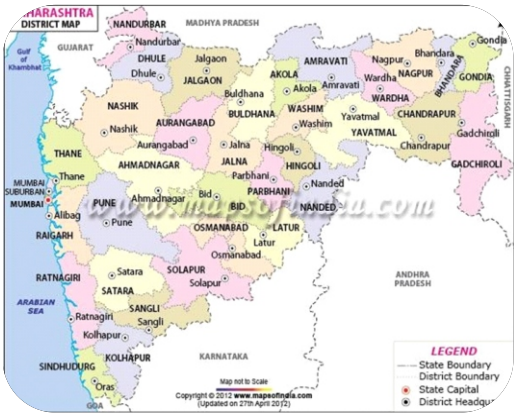
ANNUAL REPORT 2025

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH (Maharashtra, Goa, Gujarat)







Submitted by Hon. Zonal Secretary IPSWZB | Dr. Abhijeet Faye

IPS WESTERN ZONAL BRANCH ANNUAL REPORT 2025

(For consideration of the Executive Council of
Indian Psychiatric Society for Best Zone Award)

This year (2025) has been one of significant progress for our association and for the broader field of psychiatry. As we continue to navigate an evolving mental-health landscape, our commitment to evidence-based practice, collaborative care, and patient advocacy has remained unwavering. We are proud to share the milestones we have achieved together.

This report aims to provide a comprehensive overview of the year-long academic, public awareness, capacity building, and educational activities organized by our association to support the development of psychiatrists and improve the broader understanding of mental health issues. These activities are designed to strengthen the capacity of mental health professionals, raise public awareness, and ensure that our members remain at the cutting edge of developments in psychiatric care.

Throughout the year, our association has focused on initiatives that emphasize both the academic and professional development of psychiatrists, as well as efforts to increase awareness of mental health challenges among the public. These activities have been strategically planned to meet the evolving needs of our members and the wider community, with the goal of promoting mental health, improving access to care, and fostering a deeper understanding of psychiatric conditions.

In this report, we have outlined the key programs, conferences, workshops, and campaigns that have been implemented, highlighting their impact on strengthening professional knowledge, enhancing public perceptions of mental health, and advancing the skills of our members.

This report also serves as a testament to the collaborative efforts of our association with various stakeholders, including academic institutions, government agencies, and non-governmental organizations, to create a lasting impact on the mental health landscape. The activities conducted throughout the year have not only contributed to the growth of our profession but have also played a critical role in advocating for better mental health policies, reducing stigma, and ensuring that psychiatric care is accessible to all.

We extend our gratitude to all those involved in making these initiatives a success and reaffirm our commitment to advancing the field of psychiatry through continued education, awareness, and collaboration.

It is the dynamic and charismatic leadership under the guidance of President, Dr. Savita Malhotra; Hon. General Secretary, Dr. Amrit Pattojoshi; Hon. Treasurer, Dr. M Aleem Siddiqui; Vice President, Dr. TSS Rao; Hon. Editor, Dr. Sujit Sarkhel that made Indian Psychiatric Society scale new heights in the field of mental health.

IPSWZB is now registered with the Charity commissioner with the new name **"Psychiatric Society of Western Zone" (PSWZ) as per the rules and requirements of the Charity Commissioner Office where the society is registered.**

Psychiatric Society of Western Zone" (PSWZ) comprises the States of Gujarat, Maharashtra and Goa along with the Union Territory Dadra, Nagar-Haweli, Daman & Diu. Each State has local branches under its banner. Outlined below are the office bearers and sub-committee members of the IPSWZB and its constituent Local Branches.

OFFICE BEARERS IPSWZB/PSWZ FROM JAN. 2025 - OCT. 2025

Elected and installed in October 2024	
President	Dr. Sudhir Bhave
Secretary	Dr. Abhijeet Faye
Treasurer	Dr. Nakul Vanjari
Hon. Editor	Dr. Heena Merchant

CURRENT OFFICE BEARERS IPSWZB/PSWZ 2025-2026

As installed in October 2025	
President	Dr. K. K. Mishra
Vice President cum President Elect	Dr. Parag Shah
Secretary	Dr. Abhijeet Faye
Treasurer	Dr. Nakul Vanjari
Hon. Editor	Dr. Heena Merchant
Immediate Past President	Dr. Sudhir Bhave
Immediate Past Secretary	Dr. Dhananjay Ashturkar
Executive Committee Members	Dr. Abha Bang Soni Dr. Pallavi Dhakne Dr. Deepak Tiwari Dr. Khyati Mehtalia Dr. Amol Deshmukh Dr. Bhalchandra Kalmegh Dr. Nimesh Parikh
Representative to Central Council (2023-2026)	Dr. Ashish Saboo Dr. Umesh Nagapurkar
ADVISORS & CHAIRPERSONS-SUBCOMMITTEES / TASK FORCE (IPSWZB/PSWZ) 2025-2026	
Award	Dr. Umesh Ngapurkar Dr. Arun Marwale
C. M. E	Dr. Ravindra Kamath Dr. (Brig) Jyoti Prakash
Psychotherapy	Dr. Vivek Kirpekar Dr. Minakshi Parikh
Constitution	Dr. Ashish Saboo Dr. Ashish Shrivastav

ADVISORS & CHAIRPERSONS-SUBCOMMITTEES / TASK FORCE (IPSWZB/PSWZ) 2025-2026	
Leadership Development	Dr. Mrugesh Vaishnav Dr. Deepak Rathod
Public Education	Dr. Laxmikant Rathi Dr. Shailesh Umate
Quiz	Dr. Malay Dave Dr. Bhushan Mhetre Dr. Sagar Karia
Website	Dr. Deepanjali Deshmukh Dr. Ajish Mangot
Task force: Aligning Needs of Teens to Educational Reforms	Dr. Alka Subramanyam Dr Sudhir Bhave
Research	Dr. Nilesh Shah Dr. Manik Bhise
P. G. Psychiatry Education	Dr. Shilpa Adarkar Dr. Sushil Gawande
Woman Mental health	Dr. Shubhangi Parkar Dr. Ritambhara Mehta
Rural Psychological Health	Dr. Jaisukh Parmar Dr. Kiran Deshpande Dr. Suresh Patil
Doctors Wellness	Dr. Rajemdra Hegde Dr. P. M. Chaugule Dr. Smitha Panse
Membership	Dr. Vijay Nagecha Dr. Krishna Kadam
Arts & Culture	Dr. Alkesh Patil Dr. Darpan Kaur
Finance	Dr. Mukesh Jagiwala Dr. Jai Shastri
IPS Foundation day task force	Dr. Bharat Sarode Dr. Sanjay Phadke Dr. Dhananjay Ashturkar
History of IPSWZB/PSWZ Task force	Dr. Sanjay Bagadia
UG Psychiatry	Dr. Henal Shah Dr. Abhishek Somani
Child Psychiatry	Dr. Bhushan Shukla Dr. Manjiri Deshpande
School and College Mental health	Dr. Kersi Chavda Dr. Avinash D'souza
Sports and Mental Health	Dr. Umesh Nagapurkar Dr. Pawan Adatia

Local branches of IPSWZB/PSWZ		
IPS Gujarat State Branch	President	Dr. Bhavesh Lakdawala
	Secretary	Dr. Khyati Mehtalia
IPS Maharashtra State Branch	President	Dr. Nandu Mulmule
	Secretary	Dr. Bhalchandra Kalmegh
IPS Goa State Branch	President	Dr. Winona Fernandes
	Secretary	Dr. Gaurav Haldankar

IPS Gujarat State Branch	IPS North Gujarat Branch
	IPS South Gujarat Branch
	IPS Vadodara Branch
	IPS Saurashtra & Kutch Branch
IPS Maharashtra State Branch	IPS Nashik Branch
	IPS Nagpur Branch
	IPS Pune Branch
	IPS Jalgaon Branch
	IPS Amravati Branch
	IPS Kolhapur Branch
	IPS Sambhaji Nagar Branch
	IPS Ahmednagar Branch
	IPS Solapur Branch
	IPS Thane Branch
IPS Goa State Branch	----

The year started with the team lead by President Dr. Sudhir Bhave and Dr. K. K. Mishra as a Vice President cum President Elect, Dr. Abhijeet Faye as Hon. Zonal Secretary and Dr. Heena Merchant as Hon. Editor elected to hold their respective offices for the second tenure. Dr. Nakul Vanjari joined the office as a Hon. Treasurer. Dr. Neena Sawant, Immediate Past President and Dr. Dhananjay Ashturkar, immediate past Hon Zonal Secretary led the team of IPSWZB excellently. In AGBM held on 11th October 2025 at Nagpur Dr. K. K. Mishra is installed as a President. Dr. Parag Shah elected as a Vice President cum President Elect. Dr. Abhijeet Faye continued as Hon. Zonal Secretary, Dr. Heena Merchant as a Hon. Editor and Dr. Nakul Vanjari as Hon. Treasurer. Dr. Abha Bang Soni joined the office as an executive committee member (2025-2028).

We are deeply grateful to past office and other EC members and chairpersons of various subcommittees. We are also grateful to all the members of the zone who appreciated, guided, criticized and helped us to make our zone what it is currently. We are proud to be part of the one of the most active zones in our country where each and every member strives to play their role in serving the mental health of one and all.

Membership :

The IPSWZB membership is around 2000. We continue to request LOMs to become Life members in order to be able to register for any IPS events as members. Zonal members are extremely proactive in updating their fellowship status. The zonal office encourages many more members to update their membership status and promises to provide all the support they need in attaining that goal.

We deeply mourn the loss of members in 2025 from our zone,

Dr. Mangesh Ghulghule from Mumbai
Dr. Nitin Abhivant from Pune

Representation at the National IPS -

Dr. Laxmikant Rathi is Immediate past President (2025-2026). **Dr. Amar Shinde & Dr. Heena Merchant** and **Dr. Parag Shah** are the direct council members who played active role as Direct Council Members. The representatives from **zone to Central IPS, Dr. Ashish Saboo & Dr. Umesh Nagapurkar** have been extremely active and attending most of the meetings of Central IPS. **Dr. Vivek Kirpekar** as Deputy Editor and **Dr. Krishna Kadam** as Honorary Assistant Editors of the Indian Journal of Psychiatry contributed significantly on the academic and research front aided by **Dr. Henal Shah, Dr. Neena Sawant** being on the editorial board. **Dr. Avinash D'souza** as an editorial advisor and **Dr. Alka Subramanyam, Dr. Heena Merchant, Dr. Bhushan Mhetre, Dr. Darpan Kaur, Dr. Dhanajay Ashurkar, Dr. Govind Kulkarni, Dr. Chintan Solanki and Dr. Bhavesh Lakdawala** as specialty Field Editors.

Dr. Pallavi Dhakne joined as an assistant Hon. General Secretary of IPS and **Dr. Suyog Jaiswal** as an Assistant Hon. Treasurer.

Dr. Arun Marwale, Dr. K. K. Mishra, Dr. Mrugesh Vaishnav and Dr. MSVK Raju are nominated as Indian Advisory Board members.

Dr. Ravindra Abhyankar is elected as Election Officer in Election Commission and **Dr. Sanjay Kumawat** has been nominated as Chairperson, **Dr. Jyoti Shetty** as a member of Grievance committee of IPS. The west zone members have a strong representation on various task forces, subcommittees and specialty sections of the Indian Psychiatric society as advisor / chairperson / convener.

Following members from zone nominated for various posts (2025-26) at IPS -

Dr. Laxmikant Rathi continued as Immediate Past President of IPS, Dr. Bhalchandra Kalmegh has been nominated as Asst Hon General Secretary and Dr. Hemant Sonanis as Asst. Hon. Treasurer from the zone.

SUB-COMMITTEES		
NAME	**POST**	**COMMITTEE NAME**
Dr. Vihang Vahia	Advisor	Award Subcommittee
Dr. Rashmin M. Cholera	Co-chairperson	Clinical Practice Guidelines
Dr. Parag S. Shah	EC Coordinator	Clinical Practice Guidelines Child Psychiatry specialty section Interpersonal, Transactional and CBTs - Specialty Section Accredition - Sub-Committee
Dr. Dhananjay V. Ashturkar	Member	Conference - Sub Committee
Dr. Vivek Kirpekar	Co-chairperson	Constitution subcommittee
Dr. Ashish Saboo	EC Coordinator	Constitution subcommittee Finance & Internal Audit - Sub Committee Election reforms
Dr. Sudhir Bhave	Chairperson	Cultural subcommittee
Dr. Umesh Nagapurkar	EC Coordinator	Cultural subcommittee Parliamentary affairs Private Psychiatry - Specialty Section
Dr. Neena Sawant	Co-Chairperson	International affairs- sub committee
Dr. Nikhil Chaugule	Member	International Affairs - Sub Committee
	Convenor	IPS Foundation day sub committee
Dr. Sanjay Bagadia	Chairperson	International Affairs - Sub Committee
Dr. Sagar Karia	Chairperson	Quiz-subcommittee
Dr. Anukant Mital	Co-chairperson	Legal - Sub Committee
Dr. Anjali Chabria	Chairperson	Media - Sub Committee
Dr. Arun V. Marwale	Advisor	Membership subcommittee
Dr. Shilesh Umate	Convenor	Membership subcommittee
	Member	Website sub-committee
Dr. Harish Shetty	Advisor	Media - Sub Committee
Dr. Henal Shah	Chairperson	Research - Sub Committee
Dr. Deepak Kelkar	Advisor	Public Education - Sub Committee
Dr. Devavrat Harshe	Convener	Quiz sub committee
Dr Jaisukh Parmar	Chairperson	Social Security Scheme - Sub Committee

SUB-COMMITTEES		
NAME	**POST**	**COMMITTEE NAME**
Dr. K. K. Mishra	Convenor	Social Security Scheme - Sub Committee
Dr. Amar H. Shinde	EC Coordinator	Sports - Sub Committee Rehabilitation Psychiatry - Specialty Section MHCA Act Task Force
Dr. Anupam Rathod	Co-chairperson	Sports - Sub Committee
Dr. Mansi Vora	Convener	Sports - Sub Committee
Dr. Devika Patil	Member	Sports - Sub Committee
Dr. Shubhangi Dere	Member	Superspeciality Certificate Courses - Sub Committee
Dr. Parth Vaishnav	Co-chairperson	Technology Sub committee
Dr. Sanjay Phadke	Co-chairperson	Technology Sub committee
Dr. Preetam Chandak	Chairperson	Young Psychiatry - Sub Committee
Dr. Heena Merchant	EC Coordinator	School Mental health Consultation Liaison Psychiatry - Specialty Section College Mental Health
Dr. Dhruv Parmar	Member	QUIZ- Sub Committee

SPECIALITY SECTIONS		
NAME	**POST**	**SECTION NAME**
Dr. Malay Dave	Advisor	Biological Psychiatry
Dr. Manik Bhise	Chairperson	Biological Psychiatry
Dr. Nachiket Desai	Member	Biological Psychiatry
Dr. Bhooshan Shukla	Co-chairperson	Child Psychiatry
Dr. Anusha Prabhakarn	Chairperson	College Mental Health
Dr. Janhavi Kedare	Advisor	Community Psychiatry
Dr. Anil Rane	Co-chairperson	Environment & Psychiatry
Dr. Vinod Kulkarni	Chairperson	Forensic Psychiatry
Dr. Ravindra Agrawal	Co-chairperson	Forensic Psychiatry
Dr. Akshada Amonkar	Convener	Geriatric Psychiatry
Dr. R. C. Maniar	Advisor	Geriatric Psychiatry
Dr. Abha Bang Soni	Convener	Private Psychiatry
Dr. Pawan Adatia	Chairperson	Psychotherapies
Dr. Kulkarni Govind	Co-chairperson	Psychotherapies
Dr. Simon Awale	Convener	Rural Psychiatry
Dr. Kersi Chavda	Advisor	School Mental Health
Dr. Avinash D'souza	Co-chairperson	School Mental Health
Dr. Khyati Mehtalia	Convener	School Mental Health
Dr. Darpan kaur	Member	School Mental Health
Dr. Pawan Rathi	Co-chairperson	Sex Medicine
Dr. Suparna Telang	Advisor	Sex Medicine
Dr. Bhalchandra Kalmegh	Convener	Sex Medicine
Dr. Najamus Saquib Siddiqui	Co-chairperson	Spirituality Psychiatry
Dr. Rajesh Dhume	Advisor	Interpersonal, Transactional and CBTs - Specialty Section
Dr. Monali Deshpane	Chairperson	Interpersonal, Transactional and CBTs - Specialty Section
Dr. Ruksheda Nazli Syeda	Chairperson	Women Mental Health
Dr. Smita Panse	Convener	Women Mental Health
Dr. Arpit Parmar	Member	Addiction Medicine
Dr. Deepak Rathod	Co-chairperson	Rehabilitation

TASK FORCES		
NAME	**POST**	**TASK FORCE**
Dr. Sushil Gawande	Co-chairperson	Art & Psychiatry
Dr. Fabian Almeida	Co-chairperson	Art & Psychiatry
Dr. Kiran Sandilya	Advisor	Art & Psychiatry
Dr. Kaushik Gupte	Co-chairperson	Election Reforms
Dr. Ashwin Bhattad	Convener	Election Reforms
Dr. Ashish Shrivastav	Convener	MHCA
Dr. Anand Nadkarni	Chairperson	Literature & Psychiatry
Dr. Sheryl John	Co-chairperson	NDPS Act
Dr. Alka Subramanyam	chairperson	Disability Assessment Tool - Sub-Committee
Dr. Nilesh Shah	Co-chairperson	Accreditation - Sub-Committee

IMPORTANT ISSUES ADDRESSED IN THE ZONE

There were 4 EC meetings (in person & virtual) including election scrutiny meetings held during this year and various matters of importance were discussed. We had three online extremely productive and interactive scientific committee meetings on an online platform with equal participation from the office and organizers of the events during the year before the Annual Conference of Zone & CME. The product of these scientific committee meetings is the excellent program that we could offer to all over zonal members. The zone has good financial health. We are thankful to the organizers of 55th and 56th ACIPSWZB and 34th Mid Term CME for their zonal contributions. With regular support from our Auditors Ashar & Associates we are filing our Income tax returns on time. We have been filing our income tax regularly, with last Income Tax flied for Assessment year 2024-2025.

Under able leadership of Hon Editor Dr. Heena Merchant, **Annals of Indian Psychiatry** has achieved a prestigious position. From the year 2022 Journal has 4 issues a year and all issues are on time. We are planning to have 6 issues in the year 2026. We have international authors also submitting the articles. We will soon be applying for Scopus and PubMed Indexing. Our contract with Wolter Kluwers has been renewed. Journal is indexed in DOAJ, ESCI, USG CARE and web of science. Sponsorship has been sought for Journal activity and availed off from Pharma.

Our **zonal website (ipswzb.in)** has been hosting events and updates from the zone and central IPS on a regular basis. We have given a link of the zonal journal on the website along with links for IPS, IJP and other important organization's websites. We are updating upcoming CMEs and conferences in **'News & Updates'** section. We are also updating AGBM notice, Election notice, Minutes of meetings, Secretary report time to time. We are also sending emails and messages regularly to all the members regarding all activities of IPSWZB/PSWZ. Our Facebook page, Instagram & YouTube Channel are active and both help to increase the interactions among the members. There are many mental health awareness videos uploaded on the website for general public. We sincerely continue **"go green"** initiative since couple of years by doing all our zonal communications in digital format. We are having more dynamic pages with some new creative incorporation in the website to make it more useful as per our motive of making all zone related communication paperless. The recent updated list of all the members with mail ids is collected. Credit of this tedious & incredible work goes to Membership Subcommittee and we have updated it on our website, data still needs few modifications and, compilation processes will take some time. The efforts are directed towards uploading all the information on the zonal website which can later be edited by the members themselves. We have released e-directory & sent to members in CD format. We are in the process of preparing a printed directory as well as e-directory of Govt. hospital psychiatry units, medical college psychiatry units, registered/licensed mental health establishments, rehabilitation centre, etc. This will be useful for easy referral of cases to a place convenient to patient.

After the registration of the zone with charity commissioner as PSWZ, we have applied for **constitutional amendments like provision for Election commission as per the IPS constitution and availability of the hybrid facility for conducting EC meetings or AGBM. We have applied for accreditation of the PSWZ to Maharashtra Medical Council** for the credit hours.

Zone has its own online Zoom platform and most of the online activities (EC meetings, PG programs, monthly webinar, online lectures) of zone take place on the same platform.

The recipient of this year's (2025) Dr. L. P. Shah Oration Award is Dr. R. C. Maniar from Ahmedabad and recipient of Dr. V. N. Bagadia Endowment Award is Dr. Sally John from Sewagram. Dr. A. V. Shah

Best Paper Award and IPS Nagpur Branch & Dr. I. K. Mujawar Best Poster Award had 11 and 4 entries respectively. The top three papers from both the awards had contested for winning the award in Annual Conference. Winners were declared in Valedictory function of ACIPSWZB.

IPSWZ, conducted e-voting for the first time smoothly in unbiased, ethical and stringent way by forming the Election Commission.

Events, Accolades, Achievements :

It is a proud moment for our Zone that we won **Best Zone Award** for the year 2024 and it was **declared in AGBM 2025** of IPS. Credit goes to the able and competent leadership of Dr. Neena Sawant and team.

The Western Zone takes pride in having organized (amongst many others) some activities with futuristic, far-reaching consequences, as follows:

1. **The Task force on "Aligning Needs of Teens to Educational Reforms" discussed the proposal with the Principal Secretary, School Education, Government of Maharashtra, for delaying the school start-time for middle and secondary schools in keeping with the physiological phase-delay in adolescents' sleep, thereby improving their mental health and academic performance. The Zone received an encouraging response from the principal secretary and a favourable way forward is underway.**
2. **An ambitious, first-of-its-kind CAMH (Child & Adolescent Mental Health) App was created and made available on Google play store. The app is developed for the ease of referring any child Psychiatry case anywhere and to any mental health expert across the Zone.**
3. **Following in the footsteps of IPS, E-Voting was introduced in the Zone. It follows the procedure that is in line with the IPS rules and regulations.**
4. **Awareness and community programs under 'Digital Detox' and 'Mission Chaitanya - From Addiction to Hope' benefitted more than 25000 school children across three states of the zone with participation of more than 100 psychiatrists.**
5. **10 Academic and educational programs for Post Graduate students with attendance reaching up to 200 PG Students in each program.**
6. **Meeting with the Ministry of Health and State Mental Health Authority of Maharashtra to collaborate and extend help from the zone for delivering quality mental health services, in its various dimensions, under MHCA 2017.**

Following is the summary of activities conducted by IPSWZB/PSWZ in the year 2025

A record total of 168 activities (44 of which were online, and 124 were offline) were conducted at the zonal level (the number excludes the IPS member-states' and member-cities' activities).

Sr. No.	Sub-committee	Online activities	Physical activities	Total No. of activities
1	Women & Child Mental Health	9	1	10
2	PG Psychiatry	10	-	10
3	Art & Cultural	7	1	8
4	Doctor's wellness	3	-	3
5	Rural Psychological Health	3	110	113
6	CME	-	2	2
7	Research	-	1	1
8	Leadership	2	5	7
Collaborative activities				
1	Dynamic Psychiatry Conference	-	1	1
2	Addiction Medicine CME	-	1	1
3	Mid term CME of IASP	-	1	1
4	National YP CME	-	1	1
5	Manadurga activity	10	-	10
	Total	**44**	**124**	**168**

ANNUAL CONFERENCE IPSWZB (PSWZ) 2025

56thAnnual Conference IPSWZB (PSWZ)

Organized by Psychiatric Society, Nagpur

Date	:	**10th, 11th & 12th October 2025**
Delegates	:	**516**
Venue	:	**Hotel Center Point, Ramdaspeth, Nagpur**
Organizing Chairman	:	**Dr. Vivek Kirpekar**
Organizing Secretary	:	**Dr. Sushil Gawande** **Dr. Abha Bang Soni**
Organizing Treasurer	:	**Dr. Priti Bhute**



The 56th Annual conference of our zone, ACPSWZ 2025 was hosted by Psychiatric Society, from 10th to 12th October 2025 on the theme ***"Symphony in Psychiatry".*** Scientific Agenda tailored by Dr. Abhishek Somani and Organizing Team was very much appreciated by delegates. Dr. TSS Rao, Vice President, IPS as a Guest of Honor along with IPS Hon. General Secretary, Dr. Amrit Pattojoshi attended the Inaugural function of Conference and also participated actively in academic sessions. Along with Speakers & Chairpersons, **more than 516 members** participated in this academic feast.



MID TERM CME of IPSWZB [PSWZ] 2025

34th MID TERM CME IPS-WZB/PSWZ
Theme : Managing Medical Co-morbidities in Psychiatric Practice
Organized by Karad Psychiatric Association and Deccan Psychiatric Association

Date	:	**3rd & 4th May, 2025**
Delegates	:	**196**
Venue	:	**VITS Satyajeet, Karad, MMC 3 credit points**
Organizing Chairman	:	**Dr. Sharad Kshirsagar**
Organizing Secretary	:	**Dr. Dinesh Tembe**
Organizing Treasurer	:	**Dr Ajish Mangot**

34th Mid Term CME of IPSWZB was held on 3rd& 4th May 2025 at VITS Satyajeet, Karad and was hosted by Karad Psychiatric Association and Deccan Psychiatric Association. Theme was **"Managing Medical Co-morbidities in Psychiatric Practice".** Team was headed by Dr. Sharad Kshirsagar, Organizing Chairman & Dr. Dinesh Tembe, organizing secretary. Organizing Committee managed the event very well. **196 members participated** and made CME successful. **Participants appreciated scientific agenda and hospitality.**



POST-GRADUATE PSYCHIATRY CME

Theme	:	**From Silence to Science : Navigating Psychosexual disorders in Psychiatry Training**
Date	:	**13th& 14th December 2025**
Venue	:	**LTMMC & GH, Sion, Mumbai**
Participants	:	**186 PG Students (Goa, Gujarat, Maharashtra)**
Organizing Chairperson	:	**Dr Heena Merchant, Dr. Avinash D'souza**
Organizing Secretary	:	**Dr. Sagar Karia**

PG CME Program 2025 of PSWZ was organized by the **Department of Psychiatry at LTMMC & GH, Sion, Mumbai on 13th and 14th of December 2025. 186 PG students** from three states attended enthusiastically. Theme was **"From Silence to Science : Navigating Psychosexual disorders in Psychiatry Training".** Our eminent Speakers and esteemed Chairpersons (by sharing their experiences) contributed in knowledge/skills enhancement of students not just from an exam point of view but they also gave valuable insights which will help in their clinical practice. **The two-day event was wonderfully received and highly appreciated and the need for more such programs was voiced.**



IPS FOUNDATION DAY CELEBRATION

IPS Foundation Day was celebrated on 7th January 2025 at various places by Zone members. 15 psychiatrists established Indian psychiatric society on 7th January 1947. Now our National IPS has more than 7500 members. We are in debt of those founder members forever. We can proudly say that IPS unites all Zonal, state & local branches under its umbrella.

Research grant

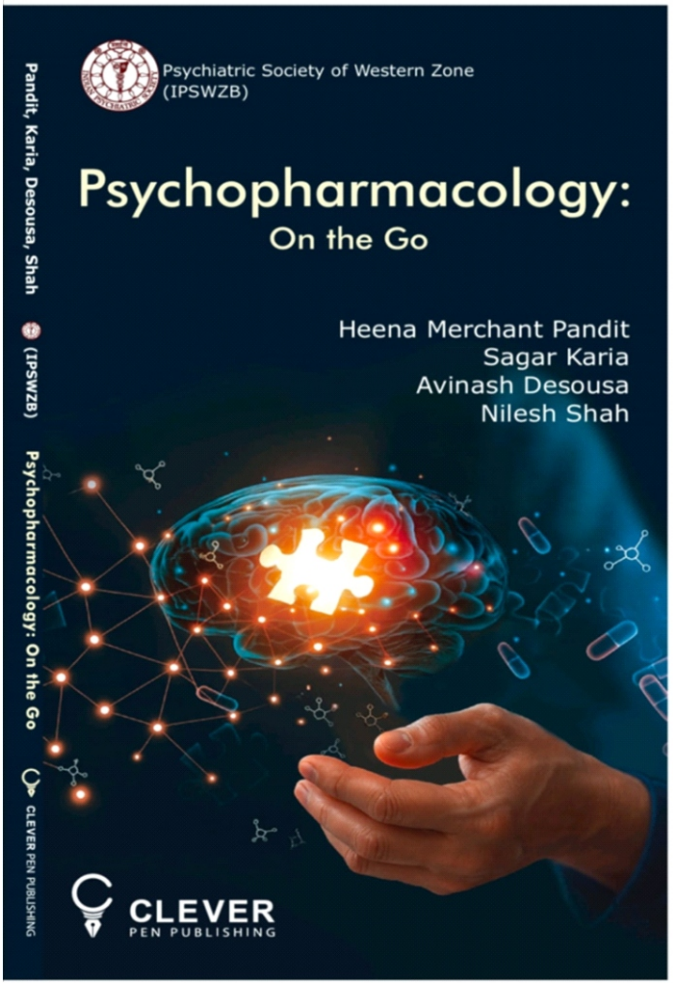
IPS-WZB has started giving aid in grants to three original research work every year. Grant is of 25,000/- each. Rules & regulations are formed by Research subcommittee & selection of work will be done by team members. We have received a good response & three proposals are selected for grant which were declared and **disbursed.**

Modules for other PGs

IPS-WZB made **10 modules** on common **Mental Disorders for sensitization of PGs of other disciplines** for DMER which are distributed to all Medical Colleges of Maharashtra & Goa for Dissemination by the local Departments of Psychiatry

Book release

IPS-WZB has published a book **"Psychopharmacology : On the Go"** which includes comprehensive information about all the psychotropic medications. This is written by our members of Quiz Sub committee.



IPSWZB/PSWZ collaborative activities 2025

1. **Inaugural Conference of World Association of Dynamic Psychiatry in Nagpur** with national and international speakers. Date - 12th & 13th April 2025. Around 200 delegates attended the conference.
2. **Mid term CME of IASP at Sewagram on 29th of March 2025.** Topic : Gender Bias Exists Across Occupations. Organized by Dr. K. K. Mishra and Team.
3. **CME on Addiction Medicine at AIIMS, Nagpur on 29th June 2025.** 1 MMC Credit point. Delegates : 80
4. **National Young Psychiatrists CME at Chitnavis center, Nagpur on 10th August 2025.** Topic : Psychiatry Neurology Interface. 2 MMC Credit point. Delegates : 110. Org chairman : Dr. Priti Bhute, Org secretary : Dr. Pritam Chandak

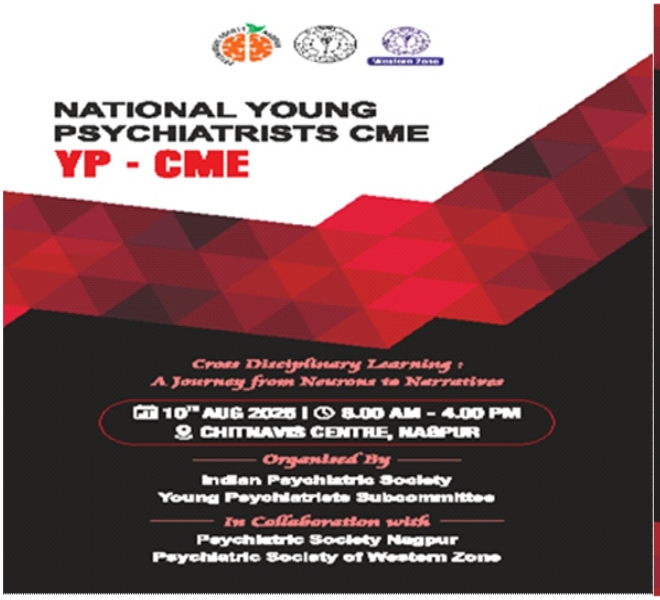


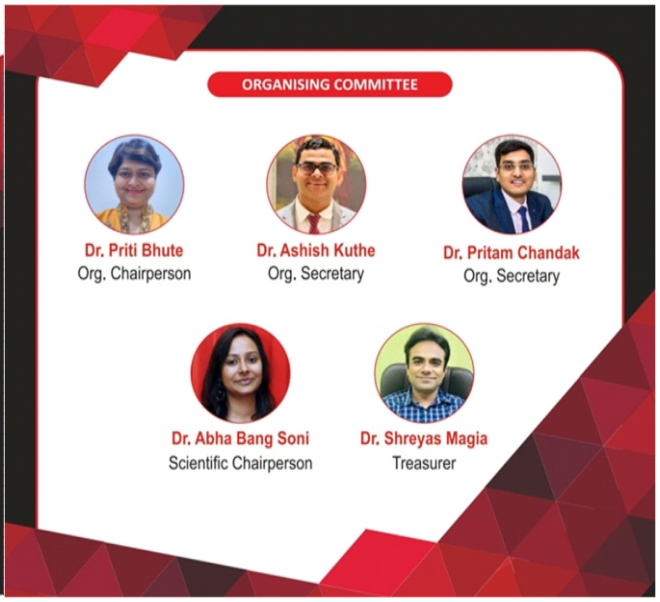




Scientific agenda

Time	Topic	Faculty
09:00 to 09:30	**Breakfast and Registration**	
09:30 to 09:50	**Inauguration** *Chief guest :* **Dr. P. P. Joshi** *Guest of Honour :* **Dr. Sudhir Bhave**	
09:50 to 10:30	Opioid use disorder : Clinical and policy issues	**Dr. Atul Ambekar** (AIIMS New Delhi)
Chairpersons	Dr. Vivek Kirpekar, Dr. Manish Thakre	
10:30 to 11:10	Protein Kinase C inhibitor in addictive disorders	**Dr. Malay Dave** (Mumbai)
Chairpersons	Dr. Abhishek Somani, Dr. Rahul Tadke	
11:10 to 11:30	**Tea Break**	
11:30 to 12 noon	Setting up a private de-addiction centre	**Dr. Suresh Patil** (Vasai)
Chairpersons	Dr. Vikas Bhute, Dr. Nikhil Pande	
12:00 to 12:45	Panel Discussion : Navigating the challenges in addiction medicine practice.	*Panelists :* **Dr. Amol Bhusare** **Dr Vinit Patel** **Dr. Atul Ambekar** **Dr. Satish Humne** *Moderator :* **Dr. Neha Bhave**
12:45 to 13:00	**Valedictory**	
13:00 to 14:00	**Lunch**	


NATIONAL YOUNG
PSYCHIATRISTS CME
YP - CME
Cross Disciplinary Learning :
A Journey from Neurons to Narratives
10TH AUG 2025 | 8.00 AM - 4.00 PM
CHITNAVIS CENTRE, NAGPUR
Organised By
Indian Psychiatric Society
Young Psychiatrists Subcommittee
In Collaboration with
Psychiatric Society Nagpur
Psychiatric Society of Western Zone


ORGANISING COMMITTEE
Dr. Priti Bhute
Org. Chairperson
Dr. Ashish Kuthe
Org. Secretary
Dr. Pritam Chandak
Org. Secretary
Dr. Abha Bang Soni
Scientific Chairperson
Dr. Shreyas Magia
Treasurer




CME on Addiction Medicine












MASTER OF
CEREMONY

5. **Manadurga activity :** Mental health awareness activity with the theme of 9 lady psychiatrists spreading awareness about emotional health based on the 9 colours (and related emotion) of Navratri. Activity was concluded by mental health awareness tips by Dr. Nandu Mulmule.





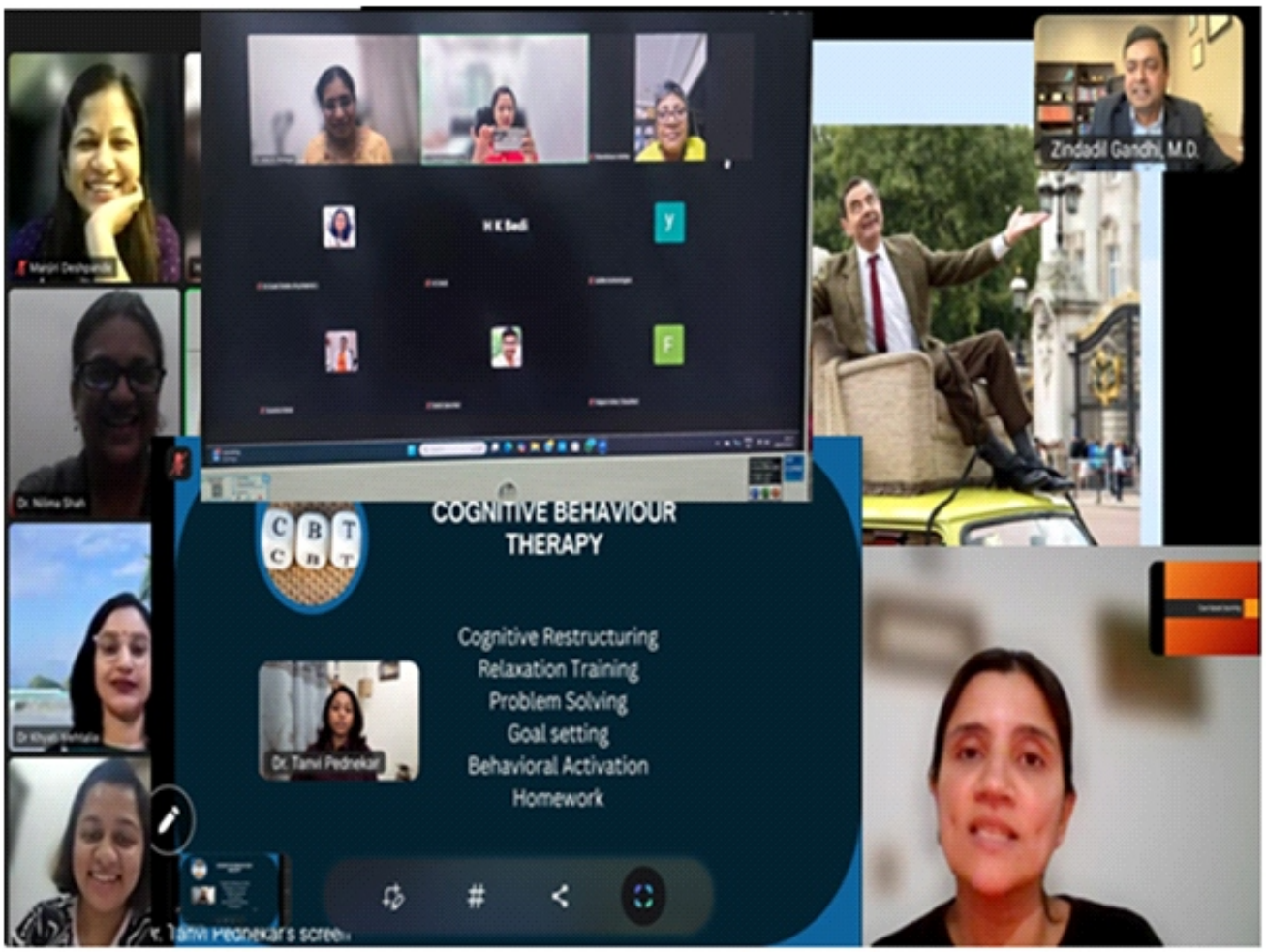
Prominent Innovative Activities by Subcommittees - WOMAN & CHILD MENTAL HEALTH COMMITTEE

Woman & Child Mental Health Subcommittee

Designation	Name	Phone	E-mail
Advisor	Dr. Bhooshan Shukla	9922994976	bhooshan.shukla@gmail.com
Chairperson	Dr. Ritambhara Mehta	9426755927	ritambharam@yahoo.com
Convenor	Dr. Akshada Amonkar	9158114281	docakshada@gmail.com
EC coordinator	Dr. Khyati Mehtalia	9825199276	khyati.mehtalia@yahoo.com
Members	Dr. Nilima Shah	9979880789	itisnilima@gmail.com
	Dr. Swati Shelke	8850536278	swatishgsite@gmail.com
	Dr. Neha Salankar (Bhave)	9881736731	bhave.neha@gmail.com
	Dr. Aalapi Prajapati	9558901464	aalapi3012@gmail.com
	Dr. Elavatsala Sharma	9925012454	vatsalaela@gmail.com

Conducted 9 webinars and 1 offline program

No	Date	Topic	Speaker/s	Chairperson/s	Moderator	Activity/ Venue	No of attendees
4	21 Mar 2025	Intimate Partner Violence – How to prevent, How to end...	1. Dr. Ritambhara Mehta Professor & Head, Psychiatry, GMC, Surat 2. Dr. Khyati Mehta Consultant Psychiatrist, Ahmedabad 3. Dr. Aninda Sidana Consultant Psychiatrist, Sriganganagar, Rajasthan	Welcome by Dr. Sudhir Bhave President, IPSWZB	Dr. Aalapi Prajapati Assistant Professor, GCSMC, Ahmedabad	Webinar https://youtu.be/K4RQXfq0Q_g?si=sPhyD3kQ6p82b8pf	48
5	18 Apr 2025	ADHD: Inattention, Hyperactivity and Beyond	Dr. Zindadil Gandhi Asst. Prof., Psychiatry, Drexel Univ., College of Medicine, Philadelphia	Speaker introductions done by Moderator and Welcome by President	Dr. Nilima Shah Associate Professor, NHLMMC, Ahmedabad	Webinar https://youtu.be/_WqNVCxbnp0	68
6	20 June 2025	Mental Health Promotion I Young	Dr. Shivanand Kattimani Prof and Head JIPMER, Puducherry	Welcome by Dr. Sudhir Bhave President, IPSWZB	Dr. Aalapi Prajapati Assistant Professor, GCSMC, Ahmedabad	Webinar https://youtu.be/ES0dPrs02XM	51
7	18 Jul 2025	Managing Female Sexual Dysfunction: What Every Clinician Must Know	Dr. Veda Shetageri Prof & Head, Psychiatry, East Point College of Medical Sciences, Bengaluru	Welcome by Dr. Sudhir Bhave President, IPS WZB	Dr. Elavatsala Sharma Consultant Psychiatrist, Vadodara	Webinar https://youtu.be/9i_BoHbFkWg	47
8	14 Aug 2025	OCD and Its Allies: Navigating Comorbidity in Pediatric Populations	Dr. Eesha Sharma Associate Professor, Child & Adolescent Psychiatry, NIMHANS, Bengaluru	Dr. Ritambhara Mehta Chair, WCMH, Welcome Address by Dr. Sudhir Bhave President, IPS WZB	Dr. Aalapi Prajapati Assistant Professor, GCSMC, Ahmedabad	Webinar https://youtu.be/ZjhmGnBEk64	50
9	18 Sep 2025	The Unseen Struggle: Identifying and Managing Perinatal Anxiety	Dr. Tanvi Pednekar Consultant Psychiatrist, Goa	Welcome by Dr. Sudhir Bhave President, IPS WZB	Dr. Akshada Amonkar Consultant Psychiatrist, Goa	Webinar https://youtu.be/mMphd_n7tu0	57


Zindadil Gandhi, M.D.
COGNITIVE BEHAVIOUR THERAPY
Cognitive Restructuring
Relaxation Training
Problem Solving
Goal setting
Behavioral Activation
Homework
Dr. Tanvi Pednekar
Dr. Tanvi Pednekar's screen





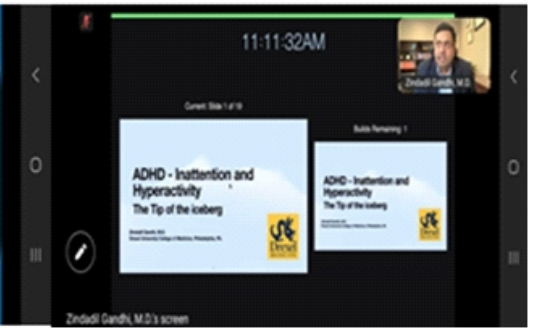






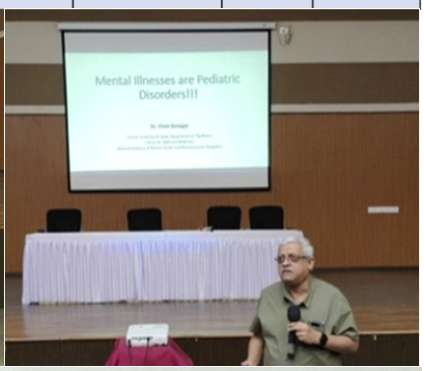






No	Date	Topic	Speaker/s	Chairperson/s	Moderator	Activity/ Venue	No of attendees
1	27 April 2025	A Holistic Approach towards Mental Health Care	1. Dr. M. C. Desouza Prof and Head, IPHB, Goa 2. Dr. Vivek Benegal Professor, Deaddiction Psychiatry, NIMHANS, Bengaluru 3. Dr. Ritambhara Mehta Prof and Head, GMC, Surat 4. Dr. Harshini Manohar AP, CAP, NIMHANS, Bengaluru	Chief Guest Dr. Shivanand Bandekar Dean, GMC, Goa	Dr. Neha Salankar Consultant Psychiatrist, Nagpur	Offline Workshop at Goa	40









PG PSYCHIATRY SUB-COMMITTEE

PG Psychiatry Subcommittee

Designation	Name	Phone	E-mail
Advisor	Dr. Shilpa Adarkar	9820139158	shilmit@gmail.com
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	Dr. Wenona Fernandes	9823189113	wenona13@gmail.com
	Dr. Dron Bhandutia	8401841054	deptpsychiatry013@gmail.com
	Dr. Romesh Bagde	7587134977	romesh.dr.bagde@gmail.com
	Dr. Sayali Daberao	9096298179	daberao25@gmail.com

SCHOLARLY SUNDAY SESSIONS : ONCE A MONTH (SUNDAY)

Total 10 activities (webinars)

Sr No	Date of Program	Panellist / Faculty	Topic	Speaker	Moderator	No. attended
1.	17th Nov. 2024	Dr Ritambhara Mehta Dr Alka A Subramanyam Dr Ashish Srivastava	How to write theory exam (Panel discussion)	-	Dr Sreelakshmi V	187
1.	29th Dec. 2024	Dr Henal Shah Dr Sandip Shah	Common mistakes during practical examination: Video-cum-Panel discussion	-	Dr Prajakta Patkar	195
1.	9th Feb. 2025	Dr Sonakshi Jyrwa Dr Mohit Agarwal Dr Aakriti Jha Dr Colin Braganza	Which topic? Which book? Listen to experts: Panel discussion-cum-book reviews	-	Dr Wenona Fernandes	116
1.	23rd March 2025	Dr Aniket Shukla Dr Gaurav Kumar Singh Dr Sagar Bhalke Dr Varun Jaitpal	Career options after MD Psychiatry: Panel discussion	-	Dr Dron K Bhandutia	107
1.	20th April 2025	Dr Prajakta Patkar Dr Romesh Bagde	Mnemonics in Psychiatry	-	-	91
1.	25th May 2025	Dr Sreelakshmi V Dr Sayalee Daberao	Sketch 25 Score High: 25 Must-Know exam diagrams for psychiatry residents	-	-	147
1.	22nd June 2025	Dr Neena Sawant	Skills of writing diagnostic formulations in the exam	Dr Sahil Ingale Dr Jugal Rathod Dr Aditi Modak	Dr Wenona Fernandes	134
1.	13th July 2025	Dr Ashish V Saboo Dr Jahnavi Kedare	Table viva / Mock viva examination	Dr Sarita Gamit Dr Parth Akhani Dr Bhoomi Jodhani Dr Vipul Vaniya Dr Pratik Chaudhari Dr Maitry Vankawala Dr Sonera Chintan Dr Riddhi Donda Dr Rajvee Dave De Eesha Gor Dr Nikita Sidhore Dr Aneesha Pattnaik Dr Rishi Kotla Dr Ashish Yawale	Dr Dron K Bandutia	102
1.	24th Aug. 2025	Dr Maithili Umate Dr Vivek Kirpekar	Short case presentation	Dr Akshay Wasnik Dr Yash Vaghani Dr Akash Gorana Dr Yagyani Bali	Dr Sayalee D Daberao	83
1.	21st Sept. 2025	Dr Parag S Shah Dr Heena Merchant	Long case presentation	Dr Ruturaj Jadhav	Dr Romesh Bagde	82

PSYCHIATRIC SOCIETY OF WESTERN ZONE

PG PSYCHIATRIC EDUCATION COMMITTEE

PRESENTS

Scholarly Sunday Sessions

(4th Series Edition - 3)

Topic :

Which topic? Which book? Listen to the experts: Panel discussion-cum-book reviews

PANELIST

Dr Sonakshi Jyrwa

Dr Mohit Agarwal

Dr Aakriti Jha

Dr Colin Braganza

MODERATOR

Dr Wenona Fernandes

DATE : 9TH FEB 2025

TIME : 10:00 AM - 11:00 AM



ZOOM LINK

https://us06web.zoom.us/j/86499270770?pwd=39yecBrjEyrrd0NakouBtcHabBsWZ4.1

Meeting ID: 864 9970 9770

Passcode: IPSWZB

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Dr. Nakul Vanjari :	Hon. Treasurer
Dr. Heena Merchant :	Hon. Editor

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Dr Shilpa Adarkar	Advisor
Dr Sushil Gawande	Chairperson
Dr Sreelakshmi	Convenor
Dr Bhaichandra Kalmegh	EC Co-ordinator
Dr Prajakta Patkar	Member
Dr Wenona Fernandes	Member
Dr Dron Bhandutia	Member
Dr Romesh Bagde	Member
Dr Sayalee Daberao	Member

PSYCHIATRIC SOCIETY OF WESTERN ZONE

PG PSYCHIATRIC EDUCATION COMMITTEE

PRESENTS

Scholarly Sunday Sessions

(4th Series Edition - 4)

Topic :

Career options after MD Psychiatry : Panel discussion

PANELIST

Dr Aniket Shukla

Dr Gaurav Kumar Singh

Dr Sagar Bhalke

Dr Varun Jaitpal

MODERATOR

Dr Dron K. Bhandutia

DATE : 23RD MAR 2025

TIME : 10:00 AM - 11:00 AM

Career as a Psychiatrist



ZOOM LINK

https://us06web.zoom.us/j/86969475351?pwd=uTVvsRdfxy5U13pVfMnPQtWp7u9i7s.1

Meeting ID: 869 6947 5351

Passcode: IPSWZB

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Dr Bhaichandra Kalmegh	EC Co-ordinator
Dr Prajakta Patkar	Member
Dr Wenona Fernandes	Member
Dr Dron Bhandutia	Member
Dr Romesh Bagde	Member
Dr Sayalee Daberao	Member

PSYCHIATRIC SOCIETY OF WESTERN ZONE

PG PSYCHIATRIC EDUCATION COMMITTEE

PRESENTS

Scholarly Sunday Sessions

(4th Series Edition - 4)

Topic :

Mnemonics In Psychiatry

FACULTY & MODERATORS

Dr Prajakta Patkar

Dr Romesh Bagde

DATE : 20TH APRIL 2025

TIME : 10:00 AM - 11:00 AM



ZOOM LINK

https://us06web.zoom.us/j/84763390535?pwd=ULxnnkId2s3CkOoiZmbkby7Cn1.OgS.1

Meeting ID: 847 6339 0535

Passcode: IPSWZB

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Dr. Nakul Vanjari :	Hon. Treasurer
Dr. Heena Merchant :	Hon. Editor

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Dr Sushil Gawande	Chairperson
Dr Sreelakshmi	Convenor
Dr Bhaichandra Kalmegh	EC Co-ordinator
Dr Prajakta Patkar	Member
Dr Wenona Fernandes	Member
Dr Dron Bhandutia	Member
Dr Romesh Bagde	Member
Dr Sayalee Daberao	Member

PSYCHIATRIC SOCIETY OF WESTERN ZONE

PG PSYCHIATRIC EDUCATION COMMITTEE

PRESENTS

Scholarly Sunday Sessions

(4th Series Edition - 5)

Topic

Sketch 25 Score High :

25 Must - Know Exam Diagrams For Psychiatry Residents

Faculty & Moderators

Dr. Sreelakshmi V.

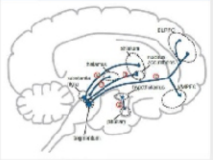
Associate Professor,
Department of Psychiatry AIIMS, Nagpur

Dr. Sayalee Daberao

Assistant Professor,
Department of Psychiatry, EMSKBMC, Chandrapur

DATE : 25TH MAY 2025

TIME : 10:00 AM - 11:00 AM



ZOOM LINK

https://us06web.zoom.us/j/88214690139?pwd=EPhiklzuIE3XoWpz5BmiMicRyzee.1

Meeting ID: 882 1469 0139

Passcode: IPSWZB

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Dr Shilpa Adarkar	Advisor
Dr Sushil Gawande	Chairperson
Dr Sreelakshmi	Convenor
Dr Bhaichandra Kalmegh	EC Co-ordinator
Dr Prajakta Patkar	Member
Dr Wenona Fernandes	Member
Dr Dron Bhandutia	Member
Dr Romesh Bagde	Member
Dr Sayalee Daberao	Member

https://ipswzb.in/Event Calendar/

PSYCHIATRIC SOCIETY OF WESTERN ZONE

PG PSYCHIATRIC EDUCATION COMMITTEE

PRESENTS

Scholarly Sunday Sessions

(4th Series Edition - 5)

Topic

Sketch 25 Score High :

25 Must - Know Exam Diagrams For Psychiatry Residents

Faculty & Moderators



Dr. Sreelakshmi V.

Associate Professor,
Department of Psychiatry AIIMS, Nagpur

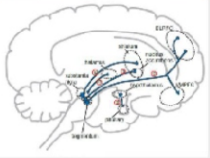


Dr. Sayalee Daberao

Assistant Professor,
Department of Psychiatry, KMSKGMC, Chandrapur

DATE : 25TH MAY 2025

TIME : 10:00 AM - 11:00 AM



ZOOM LINK

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Meeting ID: 882 1469 0139

Passcode: IPSWZB

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Dr Shilpa Adarkar	Advisor
Dr Sushil Gawande	Chairperson
Dr Sreelakshmi	Convenor
Dr Bhalchandra Kalmegh	EC Co-ordinator
Dr Prajakta Patkar	Member
Dr Wenona Fernandes	Member
Dr Dron Bhandutia	Member
Dr Romesh Bagde	Member
Dr Sayalee Daberao	Member

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PSYCHIATRIC SOCIETY OF WESTERN ZONE

PG PSYCHIATRIC EDUCATION COMMITTEE

PRESENTS

Scholarly Sunday Sessions

(4th Series Edition - 6)

Topic

Skills of writing diagnostic formulations in the exam

Faculty



Dr Neena Sawant

Prof & Head, Dept of Psychiatry,
TNMC & Nair Hosp. Mumbai

Presenters



Dr Sahil Ingale

Junior Resident,
Dept. of Psychiatry, NKPSIMS, Nagpur



Dr Jugal Rathod

Junior Resident,
Grant Medical College, Mumbai



Dr Aditi Modak

Junior Resident,
Institute of Psychiatry and Human Behaviour, Goa

Moderator

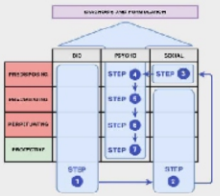


Dr Wenona Fernandes

Con. Psychiatrist,
BPHC, GOA

DATE : 22ND JUNE 2025

TIME : 10:00 AM - 11:00 AM



ZOOM LINK

https://us06web.zoom.us/j/84995454396?pwd=RdG57dSMhIGy3k2bQo9QtVpa9qFpzA.1

Meeting ID: 849 9545 4396

Passcode: IPSWZB

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Dr. Heena Merchant :	Hon. Editor

PG Psychiatric Education Committee

Dr Shilpa Adarkar	Advisor
Dr Sushil Gawande	Chairperson
Dr Sreelakshmi	Convenor
Dr Bhalchandra Kalmegh	EC Co-ordinator
Dr Prajakta Patkar	Member
Dr Wenona Fernandes	Member
Dr Dron Bhandutia	Member
Dr Romesh Bagde	Member
Dr Sayalee Daberao	Member

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PSYCHIATRIC SOCIETY OF WESTERN ZONE

PG PSYCHIATRIC EDUCATION COMMITTEE

PRESENTS

Scholarly Sunday Sessions

4th Series Edition - 7

:: TOPIC ::

Table Viva / Mock Viva Examination

DATE : 13th July Sunday 2025 TIME : 10:00 AM TO 11:00 AM

Faculty



Dr. Ashish V. Saboo
MD DPM,
Prof. and Head
PDMMC, Amravati



Dr. Jahnavi Kedare
MD DNB DPM,
Additional Professor
TNMC and BYL Nair Ch. Hospital, Mumbai

Moderator



Dr. Dron K. Bhandutia
MBBS, MD, FPSM,
Assistant Professor,
NAMOMERI

Examinee



Dr. Sarita Gamit
Narendra Modi Medical College, Ahmedabad



Dr. Parth Akhani
BJMC, Ahmedabad



Dr. Bhoomi Jodhani
MGM Medical College, Mumbai



Dr. Vipul Vaniya
SMIMER, Surat



Dr. Pratik Chaudhari
SMIMER, Surat



Dr. Maitry Vankawala
SMIMER, Surat



Dr. Sonera Ishanshi Chintan
TNMC and BYL Nair Hospital, Mumbai



Dr. Riddhi donda
Narendra Modi Medical College, Ahmedabad



Dr. Rajvee Dave
Narendra Modi Medical College, Ahmedabad

PSYCHIATRIC SOCIETY OF WESTERN ZONE

PG PSYCHIATRIC EDUCATION COMMITTEE

PRESENTS

Scholarly Sunday Sessions

4th Series Edition - 8

:: TOPIC ::

Short Case Presentation

DATE : 24th Aug Sunday 2025 TIME : 10:00 AM TO 11:00 AM

Faculty



Dr. Maithili Umate
Associate Professor,
Department of Psychiatry,
GGMC and JJ Hospital, Mumbai



Dr. Vivek Kirpekar
Professor in Psychiatry,
NKP Salve Institute of Medical Sciences, Nagpur

Moderator



Dr. Sayalee D Daberao
Assistant Professor,
Department of Psychiatry,
KMSK GMC, Chandrapur

Participant's



Dr. Akshay Wasnik
Junior Resident 3rd Year,
N.K.P salve Institute of Medical Science and Research Centre, Nagpur



Dr. Yash Vaghani
Junior Resident 3rd Year
N.K.P salve Institute of Medical Science and Research Centre, Nagpur



Dr. Akash Gorana
2nd Year Resident
TNMC & BYL Nair Hospital, Mumbai



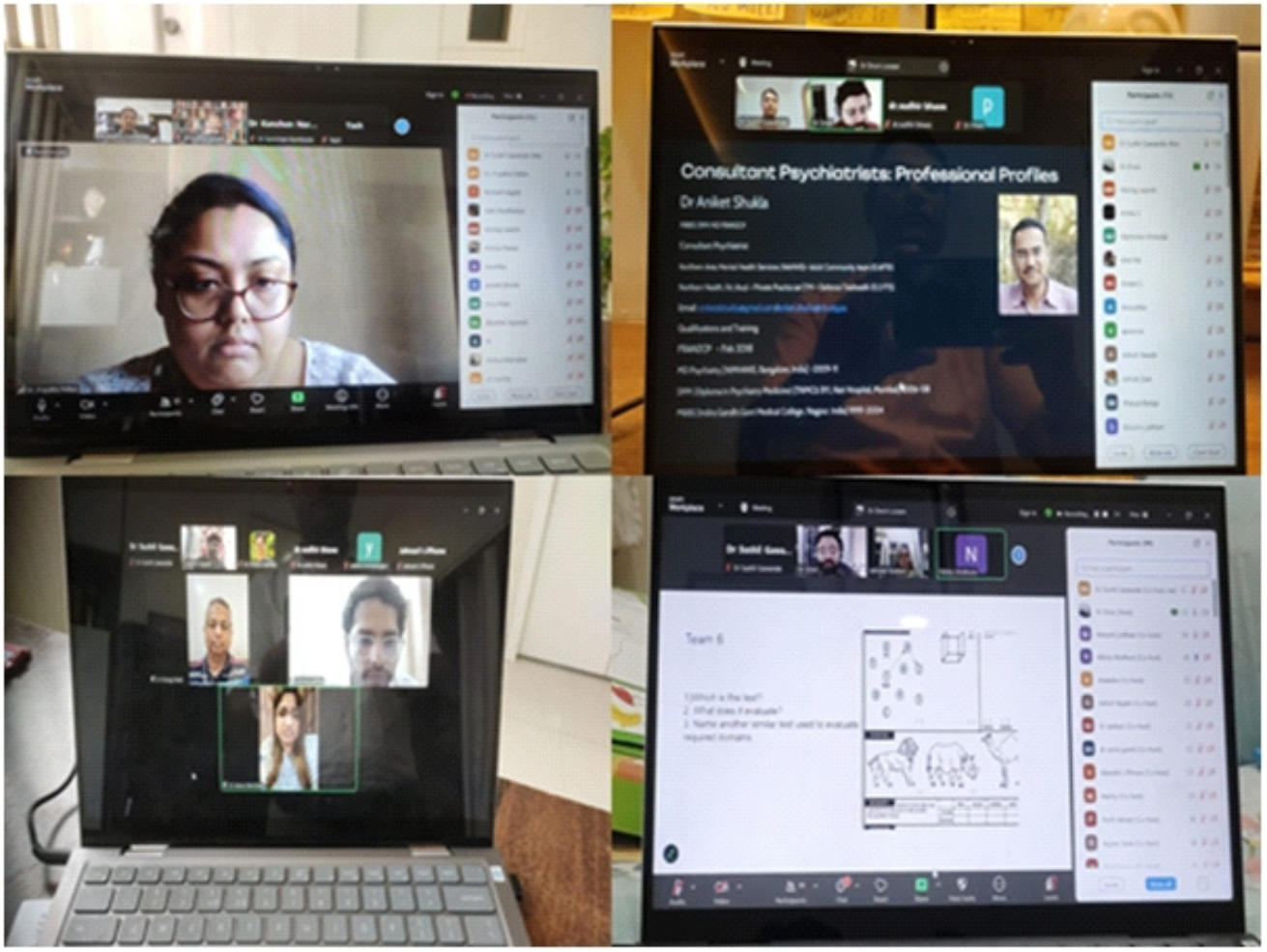
Dr. Yagyani Bali
2nd Year Resident
TNMC & BYL Nair Hospital, Mumbai

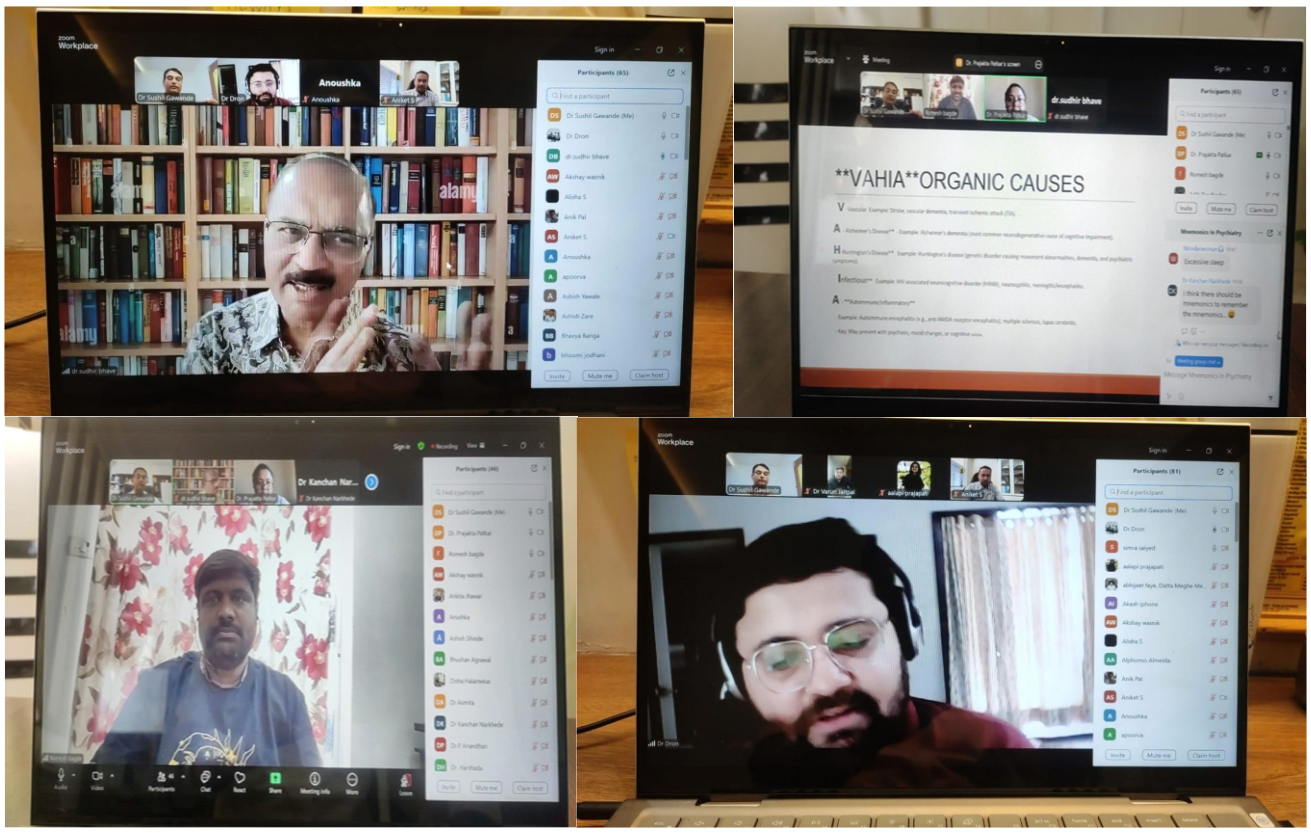
:: ZOOM LINK ::

https://us06web.zoom.us/j/88546956765?pwd=2dxxsqwv4G8u0dr7Rab73zOeIdExUR.1

Meeting ID: 885 4695 6765

Passcode: PSWZ


Consultant Psychiatrists: Professional Profiles
Dr Aniket Shukla
Team 6


Anoushka
VAHIAORGANIC CAUSES

AWARD SUB-COMMITTEE

Award sub-committee

Designation	Name	Phone	E-mail
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EC coordinator	Dr. Bhalchandra Kalmegh	8888108850	drbhalchandra@mannclinic.org
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	Dr. Mahesh Bhirud	8446226733	drmgbhirud@gmail.com
	Dr. Jyoti Shetty	9822326019	jyotyvshetty.19@gmail.com

Winners of various awards in 2025 are as follows

- **Dr. L. P. Shah Oration Award 2025 - Dr. R. C. Maniar**
- **Dr. V. N. Bagadia Endowement Award 2025 - Dr. Sally John**
- **Dr. Anil V. Shah Best Paper Award 2025 - Dr. Himanshi Shrimali & Team, TNMC, Mumbai**
- **IPS Nagpur Branch & Dr. I. K. Mujavar Best Poster Award 2025 - D.r Vidhu Arora & Team, PCMC, Pimpri**

LEADERSHIP SUB-COMMITTEE

Leadership Sub-committee

Designation	Name	Phone	E-mail
Advisor	Dr. Vijay Nagecha	9824201520	nagecha@rediffmail.com
Chairperson	Dr. Deepak Rathod	9324765206	drdeepaksrathod@gmail.com
Convenor	Dr. Amar Shinde	9822207717	dramar79@gmail.com
EC coordinator	Dr. Nimesh Parikh	9426015451	drnimeshparikh@yahoo.com
Members	Dr. Abha Bang Soni	9665026463	dr.abhabang@gmail.com
	Dr. Himanshu Desai	9825065529	drhimdesai@yahoo.com
	Dr. Veena Kantak	9822987974	veenahgd@yahoo.co.in

Conducted 5 Workshops on Leadership at Thane, Amravati, Wardha, Sambhaji Nagar & Pune. Total 219 Psychiatrists participated.

Conducted 2 webinar Interview of a psychiatric leader & a lecture. 112 Psychiatrists attended.

Regular Micro Learnings through FB page 438 Followers

S. N.	Date	Topic	Speaker/s	Chairperson/Moderator	Activity (webinar, physical	Venue	No of Attendees
1.	Sunday 22 Dec 24	Medical & Organisational Leadership	Dr. Deepak Rathod Dr. Fabian Almeida	Dr. Madhuri Shinde Dr. Sanjay Jadhav	Half Day workshop	Hotel Grand Satkar, Thane	32
2.	Sunday 23 Feb 25	Medical & Organisational Leadership	Dr. Deepak Rathod Dr. L.N. Rathi	Dr. Sudhir Bhave Dr. Ashish Saboo	Half Day Workshop	Hotel Grand Mehfil, Amravati	45
3.	Tuesday 25 Feb 25	Walk the Talk with leader LMX Theory	Dr. Shiv Gautam Dr. Deepak Rathod	Dr. Vijay Nagecha Dr. Amar Shinde Dr. Abha Soni	Webinar	Zoom	72
4.	Tuesday 25 Mar 25	Walk the Talk with leader Inclusive Leadership	Dr. Nilesh Mohite Dr. Deepak Rathod	Dr. Nimish Parikh Dr. Himanshu Desai Dr. Veena Kantak	Webinar	Zoom	40
5.	Monday 21 Apr 25	Medical & Organisational Leadership	Dr. Deepak Rathod Dr. Sudhir Bhave	Dr. Abhay Gaidhane Dr. Ragini Gulhane	One Day Workshop	DMIHER, Wardha	38
6.	Sunday 1 Jun 25	Medical & Organisational Leadership	Dr. Deepak Rathod Major H.R Raghavan Dr. Anuradha Rathod	Dr. Rajendra Bohra Dr. Manik Bhise	One Day Workshop	MGM Medical Aurangabad	46
7.	Saturday 13 Sep 25	Medical & Organisational Leadership	Dr. Deepak Rathod Brig. Jyoti Prakash	Dr. Nishikant Thorat Dr. Krishna Kadam	One Day Workshop	BJGMC, Pune	58


IPS
LEAD
Dr Khyati Mehta...
Dr Amar Shinde
Dr.vijay nagecha
Lata's iPhone
Dr. Shanu Rathod
sushila saluram
Dr Veena Kantak
Vidarbha Psychiatric Association and Amravati Psychiatrist Association
Workshop
LEADERSHIP
A Communication Perspective For Mental Health
on Sunday
23rd February 2025
at Grand Mahfil, Amravati
"WI – Lead" Webinar
Western India Leadership Development Webinar
Dr.Vijay Nagecha
Dr.Shiv Gautam
Dr.Deepak Rathod
Dr.Amar Shinde
Dr. Abha Soni
LMX: WHAT WE LOOK FOR
PSYCHIATRY SOCIETY OF THANE

CME SUB-COMMITTEE

CME sub-committee

Designation	Name	Phone	E-mail
Advisor	Dr. Alka Subramanyam	982014324	alka.subramanyam@gmail.com
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EC coordinator	Dr. Pallavi Dhakne	7744054214	dcpallavi53@gmail.com
Members	Dr. Ninad Baste	9881875915	drnvb@yahoo.co.in
	Dr. Tanvi Pednekar	9420685553	drtanvipednekar@gmail.com

Members of subcommittee actively participated in preparing the scientific program of Mid term CME and Annual Conference of the zone.

TASK FORCE: ALIGNING NEEDS OF TEENS TO EDUCATIONAL REFORMS SUB-COMMITTEE

Task force: Aligning Needs of Teens to Educational Reforms sub-committee

Designation	Name	Phone	E-mail
Advisor			
Chairperson	Dr. Alka Subramanyam	9820143245	Alka.subramanyam@gmail.com
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This Task Force was formed to propose suggestions to the Department of Education, Government of Maharashtra to enhance the overall mental and emotional well -being of adolescents. Most schools in the western zone begin as early as 7 am (some even 6:45), which heavily compromises on the sleep of adolescents.

Puberty induces a shift in the sleep-wake cycle, known as a delayed sleep phase, making it difficult for teens to fall asleep before 11:00 PM. As a result, early start times lead to insufficient sleep.

Chronic sleep deprivation is linked to reduced academic performance, mental health issues, and increased risk of physical health problems.

Task Force team conducted a survey among school teachers of Zone. 164 teachers participated. Majority of teachers (56.7% from CBSE and 35.4% from State Board) reported that their schools currently begin before 9 AM, with 74% of schools falling into this early start category. Teachers observed that students often struggle with drowsiness and have lack of focus during early morning classes. Most teachers recognized the benefits of adequate sleep for adolescents, mentioning improved concentration, memory, emotional regulation, and physical health.

Findings were discussed with Shri. Ranjit Singh Deol, Honorable Principal Secretary, School Education and Sports, Government of Maharashtra on 05/09/25, who encouraged to do a pilot study, comparative type. The task force will prepare a proposal to conduct this pilot study, in alignment with the National Education Policy which aims to be child centric, and propose the same to the Education Ministry. Team received encouraging response from principle secretary in physical meeting by Dr. Bhave, Dr. Alka and Task force team.

RESEARCH SUB-COMMITTEE

Research sub-committee

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	Dr. Gaurav Haldankar	9823482255	drgauravhaldankar@gmail.com

Workshop on Qualitative Methods in Mental Health Research was conducted on 11th & 12th April 2025 at Department of Psychiatry, Pramukhswami Medical College (PSMC), Karamsad, Bhaikaka University.

The workshop was led by Dr. Amol Dongre (Professor of Community Medicine, Sri Manakula Vinayagar Medical College and Hospital, Puducherry; MD Community Medicine, MPS, MHPE (UK).

30 enthusiastic delegates participated in the workshop. It was an immersive learning experience, with hands-on training in qualitative data collection methods and assessment techniques.

3 Research projects have been selected for a grant from PSWZ in 2025. Selected authors were Dr. Jagdish Varma, Dr. Sreelakshmi V. and Dr. Delnaz Palsetia. Progress report have been regularly asked from the authors. All three authors / co-authors have to present the project report during annual conference of Zone 2026. Research studies will be published in Zonal journal.





TIME	PROGRAM
9.00-9.30 AM	Recap of Day 1
9.30-10.30 AM	Basic steps in analysis and meaning making
10.30-11.00 AM	Tea break
11.00-11.30 AM	Hands-on thematic analysis
11.30-12.00 PM	Sample size and sampling
12.00-12.45 PM	Approaches to qualitative research
1.00-1.30 PM	Ethical issues in qualitative research (Open Forum, Closure and Feedback)
Certification	Participation in all session and completion of assignments during the workshop

ART AND CULTURAL SUB-COMMITTEE

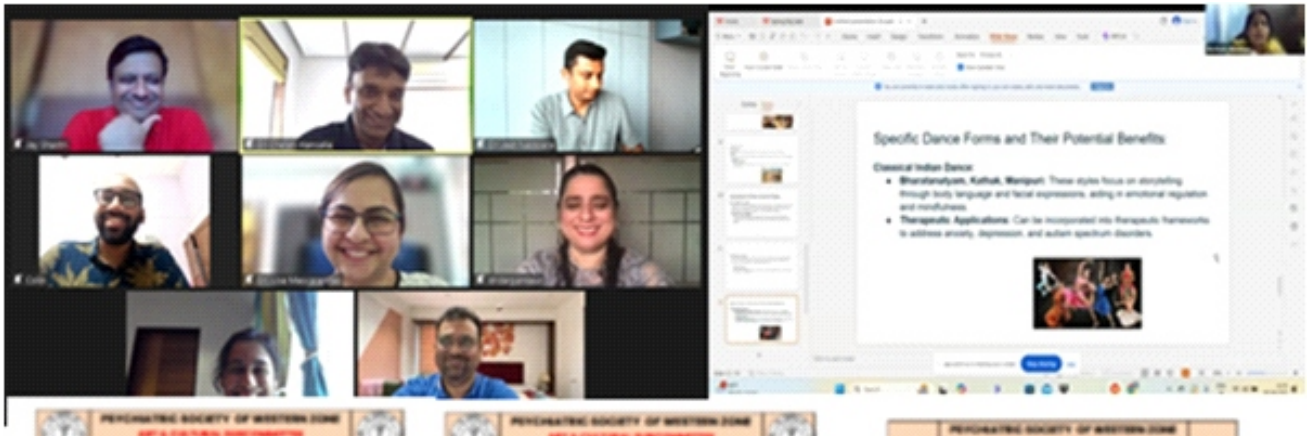
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	Dr. Lisa Barros	8007538760	lisamasc@gmail.com
	Dr. Nisarg Shah	8866049905	drnisargshah49@gmail.com

Subcommittee conducted 7 webinars & 1 offline program

CME in physical mode TOPIC - The Art of Healing Minds: A Cultural Psychiatry CME
1 MMC Credit point
Venue : Sion Hospital (4th Oct 2025) Delegates : 48
List of activities is as in the following table

Sr. No.	Date	Topic	Speaker	Chairpersons moderator	Activity
1.	5th Jan. 2025	Poetry and Mental Health	Dr. Laxmikant Rathi, Dr. Neena Sawant, Dr. Monali Deshpande	Dr. Darpan Kaur/ Dr. Alkesh Patil	Webinar
2.	2nd Feb. 2025	Story telling and Mental Health	Dr. Ritambara Mehta, Dr. Shefali Batra Dr. Anjali Chabbaria	Dr. Darpan Kaur/ Dr. Sanjana Jaiswal	Webinar
3.	2nd Mar. 2025	Music and Mental Health	Dr. Shubhangi Parkar, Dr. Peter J. Castelino, Dr. Fabian Almeida	Dr. Darpan Kaur/ Dr. Alkesh Patil	Webinar
4.	6th April 2025	Dance and Mental Health	Dr. Anita Sukhwani, Dr. Akshada Amonkar, Dr. Ankit Panchmatia	Dr. Darpan Kaur/ Dr. Lisa Mascarenhas	Webinar
5.	18th May 2025	Singing and Mental Health	Dr. K. K. Mishra, Dr. Dipak Rathod, Dr. Priyanka Sahastrabhojanee	Dr. Darpan Kaur / Dr. Nisarg Shah	Webinar
6.	29th June 2025	Photography and Mental Health	Dr. Jay P Shastri, Dr. Chetan Hansalia, Dr. Jeet Nadpara	Dr. Darpan Kaur / Dr. Lisa Mascarenhas	Webinar
7.	27th July 2025	Theatre and Mental Health	Dr. Mary C. D'Souza, Dr. Rahul R. Ghadge, Dr. Saumitra Nemle	Dr. Darpan Kaur / Dr. Lisa Mascarenhas	Webinar
8	4th Oct 2025	The Art of Healing Minds : A Cultural Psychiatry CME	Ms. Vishakha Punjani, Dr. Sagar Karia, Dr. Nahid Dave, Mrs. Garima Bharucha, Dr. Hozefa Bhinderwala		Physical









PSYCHIATRIC SOCIETY OF WESTERN ZONE
ART & CULTURAL SUBCOMMITTEE
PRESENTS

Mann-e-Tarang

A Monthly Psychoeducative Webinar Series on Art, Culture, Creativity, Psychiatry and Mental Health

:: TOPIC ::

Story Telling and Mental Health

DATE : 02TH FEB 2025 TIME : 11:00 AM TO 12:00 PM

Chairperson
Dr. Darpan Kaur
(Chairperson, Art & Cultural Subcommittee IPSWZB)

Moderator
Dr. Sanjana Jaiswal
(Member, Art & Cultural Subcommittee IPSWZB)

Welcome
Dr. Sudhir Bhave
(President, IPSWZB)

Vote of Thanks
Dr. Alkesh Patil
(Convener, Art & Cultural Subcommittee IPSWZB)

Speakers

Dr. Anjali Chabbaria
Consultant Psychiatrist, Mumbai

Dr. Ritambara Mehta
HOD, Psychiatry, GMC, Surat

Dr. Shefali Batra
Consultant Psychiatrist, Mumbai

Story Telling

Dr. Mrugesh Vaishnav
President, IAPP

Dr. Harish Shetty
Consultant Psychiatrist, Mumbai

Dr. Veena Kantak
Consultant Psychiatrist, Margaon

PSYCHIATRIC SOCIETY OF WESTERN ZONE
ART & CULTURAL SUBCOMMITTEE
PRESENTS

Mann-e-Tarang

A Monthly Psychoeducative Webinar Series on Art, Culture, Creativity, Psychiatry and Mental Health

:: TOPIC ::

Music And Mental Health

DATE : 02nd MARCH 2025 TIME : 11:00 AM TO 12:00 PM

Chairperson
Dr. Darpan Kaur
(Chairperson, Art & Cultural Subcommittee IPSWZB)

Moderator
Dr. Alkesh Patil
(Convener, Art & Cultural Subcommittee IPSWZB)

Welcome
Dr. Sudhir Bhave
(President, IPSWZB)

Speakers

Dr. Shubhangi Parkar,
Consultant Psychiatrist,
Mumbai, Maharashtra

Dr. Peter I Castelino,
Consultant Psychiatrist,
Mapuca , Goa

Dr. Fabian Almeida,
Consultant Psychiatrist,
Mumbai, Maharashtra

Musical Performance

Dr. Ankit Panchal,
Consultant Psychiatrist,
Ahmedabad, Gujarat

Dr. Lisa Barros Mascarenhas.
(Member, Art & Cultural Subcommittee IPSWZB)

Dr. Sushil Gawande,
Consultant Psychiatrist,
Nagpur, Maharashtra

PSYCHIATRIC SOCIETY OF WESTERN ZONE
ART & CULTURAL SUBCOMMITTEE
PRESENTS

Mann-e-Tarang

A Monthly Psychoeducative Webinar Series on Art, Culture, Creativity, Psychiatry and Mental Health

:: TOPIC ::

Dance and Mental Health

DATE : 6th APRIL 2025 TIME : 11:00 AM TO 12:00 PM

Chairperson
Dr. Darpan Kaur
(Chairperson, Art & Cultural Subcommittee, IPSWZB)

Moderator
Dr. Lisa B Mascarenhas
(Member, Art & Cultural Subcommittee, IPSWZB)

Welcome
Dr. Sudhir Bhave
(President, IPSWZB)

Vote of Thanks
Dr. Alkesh Patil
(Convener, Art & Cultural Subcommittee, IPSWZB)

Speakers

Dr. Anita Sukhwani
Consultant Psychiatrist
Mumbai, Maharashtra

Dr. Akshada Amonkar
Consultant Psychiatrist
Panaji, Goa

Dr. Ankit Panchmatia
Consultant Psychiatrist
Ahmedabad, Gujarat

Dance Performance

Dr. Abhijeet Faye
(Hon. Secretary, IPSWZB)

Dr. Tanvi Pednekar
Consultant Psychiatrist
Mapusa, Goa

Dr. Charmi Shah
Consultant Psychiatrist
Ahmedabad, Gujarat

RURAL PSYCHOLOGICAL HEALTH SUBCOMMITTEE

Rural Psychological health Subcommittee

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	Dr. Chintan Rawal	8155828338	raval.chintan999@gmail.com

List of Activities

Sr. No	Theme	No. of Activities	No. of Beneficiaries	Type
1	Mission Chaitanya - From Addiction to Hope and Illicit	10 (26th June 2025 - International Day Against Drug Abuse Trafficking)	> 2000 students	Physical
2	Digital Detox Drive	>100	> 25000	Physical
3	Digital detox	3 podcasts	> 1000	Online
4	Posters and articles	widely published in regional media		

Mission Chaitanya - From Addiction to Hope : Activity included various programs for school and college student from rural areas to educate them about addictions and strategies for prevention against addiction. More than 2000 students were the beneficiaries.

Digital detox drive : More than 100 psychiatrists from the zone participated in this drive and activities were conducted in **more than 100 places** to spread awareness about importance of control over screen/mobile use and how one can keep himself or herself protected from getting addicted to the internet. **More than 25000 students** from different schools attended the interactive sessions. **Three podcasts** were also conducted based on the theme and published on zonal Facebook page handle and YouTube channel **(>1000 beneficiaries).** Posters and articles were also published in local language as per the theme.

Other plans are

To collaborate with Healthy Mind Foundation and the Mira-Bhayander Vasai-Virar Police commissionerate for **stress management of police personnel.**

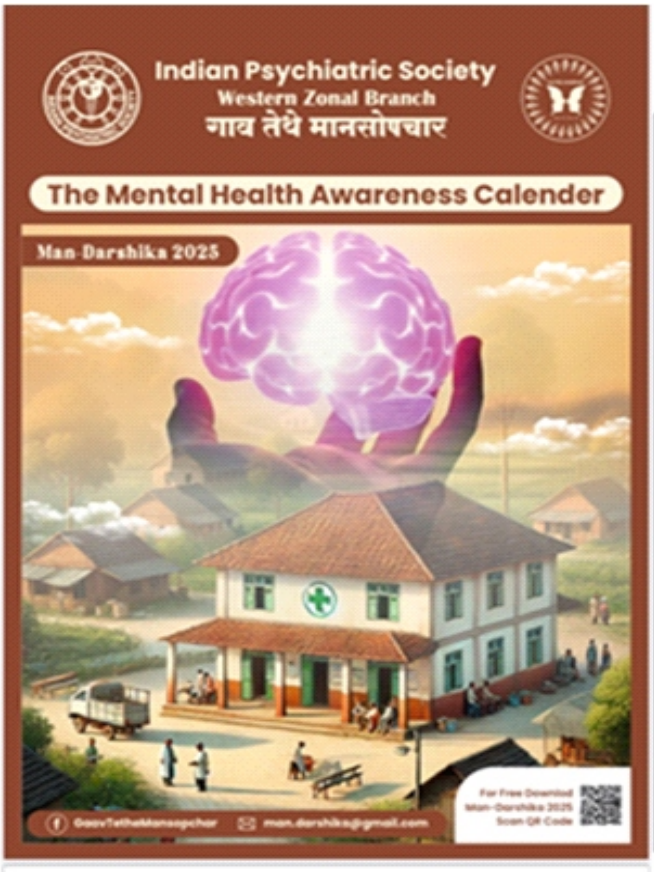
To educate students and parents about mobile overuse, sleep disruption, academic decline, and family bonding. Schools initiated “No Mobile Days” as part of cultural reform.

To extract long-term outcome studies through medical college collaborations.

To train teachers, police officers, and volunteers in basic psychological first aid with special initiatives for women, adolescents, and rural families.



MANADARSHIKA 2026 TO BE RELEASED





महाराष्ट्र टाइम्स

'मनदर्शिके'तून जागर मनस्वास्थ्याचा

ठळक उपक्रम

- मनोरुग्णालयांमध्ये 'मनदर्शिका' मोफत वितरण
- मनोरुग्णालयांमध्ये मनोविकार तज्ज्ञांकडून मार्गदर्शन
- मनोरुग्णालयांमध्ये मनोविकार तज्ज्ञांकडून मार्गदर्शन

"'मनदर्शिका २०२५' ही परंपरा जाहीर मानसिक स्वास्थ्याविषयक सामाजिक प्रबोधन जागर करेल, असा हेतूने उपलब्धतेसाठी सज्जता केली आहे. या दिनदर्शिकेमार्फत समाजाच्या मानसिक स्वास्थ्याबाबतचे गैरसमज दूर करणे, असा आहे."

- डॉ. अमोल देशमुख, अध्यक्ष, गाव तेथे मानसोपचार सेवा समिती

नैसर्गिक 'औषधा'कडे वेधले लक्ष

व्यायाम हे मानसिक आरोग्यासाठी नैसर्गिक औषध असते प्रबोधन आहे, यासंबंधी माहितीही यामध्ये मनोविकार तज्ज्ञांचे दूरध्वनी क्रमांक देण्यात आले आहेत. व्यायामामुळे मेंदूत हार्मोन्सची साखळी तयार, एंडोरफीनचे भरपूर प्रमाण होते, ताण-तणाव-नैराश्य कमी होतात, मानसिक प्रसन्नता वाढते, झोपेचे गुणवत्ता वाढते आदी सामाजिक माहितीकडे लक्ष वेधत कोणकोणते व्यायाम, आपले दायित्व हलके, यासंबंधी माहिती या मनोविकार तज्ज्ञांचे देण्यात आले आहे.

मानसोपचार संघटनेच्या वतीने प्रकाशित करण्यात आले आहेत. महाराष्ट्रासह गोवा, मध्यप्रदेशात पहिल्यांदाच अशा प्रकारचे मनोविकार तज्ज्ञांचे दूरध्वनी क्रमांक देण्यात आले आहेत. मानसोपचार संघटनेच्या वतीने दरवर्षी १२ मेच्या आसपास जागतिक मानसोपचार दिवस साजरा केला जातो. यानिमित्ताने मानसिक स्वास्थ्याबाबत जनजागृती करण्यासाठी विविध उपक्रम राबविले जातात. यंदाच्या वर्षी 'मनदर्शिका २०२५' प्रकाशित करण्यात आली आहे. या दिनदर्शिकेत मानसिक आरोग्याशी संबंधित विविध विषयांवर माहिती देण्यात आली आहे. मानसिक आरोग्याबाबत जनजागृती करण्यासाठी ही दिनदर्शिका उपयुक्त ठरणार आहे. या दिनदर्शिकेचे प्रकाशन मनोविकार तज्ज्ञांच्या हस्ते करण्यात आले. यावेळी डॉ. अमोल देशमुख, डॉ. [illegible], डॉ. [illegible] आदी उपस्थित होते.



Manadarshika 2026 - besides serving as a calendar, it is a compilation of various mental health awareness articles written by psychiatrists of the zone in the language best understood by the readers. It serves as a guide for general people especially rural population to know and understand the common mental health conditions and their remedies.

Rural Psychological Health, Sub Committee of PSWZ has launched this unique & innovative calendar subsequently for six year. This was very well appreciated and admired by members. Our target is to reach more than two lakh homes through print material or digitally by this year end to create awareness about Psychological Health and common Psychiatric issues. This was launched in English, Hindi & Marathi languages this year & promoted nationwide. Writers & contributors were from out of zone also.

Salient Features of calendar are important dates of year & dates observed as celebration days related to Psychological Health highlighted. On the backside of each month calendar page, there are informative & scientific articles related to Psychiatric Disorders & their treatment in Mrathi / Gujrati / English / Hindi language by Psychiatrists from various places of India along with quotes by imminent Psychiatrists. Every month is having a different theme. On each front page of the month, there will be editable space at bottom in which Psychiatrist can do his / her branding. He / She can use this space for his name / photograph / address of Clinic or Hospital. Psychiatrist can circulate it among patients & relatives digitally or can take out prints. QR Code is also prepared which can be kept in OPD areas from which patients / relatives can download Calendar.

We also have “Mandarshika” App functional since 2 year. App is user friendly and available in English, Marathi & Hindi.

DOCTOR'S WELLNESS SUBCOMMITTEE

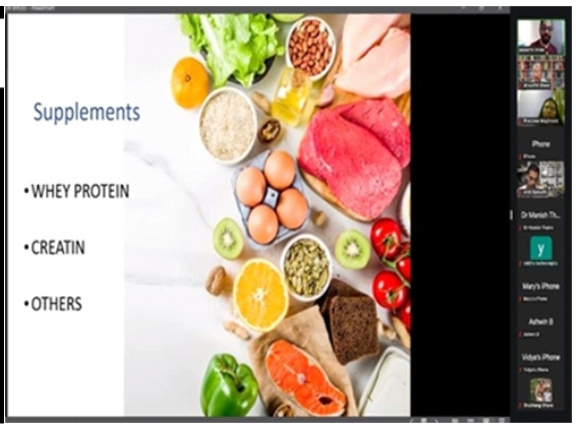
Doctor's Wellness Subcommittee

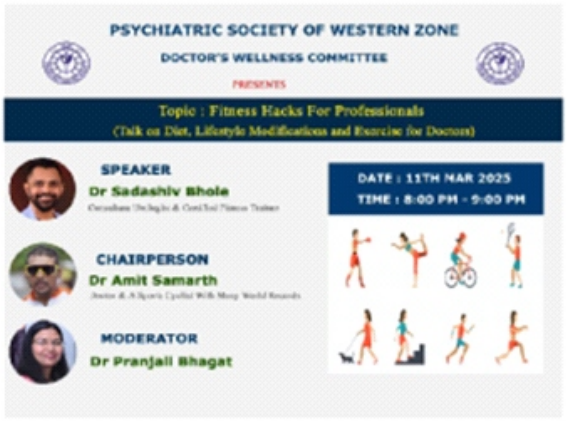
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3 Webinars were conducted by the subcommittee and were very well appreciated by the attendees.

Sr. No.	Date	Topic	Speaker/s	Chairpersons	Activity	Attendee
1	11/3/25	Fitness hacks for professionals (talk on diet, lifestyle medications and exercise for doctors)	Dr. Sadashiv Bhole	Dr. Amit Samarth	Webinar	56
2	27/6/25	An overview of important concepts in personal Finance : Basics, Psychology, MUTUAL FUNDS	Dr. Manoj Kumar Agraval	*Mod* - Dr. Kumar Kamble	Webinar	61
3	26/9/25	Spiritual Health- Nurturing Your Inner Life	Dr. Manoj Bhatawdekar	*Mod* - Dr. Shreyas Magia	Webinar	48







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Meeting ID: 810 1608 9644
Passcode: IPSWZB

IPS WZB Office Bearers

Dr. Sudhir Bhave:	President
Dr. K K Mishra :	Vice President
Dr. Abhijeet Faye :	Hon. Secretary
Dr. Nakul Vanjari :	Hon. Treasurer
Dr. Heena Merchant :	Hon. Editor

Doctor's Wellness Committee

Dr Mary Dsouza and Dr. Bhavesh Lakdawala :	Advisor
Dr Manish Thakre :	Chairperson
Dr Sudhir Mahajan :	Convenor
Dr Deepak Tiwari :	EC Co-ordinator
Dr Gayatri Rathod :	Member
Dr Maithili Kadam :	Member
Dr Gangadhar Korke :	Member
Dr Shreyas Magia :	Member



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Passcode: IPSWZB

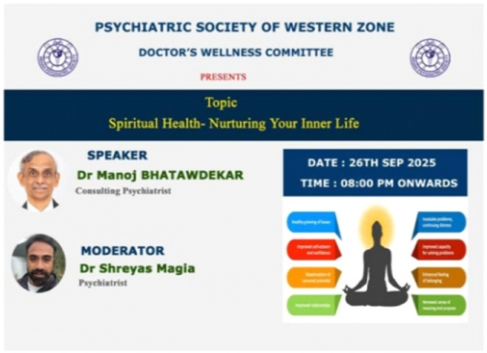
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Dr. Abhijeet Faye :	Hon. Secretary
Dr. Nakul Vanjari :	Hon. Treasurer
Dr. Heena Merchant :	Hon. Editor

Doctor's Wellness Committee

Dr Mary Dsouza and Dr. Bhavesh Lakdawala :	Advisor
Dr Manish Thakre :	Chairperson
Dr Sudhir Mahajan :	Convenor
Dr Deepak Tiwari :	EC Co-ordinator
Dr Gayatri Rathod :	Member
Dr Maithili Kadam :	Member
Dr Gangadhar Korke :	Member
Dr Shreyas Magia :	Member

Event Calendar
https://ipswzb.in/Event%20Calendar/



https://us06web.zoom.us/j/85728652640?pwd=8QNbxKiFd2kHuRyubXrZxXO9bxTA6P.1
Meeting ID: 857 2865 2640
Passcode: IPSWZB

IPS WZB Office Bearers

Dr. Sudhir Bhave:	President
Dr. K K Mishra :	Vice President
Dr. Abhijeet Faye :	Hon. Secretary
Dr. Nakul Vanjari :	Hon. Treasurer
Dr. Heena Merchant :	Hon. Editor

Doctor's Wellness Committee

Dr Mary Dsouza and Dr. Bhavesh Lakdawala :	Advisor
Dr Manish Thakre :	Chairperson
Dr Sudhir Mahajan :	Convenor
Dr Deepak Tiwari :	EC Co-ordinator
Dr Gayatri Rathod :	Member
Dr Maithili Kadam :	Member
Dr Gangadhar Korke :	Member
Dr Shreyas Magia :	Member

Event Calendar
https://ipswzb.in/Event%20Calendar/

CONSTITUTION SUB-COMMITTEE

Constitution Sub-committee

Designation	Name	Phone	E-mail
Advisor	Dr. Arun Marwale	7887487942	dr.avmarwale@gmail.com
Chairperson	Dr. Kishor Gujar	9922501577	gujarkishor9@gmail.com
Co-chairperson	Dr. Ashish Shrivastav	9422061698	drashishsri1977@gmail.com
Convenor	Dr. Gaurav Haldankar	9823482255	drgauravhaldankar@gmail.com
EC coordinator	Dr. Hemant Sonanis	9922069966	hemantsonanis@gmail.com
Members	Dr. Ashish Saboo	9422159211	avsaboo72@gmail.com
	Dr. Madhumita Bahale	9850411911	bahaleymadhumita@gmail.com
	Dr. Anil Patel	9825152678	setuclinic@yahoo.com

Amendments

Proposal for certain amendments in constitution and bye laws have been submitted to the charity commissioner through our lawyer as per the new name of the Zonal Psychiatric Association as PSWZ. The amendments are in line with the by-laws of IPS. Amendments like conducting EC and general body meeting (annual / extra-ordinary) in hybrid / online mode have been approved in AGBM and implemented effectively.

PUBLIC EDUCATION SUBCOMMITTEE

Public Education Subcommittee

Designation	Name	Phone	E-mail
Advisor	Dr. Rajesh Dhume	9623566378	rdhume@gmail.com
Chairperson	Dr. Ramesh Mankad	9714698466	drmankad@rediffmail.com
Convenor	Dr. Smit Parmar	7567583910	parmarsmit99@gmail.com
EC coordinator	Dr. Amol Deshmukh	9823860018	dramol15@gmail.com
Members	Dr. Sunil Shrotriy	9106736371	uurvina06@yahoo.co.in
	Dr. Parag Shah	9825276866	drparag100@gmail.com

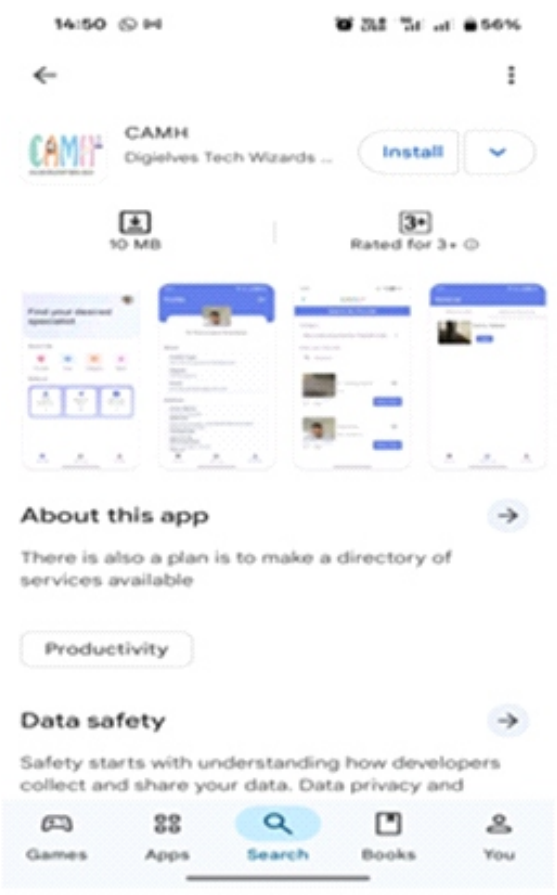
Public educational material prepared

Videos : Short talks and awareness messages on diverse mental health topics like bipolar mood disorder, illness anxiety disorder, general awareness about psychiatrists, exam related stress and autism.

Posters : Infographics and awareness designs addressing early signs of autism, ADHD and SLD.

Material uploaded on zonal website.

CAMH (Child & Adolescent Mental health) Application on Google Play Store



CAMH App

CAMH
CHILD AND ADOLESCENT MENTAL HEALTH

- Available on Google play store
- Functioning
- Ready to be used for referrals of child cases across the zone
- Many features added

CAMH App : An app was created for Child and Adolescent Mental Health, with the view of connecting all doctors working in the field with each other, in the West Zone. Through the app, a system of generating referrals becomes instant and easy on both sides. App was officially launched during inauguration of 54th ACIPSWZB at Kolhapur. App is available on Android & ios play store. Dr. Swati B. Shelake has given a great contribution by giving technical support to App. App is receiving not only good response from Zone members but also appreciated by National body. Three years hard work is worth appraising.

MHCA : Meeting with Health Secretary

There was an online meeting with Health secretary attended by Dr. Bhave

Points discussed were 1) Deficits in the services under MHCA and 2) Proposal to extend help from PSWZ for mental health services in state of Maharashtra.

This was taken forward by the State Mental health and Dr. Bhave and Dr. Nagapurkar played a key role in making this happen. The purpose was to modify the services, difficulties and flaws associated with MHCA 2017 and promote active involvement of PSWZ in mental health services provided by state.

QUIZ SUB-COMMITTEE

Quiz Sub-Committee

Designation	Name	Phone	E-mail
Advisor	Dr. Malay Dave	9821293616	mdave241@gmail.com
	Dr. Ashish Shrivastav	9422061698	drashishshri1977@gmail.com
Chairperson	Dr. Sagar Karia	9594530457	karia777@yahoo.com
Convenor	Dr. Bhushan Mhetre	7020558682	bhushanbmhetre@gmail.com
EC coordinator	Dr. Pallavi Dhakne	7744054214	dcpallavi53@gmail.com
Members	Dr. Mansi Jain	9820433211	drjainmansi88@gmail.com
	Dr. Prerna Khar	7030625590	prernakhar@gmail.com
	Dr. Gayatri Rathod	9158900415	gayatri.rathodc@gmail.com

Quiz committee has started Quiz Corner in Annals of Indian Psychiatry: 3 issues are out and all had different kind of quiz: Crossword, Search the word and Riddles

Committee conducted Screening Quiz for sending representative of West Zone for MIDCIPS 2025 on 16th August 2025 and also conducted screening Quiz for selecting 6 teams of UG and PG for Annual Quiz of West Zone 2025 on 18th September 2025. Qualifying teams appeared during the Annual Conference of IPSWZB/PSWZ in October 2025 at Nagpur .

Book titled **“Psychopharmacology : On the Go”** published which will serve as ready reckoner for clinicians.

WEBSITE COMMITTEE

Website committee

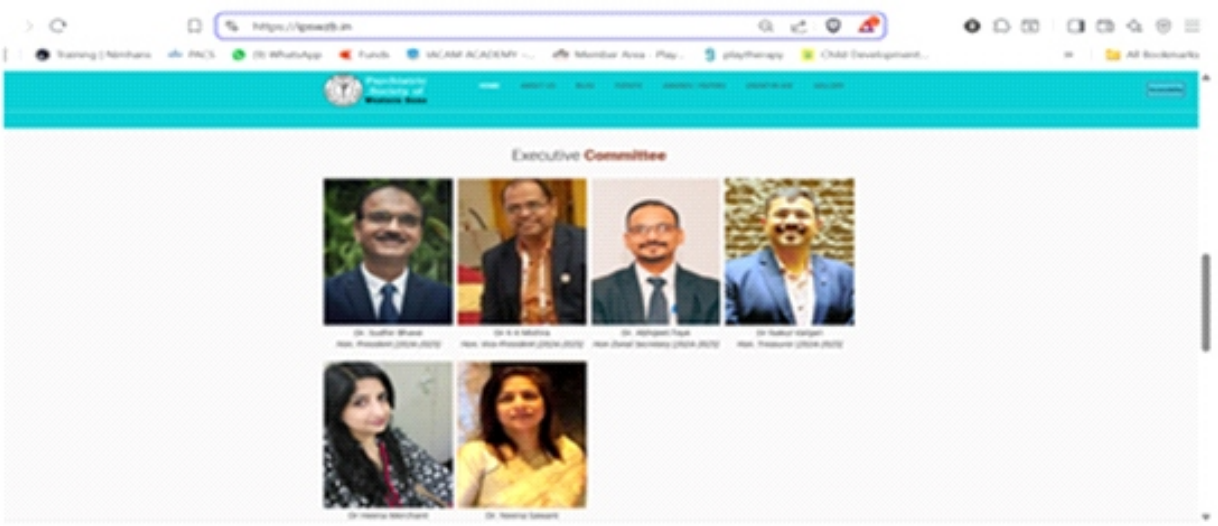
Designation	Name	Phone	E-mail
Advisor	Dr. Ashish Saboo	9422159211	avsaboo72@gmail.com
Chairperson	Dr. Ajish Mangot	9819635307	dr.ajish@gmail.com
Convenor	Dr. Deepanjali Deshmukh	7219433377	deepanjali.deshmukh@hotmail.com
EC coordinator	Dr. Khyati Mehtalia	9825199276	khyati.mehtalia@gmail.com
Members	Dr. Chetan Vispute	9664477488	drchetanvispute@gmail.com
	Dr. Rahul Bagal	9158067162	rahulbagal15@gmail.com
	Dr. Parth Kansagra	9427720055	kansagraparth@gmail.com

IPSWZB website design has been modified and made more attractive and decent with more user friendly features.

Frequent meetings and timely coordination by President and Hon Secretary has resulted in regular updates in the website. Conference/ CME photos were also uploaded in the gallery. IPSWZB you tube channel is linked with the website and is regularly updated. All the online programs have been uploaded and available on the website as archive. Public awareness material (videos) are also made available on the website.

Sr. No.	Things Done	Significance/ Comment
1	Exclusive domain	Our own domain https://ipswzb.in/
2	Disclaimer added	Legal purpose https://ipswzb.in/disclaimer/
3	Gallery section	Divided into 2 sub-sections now : https://ipswzb.in/image-gallery/ 1. Conferences & CME 2. Public Awareness Activities
4	Blog section	Dynamic blog section having 14 blogs, contribution from all 3 zones and languages. https://ipswzb.in/IPSWZBBLOG/
5	Event Calendar	Online and offline event details added to Google Calendar and embedded on the website - https://ipswzb.in/Event%20Calendar/
6	Home page image scroller update	UT Dadra & Nagar Haveli and Daman & Diu have been added
7	Grant-in-Aid section update	This section has been divided into 2 sub-sections now : 1. Submission Guidelines 2. Awardees
8	Current office bearers	Updated details of all the office bearers, EC members, subcommittee members, state representatives, and state branches members.
9	Current secretary details	Communication details of latest secretary has been updated

Sr. No.	Things Done	Significance/ Comment
10	Past Office Bearers section update:	It has been updated to include only the previous year's office bearers https://ipswzb.in/past-office-bearers
11	Instagram Update	Our Instagram channel is regularly updated with zonal events, 47 posts, 77 followers - https://www.instagram.com/pswz2025/
12	Accessibility Feature	Accessibility option for the specially-abled has been added to website
13	Digital Presence section updated	Latest Man-Darshika calendar and Stories of Hope ebook
14	Important links section added	Added links to Tele MANAS, IPS main website, Annals of Indian Psychiatry, etc.
15	Member log in facility	For accessing membership directory (ongoing)



MEMBERSHIP SUB-COMMITTEE

Membership Sub-Committee

Designation	Name	Phone	E-mail
Advisor	Dr. Neena Sawant	9930583713	drneenas@yahoo.com
Chairperson	Dr. Krishna Kadam	9890090042	krishnakadam@gmail.com
Convenor	Dr. Gaurang Thanki	9825354579	mannhospital2003@hotmail.com
EC coordinator	Dr. Hemant Sonanis	9922069966	hemantsonanis@gmail.com
Members	Dr. Chintan Solanki	9909027292	drchintansolanki@gmail.com
	Dr. Veena Kantak	9822997874	veenahgd@yahoo.co.in
	Dr. Milan Balkrishnan	9930160068	dr.milanb@gmail.com
	Dr. Shikant Nimbhorkar	8600877750	dr.shrikantnimbhorkar@gmail.com

Membership drive

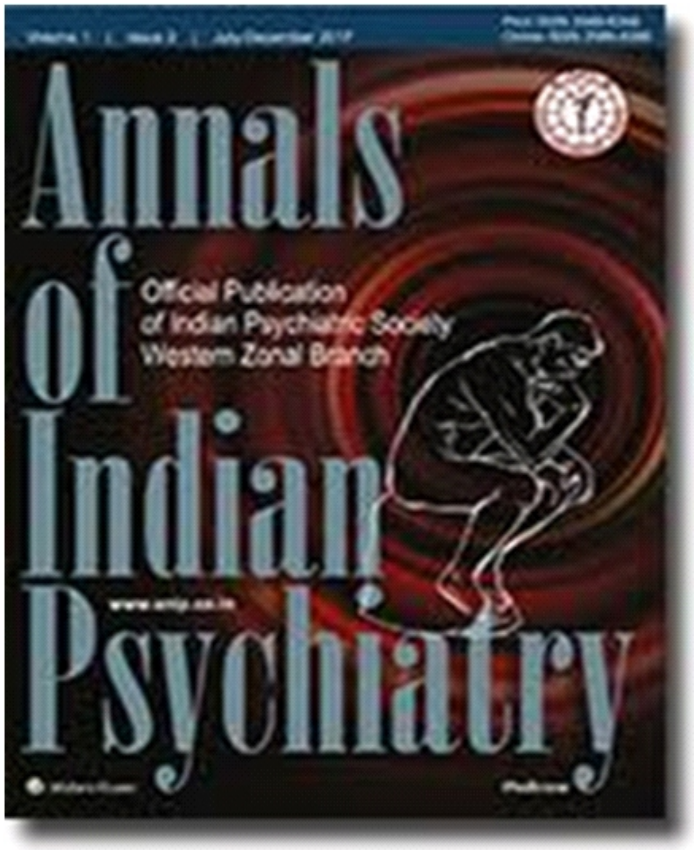
The membership committee of IPSWZB tried to increase the membership strength of our zone by putting membership forms in relevant Whatsapp groups of psychiatrists and by making personal calls to non-members. Repeated reminders to become a member of IPS and to upgrade membership were given.

Total IPS members from Zone Approximately 2000
Life Fellows 668 (Maharashtra), 217 (Gujarat), 44 (Goa), 2 Div and Daman= 931
Target is to get new enrolments & upgrade LOM to LFs.

Committee has sent **emails to HODs of Medical Colleges** requesting them to get faculty & residents enrolled for IPS membership. IPSWZB appointed Regional & District coordinators to facilitate new membership enrolment and to upgrade LOMs to LFs. A Google form/link is created & circulated through emails & social media among members of zone to upgrade their contact details.

Life ordinary members were contacted through calls and requested to apply for fellow membership. **Approximately 80 members availed / upgraded membership in this year.** Subcommittee prepared the Zonal list of Fellows as well as Life ordinary members with updated email id's and mobile numbers. LOM list: update in process (Maharashtra list is ready)

PSWZ JOURNAL : ANNALS OF INDIAN PSYCHIATRY : 4 ISSUES PER YEAR



Current issue : Oct-Dec 2025

Indexed with/included in DOAJ, Emerging Sources Citation Index, Web of Science

Impact factor 2024 : 0.2

PG Quiz : This is a new initiative undertaken by the PG Subcommittee to include PG Corner in the journal which includes Psychiatry Puzzles, Crosswords and Riddles

STATE AND LOCAL BRANCHES REPORTS 2025

IPS GUJARAT STATE BRANCH & GUJARAT LOCAL BRANCHES

During the year 2025, on the scientific front, Gujarat branch organized following scientific events (CMEs, Workshops, conferences) :

During the year 2025 (01-01-25 to 31-12-2025) on the scientific front, we have organized following scientific events.

1. 6th Midterm Conference of IPSGSB, 8th-9th FEB 2025 :

It was organized by Gujarat Institute of Mental health, Ahmedabad & Indian Psychiatric Society of Gujarat State Branch at Auditorium, GIMH, Ahmedabad on **8th and 9th February, 2025. Dr Ajay Chauhan,** Superintendent, GIMH, Ahmedabad was the organizing Chairperson and **Dr. Dipti Bhatt,** Psychiatrist, GIMH, Ahmedabad was organizing secretary. About 104 delegates had participated for this academic event. Gujarat Medical Council had assigned **Dr. Kaushik Shah,** Ahmedabad as GMC observer. GMC had accredited 04 credit points for 2 days. (02 credit point/day).

Day 1 :

- Total 15 IPSGSB members had presented original research work during the **free paper session.**
- **Dr. Anusha Prabhakaran** had delivered a session on Psychopharmacology in Perinatal Mental health followed by Q & A.
- **Dr. Sandip Shah** had delivered a session on women and Psychosis : Challenges for Future research followed by Q & A.
- **Dr. Khyati Mehtalia** had delivered a session on Mental Health issues during Menopause followed by Q & A.
- Total 5 IPSGSB members had presented their original research work during IPSGSB Best Paper Award.

Day 2 :

- Total **10 posters** were presented in poster session.
- **Dr. Hansal Bhachech** had delivered a session on Psychology of relationship issues (Psychological Perspectives on Relationship dynamics) followed by Q & A.
- **Dr. Harish Shetty** had delivered a session on Adolescent Hormonal Shifts in girls and navigating Premenstrual Dysphoric Disorder (PMDD).
- **Dr. Heena Merchant** had delivered a session on Sexual disorders in women followed by Q & A.
- **Dr. Nilima Shah, Dr. Ajay Chauhan** and **Dr. Hina Oza** had discussed and gave their inputs in during panel discussion on Violence against women : Addressing Gender Based Violence - Challenges and Solutions. Moderated by **Dr. Deepti Bhatt,** GIMH Ahmedabad.
- **Dr. Janki Marvaniya,** Post graduate resident doctor from M. P. Shah Medical College, Jamnagar had won the **"IPSGSB Best Paper Award"** and prize money for presentation titled "Prospective Cohort Study on the Impact of Antepartum Depression on Pregnancy outcomes, Neonatal outcomes and Postpartum Depression in a Tertiary Care Hospital".

- **Dr. Rohan Kosambiya,** Post graduate resident doctor from PIMSR, PU was the 1st runner up for his work on“Association of Adverse Childhood Experiences and Alexithymia with Somatic Symptom Disorder among Adults in a tertiary care hospital : A cross-sectional study.
- **Dr. Grishma Savaliya** Post graduate resident doctorfrom SBKS MI & R was the 2nd Runner up for her work on “Assessment of Self Stigma and Perceived Discrimination in Mentally Ill Patients, their relationship with treatment compliance and impact of psychoeducation.”







2. CME on "Developing Psychiatry Practice : Practical strategies for today's clinician" 13th July, 2025

Indian Psychiatric Society-Gujarat State Branch (IPSGSB) had organized CME "Developing Psychiatry Practice : Practical strategies for today's clinician" at Auditorium, Gujarat Institute of Mental health, Shahi Baug, Ahmedabad on 13th July, 2025, Sunday. Total 100 Delegates attended the CME. **Dr. Himanshu Desai** was the organizing chairperson and Dr Deepti Bhatt was an organizing secretary for this CME.

- **Dr. Pradeep Vaghasia (Ahmedabad), Dr. Spandan Thaker (Ahmedabad), Dr. Keyur Parmar (Bhavnagar), Dr. Vimal Somaiya (Rajkot)** had participated as an expert in the Panel discussion on Transition from Post-Graduate Student to Independent Practicing Psychiatrist which was moderated by Dr. Himanshu Desai.
- **Dr. R. C. Maniar (Ahmedabad), Dr. Timir Shah (Surat), Dr. Namita Ganjawala (Surat), Dr. Vipul Shah (Patan)** had participated as an expert in the Panel discussion on Developing inclusive model of Group practice /Joint practice which was moderated by Dr. Sandeep Shah.
- **Dr. Suhas Doshi (Ahmedabad), Dr. Ravi Soni (Ahmedabad), Dr. Khyati Mehtalia (Ahmedabad)** had participated as an expert in the Panel discussion on Establishing and developing Specialty Psychiatry Practice which was moderated by Dr. Deepti Bhatt.
- **Dr. Devashish Palkar (Vadodara), Dr. Parth Vaishnav (Ahmedabad), Dr. Sarthak Dave (Ahmedabad)** had participated as an expert in the Panel discussion on Effective use of social media in Psychiatry Practice which was moderated by Dr. Chintan Solanki.





3) 54th Annual conference of IPSGSB, Ramee Royal resort, Udaipur 22nd to 24th August, 2025 :

It was organized at Ramee Royal resort and Spa Udaipur. Total 142 delegates registered for the conference. 53rd ACIPSGB has started with an inauguration function in which the following dignitaries were on dais :

1) **Dr. Deepak Tiwari,** Professor and Head, Department of Psychiatry, M. P. Shah Medical College, Jamnagar was the chief guest
2) **Dr. Chintan Raval,** President IPSGSB (2024-2025)
3) **Dr. Bhaveshkumar Lakdawala,** Vice President cum President Elect (2025-2026)
4) **Dr. Parag Shah,** Direct Council Member of IPS
5) **Dr. Saurabh Shah,** Hon. State Secretary, IPSGSB (2023-2025)
6) **Dr. Vishal Damani,** Hon. Treasurer, IPSGSB (2023-2025)
7) **Dr. Nilima Shah,** Hon. Editor, IPSGSB (2023-25).

During the inauguration, 1st version of IPSGSB newsletter was launched by esteemed chief guest Dr. Deepak Tiwari Sir.

After the Inauguration, **Dr. Bhaveshkumar Lakdawala** has delivered the Presidential speech which was followed by **"2st Dr G K Vankar Oration" Award.** The recipient of this award was **Dr. Ritambhara Mehta,** Professor and Head, Dept. of Psychiatry, Government Medical college, Surat who has delivered oration.

During this conference, there were 09 submissions for the **Dr. R. C. Maniar Best Paper Award** session out of which 3 best papers were selected for presentation by three independent judges. This Award was won by Dr. Bhavya Jogani, GCS Medical College Ahmedabad, for her original research work on "Morningness - Eveningness and its correlation with stress and resilience among medical students." There were 30 submissions for the IPSGSB Best Poster Award presentations. Winners were : "IPSGSB Best Poster Award" (shared by 2 presenters) won by Dr. Abhishek Chaudhary, Dr. M. K. Shah Medical College and Research Centre, Ahmedabad for his Poster presentation on "Inhaled Stress, Exhaled Smoke Prevalence and Psychosocial Correlates of Tobacco Smoking Among Medical Students in a Tertiary Care Centre" and Dr. Hrim Shah, Smt. B. K. Shah Medical Institute and Research Center, Sumandeep Vidhyapeeth, Vadoadara, for her poster presentation on "Missed Diagnoses and Cutaneous Clues : a Multidisciplinary Approach in Tuberous Sclerosis Complex Presented with Neuro psycho cutaneous Manifestations".

6thDr. Bharat Panchal PG Quiz Competition

We have received 07 PG teams for 5th Dr. Bharat Panchal PG Quiz Competition. **Dr Anusha Prabhakaran,** Professor and Head, Dept. of Psychiatry, PSMC, Karamsad was the Quiz Master and **Dr. Devashish Palkar Patel** & **Dr. Pooja Shatadal** were the assistant quiz masters. Winner teams were : Winner Dr. Ankit Shekhani and Dr. Nitiksha Sharma, GMC Surat, 1st runner up - Dr. Simra Saiyed and Dr. Namrata Raval, Narendra Modi Medical College, 2nd runner up - Dr. Bhavya Jogani and Dr. Sanjana Shah, GCS Medical College, Ahmedabad.

There were three lectures on Theme - **"Artificial Intelligence in Psychiatry".** 1) **Dr. Tirth Sedhiya** Psychiatrist from Mehsana has delivered a lecture on "Introduction to Artificial Inteligence" 2) **Dr.**

Jagdish Varma, Professor, Psychiatry, PSMC, Karamsad has delivered a lecture on "Artificial intelligence uses in Psychiatry" 3) **Dr. Shemal Patel,** Psychiatrist from Ahmedabad has delivered a lecture on "limitations of AI use in Psychiatry". All the lectures were followed by Q & A session along with sharing of experience from senior Psychiatrist from the audience.







4) A half day CME on Psychopharmacology will be conducted on 21st Dec 2025 In Hotel Blue Lagoon Rajkot by INDIAN PSYCHIATRIC SOCIETY GUJARAT STATE BRANCH

AWARDS, ACHIEVEMENTS AND POSITION HELD

1) Dr. Parag S Shah has been Elected as direct council member of IPS for the year and Vice President of PSWZ 2025.

IPS GOA STATE BRANCH

Total membership :
Total number of members-166
143 LOM, 18 LAM, 3 AAM, 2 LCM

HIGHLIGHTS

Members at IPS national level

- Dr. Rajesh Dhume - Advisor - Interpersonal, Transactional & CBT Specialty section
- Dr. M. C. Dsouza - Chairperson- Technology Specialty section
- Dr. Anil Rane - Co-Chairperson - Environment & Psychiatry Specialty section
- Dr. Ravindra Agarwal - Co-Chairperson Forensic Psychiatry Specialty section
- Dr. Ashish Srivastava - Convener - Mental Health Care Act Task Force
- Dr. Akshada Amonkar - Geriatric Psychiatry Specialty section- Convener

Pan Card for the Society



Society's Website - www.psychiatricsocietygoa.org



Society's Facebook Page - https://www.facebook.com/groups/342977772423033



Society's website and Facebook handle is very much functional and regularly updated.

EVENTS ORGANIZED

1. CMES AND WORKSHOPS CONDUCTED :

1) CME on Navigating Liaison in Geriatric Psychiatry - 1st February (01 Credit Point)
2) Workshop on Women and Child Mental Health “A Holistic approach towards Mental Health Care” - 27th April. (04 Credit Points)
3) CME in collaboration with IMA Bardez- “Drugs in Pregnancy and lactation and Beyond Baby blues, addressing peri-natal depression and anxiety”- 30th May (02 Credit Points)
4) CME on Substance use relapse prevention and Rehabilitation care strategies on 13th September
5) CME on Use of AI in modern Psychiatric practice on 5th December 2025





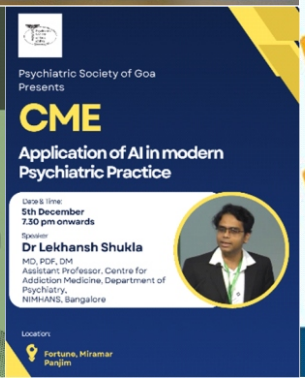








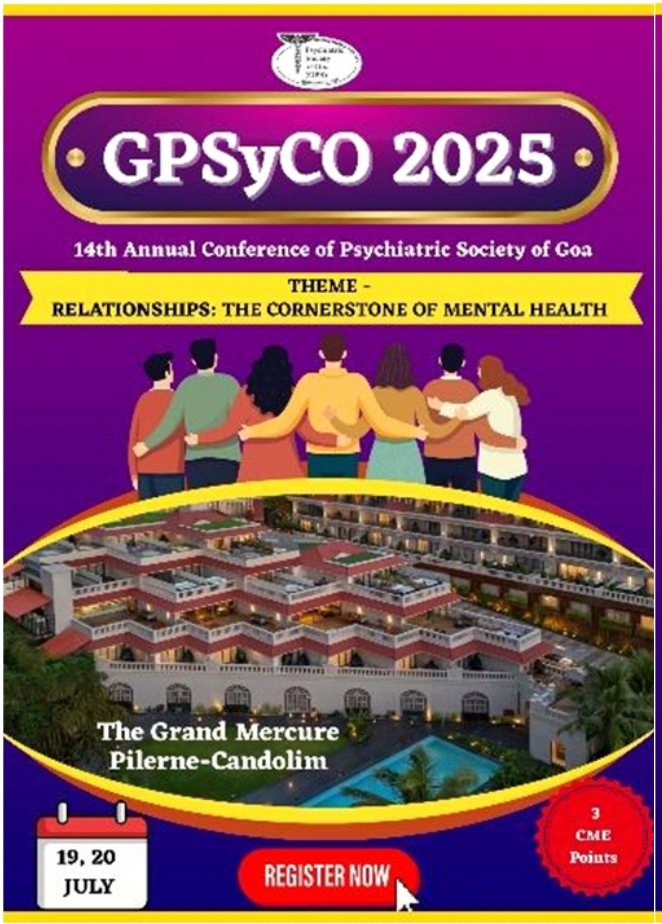


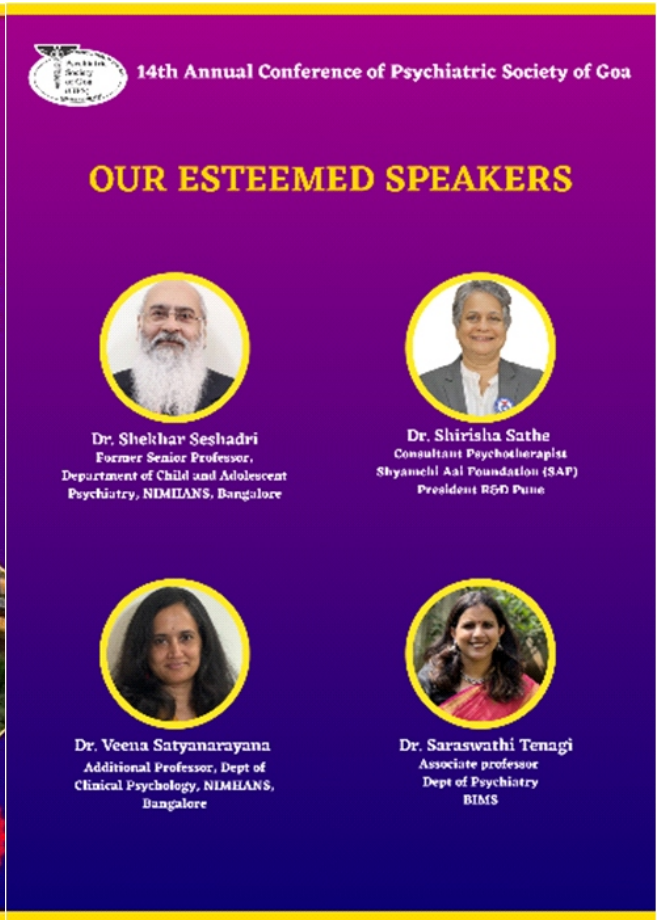




2. CONFERENCE

A) Association organized our 14th Annual state Conference GPsyCon 2025 on 19-20th July 2025 on the theme : Relationships : the cornerstone of Mental Health, and had 4 eminent speakers from the field. (3 credit points)









3. OTHER OUTREACH PROGRAMS BY THE MEMBERS

a) Newspaper media articles by Dr. Gaurav Haldankar on bipolar disorder and tobacco cessation.

b) Dr. Veena Kantak participated in a podcast on Changing the narrative on suicide on World Suicide Prevention Day.

c) College Suicide Prevention Awareness workshops with Psychological First aid training by Dr. Tanvi Pednekar, Dr. Rajesh Dhume and Dr. Gaurav Haldankar

d) Articles on newspaper media on Changing the narrative on suicide by our members Dr. Colin Braganza, Dr. Tanvi Pednekar, Dr. Gaurav Haldankar.

e) Dr. Tanvi Pednekar was guest speaker for PSWZ Womens Mental Health Subcommittee's online CME on topic : The Unseen struggles of Perinatal Anxiety on 18th September

f) Live radio talk on All India Radio mhadei channel by Dr. Tanvi Pednekar on 21st September World Alzheimers Day.

g) Dr. Gaurav Haldankar participated as faculty for ACIPSWZ conference 2025 held at Nagpur on topic : Connected World Biorhythms

h) Dr. Pallavi Dhakne was the guest speaker on television program Hello Doctor on Child Psychology.

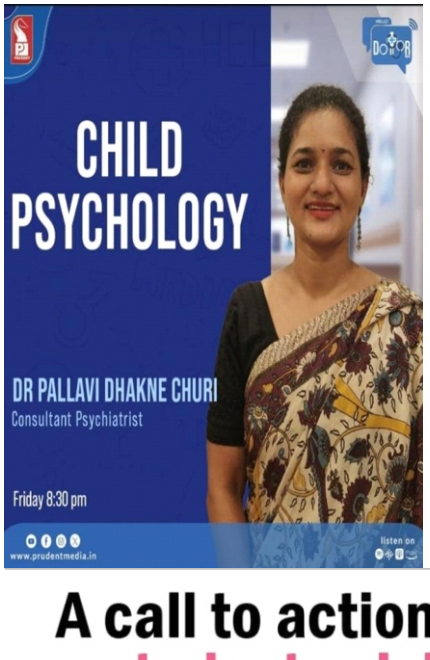
i) Article on Navhind times by Dr. Colin Braganza on World Mental Health Day : mental health in catatstrophies and emergencies

j) Newspaper article by Dr. Veena Kantak on schizophrenia awareness.











A deep dive into bipolar disorder

World Bipolar Day (WBD), is observed annually on March 30, the birthday of Vincent Van Gogh, who was posthumously diagnosed as probably having a bipolar condition

DR. GAURAV HALDANKAR

Consider a Maruti Suzuki Alto chassis fitted with a 2.7-litre turbocharged engine from a Toyota Fortuner. While the power generated might initially seem impressive, it would soon become apparent that controlling the vehicle is nearly impossible. Conversely, if the 2.7-litre engine were replaced with an engine from a Hero Passion (a motorcycle), the car would struggle to move even with maximum torque. Although this analogy is somewhat simplistic, it effectively illustrates the challenges faced by individuals with bipolar disorder.

An ancient disorder

Many people mistakenly think that bipolar disorder is a recent concept, but it has existed since ancient times. Historically known as manic-depressive illness, it was first documented by Aretaeus of Cappadocia, a Greek, describing the cycle between mania and depression. Ancient Indian texts also mentioned conditions similar to schizophrenia and bipolar disorder. In the mid-19th century, French psychiatrists Jean-Pierre Falret and Jules Baillarger described "circular insanity," highlighting its cyclic nature. The term 'bipolar disorder' was coined by German psychiatrist Karl Leonhard in the mid-20th century, reflecting the dual nature of mood disturbances.

How common is it?

It is estimated that the worldwide lifetime prevalence of bipolar disorder can vary from one in 80 to 120 individuals. This means that in a class of 100 graduates, at least one individual is likely to have bipolar disorder. Research indicates that women are more likely to experience depression than men; however, in the case of bipolar disorder, the rates are nearly equal between men and women.

While it is commonly believed that this disorder primarily affects adults, the first peak of the illness often occurs around 16-17 years of age. Cases have also been diagnosed in children as young as 13 years old who have been treated successfully.

The disorder stems from a significant genetic predisposition (family history of the disorder) interacting with various environmental factors. These interactions lead to epigenetic, endocrine, and inflammatory changes, causing neuronal modifications that contribute to the development and progression of the disorder. Risk factors include life stressors, unresolved sleep difficulties, trauma and abuse, and substance misuse.

How is bipolar disorder diagnosed?

Bipolar disorder consists of two poles: depression and mania. It is not uncommon for a person with bipolar disorder to present to a mental health professional in a state of depression and develop mania or hypomania (a milder version of mania) during subsequent follow-ups.

Individuals experiencing mania are usually excited, talkative, and hyperactive. Their speech tends to be rapid and loud, often difficult to interrupt, and is commonly referred to as pressured. An elevated, expansive, or irritable mood is characteristic of a manic episode. Individuals in mania exhibit low frustration tolerance, leading to feelings of anger and hostility. Patients report having rapid thoughts, which are evident from their speech. As mania progresses, their speech may include puns, jokes, rhymes, or wordplay. They may appear clever, even brilliant. Patients are often easily distracted, and their cognitive functioning in the manic state is unrestrained. In acute manic excitement, speech can become incoherent, and the individual may develop delusional thoughts.

A depressed mood and a loss of interest or pleasure are key symptoms of depression. The depressed mood typically has a distinct quality that differentiates it from normal sadness or grief. Patients frequently describe this symptom as appearing as constant pain or a physical illness that leads to exhaustion and lack of motivation. Others report feeling numb, unable to cry, and struggling to experience any pleasure. Depression in bipolar disorder can sometimes be atypical, with individuals experiencing excessive sleep rather than reduced sleep and increased appetite instead of reduced appetite.

Depressive episodes tend to last longer and occur more frequently than manic episodes, although they are often overshadowed by the dramatic symptoms of mania. A person may initially revel in periods of hypersexuality, increased productivity, newfound confidence, and could not. Sleep becomes unnecessary due to engaging in various projects and boosting skills. This surge of energy eventually spirals out of control, often blurring the point at which close relations notice changes in the individual.

The phase of depression following a manic one can be particularly challenging, with the person experiencing deep despair and struggling to face reality in their altered world. During these moments of emotional hardship, the appeal of mania may seem more attractively preferable.

Bipolar disorder is associated with several co-morbid illnesses such as anxiety disorders, substance use disorders, ADHD, etc. Suicidal behaviour is significantly higher in individuals with bipolar disorders. Approximately 30-50% of adults with bipolar disorders have attempted suicide in their lifetime, and four-20% have completed it.

Media portrayal

There have been a few media portrayals of individuals living with bipolar disorder such as the movie 'Silver Linings Playbook,' 'Homeland,' 'Infinity polar bear,' etc. However, my recommendations would be to read first-hand accounts of lived experiences to get a more nuanced picture. Some suggestions are 'Em and the big Hoosa' by Jerry Pinto and 'How to travel light' by Shreevatsa Nevatia.

Living with bipolar disorder

The lived experience of individuals with bipolar disorder touches on much more than any book could ever do. Some of their key concerns are the struggle to maintain an identity for themselves, engagement in meaningful employment, unpredictable nature of the illness, need for enduring and compassionate relationships, confronting societal stigma, etc.

A patient summarises the internal experience exemplarily: "When I said [bipolar is] confusing, what I meant is it's confusing in that I really don't know who I am. I question every conversation in every social environment that I've been in. Did I say too much? Was I talking too fast? Was I really me? ... I don't really get to just be. It's always judging."

Treatment options

Pharmacological intervention is fundamental for achieving therapeutic goals in the management of bipolar disorders, supplemented by psychosocial interventions, neuromodulation, and lifestyle modifications. Mood stabilisers and atypical antipsychotic drugs are recommended for both acute and long-term management of bipolar disorders. Although controversies exist, antidepressants can be used in augmentation or combination with mood stabilisers or atypicals alone to treat bipolar depression.

Due to the complex and multifaceted nature of bipolar disorders, management should include more than addressing mood episodes. Additional therapeutic objectives encompass enhancing cognitive functions, addressing circadian disturbances (sleep issues), managing psychiatric and medical comorbidities, improving functioning and quality of life, and reducing suicidality.

Non-pharmacological interventions such as Cognitive Behavioural Therapy, Interpersonal Social Rhythm Therapy, and light therapy play a significant role in conjunction with allied medical system interventions. Artificial intelligence (AI) and machine learning models show potential in predicting, diagnosing, and monitoring the progression of bipolar disorders. The major factor determining treatment outcomes is often the doctor-patient collaboration and support, along with the presence of an empowered and non-stigmatising caregiver.

On this occasion of World Bipolar Day, an initiative of the International Bipolar Foundation in collaboration with the Asian Network of Bipolar Disorder and the International Society for Bipolar Disorders, let us embrace the theme 'Bipolar Strong' which highlights the strength, resilience, and unity of individuals living with bipolar disorder.

(The writer is a consultant psychiatrist)

A call to action on India's student suicide crisis

With suicide the leading cause of death for Indians aged 15-39, it is time to change the narrative as we observe World Suicide Prevention Day today

GAURAV HALDANKAR

As we mark World Suicide Prevention Day on September 10 under the theme 'Changing the Narrative on Suicide,' India is confronting a heart-breaking reality. Every hour, one student dies by suicide, making this a crisis we can no longer afford to ignore.

The statistics are staggering. In 2022 alone, over 13,000 students died by suicide, accounting for 7.6% of India's suicide deaths. For a nation with such a young demographic, it is alarming that suicide is now the leading cause of death for Indians aged 15-39, surpassing accidents, violence, and disease. Behind each statistic is a young person who felt that ending their life was the only escape from overwhelming pain. For every death, there are 20 attempts and more than 20 people affected, meaning millions of families across India are grappling with this crisis.

Here in Goa, this crisis has hit close to home. The tragic deaths of five students at BITS Pilani's Goa campus in just 10 months have forced authorities and educational institutions to rethink and strengthen comprehensive mental health support systems. This local reality mirrors a national emergency and demands a collective, compassionate response.

The ripple effect

A student's death by suicide creates concentric circles of devastation. Parents are left with profound guilt, wondering if they missed a warning sign or pushed too hard. Siblings often develop anxiety and academic fears, while friends may struggle with survivor's guilt, questioning if they could have intervened. This ripple effect extends far beyond immediate family, creating a collective trauma that impacts teachers, counsellors, and the wider community.



HELPLINES

- **Tele-MANAS:** 14416 / 18008914416
- **KIRAN National:** 1800-599-0019
- **COOJ Goa:** 63-6161-2525 (Mon-Fri, 1-7 PM)
- **iCALL:** 9152987821

In-person mental health services are available across multiple government hospitals in Goa via its Psychiatry OPD services and the District Mental Health Programme, which covers around 18 primary health centres across Goa.

The science and language of suicide

Suicide is not a choice made in a moment of weakness; it is the culmination of complex psychological processes that develop over time. From a medical standpoint, it is a multi-factorial issue with no single cause, stemming from intricate interactions between biological, genetic, psychological, and environmental factors.

For the public, understanding the correct terminology is a powerful first step in reducing stigma.

Preferred terminology

- Use "died by suicide" instead of "committed suicide", as the latter carries a negative, criminal connotation.
- Say "suicide attempt" instead of "failed attempt".
- Use "self-injurious behaviour" or "self-harm" for non-fatal acts.
- Describe someone as "experiencing suicidal thoughts" rather than labelling them as "suicidal".

It is also crucial to differentiate self-harm from suicide attempts. While self-harm is an act of harming oneself without the intent to die, often used as a coping mechanism for emotional distress, a suicide attempt is self-harm with the intent to end one's life. Understanding this distinction is vital for the right support.

The REDS Framework

In a significant stride forward, India's first-ever National Suicide Prevention Strategy (NSPS) utilises the innovative REDS framework to create a unified, national response. This framework emphasises:

- **Reinforce:** Training programmes for educators, counsellors, and community leaders.
- **Enhance:** Integrating mental health support into primary healthcare and educational systems.
- **Develop:** Community-based interventions, including peer support networks and family education programmes.
- **Strengthen:** Surveillance systems to identify high-risk populations and suicide clusters.

This strategy recognises that suicide prevention requires coordinated efforts across all sectors—from education and healthcare to social services and media.

How every citizen can help

We must move from a place of silence and stigma to one of open conversation and support. Here's how you can help:

Immediate actions

- Regularly check in with young people in your life and listen to their responses without judgment.
- Learn to recognise warning signs such as social withdrawal, dramatic mood changes, or expressing hopelessness.
- Save and share helpline numbers.

Educational engagement

- Advocate for comprehensive mental health programmes in schools and colleges.
- Push for mandatory counsellor ratios and confidential reporting systems.

Community building

- Organise psychological first-aid training in your neighbourhood or workplace. The Cooj Mental Health Foundation offers 90-minute gatekeeper awareness workshops on suicide prevention for public.
- Practice sensitive communication and share mental health resources responsibly.

Every conversation we start, every hand we extend, and every resource we share contributes to saving lives.

(The writer is a senior psychiatrist at North Goa District Hospital, Mapusa)

Empowering through skills

COOJ's STEPPN Program empowers persons with mental health conditions through skills and employment

NEETHA MASCARENHAS

As the world observes Mental Health Week, COOJ's STEPPN Program is helping individuals with psychiatric disorders and neurodiversity regain purpose, confidence and dignity through work. Funded by Swiss organisation Secodev, the Skill Training for Employment of Persons with Psychiatric and Neurodevelopmental Needs (STEPPN) program combines structured learning, real-world exposure and personalised support to guide participants toward employment and independence.

Participants develop vocational, computer and soft skills, including communication, teamwork and workplace etiquette. Training includes guest lectures, counselling, field visits to supermarkets, resorts and pharmacies and internships at various organisations.

Home-based trainees engage in gardening, craftwork, and product preparation. Currently, participants are painting Diwali diyas for festive buyers at Purple Fest and stalls at St. Xavier's College and TCS Mapusa.

COOJ Bakery provides hands-on baking experience, from cakes to festive treats, alongside production, packaging and sales training. Apprentices who complete the program earn a monthly stipend.

The program works closely with employers to create inclusive workplaces, offering mental health awareness sessions, HR support and ongoing job placement support. Employers benefit from government incentives while supporting trainees in rebuilding their lives.

Looking ahead, STEPPN aims to develop community hubs for training, mentorship, and employment support, creating a community-driven ecosystem where recovery, skill development, and opportunity go hand in hand.



Participants, families and partner organisations share how the program has made a difference.

"I can handle all the tasks in the bakery, which makes me feel proud. I love grinding sugar, making frosting flowers, and baking. For Easter, we made chocolate eggs, making the shells was my favourite part."
- Alina, an apprentice, COOJ Bakery

"When I first joined COOJ, I felt lonely and afraid. Now, I feel like I've found a family. I can work confidently and feel safe. Where I once lost hope, I now believe I can achieve anything with COOJ's support."
- Pooja, a health worker

"Presenting on topics like 'Dance' 'Sun Sign' and 'Microgreens' boosted my confidence. I've also enjoyed math sessions, role plays, field trips and creative activities like candle making, painting diyas, and envelope making."
- Anthony Wellington Antao, trainee

"A trainee displayed exemplary dedication in just three months. Their training builds discipline and purpose."
- Prose Patisserie and Café, Nachinola

"I've become more active and creative. I've learned to make baskets, paint diyas and solve puzzles. Learning here is fun."
- Vishal Gowkar, Home-based client

"My daughter is more independent and confident. She manages her day better and needs less help. We're grateful to COOJ for guiding her toward self-reliance."
- Parent of a trainee

"I've referred several patients to STEPPN and found it to be a much-needed initiative. It offers compassionate support that helps individuals with severe mental illness regain confidence for work."
- Dr. Ravindra Agarwal, Referral Psychiatrist







"The STEPPN Program has given us the opportunity to focus on building skills and work opportunities among people with psychiatric disorders and neurodiversity. For a long time, we have recognized this need and are grateful to Secodev for sharing our vision and funding this much-needed project. The success will depend on the openness and support of the community."
- Dr. Peter Castellino, Director



"Working on the STEPPN Program has been an inspiring journey. Watching trainees progress from their first day to taking on internships or home-based work reminds us that recovery flourishes in an environment of encouragement and acceptance. We are deeply grateful to our team, families, employers and community partners for their continued support."
- Neetha Mascarenhas, project coordinator (on behalf of the STEPPN Team)



SGDH doctors urge early action, community role in schizophrenia care



Doctors from South Goa District Hospital observed World Schizophrenia Awareness Day 2025 on Wednesday.

Staff Reporter
Margao

On World Schizophrenia Awareness Day 2025, observed on May 21, doctors from South Goa District Hospital (SGDH) emphasised that early screening, effective medication, and active community involvement are essential for managing schizophrenia.

Delivering the keynote address, consultant psychiatrist Dr Veena Kantak said there is a need to understand the signs and symptoms of schizophrenia, its impact on society, and the benefits of timely intervention. "Early screening and proper treatment with medications, along with community support, are crucial in managing this condition," she said. Dr Kantak also addressed misconceptions surrounding schizophrenia and called for a more empathetic and informed approach.

The programme was held in collaboration with State TeleMANAS Goa and the District Mental Health Programme (DMHP). Also present were SGDH Medical Superintendent Dr. Rajendra Borkar, Senior Consultant Psychiatrist of TeleMANAS Goa Dr. Sneha Pokle, and DMHP Consultant Psychiatrist Dr Mamta Borkar.

The event featured a creative performance by students on the theme 'Rethink the Label: Reclaim the Story,' which focused on the stigma associated with schizophrenia and the need for societal change.

Speakers touched on the importance of promoting mental health awareness, to foster understanding, reduce stigma, and encourage affected individuals to seek help.

"By working together to create a more aware and supportive community, we can make a positive impact on the lives of individuals affected by mental health conditions," said Kantak.

Schizophrenia is severe yet treatable disease, say docs



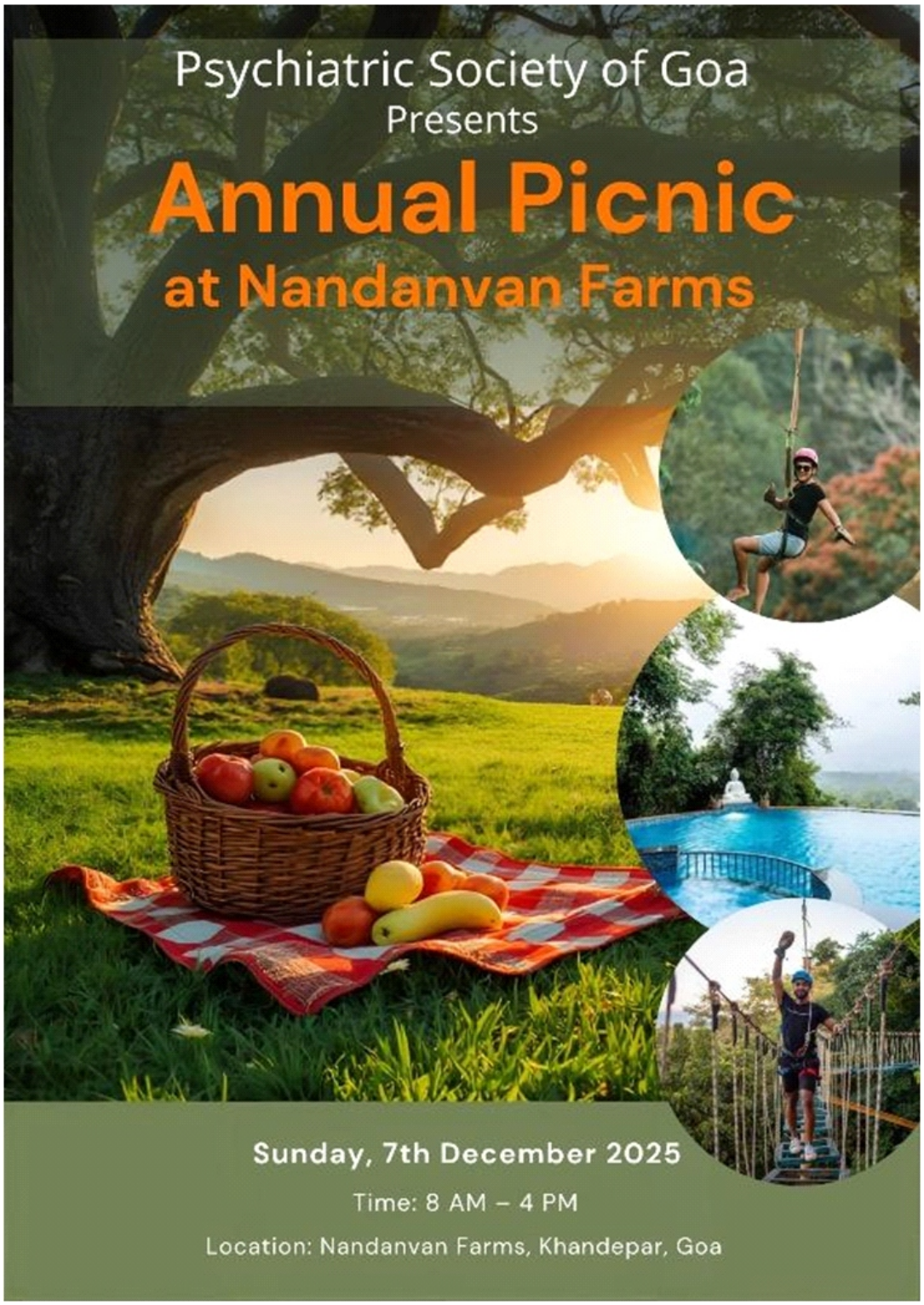
4. COMMUNITY SERVICES

Wellness camp for Senior Citizens in collaboration with Rotary Club OF Dona Paula by Dr. Gaurav Haldankar and Dr. Akshada Amonkar



5. SOCIETY TEAM BUILDING ACTIVITY

The society has planned annual Picnic / Team building activity on 7th December 2025 at a picturesque location in North Goa. The event is aimed at strengthening the team morale and create memories for the society and group think.



PARTNERS

Institute of Psychiatry & Human Behaviour

Sangath society : A leading international mental health research NGO from Goa which is at the forefront of developing innovative solutions to increase access to mental healthcare (Add hyperlink)

Antarman

COOJ

Quality of life foundation

Sethu

Goa Medical College

Diocesan Society

Executive Committee 2024-2026

Hon President	:	**Dr. Wenona Fernandes**
Hon Vice President	:	**Dr. Akshada Amonkar**
Hon Secretary	:	**Dr. Gaurav Haldankar**
Hon Treasurer	:	**Dr. Jaiprada Kanekar**
Executive Committee Member	:	**Dr. Pallavi Dhakne**
Joint Secretary	:	**Dr. Tanvi Pednekar**

IPS MAHARASHTRA STATE BRANCH

- Many activities carried out in collaboration with IPSWZB/PSWZ & local branches.
- Dr. L. Rathi continued as an Immediate Past President of National body & Dr. K. K. Mishra installed as a President of IPSWZB and Dr. Abhijeet Faye as Hon Secretary of IPSWZB/PSWZ. Many members represented state in EC / Subcommittees / task force of National as well as zonal branch.
- Members actively participated in publication of 'Manadarshika 2026' for spreading the awareness to deeper sections of the state.

PSYCHIATRIC SOCIETY, NAGPUR

Total members :114

Following are the various activities (academic, awareness, capacity building, workshops, collaborative and educational) conducted by Psychiatric Society, Nagpur. There was an active participation of members in organizing the activities.

Installation Ceremony (27th April 2025)

Dr. Priti Bhute - President, Dr. Ashish Kuthe - Hon. Secretary

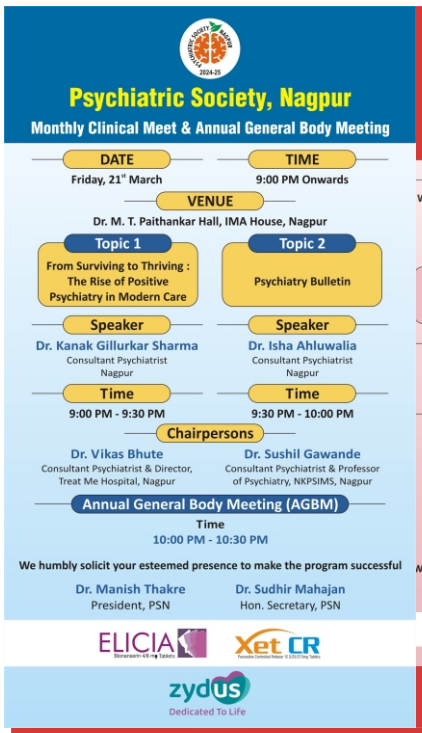





PSYCHIATRIC SOCIETY, NAGPUR
PSYCHIATRIC SOCIETY, NAGPUR
PSYCHIATRIC SOCIETY, NAGPUR

1. Monthly Clinical Meet

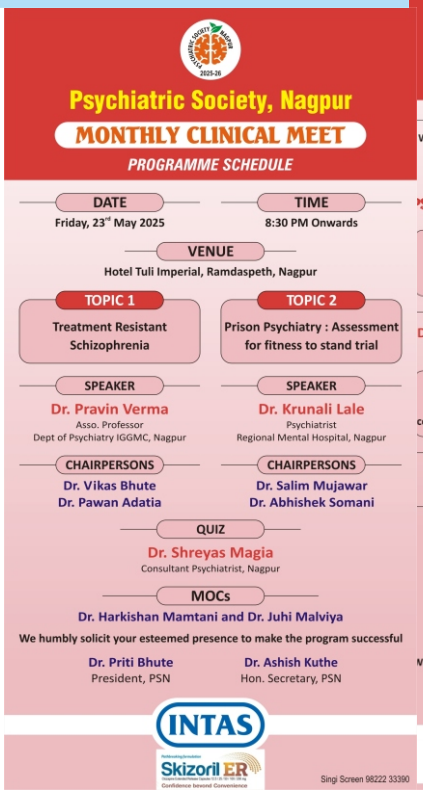
Sr. No.	Date / Month	CME Topic
1	21/03/2025	From Surviving to Thriving (Positive Mental Health)
2	27/04/2025	Installation program with CME
3	23/05/2025	Treatment Resistant Schizophrenia
4	10/09/2025	Physiology of Sleep
5	12/11/2025	Behavioural Addictions

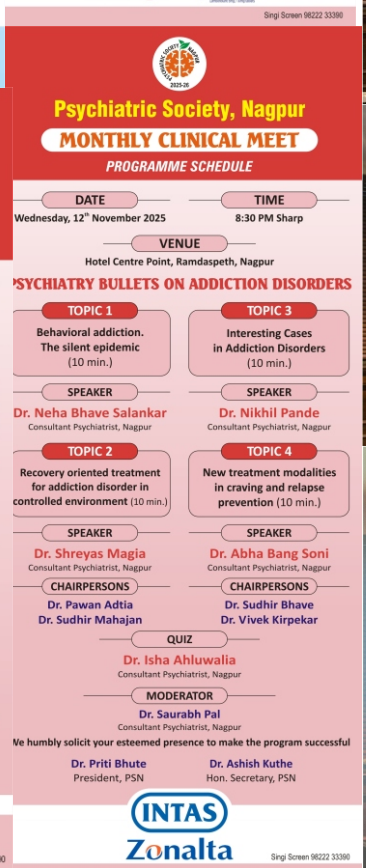
















2. Collaborative activities of PSN

1. **Inaugural Conference of World Association of Dynamic Psychiatry in Nagpur -** with national and international speakers. Date - 12th & 13th April 2025. Around 200 delegates attended the conference.
2. **CME on Addiction Medicine at AIIMS, Nagpur on 29th June 2025.** 1 MMC Credit point. Delegates : 80
3. **National Young Psychiatrists CME at Chitnavis center, Nagpur on 10th August 2025.** Topic : Psychiatry Neurology Interface. 2 MMC Credit point. Delegates : 110. Org chairman : Dr. Priti Bhute, Org secretary : Dr. Pritam Chandak
4. **Annual Conference of PSWZ/IPSWZ, 10th to 12th October 2025.** Attended by 516 delegates in Hotel Center Point at Nagpur.











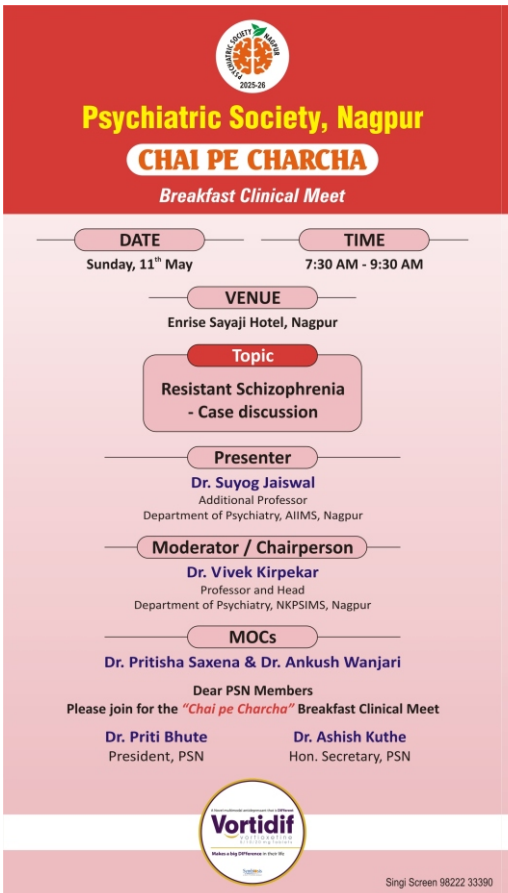

NATIONAL YOUNG
PSYCHIATRISTS
CME
yp - CME
Organised By
Indian Psychiatric Society
Young Psychiatrists Subcommittee
In Collaboration with
Psychiatric Society Nagpur
Psychiatric Society of Western Zone
CHITNAVIS CENTRE,
Welcome


World Association for Dynamic Psychi (WADP) - India Chapter
INAUGURAL CONFERENCE OF WO ASSOCIATION OF
DYNAMIC PSYCHIATRY HAPTER
Hosted by Psychiatric So (PSN)
spath, Nagpur



3. Chai Pe Charcha

This was a series of short CMEs over breakfast with case presentations by young psychiatrist members and chaired by senior psychiatrist members. This was very well attended and appreciated by everyone.





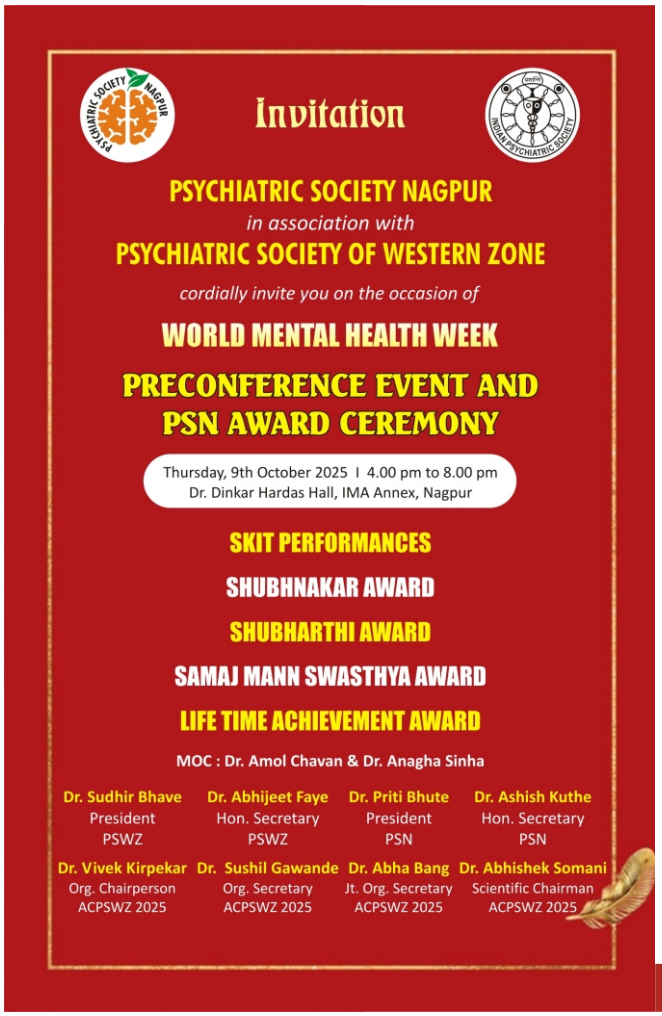


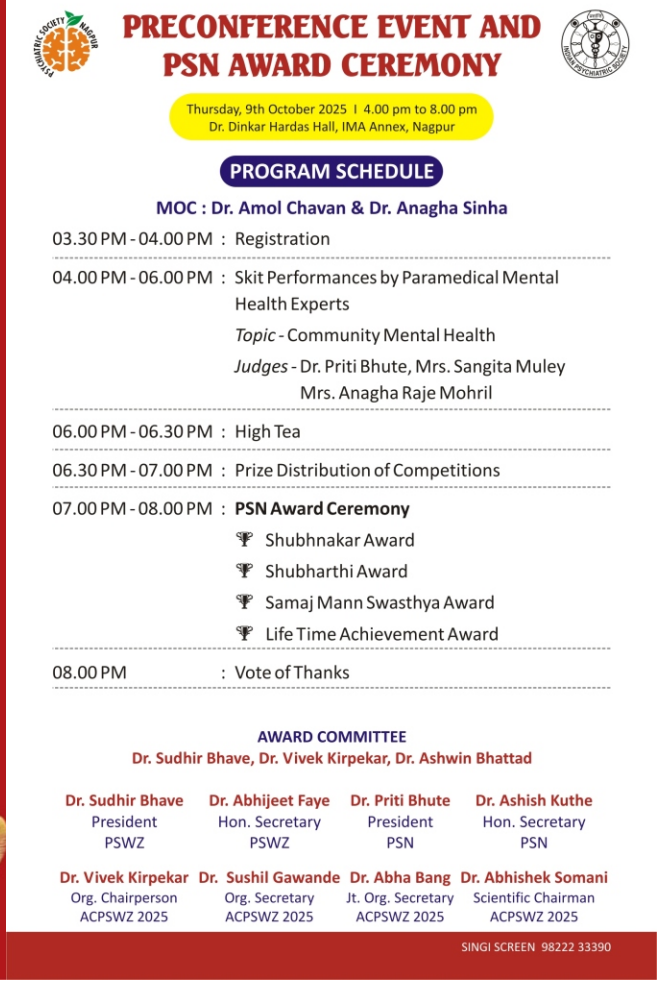




4. Mental health week 2025 celebration

1. Community Mental health CME was organized on the occasion of World mental health Week attended by large number of health care workers and care givers.
2. Mental health awareness SKITS are performed by nursing students to spread the awareness about common mental health conditions.
3. Award ceremony was organized to felicitate best caregiver and best patient award based on their hard work in treatment of mental illness along with awarding the life time achievement award to Dr C. D. Joshi for his exemplary services in mental health.





PSYCHIATRIC SOCIETY NAGPUR

in association with

REGIONAL MENTAL HOSPITAL NAGPUR &
VIDHARBHA PSYCHIATRIC ASSOCIATION

On the occasion of

WORLD MENTAL HEALTH WEEK

organizing

COMMUNITY MENTAL HEALTH CME

You are cordially invited for
Inauguration Ceremony** and **CME

Chief Guest
Dr. Ravinder Singal IPS
Commissioner of Police, Nagpur

Guests of Honour
Dr. Shashikant Shambharkar
Deputy Director, Health Services, Nagpur
Dr. Satish Humane
Medical Superintendent, RMH Nagpur
and
Dr. Salim Mujawar
Senior Psychiatrist, Nagpur

Tuesday 7th October 2025 I 11.15 am
Lecture Hall, Regional Mental Hospital, Nagpur

Dr. Ashish Kuthe	Dr. Priti Bhute	Dr. Abhishek Somani	Dr. Amrish Mohabey
Hon. Secretary PSN & VPA	President PSN	President VPA	Deputy Superintendent RMH, Nagpur

COMMUNITY MENTAL HEALTH CME

Tuesday 7th October 2025 I 08.30 am onwards
Lecture Hall, Regional Mental Hospital, Nagpur

SCIENTIFIC AGENDA

MOC : **Dr. Krunali Uikey, Dr. Vaishali Lokhande**

08.30 - 09.00 am	**Registration**
09.00 - 09.30 am	**Community Mental Health : Role of Community in Mental Health** *Speaker* - **Dr. Pravin Navkhare** Consultant Psychiatrist, Daga Hospital, Nagpur
09.30 - 10.00 am	**Caring for Young Minds : Awareness session on Child & Adolescent Mental Health** *Speaker* - **Dr. Sreelakshmi V.** Associate Professor, AIIMS Nagpur
10.00 - 10.30 am	**Youth Suicide - Current Scenario** *Speaker* - **Mr. Devendra Shinde** Mental Health Professional (Psychiatric Nurse), RMH Thane
10.30 - 11.00 am	**Mental Health for Health Care Workers** *Speaker* - **Dr. Pravin Verma** Associate Professor, IGGMC Nagpur
11.00 - 11.15 am	**Tea Break**
11.15 - 12.15 pm	**INAUGURATION CEREMONY**
12.15 - 12.45 pm	**De-addiction - *Dawa, Dua and Daru*** *Speaker* - **Dr. Deepak Awachat** Consultant Psychiatrist, RMH Nagpur
12.45 - 01.15 pm	**Electroconvulsive Therapy** *Speaker* - **Dr. Satish Humane** Medical Superintendent, RMH Nagpur
01.15 pm	**Valedictory followed by Lunch**

Registration is Mandatary for attending CME
For Registration Please Contact :
Dr. Prashant Wagh
M : 97648 00608

SINGI SCREEN 98222 33390









Mental Health Awareness Activities

Various Camps conducted for Awareness regarding Mental Health at schools and colleges by Dr. Abhishek Somani, Dr. Abha Bang & Dr. Pradeep Patil









IPS NASHIK BRANCH

Various academic, awareness, community outreach and capacity building activities are conducted by IPS, Nashik Branch in the year 2025. Most of the activities shown active and dedicated participation from the members of Nashik Branch.

No. of Members : 35

In 2025, branch conducted a rally in association with Indian Medical association, Nashik and 6 different colleges. There was a huge response with around 500 students, teachers and some IMA members joining the awareness activity. The rally ended with a talk by President of Nashik Psychiatric Society, Dr. Jayant Dhake.

1. World Mental health Day 2025: Walkathon to raise the awareness about mental health



आपलं महानगर www.mymahanagar.com

मानसिक आरोग्याच्या जनजागृतीसाठी वॉकेथॉन

नाशिक। नाशिक सायकॅट्रिक सोसायटी, जिल्हा रुग्णालय नाशिक व डॉक्टर वसंतराव पवार मेडिकल कॉलेज आडगाव यांच्यातर्फे रविवारी (दि.५) सकाळी मानसिक आरोग्याबद्दल जनजागृती करण्याच्या उद्देशाने वॉकेथॉनचे आयोजन करण्यात आले होते. या वॉकेथॉनमध्ये डॉक्टर, विद्यार्थी मोठ्या संख्येने सहभागी झाले होते.

जिल्हा रुग्णालय नाशिकच्या आवारातून सुरू झालेल्या वॉकेथॉनला उपसंचालक डॉ. कपिल आहेर, आयएमए नाशिक अध्यक्ष डॉ. नितेश निकम, सचिव डॉ. मनीष जगताप, नाशिक सायकॅट्रिक सोसायटीचे अध्यक्ष डॉ. जयंत ढाके, जिल्हा रुग्णालयाच्या स्वाती चव्हाण व मेडिकल कॉलेजचे डॉ. अनुप भारती यांनी हिरवा झेंडा दाखवून उद्घाटन केले. याप्रसंगी नाशिक सायकॅट्रिक सोसायटीचे सचिव डॉ महेश भिरुड व खजिनदार डॉ. हेमंत सोनवणे उपस्थित होते.

शहरातील विविध नर्सिंग कॉलेजेसचे विद्यार्थी, सायकॉलॉजी चे विद्यार्थी, फार्मा प्रतिनिधी, अनेक मानसोपचार तज्ञ व सामान्य नागरिक असे मिळून ५०० लोकांनी या उपक्रमात सहभाग नोंदवला. मानसिक आरोग्याबद्दल जनजागृती करणारे फलक हातात घेऊन जिल्हा रुग्णालय पासून, शंकर नाका, मेहेर सिग्नल, एमजी रोड मार्गे आय.एम.ए. हॉल शालिमार पर्यंत सर्वांनी चालत जाऊन हा उपक्रम यशस्वी केला. मानसिक आरोग्य बद्दलचे समाजातील गैरसमज दूर करून सर्वांनी स्वतःचे मानसिक आरोग्य जपण्यासाठी काळजी घ्यावी व काहीही त्रास जाणवल्यास लवकरात लवकर ताज्या डॉक्टरांचे मार्गदर्शन घेऊन उपचार घ्यावे हा संदेश देण्यात आला. वॉकेथॉन यशस्वीतेसाठी मानसोपचार विभाग व जिल्हा मानसिक आरोग्य कार्यक्रमाचे सर्व अधिकारी व कर्मचारी, डॉक्टर वसंत पवार मेडिकल कॉलेज मानसोपचार विभागाचे सर्व प्राध्यापक व विद्यार्थी तसेच नाशिक सायकॅट्रिक सोसायटीच्या सर्व सदस्यांनी परिश्रम घेतले.

Nashik Edition
Oct 06, 2025 Page No. 5
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Society is also ahead in conducting various activities to upgrade knowledge of fellow members.

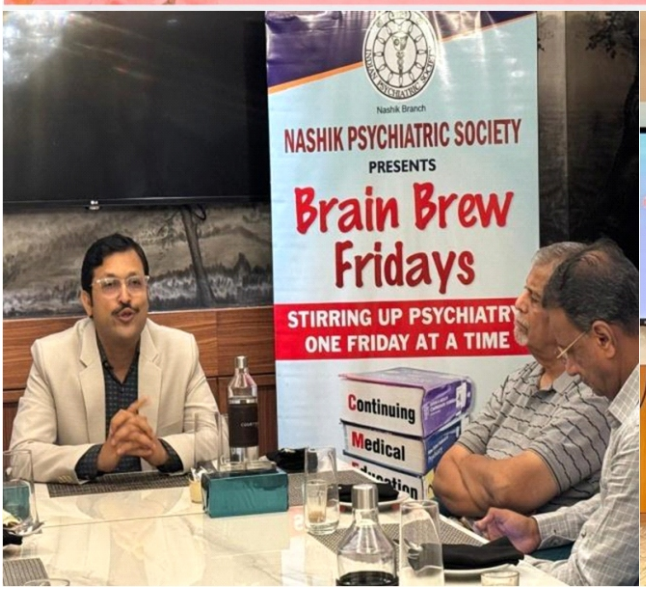
On this background, Nashik Psychiatric Society has pioneered “Brain Brew Fridays”, a morning CME for all members. It is a pure academic activity every 3rd Friday of a month. A total of 6 such lectures was conducted till this date with topic varying from Addiction to Neuro- radiology to role of physical fitness. The activity is very popular amongst the members with attendance of more than 20 each time!

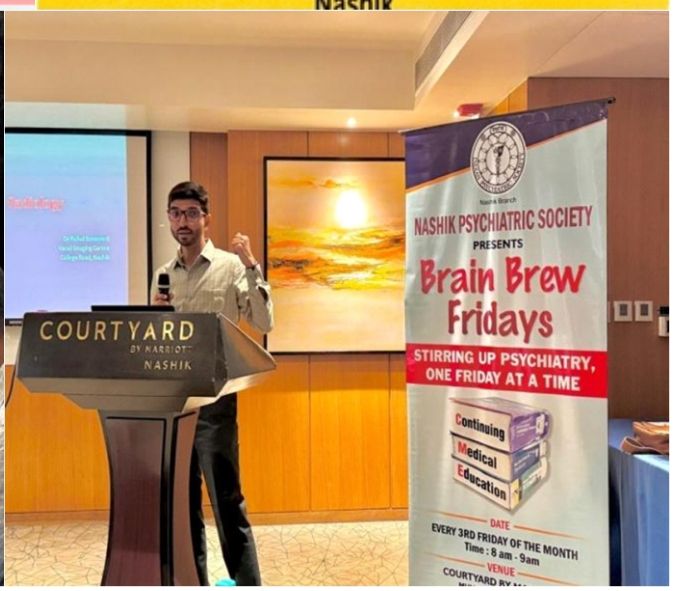
On a similar note Society also had interactive evening talks, once in two months, on topics like BPSD, Sleep, Psychopharmacology and case vignettes.




Brain Brew Fridays
Dear NPS,
On behalf of NPS '25 team, we are pleased to inform that our first ever morning CME is scheduled on 20th June , Friday, at *7.59am* .
Topic:-
Group Therapy for Nicotine Deaddiction- Practical Insights.
Speaker:- Dr. Anand Patil.
*Chairperson*:- Dr. Shirish Sule
*Co- chairperson*_:- Dr. Sneha Mehta.
Venue:- *_Courtyard Marriott_* , Mumbai naka.
Earnest request to all to take benefit of the CME , to upgrade our skills.
The meet is followed by delicious breakfast for all.
Date : 20 june 2025 Friday
Time : 8-9 am
Venue : Courtyard Marriott, Mumbai naka,Nashik.


NPS Meet
Brain Brew Friday
Topic :
Integrating Physical activity into Holistic mental health.
Speaker : Dr Devika Patil
•Chairperson : Dr Manas Sule
•Co-chairperson : Dr Vilas Chakor
Date : 17th Oct 7.55 am
Venue : Four Points by Sheraton, Govind Nagar Nashik


Nashik Branch
NASHIK PSYCHIATRIC SOCIETY
PRESENTS
Brain Brew Fridays
STIRRING UP PSYCHIATRY
ONE FRIDAY AT A TIME
Continuing
Medical


COURTYARD
NASHIK
NASHIK PSYCHIATRIC SOCIETY
PRESENTS
Brain Brew Fridays
STIRRING UP PSYCHIATRY,
ONE FRIDAY AT A TIME
Continuing
Medical
Education
DATE
EVERY 3RD FRIDAY OF THE MONTH
Time : 8 am - 9am
VENUE

IPS SAMBHAJI NAGAR (AURANGABAD) BRANCH

Various academic, awareness, community outreach and art & cultural activities are conducted by IPS, Sambhaji Nagar Branch in the year 2025. Most of the activities shown active and dedicated participation from the members of Sambhaji Nagar Branch.

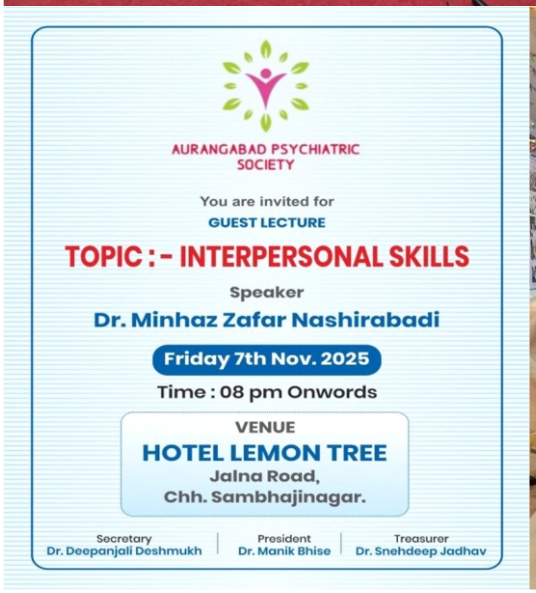
Activities done in year 2025 are as follows:

Sr. No	Date	Activity	Speaker	Remark
1	11/03/2025	Management of Bipolar Depression Focus on Lumateperone	Dr. Nikhil Khedkar	Venue : Hotel Manor, Attended by about 30 Psychiatrist New Body of APS was elected
2	23/04/2025	Risk assessment and Management in child Psychiatry	Dr. Abhijeet Karegaonkar	Done at Silver inn, 40 psychiatrists attended it. Activity was followed by AGB of Aurangabad Psychiatric society
3	26/04/2025 - 27/04/2025	Certificate Training workshop on Transactional Analysis	Dr. Monali Deshpande	Done at Seminar hall, Dept. of Psychiatry, MGM's Medical College & Hospital, CSN, Attended by 26 Residents and psychiatrist
4	21/05/2025	Borderline personality Disorder	Dr. Nilesh Shah, Dr. Sagar Karia	Venue : Lemon Tree Attended by 40 psychaitrist.
5	01/06/2025	Workshop on Medical & organizational leadership	Dr. Deepak Rathod	Venue : Dyotan Hall, MGM's Medical college and hospital
6	20/07/2025	Clinical Psychiatry and community mental health	Dr. Anand Nadkarni	Venue : Hotel Grand Kailash Attendance : 40 Psychiatrists and residents
7	23/08/2025	Marathwada level regional Undergraduate and postgraduate quiz	*Quiz master:* Dr. Gaurav Murambikar	Most of colleges from Marthawada region were approached to send teams via official letters to each institute. For PG quiz 3 colleges sent teams and for UG quiz 5 colleges sent teams.
8	18/09/2025	Round table meet : Role of vortioxetine in Depression	Round table meet	Attended by 25 psychiatrist, Associated with meeting for APS
9	30/09/2025	Rethinking stress and sleep : Achieve wellness Without dependency Melora in management of stress and sleep	Dr. Gaurav Murambikar	Venue : The fern residency

Sr. No	Date	Activity	Speaker	Remark
8	05/10/2025	Mann ki baat Psychiatrist ke saath	Moderator : Dr. Monali Deshpande Panelist : 1. Dr. Vikrant Ptankar 2. Dr. Ashish Mohide 3. Dr. Deepanjali Deshmukh	Public awareness activity attended by about 200 people done at IMA hall CSN
9	05/10/2025	Oratory Competition	Co-ordinators : Dr. Ashish Mohide Dr. Snehdeep Jadhav	28 college students participated in competition
10	7/11/2025	Interpersonal Skills	Dr. Minhaz Zafar Nashirabadi	Venue : Hotel lemon tree Attendees : about 30 psychiatrist and residents
11	09/11/2025	Cricket Carnival and family get together		Venue : Backwoods arena turf about 30 Psychiatrist in city attended along with families.













Invitation

Dear Dr._____

You are cordially invited for scientfic discussion schedule with following details

INDIAN PSYCHIATRIC SOCIETY
Chhatrapati Sambhajinagar

Psychiatric Meet On Date 11th March 2025 (Tuesday)
We Requst Your Valuable Presence For The Same

Topic

Management Of Bipolar Depression Focus On Lumateperone
&
Election Of New Office Bearers

Speaker	Chairperson
Dr. Nikhil Khedkar Consltant Psychiatrist Chhatrapati Sambhajinagar	Dr. Manik Bhise Senior Consltant Psychiatrist Chhatrapati Sambhajinagar

President	Secretary	Treasurer
Dr. Amar rathi	Dr. Rachna Pole	Dr. Tejas gayal

Date : 11 March 2025 At. 8.30 Pm

Venue

The Manor Hotel
Kranti Chowk, Opp. Rani Lakshmibai Park,
Chhatrapati Sambhajinagar.

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Vighnaharta Graphics @9665720105

AURANGABAD PSYCHIATRIC SOCIETY

Cordially invites all Psychiatrists for a Novel Session

BORDERLINE PERSONALITY DISORDER

WEDNESDAY, 21st May 2025

8:30 PM onwards

Hotel Lemon Tree, Aurangabad

SPEAKER

Dr. Nilesh Shah

Dr. Sagar Karia

CHAIRPERSON

Dr. Sanjeev Saoji

Dr. Arun Marvale

Dr. Vinay Chapalgaonkar

PRESIDENT
Dr. Manik Bhise

SECRETARY
Dr. Deepanjali Deshmukh

TREASURER
Dr. Snehdeep Jadhav

Supported by
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IPS Chh.Sambhajinagar

Invites you for the Sports Activities



Cricket

Venue

Backwoods Arena Turf

Opp. Kalagram, Chikhlthana, Sambhajinagar

Date - 9 November 2025

Time : 3:30pm to 8:00pm

Program will be followed by dinner

Hotel The Palms Restaurant.

Have a Fun and Enjoy with family

Knowledge Partner

Rexipra

ALTIMA | INTAS

IPS SOLAPUR BRANCH

Society conducted Various Mental health awareness activities in Mental Health awareness week 2025.

Various activities as follows :

A) Topics for Akashwani broadcasting

1) Schizophrenia
2) Depression and Suicide.
3) Bipolar disorder
4) Childhood Psychiatric disorder
5) Sexual disorder
6) Dementia and Various Geriatric Psychiatry problems
7) Addiction Psychiatry

B) Daily Newspaper Column regarding mental health awareness for 7 days .

C) School awareness Activities like poster presentations in Schools / Colleges .

D) IPS Solapur branch 'official website' inaugurated by Respected, Commissioner of Police Solapur City Mr. M .Rajkumar.

Other activities

- Academic activities every month on various topics
- From this year Dr. VMGMC Solapur has started with Post graduate course (MD) in the department of psychiatry.

In collaboration with Dept of Psychiatry, Dr. VMGMC Solapur weekly Seminar were arranged for all the IPS Solapur members.


Indian Psychiatric Society
Solapur Branch
WEBSITE INAUGURATION
IPS Solapur Branch
ON OCCASION OF WORLD MENTAL HEALTH DAY.
- Honorable Chief Guest -
Mr. Rajkumar Meghnathan
IPS, Commissioner Of Police, Solapur.
President
Dr. Vishnupant Gawade
Secretary
Dr. Kundan Kamble
Dr. Vinayak Raut
Treasurer
Dr. Gangadhar Korke







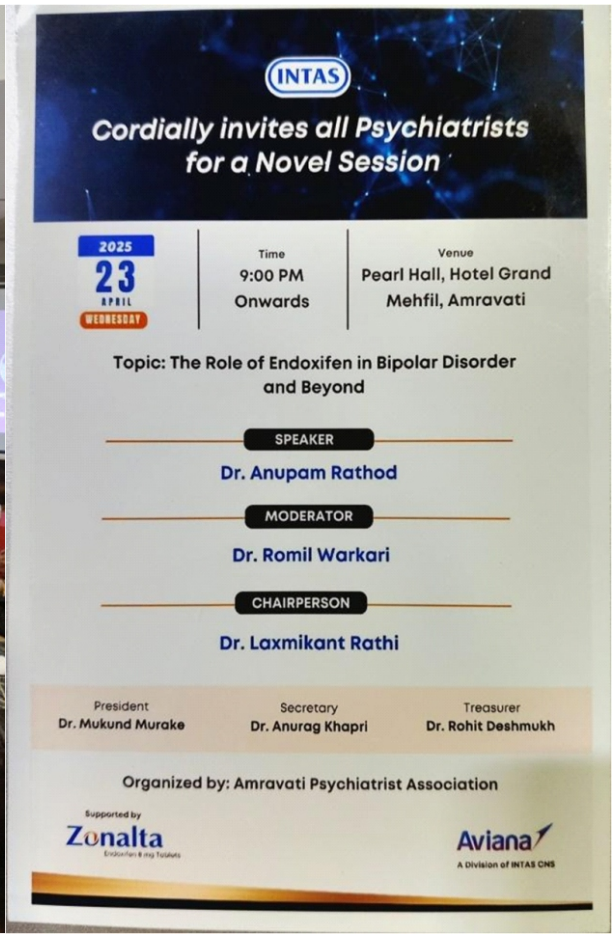

INVITATION
Every flower in its full bloom
starts as a small bud
WELCOME
Grand welcome of new budding psychiartrists
INDIAN PSYCHIATRIC SOCIETY - SOLAPUR BRANCH
Dr. Anuja Padwal | Dr. Akash Ingle | Dr. Shreya Mohite
Dr. Vishnupant Gawade
President
Dr. Kundan Kamble Bhatambare
Secretary
Dr. Gangadhar Korke
Treasurer
Date & Time
12th March Wednesday
8:30 pm onwards
Venue
The pentagon United
Solapur officer's Club
Gurunank Chowk, Solapur - 413003
arinna
Alexaa



AMRAVATI PSYCHIATRISTS ASSOCIATION

Regular CMEs Conducted once a month on every 3rd Wednesday





Dr. Laxmikant Rathi sir was felicitated at Hotel Grand Mehfil on 19/2/25 for his successful tenure as IPS President





Schizophrenia Awareness activity for Caregivers on occasion of world Schizophrenia day on 24/05/2025



Book Distribution to PG students on occasion of Teachers Day 05/09/2025





Mental health awareness for Doctors in IMA, Healthcare workers in AMC on occasion world metal health week at various places in Amravati city





Workshop on Leadership Development by Dr. Deepak Rathod for APA Members at Hotel Grand Mehfil on 22/05/2025
Total Members attended- 20





Caregiver Awareness Workshop with help of NGO (Eklavya Foundation).
It was Symposium Presented by members of APA on 09/03/2025 at Dr PDMMC, Amaravati.





Workshops conducted in various colleges by APA Members About Stress Management, Psychotherapies on world mental Health Week, 2025.





Workshop on Alcohol Deaddiction by Dr. Ashish Deshpande (Mumbai)
at Dr. Murke Hospital for APA Members on 17/08/2025.
Workshop was very well attended and appreciated by members of APA.
23 members attended the program.





Amravati Psychiatrists Association successfully organised 21st VPACON at Mehfil Meadows Chikhaldara on 26th & 27th July 2025 with 150+ Delegates from Vidharbha & Maharashtra Region with Eminent speakers from all over India







IPS PUNE BRANCH ACTIVITIES

Various Departments and Individual Achievements
Awards Publications

BJMC, Pune

1. **24/05/2025 : World Schizophrenia awareness : Day Role Play & Awareness Rally**
2. **World No Tobacco Day Awareness Rally & Lecture**

Conferences & CMEs organized by the department

1. The Department of Psychiatry coorganised the Annual Research Society Conference (RESCON 2025) of Bharati Vidyapeeth University Medical College Pune. Theme was on Medical Education 20th & 21st March 2025
2. 6th and 7th June 2025 -2 half day workshop on Transpersons-Gender dysphoria & transition at Bharati Hospital BVDUMC campus Pune with BQRF

PCMC PGI & YCMH, Pimpri, Pune

Activity 1 : Competition on Poster Making/ Poem or Story writing on Suicide Prevention Day

Activity 2 : A short film 'Open Windows' Developed by the efforts of Department of Psychiatry, on the occasion of World Suicide Prevention Day

Activity 3 : Articles Published in Newspapers in Lokmat and Times of India (Dr. Harshada Deokate and Dr. Vidhu Arora respectively)

Activity 4 : Awareness programs and sessions in hospital and School

Other Awareness program by newspaper article publishing on Suicide prevention and Alzheimer's day in Lokmat and Sakal newspapers

AFMC, Pune

Annual National Conference of Military Psychiatry (ANCEMP) 2025

Date: 25-26 Apr 2025 at AFMC, Pune

Theme Transforming Discoveries into Recoveries: Advances in Translational Psychiatry

2 Key note addresses, 7 Scientific sessions & 3 hands-on Workshops

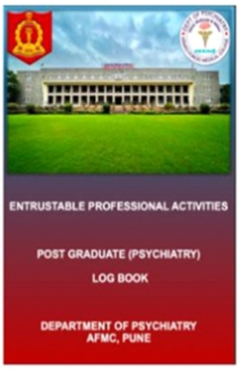
178 registered delegates





Entrustable Professional Activities Logbook

- Released on 25 Apr 2025
- For competence-based training of Psychiatry Post-graduate trainees
- Incorporates 27 EPAs and 57 Milestones
- Foreword by Prof Savita Malhotra, President IPS







AFMS Tele MANAS Cell

- At AFMC Pune
- Pan-India for Armed Forces Personnel and their dependents
- Operationalized on 10 Sep 2024
- Handles around 720 calls per year





DYPMC, Pune

Poona Psychiatrists Association Annual CME Organized by department of Psychiatry Dr. D. Y. Patil Medical College, Hospital & Research centre, Pimpri, Pune on 23rd Feb 2025

Community Awareness Program - Lecture delivered for Anganwadi workers to early detection of substance use disorders

On the occasion of **World Schizophrenia Awareness Week** (18 to 24 May), on 23 May 2025, the Department of Psychiatry organized a special event to raise awareness about schizophrenia, featuring an informative lecture for a diverse audience including nursing students, staff members, patients, and their caregivers.

May 2025 Visit in Kalewadi Local area purpose of De-addiction Awareness





SKNMC, Pune

March 2025

- Guest Lecture conducted by psychiatry department on 28th March 2025 by Dr. Madhav Ghate on "Happiness and Well-being of Male Medicos" in the lecture for Teaching staff and residents of SKNMCGH.

May 2025

- Department of Psychiatry conducted health awareness programme **"World Schizophrenia Day"** on 22nd May 2025 in the psychiatry OPD for patients and caregivers.
- **"World No tobacco day"** health awareness programme was conducted by Psychiatry department on 31st May2025 for caregivers and patients in the psychiatry OPD.

June 2025

"Nashamukt Bharat Fortnight"

Following Awareness activities were undertaken-

- Putting up Patient Education Boards and Posters" at designated locations in College campus and Hospital premises.
- Conducting awareness session of patients, Under Graduate Post Graduate students, Interns, Staff (teaching, Non-teaching) and also of Alcoholic Anonymous patients attending meetings at our Institution regarding "Nashamukt Bharat."
- Online and offline Pledge of "Nasha Mukt Bharat Abhiyan" was taken.

MIMER Talegaon

- Department of Psychiatry conducted 12 extension and outreach activities from 01/02/25 TO 31/07/25 the activities included Awareness talks at various schools and organizations like CRPF.
- Department was involved actively in community outreach activities participated in MS office organized disability and school camps.

CMEs and Events

- **3 CME s associated with Pharma companies**
- **PPA annual CME and award function at DYP Medical College, Pimpri, Pune**
- **Pune Region Psychiatry Quiz for UGs and PGs conducted**
- **11 Psychiatrists became members of PPA till September 2025**

CME INVITE

IPS Pune Branch &
Poona Psychiatrists' Association

Invites you to a CME on

Speaker

Neuroscientific Voyage: From Learned Helplessness to Clinical Depression

Dr Sanil Rege
MRCPsych, FRANZCP Consultant Psychiatrist, Educator, Editor & Founder
Psych Scene Melbourne Australia

Moderator	Chairperson
Dr. Bhooshan Shukla Consultant Psychiatrist	**Dr. Vidyadhar Watve** Consultant Psychiatrist

Poona Psychiatrists' Association	IPS Pune Branch
President **Dr Dhananjay Ashturkar** Secretary **Dr Yogesh Pokale**	President **Dr Archana Javadekar** Secretary **Dr Bhushan Mhetre**

8th Dec 2024
Sunday
Time: 08:00 PM Onwards

Venue:
Clark's Inn
Shivajinagar, Pune

Knowledge partner

INTAS



SUN PHARMA

Dear Doctor,
You are cordially invited to the CME

Management of Bipolar Depression Focus on Lumateperone

Speaker
Dr Govind Kulkarni
Senior psychiatrist, Sangli

5 April 2025
Saturday

Time: 8.30 pm onwards

Hotel Ramee Grand
Apte Road Deccan

Moderator
Dr Swapnil Deshmukh

Chair person
Dr V G Watve

Poona Psychiatrists Association
President
Dr Dhananjay Ashturkar
Secretory
Dr Yogesh Pokale

IPS Pune Branch
President
Dr Archana Javadekar
Secretory
Dr Bhushan Mhetre

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Lumateperone 42 mg capsules

SYNERGY

INTAS

Cordially invites all Psychiatrists for a Novel

Workshop on
Borderline Personality Disorder

2025
12 APR
SATURDAY

Time
9:00 pm
Onwards

Venue
Hotel Lemon Tree, Pune

SPEAKER
Dr. Nilesh Shah
Dr. Sagar Karia

MODERATOR
Dr. Swapnil Deshmukh

CHAIRPERSON
Dr. V. G. Watve

PANELISTS
Dr. Ninad Baste
Dr. Rishikesh Behre

Organized by:
Poona Psychiatric Association

President
Dr. Dhananjay Ashturkar

Secretary
Dr. Yogesh Pokle

IPS Pune Branch

President
Dr. Archana Javadekar

Secretary
Dr. Bhushan Mhetre

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PPA LIFETIME ACHIEVEMENT AWARD 2025

Dr. Dattatreya M. Dhavale received life time achievement award for his exemplary work in the field of Psychiatry in Pune



PPA ORATION AWARD 2025

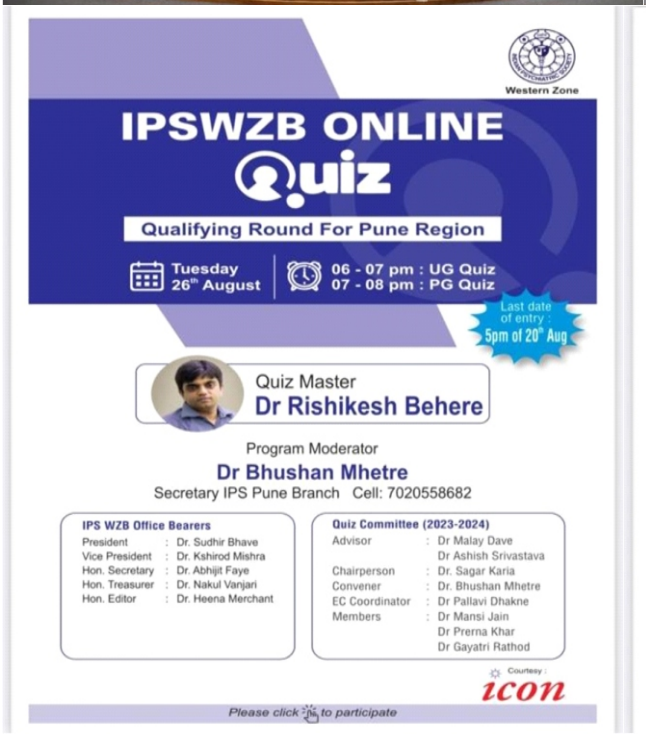
Mrs. Mukta Puntambekar, Director of Muktangan Deaddiction center received the PPA Oration Award 2025.

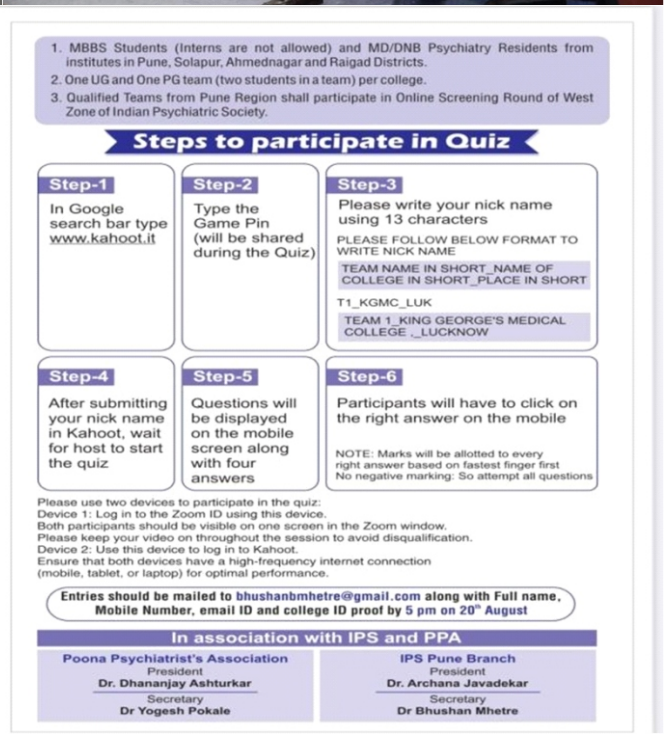


PPA ANNUAL CME-2025









PSWZ/IPSWZB PRESIDENT, DR. SUDHIR BHAVE

1. Invited for delivering a Lecture on “Evolutionary Psychiatry” at the International Neuropsychiatey Congress at Bangkok, Thailand on 8th March, 2025.
2. Gave talk at IPS Leadership Development Program at Datta Meghe Institute of Medical Sciences, Sawangi, 21st April 2025.
3. Speaker on “Screen Use : How Much is Too Much?” at the National YPCON of IPS, AIIMS, Nagpur.
4. Gave a talk at National Midterm CME of IPS at Siliguri on 30th August 2025, on “The Neuropsychitric Landscape of Suicide”.



Besides all the above activities, many other awareness and academic activities are conducted in various medical colleges and at remote areas of the zone by different members of PSWZ

UPCOMING EVENTS OF PSWZ/IPSWZB FOR THE YEAR 2026

- IPS Foundation Day Celebration in January 2026
- 35rd Mid Term CME of IPS WZB to be held at Pune, Maharashtra in Month of May 2026
- 57th Annual Conference of IPS WZB to be held at Goa in Month of October 2026
- Doctors wellness programs
- Scholarly Sunday Sessions on every third Sunday of month for PG students
- Next Edition of book 'Gaav Tithe Manasopchar' along with Awareness Drive on Screen use in adolescents in rural area by Rural psychological health subcommittee
- Various activities of Subcommittees & Task Forces are in pine line

||ACKNOWLEDGMENT||

The zonal office of the IPSWZB acknowledges the guidance, leadership and support of :
Dr. Savita Malhotra, President IPS
Dr. Amrit Pattojoshi, Hon. General Secretary IPS
Dr. M. Aleem Siddiqui, Hon. Treasurer IPS
Dr. Sujit Sarkhel, Hon Editor of IPS
and the whole team of IPS

Wishing all a safe, healthy, successful and fruitful New Year 2026...!!

Long Live IPS



Dr. K. K. Mishra
President
PSWZ/IPSWZB



Dr. Abhijeet Faye
Hon. Zonal Secretary
PSWZ/IPSWZB

Thank You!