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ಕರ್ನಾಟಕ ಅಧ್ಯಾಯ (ರಿ.)

INDIAN PSYCHIATRIC SOCIETY

KARNATAKA CHAPTER (R.)

www.ipskc.com



KARNATAKA CHAPTER



NEWS LETTER

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ISSUE - 03



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KARNATAKA CHAPTER (R.)

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KARNATAKA CHAPTER!

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President



Dr Anil Kumar M N
+91 9901911667
nagarajakm24@gmail.com

President-Elect



Dr Kasthuri Pandiyan
+91 9845792600
drkasthurip@gmail.com

Hon. Secretary



Dr Narayan R Mutalik
+91 9901621771
narayan_mutalik@yahoo.co.in

Hon. Treasurer



Dr Guru S Gowda
+91 9901758577
drsgowda@gmail.com

Hon. Editor



Dr Vijaykumar S Harbishettar
+91 9480501893
drvijaysh@yahoo.com

Hon. Joint Secretary



Dr Suresh V C
+91 9535176074
suriroc@gmail.com

Imm. Past President



Dr Somashekhar Bijjal
+91 9448333173
drsombijjal1970@gmail.com

Imm. Past Secretary



Dr Harsha G T
+91 9008310114
drharsha85@gmail.com

Executive Committee Members



Dr Satish Ramaiah
+91 9448003478
findsanmic@gmail.com



Dr Vijayraj N
+91 9916491774
drvijayrajn@gmail.com



Dr Lokesh Babu
+91 900217078
samvandra@gmail.com



Dr Vinay Kumar
+91 9964319345
drvinaykumar1984@gmail.com



Dr Rahul M Rao
+91 9538341467
drabharish@gmail.com



Dr Harini K C
+91 9008645526
drharinimalini@gmail.com

Representative to SZ



Dr Ravindra N Munoli
+91 9972028881
ravinmnm@gmail.com

Co-opted Member



Dr Deepak S Ghadigaonkar
+91 7022156409
deepak.ghadigaonkar@gmail.com

Co-opted Member



Dr Vishwanatha Sham Alamela
+91 8971949132
shamalamela@gmail.com

Protocol Officer



Dr Harisha Delanthabettu
+91 9844028852
drharishad@gmail.com

Web Master



Dr Chethan B
+91 8970665996
drchethanb@gmail.com

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MESSAGE FROM THE HONORARY JOINT SECRETARY

Dear Esteemed Members of the Indian Psychiatric Society – Karnataka Chapter,
Warm greetings to you all!

It gives me immense pleasure to connect with you again through the 3rd issue of the newsletter and share the various academic, professional, outreach, and fellowship initiatives undertaken by the Indian Psychiatric Society – Karnataka Chapter. It has been encouraging to witness the continued enthusiasm and participation of our members in strengthening psychiatric education, professional development, and community mental health.

The introduction of the IPS National Unified Membership Scheme marks an important step towards bringing members together under a common platform and strengthening our collective identity within the Indian Psychiatric Society.

Academic advancement continues to remain one of our key priorities. The Annual PG Training Programme at NIMHANS, the IPSKC Undergraduate and Intern Prize Examination, and the Training of Trainers Programme on OSCE in Psychiatry at KMC Manipal have provided valuable opportunities to enhance learning, assessment, teaching, and clinical skills. The Annual PG Psychiatry CME 2026 at Davangere further strengthens our commitment to continuing medical education and academic exchange.

The Chapter remains committed to promoting academics and scholarly activities, encouraging research, publications, presentations, and meaningful exchange of knowledge among psychiatrists and trainees. The IPSKC Movie Club Series has added an engaging and innovative dimension to our academic and professional interactions, allowing us to explore mental health and human behaviour through cinema.

Our commitment to mental health extends beyond academic institutions through various outreach programmes aimed at increasing awareness, promoting early help-seeking, and reducing stigma. Through Psychiatry in the Media, including newspapers, radio, and television, our members have contributed to bringing evidence-based mental health information to the wider community.

We also recognise the importance of fellowship, wellbeing, and maintaining meaningful connections beyond our professional roles. The Psychiatry Shuttle Badminton League has provided an excellent platform for sportsmanship and wellness among our members. The IPSKC Family Picnic at Ramanagara offered a wonderful opportunity for members and their families to come together, strengthen bonds, and celebrate the spirit of our IPS-KC community.

As we look ahead, we are eagerly looking forward to KANCIPS 2026 at Karwar, which promises to be an enriching platform for academic exchange, professional interaction, and fellowship.

I take this opportunity to express my sincere appreciation to all our office bearers, faculty members, psychiatrists, and trainees for their continued support and active participation. Your collective efforts are the driving force behind the success of our Chapter.

Let us continue to learn, collaborate, serve, and grow together, keeping the spirit of psychiatry and the wellbeing of our community at the heart of all that we do.

With warm regards and best wishes,



Dr SURESH V C
Joint Secretary, IPSKC

MESSAGE FROM THE PRESIDENT

Dear All,

Season's greetings and 80th Independence Day wishes on behalf of the IPSKC EC.

With the KANCIPS 2026 fast approaching, we are able to successfully complete all the other mandatory activities of the term 2025-26 by June 2026. In addition to the mandatory activities, during the second half of this term, we also conducted two unique activities. One was a train-the-trainer (TOT) workshop for medical college faculty on psychiatry OSCE on 13 June, and the other was a CME on Systematic review and meta-analysis (SRM) on 8-9 August. Further, IPSKC members represented as faculty in the workshop on the thesis support group of PG sub-committee of IPS, on 3rd July at Srinagar. IPSKC was also co-host for several other activities such as the HS Subramanyam Memorial Oration by St John's Medical College; CME on Cognitive Stimulation Therapy at NIMHANS; and CME on Brexpiprazole by Torrent Pharmaceuticals.

KANCIPS is the biggest academic event for the mental health professionals of the state of Karnataka. It is the signature event of the Indian Psychiatric Society Karnataka Chapter and platform to reflect, rethink, and reimagine the evolving frontiers of psychiatric practice. KANCIPS recognizes both psychiatrists and postgraduate students through several award sessions under different categories, as well as paper and poster presentations, for both psychiatry and allied mental health professionals. It also comprises pre-conference workshops and awareness programs for the general public. This year's theme will be "Unravelling AI in Psychiatry Practice and Research", which is very contemporary and relevant, helping us to master the knowledge of using AI in mental health. All in all, this conference promises to be a confluence of ideas, innovation, insightful dialogue and of course, social networking.

The local organizing committee, though limited by manpower, has been working extensively and wonderfully, in coordination with members across the state to give us an excellent conference. Once again, on behalf of the IPSKC, I extend a warm and cordial invitation to all delegates—senior members, faculty, postgraduates, and mental health professionals—to join us in Karwar, the hidden gem of coastal India. Let this conference be a feast of learning and fellowship.

Wishing you all good health and peace

Long live IPSKC



Dr ANIL KUMAR M N
President, IPSKC

MESSAGE FROM THE HONORARY SECRETARY

Respected Members of the Indian Psychiatric Society – Karnataka Chapter, it gives me immense pleasure to welcome you to the 3rd issue of the IPSKC Newsletter for the year 2025–26.

The past few months have been marked by vibrant academic, professional and social activities across the Chapter. Our continued efforts have focused on strengthening academic opportunities, fostering fellowship among members and encouraging greater participation of students and young psychiatrists. A major highlight was the successful IPS South Zone PG Training Programme at NIMHANS, Bengaluru, which provided an enriching academic platform for postgraduate students. This was followed by the IPSKC Family Picnic at Ramanagara, bringing members and their families together in an informal and enjoyable setting. We conducted the UG Quiz at Chamundeshwari Institute of Medical Sciences, Channapatna, along with the Interns/UG Prize Examination, encouraging academic interest and healthy competition among medical students. The IPSKC Movie Club in Bengaluru was also initiated in June, providing another opportunity for fellowship and interaction among our members.

Preparations for KANCIPS 2026 at Karwar are progressing steadily, with the scientific programme and organizational arrangements being actively coordinated. We look forward to a scientifically enriching and memorable conference with enthusiastic participation from our members across Karnataka and beyond. Our Journal and Newsletter activities continue to grow, supported by the dedicated efforts of the editorial team, contributors and reviewers. The Chapter is also strengthening its digital presence, with regular updates to the IPSKC website and improved access to important information and resources for members.

I sincerely thank our President, Dr. Anilkumar M. N., all Executive Committee members, office bearers, editorial team, organizers, postgraduate and undergraduate students, and every member of IPSKC for their continued support and valuable contributions. I hope this newsletter keeps you informed and connected with the activities of our Chapter. I encourage all members to participate actively in our academic, professional, social and community initiatives and to continue contributing towards the growth of IPSKC. Together, let us continue to build an academically vibrant, professionally progressive and closely connected IPSKC.



Dr NARAYAN R MUTALIK
Secretary, IPSKC

IPS NATIONAL – UNIFIED MEMBERSHIP INITIATIVE



[Estd: 1947]

INDIAN PSYCHIATRIC SOCIETY

Headquarters : Plot 43, Sector 55, Gurgaon, Haryana 122 003, India
Phone: +91-124-4006750, **Email:** ipsecretaryoffice@gmail.com

Secretariat : Shradha Mansik Upchar Kendra, 10-B, near Water Tank, Samtanagar, Chhatrapati Sambhajnagar, Aurangabad - 431001
Mobile: +91 7588402283, **Email:** ipsecretaryoffice@gmail.com

Websites : www.indianpsychiatricsociety.org • www.indianpsychiatry.org

EXECUTIVE COUNCIL (2026 - 27)

Dr. T.S. Sathyanarayana Rao <i>President</i> Professor Emeritus, Dept of Psychiatry, JSSAHER, JSS Hospital, Room No 1111, B Block, 1st Floor, MG Road, Mysore - 570004, Karnataka M: +91 9845282399 E: tsrao19@gmail.com ipnationalpresident@gmail.com	Dr. Om Prakash Singh <i>Vice President cum President Elect</i> Flat 1901, Tower F, Tata Housing Avenida, Plot No. II, G/7, Dorabji Tata Road, AA II, New Town Kolkata - 700160, West Bengal M: +91 9434013231 E: +91 9836388865 opsinghnm@gmail.com	Dr. Arun V. Marwale <i>Hon. General Secretary</i> Shradha Mansik Upchar Kendra, 10-B, near Water Tank, Samtanagar, Chhatrapati Sambhajnagar Aurangabad - 431001, Maharashtra M: +91 7887487942 E: dr.arunmarwale@gmail.com ipsecretaryoffice@gmail.com	Dr. Laxmi Naresh Vadlamani <i>Hon. Treasurer</i> Block C, Flat 505, Sattva Magnus Apartments, Brindavan Colony, Shaikpet, Hyderabad - 500008 Telangana M: +91 9348039580 E: nareshvadla@yahoo.com ipstreasureroffice@gmail.com	Dr. Sujit Sarkhel <i>Hon. Editor</i> 12A/13/2, Pasupati Bhattacharjee Road, Charakola, Kolkata - 700034 West Bengal M: +91 9836074700 E: sujitsarkhel@gmail.com editor.ippsychiatry@gmail.com
--	---	--	--	---

EX-OFFICIO
Imm. Past President
Dr. Savita Malhotra
M: +91 9872000894
Imm. Past Hon. Gen. Secretary
Dr. Amrit Patojoshi
M: +91 9438148100
Imm. Past Hon. Treasurer
Dr. M. Aleem Siddiqui
M: +91 7607358897

DIRECT COUNCIL MEMBERS
Dr. Amar Shinde
M: +91 9822207717
Dr. Heena Merchant
M: +91 7977739233
Dr. (Brig.) Jyoti Prakash
M: +91 9830544652
Dr. Krishna Kadam
M: +91 9890090042
Dr. Manasvi Gautam
M: +91 9829053055
Dr. Niska Sinha
M: +91 9430009663
Dr. Parag S. Shah
M: +91 9426138318
Dr. Ravindra Munoli
M: +91 9972028881
Dr. Tanmaini Das
M: +91 9861065044

ZONAL REPRESENTATIVES
Central Zone
Dr. Sagar Lavania
M: +91 9917984336
Dr. Vipul Singh
M: +91 9415051675
Eastern Zone
Dr. Kaustav Chakraborty
M: +91 9432855683
Dr. Pankaj Kumar
M: +91 9868226571
Northern Zone
Dr. Abdul Majid
M: +91 9018111157
Dr. Sandeep Kumar Goyal
M: +91 9878331400
Southern Zone
Dr. Porandla Kishan
M: +91 9849059180
Dr. Raveesh B. N.
M: +91 9980138016
Western Zone
Dr. Ashish V. Saboo
M: +91 9422159211
Dr. Umesh Nagapurkar
M: +91 9823146088

Ref: IPS/HGS/2026-28/0829 (Unified Membership) Dated: 15th June, 2026

IPS NATIONAL - UNIFIED MEMBERSHIP SCHEME

As per the resolution of AGBM on 30th January 2026 and EOGBM on 31st May 2026, Unified Membership is being implemented.

- The States and Zonal Branches will not accept application for new membership.
- All memberships - Old memberships and New Unified Membership applications will be submitted to the office of the Hon Treasurer, Indian Psychiatric Society.
- All eligible applications after scrutiny will be approved for Unified Membership by the EC of IPS National Body.
- After approval, the same will be communicated to the respective State and Zonal Branches for their records.
- The Unified Membership Corpus Fund Share will be distributed by IPS National body to the respective State and Zonal branches according to the financial code.
- The Unified Membership scheme will be applicable only to the new application received from Monday, 15th June 2026, including the application for converting Life Ordinary Member (LOM) to Life Fellow. It is clarified that the scheme will not be applicable to the existing Life Fellows before implementation of the scheme.

Long live IPS!


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


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


(Dr. Laxmi Naresh Vadlamani)
 Hon. Treasurer,
 Indian Psychiatric Society

Society Registration No. 59 of 1948-1949

The Indian Psychiatric Society has introduced the National – Unified Membership Scheme, bringing together the previously separate National, Zonal, and State membership under a single unified membership structure. This initiative aims to streamline membership and strengthen professional integration.

ANNUAL PG TRAINING PROGRAM (IPS–SZB)

The Annual Postgraduate Training Programme (PGTP) of Indian Psychiatric Society - South Zonal Branch (IPS–SZB) was successfully conducted on 10th – 11th April 2026 at NIMHANS, in association with Indian Psychiatric Society – Karnataka Chapter (IPS -KC). The inaugural ceremony was graced by distinguished dignitaries including Dr Y Arul Prakash (President, IPS–SZB), Prof. Y C Janardhan Reddy (Dean – Behavioural Sciences, NIMHANS & Chief Guest), Prof. T S S Rao (President, IPS), Dr Thomas John (Vice President, IPS–SZB), Dr George Reddy (Honorary General Secretary, IPS–SZB), Dr Mahesh R Gowda (Treasurer, IPS–SZB), Dr Anil Kumar MN (President, IPS–KC), Dr Narayan R Mutalik (Honorary Secretary, IPS–KC), Prof. Jagadisha Thirthalli (Organising Chairperson), and Dr Guru S Gowda (Organising Secretary).



The programme witnessed participation of over 350 Psychiatry postgraduate trainees from Karnataka, Tamil Nadu, Telangana, Andhra Pradesh, Kerala, and Puducherry, representing both government and private medical colleges. The scientific theme, “Core Human Drives and Their Psychiatric Dimensions: Disorders of Eating, Sleep and Sex,” addressed fundamental and clinically relevant aspects of psychiatric practice.

The academic sessions comprehensively covered key domains. The sexual disorders module included Clinical Evaluation of Sexual Dysfunction by Dr Yamini Devendran, Sexual Orientation and Mental Health by Dr Vidhukumar K, Assessment and Management of Sexual Side Effects of Psychotropic Drugs by Dr I Anand, and Sexual Desire and Its Disorders by Prof. T S S Rao. The sleep disorders sessions covered Classification of Sleep-Wake Disorders by Dr Deenu Chacko, Clinical Evaluation and Management of Insomnia by Dr Sai Krishna Puli, and Understanding Polysomnography: A Practical Approach by Dr John P John and Dr Arun Sashidaran. The eating disorders segment included Overview and Management of Eating Disorders in Practice by Dr Hema Tharoor and GLP-1 Receptor Agonists for Weight Loss in Psychiatric Disorders by Dr Vijayakumar KG. These sessions were complemented by the engaging “Young Titans of Psychotherapy” quiz, conducted in preliminary and final rounds by Dr Suhas Satish and Dr Deepak S Ghadigaonkar, fostering active participation, critical and lateral thinking, and academic enthusiasm among postgraduate trainees with 59 teams participating in the preliminary round.



The programme also featured robust academic 8 Blitz Presentation, selected out of 18 applications, under the theme “Food for Thought – The Perfect Diet to Prevent Psychiatric Illnesses,” as well as 13 oral paper presentations and 41 e-posters. These submissions were shortlisted following a rigorous peer - review process and facilitated meaningful academic discussions and knowledge exchange.

Seven parallel hands-on workshops formed a key strength of the programme, focusing on essential clinical competencies such as communication skills, motivational interviewing, cognitive behavioural therapy for insomnia and sexual disorders, OSCE-based training, mock exit clinical examinations, medico-legal documentation under the Mental Healthcare Act, and manuscript writing.

These workshops were highly appreciated for their practical orientation and immediate clinical applicability.

Additional components included career pathway discussions, competitive academic events, and interactive learning formats, all of which contributed to a dynamic academic environment promoting peer learning and professional development.

The hospitality arrangements for the program were highly appreciated by delegates and faculty. Sumptuous meals, aligned with local culture and cuisine, were well received by all participants. The accommodation and overall support provided by NIMHANS ensured a comfortable stay and contributed to the smooth conduct of the program.

The Karnataka Medical Council granted 4 credit hours for this two-day training programme. The event was conducted successfully with high academic standards and received positive feedback from delegates. It served as an important platform for enhancing clinical skills, strengthening academic foundations, and fostering professional networking among postgraduate psychiatry trainees.



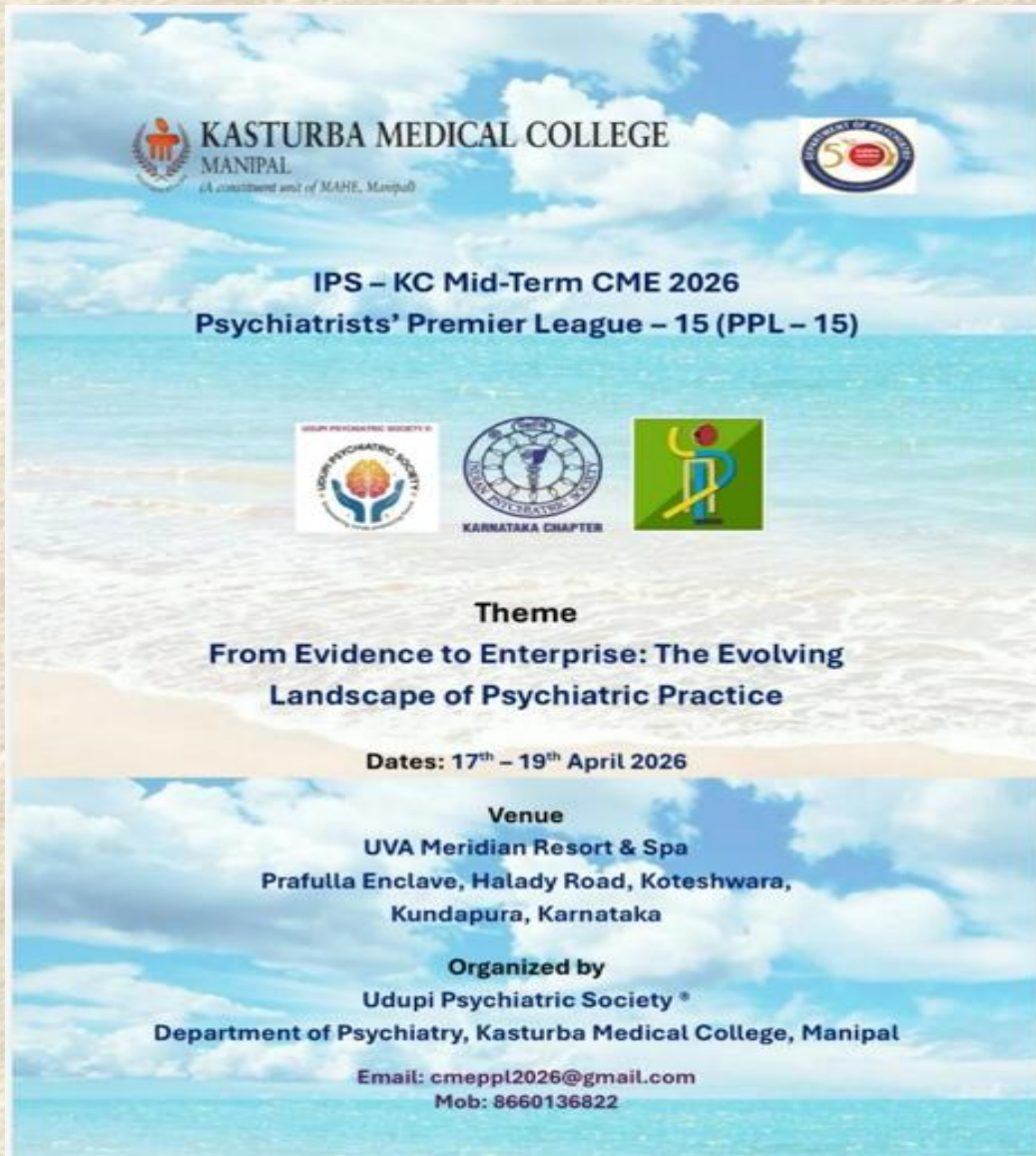
The programme was executed under the leadership of Prof. Jagadisha Thirthalli with strong institutional support from NIMHANS. Scientific and organisational coordination involved a dedicated team including Dr Guru S Gowda, Dr Deepak S Ghadigaonkar, Dr Vijaykumar Harbishettar, Dr Apurva Mittal, Dr Sreeraj VS, Dr Srinivas Balachander, Dr Suhas Satish, Dr Swarna Buddha Nayok, Dr Harsh Pathak, Dr. Venkata Lakshmi Narasimha, Dr Vijayakumar KG, Dr. Sundernag G, Dr Dinakaran D, Dr Madhuri, Dr Nishanth, Dr Preeti V Reddy, Dr Rashmi A, and Dr Chethan B, along with senior residents and junior residents, ensuring meticulous planning and smooth execution.



We express our sincere gratitude to the IPS - South Zonal Branch and Karnataka Chapter leadership, NIMHANS administration, faculty members, and all participants for their valuable support in making this PGTP a successful and impactful academic initiative.



IPSKC MID-TERM CME 2026



The Indian Psychiatric Society – Karnataka Chapter (IPSKC) Mid-Term CME 2026 was held from 17th to 19th April 2026 at the UVA Meridian Resort & Spa, Kundapura, with the theme “From Evidence to Enterprise: The Evolving Landscape of Psychiatric Practice.” The programme was organized by the Udupi Psychiatric Society in association with the Department of Psychiatry, Kasturba Medical College, Manipal.

The CME brought together eminent psychiatrists and mental health professionals for a focused academic programme addressing contemporary developments in psychiatric practice. The theme reflected the need to translate advances in scientific evidence into practical, sustainable and patient-centred models of care.

The academic programme featured a distinguished panel of speakers. Dr Savitha Soman, Professor and Head of the Department of Psychiatry, KMC, Manipal, delivered the opening academic session on “Newer Pharmacological Treatment Options in Anxiety Disorders,” highlighting contemporary developments in the pharmacological management of anxiety disorders. Dr Somashekhar Bijjal, Professor of Psychiatry, GIMS, Gadag, addressed “Government Schemes for Persons with Mental Illness,” focusing on the important interface between psychiatric practice and available government initiatives for persons with mental illness.

The first day's academic sessions concluded with Dr Vijay Harbishettar, Editor-in-Chief of the Journal of Psychiatry Spectrum (JoPS), NIMHANS, Bengaluru, who presented “Practical Approach to Dementia.” His session brought a clinically oriented perspective to the assessment and management of patients with dementia.

The scientific programme continued on 18th April with Dr Anil Kakunje, Professor of Psychiatry, Yenepoya Medical College, Mangaluru, who spoke on “What is New in Bipolar Depression.” The session focused on contemporary developments in the understanding and management of bipolar depression. This was followed by Dr Sujit Sarkhel, Professor and Editor-in-Chief of the Indian Journal of Psychiatry, Institute of Psychiatry, Kolkata, who addressed “Practical Management of IBS,” highlighting the practical challenges involved in managing this important psychiatric and medical comorbidity.

A particularly relevant and interactive component of the CME was the panel discussion on “Private Practice in Psychiatry: Strategy, Systems and Sustainability.” The panel comprised Dr Jagadisha A from Bengaluru, Dr Lokesh Babu from Tumkur, and Dr Preethi V Shanbhag from Shivamogga. The discussion explored practical dimensions of psychiatric private practice, including strategy, systems and long-term sustainability in an evolving healthcare environment.

Alongside the academic programme, the Psychiatrists' Premier League (PPL-15) provided an opportunity for members to come together in a relaxed and engaging setting. Conducted for both gentlemen and ladies at Gandhi Maidaan, Shastri Circle, Kundapura, the sporting event fostered camaraderie, teamwork and wellness among IPSKC members.

Among ladies' cricket team **Karavali Queens** won against **Coastal crushers**

Among gentlemen cricket team **Royal Brigades** were **Winners** & **DTM Boyz** were **Runners**.

The CME was supported by a dedicated organizing team led by Dr Prakash C Tolar, Organizing Chairman, and Dr Ravindra Munoli, Organizing Secretary, along with the various scientific, venue, registration, accommodation, logistics, sports and cultural committees.

The three-day programme concluded on 19th April 2026 with the valedictory programme and lunch. The IPSKC Mid-Term CME 2026 successfully combined high-quality academic sessions with professional interaction, sporting activities and fellowship. It provided delegates with clinically relevant updates while also strengthening professional bonds among members of the Karnataka psychiatric community.



IPSKC UG AND INTERN PRIZE EXAM



KARNATAKA CHAPTER

Presents

STATE LEVEL UG/INTERN PRIZE EXAMINATION PSYCHIATRY 2026

Conducted by



FATHER MULLER MEDICAL COLLEGE
MANGALORE

19/06/2026

3:00 PM - 4:30 PM

Last date to apply
12th June, 2026

The annual IPSKC UG and Intern Prize Exam was held this year on the 19th of June. It was conducted by Father Muller Medical College (FMMC), Mangalore, under the aegis of IPSKC. A total of 157 students from 22 different colleges participated in this quiz, which was held at the respective colleges across the state. A hundred MCQs were prepared by the staff of FMMC, ensuring that the questions were set at a difficulty level appropriate to the UGs and interns. Dr. Rahul M. Rao, Associate Professor at FMMC and EC member of IPSKC, was the chief coordinator of this exam.

Dr. Justin Shawn Jason, Senior Resident at FMMC, played a pivotal role in setting the paper, designing the brochure and handling the logistics. I extend my sincere gratitude to all the local coordinators of various medical colleges for simultaneously conducting the exam in the stipulated period of time. The answer sheets were scrutinised by the staff at the department of Psychiatry, FMMC, and the top 3 students were identified.



1st place: Sandhya Krishnakumar, Adichunchanagiri Institute of Medical Sciences.

2nd place: Gopesh Gopakumar, Mandya Institute of Medical Sciences.

3rd Place: Kruthik S Gowda, Sri Siddhartha Institute of Medical Sciences and Research Centre, T Begur.

The quiz was well appreciated by the local coordinators, garnering positive feedback about the quality of the questions as well as the overall conduct of the quiz.

Lastly but most importantly, I wish to thank IPSKC for giving us the opportunity to conduct this state level prize examination.

STATE LEVEL PSYCHIATRY QUIZ FOR MEDICAL UNDERGRADUATES




INDIAN PSYCHIATRIC SOCIETY KARNATAKA CHAPTER (IPS-KC)
In association with

SRI CHAMUNDESHWARI
MEDICAL COLLEGE, HOSPITAL & RESEARCH INSTITUTE
Bengaluru-Mysore Highway, Channapatna Taluk, Bengaluru South.

PSYCHIATRY QUIZ

FOR MEDICAL UNDERGRADUATES 2026

Preliminary Quiz Round 09:30am
Final Quiz Round 11:00am
Friday, 22 May 2026

REGISTER NOW   Scan for Location






PSYCHIATRY QUIZ
FOR MEDICAL UNDERGRADUATES 2026

Greetings from IPS-KC and SCMCH & RI.
Indian Psychiatric Society - Karnataka Chapter (IPS-KC) in association with Sri Chamundeshwari Medical College Hospital & Research Institute, is pleased to announce the Psychiatry Quiz Competition for undergraduate medical students.

Registration & Competition Details:

- Each medical college may register maximum two teams, with two students per team. Requesting the Head of the department of psychiatry to forward the participants' names.
- Teams are responsible for their own travel expenses. However Accommodation and food will be provided at SCMCH & RI Hostel, if opted.
- The preliminary round will take place in person on 22nd May 2026 at SCMCH & RI, campus. The top six teams from Preliminary round will advance to the final quiz, which will be held later on the same day.
- The top three teams will be awarded cash prize (5000rs, 3000rs, 2000rs respectively), and all other participants will be presented with participation certificates.
- Prize for winners: - The winners of the Quiz Program will be sent to represent at the UG Quiz during IPSOCON 2026, to be held in October 2026. Please note participants who join their internship before October 31st 2026, will not be eligible for this prize, as we require a bonafide certificate from the institution conforming their status as an UG Student.
- To Register, scan the QR code provided for registration Google form.
- Last Date for registration is 4th May 2026 5:00P.M.



Dr. B.K Shivakumar
Prof & HOD
Dept. of Psychiatry, SCMCH&RI
Organising Chairman



Dr. Harini K.C
Associate Prof
Dept. of Psychiatry, SCMCH&RI
Organising Secretary
IPS-KC UG Quiz Co-ordinator



Venue: Sri Chamundeshwari Medical College Hospital & Research Institute.

Date: 22 May 2026; 9:30PM – 2:30PM

Organising Chairman: Dr Shivakumar B K.

Organising Secretary: Dr Harini K C.





SRI CHAMUNDESHWARI
MEDICAL COLLEGE, HOSPITAL & RESEARCH INSTITUTE
Bengaluru-Mysore Highway, Channapatna

Psychiatry Quiz - State Level
for Medical Under Graduates - 2026

Organized by :
Department of Psychiatry, SCMCH & RI in
Collaboration with Indian Psychiatric Society
Karnataka Chapter (IPS-KC)



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Medical Director,
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Dr. Pravin G U
Principal,
SCMCH & RI

Dr. Roshan Kumar B N
Medical Superintendent,
SCMCH & RI

Dr. Nanjaraju
Vice Principal,
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Vice Principal,
SCMCH & RI

Dr. B.K Shivakumar
Prof & HOD
Dept. of Psychiatry, SCMCH&RI
Organising Chairman

Dr. Harini K.C
Associate Prof
Dept. of Psychiatry, SCMCH&RI
Organising Secretary

DATE : 22.05.2026 Time : 09:00am to 01:00pm Venue : ACS Auditorium, SCMCH & RI

The State Level Psychiatry Quiz for Medical Undergraduates for the Year 2025 – 26, was held at Sri Chamundeshwari Medical College Hospital & Research Institute.

Each medical college could register maximum 2 teams with two students per team. Around 50 teams, that is 100 participants had registered for the quiz from across the state. Accommodation was provided for students within the campus, for those opted.

The Event began with Prelims round and top 6 qualifying teams were selected for finals. This was followed by Tea break and Inaugural program. Welcome Speech was given by Dr Shivakumar B K. Professor & Hod, Department of Psychiatry. Event was inaugurated by Dr Pravin G.U Principal and Dr. Nanjaraju C.P, Dr Manjula A Patil Vice-Principals of SCMCH & RI and Dr Narayan R Mutalik, Honorary secretary of IPS-KC, Dr Guru S Gowda, Honorary Treasurer of IPS-KC by lighting the lamp. Dr Pravin G U Principal SCMCH and Dr Narayan R Mutalik addressed the gathering. Our Guests of honour Dr Narayan R Mutalik, Honorary secretary of IPS-KC, Dr Guru S Gowda, honorary Treasurer of IPS-KC were felicitated.



This was followed by final round of quiz. Out of 6 teams top 3 teams were awarded cash prizes (5000rs, 3000rs, 2000rs respectively) and certificates during Valedictory Program. Prizes were distributed by Dr Narayan R Mutalik and Dr Guru S Gowda. Vote of thanks was delivered by organizing Secretary Dr Harini K.C.

Winners list

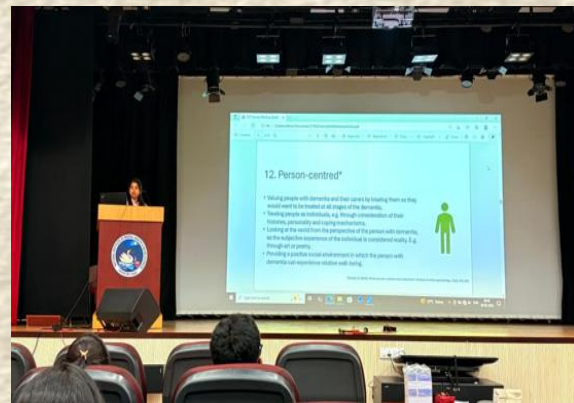
Students Name	College Name	Student Name
First Prize	Adichunchanagiri Institute of Medical Sciences	Sanjana S Iyer
		Sandhya Krishnakumar
Second Prize	The Oxford Medical College Hospital and Research Institute	Kavya P
		Shreya Gowda H. V
Third Prize	The Bangalore Medical College and Research Institute	Sanyam Gupta
		Shyam Suresan



COGNITIVE STIMULATION THERAPY: WORKSHOP

Organized by the Geriatric Unit, Department of Psychiatry, National Institute of Mental Health and Neuro Sciences (NIMHANS) and the Dementia India Alliance (DIA), in collaboration with the Indian Psychiatric Society – Karnataka Chapter (IPS-KC) and Dementia Care in SCARF (DEMCARES) (Report prepared by Dr Apurva)

A one-day workshop on Cognitive Stimulation Therapy (CST) was held on 9 February 2026, from 8:00 a.m. to 3:30 p.m., at the Platinum Jubilee Auditorium, 3rd Floor, POGW Building, NIMHANS, Bengaluru. The program was organized by the National Institute of Mental Health and Neuro Sciences (NIMHANS) and the Dementia India Alliance (DIA), in collaboration with the Indian Psychiatric Society – Karnataka Chapter (IPS-KC) and Dementia Care in SCARF (DEMCARES).



The workshop commenced with the session titled “Introduction to Cognitive Stimulation Therapy”, delivered by Dr. Sridhar Vaitheswaran, Consultant Psychiatrist and Assistant Director, SCARF. The session provided a comprehensive overview of CST, covering its conceptual framework, design, and evaluation. Dr. Vaitheswaran discussed various psychosocial interventions in dementia care, including Reality Orientation, Reminiscence Therapy, Validation Therapy, and Multisensory Stimulation, situating CST within the broader context of evidence-based dementia interventions. Criteria for participant selection and current research evidence supporting the efficacy of CST were also reviewed. The second session, “Principles of CST”, was conducted by Ms. Kahini M and Ms. Madhumithaa Swarnam Kanna, Psychologists from DEMCARES. This session focused on the 18 core principles of CST, emphasizing a person-centred, strengths-based approach and the importance of promoting engagement, respect, and inclusion during sessions.

The third session, “Fourteen Sessions of CST”, was also facilitated by Ms. Kahini and Ms. Madhumithaa. Participants were oriented to the preparatory requirements for conducting CST groups, the structure of a typical CST session, and the themes covered across the 14 structured CST sessions. The facilitators also introduced adaptations of CST, including Virtual CST (vCST), Maintenance CST (mCST), and Individual CST (iCST), along with methods for monitoring participant engagement and progress. This was followed by the inauguration, during which the Kannada version of Volume 2 of the Healthy Ageing Book was formally released.



Subsequently, participants were divided into five groups for a role-play exercise, wherein each group demonstrated a CST session based on a selected theme. Participants took turns facilitating for 1–2 minutes, applying CST principles and session structure. The role plays were followed by constructive feedback from the facilitators, which further strengthened participants’ practical understanding of CST facilitation.

The workshop was attended by 47 participants, comprising psychiatrists, psychologists, psychiatric nurses, psychiatric social workers, and geriatric physicians. Overall, the workshop was interactive and enriching, effectively integrating theoretical inputs with experiential learning. It equipped participants with essential knowledge and practical skills for implementing Cognitive Stimulation Therapy in both clinical and community settings.



TRAINING OF TRAINERS ON OSCE IN PSYCHIATRY: WORKSHOP

**KASTURBA MEDICAL COLLEGE**
MANGALORE
(A constituent unit of MAHE, Manipal)

**MANIPAL**
UNIVERSITY OF MEDICAL SCIENCES
KARNATAKA CHAPTER

**4 QUALITY EDUCATION**

**DEPARTMENT OF PSYCHIATRY, KMC MANGALORE
&
INDIAN PSYCHIATRY SOCIETY - KARNATAKA CHAPTER**

cordially invites you to CME

PSYCHIATRY INSIGHT 2026

TOT on OSCE in Psychiatry



By
The Lead Team
Department of Psychiatry, KMC Manipal

**13 June 2026**

**Simulation Centre,
2nd Floor,
KMC Hospital,
Attavar, Mangalore**

The workshop was conducted by the Department of Psychiatry, Kasturba Medical College (KMC), Mangalore, in association with the Indian Psychiatric Society-Karnataka Chapter (IPS KC), on 13 June 2026. The lead team was from KMC Manipal. The resource persons consisted of Dr Rajeshkrishna Bhandary, Dr PSVN Sharma, Dr Savitha Soman, Dr Ravindra Munoli from KMC Manipal; and Dr Anil Kumar M N and Dr Sharanya Shetty from KMC Mangalore.



The workshop was held in the newly inaugurated state of the art Centre for Integrated Healthcare Simulation & Skills at KMC hospital, Attavar. The Pro VC, Health Sciences, Mangalore campus Dr Dilip G Naik was the chief guest. Associate deans of KMC Mangalore, Dr Mohammad Ashfaq and Dr Sheetal Ullal were the guests of honour. Dr Chakrapani M, Medical Superintendent, KMC hospital, Attavar, was the presiding officer. Dr Mohan Babu was the CME observer from Karnataka Medical Council, that granted 3 credit points.

Dr Anil Kumar M N, the organising chairman, represented IPSKC during the inauguration, and welcomed the gathering after the guests inaugurated the program by watering the plant. After brief messages from all the guests, Dr Rakshita Satish, the organizing secretary delivered the vote of thanks.

The scientific sessions included an introduction to OSCE by Dr Savitha Soman. This was followed by the session 'setting the agenda for OSCE' by Dr Rajeshkrishna Bhandary. After that, generating the scoring guidelines/rubrics, core interview components, and enhancing the objectivity was covered by Dr Anil Kumar M N and Dr PSVN Sharma. This was followed by a session on script for and training of OSCE actors by Dr Ravindra Munoli and Dr Rajesjkrishna Bhandary. Then a presentation on OSPE was delivered by Dr Sharanya Shetty and Dr Savitha Soman. The final didactic session was on the instructions for the conduct of OSCE by Dr Ravindra Munoli. Finally, a mock OSCE run of four stations prepared by the participants was done with PG students as actors and candidates, that were rated by the participants. There were 20 participants in total, who were the faculty members in different medical colleges across the state. Finally, there was feedback and valedictory in which the resource persons were felicitated and participants were issued with their certificates. The program ended by 5:30 pm with several positive feedbacks.



ANNUAL PSYCHIATRY PG CME 2026

TOPIC: CARING FOR DIGNIFIED AGING

The Annual psychiatry PG CME was conducted by Department of Psychiatry, JJM medical college, Davanagere in coalition with Department of Psychiatry, SSIMS & RC Davanagere and Mental health association, Davanagere on 26th of April 2026.

Following the inaugural ceremony various talks were held by esteemed speakers.

Dr Shanteri Pai, Consultant Geriatric Psychiatrist from NIMHANS, Bangalore delivered a talk on 'Affective disorders in elderly'.

Dr Yashwanth G, Consultant Geriatric psychiatrist, Hyderabad, spoke to the delegates on 'Psychosis in elderly'.

Dr Mathew Varghese, Professor of Psychiatry, St John's, medical college, Bangalore briefed upon 'Dementia - Approach to Evaluation and Management'

Dr Vijaykumar Harbishettar, Assistant Professor of Psychiatry, Geriatric Unit, NIMHANS, Bangalore enlightened the delegates on 'Legal issues in Geriatric Psychiatry'.



Delegates from various medical college attended the program and all the talks culminated in an engaging Q&A session. The CME was concluded with a vote of thanks.



ACADEMIC AND SCHOLARLY ENDEAVOURS

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

Topic

Trapped in the Loop of Contamination and Cleansing: A Case of OCD

29th April 2026, 2:00 pm to 3:30 pm

Venue: Department of Psychiatry, THE OXFORD MEDICAL COLLEGE HOSPITAL AND RESEARCH CENTRE (TOMCH & RC)

Presenters

Case History by Dr. Varsha Mohanta, Final Year Resident, TOMCH & RC	Formulation & Management by Dr. Kodali Shruti, Final Year Resident, TOMCH & RC
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Moderator

Dr. Ramakrishna V.M.,
Associate Professor,
TOMCH & RC

Chairpersons

Dr. Kiran Kumar K., Professor & Head, VIMS & RC	Dr. Swapna B., Professor & Head, TOMCH & RC
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INDIAN PSYCHIATRIC SOCIETY
Karnataka Chapter
KEMPEGOWDA INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE

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

TOPIC

"Surviving the abyss and navigating the challenges – a case of Recurrent Depressive Disorder"

PRESENTER

Dr. Shruthi Vashishta
3rd Year Junior Resident,
Dept. of Psychiatry,
KIMSH&RC

CHAIRPERSONS

Dr. Lakshmi V Pandit Professor & HOD, Dept. of Psychiatry, SABVMCRI, Bengaluru	Dr. Manju Aswath Professor & HOD, Dept. of Psychiatry, KIMSH&RC, Bengaluru
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MODERATOR

Dr. Kshamaa H G
Associate Professor, Dept. of
Psychiatry, KIMSH&RC

 **27th May 2026**
Wednesday
Venue: Dept. of Psychiatry, KIMSH&RC

 **2:00PM to 3:30PM**

  **Sukoon**
INDIAN PSYCHIATRIC SOCIETY
Karnataka Chapter
SUKOON PSYCHIATRY CENTRE

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

TOPIC

"The Triad of Care: Navigating Clinical, Legal, and Cultural Currents in Acute Psychiatry – A challenging case of a 24 year old"

PRESENTER

Dr. Vishakh Biradar
Consultant Psychiatrist,
Sukoon Psychiatry Centre

CHAIRPERSONS

Dr. Satish Ramaiah Executive Director, Psychiatry Services, Sukoon Health	Dr. Smitha Manjunath Deputy Centre Head, Sukoon Psychiatry Centre, Bengaluru
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MODERATOR

Dr. Gopal Das
Professor and HoD
Department of Psychiatry
Dr. Chandramma Dayananda Sagar Institute of
Medical Education and Research

 **24th June 2026**
Wednesday
Venue: Conference Room, Sukoon Psychiatry Centre and via Zoom Link

 **2:00PM to 3:30PM**

The IPS-Karnataka Chapter PG Case Conference Series continued its academic activities, providing postgraduate psychiatry residents with a platform to present challenging and educational clinical cases. The conferences facilitated discussions on diagnosis, formulation, differential diagnosis, and evidence-based management under the guidance of experienced faculty and chairpersons from various institutions across Karnataka.



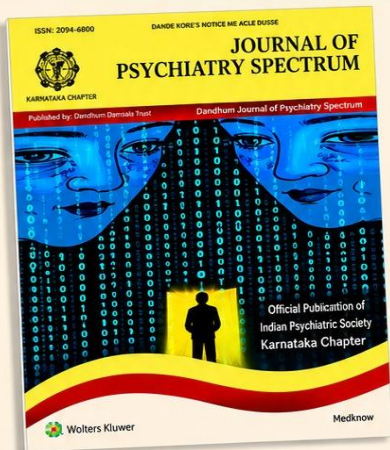
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— *Appeal from* —

President: Dr Anil Kumar MN
 Hon' Secretary: Dr Narayan Mutalik
 Chair, Journal Governing Committee: Dr TSS Rao
 Editor-in-Chief: Dr Vijay Harbishettar
 Editorial Team



Official Scientific Publication of
 the Indian Psychiatric Society
 Karnataka Chapter

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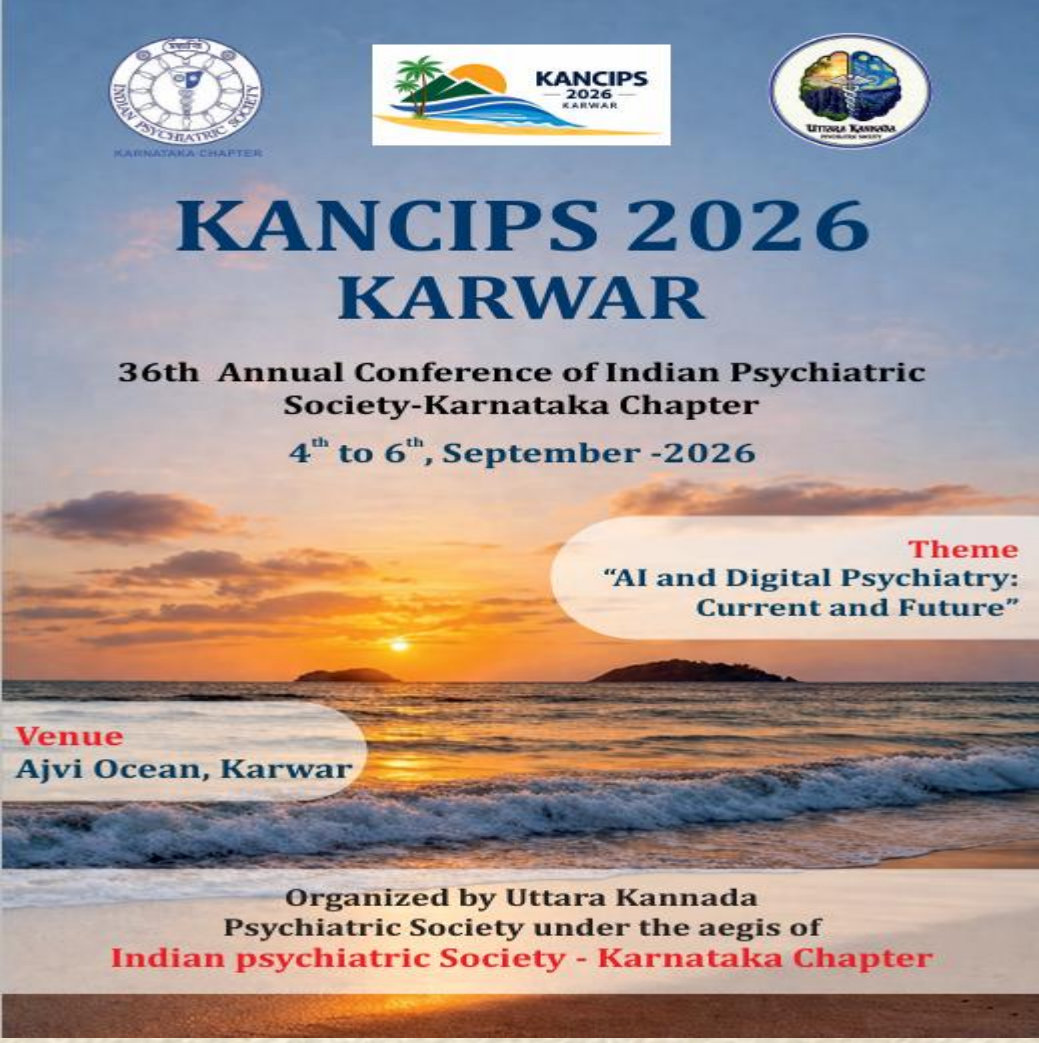



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The April – June 2026 issues of the Journal of Psychiatry Spectrum is now available online, featuring contemporary research, reviews, clinical perspectives, case series, and scholarly contributions in the field of Psychiatry.

KANCIPS 2026 ANNOUNCEMENT



The poster for KANCIPS 2026 KARWAR features a serene sunset over the ocean. At the top, three logos are displayed: the Indian Psychiatric Society Karnataka Chapter, the KANCIPS 2026 KARWAR logo, and the Uttara Kannada Psychiatric Society logo. The main title "KANCIPS 2026 KARWAR" is prominently displayed in large blue letters. Below it, the text reads "36th Annual Conference of Indian Psychiatric Society-Karnataka Chapter" and "4th to 6th, September -2026". A white speech bubble on the right contains the theme: "AI and Digital Psychiatry: Current and Future". A white speech bubble on the left contains the venue: "Ajvi Ocean, Karwar". At the bottom, it states "Organized by Uttara Kannada Psychiatric Society under the aegis of Indian psychiatric Society - Karnataka Chapter".

KANCIPS 2026 KARWAR

36th Annual Conference of Indian Psychiatric Society-Karnataka Chapter

4th to 6th, September -2026

Theme
"AI and Digital Psychiatry:
Current and Future"

Venue
Ajvi Ocean, Karwar

Organized by Uttara Kannada Psychiatric Society under the aegis of
Indian psychiatric Society - Karnataka Chapter



IPSKC MOVIE CLUB: PSYCHIATRY ON SCREEN

IPS-KC MOVIE CLUB SERIES 2026

★★★

Revisiting

"ONE FLEW OVER THE CUCKOO'S NEST"

50th Anniversary

We gladly invite all to be part of this timeless artistic brilliance and participate in conversations around it.

Do join us in revisiting McMurphy and Boys and its reflections over art, metaphors, legacy of the film and its role in shaping public perception over mental health professionals.

CHAIR PERSON :
Dr Ajit Bhide
Senior Consultant Psychiatrist, St. Martha's Hospital
Former President Indian Psychiatric Society

MODERATOR:
Dr Shashidhar Bilagi
Consultant Psychiatrist,
Abhaya Hospital

DATE : 05/07/26 SUNDAY | **TIME :** 6 PM

VENUE : Bengaluru City Institute, Opp Makkala Koota
Pampa Mahakavi Road, Shankarapuram Bengaluru

PRESIDENT
Dr Anil Kumar M N

VICE PRESIDENT
Dr Kasthuri P

HON. SECRETARY
Dr Narayan Mutalik

EC CO-ORDINATOR
Dr Harini K C

The IPS-KC Movie Club Series 2026 revisited the timeless classic *One Flew Over the Cuckoo's Nest* on its 50th anniversary. The screening offered an opportunity to learn psychiatry beyond textbooks by exploring patient–doctor relationships, therapeutic boundaries, autonomy, coercion, ECT, psychosurgery and the ethical dimensions of psychiatric care. It also encouraged reflection on how psychiatric practices and attitudes toward mental illness have evolved over time, and the importance of dignity, empathy and patient-centred care.

COMMUNITY OUTREACH INITIATIVE



The department of Psychiatry, Akash Institute of Medical Sciences and Research Centre, Devanahalli, under the guidance of Dr Suresh V C, conducted the monthly Mental Health Awareness Program as part of Nasha Mukta Bharat Abhiyaan. The sessions focused in on creating awareness about substance use, its impact on physical and mental health. Prevention strategies, early identification, and timely intervention.



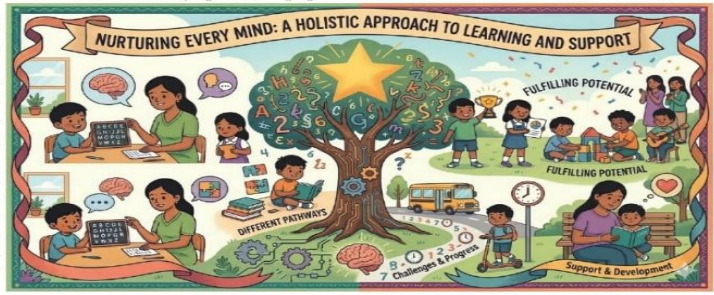
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ಮನೋವೈದ್ಯರು
ಸ್ವಲ್ಪ ಮನನೋವಿಶಾಸ ತಂತ್ರ
ಯುಕ್ತರು. 9740707779



ಕರ್ನಾಟಕದ ಹಲವಾರು ಸ್ಥಳಗಳಿಂದ ಹುಟ್ಟಿ ಬಂದವರು. ಇವರಲ್ಲಿ ಕೆಲವರು ಸಾಂಪ್ರದಾಯಿಕವಾಗಿ ಅರಣ್ಯಕೃಷಿ, ಇತರರಲ್ಲಿ ವಿದ್ಯಾಭ್ಯಾಸದ ಮೂಲಕ ಸರ್ಗವಿಹಾರ, ಕಲಿಕಾ ತೋರಿದ ಇವರ ಮಕ್ಕಳಿಗೆ ಬೇಕಾಗುವುದು ವಿದ್ಯಾ. ಕೊಡುವ ಬೆಲೆಗಟ್ಟು, ಬದಲಿಗೆ ಕೃತಿಯಿಂದ ಬಂದ ಹಕ್ಕುಪಟ್ಟಿ, ಮೇಲಿನ ತರಬೇತಿಗೆ ಹೆಚ್ಚು "ಸಾಮಾನ್ಯವಿಜ್ಞಾನವಿಗಿಂತ" ವಿದ್ಯಾಭ್ಯಾಸದ ಮೇಲಿನ ಆಸೆ.

ನಿಮ್ಮ ಮಗುವಿನ ಮನಸ್ಸಿನಲ್ಲಿರುವ ಆಸೆಯೇ, ಅದರ ಮೇಲೆ ನಿಮ್ಮ ಬಗ್ಗುತ್ತಿದ್ದು ಗಟ್ಟಿಯಾಗಿ ಕೈ ಹಿಡಿದುಕೊಂಡು ಮಗುವಿನಲ್ಲೂ ಇರುತ್ತದೆ, ಅದನ್ನು ಗುರುತಿಸುವ ಕಷ್ಟ ಸಮಸ್ಯೆಯಾಗಬೇಕು.

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ಸಂವಹನದ ಕುರಿತು
ಅಧಿಕಾರ ಸಮಸ್ಯೆಗಳು
ಅವಿಯಾದ ಸರಿಯೇಗಳು

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KMC HOSPITAL
ATTAVAR, MANGALURU
Established in 1980, Bangalore, under KMC

ನಮ್ಮ ಆರೋಗ್ಯ
ಈ ವಾರದ ವಿಷಯ

ಆಧುನಿಕ ಯುಗದ ವ್ಯಸನಗಳು
(New Age Addictions)

ಡಾ. ಅನಿಲ್ ಕುಮಾರ್ ಎಮ್. ಎನ್.
ಪ್ರಾಚಾರ್ಯರು ಮತ್ತು ಮುಖ್ಯಸ್ಥರು (HOD),
ಮನೋವೈದ್ಯಕೀಯ ವಿಭಾಗ,
ಕೆ.ಎಂ.ಸಿ. ಆಸ್ಪತ್ರೆ, ಅತ್ತಾವರ, ಮಂಗಳೂರು

* ಆಧುನಿಕ ಯುಗದ ವ್ಯಸನಗಳು ಯಾವುವು?
* ಸ್ಟ್ಯಾಟ್‌ಫೋನ್ ವ್ಯಸನ ಎಂದರೇನು ಮತ್ತು ಇದು ಅಲ್ಕೋಹಾಲ್ (ಮದ್ಯಪಾನ) ವ್ಯಸನಕ್ಕಿಂತ ಹೇಗೆ ಭಿನ್ನವಾಗಿದೆ?
* ಹದಿಹರೆಯದವರಲ್ಲಿ ಸ್ಟ್ಯಾಟ್‌ಫೋನ್ ಹಾಗೂ ಆಧುನಿಕ ಯುಗದ ಇತರ ವ್ಯಸನಗಳು ವಿಷ್ಣು ಸಾಮಾನ್ಯವಾಗಿದೆ ಮತ್ತು ಇದರ ಪರಿಣಾಮಗಳೇನು?
* ಸ್ಟ್ಯಾಟ್‌ಫೋನ್ ವ್ಯಸನವನ್ನು ತಡೆಗಟ್ಟಬಹುದೇ?
* ಸಾಮಾನ್ಯವಾಗಿ ಹೆಚ್ಚು ಸಮಯ ಸ್ಟ್ಯಾಟ್‌ಫೋನ್ ಬಳಸುವವರು ಮತ್ತು ಸ್ಟ್ಯಾಟ್‌ಫೋನ್ ವ್ಯಸನವನ್ನು ಹೇಗೆ ಗುರುತಿಸಿ ಬೇರ್ಪಡಿಸಬಹುದು?

ನಿರೂಪಕರು
ಪ್ರೊ. ಎಂ. ಎಸ್. ಕೋಟ್ಯಾನ್

ನಮ್ಮ ಕುಡ್ಲ
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PROGRAMME

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YENEPOYA Medical College Hospital

Dr. Anil Kakunje
Professor of Psychiatry
Yenepoya Medical College Hospital
Deralakatte, Mangaluru

Subject : Sleep Disorders

10-06-2026, WEDNESDAY
08:00PM

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“ಹಿರಿಯರಿಗಾಗಿ ವ್ಯಾಯಾಮ”
(Strength training for seniors)
ತಜ್ಞರೊಡನೆ ಸಮಾಲೋಚನೆ

ಡಾ. ವಸುಧಾ ರಾವ್
ಮನೋವೈದ್ಯರು
ಮೈಸೂರು

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Passcode: 12345

10th August 2026
Time - 4pm to 5pm

For more information: 08069131500/vms.nimhans@gmail.com/vmsnimhans.in

PSYCHIATRY SHUTTLE BADMINTON LEAGUE



The poster for the Psychiatry Shuttle Badminton League (PSBL) Season 5 (2025-2026) is a colorful and informative document. At the top, it features the logo of the Indian Psychiatric Society - Karnataka Chapter (R.) and its registration details. The title "PSYCHIATRY SHUTTLE BADMINTON LEAGUE" is prominently displayed in large, bold letters, with "PSBL - SEASON 5 (2025-2026)" below it. A silhouette of a badminton player is shown on the right. The poster is divided into several sections: "IMPORTANT DATES" (Last Date for Entry: 10th May 2026, Tournament Date: 17th May 2026), "VENUE" (Feather Touch Sports Arena, Bengaluru), "MATCH GUIDELINES" (listing rules like mandatory membership, knockout format, and compulsory non-marking shoes), "EVENT HIGHLIGHTS" (including inauguration, journal release, competitive matches, lunch, and prize distribution), "IMPORTANT INSTRUCTIONS" (reporting time, tournament start, and refreshments), and "ORGANISED BY" (Dr. Harsha G.T. and Dr. Guru S Gowda). It also mentions "EVENT SPONSORED BY" Micro Labs. The bottom of the poster features a motivational quote: "Let's rally, smash, and celebrate together!" and "LOOKING FORWARD TO YOUR ENTHUSIASTIC PARTICIPATION."

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INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER (R.)
Regn. No.: JNR-S1017-2012-13 dated 22/12/2012 under the Karnataka Societies Registration Act, 1960
(Karnataka Act 17 of 1960)
Web: www.ipskc.com | Email: ipskcoffice@gmail.com

Proudly Presents
PSYCHIATRY SHUTTLE BADMINTON LEAGUE
PSBL - SEASON 5 (2025-2026)

★ Let's come together again with a spirit of sportsmanship and camaraderie! ★

MEN'S SINGLES **MEN'S DOUBLES** **WOMEN'S DOUBLES** **MIXED DOUBLES**

IMPORTANT DATES
LAST DATE FOR ENTRY: **10th May 2026**
TOURNAMENT DATE: **17th May 2026**

VENUE
Feather Touch Sports Arena
Bengaluru

MATCH GUIDELINES
1. IPS-KC Membership mandatory
2. Knockout format (may include round robin based on entries)
3. **Yonex Mavis 350** shuttlecock will be used for all matches
4. **Non-marking shoes** are compulsory
5. Fixtures will be drawn at the venue by the referee
6. Referee's decision will be final

EVENT HIGHLIGHTS
Inauguration & **Journal of Psychiatric Spectrum** Journal Release
Competitive Matches
Lunch at Venue
Valedictory Function & Prize Distribution
Certificates & Mementos for participants
Exciting Trophies for Winners

IMPORTANT INSTRUCTIONS
Report at venue by **8:30 AM**
Tournament begins at **9:00 AM**
Water & basic refreshments will be provided
Participants may bring personal energy drinks if needed

ORGANISED BY
Dr. Harsha G.T. 9008310114
Dr. Guru S Gowda 9901758577

EVENT SPONSORED BY
MICRO LABS
Makers of Petril, Respond & S-Celepra

Let's rally, smash, and celebrate together!
LOOKING FORWARD TO YOUR ENTHUSIASTIC PARTICIPATION.

Annual Psychiatrists' Shuttle Badminton League Season Five (PSBL 5):

(Report prepared by Dr Vijaykumar Harbishettar)

Venue: Prakash Padukone Academy (previously called Feather Touch), Channasandra, Bangalore

Date: 17 May 2026; 9:30PM – 2:30PM

Organisers: Dr Harsha GT and Dr Guru S Gowda

The fifth Edition of PSBL, which is a mandatory activity of IPS-KC for the Year 2025 – 26, was held in Bangalore, with as many as 30 participants attended, and participated in various categories.

The Event began with brief Inauguration. Dr P Vijayakumar, Past President of IPS-KC and senior member/ sportsman inaugurated the event and declared the

event open and encouraged more people to participate. Dr A Jagadish, also was another Guest of Honour, who released the latest issue of Print copy of the Journal and applauded the efforts of the Journal team. The sponsors of the Journal Microlabs were also thanked for their support. Team members working towards Journal were also appreciated for their efforts. Dr Harsha and Dr Vijay Harbishettar spoke about the inception of this Badminton League. We noted Dr Alok and Dr Sachin travelled from long distances to be part of the event.

Special thanks to Dr P Vijayakumar & Dr A Jagadish for their gracious presence and support.

Draws were done by senior players. This year, for men, categories were below and above 40 years of age was made, considering the number of entries. Four courts were used and the tournament got completed on time. This tournament was as every year, sponsored by Microlabs Pharma.

During Valedictory Program, Prizes were distributed by Dr Jagadish and Dr Harsha. Feedback received from participants was good.



WINNERS LIST

	Winner	Runner-up
Ladies Singles	Dr Pavana	Dr Harshita
Ladies Doubles	Dr Pavana Dr Likitha	Dr Harshita Dr Apeksha
Men's Age < 40		
Singles	Dr Tejaswi	Dr Aditya
Doubles	Dr Tejaswi Dr Niranjana	Dr Vinay Dr Srinidhi
Men's Age > 40		
Singles	Dr Alok	Dr Nishanth
Doubles	Dr Alok Dr Deepak	Dr Keerthish Dr Gururaj
Mixed Doubles	Dr Tejaswi Dr Surakshita	Dr Vinay Dr Latha



IPSKC FAMILY PICNIC

The IPSKC Family Picnic, held on 24th and 25th May 2026 at MAG Q Resort, Kanakapura, brought together more than 100 IPSKC members and their families for two days filled with fun, adventure and togetherness.

The first day began with lunch and a relaxed afternoon, followed by exciting activities including zip-lining, rock climbing and rain dance. Members enthusiastically participated in the activities before coming together for a lively musical evening, creating an atmosphere of friendship and celebration.

The second day began with mountain trekking, followed by boating and kayaking amidst the beautiful natural surroundings. After lunch, the participants dispersed with cherished memories of a refreshing and enjoyable getaway.



More than just a picnic, the event provided a much-needed opportunity to unwind from professional commitments, strengthen friendships, promote family bonding and reconnect as a community. The enthusiastic participation and warm spirit of the members made the two-day gathering truly memorable and reflected the strong sense of camaraderie within IPSKC.





