter.

The chapter's diverse activities, ranging from community outreach programs and engaging webinars to strong advocacy for progressive mental health policies, exemplify the passion and proactive energy of the TNIPS community. These endeavors stand as a testament to our enduring pursuit of leadership, innovation, and meaningful impact.

We extend our heartfelt appreciation to our respected President, "Dr. C. Sadhanand"; and Hon. General Secretary, Dr. Arunkumar N, for their steadfast guidance, motivation, and support. Their vision continues to inspire the committee to achieve higher standards of excellence across all our initiatives.

Looking ahead, we are committed to bringing you even more enriching content through forthcoming editions - featuring inspiring stories, chapter updates, and valuable insights from our members. Your continued support, suggestions, and active involvement remain the cornerstone of our success.

With warm regards,
The Newsletter Committee
IPS Tamil Nadu Chapter



Dr. Gopinath

Dr. Deepa Gopinath

Dr. Murugavel

Dr. Rammya k.



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Policy and Advocacy

The Tamil Nadu State Policy for Care of Homeless Persons with Mental Illness was released in July 2025.

It outlines a comprehensive approach to support homeless individuals with mental illness in Tamil Nadu, addressing rescue, treatment, rehabilitation and reintegration. The policy builds on existing services like Emergency Care and Recovery Centres (ECRCs), District Mental Health Programmes (DMHP) and collaborations with police, NGOs and welfare departments.

The State Mental Health Authority (SMHA) would oversee the implementation and District Mental Health Committees would review rescues, services and benefits monthly. The policy emphasizes research, inter-departmental coordination, and rights-based care under MHCA 2017.

A Tamil Nadu Government Order was passed in July 2025, designating District Mental Health Committees as the District level monitoring committees for the care of HPWMI under the DMHP. The Committee would monitor rehabilitation homes, rescues, transfers and family reunions and also MHCA 2017 compliance.



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PGs and Young Psychiatrists

10th Undergraduate Psychiatry Quiz - Finals CMC

The Finals of the 10th Undergraduate Psychiatry Quiz were organized on 03rd February 2026 at Chengalpattu Medical College. The online prelims, held on 07th January 2026, saw participation from 57 teams, highlighting strong undergraduate engagement in Psychiatry.





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Member Activities

“Mental Health & Addiction Awareness” workshop for NSS volunteers at Athma Mind Care & Bharathidasan University — 17th Dec 2025
DR K. RAMAKRISHNAN (DPM, FIPS)



CHILD GUIDANCE AND COUNSELLING CENTRE
DEPARTMENT OF SOCIAL WORK & NATIONAL SERVICE SCHEME CELL
BHARATHIDASAN UNIVERSITY, Tiruchirappalli &
ATHMA MIND CARE HOSPITAL, Tiruchirappalli &
LIONS CLUB OF TIRUCHIRAPPALLI ROYAL
JOINTLY ORGANIZES ONE - DAY WORKSHOP ON

**Promotion of Mental Health and Prevention of Alcohol,
Drug, Social Media Addiction and Suicide to NSS Volunteers**

Chief Guest
Dr. K. Ramakrishnan DPM, FIPS
Chief Psychiatrist
Managing Director & CEO of Athma Mind Care Hospital

Venue : MMTC, BDU, Khajamalai Campus, Tiruchirappalli - 23. | Time : 10.00 AM | Date : 17-12-2025





INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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Member Activities



Promotion of Mental Health and Prevention of Alcohol, Drug, Social Media Addiction and Suicide to NSS Volunteers” on 17-12-2025

Dr. K. RAMAKRISHNAN (18014) & Dr. ARUNKUMAR (01018)



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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In Focus: Our Members

Adolescence Today: Slower Outside, Faster Inside (Indian Socio-Cultural View)



Prof. Dr. Sivabalan Elangovan MD Psychiatry,

Professor and Head, and Dept of Psychiatry, Sri Lalithambigai Medical College and Hospital

Adolescence has always been a period of intense transition. However, adolescents growing up in India today are navigating a landscape very different from that of their parents' generation. While biological changes unfold in much the same way as before, the social expectations, educational pressures, family dynamics, and digital exposure surrounding adolescents have changed dramatically.

On the surface, today's adolescents appear to be growing up more slowly. Many traditional markers of adulthood are being delayed. Yet internally, they are moving faster than ever—mentally and emotionally—trying to keep pace with a competitive, digitally connected, and performance-driven society.

Understanding this contradiction is essential for parents and teachers working with adolescents in contemporary India.

1. Social Development:

In many Indian households, adolescents today spend significantly more time at home than previous generations did. Earlier, young people were encouraged—or required—to take on responsibilities early, travel independently, engage in outdoor play, or contribute economically in some way. Today, safety concerns, academic demands, and changing parenting styles have altered this pattern.



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In Focus: Our Members

Many adolescents:

- Do not travel independently until much later
- Have limited unsupervised outdoor interaction
- Spend most non-school hours at home, tuition centres, or coaching classes

This increased time at home has, in many families, led to closer emotional bonds with parents. Adolescents often share meals, routines, and daily spaces with adults more than earlier generations did.

However, this physical closeness should not be mistaken for emotional availability. While adolescents may be present at home, their primary social world exists online—through smartphones, messaging apps, gaming platforms, and social media. Friendships, conflicts, comparisons, and validation now occur largely in the digital space.

In the Indian context, where peer reputation and social image carry significant weight, this online exposure often intensifies fear of exclusion, embarrassment, and judgment.

2. The Digital Brain in an Indian Adolescent

Indian adolescents today are introduced to smartphones and the internet at increasingly younger ages. Digital devices are used for education, communication, and entertainment—often without clear boundaries.

Many adolescents juggle:

- Online classes or digital learning platforms
- Continuous messaging on WhatsApp and social media
- Streaming content alongside academic work

This constant switching trains the brain to remain alert, but rarely calm. Sustained attention, patience, and tolerance for boredom gradually decline.



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The adolescent brain is biologically wired to seek approval and belonging. In the past, this approval came mainly from family elders, teachers, or close peer groups. Today, social media converts approval into visible metrics—likes, views, comments—creating a continuous cycle of expectation and disappointment.

Additionally, Indian adolescents are now exposed to adult concerns at a very early age—competitive exams, job insecurity, financial stress, social comparisons, and global crises. This premature exposure often creates a silent mental burden, which may not always be openly expressed.

3. The Mental Health Reality: Pressure with Limited Pause

The mental health challenges faced by Indian adolescents today are deeply intertwined with academic expectations and social comparison.

Common stressors include:

- Intense pressure to perform in board exams and entrance tests
- Fear of disappointing parents and teachers
- Constant comparison with peers in academics, appearance, and social status

Digital connectivity adds another layer. Adolescents are rarely free from peer evaluation. Even after school hours, messages, group chats, and social media interactions continue uninterrupted. For some, this provides support and connection. For others, it becomes a source of anxiety, body image distress, and emotional exhaustion.

A positive shift, however, is that adolescents today are more willing to talk about emotional difficulties. Compared to earlier generations, there is greater openness toward counselling, therapy, and mental health discussions—especially in urban and semi-urban settings.

Yet, many adolescents still struggle silently, fearing that emotional vulnerability may be misunderstood as weakness or distraction from academic goals.



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4. Values, Awareness, and the Burden of Expectations

Indian adolescents today are more socially aware than ever before. Through constant media exposure, they are deeply conscious of issues such as inequality, climate change, gender roles, and social justice.

They tend to be:

- More questioning of traditional roles
- More accepting of diversity and differences
- More vocal about fairness and personal boundaries

At the same time, they grow up in a culture that strongly emphasises achievement, stability, and respectability. Career success is often presented as the primary route to security and social approval.

This creates a unique tension. Adolescents are encouraged to “dream big,” yet constantly reminded of risks, competition, and failure. The pressure to secure a successful future begins early, leaving little room for exploration, mistakes, or rest.

As a result, many adolescents experience chronic anxiety—not because they lack ambition, but because the future feels uncertain and unforgiving.



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Member Activities

Dr. MANJULA S. delivered an engaging session on “Digital Awareness: Healthy Screen Use and Video Gaming” for parents at Yuvabharathi School, Coimbatore, on December 13, 2025. The session was facilitated by Dr. Arunkumar (01018) and focused on promoting balanced and mindful technology use among children and families.





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In Focus: Our Members

My Journey with IJMHS

Dr.Arul Saravanan R. MD,DPM.

Honorary Editor - March 4, 2026.



The **Indian Journal of Mental Health and Neurosciences (IJMHNS)**, the official publication of the **Indian Psychiatric Society – Tamil Nadu Chapter**, is the result of a long-cherished desire for a quality Psychiatric Journal from Tamil Nadu. What else could be a fitting tribute for the Doyens of Psychiatry from Tamil Nadu Like Professor Sharada Menon, Professor O. Somasundaram, Professor Venkoba Rao and many more teachers of ours...

Looking back, getting an article published in a reputed journal used to be a pipe dream during our PG days. The year was 2004-05. While sitting in our hostel at I.M.H., Chennai, where discussions would revolve around the journal articles that were discussed in our Journal Club- from the British journal of Psychiatry or the American journal of Psychiatry or Archives or the Indian Journal of Psychiatry... none of us would have dreamt that we would be part of the Psychiatry journal of Tamil Nadu! Dr. Radhakrishnan, our resident teacher at the hostel, used to help us with getting landmark articles. (We knew he used to hoard many such good reading materials! And would lend them to a select few... God bless his soul.) Stories would be shared by Seniors who would regale us with how Prof. Dr. Rajkumar used to do stats and help them out with the statistical analysis part of the research. There used to be a huge cache of old Indian Journal of Psychiatry in the hostel library, where one could read the original articles written by Prof. Dr. Venkoba Rao, O.S. sir and others... Computers had just entered the scene and were gradually becoming household items; The alumni from IMH, who worked in U.K. were kind to donate a computer system with internet for the hostel and this paved the way to access foreign journal articles as well... We also had the opportunity to meet with and draw inspirations from all the residents from various other colleges across Tamil Nadu, who would come and stay in our hostel for their Forensic Psychiatry posting. I would say that it was the golden era for a young Psychiatry resident, like myself, in Psychiatry. **I can only thank Providence for bringing me, my seniors GK Kannan, PP Kannan, Jaykumar Menon, Daniel, Sudhakar and so many others for shaping up this journal and my love for Psychiatry and IMH.**



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Cut to 2018... It was around 2018 that this dream took shape. The early seed was put by **Dr. Srinivasan (Coimbatore), Dr. G. K. Kannan (Chennai), Dr. Jaykumar Menon (Chennai), Dr. Sharon Joe Daniel (Chennai), Dr. Kamlesh Kumar Sahu (PGI-Chandigarh) et al.** The first issue was out in 2018 and the need for the journal was eloquently put down in the Editorial by Dr. Srinivasan.

"Taking all these into context, the TamilNadu chapter of the IPS felt it was important to en-courage the field of research in mental health and neurosciences in India further, by providing a platform for publishing high quality research papers from India and overseas with the ultimate aim of benefiting the public at large. The editorial team hopes to achieve this with the whole hearted support from the fraternity at home and worldwide."

The journal has been publishing high quality research articles since then. It became a bi-annual publication and had continued regular publications until COVID-19 struck. It is a Herculean task, in this era, for any new journal to keep afloat, especially when it is not indexed. Getting articles for publication itself is a huge challenge. Facing those odds and bringing out 6 issues continuously is an incredible task. However, unfortunately, due to the worldwide disruptions brought by the pandemic, volumes 5 and 6 could not be released.

In 2024, I took the mantle as Honorary Editor of this prestigious journal and the aim at that time was to get issues out regularly and to get it indexed, if possible. With this in mind, I approached the TN-IPS Executive Committee and later the General Body with a proposal to bring onboard a publisher. An experienced publishing house would enormously help the Editor in performing his job. After initial reluctance and couple of denials, the EC finally agreed. **I must thank Dr. C. Paneerselvan, the then President of TN-IPS, Dr. Sivasailam, the then Treasurer and Dr. P. P. Kannan for their support and their trust in me.** After obtaining proposals from the major scientific publishing houses, they were scrutinized and finally **Bohr Publishers** were selected for their cost effectiveness and approachability. Since then we have brought out regular issues. The latest one- Volume 8 issue 2 shall be released soon.



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The next challenge was getting IJMHS indexed. We had to wait a while, for at least 3 continuous publications to happen and then apply (owing to the covid break in publications). We then decided to go for DOAJ indexation, as it is a reputed one that was accepted by most agencies, including the National Medical Commission of India. Submitting the application itself was challenging. This was followed by a lot of to-and-fro communications and clarification. A lot of changes had to be brought in with regard to the open access license, various disclosures and forms that had to be created and a thorough revamp of the journal system (OJS) and the journal site. New features like visitors count and map of visitors were added. All the articles were given DOI numbers. Some missing issues were found on the website.. Then we had to appeal to our readers and past team members to provide us with the hard copy. These were scanned, converted to PDF file and were inserted in the missing positions on the website... By then, the deadline was drawing near and we were working frantically. Almost the team had lost hope, but I had a blind faith and decided to give one last push and completed the formalities as much as we could. And then the Sweet News came finally, in **December 2025 – IJMHS was Indexed in DOAJ!**

IJMHS Milestones:

- **Permanent Editorial Office:** Inauguration of the Prof. O. Somasundaram TN-IPS House at Kilpauk, Chennai, as the journal's permanent functional office and repository.
- **Copyright Policy Shift:** Authors retain copyright with non-exclusive license to publisher.
- **Editorial Expansion:** Expanded peer reviewers across Tamil Nadu, Andhra Pradesh, Telangana for rigour.
- **Publication Frequency:** Biannual (Jan/July).
- **Volume Growth:** Reached Volume 8 by early 2025.



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Our next goal is to get it indexed in Pubmed and Scopus. I am happy to share that we have started to work towards it. With immense satisfaction, I would be handing over the baton on to the next Honorary Editor this year.

Any journal is as good as its contributors and readers. Hence, I once again take this opportunity to request you to encourage IJMHS by reading articles on-line, submitting original research works and if possible, subscribing for your Institutions and Colleges.



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Events & Activities



Dr. Sarathkumar, DMHP Psychiatrist was recently (26.01.2026) honoured with an appreciation certificate from the respected Collector of Pudukkottai, a recognition for work done in psychiatry. He concluded his message with sincere gratitude to all who have supported his journey.

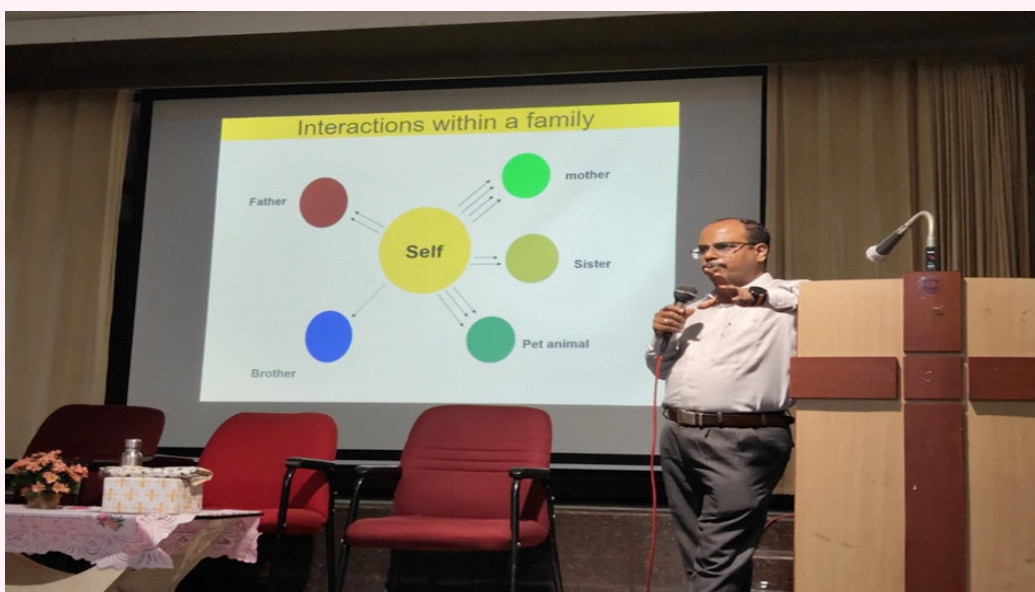


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Member Activities

DR. ARUN KUMAR (01018), Director & Senior Psychiatrist at Athma Mind Care Hospital, served as Chief Guest speaker at Holy Cross College, Trichy, for the national seminar on “Emotional Intelligence 2.0: The Next Dimension”, held on March 12, 2026.





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Events & Activities

First invitation and Registration stall for ANCIPS 2027-Madurai, opened by newly elected IPS President.





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Events & Activities

Institute of Mental Health, Theni - VIRALGAL (விரல்கள்)

Theme: "Empathy Through Arts"

In February 2026, the Institute of Mental Health, Theni organized VIRALGAL (விரல்கள்), an event for children with the theme "Empathy Through Arts." The program used creative expression to help children understand the struggles of differently-abled individuals.

Activities included cultural performances, interactive workshops, and puppet shows, all designed to foster compassion and awareness among young participants.





INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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Events & Activities

SNEHA Suicide Update 2026

From 26th to 28th February 2026, Chennai hosted the SNEHA Suicide Update 2026, a landmark event that brought together international and national experts in suicide prevention. A Pre-Conference Workshop was held on 25th February 2026 at Clive & Duplex Hall, Taj Coromandel.

The program was coordinated internationally by Ms. Vanda Scott and Ms. Wendy Orchard, and nationally by Prof. Anish V Cherian and Prof. Vikas Menon. Key sessions included Gatekeeper Training by Prof. Brian Mishara and a panel led by Prof. Jo Robinson.

The conference advanced knowledge, strengthened networks, and reinforced the commitment to suicide prevention as a collective responsibility.

SNEHA
SUICIDE UPDATE 2026
26th - 28th February 2026 | Chennai
PROGRAMME SCHEDULE
February 25th 2026 - IASP Pre Conference Workshop
Venue: Clive and Duplex Hall, Taj Coromandel
FACULTY:
International Coordinators: Ms. Vanda Scott and Ms. Wendy Orchard
National Coordinators: Prof. Anish V Cherian and Prof. Vikas Menon
Gatekeeper Training: Prof. Brian Mishara
Panel Lead: Prof. Jo Robinson



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

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In Focus: Our Members

Strengthening Research Skills among PGs RCBC: Building PG Research Skills

Shivanand Kattimani, MD(Psychiatry), DM (Child and adolescent Psychiatry), Professor of Psychiatry, Dept of Psychiatry, JIPMER, Puducherry-605006, India

Email: drshivanand@gmail.com



The Research Capacity Building Committee (RCBC) of the Indian Psychiatric Society – Tamil Nadu State Branch of the Indian Psychiatric Society (TN-IPS) was established to improve research literacy and methodological competence among postgraduate psychiatry trainees in Tamil Nadu. Many trainees encounter challenges in formulating research questions, selecting appropriate study designs, analysing data, and publishing scientific work. To address these gaps, RCBC initiated a structured online academic program conducted through Zoom, enabling accessible and consistent training across institutions.

The committee conducts monthly academic sessions on the afternoon of every fourth Saturday. Initially designed as two-hour workshops, the duration was later reduced to one hour based on participant feedback to improve focus and feasibility for busy postgraduate trainees.

Typical topics covered include:

- Formulating research questions and hypotheses
- Study designs in psychiatric research
- Sample size estimation and basics of biostatistics
- Literature search and reference management
- Manuscript writing and responding to peer review
- Research and publication ethics
- Use of research databases and open-source statistical tools
- Converting dissertations into publishable manuscripts
- Case-based discussion of published psychiatric studies



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In Focus: Our Members

The primary beneficiaries are MD/DNB psychiatry postgraduate students across medical colleges in Tamil Nadu. Private practitioners, early-career psychiatrists, senior residents, and psychiatry faculty also participate.

Despite the academic relevance of the program, attendance has been lower than expected in some sessions. Contributing factors include:

- Clinical workload: inpatient, outpatient, and duty schedules
- Academic commitments: departmental seminars, dissertation work, and examinations
- Parallel mandatory courses: completion of the National Medical Commission Basic Course in Research Methodology
- Online learning fatigue due to frequent virtual programs
- Scheduling constraints: Saturday sessions overlapping with personal or institutional activities
- Competing webinars conducted simultaneously across India
- Perception factors: research training sometimes viewed as secondary to clinical skill development

To improve participation, greater institutional engagement may be encouraged by requesting departments to nominate postgraduate representatives. Maintaining shorter, focused sessions and incorporating interactive formats—such as manuscript critique, live statistical demonstrations, and case-based discussions—may increase relevance. Session recordings are already made freely available on YouTube to enable asynchronous learning.



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Further strengthening of RCBC activities may include:

- Promoting participation through medical colleges via rotational postgraduate nominations
- Developing a modular research training curriculum
- Introducing certificate-based participation or CME accreditation
- Facilitating multi-centre trainee research projects within TN-IPS

Through continued refinement and stakeholder engagement, RCBC can contribute significantly to building research capacity and fostering a sustainable culture of psychiatric research in Tamil Nadu.

Acknowledgement: The author acknowledges the contributions of all participants, moderators of RCBC-TN-IPS (past and present), and think-tank committee members under the past and current Presidents of TN-IPS.

References:

1. Grover S, Avasthi A. Research training in psychiatry residency programs: Need and opportunities. Asian Journal of Psychiatry.
2. Indian Psychiatric Society. Academic and research initiatives of IPS (public domain reports).
3. National Medical Commission. Basic Course in Biomedical Research for postgraduate students (BCBR guidelines).



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Academic Highlights

IPS TN Child Psychiatry webinar series

Topic: ADHD in females - Hidden in Plain Sight

Date & Time: Saturday, 20th December 2025 | 7.15 PM - 8.30 PM

Speaker: Dr. Nidhi Chauhan, Associate Professor, Department of Psychiatry, PGIMER, Chandigarh



INDIAN PSYCHIATRIC SOCIETY
TAMILNADU CHAPTER
SCIENTIFIC COMMITTEE
CHILD PSYCHIATRY WEBINAR SERIES
20TH DEC 2025 | SATURDAY | 7.15PM - 8.30PM

TOPIC : ADHD in Females - Hidden in Plain Sight

SPEAKER	MODERATOR
DR NIDHI CHAUHAN Associate Professor Department of Psychiatry PGIMER, Chandigarh	DR PRIYA MARY MAMMEN Professor, Child & Adolescent Psychiatry Unit Department of Psychiatry, CMC, Vellore

IPS-TN Chapter - Office Bearers
Dr C Sadhanand | Dr J Babu Balasingh | Dr N Arunkumar
Dr K Sathyamoorthy | Dr R Arul Saravanan | Dr P P Kannan

IPS-TN Chapter - Scientific Committee
Dr K Raman | Dr Shinika R
Dr Santosh Kumar D | Dr Noorul Hasan

Zoom Meeting Link https://us06web.zoom.us/j/85266930776?pwd=DldldlRlbnUQaGQ0ODV2b1RlTGhEaG9kYU.1	Zoom Meeting ID 852 6693 0776	Password TNIPS
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The session highlighted the often under-recognized presentation of ADHD in females, emphasizing gender differences in symptom expression, challenges in timely identification and management in clinical practice.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Academic Highlights

IPS TN Child Psychiatry webinar series

Topic: Decoding Autism in Adolescence - Clinical Challenges

Date & Time: Saturday, 31st January 2026 | 7.15 PM - 8.30 PM

Speaker: Dr R Venkateswaran, Consultant Child & Adolescent Psychiatry, KKCTH, Mehta Children's Hospital & Apollo Children's Hospital



INDIAN PSYCHIATRIC SOCIETY
TAMILNADU CHAPTER

SCIENTIFIC COMMITTEE
CHILD PSYCHIATRY WEBINAR SERIES

31st January 2026 | SATURDAY | 7:15 PM - 8:30 PM

**TOPIC : DECODING AUTISM IN
ADOLESCENCE - CLINICAL
CHALLENGES**

SPEAKER

DR R VENKATESWARAN

Consultant Child and Adolescent Psychiatrist
KKCTH, Mehta Children's Hospital
Apollo Children's Hospital

IPS-TN Chapter - Office Bearers

Dr C Sadhanand | Dr J Babu Balasingh | Dr N Arunkumar
Dr K Sathyamoorthy | Dr R Arul Saravanan | Dr P P Kannan

IPS-TN Chapter - Scientific Committee

Dr K Raman | Dr Shinika R
Dr Santosh Kumar D | Dr Noorul Hasan

As a part of IPS-TN Branch, Child psychiatry webinar series, an excellent talk on “**Decoding autism in adolescence**” given by Dr.R.Venkateshwaran, consultant Child & Adolescence Psychiatrist, Mehta hospitals on 31.01.2026.



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MARCH 2026

Academic Highlights

IPS TN Child Psychiatry webinar series

Topics: Children of Parents with Mental Illness

Date & Time: Saturday, 28th February 2026 | 7.15 PM - 8.30 PM

Speaker: Dr. Akhilesh Sharma, M.D.Psychiatry, Additional Professor, PGIMER Chandigarh

**INDIAN PSYCHIATRIC SOCIETY**
TAMILNADU CHAPTER
SCIENTIFIC COMMITTEE

CHILD PSYCHIATRY WEBINAR SERIES
28TH FEB 2026 | SATURDAY | 7.15 PM - 8.30 PM

TOPIC : CHILDREN OF PARENTS WITH MENTAL ILLNESS

Speaker
Dr AKHILESH SHARMA
M.D. PSYCHIATRY
Additional Professor of Psychiatry
PGIMER Chandigarh

IPS-TN Chapter - Office Bearers
Dr C Sadhanand | Dr J Babu Balasingh | Dr N Arunkumar
Dr K Sathyamoorthy | Dr R Arul Saravanan | Dr P P Kannan

IPS-TN Chapter - Scientific Committee
Dr K Raman | Dr Shinika R
Dr Santosh Kumar D | Dr Noorul Hasan

Zoom Meeting Link
<https://us06web.zoom.us/j/82872202869?pwd=elUvpmWJFgh2lAbKABSYIzrcowj1My.1>

Zoom Meeting ID:
828 7220 2869

Password
TNIPS

This session explored the unique challenges faced by children of parents with mental illness, offering insights into clinical care, family support, and preventive strategies.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

MARCH 2026

Academic Highlights

IPS - TN RCBC Journal Club & Lecture Series

“From Clinical Question to Publication: A Digital Ecosystem for Psychiatric Research”

The IPS-TN Research Capacity Building Committee hosted its statewide Journal Club and Lecture Series on 28th February 2026. The session, moderated by Dr. G. Vanishree (Government Medical College, Krishnagiri), featured an insightful lecture by Dr. Iniyan S (Professor of Psychiatry, Saveetha Medical College and Hospital). The talk, “From Clinical Question to Publication: A Digital Ecosystem for Psychiatric Research”, highlighted practical strategies for transforming clinical queries into publishable research, emphasizing the role of digital tools in streamlining methodology, collaboration, and dissemination.

INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER RESEARCH CAPACITY BUILDING COMMITTEE (RCBC) STATEWIDE JOURNAL CLUB AND LECTURE SERIES		
28 th February 2026 Saturday 2.30 - 3.30 pm		
TIME:	ACTIVITY:	RESOURCE PERSON:
2.30-2.35PM	Objective	Moderator: Dr. G Vanishree Associate professor of Psychiatry, Government medical college, Krishnagiri.
2.45-3.30PM	Topic: From Clinical Question to Publication: A Digital Ecosystem for Psychiatric Research	Speaker: Dr. Iniyan S Professor of Psychiatry, Saveetha Medical College and Hospital
IPS-TN Chapter - Office Bearers Dr C Sadhanand Dr J Babu Balasingh Dr. N Arun Kumar Dr K Sathyamoorthy Dr R Arul Saravanan Dr. P Kannan IPS-TN Chapter - RCBC Committee Dr Shivanand Kattimani Dr Manikandan C J Dr G Vani Shree Dr. Dheeraj Kattula Dr Arumuganathan S Dr Divya C R Dr Sivaraman		
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INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Academic Highlights

Chennai Psychiatric Society Scientific Session

“A New Paradigm in Psychopharmacology: Lumateperone for Schizophrenia and Bipolar Depression”

On 1st March 2026 (7:00 PM – 9:00 PM), the Chennai Psychiatric Society hosted a scientific session at Hotel Novotel, Nandanam, Chennai. The program opened with a welcome address by Dr. Arul Saravanan (President, CPS) and featured a keynote lecture by Prof. Venkatasubramanian Ganesan (NIMHANS, Bengaluru) on the emerging role of Lumateperone in the treatment of schizophrenia and bipolar depression.

The session was moderated by Dr. M. Suresh Kumar (Senior Consultant Psychiatrist, Chennai), followed by a panel discussion with Dr. Hema Tharoor and Dr. Vinayak Vijayakumar. The event concluded with a vote of thanks by Dr. Lakshmi Prabha (Secretary, CPS).

CHENNAI PSYCHIATRIC SOCIETY
Cordially invites you to a novel scientific session
Topic: A New Paradigm in Psychopharmacology: Lumateperone for Schizophrenia and Bipolar Depression

Welcome Address
Dr. Arul Saravanan | President, Chennai Psychiatric Society

Speaker
Prof. Venkatasubramanian Ganesan (NIMHANS, Bengaluru, India)

Moderator
Dr. M. Suresh Kumar | Senior Consultant Psychiatrist, Chennai

Panel Discussion
Expert insights and clinical perspectives
Dr. Hema Tharoor – Senior Consultant Psychiatrist, Chennai
Dr. Vinayak Vijayakumar – Consultant Psychiatrist, Chennai

Vote of Thanks
Dr. Lakshmi Prabha | Secretary, Chennai Psychiatric Society

ORGANIZING COMMITTEE
Dr. Arul Saravanan (President) | Dr. Lakshmi Prabha (Secretary)
Dr. V. Balaji (Treasurer) | Dr. S. P. Kurinjathan (Editor)

DATE: Sunday, March 1, 2026
TIME: 7:00 PM – 9:00 PM
VENUE: Hotel Novotel, Nandanam, Chennai

Academic Partner
INTAS



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Academic Highlights

IPS - TN Women's Empowerment Committee

"From Stethoscope to Selfhood - A Trans Non-Binary Narrative of a Doctor"

Date and time: 2nd November 2025 at 10AM via Zoom.

 **INDIAN PSYCHIATRIC SOCIETY**
TAMIL NADU CHAPTER

From Stethoscope to Selfhood - A Trans Non-Binary Narrative of a Doctor

 **2ND NOVEMBER 2025 AT 10 AM**
Dr. Vignesh D (AKA Gargi)
MBBS. JUNIOR RESIDENT

IPS.TN Chapter: Office Bearers
Dr C Sadhanand | Dr J Babu Balasingh | Dr. N Arun
Kumar | Dr K Sathyamoorthy | Dr R Arul Saravanan |
Dr P P Kannan


[HTTPS://US06WEB.ZOOM.US/J/82846506329?pwd=TGON0BS7D3JEB0FUKXFEAI33AJXBR4.1](https://us06web.zoom.us/j/82846506329?pwd=TGON0BS7D3JEB0FUKXFEAI33AJXBR4.1)
MEETING ID: 828 4650 6329
PASSCODE: TNIPS

WOMEN'S EMPOWERMENT COMMITTEE

DR. HEMA THAROOR (CHAIR PERSON)	DR. MRIDULA PRADEEP (MEMBER)
DR. USHA NANDINI (MEMBER)	DR. SWETHA RAGHAVAN (MEMBER)



The session was delivered by Dr. Vignesh D (aka Gargi), MBBS, Junior Resident, who shared personal reflections on identity, self-acceptance, and navigating the medical profession as a trans non-binary individual.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Academic Highlights

IPS - TN Women's Empowerment Committee

“Perfect on Screen, Fragile Within: Media - Driven Body Stereotypes & Their Psychological Impact on Young Girls and Women”

On 1st March 2026 (11:00 AM – 12:30 PM), the IPS-TN Women's Empowerment Committee hosted a session addressing the psychological impact of media-driven body stereotypes. The program featured Dr. Velprahanth Venkatesan (Child Psychiatrist, Mind Body Clinic, Pondicherry) and Dr. Yamini Kannappan (Senior Consultant Psychiatrist, Kauvery Hospital, Chennai).

The speakers discussed how unrealistic ideals portrayed in media influence body image, self-esteem, and mental health among young girls and women. They also highlighted strategies for resilience, awareness, and fostering healthier narratives around self-worth.



INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER
Women's Empowerment Committee

PERFECT ON SCREEN, FRAGILE WITHIN :
Media-Driven Body Stereotypes & their
Psychological Impact on Young Girls and
Women

 **1 MARCH 2026** | **11:00 AM - 12:30 PM**

SPEAKERS

Dr. Velprahanth Venkatesan MD DM
Child Psychiatrist
Mind Body Clinic, Pondicherry

Dr. Yamini Kannappan
Sr. Consultant Psychiatrist,
Kauvery Hospital, Chennai

IPS-TN Chapter - Office Bearers
Dr C Sadhanand | Dr J Babu Balasingh | Dr. N Arun Kumar |
Dr K Sathyamoorthy | Dr R Arul Saravanan | Dr P P Kannan

Women's Empowerment Committee
Dr. Hema Tharoor | Dr. Swetha Raghavan |
Dr. Mridula Pradeep | Dr. Usha Nandini



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

MARCH 2026

Academic Highlights

RCBC

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

22nd November 2025 Saturday 2.30 - 3.30 pm

TIME:	ACTIVITY:	RESOURCE PERSON:
2.30-2.35PM	Introduction Focus: Critical Appraisal of Case-control Study	Moderator: Dr. Maikandaan C J Professor and HOD, Dept. of Psychiatry, Madha Medical College Hospital and Research Institute, Chennai
2.35-3.30PM	Journal article presentation: Bandawar et al. Adherence to buprenorphine maintenance treatment in opioid dependence syndrome: A case control study. Indian J Psychol Med 2015;37:330-2	Presenter: Dr. Meghnasiri S 2nd year PG.


Link to article

Special recognition: e-certificate for best Question

IPS-TN Chapter - Office Bearers
Dr C Sadhanand | Dr J Babu Balasingh | Dr N Arun Kumar
Dr K Sathyaamoorthy | Dr R Arul Saravanan | Dr P PKannan

IPS-TN Chapter - RCBC Committee
Dr Shivanand Kattimani | Dr Maikandaan C J | Dr G Vani Shree
Dr Dheeraaj Kattula | Dr Arumuganathan S | Dr Divya C R | Dr Sivaraman

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

27th December 2025 Saturday 2.30 - 3.30 pm

TIME:	ACTIVITY:	RESOURCE PERSON:
2.30-2.35PM	Moderator setting the agenda	Dr. G Vani Shree Associate professor, Department of psychiatry, Government medical college & hospital, Krishnagiri
2.45-3.30PM	Presenter Topic: Using reference managing software (Zotero & Endnote with overview of other softwares)	Dr. Maikandaan C J Professor and HOD, Dept of Psychiatry, Madha Medical college and Hospital, Kovur, Chennai.

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

IPS-TN Chapter - Office Bearers
Dr C Sadhanand | Dr J Babu Balasingh | Dr N Arun Kumar
Dr K Sathyaamoorthy | Dr R Arul Saravanan | Dr P PKannan

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

24th JANUARY 2026 Saturday 2.30 - 3.30 pm

TIME:	ACTIVITY:	RESOURCE PERSON:
2.30-2.35PM	Moderator setting the agenda	Dr. G Vani Shree Associate professor, Department of psychiatry, Government medical college & hospital, Krishnagiri
2.45-3.30PM	Presenter Topic: Article from Asian J of Psychiatry	Dr. PG Department of psychiatry Government medical college & hospital, Krishnagiri

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

IPS-TN Chapter - Office Bearers
Dr C Sadhanand | Dr J Babu Balasingh | Dr N Arun Kumar
Dr K Sathyaamoorthy | Dr R Arul Saravanan | Dr P PKannan

IPS-TN Chapter - RCBC Committee
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Dr Dheeraaj Kattula | Dr Arumuganathan S | Dr Divya C R | Dr Sivaraman

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

28th February 2026 Saturday 2.30 - 3.30 pm

TIME:	ACTIVITY:	RESOURCE PERSON:
2.30-2.35PM	Objective	Moderator: Dr. G Vanishree Associate professor of Psychiatry, Government medical college, Krishnagiri.
2.45-3.30PM	Topic: From Clinical Question to Publication: A Digital Ecosystem for Psychiatric Research	Speaker: Dr. Iniyan S Professor of Psychiatry, Savetha Medical College and Hospital

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INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Academic Insights

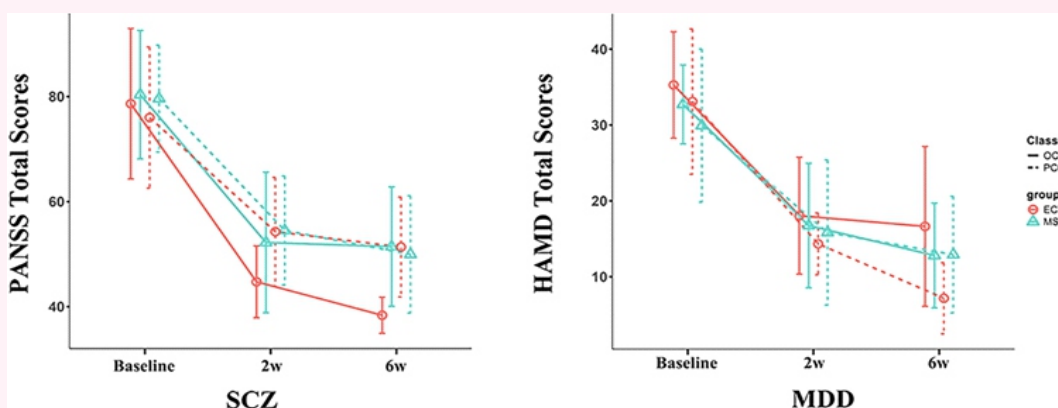
Quick Clinical Reads for Busy Psychiatrists

Total reading time: 10 minutes

Suggested Reads this edition:

1. Exploring the impact of cognitive profiles on the response to magnetic seizure therapy and electroconvulsive therapy

The study, published in *Molecular Psychiatry* (Feb 2026), compared magnetic seizure therapy (MST) and electroconvulsive therapy (ECT) in patients with schizophrenia and major depressive disorder, focusing on how cognitive profiles influence treatment response. MST demonstrated advantages in preserving cognitive characteristics moderated outcomes, suggesting that individualized cognitive assessment could guide therapy selection. The findings highlight the importance of tailoring seizure-based interventions to patient-specific neurocognitive profiles, moving toward precision psychiatry. This work underscores MST's potential as a safer alternative to ECT for patients vulnerable to cognitive decline.



Guo, Z., Zhao, W., Li, J. et al. Exploring the impact of cognitive profiles on the response to magnetic seizure therapy and electroconvulsive therapy. *Mol Psychiatry* (2026).

<https://doi.org/10.1038/s41380-026-03494-7>



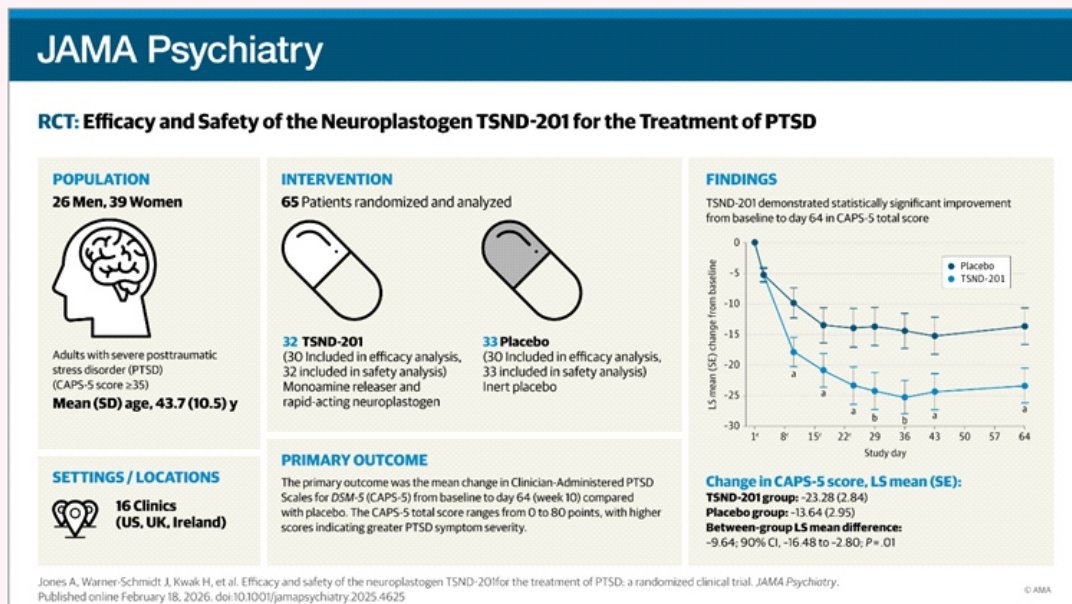
INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

MARCH 2026

Academic Insights

2. Efficacy and Safety of the Neuroplastogen TSND-201 for the Treatment of PTSD Randomized Clinical Trial

Published in JAMA Psychiatry (Feb 2026), this randomized clinical trial investigated TSND - 201, a novel neuroplastogen, for post-traumatic stress disorder (PTSD). The study enrolled adults with moderate to severe PTSD, comparing TSND-201 against placebo. Results showed significant reductions in core PTSD symptoms, including intrusive memories and hyperarousal, with an acceptable safety profile. Importantly, TSND-201 demonstrated rapid onset of benefit, suggesting potential as a next-generation therapeutic beyond SSRIs and psychotherapy. The trial highlights neuroplastogens as promising agents in precision psychiatry, offering hope for patients with limited treatment response.



Jones A, Warner-Schmidt J, Kwak H, et al. Efficacy and Safety of the Neuroplastogen TSND-201 for the Treatment of PTSD: A Randomized Clinical Trial. JAMA Psychiatry. Published online February 18, 2026. doi:10.1001/jamapsychiatry.2025.462



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Events & Activities

Tamil Nadu Chapter Community & Wellness Activities

District Monitoring Committee Meeting - HPWMI (Perambalur)

A District Monitoring Committee Meeting for the HPWMI programme was held on 03rd February 2026 at the District Collectorate, Perambalur. The meeting focused on strengthening coordination for the identification, treatment, care, and rehabilitation of homeless persons living with mental illness.





INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Events & Activities

Landmark Inauguration: Mental Health Rehab Centre at Kilpauk on February 2026 - TNIMHANS



The Institute of Mental Health (IMH), Kilpauk (Zone 8, Villivakkam), inaugurated its new Mental Health Wellness Centre, Tamil Nadu Institute of Mental Health & Neurosciences (TNIMHANS), on 16th February 2026. The facility was virtually inaugurated by the Hon'ble Chief Minister of Tamil Nadu, in the presence of the Villivakkam MLA and local officials. The TNIMHANS now includes a new Mental Health Rehabilitation Centre that focuses on recovery, skill training, and community reintegration, providing holistic support beyond hospital care and strengthening mental health services in the region.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Artful Healing Stroke

Happy New Year - DR ARUNKUMAR (01018)





INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Obituary



Dr . A. KALAICHELVAN



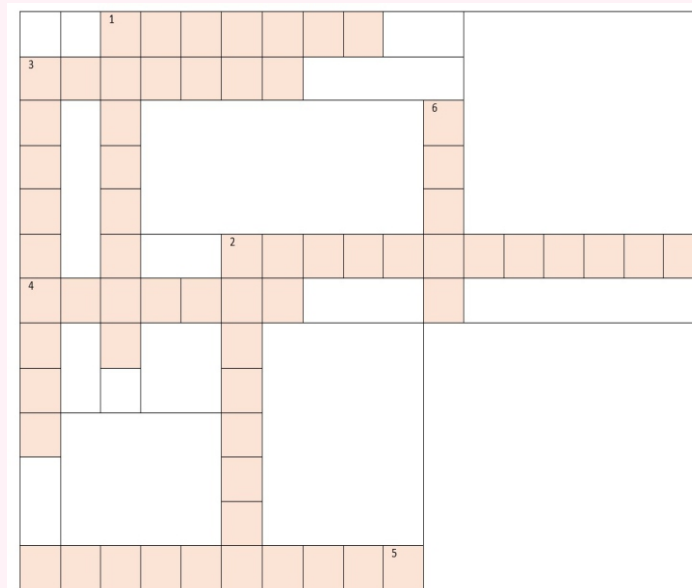
Dr. PADMA KUMAR



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Crossword Challenge



TOP - DOWN

1. The Butajira project is a landmark study that successfully implemented a "stepped care" model, involving community, home-based care, and collaboration with traditional healers to make psychiatric services accessible. In which country it is implemented? **8**
2. A famous Dutch painter is believed to have had bipolar disorder, highlighting its link with creativity. (last name) **7**
3. He developed the specific, modern concept of "cycloid psychoses" as an independent, third group of endogenous psychoses, distinct from both manic-depressive illness and schizophrenia, particularly during the 1950s and 1960s. (last name) **8**
6. A structured psychotherapy specifically designed for people with bipolar disorder. (the abbreviation is enough) **5**

ACROSS (LEFT TO RIGHT)

1. Extreme elevated mood state in bipolar disorder **7**
2. He is a psychiatrist who developed logotherapy, emphasizing the search for meaning as a central human motivation, and authored the book Man's Search for Meaning. **12**



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

Crossword Challenge

3. One of the very few elements that originated during the Big Bang itself, about 13.8 billion years ago. **7**
4. A Lebanese-born American psychiatrist, best known for revolutionizing clinical psychiatry through his research on temperament and bipolar disorder classification. **7**

ACROSS (RIGHT TO LEFT)

1. An inpatient nurse rating scale for depression and mania originates from a city in the UK. What is the name of the city. **10**

ANSWERS TO PREVIOUS EDITION CROSS WORD:

DOWN

1. POSTVENTION
2. ALTRUISTIC
3. SARCOPOD

ACROSS (LEFT TO RIGHT)

4. LITHIUM
5. IPRONIAZID
6. HEMINGWAY
7. JIM JONES
8. SIDAS

UP

9. EMPEDOCLES

ACROSS (RIGHT TO LEFT)

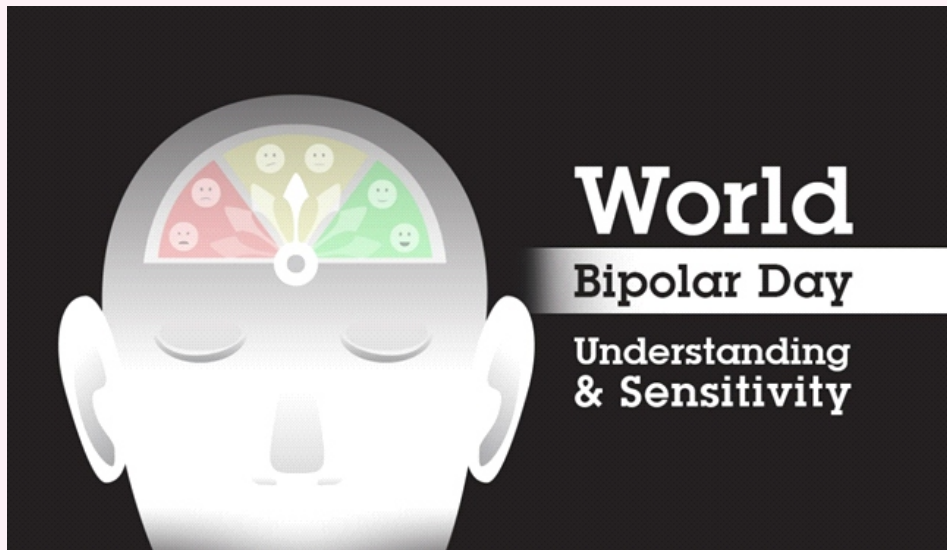
10. LIVE LIFE



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

MARCH 2026

World Bipolar Day - 31 March



- This month's newsletter is dedicated to World Bipolar Day, observed annually on March 31. The 2026 theme, Bipolar Strong, underscores resilience while aiming to reduce stigma and enhance public education about bipolar disorder.
- Through this focus, we highlight the strength of individuals living with the condition and the importance of fostering understanding within communities.

Quefect

Quetiapine Fumarate 25 mg / 50 mg /
100 mg / 200 mg / SR 300 mg

Tabs

Clopin

Clozapine 25 mg / 100 mg

Tabs

Amisyt

Amisulpride 25 mg / 50 mg /
100 mg / 200 mg

Tabs

Clopam-PX

Paroxetine CR 12.5 mg / 25 mg /
Clonazepam 0.5 mg

Tabs

Zolpirest

Zolpidem 5 mg / 10 mg,

Tabs

Zolpirest-M

Zolpidem 10 mg, Melatonin 3 mg

Tabs

Parjoy

Paroxetine 10 mg / 20 mg / 30 mg / 40 mg
Paroxetine CR 12.5 mg / 25 mg / 37.5 mg

Tabs

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900 products spread across
12 Therapeutic Segments

ISO 9001:2015, WHO GMP
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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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