

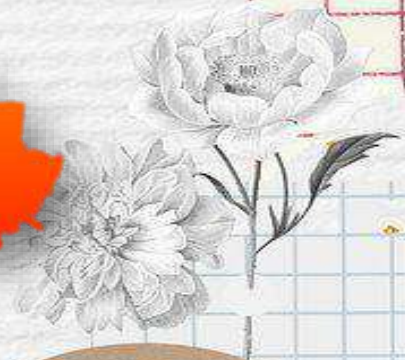
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INDIAN PSYCHIATRIC SOCIETY

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NEWS LETTER

JAN 2026 - MAR 2026

ISSUE - 02

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ಕರ್ನಾಟಕ ಶಾಖೆ (ರಿ.)

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12-TIME AWARDEE: BEST IPS STATE BRANCH



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HONORARY JOINT SECRETARY'S ADDRESS

Warm greetings to all esteemed members of the Indian Psychiatric Society – Karnataka Chapter.

It gives me great pleasure to reach out to you through the second edition of the IPSKC Newsletter for 2026. This edition reflects the continued commitment of our chapter towards academic excellence, professional growth, and meaningful community engagement.

We are proud to share a landmark achievement for our chapter—IPS Karnataka Chapter being awarded the “Best State Branch – 1st Winner” at ANCIPS 2026, New Delhi. This prestigious recognition is a testament to the collective efforts, dedication, and vision of our members in advancing mental health care, strengthening academic initiatives, and extending impactful outreach across the state.

Adding further distinction to this moment is the assumption of office by Dr. T. S. S. Rao as the President of the Indian Psychiatric Society. His exemplary leadership, vast experience, and unwavering commitment to the field of psychiatry bring immense pride to our chapter and serve as a source of inspiration for all.

We also take great pride in congratulating our IPSKC members who have been nominated and elected to various esteemed positions within the Indian Psychiatric Society. These recognitions reflect the calibre, leadership, and growing influence of our members at the national level, and further strengthen the standing of our chapter.

This edition also highlights several important academic and professional activities of IPSKC. The Workshop on Peer Review of Journal Papers reflects our emphasis on strengthening research quality and academic writing. The Wednesday Scholarly Series (2025–26) continues to provide a platform for regular academic engagement and knowledge exchange. Our ongoing Academic and Scholarly Initiatives underscore the chapter's commitment to continuous learning and capacity building.

We also take pride in showcasing the Achievements of our Members, recognizing their contributions at various academic and professional forums. Furthermore, “Psychiatry in the Print” highlights the growing presence and influence of our

members in media and public discourse, reinforcing our role in mental health advocacy.

Looking ahead, we are excited about several upcoming events that continue to enrich our academic and professional landscape, including the Annual PG Training Program of IPS–South Zone Branch at NIMHANS, the IPS-KC Mid-Term CME 2026, Psychiatrists’ Premier League – 15 at KMC Manipal, the Psychiatry Quiz at Sri Chamundeshwari Medical College, Hospital and Research Institute. We also look forward to fostering camaraderie and bonding through the IPSKC Family Picnic, strengthening the spirit of togetherness within our fraternity.

As we move forward, IPSKC remains dedicated to fostering excellence in psychiatry through collaboration, innovation, and service. Let us continue to build on this momentum with unity, purpose, and a shared vision for advancing mental health care across Karnataka.

In service of our shared goals,



Dr SURESH V C
Joint Secretary, IPSKC



PRESIDENT'S MESSAGE

Dear All,

Season's greetings and Ugadi wishes on behalf of the IPSKC EC.

Following the successful completion of KANCIPS 2025 in September, we are halfway through the year 2025-26, and have so far completed the mandatory activities of the teachers training program, intercollegiate essay and debate competition, and PG CME. I congratulate and thank the organizers of the above activities. Mid-term CME & PPL/WPPL, UG quiz, UG prize examination, family picnic and badminton are the upcoming events over the next 2-3 months. Eagerly looking forward to these events, especially the PPL/WPPL, the most exciting event for most IPSKC members. Also, it is exciting to see the fervour of the KANCIPS 2026 team at Karwar.

We were co-hosts for several CMEs organised by other institutions- three from NIMHANS, one from Akash Institute of Medical Sciences and Research Centre, and one from the Oxford Medical College Hospital and Research Centre. Further, it was the turn of IPS KC to take up the south zone PG training program for this year, and this will be our next activity at NIMHANS on 10-11 April 2026, which will see the release of this 2nd issue of the newsletter for the year 2026-27.

The planned peer review training workshop at NIMHANS during 10-11 Jan 2026, to enhance peer reviewers, went well. Hearty congratulations to the organisers. Surprisingly, all the slots got filled up very soon. With the support of several experienced senior faculty members as resource persons and highly enthusiastic participants, it was an intense and successful hands-on training. We intend to do another unique activity this year- a 'train the trainer' workshop for the OSCE for medical college faculty, following the NMC circular that the OSCE to be included as a mandatory component of the MD examinations.

The best state branch award that we received during ANCIPS 2026 in January is a feather added to the crown of IPSKC. This is the 12th time we have achieved this feat, and all credit goes to my predecessor, Dr Somashekar Bijjal and his team. And our hearty congratulations to Dr T S S Rao on taking charge as the President of the Indian Psychiatric Society during ANCIPS, for the term 2026-27. We also congratulate Dr Ravindra Munoli on being elected as a direct council member from Karnataka to the Indian Psychiatric Society.

As of today, our membership strength stands at 827. With the thoughtfulness of our treasurer Dr Guru S Gowda, we have come up with a beautiful certificate of IPSKC membership, including a photograph of the member, for all our new members from the year 2026. Further, during the special IPS EC meeting held on 10th March, the EC gave its nod to the unified membership proposed last year. This will begin from June 2026. Thus, it will be a hustle free process for obtaining the memberships to national, zone and state associations in one go. Members to kindly keep encouraging the PGs/budding psychiatrists to take up the membership and join hands with us.

I wish everyone good health and peace
Long live IPSKC



Dr ANIL KUMAR M N
President, IPSKC

HONORARY SECRETARY REPORT

Greetings from the Indian Psychiatric Society – Karnataka Chapter.

The period from January to March 2026 was marked by active academic engagement, organizational development, and preparations for major upcoming IPSKC events. The 3rd and 4th Executive Committee Meetings were conducted successfully, with discussions focusing on chapter activities, finances, membership strengthening, and future academic programs. The Wednesday Scholarly Webinar Series continued regularly with good participation from members and postgraduate students.

Preparations also progressed for IPSKC Midterm CME 2026 at Kundapura, IPSKC Family Picnic and KANCIPS 2026 at Karwar. Membership strengthening remained an important priority, with efforts to update records, improve communication, and encourage greater participation from members across the state. IPSKC continued its collaboration with medical colleges, district psychiatric societies, and allied organizations to support academic activities, mental health awareness, and professional development.

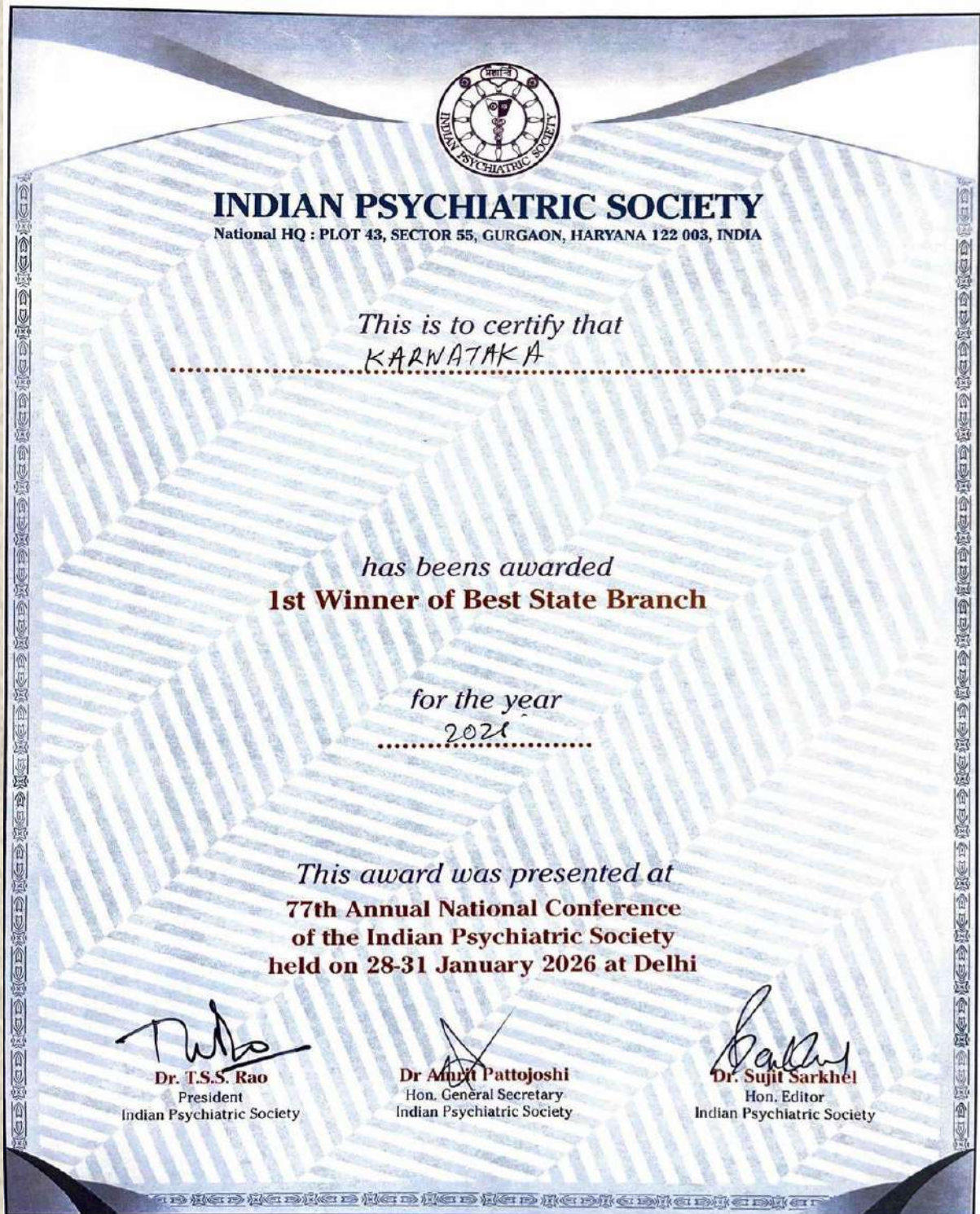
IPSKC also received the Best State Branch Award for the 12th time by the Indian Psychiatric Society during ANCIPS 2026 held at New Delhi, which is a matter of great pride for the chapter.

I sincerely thank the President, Office Bearers, Executive Committee Members, senior members, and all IPSKC members for their continued support and cooperation.



Dr NARAYAN R MUTALIK
Secretary, IPSKC

KARNATAKA LEADS THE WAY: BEST STATE BRANCH 2025



Karnataka was awarded 1st Winner of Best State Branch at the 77th Annual National Conference of the Indian Psychiatric Society (ANCIPS 2026), held in New Delhi. This recognition reflects the branch's consistent efforts in advancing mental health services, academic excellence, and community outreach.

REPORT OF WORKSHOP ON PEER REVIEW OF JOURNAL PAPERS



KARNATAKA CHAPTER

WORKSHOP ON PEER REVIEW OF JOURNAL PAPERS



Organised by

**Department of Psychiatry,
National Institute of Mental Health and Neuro Sciences
(NIMHANS), Bengaluru**

in Collaboration with

Indian Psychiatric Society - Karnataka Chapter (IPS-KC)



Date, Time & Venue:

9AM to 5PM on 10 & 11 January 2026: sixteen hours over two days on site at Board Rooms, 3rd Floor, POGW Building, NIMHANS, Bengaluru with a prior two-hour online briefing from 7 PM to 8 PM on 5 & 7 Jan 2026)

This program is over two plus days and involves structured, hands-on training in peer reviewing different types of original research articles, review-type articles, case reports, and thesis protocols. The training is being delivered through a peer-based learning model with continuous expert mentorship. This program is aimed at training 44 Faculty/SRs/ Researchers in Psychiatry from all over India.

Applied for KMC credits points!

Dr Anil Kumar MN
President,
IPS-KC

Dr Narayan R Mutalik
Hon' Secretary,
IPS-KC


Dr Guru S Gowda
Organising Secretary
Hon' Treasurer,
IPS-KC

Dr Vijay Harbishettar
Organising Secretary
Hon' Editor,
IPS-KC

Dr Jagadisha T
Organising Chair,
Head,
Dept of Psychiatry

Dr Geetha Desai
Organising Co-chair
Professor,
Dept of Psychiatry

Organising Team Members: Dr Apurva and Dr Shantheri Pai




Report prepared by: Dr Shantheri Pai and Dr Apurva

Organised by: Department of Psychiatry, NIMHANS, Bengaluru and Indian Psychiatric Society Karnataka Chapter (IPS-KC)

A two-day workshop (that included a two-hour prior online session) on “Peer Review of Journal Paper” was conducted by the Department of Psychiatry, NIMHANS, Bengaluru in collaboration with Indian Psychiatric Society-Karnataka Chapter (IPS-KC) as another academic activity of Journal of Psychiatry Spectrum on 10 and 11 January, 2026. Over 45 participants registered for the workshop, which offered 4 KMC credit points.


Two online sessions of one hour (plus) each were conducted on 5 & 7 January 2026. The first session was an introductory session addressed by Dr Ananda Pandurangi, Distinguished Professor of Psychiatry, Virginia Commonwealth University, USA on the *Basics, approach, and Importance of peer review of Journal Papers*, providing participants with foundational knowledge of the peer review process. The second online session was conducted by Dr Ravi Philip Rajkumar, Professor of Psychiatry, JIPMER, Puducherry, in which a demonstration of peer reviewing an original research article (case-control study) was conducted, along with assignment instructions. Participants were assigned a randomised controlled trial (RCT) paper for independent peer review (to be completed between 7–9 January 2026).

The in-person workshop began on a warm and engaging note with Dr Jagadisha T, Organising Chairperson and Head, Department of Psychiatry, welcoming the trainees, mentors, and resource persons. Dr Anil Kumar MN, President, IPS-KC, then addressed the gathering, underscoring the importance of nurturing research aptitude and peer-review skills among mental health professionals. The programme was organised under the stewardship of Dr Vijay Harbishettar, Organising Secretary and Hon’ Editor, IPS-KC, Dr Guru S Gowda, Organising Secretary and Hon’ Treasurer, IPS-KC, and Dr Narayan R Mutalik, Hon’ Secretary, IPS-KC, with guidance from Dr Geetha Desai, Organising Co-chairperson and Professor, Department of Psychiatry. The event was coordinated by the organising team members Dr Apurva Mittal, Dr Shantheri Pai R, Dr Daiveek PG, Dr Ravish H who ensured the smooth conduct of the workshop.



At the hands-on training workshop, the participants were divided into groups of four, with 11 groups divided in three halls. Each group had a mentor, who had an extensive experience in doing reviews for various journal articles, and each hall, with 5 groups each were supervised by senior mentors, who were editors and in the editorial board of various prestigious journals and a statistician. The workshop was based on mentor-guided adult learning principles.

The workshop featured an eminent panel of mentors who brought diverse academic and clinical perspectives to the sessions. The mentoring faculty included Dr Ananda Pandurangi, Distinguished Professor of Psychiatry, USA; Dr Ravi Philip, Professor of Psychiatry, JPMER, Puducherry; Dr Anil Kakunje, Professor, Yenepoya Medical College, Mangalore; Dr Anil Kumar M N, Associate Professor, Kasturba Medical College, Manipal; Dr Harsh Pathak, Assistant Professor, NIMHANS, Bengaluru; Dr Keya Das, Professor of Psychiatry and Head, PESUIMSR, Bengaluru; Dr Lakshmi S, Consultant Psychiatrist, Aasare Neuropsychiatric Centre, Bengaluru; Dr Priya Sreedaran, Professor, St John's Medical College, Bengaluru; Dr Raj Kiran Donthu, Associate Professor of Psychiatry, NRI Academy of Sciences, Guntur; Dr Saraswathi N, Senior Consultant, Health and Family Welfare Department, Belagavi; Dr Swapna Bondade, Professor and Head, Department of Psychiatry, The Oxford Medical College Hospital and Research Center, Bengaluru; Dr Swarna Buddha Nayok, Assistant Professor and Clinician Scientist, NIMHANS, Bengaluru; and Dr Vijaykumar Harbishettar, Assistant Professor, Department of Psychiatry, NIMHANS, Bengaluru.



1. Online session 1:

Date and time: 5th January, 2026, 7pm to 8pm IST

Speaker: Dr Anand Pandurangi, Professor of Psychiatry, USA

Moderator: Dr Apurva

Topic: Basics, approach and importance to peer reviewing

2. Online session 2:

Date and time: 7th January, 2026, 7pm to 8pm IST

Speaker: Dr Ravi Philip Rajkumar, Professor of Psychiatry, JIPMER, Puducherry

Topic: Demonstration of peer reviewing an original paper (case-control study)

Moderator: Dr Saraswathi Tenagi and Dr Shantheri Pai

3. Assignment- Randomised Controlled Trial (7-9 January, 2026)

For the in-person training workshop, the participants were divided into groups of four, with 11 groups divided in three halls. Each group had a mentor, who had extensive experience in doing reviews for various journal articles, and each hall, with 5 groups each, was supervised by Supermentors, who were editors and on the editorial board of various prestigious journals and a statistician. The workshop was based on mentor-guided adult learning principles.

Day 1 in-person session: (Details in Workshop Schedule attached)

Venue: Board rooms and Platinum Jubilee auditorium, POGW building, 3rd Floor, NIMHANS

Time: 8 am to 5 pm

Topics covered:

- Registration, briefing, and small-group peer review of a cohort study, followed by large-group discussions and presentations.
- Expert sessions covered statistics, manuscript re-review, and editorial processes, chaired by senior faculty.
- Post-inauguration and lunch, the afternoon involved group activities on cross-sectional studies, thesis protocols, and case reports.

Day 2 in-person session: (Details in Workshop Schedule attached)

Venue: Board rooms and Platinum Jubilee auditorium, POGW building, 3rd Floor, NIMHANS

Time: 8 am to 5 pm

Topics covered:

- Large-group discussions on RCT peer review with statistical inputs, and a thesis protocol review with an expert panel on results and statistics.
- Peer review challenges and qualitative research.
- Discussions on cross-sectional studies and small-group reviews of qualitative studies and review articles, concluding with large-group discussions and remarks.

The valedictory session and vote of thanks brought the workshop to a close, followed by certificate distribution by the mentors. The session also featured feedback shared by the trainees, reflecting on their learning experiences and key takeaways from the workshop.







IPSKC donated the tDCS device to Department of Psychiatry, BMCRI, at NIMHANS after the workshop



REPORT OF WEDNESDAY SCHOLARLY 2025–26

How to Write a Paper – Manuscript Writing Series

Report prepared by: Dr Apurva

Organised by: Journal of Psychiatry Spectrum Committee of the Indian Psychiatric Society, Karnataka Chapter (IPS-KC)

Recorded YouTube link: <https://www.youtube.com/@IPSKCOFFICE>

The *Wednesday Scholarly 2025–26* webinar series was organized by the Journal of Psychiatry Spectrum Committee of the Indian Psychiatric Society Karnataka Chapter (IPS-KC) as part of its academic initiative to strengthen research writing skills among psychiatry professionals. The series was designed as a structured, section-wise guide to scientific manuscript preparation, with a focus on practical learning and editorial expectations. The number of participants in each session ranged from 35 to 70.

Overview of Sessions Conducted

Session 1: How to Write the Methodology Section

Date: 5 November 2025 | 7 PM IST

Speaker: Dr. Ravi Philip Rajkumar, Professor, Department of Psychiatry, Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER), Puducherry; Chief Advisor, Journal of Psychiatry Spectrum


Moderator: Dr. Samiksha Sahu, Assistant Professor, Department of Psychiatry, Gandhi Medical College

The session emphasized research design, sampling methods, operational definitions, tools and instruments, statistical considerations, and ethical safeguards, with special attention to reproducibility and clarity.

Session 2: Introduction

Date: 12 November 2025 | 7 PM IST

Speaker: Dr. K. S. Shaji, Dean (Research) & Director, State Resource Centre for Older People, Kerala University of Health Sciences, Thrissur



Moderator: Dr. Shyamanta Das, Professor & Head, Department of Psychiatry, Dhubri Medical College and Hospital

This session highlighted how to frame a compelling background, identify knowledge gaps, build a logical argument, and articulate clear research objectives aligned with existing literature.

Session 3: Results and Tables

Date: 19 November 2025 | 7 PM IST

Speaker: Dr. Rajshekhar Bipeta, Professor & Head, Department of Psychiatry, Government Medical College Medak; Editor-in-Chief, Indian Journal of Psychological Medicine

Moderator: Dr. Johnson Pradeep R, Professor & Head, Department of Psychiatry, St. John's Medical College

The session focused on systematic presentation of findings, preparation of clear and publication-ready tables, avoidance of redundancy, and alignment between objectives, analyses, and reported results.

Session 4: In-text Citation and Reference Formatting

Date: 26 November 2025 | **Time:** 7:00 PM IST


Speaker: Dr. Prasad NN, Chief Librarian, Library and Information Centre, NIMHANS, Bengaluru

Moderator: Dr. Vidya Giri Shankar, Consultant Psychiatrist, South London and Maudsley NHS Foundation, UK

This session highlighted accurate in-text citation and reference formatting in scientific manuscripts, with emphasis on journal guidelines, plagiarism avoidance, and use of reference management tools. Common errors were discussed using practical examples to demonstrate correct citation styles and reference list preparation.

Session 5: What's in a Name? Title, Abstract & Conclusion of a Journal Paper

Date: 3 December 2025 | **Time:** 7:00 PM IST



Speaker: Prof. Muralidharan K, Professor & Former Medical Superintendent, Department of Psychiatry, NIMHANS, Bengaluru; Advisor, Journal of Psychiatry Spectrum

Moderator: Dr. Harshit Hemant Salian, Assistant Professor, Department of Psychiatry, AIIMS Vijaypur, Jammu

The session emphasised the importance of titles, abstracts, and conclusions in enhancing the visibility and impact of a research paper. Strategies were discussed for drafting concise, informative sections aligned with study objectives and journal expectations while avoiding overinterpretation

Session 6: Presenting Statistical Test Results

Date: 10 December 2025 | **Time:** 7:00 PM IST

Speaker: Dr. Mariyamma Philip, Professor, Department of Biostatistics, NIMHANS, Bengaluru; Statistics Advisor, Journal of Psychiatry Spectrum

Moderator: Dr. Subhashini K R, Associate Professor, Department of Psychiatry, Saveetha Medical College and Hospital, Chennai; Associate Editor, Journal of Psychiatry Spectrum

The session focused on accurate presentation and interpretation of statistical test results, including reporting of p-values, confidence intervals, effect sizes, and appropriate statistical terminology. Emphasis was placed on clarity, transparency, and consistency between methods, results, and tables while avoiding misinterpretation and over-reporting.


Session 7: Discussion

Date: 17 December 2025 | **Time:** 7:00 PM IST

Speaker: Dr. YC Janardhan Reddy, Dean, Behavioural Sciences; In-charge Deanery of Research; Senior Professor & Former Head, Department of Psychiatry, NIMHANS, Bengaluru; Advisor, Journal of Psychiatry Spectrum

Moderator: Dr. Saraswathi Tenagi, Senior Psychiatrist & Former Medical Superintendent, DIMHANS, Department of Health and Family Welfare, Government of Karnataka, Belagavi; Associate Editor, Journal of Psychiatry Spectrum

The session focused on writing a clear and scientifically sound discussion section, emphasising interpretation of findings in relation to objectives and existing



literature. Guidance was provided on avoiding overgeneralisation, acknowledging limitations, and maintaining a balanced tone while highlighting the study's relevance and novelty.

Session 8: Ethical Use of Artificial Intelligence in Scientific Manuscript Preparation

Date: 21 January 2026 | **Time:** 7:00 PM IST

Speaker: Dr. Manik Inder Singh Sethi, Assistant Professor, Tele-MANAS Project, NIMHANS, Bengaluru

Chairperson: Dr. Suresh Bada Math, Professor, Department of Psychiatry; Head, Unit 5, Telemedicine Centre & Forensic Psychiatry; Chair of Psychotherapy Training, NIMHANS, Bengaluru

The session examined the emerging role of artificial intelligence in academic writing, with emphasis on ethical use, authorship responsibility, transparency, and compliance with journal policies. While highlighting AI's potential to improve efficiency and language, caution was advised against misuse that could compromise scientific integrity and originality.

All sessions witnessed active and consistent participation from psychiatry trainees, early-career clinicians, and faculty across the country. Attendance per session ranged from approximately 35 to 70 participants. Interactive discussions and Q&A segments enabled clarification of practical challenges related to manuscript preparation, statistical reporting, interpretation of results, and ethical publication practices.

Overall Importance of the Webinar Series

The Wednesday Scholarly series addresses a critical gap in formal training in academic writing within psychiatry. Although postgraduate trainees are expected to publish research, structured mentorship in manuscript writing, journal expectations, and ethical considerations is often limited. Through expert-led, section-wise guidance by senior academicians, editors, and statisticians, the series enhances competence in scientific writing, improves the quality of journal submissions, promotes ethical and transparent research communication, and fosters a sustained culture of academic scholarship. Overall, the initiative significantly strengthens research capacity and publication readiness within the psychiatric community.

Writing "Introduction": The Art & Craft



Prof.K.S.Shaji
Dean(Research)
Kerala University of Health Sciences



How to write discussion in an original paper?



Dr. Y.C. Janardhan Reddy
Senior Professor of Psychiatry
Dean (Behavioural Sciences) & In-charge of Deanery of Research
Head, OCD Clinic
NIMHANS, Bangalore



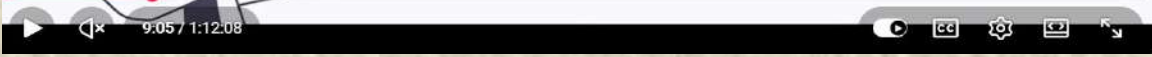
Scientific Manuscript Writing Results & Tables



Rajshekhar Bipeta

Indian Journal of Psychological Medicine
(Indian Psychiatric Society, South Zonal
Branch)

Professor & Head, Department of Psychiatry,
Government Medical College, Medak



ACADEMIC AND SCHOLARLY INITIATIVES



CAMCON 1.0

**National Conference on
Addiction Medicine**
<https://x.com/Camcon320776>

**ORGANISED BY
CENTRE FOR ADDICTION MEDICINE (CAM)
DEPARTMENT OF PSYCHIATRY
NIMHANS BENGALURU
IN COLLABORATION WITH IPS-KC**



27-28TH FEB & 1ST MAR 2026

REGISTER NOW

**Venue - NIMHANS
Convention Centre,
Bengaluru, Karnataka**

**Theme - Addiction Medicine in
India : Expanding Horizons**







INDIAN PSYCHIATRIC SOCIETY- KARNATAKA CHAPTER

IPS-KC PGCME 2026

ANNUAL PSYCHIATRY POST GRADUATE RESIDENTS' CME

ORGANIZED BY
DEPARTMENT OF PSYCHIATRY
K S HEGDE MEDICAL ACADEMY, MANGALORE
Under the aegis of the Indian Psychiatric Society, Karnataka chapter

2nd Announcement

THEME:
**“THE ART AND SCIENCE OF PSYCHIATRY:
MASTERING THE SKILLS THAT MATTER”**

21st & 22nd FEBRUARY 2026

Venue: Avishkar Hall
7th Floor, ABSMIDS, K S Hegde Charitable Hospital, Deralakatte

APPLIED FOR KMC CME CREDIT HOURS







**National Institute of Mental Health and Neuro Sciences (NIMHANS) &
Dementia India Alliance (DIA)**

in collaboration with

**Indian Psychiatric Society Karnataka Chapter (IPS-KC) &
Dementia Care in SCARF (DEMCARES)**

presents

**Workshop on
COGNITIVE STIMULATION THERAPY**



9th February, 2026



8:30 am to 3:30 pm



**Platinum Jubilee Auditorium, Third Floor, POGW
Building, NIMHANS**

Organising Coordinators:

Prof P T Sivakumar, Dr. Vijaykumar Harbishettar, Dr. Apurva Mittal, Dr. Divyashree NS



ST. JOHN'S MEDICAL COLLEGE
5th H.S. Subrahmanyam Memorial Oration
Hosted by the Department of Psychiatry
Co-hosted by the Indian Psychiatric Society - Karnataka Chapter



Dr. B.N. Gangadhar, MD, DSc
Padmashree Awardee

Distinguished Scientist – Chair, Department of Ayush, Government of India
Former Professor of Psychiatry and Director NIMHANS
Former Chairman of National Medical Commission

Topic:

Training Psychiatry to Medical Undergraduates

Place: Lecture Hall - 1, Golden Jubilee Block
St. John's Medical College

Date: 27.02.2026

Time: 2.30 pm

**The Department of Psychiatry cordially invites all to
attend the oration**



KARNATAKA CHAPTER



Cordially invites you to the
IPS-KC PG Case Conference
Series 2025-26

Topic

Beyond Voices: A Case of Paranoid Schizophrenia

Presenter

Dr. Asha. A

3rd year Junior resident, Dept. of Psychiatry, RRMCH

Moderator

Dr Vidhyavathi M

Professor & Head, Dept. of Psychiatry, RRMCH

Chairperson

Dr. Gururaj GP

Professor & Head, Dept. of Psychiatry, East Point College of Medical Sciences & Research Centre

Date

Wed, 21st January 2026

Time

2:00 pm to 3:30 pm

Venue

Dept. of Psychiatry , RRMCH

Academic Partner:



Makers of



KARNATAKA CHAPTER



Cordially invites you to the
IPS-KC PG Case Conference
Series 2025-26

Topic

Euphoria to Ecstasy - A Case of Bipolar Disorder

Presenter

Dr. Pradhyumna K

3rd Year Junior Resident, Dept. of Psychiatry, SIMS&RC

Moderator

Dr Sharanabasappa

Professor & Head, Dept. of Psychiatry, SIMS&RC

Chairperson

Dr. Sudhir Hebbar

Professor Dept. of Psychiatry, MVJ Medical College & Research Hospital

Date

25th February 2026

Time

2:00PM to 3:30PM

Venue

Dept. of Psychiatry, SIMS&RC

Academic Partner:



Makers of



KARNATAKA CHAPTER



Cordially invites you to the
IPS-KC PG Case Conference
Series 2025-26

Topic

More Than a Mind: A Holistic Approach to the "Big" Challenges of Psychosis.

Presenter

Dr. Vinayashree Shanker

3rd Year Junior Resident, Dept. of Psychiatry, EPCMS&RC

Moderator

Dr. G P Gururaj

Professor & Head, Dept. of Psychiatry, EPCMS&RC

Chairperson

Dr. Manju Aswath

Professor & HOD, Dept. of Psychiatry, KIMS&RH, Bengaluru

Date

25th March 2026

Time

2:00PM to 3:30PM

Venue

Dept. of Psychiatry, EPCMS&RC

Academic Partner:



Makers of



The Indian Psychiatric Society – Karnataka Chapter successfully conducted essay and debate competitions in collaboration with VVS First Grade College, Bengaluru, as part of its academic and outreach initiatives.

The essay competition witnessed enthusiastic participation from 16 students, while the debate competition saw 13 participants, reflecting strong engagement and interest among students in mental health-related themes.



In the essay competition, participants demonstrated commendable insight and expression. The rolling shield was awarded to Pallagatti Adavappa Arts and Commerce college, Tiptur.

The debate competition was equally engaging, with the rolling shield was awarded by KLE S. Nijalingappa College, Rajajinagar.

PRIZE LIST

Essay Competition:

1 st Prize	Meghabai	3 rd Year B.A.	Pallagatti Adavappa Arts and Commerce College
2 nd Prize	Radhika	2 nd Year B.Com.	VVS First Grade College
3 rd Prize	Yavanika	2 nd Year B.Com.	ASC Degree College

Debate Competition:

1 st Prize	Manisha	GFGC, Rajajinagar
2 nd Prize	Meghabai	Pallagatti Adavappa Arts and Commerce College
3 rd Prize	Amulya R	KLE S. Nijalingappa College



These events provided a valuable platform for students to articulate their perspectives, enhance critical thinking, and engage with important mental health issues. The active participation and high quality of presentations highlight the growing awareness and enthusiasm among students towards mental health discourse.

ACHIEVEMENTS OF OUR MEMBERS



Dear All

Very happy to inform you that I have taken over as
The President of
South Asian Societies for Sexual Medicine (SASSM)
affiliated to
International Societies for Sexual Medicine (ISSM)
on 02 January 2026.

Our Team will look forward to working with you all.



Dr T S S Rao, India, President
Dr Jahangir Kabir, Bangladesh, President - Elect
Dr Mohammed Shamshul Ahsan, Bangladesh,
Immediate Past President
Dr Padmini Prasad, India, Hon General Secretary
Dr Vasan S S, Executive Director, India
& the Council Members.

tssrao19@gmail.com, +91-9845282399



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Ref: IPS/HGS/2026-28/0357 (ASST HGS) Dated: 18th March, 2026

To,
DR. SOMASHEKHAR BIJJAL
LF-19567
Gadag

Dear Member,

It is our pleasure to communicate that the Executive Council of Indian Psychiatric Society has nominated you as **Southern Zone, ASSISTANT HON. GENERAL SECRETARY**. This is in recognition of your special expertise and experience in the field of Psychiatry.

We congratulate you on behalf of the Executive Council of Indian Psychiatric Society.

ASSISTANT HON. GENERAL SECRETARY				
Northern Zone	03715	DR. DESIRE SAMBI	New Delhi	dstainth@gmail.com / 7354547733
Southern Zone	19567	DR. SOMASHEKHAR BIJJAL	Gadag	dsombija1970@gmail.com / 9468331173
Western Zone	CE346	DR. AMOL SHOH DESHMUKH	Aurangabad	dsamol15@gmail.com / 7057418854
Eastern Zone	CL418	DR. ANWESHAK DAS	Coochbehar	dasanweshak@yahoo.co.in / 7186051583
Central Zone	CL484	DR. AMAN DSHORE	Gwalior	amanakshore@rediffmail.com / 9479624656

You are also requested to send a brief biodata (50 words) and a recent photograph.

Best wishes and warm regards,

Long live IPS!

T. S. Nathyarayan Rao

(Dr. T.S.S. Rao)
President,
Indian Psychiatric Society

Arun V. Marwale

(Dr. Arun V. Marwale)
Hon. General Secretary,
Indian Psychiatric Society

Society Registration No. 59 of 1948-1949



We take great pride in congratulating **Dr. Somashekar Bijjal** on his nomination to the esteemed position of **Assistant Honorary General Secretary (Southern Zone)**, Indian Psychiatric Society. His appointment is a testament to his commitment, leadership, and continued service to the profession.



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Ref: IPS/HGS/2026-28/0359 (Task Force) Dated: 18th March 2026

To,
DR. LOKESH BABU
LF - 12042
Tumkur

Dear Member,

It is our pleasure to communicate that the Executive Council of Indian Psychiatric Society has nominated you as **Co-Chairperson, Art & Psychiatry – Specialty Section**. This is in recognition of your special expertise and experience in the field of Psychiatry.

We congratulate you on behalf of the Executive Council of Indian Psychiatric Society.

Art & Psychiatry - Specialty Section				
Advisor	03248	DR. DEBASH BHATTACHARYA	Kolkata	debash@ipso.com / 9432007348
Advisor	03709	DR. HANSHI RAMSINGHATH NEDERAM	Mumbai	hanshi@ipso.org@gmail.com / 9802129663
Co-Chairperson	04179	DR. DEEPA SINGH	Jalandhar	deepa@ipso.org@gmail.com / 9812428887
Co-Chairperson	19403	DR. SANJAY SATYANWAN JADHAV	Mumbai	dr_sanjay_jadhav@ipso.com / 9121757123
Co-Chairperson	12042	DR. LOKESH BABU	Tumkur	lokeshbabu14@gmail.com / 9849212078
Convener	02295	DR. BHAVITHRE KANA	Kolkata	bhavithre_raha@ipso.com / 8474812032
Member	03079	DR. CHETAN DAIKATKAR HANSALU	Kolkata	chetan@ipso.com / 9825127410
Member	19705	DR. DRIFLAKSHI VADYANATHAN	Mysuru	driflaxshiv@ipso.com / 8451120811
EC Co-ordinator	11181	DR. MANISHA GALTAM	Jodhpur	dr.manishag@gmail.com / 9829053555

You are also requested to send a brief biodata (50 words) and a recent photograph.

Best wishes and warm regards,

Long live IPS!

T. S. Nathyarayan Rao

(Dr. T.S.S. Rao)
President,
Indian Psychiatric Society

Arun V. Marwale

(Dr. Arun Marwale)
Hon. General Secretary,
Indian Psychiatric Society

Society Registration No. 59 of 1948-1949



We are delighted to acknowledge the nomination of **Dr. Lokesh Babu** as **Co-Chairperson, Art & Psychiatry – Specialty Section, Indian Psychiatric Society**. This prestigious role reflects his expertise and continued contributions to the evolving dimensions of psychiatric practice.



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Ref: IPS/HGS/2026-28/0578 (Task Force)

Dated: 16th March 2026

To,
DR. HARINI K C
 LF - 0809 L
 Tumkur

Dear Member,

It is our pleasure to communicate that the Executive Council of Indian Psychiatric Society has nominated you as **Co-Chairperson, Suicide Prevention - Specialty Section**. This is in recognition of your special expertise and experience in the field of Psychiatry.

We congratulate you on behalf of the Executive Council of Indian Psychiatric Society.

Suicide Prevention - Specialty Section			
Advisor	22002	DR. LACIPRMI VISAYAKURUMBI	Chennai lakshmi@visayakurumi.com 9941017409
Chairperson	22124	DR. VIKAS MENON	Budachery vmenon@gmail.com 9894412290
Co-Chairperson	19728	DR. SURESH GUPTA	Bhopal suresh161@gmail.com 9830368278
Co-Chairperson	09091	DR. HARINI K C	Tumkur harinikumarshih@gmail.com 9036651276
CONVENER	26348	DR. PREYANJALI SHARMA	Dwarak ppr3023@gmail.com 8029390400
Member	22006	DR. VEENDER SINGH	New Delhi vrsingh@gmail.com 981930123
Member	17M/527/21	DR. SAHATI RAVINDRAN	Bangalore sahati.ravindra@6189@gmail.com 9591346875
SC COORDINATOR	26292	DR. PRAKASH KUMAR	PUNE prakashkumar113@yahoo.co.in 9865220171

You are also requested to send a brief biodata (50 words) and a recent photograph.

Best wishes and warm regards,

Long live IPSI!

T. S. S. Rao

(Dr. T.S.S. Rao)
 President,
 Indian Psychiatric Society

Arun Marwale

(Dr. Arun Marwale)
 Hon. General Secretary,
 Indian Psychiatric Society

Society Registration No. 59 of 1948-1949



The IPSKC extends its heartfelt congratulations to **Dr. Harini K C** on her nomination as **Co-Chairperson, Suicide Prevention – Specialty Section, Indian Psychiatric Society**. This recognition reflects her dedication and valuable contributions to mental health care and suicide prevention.



We are pleased to congratulate **Dr. Ravindra Munoli** on his election as a **Direct Council Member of the Indian Psychiatric Society**. His accomplishment marks a significant recognition of his commitment to the profession and to the psychiatric community.



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Ref: IPS/HGS/2016-18/6180 (Sub-Committee) Dated 18th March 2016

To,
DR. GURU S.
LF - 07157
Channarayana

Dear Member,

It is our pleasure to communicate that the Executive Council of Indian Psychiatric Society has nominated you as **Convener, Legal - Sub-Committee**. This is in recognition of your special expertise and experience in the field of Psychiatry.

We congratulate you on behalf of the Executive Council of Indian Psychiatric Society.

Legal - Sub-Committee					
Advisor	17003	DR. INDIRA SHARMA	Vadavalli	indira_og@rediffmail.com	9139011000
Advisor	09255	DR. SURESH CHAKRAVARTY	Osawala	dr_sureshchakravarty@gmail.com	9846131751
Chairperson	19270	DR. BHARATI SINGH SHEKHAR	Goa	drbharatisingh@gmail.com	9414097655
Co-Chairperson	16187	DR. PRASADIA RAVAR MOHAPATRA	Bhubaneswar	prasadia@gmail.com	9861042139
Co-Chairperson	01175	DR. ANITHA E.	Hyderabad	anithaey18@gmail.com	9008626401
Convener	07157	DR. GURU S.	Channarayana	gsgowda@gmail.com	9901758577
Member	14504	DR. NIWANT MURLIDHAR HARALE	Akshi	niwantharale@yahoo.com	8121064788
Member	01181	DR. ASHA KANG SONI	Wagaur	dr_ashaksoni@gmail.com	9862216481
Member	09019	DR. INTIAZ HUSSAIN MANSOOR	Srinagar	intiazmansoor@gmail.com	9300114554
EC Coordinator	18111	DR. RAVEESH B. N.	Mysore	raveesh@ipsecrctry.com	9981246316

You are also requested to send a brief bio-data (50 words) and a recent photograph.

Best wishes and warm regards,

Long live IPS!

T. S. S. Rao
 President,
 Indian Psychiatric Society

(Dr. Arun Marwale)
 Hon. General Secretary,
 Indian Psychiatric Society

Society Registration No. 19 of 1948-1949



The nomination of **Dr. Guru S Gowda** and **Dr. Raveesh B N** as **Conveners, Legal Sub-Committee, Indian Psychiatric Society** marks a significant recognition of their professional standing and contributions to the field.



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Ref: #5/105/2026-27/0081 (Sub-Committee) Date: 26th March 2026

To,
DR. NARAYAN RAGHUVENDRA MUTALIK
 LF - 141.46
 Bgaikot

Dear Member,

It is our pleasure to communicate that the Executive Council of Indian Psychiatric Society has nominated you as **Co-Chairperson, Conference - Sub-Committee**. This is in recognition of your special expertise and experience in the field of Psychiatry.

We congratulate you on behalf of the Executive Council of Indian Psychiatric Society.

Conference - Sub-Committee			
Advisor	0240	DR. BINESH G. DESAI	New Delhi shriniresh@gmail.com 9810797931
Advisor	15217	DR. MALIPATI V. A.	Bilchat malipativ@satco.com 9491944066
Chairperson	01103	DR. ARADINDA BHARWA	Kolkata aradinda@rediffmail.com 9830060801
Co-Chairperson	11886	DR. NARAYAN RAGHUVENDRA MUTALIK	Bgaikot naraynm201@gmail.com 9081621771
Co-Chairperson	14540	DR. NIMISHA DESAI	Vadodra nimishadesai10@gmail.com 9427118451
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Member	01250	DR. ARUN KUMAR BAGASUNDARAM	East Thirai Nagar arunkumar@yaho.com 9984864002
Member	11270	DR. KAMALIKA MAHAL	Hawath kamalika2@gmail.com 9002886231
EC Coordinator	01146	DR. ASHISH V. SABDO	Anuvalli ashish77@gmail.com 9423159211

You are also requested to send a brief biodata (50 words) and a recent photograph.

Best wishes and warm regards,

Long live IPS!

T. S. Sathyanarayana Rao
(Dr. T.S.S. Rao)
 President,
 Indian Psychiatric Society

Arun Marwale
(Dr. Arun Marwale)
 Hon. General Secretary,
 Indian Psychiatric Society

Society Registration No. 39 of 1948-1949



Congratulations to **Dr. Narayan R Mutalik** and **Dr. Malipatil V A** on being nominated as **Co-chairperson, Conference - Sub-Committee, Indian Psychiatric Society**.

ಹೆಚ್ ಡಿ ಕೋಟೆ ತಾಲೂಕಿಗೆ ಸಕಲ ಮೂರು ದಶಕಗಳ ಮನೋರೋಗ ಚಿಕಿತ್ಸೆಯ ಉಚಿತ ಸೇವೆಯನ್ನು ನೀಡಿದ
 ಡಾ. ಸ್ವಾಮಿನಾಥ್ ಜಿ ರವರಿಗೆ ತಾ|| ಜನತೆಯ ಪರವಾಗಿ ಹೃದಯ ಪೂರ್ವಕ ಧನ್ಯವಾದಗಳು



ಸನಹಿನೆ ಕಾಣಿಕೆ
 ಅಧ್ಯಕ್ಷರು ಪದಾಧಿಕಾರಿಗಳು ಡಾ. ಕನ್ನಡ ಸಾಹಿತ್ಯಪರಿಷತ್ತು ಹೆಚ್. ಡಿ ಕೋಟೆ
 ಅಧ್ಯಕ್ಷರು ಪದಾಧಿಕಾರಿಗಳು ಶ್ರೀ ಜಾಮುಂಡೇಶ್ವರಿ ಭಕ್ತ ಮಂಡಳಿ ಹೆಚ್. ಡಿ ಕೋಟೆ
 ಸಿಬ್ಬಂದಿವರ್ಗ, ಆಡಳಿತವರ್ಗ ಒಳವಾಸಿಗಳು ಚಿತ್ರಧಾಮ



11-01-2026





Heartiest Congratulations to Dr Prabha Chandra taking over as Director of NIMHANS and Dr Pratima Murthy finishing her tenure as Director of NIMHANS & retiring as Professor in Centre for Addiction Medicine.



Dr Prabha S Chandra has assumed charge as Director of NIMHANS with effect from 14th March 2026. As a Senior Professor of Psychiatry, she brings rich academic, clinical and administrative experience to this leadership role.



Dr. Prathima's farewell

30 ವಿಜೇತರಲ್ಲಿ ಡಾ. ಶುಭ್ರತಾ ಹೆಸರು ಸರ್ಕಾರದಿಂದ 4 ಲಕ್ಷ ರೂ. ಅನುದಾನ

ಶಿವಮೊಗ್ಗ:- ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ವಿಜ್ಞಾನ, ಮಾಹಿತಿ, ಚೈವಿಕ, ವಿಜ್ಞಾನ ಹಾಗೂ ತಂತ್ರಜ್ಞಾನ ಇಲಾಖೆಯಿಂದ ರಾಜ್ಯದಾದ್ಯಂತ ಆಯೋಜಿಸಲಾದ ಗ್ರಾಸ್-ರೂಟ್ ಇನ್ನೋವೇಶನ್ 2025 ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಆಯ್ಕೆಯಾದ 30 ವಿಜೇತರ ಪೈಕಿ ಡಾ. ಕೆ. ಎಸ್. ಶುಭ್ರತಾ ಅವರು ಒಬ್ಬರಾಗಿದ್ದಾರೆ. ಡಾ. ಕೆ.ಎಸ್. ಶುಭ್ರತಾ ಟ್ರೇನಿಂಗ್ ಸೂಟ್‌ಗೆ ಹೋಮ್ ಸಲಿ ಕನ್ಸಲ್ಟಿಂಗ್ ಮತ್ತು ಸುಲ್ಪಯ್ಯಮೆಡಿಕಲ್ ಕಾಲೇಜಿನಲ್ಲಿ ಮನೋ ವೈದ್ಯಕೀಯ ವಿಭಾಗದಲ್ಲಿ ಪ್ರಾಧ್ಯಾಪಕಿಯಾಗಿ ಕಾರ್ಯ ನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. ಆರೋಗ್ಯ ಸೇವಾ ವಿಭಾಗದಲ್ಲಿ ಅವರ ನವೀನ ಕಾರ್ಯಕ್ಕೆ ಮಾನ್ಯತೆ ನೀಡಿ, ನಾಲ್ಕು ಲಕ್ಷ ರೂಪಾಯಿಗಳ ಗ್ರಾಂಟ್ ನೀಡಲಾಗಿದೆ. ಶುಭ್ರತಾ ಅವರಿಗೆ ಮುಂದೂಡಿದ ಮಾರ್ಗದರ್ಶಿ.



ಮನೋವೈದ್ಯ ಹಾಗೂ ನೃತ್ಯ ಕಲಾವಿದೆಯೂ ಆಗಿರುವ ಡಾ. ಶುಭ್ರತಾ, ಮಾನಸಿಕ ರೋಗಿಗಳ ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ನೃತ್ಯ-ಚಲನ ಚಿಕಿತ್ಸೆ ಯನ್ನು ಪರಿಣಾಮಕಾರಿಯಾಗಿ ಬಳಸುವ ಉದ್ದೇಶದಿಂದ ಹಾಗೂ ಅವಕಾಶ ವಿಶೇಷ ಟೂಲ್‌ಕಿಟ್ ಅನ್ನು ಅಭಿವೃದ್ಧಿಪಡಿಸಲು ಈ ಅನುದಾನವನ್ನು ಪಡೆಯುತ್ತಿದ್ದಾರೆ.

ವೈದ್ಯ- ನೃತ್ಯ ಕಲಾವಿದ ಸಹೋದರಿಯರಾದ ಡಾ. ಕೆ.ಎಸ್. ಚೈತ್ರ, ಡಾ. ಕೆ.ಎಸ್. ಪವಿತ್ರ ಮತ್ತು ಡಾ. ಕೆ.ಎಸ್. ಶುಭ್ರತಾ ರವರ ಸಂಸ್ಥೆಯಾದ ಶುಭ್ರ ಚಿತ್ತದ ವತಿಯಿಂದ ಈ ಯೋಜನೆ ಅನುಷ್ಠಾನಗೊಳ್ಳಲಿದೆ.



Dr Shubrata was one of 30 selected for the Government of Karnataka's Grassroot Innovation Program 2025, awarded a ₹4 lakh grant to develop a Dance Movement Therapy toolkit for mental health.



ಪರಿಚಯ
 (೨೦೧೯) ಕವಿತೆ ಮತ್ತು ವಿಜ್ಞಾನಗಳ, ಕವಿತೆ ಮತ್ತು
 ವಿಜ್ಞಾನಗಳ, ಕವಿತೆ ಮತ್ತು

೧.

೨. ಕವಿತೆ ಮತ್ತು ವಿಜ್ಞಾನಗಳ, ಕವಿತೆ ಮತ್ತು

ಪ್ರತಿಭಾಶೀಲರು

೧. ಡಾ. ಪವಿತ್ರಾ - ಕವಿತೆ ಮತ್ತು ವಿಜ್ಞಾನಗಳ
 ಡಾ. ನಿರಂಜನ್ ಎಸ್. ಅಧೀಶ್, ನಿರಂಜನ್, ಪ್ರತಿಭಾಶೀಲರು, ಕವಿತೆ ಮತ್ತು ವಿಜ್ಞಾನಗಳ

೨. ಡಾ. ಕೆ. ಎಸ್. ವಿದ್ಯಾ, ಪ್ರತಿಭಾಶೀಲರು, ಕವಿತೆ ಮತ್ತು ವಿಜ್ಞಾನಗಳ

೩. ಡಾ. ಎಸ್. ಎಸ್. ವಿದ್ಯಾ, ಪ್ರತಿಭಾಶೀಲರು, ಕವಿತೆ ಮತ್ತು ವಿಜ್ಞಾನಗಳ

೪. ಡಾ. ಕೆ. ಎಸ್. ವಿದ್ಯಾ, ಪ್ರತಿಭಾಶೀಲರು, ಕವಿತೆ ಮತ್ತು ವಿಜ್ಞಾನಗಳ

೫. ಡಾ. ಕೆ. ಎಸ್. ವಿದ್ಯಾ, ಪ್ರತಿಭಾಶೀಲರು, ಕವಿತೆ ಮತ್ತು ವಿಜ್ಞಾನಗಳ

Dr Pavitra receiving Nanjanagudu Trumalamba national award for 'Sahithya Paricharike' by Kendra Kannada Sahithya Vedike



IPS South zone team lifted the IPPL cup at the 77th ANCIPS, showcasing teamwork and spirit.

COMMUNITY ENGAGEMENT BY IPSKC MEMBERS



Dr Veda N Shetageri, Professor, Department of Psychiatry was invited as a speaker for a National Mid-term Sexual medicine CME cum Capsule Course at Kota Rajasthan on 21-22nd March 2026. Spoke on the topic "Screen, Sex and other behavioural addictions in contemporary life".



Dr Veda was also invited as a Speaker/ Resource person on March 7th 2026 on the occasion of the Women's Day celebration at Sri Devraj Urs Medical College, Kolar (SDUMC). She Spoke on the topic "Trauma that doesn't leave bruises".



Teachers' training programme at DIET Shimoga by Dr Pavitra

PSYCHIATRY IN THE PRINTS

ಆರೋಗ್ಯಕರ ವೃದ್ಧಾಪ್ಯದಡೆಗೆ
ಸಂಪುಟ-2

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ಪ್ರೊ. ಪಿ. ಟಿ. ಸಿವಕುಮಾರ್

VayoManasa Sanjeevani
ವಯೋಮನಾಸಾ ಸಂಜೀವನಿ
An Initiative by Geriatric Clinic and Services, National Institute of Mental Health and Neurosciences (NIMHANS)

Books

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A collection of chapters in two volumes from different specialties to educate general public on healthy ageing – An Initiative by Geriatric Services, Department of Psychiatry, NIMHANS, aligned with ‘UN Decade of Healthy Aging’



ಆರೋಗ್ಯಕರ ವೃದ್ಧಾಪ್ಯದಡೆಗೆ – ಸಂಪುಟ-೧ ಮತ್ತು -೨



ಇದನ್ನು ನೀವು ಮಾಡ ಬಯಸಿದರೆ, ಇಗೋ, ಇಲ್ಲದೆ 3 ಮಾರ್ಗಸೂಚಿಗಳು

1. ನಿಮ್ಮ ಮನೋದೌರ್ಬಲ್ಯವನ್ನು ಗುರುತಿಸಿ

ಭವಿಷ್ಯದಲ್ಲಿ ನೀವು ಸ್ವಯಂ ನಿಯಂತ್ರಣ ಕಳೆದುಕೊಳ್ಳುವ ನಿರೀಕ್ಷೆಯಿರುವ ಪರಿಸ್ಥಿತಿಯನ್ನು ಗುರುತಿಸಿ (ಉದಾ. ಒತ್ತಡದ ಸಮಯದಲ್ಲಿ ಆಹಾರವನ್ನು ಅತಿಯಾಗಿ ಸೇವಿಸುವುದು).

2. ಬಲವಾದ ನಿರ್ಧಾರ ತೆಗೆದುಕೊಳ್ಳಿ

ಶಾಂತ ಕ್ಷಣದಲ್ಲಿ, ನಿಮ್ಮ ಭವಿಷ್ಯವನ್ನು ರಕ್ಷಿಸುವ ಕ್ರಮವನ್ನು ನಿರ್ಧರಿಸಿ. ಉದಾಹರಣೆಗೆ, ಸದಾ ಟಿವಿ ನೋಡುತ್ತಾ ಕಾಲಹರಣವಾಗಿ ಓದಲು ಸಾಧ್ಯವಾಗುತ್ತಿಲ್ಲ ಎಂದಾದರೆ, ಪರೀಕ್ಷೆ ಮುಗಿಯುವವರೆಗೂ ಟಿವಿಯನ್ನು ಅಟ್ಟದ ಮೇಲಿಡುವುದು, ಕೇಬಲ್ ಸ್ವಯಂ ನೀವೇ ತೆಗೆದುಹಾಕಿಸುವುದು).

3. ಆಮಿಷಗಳ ಎದುರು ಅಡೆತಡೆಗಳನ್ನು ರಚಿಸಿ

ನಿಮ್ಮ ನಿರ್ಧಾರವನ್ನು ಜಾರಿಗೊಳಿಸಲು ಅಡೆತಡೆಗಳನ್ನು ನಿರ್ಮಿಸಿ (ವೆಬ್‌ಸೈಟ್‌ಗಳನ್ನು ನಿರ್ಬಂಧಿಸುವಂತಹ) ಅಥವಾ ಬದ್ಧತೆಗಳನ್ನು ಮಾಡಿ (ಸಾರ್ವಜನಿಕ ಪ್ರಕಟಣೆಗಳಂತೆ). ಉದಾಹರಣೆಗೆ, ಫುಡ್ ಡೆಲಿವರಿ ಆಪ್‌ಗಳನ್ನು ಮೊಬೈಲಿನಿಂದ ತೆಗೆದುಹಾಕುವುದು. ಅಂಗಡಿಗೆ ಹೋದಾಗ ಜಂಕ್‌ಫುಡ್ ಅನ್ನು ಖರೀದಿಸದೆ ಮರಳಿ ಬರುವುದು. ಏನಾದರೂ ತಿನ್ನಬೇಕೆಂಬ ಹಂಬಲ ತೀವ್ರವಾದಾಗ ಪರ್ಯಾಯವಾಗಿ ಆರೋಗ್ಯಕರ ಆಹಾರ ನಿಮ್ಮ ಕೈಗೆ ಸಿಗುವಂತೆ ತಯಾರು ಮಾಡಿ ಇಟ್ಟಿರುವುದು.



ಕೊನೆಯದಾಗಿ ನೆನಪಿಡಬೇಕಾದದ್ದು ಏನೆಂದರೆ ಯಾವುದೇ ಸಂಕಲ್ಪವಿರಲಿ ನಮ್ಮ ಮನಸ್ಸು ಎಡವಿ ಹಾದಿ ತಪ್ಪುವುದು ಸಹಜ. ಹಾಗೆ ಕೆಲವೊಮ್ಮೆ ಆದರೂ, ಮುಂಜಾನೆ ಮಾಡಿದ್ದ ನಿರ್ಧಾರಕ್ಕೆ ತಕ್ಕಂತೆ ಮತ್ತೆ ಮತ್ತೆ ಪ್ರಯತ್ನಿಸುವುದರಿಂದ ನಿಮ್ಮ ಸಂಕಲ್ಪವು ಗಟ್ಟಿಯಾಗುತ್ತದೆ ಹಾಗೂ ಆಮಿಷಗಳನ್ನು ತಿರಸ್ಕರಿಸುವ ಸ್ವ ನಿಯಂತ್ರಣ ಕೂಡ ಬರಬರುತ್ತಾ ಗಟ್ಟಿಯಾಗುತ್ತಾ ಹೋಗುತ್ತದೆ. ನಿಮ್ಮ ಪ್ರಯತ್ನಗಳನ್ನು ಬಿಡದೆ ಭಲದಿಂದ ಮರು ಪ್ರಯತ್ನಗಳನ್ನು ಮಾಡುತ್ತಲೇ ಇರುವುದೇ ಯಶಸ್ಸಿನ ರಹಸ್ಯ.

ಪರೀಕ್ಷಾ ಒತ್ತಡದಿಂದ ಆತ್ಮವಿಶ್ವಾಸದತ್ತ - DD ಚಂದನದ 'ಟಿ.ವಿ. ಡಾಕ್ಟರ್' ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮನೋವೈದ್ಯರ ಮಾರ್ಗದರ್ಶನ

ದೂರದರ್ಶನದ ವಾಹಿನಿಯಲ್ಲಿ ಪ್ರಸಾರವಾಗುವ "TV Doctor" ನೇರ ದೂರವಾಣಿ ಸಂವಾದ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ, ಶ್ರೀ ಚಾಮುಂಡೇಶ್ವರಿ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯದ, ಮನೋವೈದ್ಯಕೀಯ ವಿಭಾಗದ ಸಹ ಪ್ರಾಧ್ಯಾಪಕಿ ಡಾ. ಹರಿಣಿ ಕೆ.ಸಿ. ಅವರು ಭಾಗವಹಿಸಿದರು. " ಪರೀಕ್ಷಾ ಒತ್ತಡದಿಂದ ಆತ್ಮವಿಶ್ವಾಸದತ್ತ" ಎಂಬ ವಿಷಯದಡಿ ಅವರು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಪರೀಕ್ಷೆ ಸಮೀಪಿಸುತ್ತಿದ್ದಂತೆ ಉಂಟಾಗುವ ಮಾನಸಿಕ ಬದಲಾವಣೆಗಳ ಕುರಿತು ವಿವರವಾಗಿ ಮಾತನಾಡಿದರು.

ಪರೀಕ್ಷೆಯ ಮುನ್ನ ಮಕ್ಕಳಲ್ಲಿ ಕಂಡುಬರುವ ಆತಂಕ, ನಕಾರಾತ್ಮಕ ಚಿಂತನೆಗಳು, ತಾವು ಓದಿದ ವಿಷಯ ನೆನಪಾಗುವುದಿಲ್ಲ ಎಂಬ ಭಯ ಹಾಗೂ ಇತರರೊಂದಿಗೆ ತಮಗೆ ಹೋಲಿಕೆ ಮಾಡುವ ಮನಸ್ಥಿತಿ ಮೊದಲಾದ ಸಮಸ್ಯೆಗಳನ್ನು ಅವರು ವಿವರಿಸಿದರು. ಇಂತಹ ಸಂದರ್ಭಗಳಲ್ಲಿ ಯಾವಾಗ ತಜ್ಞರ ಸಹಾಯ ಪಡೆಯಬೇಕು ಎಂಬುದನ್ನೂ ಅವರು ತಿಳಿಸಿದರು.

ಪರೀಕ್ಷಾ ತಯಾರಿಯ ಸಮಯದಲ್ಲಿ ಸಮಯ ನಿರ್ವಹಣೆ ಹೇಗೆ ಮಾಡಬೇಕು, ಪರೀಕ್ಷಾ ಹಾಲ್‌ನಲ್ಲಿ ಹೇಗೆ ಸಮಾಧಾನದಿಂದ ಉತ್ತರ ಬರೆಯಬೇಕು ಎಂಬುದರ ಕುರಿತು ಸಹ ಉಪಯುಕ್ತ ಸಲಹೆಗಳನ್ನು ನೀಡಿದರು. ಸ್ಮರಣಶಕ್ತಿಯ ಬಗ್ಗೆ ಮಾತನಾಡಿದ ಅವರು, ಮೆದುಳಿನ ಅದ್ಭುತ ಸಾಮರ್ಥ್ಯಗಳು ಮತ್ತು ಸ್ಮರಣಶಕ್ತಿ ಹೆಚ್ಚಿಸಿಕೊಳ್ಳಲು ಅನುಸರಿಸಬಹುದಾದ ಸರಳ ವಿಧಾನಗಳನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತಿಳಿಸಿದರು.

ದೇಹದ ಮೂಲಭೂತ ಅಗತ್ಯಗಳಾದ ಗಾಳಿ, ನೀರು ಮತ್ತು ಆಹಾರದಷ್ಟೇ ನಿದ್ರೆಯೂ ಮುಖ್ಯವೆಂದು ಅವರು ಒತ್ತಿಹೇಳಿದರು. ಪರೀಕ್ಷಾ ಅವಧಿಯಲ್ಲಿ ಸಮರ್ಪಕ ನಿದ್ರೆ ಎಷ್ಟು ಅಗತ್ಯ ಮತ್ತು ನಿದ್ರಾ ಸಮಸ್ಯೆಗಳಿದ್ದರೆ ಅದನ್ನು ಹೇಗೆ ಸರಿಪಡಿಸಬೇಕು ಎಂಬುದರ ಕುರಿತು ಅವರು ವಿವರಿಸಿದರು.

ಪರೀಕ್ಷಾ ತಯಾರಿಯ ವೇಳೆ ಸರಿಯಾದ ಆಹಾರ ಪದ್ಧತಿಗಳು ಅತ್ಯಂತ ಮುಖ್ಯ. ಪೌಷ್ಟಿಕ ಆಹಾರ, ಹಣ್ಣುಗಳು, ತರಕಾರಿಗಳು ಮತ್ತು ಸಾಕಷ್ಟು ನೀರು ಸೇವನೆ ದೇಹ ಮತ್ತು ಮೆದುಳಿನ ಕಾರ್ಯಕ್ಷಮತೆಯನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ಚಹಾ/ಕಾಫಿ ಸೇವನೆಯನ್ನು ಮಿತಿಗೊಳಿಸಬೇಕು; ಅತಿಯಾಗಿ ಸೇವಿಸಿದರೆ ನಿದ್ರೆಗೆ ಅಡ್ಡಿಯಾಗಬಹುದು ಮತ್ತು ಆತಂಕ ಹೆಚ್ಚಾಗಬಹುದು ಎಂದು ಅಭಿಪ್ರಾಯಪಟ್ಟರು.

ವಿದ್ಯಾರ್ಥಿಗಳು ದಿನನಿತ್ಯ ಸ್ವಲ್ಪ ಸಮಯವನ್ನು ವಿಶ್ರಾಂತಿ ತಂತ್ರಗಳಿಗೆ ಮೀಸಲಿಡಬೇಕು. ಉಸಿರಾಟ ವ್ಯಾಯಾಮಗಳು, ಧ್ಯಾನ ಮತ್ತು ಲಘು ಯೋಗ ಅಭ್ಯಾಸಗಳು ಮನಸ್ಸನ್ನು ಶಾಂತವಾಗಿಡಲು

ಸಹಾಯಕವಾಗುತ್ತವೆ. ಓದುವ ಪರಿಸರವು ಶಾಂತ, ಸ್ವಚ್ಛ ಮತ್ತು ವ್ಯತ್ಯಯರಹಿತವಾಗಿರಬೇಕು; ಇದರಿಂದ ಏಕಾಗ್ರತೆ ಹೆಚ್ಚುತ್ತದೆ ಎಂದು ತಿಳಿಸಿದರು.

ತಯಾರಿಯನ್ನು ಪೂರ್ವಯೋಜನೆ ಮಾಡಿಕೊಂಡು ಅಧ್ಯಯನವನ್ನು ಭಾಗಗಳಾಗಿ ಹಂಚಿಕೊಂಡು ಓದುವುದು ಉತ್ತಮ. ಮುಂದೂಡುವ ಅಭ್ಯಾಸ (procrastination) ತಪ್ಪಿಸಿ, ಪ್ರತಿದಿನ ಸಣ್ಣ ಗುರಿಗಳನ್ನು ನಿಗದಿ ಮಾಡಿಕೊಂಡು ಸಾಧಿಸುವುದು ಅಗತ್ಯ. ದೈಹಿಕ ಆರೋಗ್ಯಕ್ಕೂ ಸಮಾನ ಪ್ರಾಮುಖ್ಯತೆ ನೀಡಬೇಕು; ನಿಯಮಿತ ವ್ಯಾಯಾಮ ಮತ್ತು ಸರಿಯಾದ ನಿದ್ರೆ ಅವಶ್ಯಕ ಎಂದು ತಿಳಿಸಿದರು.

ಶಾರ್ಟ್‌ಕಟ್‌ಗಳನ್ನು ಹುಡುಕುವುದನ್ನು ತಪ್ಪಿಸಿ, ಆಳವಾದ ಅರಿವು ಪಡೆದುಕೊಳ್ಳುವ ಅಭ್ಯಾಸ ಬೆಳೆಸಬೇಕು. ಪರೀಕ್ಷೆಗೆ ಕೊನೆಯ ಕ್ಷಣದಲ್ಲಿ ತಯಾರಿ ಪ್ರಾರಂಭಿಸುವುದು ಒತ್ತಡ ಹೆಚ್ಚಿಸುತ್ತದೆ; ಆದ್ದರಿಂದ ಮುಂಚಿತವಾಗಿ ಪ್ರಾರಂಭಿಸುವುದು ಉತ್ತಮ ಎಂದು ಅಭಿಪ್ರಾಯ ಪಟ್ಟರು.

ಕಾರ್ಯಕ್ರಮದ ವೇಳೆ ರಾಜ್ಯದ ವಿವಿಧ ಭಾಗಗಳಿಂದ ಬಂದ ದೂರವಾಣಿ ಕರೆಗಳಿಗೆ ಉತ್ತರ ನೀಡಿದ ಅವರು, ಅಧಿಕ ನಿದ್ರೆ, ಮೊಬೈಲ್ ಅತಿಯಾದ ಬಳಕೆ, ಮಾದಕ ವಸ್ತುಗಳ ದುರುಪಯೋಗ, ಏಕಾಗ್ರತೆಯ ಸಮಸ್ಯೆಗಳು ಮುಂತಾದ ವಿಚಾರಗಳ ಕುರಿತು ಮಾರ್ಗದರ್ಶನ ನೀಡಿದರು. ಜೊತೆಗೆ, GEN Z ಮಕ್ಕಳನ್ನು ಹೇಗೆ ಸಮರ್ಥವಾಗಿ ನಿರ್ವಹಿಸಬೇಕು ಹಾಗೂ ಮಕ್ಕಳ ಪರೀಕ್ಷಾ ತಯಾರಿಯಲ್ಲಿ ಪೋಷಕರ ಪಾತ್ರ ಏನು ಎಂಬುದರ ಕುರಿತು ಪೋಷಕರ ಆತಂಕಕ್ಕೂ ಸ್ಪಷ್ಟನೆ ನೀಡಿದರು.

ಕೊನೆಗೆ, ಜೀವನವು ಪರೀಕ್ಷೆಗಳಿಗಿಂತ ದೊಡ್ಡದು. ಪರೀಕ್ಷೆಗಳು ಜೀವನದ ಒಂದು ಭಾಗ ಮಾತ್ರ. ಆತ್ಮವಿಶ್ವಾಸದಿಂದ ಎದುರಿಸಿದರೆ ಯಶಸ್ಸು ಸಾಧ್ಯ ಎಂಬ ಸಂದೇಶವನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ನೀಡಲಾಯಿತು.

ಒಟ್ಟಾರೆಯಾಗಿ, ವಿದ್ಯಾರ್ಥಿಗಳು ಪರೀಕ್ಷಾ ಅವಧಿಯಲ್ಲಿ ಎದುರಿಸುವ ಬಹುತೇಕ ಸಮಸ್ಯೆಗಳನ್ನು ಸ್ಪರ್ಶಿಸಿದ ಈ ನೇರ ದೂರವಾಣಿ ಸಂವಾದ ಕಾರ್ಯಕ್ರಮ ಯಶಸ್ವಿಯಾಗಿ ಮೂಡಿಬಂದಿತು.

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Organised by
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National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru

In association with
Indian Psychiatric Society
Karnataka Chapter (IPS-KC)

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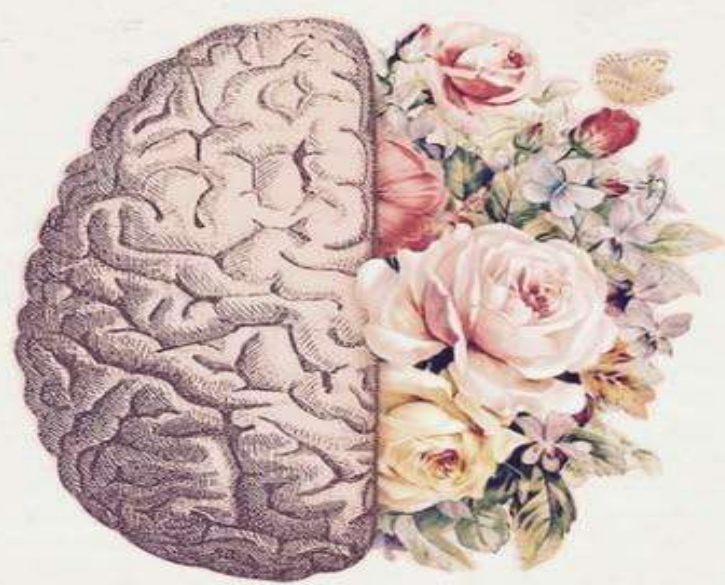
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