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ಕರ್ನಾಟಕ ಅಧ್ಯಾಯ (ರಿ.)

INDIAN PSYCHIATRIC SOCIETY

KARNATAKA CHAPTER (R.)

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KARNATAKA CHAPTER

NEWS LETTER

JUL - AUGUST 2026

ISSUE - 04

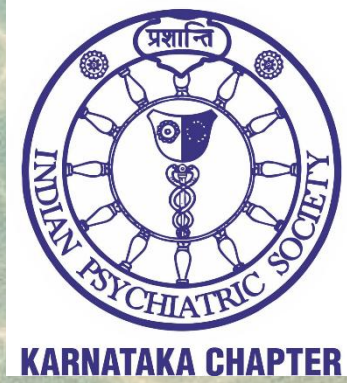
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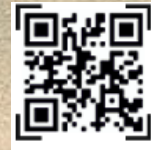
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CHAPTER!**

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CONTENTS

1. MESSAGE FROM THE HONORARY JOINT SECRETARY	01
2. MESSAGE FROM PRESIDENT	03
3. MESSAGE FROM THE HONORARY SECRETARY	05
4. HONORARY SECRETARY'S REPORT 2025-26	06
5. HONORARY TREASURER'S REPORT 2025-26	49
6. HONORARY EDITOR'S REPORT 2025-26	66
7. IPSKC ELECTION NOTIFICATION	70
8. SDM IPSKC CME 2026	71
9. ACADEMIC AND SCHOLARLY ACTIVITIES	74
10. IPS-KC MOVIE CLUB SERIES: MITHYA	75
11. PSYCHIATRY IN THE MEDIA	77
12. ACADEMIC ENGAGEMENTS	81
13. KANCIPS 2026	82

MESSAGE FROM THE HONORARY JOINT SECRETARY

Dear Members,

It gives me immense pleasure to connect with you through this edition of the IPS-KC Newsletter and to look back at a year filled with academic enrichment, professional engagement, creativity and collective endeavour.

The year so far has been a vibrant one for the Indian Psychiatric Society – Karnataka Chapter, with a wide range of activities that have brought our members together and provided opportunities for learning, interaction and professional growth. From academic programmes such as CMEs, workshops, PG Case Conferences, scholarly sessions and quizzes to innovative initiatives including the Movie Club, webinar series and various awareness and creative activities, each programme has contributed in its own way to the spirit and growth of our Chapter.

Our postgraduate academic initiatives have continued to receive enthusiastic participation. The PG Case Conference series, Wednesday Scholarly Series, training programmes and workshops have provided valuable platforms for discussion, critical appraisal and exchange of knowledge. The Chapter has also continued to support research and academic development through initiatives such as peer-review training and sessions on systematic reviews and meta-analysis.

It has also been encouraging to see psychiatry being approached beyond the conventional academic framework. The Movie Club and other creative initiatives have opened avenues to explore mental health through cinema, art and contemporary social perspectives, making our engagement with psychiatry both meaningful and diverse. Our awareness programmes and collaborative activities have further strengthened the Chapter's connection with the wider community.

Another important aspect of this year has been the continued development of our digital presence. The IPS-KC website and YouTube channel have increasingly become repositories of our academic activities, past events and institutional history, allowing the work of our Chapter to reach a wider audience and remain accessible beyond the confines of individual programmes.

The Journal of Psychiatry Spectrum has also continued to grow, adding another important dimension to the academic contributions of IPS-KC. The continued efforts towards strengthening academic publishing and research reflect our Chapter's commitment to fostering a culture of learning and scholarship.

For me, working on the newsletter has been a particularly rewarding experience. Bringing together reports, photographs, achievements and memories from the numerous activities conducted throughout the year has offered a unique opportunity to look back at how much we have accomplished together.

Every photograph and every report represent the enthusiasm of our members and the collective effort that goes into making each programme successful.

The recognition of IPS-KC with the Indian Psychiatric Society Best State Branch Award is a particularly proud moment for all of us. Such achievements are a reflection not of any single individual, but of the sustained commitment, teamwork and participation of the entire IPS-KC family.

As we look ahead to the forthcoming programmes and KANCIPS 2026, I am confident that the same spirit of collaboration and enthusiasm will continue to guide us. I sincerely thank our President, office bearers, Executive Committee members, faculty, postgraduate students and every member who has contributed to the activities of the Chapter.

I hope this newsletter serves not merely as a record of events, but as a reflection of our shared journey - the knowledge we have exchanged, the ideas we have explored, the milestones we have achieved and the memories we have created together.

With warm regards,



Dr SURESH V C
Joint Secretary, IPSKC

MESSAGE FROM THE PRESIDENT

Dear all,

I am indebted to IPSKC for having confidence in me and bestowing the responsibility of leading the association during the term 2025-26. It has been excellent teamwork and a smooth sail so far, due to the efficient, dedicated and committed EC. I thoroughly enjoyed working with the team.

We have successfully completed all the mandatory activities of the year as mentioned in Article II of the MOA of the IPSKC; and the innovative ones like case conference, movie club and the webinar series on how to write a paper. We are now looking forward to the signature event of KANCIPS, for which the countdown has begun. In addition, as proposed during my address last year, we have performed two more activities, with a focus on strengthening our journal editorial team, the JOPSYS, which achieved the feat of Scopus indexing in a span as short as 4 yrs after initiation, with the efforts of our editorial team. We organized a peer review training workshop in January 2026 and a CME on systematic review and meta-analysis (SRM) in August 2026.

Further, as a contribution to core academics, we conducted a train-the-trainer (TOT) workshop on OSCE with key resource persons from KMC Manipal in June 2026. Another unique activity initiated by our editor-in-chief, Dr Harbishettar, was a workshop to explore feasible thesis topics for our post-graduates, through a workshop by the PG sub-committee of the Indian Psychiatric Society, at Srinagar in July 2026. Several IPSKC members were the resource persons in the event. The thesis topics have already been made available for the PGs to access on the website of IPS. In addition, we had organized the IPS-SZ PG training program at NIMHANS in April 2026 that was highly appreciated. We have co-hosted more than 10 other academic events organized by various institutions; to mention a couple of them, the national conference on addiction medicine and the international bipolar disorder conference, both by NIMHANS. We intend to continue with peer review workshops, SRM, and OSCE training in future as well, provided the members align with these ideas of IPSKC.

The website has been updated with a lot of historical information, under 'about IPSKC', 'awards' and 'events', with the efforts of our Hon Secretary Dr Mutalik. Talking about the membership drive, though it is not as aggressive as last year, it has progressed from almost 800 by mid-September 2025 to 851 in mid-August 2026. Henceforth, our memberships will be through the common window, as we all know.

And what I proposed but did not accomplish was the CME on financial awareness for psychiatrists, due to logistical issues like mutually available free time with the expert speakers, as they are also quite busy. But we can do it this year also.

However, knowingly or unknowingly, we are all working towards the United Nations' Sustainable Development Goals 3, 4, and, to an extent, 9. We know that 3 is for health and well-being, 4 is for quality education, and 9 is for innovation (research). We did a lot of such activities this year also, due to the enthusiastic workforce of IPSKC, which is none other than this family of 850-plus members. We did not win the best state branch award 12 times just like that. We are a role model state branch when it comes to unity, transparency, diligence and fellowship.

My sincere gratitude goes to Hon Secretary Dr Narayan Mutalik, President-elect Dr Kasturi Pandiyan, Hon Treasurer Dr Guru Gowda, Hon Editor Dr Vijaykumar, Dr Suresh VC, and the whole team of enthusiastic EC, for their support, commitment, hard work and smart work. I did not realize how this one year came to an end. I also wholeheartedly congratulate the organizers of KANCIPS on such a wonderful arrangement. I consider myself fortunate, privileged, and proud to be a part of such a high-spirited and outstanding association of like-minded mental health professionals. This is the 4th and last newsletter of the year. I conclude it here, thanking the members again for giving me this opportunity to preside over the society during the year 2025-26.

Thank you all.

Long live IPSKC.



Dr ANIL KUMAR M N
President, IPSKC

MESSAGE FROM THE HONORARY SECRETARY

Dear Esteemed Members and Colleagues,

It gives me great pleasure to connect with you through the Fourth Newsletter of the Indian Psychiatric Society–Karnataka Chapter (IPS-KC) for the year 2025–26.

The year has been one of sustained academic activity, organisational progress and meaningful member engagement. Under the able leadership of our President, Dr. Anil Kumar M. N., IPS-KC has continued to strengthen its academic, professional and organisational initiatives through active Executive Committee functioning and the dedicated efforts of our members. Our academic programmes, including the PG Case Conference Series, Wednesday Scholarly Series, CMEs, workshops, quizzes and other educational initiatives, have provided valuable opportunities for learning and professional development. We are also proud of the continued progress of the Journal of Psychiatry Spectrum including the publication of all four issues and its achievement of a Q4 ranking in Scopus.

A significant focus this year has been strengthening our digital presence. The IPSKC Website has been systematically updated with the President's message, Bye-laws, information on past office bearers, previous conference and CME brochures, newsletters, award guidelines and details of past award recipients, making it an important repository of the Chapter's activities and history.

Our official IPSKC YouTube Channel has also continued to grow as a valuable platform for academic dissemination. It hosts recorded webinars, PG Case Conferences, Wednesday Scholarly sessions, peer review workshops and selected sessions from previous KANCIPS conferences, enabling wider access to learning and knowledge sharing.

It is a matter of immense pride that IPSKC was honoured with the Indian Psychiatric Society Best State Branch Award for 2025, marking the 12th time our Chapter has received this prestigious recognition. This achievement truly reflects the collective commitment and efforts of our entire IPSKC family.

As we look forward to KANCIPS 2026 at Karwar, I sincerely thank our President, office bearers, Executive Committee members, committee members and all our members for their continued support and cooperation. Let us continue to work together with enthusiasm and commitment towards advancing psychiatry and promoting mental health.

With warm regards,



Dr NARAYAN R MUTALIK
Secretary, IPSKC



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HONORARY SECRETARY'S REPORT FOR THE YEAR 2025-26

KANCIPS 2026

Ajvi Ocean, Karwar
4-6 September 2026

Respected Members,

I, Dr. Narayan R. Mutalik, Honorary Secretary, Indian Psychiatric Society-Karnataka Chapter (IPS-KC), am privileged to present the Annual Report of IPS-KC for the year 2025-26. Serving as Honorary Secretary has been both an honour and a responsibility. I take this opportunity to sincerely thank all members for their trust, support and encouragement, which have enabled me to contribute to the growth and activities of our Society.

1. IPS-KC EXECUTIVE COMMITTEE MEETINGS

During the year 2025-26, the Executive Committee of the Indian Psychiatric Society-Karnataka Chapter (IPS-KC), under the leadership of Dr. Anilkumar M. N., President, and Dr. Narayan R. Mutalik, Honorary Secretary, functioned actively with a focus on strengthening academic activities, membership services, financial governance, publications, professional networking, digital infrastructure and organisational development.

During the reporting period, eight Executive Committee meetings were conducted in physical, hybrid and online formats.

Executive Committee Meetings 2025-26

Sl. No.	Meeting	Date	Venue	Mode
1	1st Executive Committee Meeting	14 September 2025	CIMS, Chikkamagaluru	In-person
2	2nd Executive Committee Meeting	6 November 2025	—	Virtual
3	3rd Executive Committee Meeting	10 January 2026	NIMHANS, Bengaluru	Hybrid
4	4th Executive Committee Meeting	21 February 2026	KSHEMA, Mangaluru	Hybrid
5	5th Executive Committee Meeting	10 April 2026	NIMHANS Convention Centre, Bengaluru	Hybrid

Sl. No.	Meeting	Date	Venue	Mode
6	6th Executive Committee Meeting	6 June 2026	Clarks Exotica, Bengaluru	Hybrid
7	7th Executive Committee Meeting	18 July 2026	—	Virtual
8	8th Executive Committee Meeting	4 September 2026	Ajvi Ocean, Karwar	In-person

These meetings provided a structured platform for reviewing ongoing activities, monitoring the implementation of decisions, planning forthcoming academic programmes and addressing important administrative and financial matters.

Across the meetings, the Executive Committee deliberated on a wide range of issues concerning the functioning and development of IPS-KC, including academic and research activities; the Journal and Newsletter; new initiatives of IPS-KC; mandatory activities; membership and membership drives; awards; community and public mental health activities; digital and communication initiatives; financial matters; management of assets; and preparations for major academic programmes and conferences, including KANCIPS 2026.

Important matters relating to organisational governance, constitutional provisions, proposed resolutions, professional collaborations and member engagement were also discussed. Significant decisions were taken in the best interests of the Society and its members, with emphasis on academic excellence, professional development, financial prudence, organisational strengthening, member participation and community welfare.

Key Decisions and Recommendations

IMA Membership Promotion and Visibility

The communication received from the Indian Medical Association (IMA) seeking support and visibility during IPSKC CMEs and conferences was discussed by the Executive Committee. The Committee decided that the matter would be placed before the Annual General Body (AGB) 2026 for consideration.

Various possibilities for facilitating IMA membership promotion and visibility during IPSKC programmes were discussed, including:

- Display stalls at suitable venues.
- Looping of promotional videos during lunch breaks.
- Other non-disruptive promotional mechanisms.
- Possibility of facilitating such activities through pharma-supported stalls, subject to applicable IPSKC policies and ethical considerations.



Committee on Conference Registration and Banquet Expenditure

Pursuant to the resolution proposed by Dr. PSVN Sharma at the Annual General Body meeting, a committee was constituted to examine the issues relating to conference registration structure and banquet expenditure. The committee comprised: Dr. Swaminath G as Chairman, Dr. Harisha D and Dr P V Bhandary as Members. The committee examined the financial, administrative and logistical implications of introducing separate conference registration categories with and without banquet participation, as well as measures for regulating banquet expenditure.

The committee submitted its recommendations to the Executive Committee. After consideration and deliberation, the Executive Committee approved the recommendations and decided that separate registration categories with and without banquet participation need not be introduced at present.

However, the following recommendations were accepted for consideration by future IPSKC Conference Organising Committees:

1. Banquet expenditure should preferably be restricted to approximately 15-20% of the overall conference budget, with the objective of promoting financial prudence.
2. A mechanism should be developed to obtain advance information from delegates regarding their intention not to attend the banquet, wherever feasible, to minimise food wastage and optimise arrangements.
3. Conference brochures, registration forms and delegate communications should clearly communicate the banquet arrangements and encourage delegates to intimate the organisers in advance if they do not intend to participate.
4. These measures should be considered as part of responsible financial and environmental management of future conferences.

Future Selection of Venue/Centre for PGCME

The Executive Committee decided that, from the following year onwards, the PGCME would not be finalised during the first Executive Committee meeting nor awarded solely at the discretion of a single sponsor. Accordingly, interested centres willing to host the PGCME for the respective year will be invited to submit a Letter of Intent (LOI). The AGB will consider the proposals in accordance with the established procedures and organisational requirements. This process was intended to promote transparency, wider participation and systematic planning in the selection of centres for the PGCME.

Family Picnic – Accommodation and Logistical Planning

The Committee reviewed issues relating to accommodation allocation and logistical arrangements for the IPSKC Family Picnic. It was suggested that clearer guidelines should be developed for future events, including the possibility of allocating accommodation on a

first-come-first-served basis, subject to availability and the final policy approved for the programme. The possibility of combining family picnic activities with PPL events was also discussed as a potential means of reducing logistical complexity and improving financial and administrative efficiency.

Postgraduate Membership and Constitutional Provisions

The Committee discussed issues relating to postgraduate membership, provisional Life Fellow membership and the relevant constitutional provisions. The Committee noted the need for further examination of the existing constitutional provisions and consideration of appropriate policy clarification for the future, particularly in relation to postgraduate membership and eligibility.

Membership Requirement for Postgraduate Oral and Poster Presentations

The Executive Committee specifically considered the requirement of IPS/IPS-KC membership for Postgraduates (PGs) presenting oral and poster papers at the Annual Conference of IPS-KC. It was clarified that IPS or IPS-KC membership is not mandatory for Postgraduates to present oral or poster papers at the IPSKC Annual Conference. However, conference registration remains mandatory for all delegates and presenters as applicable. Therefore, the exemption from IPS/IPS-KC membership does not mean that the presentation is free of registration charges. The Committee further clarified that IPS membership continues to be mandatory for Postgraduate Award Presentations. The matter had initially been discussed with Dr. M. Ramachandra and Dr. Mahesh Gowda and was subsequently clarified with the President, Vice-President, Honorary Secretary and Treasurer of the IPS Central Body. Following these clarifications, the matter was discussed in the IPSKC Executive Committee and the following position was finalised:

- Oral/Poster Presentations: IPS or IPSKC membership is not mandatory; however, applicable conference registration is mandatory.
- PG Award Presentations: IPS membership is mandatory.
- The above position shall be followed for future IPSKC Annual Conferences, subject to any subsequent clarification, modification or direction from the IPS Central Body.

Overall Governance and Organisational Development

In addition to the above specific decisions, the Executive Committee regularly reviewed and monitored academic and research activities, IPSKC mandatory programmes and CME activities, Journal and Newsletter activities, awards and recognition programmes, membership services and membership drives, community and public mental health initiatives, website and digital communication initiatives, financial management and expenditure, asset management and organisational resources, professional collaborations and networking, preparations for major programmes including KANCIPS 2026, election-related and constitutional matters, and member engagement and organisational development.



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Throughout the year, the Executive Committee remained committed to ensuring that all activities of IPS-KC were conducted with academic integrity, transparency, financial prudence and professional responsibility, while giving due importance to the interests of its members and the wider psychiatric community.

IPS-KC WORKING COMMITTEES 2025-26

IPS-KC Bye-Law (Constitution) Committee 2025-26

Chairman:

Dr. M. Ramachandra

Members:

- Dr. Harisha Delanthabettu
- Dr. Abhay Matkar

IPS-KC Awards Committee 2025-28

Chairman:

Dr. Ravishankar Rao

Members:

- Dr. Murali T.
- Dr. Raveesh B. N.

IPS-KC Scientific Committee 2024-27

Chairman:

Dr. Sudarshan C. Y.

Members:

- Dr. Samir Praharaj
- Dr. Raghavendra B. Nayak

IPS-KC Legal Cell Committee 2025-26

Chairman:

Dr. Chandrashekar H.

Members:

- Dr. Mahesh R. Gowda
- Dr. Raveesh B. N.

IPS-KC Tribunal Committee 2025-26

Chairman:

Dr. Ajit Bhide

Members:

- Dr. Mathew Varghese
- Dr. Saranya Devanathan



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IPS-KC Membership Directory Update Committee 2025-26

Chairman:

Dr. Narayan R. Mutalik

Members:

- Dr. Guru S. Gowda
- Dr. Suresh V. C.

IPS-KC Finance Committee 2025-26

Chairman:

Dr. M. Ramachandra

Members:

- Dr. Mahesh R. Gowda
- Dr. Guru S. Gowda

IPS-KC Editorial Committee 2025-26

Chairman/Editor, Journal of Psychiatry Spectrum:

Dr. Vijaykumar S. Harbishettar

Editor, Newsletter:

Dr. Suresh V. C.

IPS-KC Asset Committee 2025-26

Chairman:

Dr. M. Ramachandra

Members:

- Dr. Jagadisha A
- Dr. Chandrashekhar H
- Dr. Mahesh R. Gowda
- Dr. Anilkumar M. N.
- Dr. Narayan R. Mutalik
- Dr. Guru S. Gowda

IPS-KC Internal Complaints Committee 2025-26

Chairperson:

Dr. Prabha S. Chandra, Professor of Psychiatry

Members:

- Dr. Aruna Yadiyal – Psychiatrist
- Dr. Ravishankar Rao – Psychiatrist
- Dr. Harisha D – Psychiatrist
- Ms. Sushma – Advocate

Protocol Officer:

Dr. Harisha Delanthabettu

Website Coordinator:

Dr. Chethan B



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2. CONDOLENCES

During the year 2025-26, the IPS-KC Executive Committee deeply mourned the loss of several respected psychiatrists and senior members of the profession.

Dr. B. N. Manjuladevi

Dr. B. N. Manjuladevi (1948 – 2025), former Associate Professor of Psychiatry at NIMHANS, Bengaluru, and wife of Sri S. Gurappaji-Malavalli, passed away on **19 December 2025** at the age of 77 years. She held qualifications including B.Sc., DHM, MBBS and M.D. (Psychiatry).

Dr. Manjuladevi was fondly remembered for her significant contributions to **community psychiatry**, her kindness and compassion, and her dedicated service to patients and the community. She was also the **founder of the Kannada Sangha at NIMHANS** and made notable contributions towards the promotion of the **Kannada language and culture**.

The Executive Committee placed on record its appreciation of her valuable contributions to the field of psychiatry and to the wider community. The Committee also observed a **minute of silence in her honour**, remembering her life, service and enduring contributions.

Dr. Subbegowda

Dr. Subbegowda, a respected senior psychiatrist associated with Mysore Medical College, passed away on **15 May 2026**. His compassionate clinical work and humane approach towards patients were fondly remembered by the Executive Committee, which observed a moment of silence in his memory.

Dr. D. V. Patange

Dr. D. V. Patange, a senior psychiatrist from Kalaburgi and former President of the Kalyana Karnataka Psychiatric Guild, passed away on **23 June 2026** following a massive heart attack. He was a Life Fellow of IPS, IPSSZB and IPSKC and had served the Government of Karnataka as a psychiatrist and as Professor and Head of the Department of Psychiatry at M. R. Medical College, Kalaburgi.

He served as **President** of the Indian Psychiatric Society, Karnataka Chapter (IPSKC) and had also organised a State Conference at Kalaburgi and was instrumental, along with Dr. C. R. Chandrashekar, in creating awareness about the problem of mass Banamati in North Karnataka. He was a recipient of the **Eminent Psychiatrist Award of IPSKC**. The Executive



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Committee recalled his significant contributions to psychiatry, medical education and professional organisations and observed a one-minute silence in his memory.

Dr. Prakash Appaya M

Dr. Prakash Appaya M. (1950–2026) passed away on **6 August 2026**. IPSKC records with deep sorrow the passing away of **Dr. Prakash Appaya M.**, a distinguished psychiatrist and a dedicated member of the medical fraternity. He served St. John's Medical College Hospital in the Department of Psychiatry, initially as a Tutor from October 1978 to June 1979, and rejoined the institution in May 1981, continuing his service until his superannuation in 2010.

Dr. Prakash Appaya M. also made significant contributions to the field of mental health beyond his institutional service. He served as **the President** of the Indian Psychiatric Society, Karnataka Chapter (IPSKC), was a **Founder Member of the Richmond Fellowship Society, Bangalore**, and also served as a **Senior Resident at NIMHANS**.

His professional commitment and contributions to psychiatry and mental healthcare will be remembered with respect and gratitude. The IPSKC conveys its heartfelt condolences to the bereaved family and all those who knew and cherished him. We pray that the Almighty grants them strength and comfort in this hour of grief. May the departed soul rest in eternal peace.

Dr. V. Venkataramaiah

Dr. V. Venkataramaiah (Dr. VVR), senior psychiatrist, teacher and former President of the **Indian Psychiatric Society-Karnataka Chapter (IPSKC)**, passed away on **10 August 2026**. He served as **Superintendent, Mental Hospital, Dharwad**, and later as **Professor and Head, Department of Psychiatry, Karnataka Medical College, Hubballi**. He also served as **Project Director** and made significant contributions to the development of psychiatric services and the profession.

Dr. VVR was fondly remembered as a **humble, equanimous and wise teacher**, deeply devoted to his patients and loved by generations of students and colleagues. His friendly, jovial and approachable nature left a lasting impression on those who trained under him. He was also known for his elegant personality and remarkable enthusiasm for **tennis**, which he continued to play even into his nineties.

He served as the **Chairman of the Organizing Committee of the first KANCIPS held at M. S. Ramaiah Medical College**, where he headed the Department of Psychiatry, and contributed immensely to making the conference a memorable one. He was also



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honoured with the **Eminent Psychiatrist Award of IPS-KC**, along with Dr. Srinivas, in recognition of his distinguished contributions to psychiatry.

His experiences and reflections from his tenure as Superintendent of the Mental Hospital, Dharwad, were compiled in a book, which was released at **KMCRI, Hubballi, in 2023** during the Mid-Term CME. The IPS-KC places on record its **deep respect and gratitude for his valuable contributions to psychiatry, psychiatric education and the profession**. His life was marked by dedication, wisdom, humility and service, and he will be fondly remembered by his students, colleagues, patients and the psychiatric community.

The IPS-KC conveys its **heartfelt condolences to his bereaved family, colleagues, students and all those who knew and admired him**. May his departed soul rest in eternal peace.

3. IPS-KC MANDATORY ACTIVITIES

A. IPS-KC Postgraduate CME 2026

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

Date: 21-22 February 2026

Theme: *"The Art & Science of Psychiatry: Mastering the Skills That Matter."*

The Indian Psychiatric Society-Karnataka Chapter (IPS-KC), in association with the Department of Psychiatry, K. S. Hegde Medical Academy (KSHEMA), Mangaluru, successfully conducted the IPS-KC PG CME 2026.

The CME was awarded 4 KMC credit points. The two-day academic programme was designed specifically for postgraduate psychiatry residents, with emphasis on clinical skills, scientific knowledge, professional competencies and the humanistic aspects of psychiatric practice.

The programme included expert scientific sessions on psychopathology, clinical skills, legal responsibilities, psychosexual health, technology and AI in psychiatry, rational prescribing, risk assessment, neurological examination and critical appraisal. A dedicated session on MD Psychiatry examination skills and examiner expectations was also conducted.

The CME provided opportunities for oral paper and e-poster presentations and featured the Sahyadri Silver Jubilee KANCIPS Psychiatry PG Quiz Programme – 2026, thereby promoting academic participation and healthy competition among postgraduate residents.



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The programme was organised under the leadership of Dr. Shishir Kumar, Organising Chairperson; Dr. Arun Bhat, Organising Secretary; Dr. Satheesh Rao, Organising Joint Secretary; and Dr. Shrinivasa Bhat U, Organising Treasurer, with the support of the Scientific Committee, organising committee, faculty, postgraduate residents and staff of the Department of Psychiatry, KSHEMA, Mangaluru.

The CME was successfully completed with active participation from postgraduate residents and faculty and provided a comprehensive academic platform for enhancing the knowledge, clinical competencies and practical skills essential for contemporary psychiatric practice.

IPS-KC places on record its sincere appreciation to KSHEMA, Mangaluru; the organising team; scientific committee; faculty; speakers; chairpersons; and all participating postgraduate residents for their valuable contribution towards the successful conduct of the programme.

B. Sahyadri Silver Jubilee KANCIPS PG Quiz Award 2025-26

The following teams were awarded prizes:

Position	Name(s)	Institution
First Prize	Dr. Aradhana Iyer and Dr. Sangeetha Nair	Father Muller's Medical College, Mangaluru
Second Prize	Dr. Roopa and Dr. Sayed Mohammed Abuzer	Kanachur Institute of Medical Sciences, Mangaluru
Third Prize	Dr. Nishida and Dr. Harshitha Prashanth	Kanachur Institute of Medical Sciences, Mangaluru

C. Annual Psychiatrists' Shuttle Badminton League – Season 5 (PSBL 5)

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

Date: 17 May 2026

Time: 9:30 AM-2:30 PM

Organisers: Dr. Harsha G. T. and Dr. Guru S. Gowda

The 5th Edition of the Psychiatry Society Badminton League (PSBL), a mandatory annual activity of the Indian Psychiatric Society-Karnataka Chapter (IPS-KC) for 2025-26, was successfully conducted in Bengaluru with the participation of 30 members across various categories.

The event commenced with a brief inaugural ceremony. Dr. P. Vijayakumar, Past President of IPS-KC and a senior member and sports enthusiast, inaugurated the event and declared it open, encouraging greater participation in sports and recreational activities among IPS-KC members.

Dr. A. Jagadish, Guest of Honour, also graced the occasion and released the latest print issue of the Journal of Psychiatry Spectrum (JOPSYS). The efforts of the Journal team were appreciated, and Micro Labs Pharma, the sponsor of the Journal, was acknowledged for its continued support.

Dr. Harsha G. T. and Dr. Vijay Harbishettar spoke about the inception and evolution of the Badminton League and its significance as an IPS-KC activity. Special appreciation was expressed to Dr. Alok and Dr. Sachin, who travelled from distant locations to participate in the event. The gracious presence and support of Dr. P. Vijayakumar and Dr. A. Jagadish were also acknowledged.

The tournament draws were conducted by senior players. Considering the number of entries, the men's categories were divided into below 40 years and above 40 years. Four courts were utilised, enabling the tournament to be completed smoothly and on schedule.

The event was sponsored by Micro Labs Pharma. During the valedictory programme, prizes were distributed by Dr. A. Jagadish and Dr. Harsha G. T. The event received positive feedback from participants, reflecting its success in promoting camaraderie, sportsmanship and healthy interaction among IPS-KC members.

Winners

Category	Winner	Runner-up
Ladies Singles	Dr. Pavana	Dr. Harshita
Ladies Doubles	Dr. Pavana & Dr. Likitha	Dr. Harshita & Dr. Apeksha
Men's Singles – Below 40	Dr. Tejaswi	Dr. Aditya
Men's Doubles – Below 40	Dr. Tejaswi & Dr. Niranjana	Dr. Vinay & Dr. Srinidhi
Men's Singles – Above 40	Dr. Alok	Dr. Nishanth
Men's Doubles – Above 40	Dr. Alok & Dr. Deepak	Dr. Keerthish & Dr. Gururaj
Mixed Doubles	Dr. Tejaswi & Dr. Surakshita	Dr. Vinay & Dr. Latha

IPS-KC places on record its sincere appreciation to the organisers, participants, guests, sponsors and all those who contributed to the successful conduct of the 5th PSBL.



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D. IPS-KC Family Picnic 2026

The IPSKC Family Picnic, held on 24-25 May 2026 at Q MANGO Resort, Ramnagara, 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 a 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 beautiful natural surroundings. After lunch, 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.

E. IPSKC Psychiatry Quiz for Medical Undergraduates 2025-26

Venue: Sri Chamundeshwari Medical College Hospital & Research Institute

Date: 22 May 2026

Time: 9:30 AM-2:30 PM

Organising Chairman: Dr. Shivakumar B. K.

Organising Secretary: Dr. Harini K. C.

The State-Level Psychiatry Quiz for Medical Undergraduates 2025-26, a mandatory activity of IPS-KC, was held at Sri Chamundeshwari Medical College Hospital & Research Institute. Each medical college could register a maximum of two teams, with two students per team. Around 50 teams, comprising approximately 100 participants, registered for the quiz from across the state. Accommodation was provided within the campus for students who opted for it. The event began with a preliminary round, following which the top six qualifying teams were selected for the finals. This was followed by a tea break and inaugural programme. The event was inaugurated by Dr. Narayan R. Mutalik, Honorary Secretary, IPS-KC; Dr. Guru S. Gowda, Honorary Treasurer, IPS-KC; and the Principal and Vice-Principals of SCMCH & RI, with the traditional lighting of the lamp. Dr. Pravin G. U., Principal, SCMCH, and Dr. Narayan R. Mutalik addressed the gathering. The Guests of Honour, Dr. Narayan R. Mutalik and Dr. Guru S. Gowda, were felicitated. The finals were subsequently conducted. The top three teams were awarded cash prizes of ₹5,000, ₹3,000 and ₹2,000, respectively, along with certificates during the valedictory programme. Prizes were distributed by Dr. Narayan R. Mutalik and Dr. Guru S. Gowda. The vote of thanks was



delivered by the Organising Secretary, Dr. Harini K. C. The overwhelming number of registrations and enthusiastic participation from students were highly encouraging. IPS-KC expresses its gratitude to the Heads and quiz coordinators of Departments of Psychiatry across the state for motivating students to participate.

Winners

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

The feedback received from participants was positive.

F. IPS-KC Mid-Term CME 2025-26 & PPL-15

The Indian Psychiatric Society-Karnataka Chapter (IPSKC) Mid-Term CME 2026 was held from 17-19 April 2026 at UVA Meridian Resort & Spa, Kundapura, with the theme "From Evidence to Enterprise: The Evolving Landscape of Psychiatric Practice."

The programme was organised 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, Department of Psychiatry, KMC, Manipal, delivered the opening academic session on "Newer Pharmacological Treatment Options in Anxiety Disorders," highlighting contemporary developments in pharmacological management of anxiety disorders. Dr. Somashekhar Bijjal, Professor of Psychiatry, GIMS, Gadag, addressed "Government Schemes for Persons with Mental Illness," focusing on the interface between psychiatric practice and available government initiatives for persons with mental illness.

The first day concluded with Dr. Vijay Harbishettar, Editor-in-Chief, Journal of Psychiatry Spectrum (JoPS), NIMHANS, Bengaluru, who presented "Practical Approach to Dementia." His session provided a clinically oriented perspective on the assessment and management of patients with dementia. The scientific programme continued on 18 April with Dr. Anil



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Kakunje, Professor of Psychiatry, Yenepoya Medical College, Mangaluru, who spoke on “What is New in Bipolar Depression.” This was followed by Dr. Sujit Sarkhel, Professor and Editor-in-Chief, Indian Journal of Psychiatry, Institute of Psychiatry, Kolkata, who addressed “Practical Management of IBS,” highlighting practical challenges in managing this important psychiatric and medical comorbidity.

A particularly relevant and interactive component was the panel discussion on “Private Practice in Psychiatry: Strategy, Systems and Sustainability.” The panel comprised Dr. Jagadisha A, Bengaluru; Dr. Lokesh Babu, Tumkur; and Dr. Preethi V. Shanbhag, 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 the ladies’ cricket teams, Karavali Queens emerged as winners against Coastal Crushers. Among the gentlemen’s teams, Royal Brigades were the winners and DTM Boyz were the runners-up.

The CME was supported by a dedicated organising team led by Dr. Prakash C. Tolar, Organising Chairman, and Dr. Ravindra Munoli, Organising Secretary, along with the scientific, venue, registration, accommodation, logistics, sports and cultural committees. The three-day programme concluded on 19 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 strengthening professional bonds among members of the Karnataka psychiatric community.

G. Annual Inter-Collegiate Debate and Essay Competition

The Indian Psychiatric Society-Karnataka Chapter (IPS-KC) successfully conducted Essay and Debate Competitions in collaboration with VVS First Grade College, Bengaluru, as part of its academic and outreach initiatives.

The events provided students with a platform to express their perspectives on mental health-related themes and encouraged critical thinking and meaningful engagement with mental health issues. The Essay Competition witnessed enthusiastic participation from 16 students, while the Debate Competition had 13 participants, reflecting strong interest and engagement among students.



The Essay Competition showcased commendable insight and expression. The Rolling Shield was awarded to Pallagatti Adavappa Arts and Commerce College, Tiptur. The Debate Competition was equally engaging, and the Rolling Shield was awarded to KLE S. Nijalingappa College, Rajajinagar.

Prize Winners

Essay Competition

- **First Prize:** Meghabai, 3rd Year B.A., Pallagatti Adavappa Arts and Commerce College
- **Second Prize:** Radhika, 2nd Year B.Com., VVS First Grade College
- **Third Prize:** Yavanika, 2nd Year B.Com., ASC Degree College

Debate Competition

- **First Prize:** Manisha, GFGC, Rajajinagar
- **Second Prize:** Meghabai, Pallagatti Adavappa Arts and Commerce College
- **Third Prize:** Amulya R., KLE S. Nijalingappa College

The competitions provided students with a valuable opportunity to articulate their perspectives, develop critical thinking and engage constructively with important mental health issues. The activity was successfully coordinated by Dr. Sunil Kumar G. Patil.

IPS-KC places on record its appreciation to VVS First Grade College, participating institutions, students, organisers and all those involved in the successful conduct of these academic and outreach activities.

H. Teachers' Awareness Programme 2025-26

Venue: IMA Auditorium, Raichur

Date: 9 November 2025

Theme: "No Health Without Mental Health."

The Teachers' Awareness Programme on Mental Health, organised by the Indian Psychiatric Society-Karnataka Chapter (IPS-KC) in association with the Kalyan Karnataka Psychiatric Guild (KKPG) and IMA Raichur, was successfully conducted on 9 November 2025.

The programme commenced at 10:00 AM and was chaired by Dr. Manohar Y. Pattar, Vice President-cum-President-Elect, KKPG. The event was inaugurated by Sri Somashekharappa Hokrani, DDP, Raichur, as Chief Guest. Dr. Shrishailesh Amarkhed, President, IMA Raichur, and Mr. Basavaraj R. Palled, Principal, Pramana PU College, attended as Guests of Honour. Scientific and awareness sessions were delivered by

Dr. Manohar Y. Pattar, DMHP Psychiatrist, Raichur, and Dr. Vinay Kumar, EC Member, IPS-KC & KKPG.

The sessions emphasised the important role of teachers in promoting mental health among students, with practical guidance on identifying early signs of psychological distress, managing classroom stress and supporting student well-being. The Welcome Note and Vote of Thanks were delivered by Dr. Sharanabasavaraj D., Psychiatrist, RIMS Raichur, who acknowledged the collaborative efforts of IPS-KC, KKPG and IMA Raichur.

The programme witnessed enthusiastic participation from 50 teachers representing various PU Colleges across Raichur district. Certificates of Participation were presented to all participants. The programme reflected a strong collaborative effort towards integrating mental health awareness into the educational environment and empowering teachers as frontline promoters of mental well-being.

I. IPS-KC Psychiatry Prize Examination for Medical Undergraduates and Interns 2025-26

The annual IPSKC UG and Intern Prize Examination was held on 19 June 2026 and was conducted by Father Muller Medical College (FMMC), Mangaluru, under the aegis of IPSKC.

A total of 157 students from 22 colleges participated. The examination was conducted simultaneously at the respective colleges across the state. A hundred MCQs were prepared by the faculty of FMMC, with the questions set at a difficulty level appropriate for undergraduate students and interns. Dr. Rahul M. Rao, Associate Professor, FMMC and EC Member of IPSKC, served as the Chief Coordinator. Dr. Justin Shawn Jason, Senior Resident, FMMC, played a pivotal role in setting the paper, designing the brochure and managing logistics.

I extend my sincere gratitude to all the local coordinators of the participating medical colleges for simultaneously conducting the examination within the stipulated period. The answer sheets were scrutinised by the Department of Psychiatry, FMMC, and the top three students were identified.

Winners

Position	Name	Institution
First	Sandhya Krishnakumar	Adichunchanagiri Institute of Medical Sciences
Second	Gopesh Gopakumar	Mandya Institute of Medical Sciences
Third	Kruthik S. Gowda	Sri Siddhartha Institute of Medical Sciences and Research Centre, T. Begur



The examination was well appreciated by local coordinators, with positive feedback regarding the quality of questions and the overall conduct of the programme.

IPS-KC places on record its sincere appreciation to FMMC, the organising team and all local coordinators for their contribution to this state-level academic initiative.

J. IPS-KC Essay/Debate Competition for High School Students

Venue: National Academy for Learning (NAFL), Bengaluru

Date: 5 August 2026

As part of its mental health awareness initiatives, the Indian Psychiatric Society-Karnataka Chapter (IPSKC) conducted the IPSKC School Essay & Debate Competition 2026 at NAFL for students from the National Public Schools Group.

The initiative aimed to provide adolescents with an engaging platform to explore mental health, emotional well-being and contemporary issues, while developing critical thinking, emotional intelligence, written expression, public speaking and respectful debate.

The programme encouraged students to view mental health as a broader human and societal issue rather than merely as a subject related to psychiatric illness.

Essay Competition

The Essay Competition for Grades IX and X was conducted on the topic: *"The Fine Line Between Mental Wellness and Mental Illness – Factors, Mechanisms, and Experience – As I Understand Them."*

A total of 168 students participated in the final round. Students were given one hour to write their essays, which were assessed based on originality, understanding, clarity of thought and quality of expression.

Debate Competition

The Debate Competition for Grades XI and XII was conducted on the topic: *"Social media does more harm than good to adolescent mental health."*

Six teams participated in the final round. Each team consisted of two students, with the topic provided one hour before the debate. Each debate was conducted over 10 minutes and assessed reasoning, articulation, rebuttal and constructive engagement with opposing perspectives.

The response and quality of participation were highly encouraging. The essays demonstrated considerable maturity of thought, originality and awareness of the

emotional and social dimensions of mental health. The debates reflected strong communication skills, logical reasoning, confidence and thoughtful engagement with complex mental health issues.

Prize Winners

Debate Competition

- **First Prize:** Sai Dheeraj S.
- **Second Prize:** Garima Kothari
- **Third Prize:** Gauri Umesh

Essay Competition

- **First Prize:** Shivangi Bothra
- **Second Prize:** Ananya V.
- **Third Prize:** Mukund Prahlad

The initiative successfully provided adolescents with a meaningful platform to express their views and participate in informed conversations around mental health. It reflected IPSKC's commitment to promoting mental health awareness, reducing stigma and encouraging meaningful dialogue among young people.

Sincere appreciation is placed on record to Dr. Gopalakrishna, Chairman, National Public Schools Group; Mrs. Indira Jayakrishnan, Principal Mentor; Ms. Vineetha Manoj, Associate Principal; and Ms. Sampa Sanyal, Associate Principal, for their wholehearted cooperation, encouragement and support. The programme was coordinated by Dr. Satish Ramaiah, EC Member, IPSKC, 2025-26.

K. OTHER INNOVATIVE ACTIVITIES OF IPSKC

i. IPS-KC PG Case Conference Series 2025-26

Period: November 2025 to July 2026

The Indian Psychiatric Society-Karnataka Chapter successfully conducted the PG Case Conference Series 2025-26 from November 2025 to July 2026.

The series provided a structured academic platform for postgraduate trainees and young psychiatrists to present clinically relevant and challenging psychiatric cases, with expert moderation and chairpersonship.

The conferences covered a broad range of psychiatric disorders and themes, including schizophrenia, bipolar disorder, obsessive-compulsive disorder, depressive disorder and complex acute psychiatric presentations involving clinical, legal and cultural considerations.

A total of **nine case conferences** were conducted.



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1. Schizophrenia at the Crossroads: A Blended Phenotype

Date: 26 November 2025

Institution: MVJ Medical College & Research Hospital, Bengaluru

Presenter: Dr. Monisha S., Junior Resident

Moderator: Dr. Kasthuri P., Professor

Chairperson: Dr. Anil Kakunje, Professor, Yenepoya Medical College, Mangaluru

The session focused on a clinically challenging presentation of schizophrenia with overlapping phenomenological features, highlighting the importance of comprehensive clinical assessment and formulation.

2. Silence & Storms: A Journey Through Female Bipolarity

Date: 24 December 2025

Institution: Vydehi Institute of Medical Sciences & Research Centre, Bengaluru

Presenters: Dr. Anusha H. V. and Dr. Sneha C., 3rd Year Junior Residents

Moderators: Dr. Anuradha S. N., Associate Professor; Dr. Yamini D., Assistant Professor

Chairpersons: Dr. Swapna B., Professor & Head, The Oxford Medical College, Bengaluru;
Dr. Kiran Kumar K., Professor & Head, VIMS & RC, Bengaluru

The case conference explored the clinical presentation and management challenges of bipolar disorder in women, with emphasis on varied manifestations and complexities encountered in clinical practice.

3. Beyond Voices: A Case of Paranoid Schizophrenia

Date: 21 January 2026

Institution: Rajarajeswari Medical College & Hospital (RRMCH), Bengaluru

Presenter: Dr. Asha A., 3rd Year Junior Resident

Moderator: Dr. Vidhyavathi M., Professor & Head

Chairperson: Dr. Gururaj G. P., Professor & Head, East Point College of Medical Sciences & Research Centre, Bengaluru

The session presented a case of paranoid schizophrenia and discussed clinical assessment, differential diagnosis and appropriate management strategies in psychotic disorders.

4. Euphoria to Ecstasy: A Case of Bipolar Disorder

Date: 25 February 2026

Institution: Sapthagiri Institute of Medical Sciences & Research Centre (SIMS&RC), Bengaluru

Presenter: Dr. Pradhyumna K., 3rd Year Junior Resident

Moderator: Dr. Sharanabasappa, Professor & Head



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Chairperson: Dr. Sudhir Hebbar, Professor, MVJ Medical College & Research Hospital, Bengaluru

The conference highlighted the clinical spectrum of bipolar disorder and the challenges involved in recognising and managing affective episodes across the illness course.

5. More Than a Mind: A Holistic Approach to the “Big” Challenges of Psychosis

Date: 25 March 2026

Institution: East Point College of Medical Sciences & Research Centre, Bengaluru

Presenter: Dr. Vinayashree Shanker, 3rd Year Junior Resident

Moderator: Dr. Gururaj G. P., Professor & Head

Chairperson: Dr. Manju Aswath, Professor & Head, Kempegowda Institute of Medical Sciences and Research Centre, Bengaluru

The session adopted a holistic approach to psychosis, emphasising comprehensive clinical evaluation, psychosocial considerations and the broader challenges encountered in the management of patients with severe mental illness.

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

Date: 29 April 2026

Institution: The Oxford Medical College Hospital and Research Centre (TOMCH & RC), Bengaluru

Presenters: Dr. Varsha Mohanta and Dr. Kodali Shruti, 3rd Year Junior Residents

Moderator: Dr. Ramakrishna V. M., Associate Professor

Chairpersons: Dr. Kiran Kumar K., Professor & Head, VIMS & RC, Bengaluru; Dr. Swapna B., Professor & Head, The Oxford Medical College, Bengaluru

The case focused on obsessive-compulsive disorder, particularly contamination-related obsessions and cleansing compulsions, and provided an opportunity to discuss clinical assessment and evidence-based management.

7. Surviving the Abyss and Navigating the Challenges – A Case of Recurrent Depressive Disorder

Date: 27 May 2026

Institution: Kempegowda Institute of Medical Sciences and Research Centre, Bengaluru

Presenter: Dr. Shruthi Vashishta, 3rd Year Junior Resident

Moderator: Dr. Kshamaa H. G., Associate Professor

Chairpersons: Dr. Lakshmi V. Pandit, Professor & Head, SABVMCRI, Bengaluru; Dr. Manju Aswath, KIMSH & RC, Bengaluru

The conference addressed recurrent depressive disorder and the challenges involved in assessment, longitudinal management and navigating the complexities associated with recurrent depressive illness.

8. The Triad of Care: Navigating Clinical, Legal, and Cultural Currents in Acute Psychiatry – A Challenging Case of a 24-Year-Old

Date: 24 June 2026

Institution: Sukoon Psychiatry Centre, Bengaluru

Presenter: Dr. Vishakh Biradar, Consultant Psychiatrist

Moderator: Dr. Gopal Das, Professor & Head, Dr. Chandramma Dayananda Sagar Institute of Medical Education and Research

Chairpersons: Dr. Satish Ramaiah, Executive Director, Psychiatry Services, Sukoon Health; Dr. Smitha Manjunath, Deputy Central Head, Sukoon Psychiatry Centre

The session highlighted the complexities of acute psychiatric care, particularly the interplay between clinical decision-making, legal considerations and cultural factors. The case provided a valuable platform for discussion of real-world challenges in psychiatric practice.

9. A Stroke of Blue: Assessment of Hidden Post-Stroke Depression

Date: 29 July 2026

Institution: St. John's Medical College, Bengaluru

Presenter: Dr. Laksmiprabha, CLP Fellow

Moderator: Dr. Luke Salazar, Associate Professor

Chairperson: Dr. Krishna Prasad M., Professor & Head, Department of Psychiatry Rehabilitation Services, NIMHANS, Bengaluru

The final session focused on post-stroke depression, particularly the identification of depressive symptoms that may remain unrecognised in patients recovering from stroke. The discussion emphasised the importance of systematic psychiatric assessment in neuropsychiatric rehabilitation.

The IPS-KC PG Case Conference Series 2025–26 provided a regular academic forum for postgraduate trainees and psychiatry professionals to engage in case-based learning and expert discussion.

The nine sessions represented a diverse spectrum of psychiatric presentations and demonstrated the importance of:

- Clinical reasoning through detailed case formulation.
- Recognition of complex and atypical psychiatric presentations.
- Application of evidence-based approaches to diagnosis and management.
- Integration of biological, psychological, social, legal and cultural perspectives.



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- Interaction between postgraduate trainees and experienced faculty.
- Encouragement of academic presentation and discussion among psychiatry trainees.

The series also facilitated academic collaboration among multiple psychiatry departments and institutions across Bengaluru and Karnataka.

The IPS-KC PG Case Conference Series 2025–26 was a valuable academic initiative of the Indian Psychiatric Society–Karnataka Chapter, conducted consistently from November 2025 through July 2026.

With participation from postgraduate trainees, fellows, consultants and senior faculty, the series strengthened case-based learning and promoted collaborative academic exchange in psychiatry.

IPS-KC places on record its appreciation to all presenters, moderators, chairpersons, participating institutions, faculty members and postgraduate trainees for their enthusiastic participation and contribution towards the successful conduct of the series.

Recorded sessions: Available on the IPS-KC YouTube channel.

<https://www.youtube.com/@IPSKCOFFICE>

ii. IPS-KC Movie Club Series

The IPS-KC Movie Club Series 2026 continued to promote cinema as an innovative medium for academic engagement, reflection and discussion on mental health, human behaviour and psychiatric care.

The first session of the series was organised by the Indian Psychiatric Society–Karnataka Chapter (IPS-KC) with a screening of the timeless classic “One Flew Over the Cuckoo’s Nest” at the Bangalore City Institute on 5 July 2026. The screening, held on the occasion of the film’s 50th anniversary, received an overwhelming response and was attended by more than 55 participants, with the programme being completely houseful. The session was chaired by Dr. Ajit Bhide and moderated by Dr. Shashidhar Bilagi. The event was attended by Dr. Anil Kumar M. N., President, IPS-KC; Dr. Vijay Harbishettar, Honorary Editor; Dr. Guru Gowda, Honorary Treasurer; and Dr. Suresh V. C., Joint Secretary, along with other office bearers and members of IPS-KC.

The screening was followed by an engaging academic discussion on the evolution of mental healthcare and psychiatric practices over the years. Important themes explored included patient–doctor relationships, therapeutic boundaries, patient autonomy, coercion, electroconvulsive therapy, psychosurgery and the ethical dimensions of psychiatric care. Esteemed senior psychiatrists shared their perspectives and experiences, providing valuable insights and stimulating meaningful discussion among the

participants. The programme also provided postgraduate residents with an opportunity to learn psychiatry beyond textbooks and to reflect on changing approaches and attitudes towards mental illness and psychiatric care. The enthusiastic participation of postgraduate students was particularly encouraging. The session concluded with a vote of thanks, followed by dinner.

Continuing the IPS-KC Movie Club Series 2026, another enriching session was organised with the screening and discussion of the National Award-winning Kannada film "Mithya" (2023) on 23 August 2026 at 6:00 PM, at the City Institute, Opposite Makkala Koota, Pampa Mahakavi Road, Shankarapuram. The session was chaired by Dr. Raghuram, Retired Professor and former Head of the Department of Psychiatry, KIMS, and moderated by Dr. Shashidhar Bilagi, Consultant Psychiatrist, Abhaya Hospital. The film, centred around the emotionally rich experiences of a troubled young boy and his relationships, provided an excellent opportunity to explore human emotions, behaviour and the complexities of the mind through a mental-health perspective.

The screening was followed by reflection and meaningful discussion, enabling participants to examine the psychological and emotional dimensions portrayed in the film. The session further reinforced the role of cinema as an engaging platform for understanding mental health, behaviour, relationships and the lived experiences of individuals.

Through these sessions, the IPS-KC Movie Club Series 2026 has successfully demonstrated the value of cinema as an innovative academic and reflective medium for exploring psychiatric concepts, ethical issues, human behaviour and the evolving understanding of mental healthcare. The initiative continues to reinforce the importance of empathy, dignity, patient-centred care and critical reflection, while creating an enriching platform for learning, discussion and professional interaction among members and postgraduate trainees.

iii. Wednesday Scholarly – Online Academic Series 2025–26

Venue: Online Webinar Series – IPS-KC Zoom Platform

Period: November 2025–January 2026

The Wednesday Scholarly 2025–26 – How to Write a Paper: Manuscript Writing Series was organised by the Journal of Psychiatry Spectrum Committee of the Indian Psychiatric Society–Karnataka Chapter (IPS-KC) as an academic initiative to strengthen research and scientific manuscript-writing skills among psychiatry professionals.

The structured webinar series provided section-wise, practical guidance on scientific manuscript preparation, covering methodology, introduction, results and tables,



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references, title/abstract/conclusion, statistical reporting, discussion and the ethical use of artificial intelligence in scientific writing.

Each session was delivered by experienced academicians, journal editors, statisticians and subject experts, with interactive discussions and Q&A sessions. Participation ranged from approximately 35 to 70 participants per session, including postgraduate trainees, early-career clinicians and faculty from across the country.

Sessions

- 1. How to Write the Methodology Section – 5 November 2025**
Speaker: Dr. Ravi Philip Rajkumar
Moderator: Dr. Samiksha Sahu
- 2. Introduction – 12 November 2025**
Speaker: Dr. K. S. Shaji
Moderator: Dr. Shyamanta Das
- 3. Results and Tables – 19 November 2025**
Speaker: Dr. Rajshekhar Bipeta
Moderator: Dr. Johnson Pradeep R.
- 4. In-text Citation and Reference Formatting – 26 November 2025**
Speaker: Dr. Prasad NN
Moderator: Dr. Vidya Giri Shankar
- 5. What's in a Name? Title, Abstract & Conclusion of a Journal Paper – 3 December 2025**
Speaker: Prof. Muralidharan K.
Moderator: Dr. Harshit Hemant Salian
- 6. Presenting Statistical Test Results – 10 December 2025**
Speaker: Dr. Mariyamma Philip
Moderator: Dr. Subhashini K. R.
- 7. Discussion – 17 December 2025**
Speaker: Dr. Y. C. Janardhan Reddy
Moderator: Dr. Saraswathi Tenagi
- 8. Ethical Use of Artificial Intelligence in Scientific Manuscript Preparation – 21 January 2026**
Speaker: Dr. Manik Inder Singh Sethi
Chair: Dr. Suresh Bada Math

The series addressed important gaps in formal training in academic writing, journal submission, statistical reporting and ethical research communication.

The expert-led sessions helped participants understand journal expectations, improve manuscript structure and clarity, interpret and present research findings appropriately, and adopt responsible practices in scientific publication.

Overall, the Wednesday Scholarly 2025-26 series was a valuable academic initiative that strengthened research-writing competence and publication readiness among psychiatry trainees and professionals. It also contributed towards fostering a sustained culture of scientific scholarship, ethical research communication and academic excellence within the psychiatric community.

Recorded sessions: Available on the IPS-KC YouTube channel.

<https://www.youtube.com/@IPSKCOFFICE>

iv. Vayomanasa Sanjeevini Programme

The Vayomanasa Sanjeevani – Healthy Ageing Talk Series, organised as part of the activities commemorating 25 years of Geriatric Psychiatry Services (2024-25), continued to provide expert-led educational sessions addressing diverse aspects of healthy ageing. During the reporting period, the series covered a wide range of topics related to the physical, psychological, emotional and social well-being of older adults, including mental health, cognitive health, emotional well-being, physical activity, sleep, caregiving, grief, medication safety, lifestyle, preventive health and other important concerns of senior citizens. The series provided an informative and accessible platform for senior citizens, caregivers, family members, healthcare professionals and the wider community, offering practical guidance and expert perspectives on promoting healthy, active and fulfilling ageing.

A detailed list of the sessions conducted during the reporting period, along with the dates, topics, speakers and episode numbers, is provided in the table below.

Date	Topic	Speaker Name	Episode No
1st Sept 2025	Diagnostic Laboratory Tests for the Elderly	Dr. Ravish H	247
8th Sept 2025	Parkinsonism prevention and care	Dr. Yaswanth	248
15th Sep 2025	Overview of Tele MANAS	Dr. G.Balamurugan	249
22 Sept 2025	VIRAL INFECTION AND ITS TREATMENT DURING OLDER AGE	Dr. Ashwin Belludi	250
6th Oct 2025	Beyond 'I'm Fine': Realities of Ageing and Emotional Well-being	Mr. Alwin Paul Alias	251
13th Oct 2025	Digital Media and Elderly	Dr. Shantheri Pai R	252



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27th Oct 2025	Comprehensive health care tips by Elderly	Dr. Shilpa Avarebeel	253
3rd Nov 2025	Science behind yogic breathing	Mr. H.A. Nagaraj Rao	254
10th Nov 2025	Management of Expressed Emotion in Families of Senior Citizens	Dr. Kannappa Shetty	255
17th Nov 2025	Reversible causes of Dementia	Dr. Sameeksha Das	256
24th Nov 2025	"Is 60 the New 40? Rethinking Age in the Modern World?"	Dr Varsha Vijay	257
1st Dec 2025	Healthy ageing in a changing world: Navigating the UN Decade and Beyond	Dr. Nidhi Misra	258
8th Dec 2025	Balance and Simple exercises for senior citizens	Dr.Lavanya P T	259
15th Dec 2025	Functional Assessment in Elderly	Mrs. Anusuya M	260
22nd Dec 2025	Skin health and common skin problems in elderly	Dr Abhineetha Hosthota	261
29th Dec 2025	Ageing & Sleep: A Deep Dive into Healthy Rest	Dr. Tanvi Pednekar	262
5th Jan 2026	An Active Mind for a Healthy Life	Ms. Kiranmai	263
12th Jan 2026	Love That Lives On: Dealing with the Loss of a Life Partner	Dr.Sourab Joshi	264
19th Jan 2026	Hooked to the Screen- Screen Addiction in Elderly	Dr. Gaurav Haldankar	265
2nd Feb 2026	Falls Prevention & Home Safety for Elderly	Ms. Mridusmita Sonowal	266
9th Feb 2026	Emotional well-being in the golden years	Amrutha S	267
23rd Feb 2026	Caring for the Caregiver	Dr Nikitha Kulkarni	268
2nd Mar 2026	The Silent Epidemic: Understanding loneliness and its Relationship with Depression	Dr. Sulagna Malik	269
9th Mar 2026	Changing homes, changing minds: Understanding relocation among senior citizens	Dr. Yashwant M.	270
16th Mar 2026	Think Before You Medicate: The Risks of Self-Medication in Older Adults	Dr. Shruthi	271
30th Mar 2026	Welfare Policies and Legislative Framework for Elderly Care in India	Mr. Shashwata Mehatory	273
6th Apr 2026	Eye Care for Elderly	Dr. Aravind Tenagi	274
13th Apr 2026	Polypharmacy in Senior Citizens - Safe Medication Use Measures	Dr. Chidatma	275
20th Apr 2026	Active life through simplicity: A path to healthy ageing	Ms.Lendina	276
27th Apr 2026	Physical and Mental health in Senior Citizens	Dr.Pradyuma Shashtry	277
5th May 2026	Common Skin Changes in Ageing: Hygiene and Personal Care	Dr. Abhineetha Hosthota	278



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11th May 2026	Music, Literature and Mental health	Dr. C Megha	279
18th May, 2026	Nurturing the Ageing Mind: Daily Activities for Cognitive Health	Ms. Staicey Mathai	280
25th May, 2026	Psychiatric Emergencies in Elderly	Dr Brunda Ballal S	281
1st Jun 2026	Early Cognitive Communication Indicators of Degenerative and Non-Degenerative Disorders	Dr. S.P. Goswami	282
8th June 2026	Mental Health and Emotional Well-being	Ms. Deekshitha T M	283
16th June 2026	Coping with Grief in Elderly	Dr. Pallavi Dhakne	284
22nd Jun 2026	The Importance and Management of Sleep in the Elderly	Dr. Harini K.C.	285
29th June 2026	Stress Management in Older Adults	Ritika Ravi	286
06th July, 2026	Empty Nest Syndrome	Dr. Ragashree MR	287
13th July, 2026	Healthy Habits for Healthy Ageing	Ms. Jyothi M S Gowda	288
20th July, 2026	Frailty in Aging	Dr. Rohith KL	289
27th July, 2026	Addiction in Elderly	Dr. Anusha M N	290
3rd Aug, 2026	Infection Control: From Awareness to Action	Dr. Shalmali Vilas Sakolkar	291
10th Aug, 2026	Strength Training for seniors	Dr. Vasudha Rao	292
17th Aug, 2026	Urinary Continence in Older Adults	Dr Latasha Deshmukh	293
24th Aug 2026	Common Respiratory Infections and Preventive measures	Dr Prathibha S	294
31st Aug 2026	Be a Good LIVE'R- A talk on Liver Health	Dr Jagadeesh Krishnamurthy	295

v. Journal of Psychiatry Spectrum

I am pleased to place on record the continued progress of the Journal of Psychiatry Spectrum (JOPSYS) under the able leadership of Hon. Editor Dr. Vijaykumar Harbishettar and the Journal Governing Committee.

The Journal continued its commitment to publishing four issues annually, and all four issues were published during the year through timely online and print releases. A significant milestone was the Journal being ranked Q4 in Scopus in June 2026, further enhancing its visibility and recognition, following its Scopus indexing in February 2025 and DOAJ indexing in June 2024. The SRMA 2.0 Training and Mentoring Programme, in collaboration with NIMHANS, resulted in 28 PROSPERO-registered protocols, with several manuscripts subsequently published.



A Peer Review Workshop, conducted at NIMHANS in January 2026, trained 42 psychiatry colleagues, strengthening peer-review capacity. The Journal also initiated work towards developing policies on the ethical use of Artificial Intelligence in scientific publishing.

The Editorial Team continues to maintain blinded peer review; plagiarism checks and a growing reviewer database of approximately 350 reviewers.

The Journal recorded 214 submissions in 2025 and 168 submissions up to 15 August 2026, reflecting its growing visibility and academic reach. Sponsorship support continued to facilitate publication, printing, postage, maintenance and plagiarism-check expenses. On behalf of IPS-KC, I congratulate Hon. Editor Dr. Vijaykumar Harbishettar, the Journal Governing Committee, Editorial Team, Associate Editors, reviewers and advisors for their continued dedication and contribution towards the growth and academic standing of the Journal.

vi. Workshop on Peer Review of Journal Papers

Venue: Department of Psychiatry, NIMHANS, Bengaluru – Board Rooms and Platinum Jubilee Auditorium, POGW Building, 3rd Floor

Dates: 5, 7, 10 & 11 January 2026

Format: Online sessions on 5 & 7 January; in-person workshop on 10 & 11 January 2026

The Department of Psychiatry, NIMHANS, Bengaluru, in collaboration with the Indian Psychiatric Society-Karnataka Chapter (IPS-KC), organised a two-day Workshop on Peer Review of Journal Papers as an academic initiative of the *Journal of Psychiatry Spectrum*.

The programme included two preparatory online sessions and hands-on in-person training, with over 45 participants from across India and 4 KMC credit points. The online sessions covered the basics, approach and importance of peer review, along with a practical demonstration of peer reviewing an original research article. Participants were subsequently assigned a randomised controlled trial for independent review. The two-day hands-on workshop provided mentor-guided training in peer reviewing different types of manuscripts, including cohort and cross-sectional studies, randomised controlled trials, case reports, review articles, qualitative research papers and thesis protocols.

Participants worked in small groups under experienced mentors, editors and statisticians, followed by large-group discussions and expert inputs on statistics, editorial processes, re-review and common challenges in peer review. The workshop brought together an eminent panel of experienced academicians, journal editors, reviewers and statisticians.

The programme concluded with a valedictory session, participant feedback and distribution of certificates. The workshop was well received and served as a valuable

capacity-building initiative to strengthen peer-review skills and promote a culture of high-quality scientific publishing among psychiatry professionals.

vii. IPSKC Newsletter

Hon. Joint Secretary Dr. Suresh V. C. served as the Newsletter Editor for the year 2025-26 and successfully brought out four issues of the IPS-KC Newsletter, ably assisted by the editorial team.

The newsletters comprehensively documented the Chapter's activities, including media-related IEC initiatives, creative contributions, academic programmes, mental health outreach camps, and sports and social events conducted by IPS-KC members.

The Newsletter served as an effective platform for highlighting and documenting the diverse academic, professional and social activities of the Chapter during the year.

viii. Membership Statement for the Year 2025-26

We are pleased to present the updated membership details of the Indian Psychiatric Society-Karnataka Chapter (IPSKC) for the year 2025-26. The membership comprises 26 Life Fellows, and 28 Post-Graduate Members (Life Fellows of IPS) making a grand total of 54 members. The consolidated membership list represents the committed members of IPSKC for the year 2025-26. The Society acknowledges and appreciates the continued support valuable contributions of all its members towards strengthening psychiatric practice, education, research and community mental health initiatives across Karnataka.

New Members / Life Fellowship

Life Fellows

- | | |
|-----------------------------|---------------------------------|
| 1. Suneetha K S | 12. Shashank Shetty |
| 2. Parinitha Maben | 13. Swathi |
| 3. Mahesh B Mohan | 14. Adithya T S |
| 4. Prateek Barge | 15. Amrtavarshini Radhakrishna |
| 5. Shreekara | 16. Arjun Sivakumar |
| 6. Aadhya Jagadish | 17. Rakshita Satish |
| 7. Somesh Anand Pattan | 18. Venkata Laskhmi Narasimha |
| 8. Shyamsundar S Balehosur | 19. Sushmitha K |
| 9. Vinodh Kumar J | 20. Latha M R |
| 10. Priyanka Renita D'souza | 21. Thomas Gregor Issac |
| 11. Sharanya B Shetty | 22. Venkata Senthil Kumar Reddi |
| | 23. Shashikala I M |



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24. Dr. Dilpreet Kaur Jattana
25. Dr. Ashay Vivek Telang
26. Dr. Shivaswamy B M

14. Roopa
15. Sujay Shenoy
16. Shreedhar Dasar Aliyas
Dashawant
17. Yogya Akkineni
18. Ananya B C
19. Kuldeep Singh
20. Rajath Kumar K
21. Nagaraj Vittal Kaligoud
22. Deepankar R Devamane
23. Hina Jakirhusen Vadgaonkar
24. Shashwati C
25. Harshitha Prashanth
26. Monisha M
27. Amanda Oprah
28. Shantala P Tambake

PG Members of IPSKC

1. Aarti Agrawal
2. Ananya Malhotra
3. Ankita Vasisht
4. Abhijna Boodamma Ravi
5. Chrisma Jerusha Shields
6. Esha Mary Nobbay
7. H N Pratibha
8. Jennifer Jacob
9. Jyothishree M
10. Madhuri M
11. Nadeera V P
12. Nishida
13. Natasha Kosgi

With the support of Dr. Guru Gowda, Hon. Treasurer, IPSKC, the Indian Psychiatric Society-Karnataka Chapter has transitioned its membership certificate from the traditional letterhead format to a dedicated certificate template, in alignment with the standardised format of IPS Central.

Henceforth, the new certificate format will be issued to all newly enrolled members, ensuring uniformity, professionalism and a stronger institutional identity for IPSKC membership documentation.

ix. Donation in Kind

As part of its commitment to strengthening psychiatric services and promoting academic and clinical initiatives, the Indian Psychiatric Society-Karnataka Chapter (IPSKC) donated a tDCS (transcranial Direct Current Stimulation) device to the Department of Psychiatry, Bangalore Medical College and Research Institute (BMCRI), Bengaluru, as a donation in kind following the workshop.

This initiative reflects IPSKC's continued efforts to support psychiatric departments by facilitating access to therapeutic and academic resources and strengthening capacity for clinical services, training and research in mental health.



x. Mental Health Awareness Activities

World Mental Health Day Programme – AIMSRC, Devanahalli

The Department of Psychiatry, Akash Institute of Medical Sciences and Research Centre (AIMSRC), Devanahalli, in association with IPS-KC, organised a CME programme as part of the observance of World Mental Health Day 2025, on the theme “Crisis to Care – From Breakdown to Breakthrough.” The programme focused on the journey from mental distress to recovery, emphasising awareness, empathy and early intervention. The programme commenced with a welcome address and introduction to the theme by Dr. Suresh V. C., Professor and Head, Department of Psychiatry, AIMSRC.

As part of the observance, Reels-making and Photography competitions were also organised for MBBS students on the themes “Teen Crisis in the Current Era” and “From Darkness to Hope,” respectively. The competitions witnessed enthusiastic participation and showcased students’ creativity and awareness of mental health issues.

The CME featured sessions by distinguished speakers:

- Dr. Dinakaran Damodharan – “Psychosocial Impact of Disasters”
- Dr. Sunil Kumar G. Patil – “Psychiatric Emergencies in General Hospital Settings”
- Dr. Suresh Bada Math – “Coping with Medical Negligence”
- Dr. Mohan Sunil Kumar – “Gen Z: In Crisis or Cruise Mode”

The programme witnessed active participation from faculty members, postgraduate students and undergraduate students, providing an enriching platform for discussion and learning around contemporary mental health challenges.

Mental Health Awareness Programme – Vivekananda Memorial Hospital

The Swami Vivekananda Youth Movement (SVYM), in association with Chitta Sanjeevini Charitable Trust, Lions Club, H. D. Kote, and the CCST Programme for Persons with Disabilities, organised a mental health awareness programme at Vivekananda Memorial Hospital as part of World Mental Health Day 2025.

The programme was conducted around the theme “Mental Health in Disasters and Emergencies – Access to Services.” The programme featured talks by psychiatrists and other experts on mental health awareness, early identification and treatment of mental health problems, psychological impact of disasters, post-traumatic stress, and the importance of community and family support. Legal rights and the rights of persons with mental illness were also highlighted. The programme witnessed participation from healthcare professionals, community representatives and members of collaborating



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organisations. It served as a valuable platform to promote mental health awareness, reduce stigma and encourage timely access to mental healthcare, particularly during disasters and emergencies.

IMA Karnataka Public Health Forum – Online Awareness Session

The Indian Medical Association (IMA) Karnataka State Branch – Public Health Forum organised an online awareness session on “Common Mental Health Conditions” on 25 November 2025 at 9:00 PM. The session was delivered by Dr. Lokesh Babu, Consultant Psychiatrist, Tumkur. The programme was organised by the IMA Karnataka State Branch Public Health Forum, with Dr. Veerabhadraiah T. A., Dr. Suriraju V., Dr. Karaveeraprabhu Kyalakond and Dr. Mahesh G. as the organising team. The session focused on creating awareness regarding common mental health conditions and their importance in public health. The programme was conducted through Zoom and YouTube, providing an accessible platform for wider participation.

World Suicide Prevention Week

World Suicide Prevention Week was observed at Akash Institute of Medical Sciences and Research Centre, Devanahalli.

Gatekeeper Training Programme for UG and PG Students

Department of Psychiatry, Adichunchanagiri Institute of Medical Sciences (AIMS), B. G. Nagara, in association with the Indian Psychiatric Society-Karnataka Chapter (IPS-KC) conducted a Gatekeeper Training Programme for undergraduate and postgraduate students, on the occasion of World Suicide Prevention Day.

xi. CONFERENCES, CMEs AND WORKSHOPS

International Conference on Psychosocial Support and Mental Health Services in Disaster Management

The International Conference on Psychosocial Support and Mental Health Services in Disaster Management, themed “Beyond the Rubble: Building Resilience through Psychosocial Support,” was organised from 10–12 October 2025 at the NIMHANS Convention Centre, Bengaluru.

The conference focused on strengthening psychosocial support and mental health services in disaster management, with an emphasis on building resilience through effective psychosocial interventions. The programme was organised by NIMHANS and the International Institute of Disaster Management, with Mariwala Health Initiative as the

technical partner and in collaboration with partner organisations including the Indian Psychiatric Society-Karnataka Chapter, as indicated in the programme material.

The conference provided an important platform for professionals and stakeholders working in mental health and disaster management to engage in academic discussions and share knowledge and experiences related to psychosocial support during disasters and emergencies. The programme offered 24 CRE credits for RCI, 24 CNE credits for the Nursing Council and 6 CME credits from the Karnataka Medical Council. Cash Awards and Certificates of Merit for Best Papers were also announced.

Workshop and CME on Psychiatric Rehabilitation and Geriatric Care

The Department of Psychiatry, The Oxford Medical College, Hospital & Research Centre, Bengaluru, in association with the World Association for Psychosocial Rehabilitation, Indian Chapter, and the Indian Psychiatric Society-Karnataka Chapter (IPS-KC), organised a Workshop and CME on Psychiatric Rehabilitation and Geriatric Care titled:

“Beyond Symptom Control: Workshop and CME on Psychiatric Rehabilitation and Geriatric Care.”

Dr. P. S. V. N. Sharma and Dr. Murali Thyloth were felicitated during the occasion in recognition of their services to the Psychiatric Society. The programme focused on moving beyond symptom control towards holistic psychiatric rehabilitation and comprehensive geriatric care, providing an academic platform for professionals to enhance their understanding of rehabilitation-oriented and geriatric psychiatric care.

Workshop on Cognitive Stimulation Therapy

The Geriatric Unit, Department of Psychiatry, NIMHANS, and Dementia India Alliance (DIA), in collaboration with the Indian Psychiatric Society-Karnataka Chapter (IPS-KC) and Dementia Care in SCARF (DEMCARES), organised a one-day Workshop on Cognitive Stimulation Therapy (CST) on 9 February 2026 at NIMHANS, Bengaluru.

The workshop provided comprehensive training on the principles and application of CST in dementia care. Sessions covered the conceptual framework and evidence for CST, its 18 core principles, the structure and themes of the 14-session CST programme, and adaptations including Virtual CST (vCST), Maintenance CST (mCST), and Individual CST (iCST).

The programme incorporated practical learning through role-play exercises, with participants divided into five groups to demonstrate CST sessions, followed by feedback from facilitators. The Kannada version of Volume 2 of the Healthy Ageing Book was also formally released during the programme. The workshop was attended by 47 participants, including psychiatrists, psychologists, psychiatric nurses, psychiatric social workers and geriatric physicians. The programme provided an interactive blend of theoretical and



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experiential learning and equipped participants with practical skills for implementing CST in clinical and community settings.

CAMCON 1.0 – National Conference on Addiction Medicine

The Centre for Addiction Medicine (CAM), Department of Psychiatry, NIMHANS, Bengaluru, in collaboration with the Indian Psychiatric Society-Karnataka Chapter (IPS-KC), organised CAMCON 1.0 – National Conference on Addiction Medicine from 27 February to 1 March 2026 at NIMHANS Convention Centre, Bengaluru.

The conference was conducted with the theme “Addiction Medicine in India: Expanding Horizons.” The programme brought together professionals in addiction medicine for academic exchange and discussion and represented a collaborative academic initiative of CAM, NIMHANS and IPS-KC aimed at strengthening awareness, knowledge and professional engagement in addiction medicine.

H. S. Subramanyam Memorial Oration

The Department of Psychiatry, St. John’s Medical College, Bengaluru, co-hosted the H. S. Subramanyam Memorial Oration in association with the Indian Psychiatric Society-Karnataka Chapter (IPS-KC) on 27 February 2026.

The memorial oration was delivered by Dr. B. N. Gangadhar, MD, DSc, Padma Shri Awardee, Distinguished Scientist-Chair, Department of Ayush, Government of India; former Professor of Psychiatry and Director, NIMHANS; and former Chairman, National Medical Commission. He delivered the oration on “Training Psychiatry to Medical Undergraduates.” The programme provided an important academic platform for discussion on strengthening psychiatry education and training at the undergraduate level.

Silent Shift – A CME on Psychosexual Aspects of Menopause

The Department of Psychiatry, Father Muller Medical College, Mangaluru, to conduct a CME programme titled “Silent Shift – A CME on Psychosexual Aspects of Menopause” in association with the Indian Psychiatric Society-Karnataka Chapter (IPSKC) on the occasion of International Women’s Day, 8 March 2026. The association was academic in nature and involved no financial obligations for IPSKC. The programme was subsequently conducted successfully, providing an academic platform for discussion and awareness regarding the psychosexual aspects of menopause.

BDICON 2026

Department of Psychiatry, NIMHANS, Bengaluru, in association with the Indian Psychiatric Society-Karnataka Chapter (IPSKC) conducted BDICON 2026 on 15th March 2026, the annual conference conducted to commemorate World Bipolar Day. Continuing the association of IPSKC with this academic initiative, as in previous years, the programme

was subsequently conducted successfully. The association provided an opportunity to promote academic exchange and enhance awareness and understanding of bipolar disorder among mental health professionals.

Annual Postgraduate Training Programme – IPS-SZB

The Annual Postgraduate Training Programme (PGTP) of the Indian Psychiatric Society-South Zonal Branch (IPS-SZB) was successfully conducted on 10–11 April 2026 at NIMHANS, Bengaluru, in association with the Indian Psychiatric Society-Karnataka Chapter.

The programme was inaugurated in the presence of distinguished dignitaries from IPS, IPS-SZB, IPS-KC and NIMHANS. The two-day programme, themed “Core Human Drives and Their Psychiatric Dimensions: Disorders of Eating, Sleep and Sex,” witnessed participation from over 350 postgraduate psychiatry trainees from Karnataka, Tamil Nadu, Telangana, Andhra Pradesh, Kerala and Puducherry.

The scientific programme covered comprehensive sessions on sexual disorders, sleep disorders and eating disorders, along with the “Young Titans of Psychotherapy” quiz, which attracted 59 teams in the preliminary round. The programme also featured 8 Blitz Presentations, 13 oral paper presentations and 41 e-posters, selected through a peer-review process.

A major highlight was the conduct of seven parallel hands-on workshops covering communication skills, motivational interviewing, CBT for insomnia and sexual disorders, OSCE training, mock exit clinical examinations, medico-legal documentation under the Mental Healthcare Act, and manuscript writing. These practical sessions were highly appreciated by participants.

The programme was awarded 4 Karnataka Medical Council credit hours and provided an enriching platform for postgraduate trainees to enhance their clinical skills, academic knowledge, research capabilities and professional networking. The event was successfully conducted under the leadership of Prof. Jagadisha Thirthalli, with strong institutional support from NIMHANS and the dedicated efforts of the organising and scientific teams.

IPS-KC places on record its sincere appreciation to the IPS South Zonal Branch, NIMHANS administration, faculty, organising team and all participating postgraduate trainees for their valuable contribution.

Training of Trainers on OSCE in Psychiatry

The Department of Psychiatry, Kasturba Medical College (KMC), Mangaluru, in association with the Indian Psychiatric Society-Karnataka Chapter (IPS-KC), organised a Training of Trainers on OSCE in Psychiatry workshop on 13 June 2026 at the Centre for Integrated Healthcare Simulation & Skills, KMC Hospital, Attavar, Mangaluru.



The programme was led by the Department of Psychiatry, KMC Manipal, with resource persons from KMC Manipal and KMC Mangaluru. The workshop was inaugurated by Dr. Dilip G. Naik, Pro Vice Chancellor, Health Sciences, Mangalore Campus, with Dr. Mohammad Ashfaq and Dr. Sheetal Ullal, Associate Deans, KMC Mangaluru, as Guests of Honour, and Dr. Chakrapani M., Medical Superintendent, KMC Hospital, Attavar, as Presiding Officer. The Karnataka Medical Council awarded 3 credit points for the programme. Scientific sessions covered the introduction to OSCE, setting the agenda, development of scoring guidelines and rubrics, core interview components, training of OSCE actors, OSPE and conduct of OSCE.

A mock OSCE involving four stations was conducted, with participants developing and assessing stations using postgraduate students as actors and candidates. A total of 20 faculty members from medical colleges across Karnataka participated.

The programme concluded with feedback, felicitation of resource persons and distribution of certificates. The workshop received positive feedback and served as a valuable capacity-building initiative for strengthening objective and structured assessment practices in psychiatry.

An EEG CME Workshop titled “EEG – Basics to Bedside”

It was conducted on 20 August 2026 at the MEU Hall, BGS MCH, Bengaluru, by the Departments of Psychiatry and Neurology, Adichunchanagiri University, in association with the Indian Psychiatric Society-Karnataka Chapter (IPS-KC). The academic programme focused on the clinical applications of EEG, including “EEG in Psychiatry – Signals Beyond the Symptoms,” “Challenges of EEG: Interpretation to Implementation,” and an interactive EEG workshop and demonstration, along with a panel discussion and quiz. The programme provided an opportunity for psychiatrists and other mental health professionals to enhance their understanding of EEG and its practical relevance in clinical practice.

Hybrid CME – Department of Psychiatry, NIMHANS & IPS-Karnataka Chapter

The Department of Psychiatry, NIMHANS, Bengaluru, in collaboration with the Indian Psychiatric Society-Karnataka Chapter (IPS-KC), organised a Continuing Medical Education (CME) programme on 25 August 2026 at the Platinum Jubilee Hall, NIMHANS, Bengaluru. The hybrid CME featured distinguished speakers, including Dr. Lakshmi Yatham, Professor of Psychiatry, University of British Columbia, Vancouver, Canada; Dr. Vijay Kumar K. G., Additional Professor of Psychiatry, NIMHANS, Bengaluru; and Dr. Dan Siskind, Professor of Psychiatry, The University of Queensland, Australia. The scientific programme covered contemporary topics including Management of Bipolar Depression, Optimising Clozapine Use: An Overview of Key Research Work at NIMHANS, and Absolute Neutrophil Count and Adverse Drug Reaction Monitoring during Clozapine Treatment: Consensus Guidelines from a Global Delphi Panel. The programme provided an

opportunity for psychiatrists and postgraduate trainees to engage with current evidence and advances in the management of mood disorders and clozapine treatment.

xii. ACHIEVEMENTS AND PROFESSIONAL RECOGNITIONS OF IPSKC MEMBERS

IPSKC takes great pride in acknowledging the achievements, recognitions and professional contributions of its members during the year.

- Dr. Saranya Devanathan was honoured with the prestigious Athma Endowment Oration Award for Women Psychiatrists at IPSOCON 2025.
- Dr. Sourabh S, Junior Resident at NIMHANS, received the Dr. D. S. Raju Memorial Best PG Paper Award at IPSOCON 2025 for his research titled "*Neurophenomenological study of self-referential processing in schizophrenia – A cross-sectional comparative study.*" This followed his earlier achievement of receiving the Dr. H. S. Subrahmanyam Memorial Award for Best PG Paper at KANCIPS 2025 for the same research. This achievement reflects his academic excellence and research contributions. IPSKC extends heartfelt congratulations to Dr. Sourabh and his mentors.
- Prof. T. S. S. Rao was elected President of the South Asian Society for Sexual Medicine (SASSM), affiliated with the International Society for Sexual Medicine (ISSM), and assumed office on 2 January 2026.
- Dr C. R. Chandrashekar is nominated as the Chairman, Mental Health Vision Committee by the department of HFW Government of Karnataka.
- Dr. C. R. Chandrashekar, Psychiatrist, was honoured with Vaidya Sewa Ratna 2026 by Karnataka Media Club.
- Dr. C. R. Chandrashekar, Psychiatrist, was honoured with Prestigious KALI Award by Vishwakarma Samaja in March 2026 at Shirasangi.
- Dr. Somashekhar Bijjal was nominated as Assistant Honorary General Secretary (Southern Zone), Indian Psychiatric Society, in recognition of his leadership and continued service to the profession.
- Dr. Lokesh Babu was nominated as Co-Chairperson, Art & Psychiatry – Specialty Section, Indian Psychiatric Society, recognising his expertise and contributions to this evolving area of psychiatric practice.



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- Dr. Harini K. C. was nominated as Co-Chairperson, Suicide Prevention – Specialty Section, Indian Psychiatric Society, in recognition of her contributions to mental healthcare and suicide prevention.
- Dr. Ravindra Munoli was elected as a Direct Council Member of the Indian Psychiatric Society, marking significant recognition of his professional contribution.
- Dr. Veda Neelakanth Shetageri was nominated as Member, CME Sub-Committee, Indian Psychiatric Society, and Co-Chairperson, Women and Mental Health Sub-Committee, IAPP.
- Dr. Guru S. Gowda and Dr. Raveesh B. N. were nominated as Conveners, Legal Sub-Committee, Indian Psychiatric Society, recognising their professional expertise and contributions.
- Dr. Narayan R. Mutalik and Dr. Malipatil V. A. were nominated as Co-Chairpersons, Conference Sub-Committee, Indian Psychiatric Society.
- Dr. Prabha S. Chandra assumed charge as Director, NIMHANS, with effect from 14 March 2026. IPSKC congratulates her on this prestigious leadership position and acknowledges her rich academic, clinical and administrative experience.
- The Chapter places on record its appreciation for Dr. Pratima Murthy on completion of her tenure as Director, NIMHANS, and her retirement as Professor, Centre for Addiction Medicine.
- Dr. Shubrata was among the 30 individuals selected for the Government of Karnataka's Grassroot Innovation Program 2025 and received a ₹4 lakh grant to develop a Dance Movement Therapy toolkit for mental health.
- Dr. Pavitra was honoured with the Nanjanagudu Thirumalamba National Award for 'Sahithya Paricharika' by the Kendra Kannada Sahithya Vedike.
- Team Karnataka showcased an outstanding performance in cricket at IPSOCON 2025, demonstrating excellent teamwork, skill and sportsmanship throughout the tournament. Special appreciation is extended to Dr. Madhukar for his encouragement and for inspiring the team's passion for the game.

These achievements reflect the professional excellence, leadership, academic contributions and diverse talents of IPSKC members, bringing recognition to the Chapter at both state and national levels.



xiii. MEDIA CONTRIBUTIONS, DIGITAL OUTREACH AND PUBLIC ENGAGEMENT

Several members of the **Indian Psychiatric Society-Karnataka Chapter (IPS-KC)** have actively contributed to mental health awareness through various media platforms, including television, newspapers, radio, digital media, interviews, and public awareness programmes. These contributions have played an important role in disseminating accurate information on mental health, addressing common misconceptions and stigma, promoting early help-seeking, and improving public understanding of psychiatric disorders and available treatment options. The active participation of IPS-KC members in the media reflects the Chapter's commitment to taking mental health awareness beyond clinical settings and reaching the wider community. The Chapter acknowledges and appreciates the valuable efforts of all members who have contributed their time, expertise, and professional knowledge towards promoting mental health awareness among the public.

IPSKC YouTube Channel

The **Indian Psychiatric Society-Karnataka Chapter (IPSKC)** maintains its official YouTube channel, **IPSKC OFFICE**, as a dedicated digital platform for sharing the Chapter's academic, educational, professional, and public awareness activities. The channel serves as an online repository of IPSKC's academic and educational initiatives, enabling members, postgraduate students, faculty, mental health professionals, and the wider community to access recorded programmes beyond the live sessions.

The channel hosts several dedicated playlists and academic video series, providing an organised repository of the Chapter's educational activities across different years. These include:

- **Neuropsychiatry Webinar Series - 2023** - A series of webinars focusing on important topics in neuropsychiatry.
- **Peer Review Workshop** - A dedicated academic series focusing on the principles and practical aspects of peer review and scientific publication.
- **KANCIPS 2025** - Recorded sessions from the Chapter's annual state conference, providing access to selected scientific and academic proceedings.
- **IPSKC PG Case Conference Series 2025-26** - An academic case-based learning initiative for postgraduate students, featuring sessions covering clinical assessment, diagnosis, management, and contemporary psychiatric practice.
- **IPSKC PG Case Conference Series 2024-25** - The preceding year's PG Case Conference Series, preserving these academic sessions as an accessible learning resource.



ಭಾರತೀಯ ಮನೋವೈದ್ಯಕೀಯ ಸಂಘ – ಕರ್ನಾಟಕ ಅಧ್ಯಾಯ INDIAN PSYCHIATRIC SOCIETY-KARNATAKA CHAPTER®

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Email id: ipskcoffice@gmail.com

- **Wednesday Scholarly 2025-26** – A scholarly academic series covering research, publication, and other important areas of professional and academic development.

These curated playlists demonstrate the Chapter's sustained efforts to promote postgraduate education, continuing professional development, research capacity building, academic exchange, and dissemination of psychiatric knowledge through digital platforms. The availability of these programmes on the YouTube channel has extended the reach of IPSKC's academic activities and facilitated continued learning and knowledge sharing among psychiatrists, postgraduate students, medical professionals, and the wider community. The Chapter will continue to strengthen the YouTube channel as an important platform for academic dissemination, continuing professional education, knowledge sharing, mental health awareness, and community outreach.

Official IPSKC YouTube Channel:

[IPSKC OFFICE – Official YouTube Channel](#)

IPSKC Website and Digital Resources

During the year **2025-26**, the **IPSKC website** was systematically updated and enriched to improve navigation, accessibility, and availability of important Chapter-related information. The navigation menu was revised and several important resources were added, including:

- **President's Message:** The President's message was added to the website.
- **About IPSKC:** The **IPSKC Bye-laws** and the list of **Past Presidents and Hon. Secretaries** were uploaded.
- **Events:** Brochures of previous **CMEs and Conferences** were uploaded for reference and archival purposes.
- **Newsletters:** All newsletters published during the year **2025-26** were uploaded and made available on the website.
- **Awards:** The **past recipients of major IPSKC awards** and the **IPSKC Award Guidelines** were uploaded to provide comprehensive information regarding the Chapter's awards and eligibility criteria.

These initiatives have strengthened the IPSKC website as a comprehensive digital repository of the Chapter's activities, academic programmes, publications, historical information, awards, and organisational resources. Together with the official YouTube channel, the website has enhanced the Chapter's digital presence and facilitated wider dissemination of academic, professional, and mental health-related information. The Chapter remains committed to further strengthening its media, digital communication, and public outreach initiatives to promote psychiatric knowledge, mental health awareness, professional education, and engagement with the wider community.



4. IPSKC ANNUAL AWARDS 2025-26

The IPS-KC invited applications for the awards instituted by its sponsors. The IPSKC Awards Committee scrutinised all applications and selected the most deserving individuals and institutions for the following awards. It is with great pleasure that the office of IPSKC announces the list of winners of the various awards instituted by IPSKC for the year 2025-26.

The Executive Committee congratulates all the winners and places on record its appreciation to all members of the Awards Committee.

Prof. Raghuram Distinguished Young Teacher Award 2025-26

Dr. Rajeshkrishna Bhandary P.

Associate Professor & Head of Unit
Department of Psychiatry
Kasturba Medical College, Manipal

Dr. R. L. Kapur Memorial Lecture 2025-26

Prof. T. N. C. Vidya

Professor and Chair
Evolutionary and Organismal Biology Unit
Jawaharlal Nehru Centre for Advanced Scientific Research (JNCASR), Bengaluru

Eminent Psychiatrist Award 2025-26

- **Dr. Pratima Murthy**, Former Director, NIMHANS
- **Dr. Denzil Pinto**, Senior Psychiatrist, Mangaluru
- **Dr. N. G. Ghanate**, Senior Consultant Psychiatrist, Kalaburagi

Dr. L. G. P. Achar Memorial Oration 2025-26

Dr. Jagadisha Thirthalli

Professor and Head,
Department of Psychiatry
NIMHANS, Bengaluru

Dr. K. M. Dhruvakumar Award 2025-26

Dr. Ananya B. C., DIMHANS, Dharwad

For her work titled:



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"Unclenching the Fist: An Integrative Schema-EFT-ACT Psychotherapy for Complex PTSD with Severe Alexithymia."

Senior Psychiatrist Felicitation 2025-26

- **Dr. Sudarshan C. Y.**
- **Dr. Narayan B. Kulkarni**
- **Dr. Rajendrakumar Katte**

Kateel Appu Pai Manas Award 2025-26

Awarded to the postgraduate with the highest academic marks at KANCIPS 2026:

Dr. Pamidimukkala Hasitha

J. J. M. Medical College, Davanagere

IPSKC-SDMU Dharwad Psychiatry Research Innovations Scholarship (PRISMS) Award Grant 2025-26

Ms. Madhura Yadiyal, MBBS Student

K. S. Hegde Medical College, Mangaluru

For the project:

"Does empathy correlate with self-esteem and resilience in medical students? – A cross-sectional study."

IPSKC extends its **heartfelt congratulations to all the awardees and recipients** and appreciates their contributions to psychiatric education, clinical practice, research and the advancement of mental health services.

IPS – BEST STATE BRANCH AWARD

The **Indian Psychiatric Society-Karnataka Chapter (IPSKC)** was honoured as the **Winner of the Best State Branch Award** by the Indian Psychiatric Society for the year **2025**.

The award was presented at the **77th Annual National Conference of the Indian Psychiatric Society, Delhi, in January 2026**.

This marks the **12th time** that IPSKC has received this prestigious recognition.

This achievement is a testament to the collective efforts of the office bearers, Executive Committee members, working committees and, most importantly, all members of IPSKC.



ACKNOWLEDGEMENT AND GRATITUDE

I am deeply indebted to our President, **Dr. Anil Kumar M. N.**; President-Elect, **Dr. Kasthuri Pandiyan**; Hon. Treasurer, **Dr. Guru S. Gowda**; Hon. Editor, **Dr. Vijaykumar Harbishettar**; Hon. Joint Secretary, **Dr. Suresh V. C.**; Immediate Past President, **Dr. Somashekhar Bijjal**; Immediate Past Hon. Secretary, **Dr. Harsha G. T.**; and IPSKC Representative to the South Zone, **Dr. Ravindra Munoli**, for their invaluable guidance, encouragement, and support throughout my tenure. I also place on record my sincere gratitude to all members of the IPSKC Executive Committee and Co-opted Members, as well as the members of the IPSKC Working Committees and senior members of IPSKC, whose collective wisdom, guidance, and encouragement enabled me to discharge my responsibilities effectively.

I would like to express my special appreciation to **Dr. Ramachandra M.**, **Dr. Swaminath G.**, **Dr. A. Jagadish**, **Dr. Abhay Matkar**, **Dr. Harisha Delanthabettu**, **Dr. N. M. Patil**, and **Dr. Mahesh R. Gowda**, who were always generous with their time and guidance. I am particularly grateful for their patience in responding to my frequent queries and for their valuable advice, suggestions, and corrections whenever needed. Their support has been a constant source of learning and encouragement.

I extend my heartfelt thanks to **all members of IPSKC** for their constant support, cooperation, and encouragement throughout my tenure. Your participation, trust, and goodwill have been instrumental in making this journey meaningful and fulfilling.

Finally, I express my deepest gratitude to **my family** for their patience, understanding, and unwavering support, particularly while I devoted time to IPSKC activities. I am equally grateful to my **friends and well-wishers** for their affection, encouragement, and continued support.

I remain sincerely grateful to each and every one of you for being an integral part of this journey. It has been a privilege and an honour to serve IPSKC, and I shall always cherish the experiences, relationships, and memories gathered along the way.

With warm regards and deepest gratitude,



Dr. Narayan R. Mutalik
Honorary Secretary, IPS-KC

INDIAN PSYCHIATRIC SOCIETY – KARNATAKA CHAPTER (IPSKC)

HON. TREASURER'S REPORT:2025-2026

Period: 01/04/2025 to 31/03/2026|Presented at KANCIPS 2026, Karwar (05/09/2026)



Dear esteemed members,

I, Dr Guru S Gowda, Hon. Treasurer of the Indian Psychiatric Society - Karnataka Chapter (IPSKC), hereby present the annual report for the year 2025-26. It has been 1 year since I took charge as the treasurer. I am happy to be a part of this dynamic association and its journey so far. I want to thank the IPSKC for the opportunity to present this report.

1. Membership Update

Membership Status	Life Fellows	Life Associate Members	Post Graduate Student Members
Enrolled as of 31/03/2025	530	96	129
New Applications Received (01/04/2025 to 31/03/2026)	14 (+2) *	2	52 (-12) @
Deletions Due to Demise	8	—	—
Total Strength as of 31/03/2026	538	98	169
New Applications Received (After 01/04/2026)	17	0	13

IPSKC received 14 new applications for Life Fellow (LF) membership, 2 applications for Life Associate Member (LAM) membership, and 52 Postgraduate Student Memberships during 2025-26. A total of 8 Deceased Life Fellows were removed from the membership registry. As of 31 March 2026, the total membership strength stood at 636, comprising 538 Life Fellows and 98 Life Associate Members, along with 169 Provisional Life Fellows (PLF). From 1 April 2026 onwards, IPSKC received 17 new applications for Life Fellow (LF) membership and 13 new applications for Provisional Life Fellow (PLF) membership. The IPSKC Corpus was also updated as of 31 March 2026.

(*) One Post-Graduate Member was upgraded to Life Fellow Membership of IPS-KC.

(@) Post-Graduate Membership of 12 members was discontinued, as they were already enrolled as Life Fellows of IPS-KC.

INDIAN PSYCHIATRIC SOCIETY – KARNATAKA CHAPTER (IPSKC)

HON. TREASURER'S REPORT:2025-2026

Period: 01/04/2025 to 31/03/2026|Presented at KANCIPS 2026, Karwar (05/09/2026)



2. Key Academic Events & Financial Proceeds

Academic Events	Date	Venue	Organizers	Financial Proceeds
KANCIPS -2025	12 th -14 th September 2025	Department of Psychiatry, Chikkamagaluru Institute of Medical Sciences, Chikkamagaluru	Dr. Venkatesh R Dr. Lokesh Babu & Dr. Chandru M	Bank Account was duly Audited and Closed IPS-KC received Rs. 3, 32,721/- as its share
Midterm CME, IPS – South Zone	10 th -11 th May 2025	Department of Psychiatry, Yenopoya Medical College, Mangalore	Dr. Anil Kakunje & Dr. Ravindra Karkal	Bank Account was duly Audited and Closed IPS-KC received Rs. 104, 897 /- as its share
IPS-KC Mid Term CME 2024-25 & PPL 14	5 th and 6 th April 2025	Department of Psychiatry, Mysore Medical College and Research Institute, Mysore	Dr Raveesh BN & Dr Abhijit R	Bank Account was duly Audited and Closed IPS-KC received Rs. 25,824 /- as its share
Peer Review Workshop	10 th -11 th January 2026	Department of Psychiatry, NIMHANS, Bengaluru	Dr Vijaykumar Harbishettar & Dr Guru S Gowda	IPS-KC received total proceeds of Rs. 52,216 /-
Workshop on Cognitive Stimulation Therapy (CST)	9 th February 2026	Department of Psychiatry, NIMHANS, Bengaluru	Dr Vijaykumar Harbishettar & Dr P T Sivakumar	IPSKC received total proceeds of Rs. 68,000/-
CAMCON 1.0 - National Conference on Addiction Medicine	27 th February to 1 st March 2026	Department of Psychiatry, NIMHANS, Bengaluru	Dr. Jagadhisha T & Dr. Prabhat Chand	Account to be closed
IPS-KC PG CME 2026	21 st -22 nd February 2026	Department of Psychiatry, K. S. Hegde Medical Academy (KSHEMA), Mangalore	Dr. Shishir Kumar Dr Arun Bhat & Dr Shrinivasa Bhat U,	IPS-KC received Rs. 124,713 /- as its share

IPS-KC expresses sincere gratitude to all the organizing teams for successfully conducting these activities.

INDIAN PSYCHIATRIC SOCIETY – KARNATAKA CHAPTER (IPSKC)

HON. TREASURER'S REPORT:2025-2026

Period: 01/04/2025 to 31/03/2026|Presented at KANCIPS 2026, Karwar (05/09/2026)



3. Financial Position & Asset Valuation (As on 31/03/2026)

Asset Head	Valuation / Balance (INR)
Fixed Assets (Office Space)	Rs. 40,50,798 /-
Fixed Deposits (State Bank of India)	Rs. 3,30,58,559.65/-
Investment in Sovereign Gold Bonds	Rs. 10,23,400.00/-
Bank Balance in SBI Account (Opening as on 01/04/2025)	Rs. 46,59,044/-
Bank Balance in SBI Account (Closing as on 31/03/2026)	Rs. 86,99,194/-
Total Income Over Expenditure (FY:2025-26)	Rs. 1,25,08,903/-

Depreciation Note: Total depreciation on fixed assets as on 31/03/2026 stands at **Rs. 4,05,384 /-**

4. Operational Highlights & Key Expenses: 2025-26

Head of Account / Activity	Expenditure	Operational Notes & Details
IPSKC Guest House (Koramangala)	₹38,825/-	- Total rent received during FY:2025-26 – 4,40,000/- - Operational expenditure includes renovation, painting, and maintenance (₹3,500/month from February -2026 to April -2026). - Fixed assets are maintained separately by Dr H. Chandrasekhar. - Rented again since May 2026.
Professional & Audit Fees	₹1,82,929/-	Includes auditor fees, book-keeping charges, and GST consultant fees.
IPSKC Journal (JOPSYS)	₹14,31,270/-	Expenditure incurred for the official journal against the generated revenue.
Digital Platform Management	₹26,575/-	Expenses incurred towards digital platform management (11,800/-) and Zoom Subscriptions (14,775/-)
Publications & Newsletter	₹23,541/-	Newsletter expenses for the financial year.
Community & Public Awareness	₹0	Public and professional awareness activities are conducted as supported activities with zero direct cost.

INDIAN PSYCHIATRIC SOCIETY – KARNATAKA CHAPTER (IPSKC)

HON. TREASURER'S REPORT:2025-2026

Period: 01/04/2025 to 31/03/2026|Presented at KANCIPS 2026, Karwar (05/09/2026)



5. Chart of Activities: 2025 -26

Note: Corpus Enhancement was last comprehensively executed in August 2017. Donors have been requested to enhance activity corpora to ensure future expenses are sustainably covered by accrued interest.

S.N .	Activity / Award	Expense Spent during 2025-26 (Rs.)	Corpus (Rs.)	Donor / Detail	From
1	Dr S.S. Jayaram Award	5,000	1,29,213	Dr. SSJ (10,700) / IPS(KC) (1,18,513)	1982
2	Dr K.M. Druvakumar Award	10,000	2,35,616	Dr. KMD (32,800) / IPS(KC) (2,02,816)	1983
3	Inter High School Essay/Debate	12,000	2,24,210	Dr. KNS (600) / IPS(KC) (2,23,610)	1982
4	Inter Collegiate Essay/Debate	15,000	2,79,465	IPS(KC) (2,79,465)	1994
5	Psychiatry Quiz (for Medical UG)	18,000	3,44,794	Dr. & Ms. SSJ (3,000) / M&B (5,000) / IPS(KC) (3,36,794)	1988-89
6	Psychiatry Prize Examination	8,000	1,94,211	Knoll (15,000) / IPS(KC) (1,79,211)	1992-93
7	Eminent Psychiatrist Award	15,000	2,80,365	La Pharma (5,000) / IPS(KC) (2,75,365)	1987-88
8	Teachers Awareness Prog.	10,000	1,92,729	Anon (28,800) / IPS(KC) (1,63,929)	1990-91
9	Dr LGP Achar Memorial Oration	10,000	1,92,729	Donors (12,400) / IPS(KC) (1,80,329)	1994-95
10	IPSKC Newsletter Corpus	23,541	7,73,516	IPS(KC) (7,73,516)	Dec 1983
11	Mental Health Programme - Professionals (*)	-----	19,74,052	ANCIPS '96, '04, '13 (7,14,000) + Acc. Interest (12,60,052)	1998

(*) - IPS-KC conducted a mental health programme - Professionals (3), with the expenditure met from the **KANCIPS-2025 funds and local sponsorship contributions.**

INDIAN PSYCHIATRIC SOCIETY – KARNATAKA CHAPTER (IPSKC)

HON. TREASURER'S REPORT:2025-2026

Period: 01/04/2025 to 31/03/2026|Presented at KANCIPS 2026, Karwar (05/09/2026)



S.N.	Activity / Award	Expense Spent during 2025-26 (Rs.)	Corpus (Rs.)	Donor / Detail	From
12	Mental Health Programme - Public (#)	-----	72,50,839	KANCIPS + IPSOCON (18,10,380) + Accrued Interest (54,40,459)	1991-92
13	'Spandana' Award (\$)	-----	2,38,299	Dr M. Srinivasa (1,02,900) + Acc. Interest (1,35,399)	1999-00
14	Distinguished Service Award	10,000	2,15,657	IPS(KC) (2,15,657)	1999-00
15	Dr R.L. Kapur Memorial Lecture	10,000	2,09,800	Dept. Psychiatry KMC Manipal (1,43,000) + Acc. Interest (66,800)	2007-08
16	Kateel Appu Pai 'Manasa' Award	5,000	1,57,742	Dr K.A. Ashok Pai (1,00,000) + Acc. Interest (57,742)	2006-07
17	Dr H.S. Subrahmanyam Award	5,000	1,71,209	Dr HSS Family (1,00,000) + Acc. Interest (71,209)	1995-96
18	Prof. Raguram Young Teacher	10,000	2,11,868	Alumni KIMS Bangalore (1,68,500) + Acc. Interest (43,368)	2010-11
19	Sahyadri PG Quiz (KANCIPS)	10,000	1,94,146	Sahyadri Neuro Psych. Soc (1,75,000) + Acc. Interest (19,146)	2014-15
20	Samadhana Centre Award	10,000	3,74,200	Samadhana Centre (3,00,000) + Acc. Interest (74,200)	2017-18
21	IPSKC-SDMUD: PRISMS Grant	20,000	5,80,651	SDM Medical College (4,00,000) + Acc. Interest (1,80,651)	2021-22
TOTAL		2,06,541	1,43,88,192		

(#) - IPS-KC conducted a mental health programme – public (4) with the expenditure met from the KANCIPS-2025 funds and local sponsorship contributions

(\$)-No expenditure was incurred towards the “**Spandana Award**”, as the award was not conferred during 2025-26.

INDIAN PSYCHIATRIC SOCIETY – KARNATAKA CHAPTER (IPSKC)**HON. TREASURER'S REPORT:2025-2026**

Period: 01/04/2025 to 31/03/2026|Presented at KANCIPS 2026, Karwar (05/09/2026)

**6. Corpus Funds Summary (Updated FY: 2025-26)**

Corpus Head		Valuation / Balance (Rs.)
Activity Corpus Total	As of 31/03/2026	1,43,88,192
Estate Maintenance Corpus	From Aug -2017	65,96,552
Corpus for Activities - IPS(KC) Contribution	From Aug -2017	37,65,688
Corpus for Journal	From Aug -2022	1,31,27,069
Membership Fee	From Inception	5,48,145
GRAND TOTAL CORPUS		3,84,96,351

7. Fixed Deposit Investment Schedule (State Bank of India)

Total Fixed Deposit Investment in State Bank of India equals Rs. 3,30,58,559.65/- as of the financial year 2025-26. During the 2026 -27 financial year, a fresh investment (Serial No. 15) of Rs. 50,00,000/- was made in Fixed Deposits. Details of all active FDs are listed below:

S.N.	FD Number	Amount (Rs.)	Date Opened	Maturity Date	Rate (%)	Amount After Maturity (Rs.)
1	64082902836	7,44,930.00	31-03-2026	15-09-2026	6.75%	8,15,832.00
2	64083439987	5,18,087.65	31-03-2026	29-09-2026	6.50%	5,65,873.00
3	64157764212	15,42,199.00	31-03-2026	03-11-2026	6.25%	16,40,869.00
4	64159356256	28,75,306.00	31-03-2026	22-11-2026	6.25%	30,59,269.00
5	64167155108	7,71,438.00	31-03-2026	07-02-2027	6.25%	8,20,795.00
6	64169752000	8,91,756.00	31-03-2026	17-09-2026	6.80%	10,15,033.00
7	64187588659	22,31,705.00	31-03-2026	16-12-2030	6.05%	30,13,195.00
8	97095501004	15,58,125.00	31-03-2026	17-08-2026	6.25%	16,57,814.00
9	37943814302	8,31,969.00	31-03-2026	14-09-2027	6.75%	10,16,993.00
10	37943816014	2,64,470.00	31-03-2026	14-09-2027	6.75%	3,23,286.00
11	41404109903	11,18,437.00	31-03-2026	05-11-2026	7.00%	12,84,952.00
12	37648896733	46,60,599.00	13-04-2026	13-04-2028	6.40%	52,91,654.00
13	39277871510	20,75,406.00	24-04-2026	24-04-2027	6.25%	22,08,191.00
14	43868038290	86,56,783.00	19-05-2026	06-08-2027	6.45%	93,57,633.00
15	45250838394	50,00,000.00	05-06-2026	23-08-2027	6.45%	54,04,798.00
16	64035373089	2,67,349.00	07-06-2026	07-03-2027	6.25%	2,67,349.00
17	64115704274	3,00,000.00	07-06-2026	07-10-2027	6.45%	3,00,000.00
18	64121077243	3,00,000.00	27-06-2026	27-06-2027	6.25%	3,00,000.00
19	64074472314	34,50,000.00	24-08-2026	25-02-2027	6.25%	34,50,000.00
TOTAL		3,80,58,559.65				4,17,93,536.00

INDIAN PSYCHIATRIC SOCIETY – KARNATAKA CHAPTER (IPSKC)

HON. TREASURER'S REPORT:2025-2026

Period: 01/04/2025 to 31/03/2026|Presented at KANCIPS 2026, Karwar (05/09/2026)



8. Acknowledgements

I sincerely thank our President, **Dr Anil Kumar M. N.**; Hon. Secretary, **Dr Narayan R. Mutalik**; Hon. Editor, **Dr Vijaykumar Harbishettar**; and all the members of the Executive Committee for their steadfast support, cooperation, and guidance throughout the year.

I would also like to place on record my special appreciation and gratitude to the following:

- **Dr Chandrasekhar H.** – For his valuable support in coordinating the effective management and upkeep of the Koramangala office premises.
- **Dr Ramachandra M.** – For his continued dedication to maintaining, monitoring, and updating the corpus funds, and for being a steadfast pillar of the financial management of IPS Karnataka Chapter.
- **Dr Mahesh R. Gowda** – For his instrumental role in mobilising funds, strengthening and streamlining financial operations, and coordinating with the auditors and GST consultants.
- **Dr Alok Ghanate and Dr Somashekar Bijjal** – For their guidance, mentorship, and support during my transition into the Treasurer's role, particularly in understanding the responsibilities of the position and financial governance.
- **Dr A Jagadish, Dr Raveesh BN, and Dr Ravindra Munoli** – For their constant encouragement, support, and guidance throughout the year, which have been a great source of motivation and strength.
- **CME and Event Organisers** – For their cooperation in maintaining transparent and accurate event-wise accounts, preparing clean balance sheets, and ensuring the timely submission of financial statements.
- **Auditors and Consultants** – **Mr Pundarikaksha, Auditor**, and **Mr Kiran Chandrasekhar, GST Consultant**, for their meticulous attention to the books of accounts, statutory compliance, and financial and taxation-related matters.

I am grateful to each of them for their valuable contributions, guidance, encouragement, and cooperation, which have greatly facilitated the smooth functioning and financial governance of the IPS Karnataka Chapter.

The Income Tax Returns for the financial year will be filed following their approval at the Annual General Body (AGB) Meeting, in accordance with the applicable statutory requirements.


Dr. Guru S Gowda

Hon. Treasurer, IPS-KC

Place: Karwar

Date: 05/09/2026

Dr. Guru S Gowda
Hon. Treasurer
Indian Psychiatric Society
Karnataka Chapter

Long live IPS-KC !

M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER
BALANCE SHEET FOR THE YEAR ENDED 31ST MARCH 2026

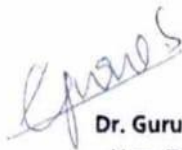
(Amount in Rs.)

Sl. No.	Particulars	Note	31.03.2026 In Rs.	31.03.2025 In Rs.
I	SOURCES OF FUNDS			
1	Corpus and Other Fund			
	(a) Restricted Funds	3(b)	3,37,68,376	3,15,93,376
	(b) Unrestricted Funds	3(c)	2,07,94,844	1,04,60,942
			5,45,63,220	4,20,54,317
2	Non-current liabilities			
	(a) Other long-term liabilities	4	-	2,00,000
			-	2,00,000
3	Current liabilities			
	(a) Trade payables	5	2,92,067	8,97,566
	(b) Other current liabilities	6	3,58,801	3,96,943
			6,50,867	12,94,509
	Total		5,52,14,087	4,35,48,827
II	ASSETS			
1	Non-current assets			
	(a) Property, Plant and Equipment and Intangible assets			
	(i) Property, Plant and Equipment	7	36,45,414	40,50,798
	(b) Non-current investments	8	10,23,400	10,23,400
	(c) Other non-current assets	9	3,27,51,402	3,10,27,933
			3,74,20,216	3,61,02,130
2	Current assets			
	(a) Trade receivables	10	60,01,495	2,11,210
	(b) Cash and Cash Equivalents	11	86,99,154	46,59,044
	(c) Other current assets	12	30,93,223	25,76,443
			1,77,93,872	74,46,697
	Total		5,52,14,087	4,35,48,827
	Summary of significant accounting policies	2		
	The accompanying notes are an integral part of the financial statements	1 to 16		

FOR M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER


Dr. Anil Kumar M N
President


Dr. Narayan R Mutalik
Hon. Secretary


Dr. Guru S Gowda
Hon. Treasurer
Dr. Guru S Gowda
Hon. Treasurer
Indian Psychiatric Society
Karnataka Chapter

FOR GOWTHAMA AND COMPANY
CHARTERED ACCOUNTANTS
Reg No: 0059175


PUNDARIKAKSHA
PARTNER

Membership No: 214283
UDIN : 26214283JTPUH52586



Place : Bangalore
Date : 23.08.2026

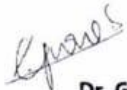
M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER
STATEMENT OF INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2026

Sl. No.	Particulars	Note	(Amount in Rs.)	
			31.03.2026	31.03.2025
			Total	Total
I	Income:			
	(a) Contributions and Donations	13	3,18,56,228	3,03,82,617
II	Other Income	14	28,00,232	22,63,861
III	Total Income (I+II)		3,46,56,460	3,26,46,478
IV	Expenses:			
	(a) Depreciation and amortization expense	7	4,05,384	4,50,488
	(b) Finance Costs	15	16,576	6,352
	(c) Other expenses	16	2,14,00,598	2,27,48,127
	Total expenses		2,18,22,558	2,32,04,968
V	Excess of Income over Expenditure for the year before exceptional and extraordinary items (III- IV)		1,28,33,903	94,41,511
VI	Exceptional items			
VII	Excess of Income over Expenditure for the year before extraordinary items (V-VI)		1,28,33,903	94,41,511
VIII	Extraordinary Items		-	-
IX	Surplus/(Deficit) before tax (VII-VIII)		1,28,33,903	94,41,511
X	Appropriations			
	Transfer to funds		-	-
	- Library & Education Fund (Restricted Fund)		-	50,00,000
	- Building Fund (Restricted Fund)		25,00,000	-
	Balance transferred to General Fund		1,03,33,903	94,41,511
			1,28,33,903	1,44,41,511
	The accompanying notes are an integral part of the financial statements	1 to 16		

FOR M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER


Dr. Anil Kumar M N
 President


Dr. Narayan R Mutalik
 Hon. Secretary


Dr. Guru S Gowda
 Hon. Treasurer
 Dr. Guru S Gowda
 Hon. Treasurer
 Indian Psychiatric Society
 Karnataka Chapter

Place : Bangalore
 Date : 23.08.2026

FOR GOWTHAMA AND COMPANY
 CHARTERED ACCOUNTANTS
 Reg No: 0059175


PUNDARIKAKSHA
 PARTNER

Membership No: 214283
 UDIN : 26214283 JJ PHS2586

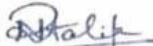


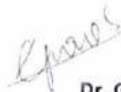
M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER
RECEIPTS & PAYMENTS ACCOUNT FOR THE YEAR ENDING 31.03.2026

	(Amount in Rs.)	
Particulars	Amount	Amount
Opening Balance		
State Bank Of India - 54016692946	43,16,409	
Axis Bank A/C No 924010044527305	74,333	
SBI A/C No 43725103673	2,68,302	46,59,044
RECEIPTS		
FD Interest		2,64,476
Life Membership fee		1,63,293
Other Interest		25,585
Rent Received		2,40,000
SB Interest		1,25,804
TDS Payable		6,420
Event Receipts		
- Conference & Registration fee	97,89,028	
- Camcon 2026	24,16,527	
- Kancips 2025	97,43,510	
- Mid Term CME 2023	27,04,000	2,46,53,065
TOTAL		3,01,37,687
PAYMENTS		
Bank Charges		2,567
Office Expenses		25,951
Printing & Stationary		7,830
Prizes & Rewards		1,11,000
Repair and Maintenance		38,825
Travelling & Boarding		1,65,101
Event Expenses		
- Conference Expenses	77,96,352	
- Mid Term CME & PPL 2025	45,33,756	
- Kancips 2024 & 2025	87,57,152	2,10,87,260
Closing Balance		
State Bank Of India - 54016692946	65,27,627	
SBI A/C No 44662992288 Camcon	21,71,527	86,99,154
TOTAL		3,01,37,687

FOR M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER


Dr. Anil Kumar M N
 President


Dr. Narayan R Mutalik
 Hon. Secretary


Dr. Guru S Gowda
 Hon. Treasurer
 Dr. Guru S Gowda
 Hon. Treasurer
 Indian Psychiatric Society
 Karnataka Chapter

Place : Bangalore
 Date : 23.08.2026

FOR GOWTHAMA AND COMPANY
 CHARTERED ACCOUNTANTS
 Reg No: 0059175


PUNDARIKAKSHA
 PARTNER

Membership No: 214283

UDIN : 26214283JSPUHS2586



M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER
Notes forming part of the Financial Statements for the year ended, 31st March, 2026

1. Brief about the Entity

The Indian Psychiatric Society – Karnataka Chapter (IPSKC) is a professional organization representing psychiatrists across Karnataka and functions as the state branch of the Indian Psychiatric Society. The Chapter is registered under the Karnataka Societies Registration Act, 1960 (Karnataka Act 17 of 1960), bearing Regn. No.: JNR-S107-2012-13 dated 22/12/2012.

The primary objective of IPSKC is to promote mental health awareness, advance psychiatric education, foster research, and support professional development among psychiatrists and allied mental health professionals. It provides a platform for members to exchange knowledge, deliberate on clinical and policy matters, and collaborate in academic, community, and service-based initiatives.

The Chapter regularly organizes state and zonal conferences, continuing medical education (CME) programs, workshops, and training sessions to enhance professional skills. It also undertakes advocacy and public awareness campaigns to reduce stigma associated with mental illness and contributes to the implementation of progressive mental health policies in Karnataka.

IPSKC is a non-profit entity governed by its elected Executive Committee and guided by its constitution. The society receives donations, membership subscriptions, and other contributions, and its financial resources are utilized solely for academic, research, educational, and community outreach activities in furtherance of its objectives in psychiatry and mental health.

2. Significant Accounting Policies and Other Explanatory Information forming part of the Financial Statements for the

A Significant Accounting Policies

1 Basis of Preparation of Financial Statements

The Financial statements have been prepared under historical convention on accrual basis of accounting and in accordance with generally accepted accounting principles and the applicable accounting standard prescribed for the non corporate entities by the Institute of Chartered Accountants of India

2 Property, Plant and Equipment

Property, Plant and Equipment are shown at net of Depreciation.

3 Depreciation

Depreciation is provided on written down value basis at the rates prescribed by the Income Tax Act, with full depreciation

4 Revenue recognition

All the revenue have been recognised at accrual basis

5 Expenses

Expenses are accounted on payment basis.

6 Income Tax

The trust is registered under section 12AB of the Income Tax Act, 1961 ("the Act"). Under the provisions of the Act, the income of the trust is exempted from tax, subject to compliance of specific terms and conditions specified in the Act.

B Other Explanatory Information

1. There were no significant events occurring after the date of the Balance Sheet.
2. Previous year's figures have been regrouped / reclassified wherever necessary to correspond with the current year's classification / disclosure.
3. Paises have been rounded off to the nearest rupee and, due to rounding off, the numbers presented though the document may not add up precisely to the totals and percentages may not precisely reflect the absolute figures.



M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER
Notes forming part of the Financial Statements for the year ended 31st March, 2026

(Amount in Rs.)

		As at 1st April 2025	Funds transferred/receiv ed during the year	Funds Utilised during the year	As at 31st March 2026
3(a)	Corpus and Other Fund				
	Restricted Funds				
	(i) Corpus Fund	99,49,542			99,49,542
	(ii) Building Corpus Fund	95,68,834			95,68,834
	(iii) Library & Education Fund				
	- FY 2023-24	70,75,000	-	3,25,000	67,50,000
	- FY 2024-25	50,00,000	-	-	50,00,000
	(iv) Building Fund				
	- FY 2025-26		25,00,000	-	25,00,000
	Total Restricted Funds	3,15,93,376	25,00,000	3,25,000	3,37,68,376
3(b)	Unrestricted Funds				
	(i) General Fund	1,04,60,942	1,03,33,903		2,07,94,844
	Total Unrestricted Funds	1,04,60,942	1,03,33,903	-	2,07,94,844
4	<u>Other long term Liabilities</u> - Rent Deposit			31.03.2026	31.03.2025
				-	2,00,000
	Total Current Liabilities			-	2,00,000
5	<u>Trade payables</u> - Total outstanding dues of micro, small and medium enterprises - Total outstanding dues of creditors other than micro, small and medium enterprises				
				2,92,067	8,97,566
	Total Trade Payables			2,92,067	8,97,566
6	<u>Other Current Liabilities</u> - TDS Payable - GST Payable				
				2,00,443 1,58,357	3,96,943 -
	Total Current Liabilities			3,58,801	3,96,943
8	<u>Non Current Investments</u> - Gold Bonds				
				10,23,400	10,23,400
	Total Non Current Investments			10,23,400	10,23,400
9	<u>Other Non Current Assets</u> - Fixed Deposits in SBI Add : Interest Accrued				
				3,06,36,711 21,14,691	3,06,36,711 3,91,222
				3,27,51,402	3,10,27,933
	Total Other Non Current Assets			3,27,51,402	3,10,27,933



10	Trade receivables - Total outstanding receivables	60,01,495	2,11,210
	Total Trade Receivables	60,01,495	2,11,210
11	Cash and cash equivalents Cash at Bank - State Bank Of India - 2946 - Axis Bank A/c No 924010044527305 - State Bank of India A/c 043725103673 - SBI A/C No 44662992288 Camcon	65,27,627 - - 21,71,527	43,16,409 74,333 2,68,302 -
	Total Cash and cash equivalents	86,99,154	46,59,044
12	Other Current Assets (i) TDS Receivable Less: Refund received Add: TDS of current year (ii) GST ITC receivable	23,61,725 - 7,31,498 30,93,223 -	16,71,672 - 6,90,053 23,61,725 2,14,718
	Total Other Current Assets	30,93,223	25,76,443
13	Contributions and Donations - Conference Receipts & Registration Fee - Mid Term CME Event Receipts - KANCIPS Event Receipts - IPSOCON Event Receipts - PPL Mysore Event Receipts - CAMCON Event Receipts	99,29,539 34,46,526 1,12,86,107 - 13,62,546 58,31,511	1,17,96,040 919 51,39,151 1,34,46,507 - -
	TOTAL	3,18,56,228	3,03,82,617
14	Other Income - Interest On Fixed Deposits - Interest On Savings Bank Account - Interest on Gold Bonds - Rent Received	22,08,843 1,25,804 25,585 4,40,000	15,81,175 2,02,101 25,585 4,55,000
	TOTAL	28,00,232	22,63,861
15	Finance Cost - Bank Charges - Interest on TDS payments	1,847 14,729	796 5,556
	TOTAL	16,576	6,352



16	Other Expenses		
	- KANCIPS Event Expenses	1,06,20,664	48,52,195
	- Mid Term CME Event Expenses	31,26,935	318
	- IPSOCON Event Expenses	-	1,19,82,134
	- PPL Mysore Event Expenses	13,08,899	-
	- Camcon Event Expenses	5,00,052	-
	- Other Conference Expenses	36,46,851	39,28,436
	- Accounting Charges	60,000	48,000
	- Audit Fees	25,000	25,000
	- Donation	2,73,500	2,50,000
	- Rates and Taxes	21,818	84,891
	- Professional Fees	97,929	40,486
	- Office Expenses	36,245	51,637
	- Journal Spectrum Fee	14,31,270	13,21,483
	- Printing and Stationery	1,01,609	79,149
	- Repair and Maintenance	38,825	22,400
	- Education Activity Expenses	1,11,000	62,000
	TOTAL	2,14,00,598	2,27,48,127

FOR M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER

[Signature]

Dr. Anil Kumar M N
President

[Signature]

Dr. Narayan R Mutalik
Hon. Secretary

[Signature]

Dr. Guru S Gowda

Hon. Treasurer

Dr. Guru S Gowda
Hon. Treasurer
Indian Psychiatric Society
Karnataka Chapter

Place : Bangalore
Date : 23.08.2026

FOR GOWTHAMA AND COMPANY

CHARTERED ACCOUNTANTS

Reg No: 005917S

[Signature]
PUNDARIKAKSHI
PARTNER



Membership No: 214283

UDIN : 26214283 JJPVHS2586

M/s INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER
Notes forming part of the Financial Statements for the year ended 31st March, 2026

7. Property, Plant and Equipment and Intangible Assets (owned assets)

Particulars /Assets	TANGIBLE ASSETS							Total
	Freehold land	Buildings	Plant and Equipment	Office equipment	Furniture & Fixtures	Vehicles	Others (specify nature)	
Gross Block								
At 1 April 2025	-	39,11,644	-	6,103	1,33,051	-	-	40,50,798
Additions	-	-	-	-	-	-	-	-
Deductions/Adjustments	-	-	-	-	-	-	-	-
At 1 April 2024	-	43,46,271	-	7,180	1,47,835	-	-	45,01,286
Additions	-	-	-	-	-	-	-	-
Deductions/Adjustments	-	-	-	-	-	-	-	-
At 31 March 2026	-	39,11,644	-	6,103	1,33,051	-	-	40,50,798
At 31 March 2025	-	43,46,271	-	7,180	1,47,835	-	-	45,01,286
Depreciation/Adjustments								
At 1 April 2025	-	-	-	-	-	-	-	-
Additions	-	3,91,164	-	915	13,305	-	-	4,05,384
Deductions/Adjustments	-	-	-	-	-	-	-	-
At 1 April 2024	-	-	-	-	-	-	-	-
Additions	-	4,34,627	-	1,077	14,784	-	-	4,50,488
Deductions/Adjustments	-	-	-	-	-	-	-	-
At 31 March 2026	-	3,91,164	-	915	13,305	-	-	4,05,384
At 31 March 2025	-	4,34,627	-	1,077	14,784	-	-	4,50,488
Net Block								
At 31 March 2026	-	35,20,480	-	5,188	1,19,746	-	-	36,45,414
At 31 March 2025	-	39,11,644	-	6,103	1,33,051	-	-	40,50,798

Notes

7.1 As on the date of approval of these financial statements, no proceedings have been initiated or are pending against the trust for holding any Benami property under the Benami Transactions(Prohibitions) Act, 1988 (45 of 1988) and the Rules made thereunder.

7.2 During the current financial year and the previous financial year, the trust has not revalued its property, plant and equipment.

7.3 During the current financial year and the preceding financial year, there is no capital work in progress which is overdue for completion or exceeded its cost compared to its original plan.

7.4 During the current financial year and the preceding financial year, there is no intangible asset under development which is overdue for completion or exceeded its cost compared to its original plan.



Annexure 1**IPSKC Receipts**

Particulars	Amount
Family Picnic Reg Fee	12,712
IAPP MID TERM CME Reg Fee	12,712
Interest on FD	22,08,843
Interest on Gold Bond	25,585
Journal Subscription Income	6,17,253
Life Membership Reg Fee	68,458
Mid Term CME, Kundapura REG FEES	1,09,311
PARTICIPATION IN CONFERENCE	26,50,000
Peer Review Reg Fee	50,000
PGCME Reg Fee	4,06,466
Registration Fee-	1,12,723
Rent Received	4,40,000
Savings Bank Interest	1,25,804
Sponsorship Fee RCM	58,89,904
TOTAL	1,27,29,771

Annexure 2**KANCIPS Event**

KANCIPS Advertsiment in Journal	16,949
Kancips Donations	4,64,601
KANCIPS Participation in Conference	13,20,000
KANCIPS Registration Fee	8,19,557
KANCIPS Sponsorship Fee RCM	86,65,000
TOTAL	1,12,86,107

Annexure 3**MIDTERM CME Event**

Midterm CME Fee for Participation in Conference	50,000
MID TERM CME Reg Fee	2,91,526
Midterm CME Sponsorship Fee RCM	31,05,000
TOTAL	34,46,526

Annexure 4**PPL Mysore Event**

PPL Mysore 2025 Participation in Conference	1,10,169
PPL Mysore 2025 Reg Fee	1,52,377
PPL Mysore 2025 Sponsorship Fee RCM	11,00,000
TOTAL	13,62,546

Annexure 5**CAMCON Event**

CamCom Reg Fee	23,12,020
Camcon Participation in Conference	4,69,491
Camcon Sposorship FEE RCM	30,50,000
TOTAL	58,31,511





AUDITOR'S REPORT

We have examined the Balance Sheet of **M/S INDIAN PSYCHIATRIC SOCIETY - KARNATAKA CHAPTER** and also the Income and Expenditure Account for the year ended 31.03.2026, and we report that:

1. We have obtained all the information and explanations, which to the best of my knowledge and belief were necessary for the purpose of the Audit.
2. The Balance Sheet and Income and Expenditure Account dealt with by the report are in agreement with the books of accounts.
3. In our opinion and to the best of my information and according to explanation given to us, the said accounts give a true and fair view of the state of affairs.
 - a. In case of the Balance Sheet as at 31.03.2026

And

- b. In case of the Income and Expenditure Account, there is Excess of Income over Expenditure for the period ended on that date.

For Gowthama & Company,
Chartered Accountants,

Firm No. 005917S

Pundarikaksha
Pundarikaksha
Partner

M.No.214283

UDIN : 26214283JJPUHS2586



Place: Bangalore
Date : 23.08.2026

IPS-KC Honorary Editor's Annual Report 2025-26

(Prepared by Dr Vijaykumar Harbishettar, Hon' Editor, IPS-KC,

due to be presented at AGBM, Saturday, 5 Sept 2026 at Karwar)

First of all, I would like to thank the EC members (2024-25) led by President Prof Anil Kumar MN, Hon' Secretary Dr Narayan Mutalik and the Journal Governing Committee led by Chairperson Prof TSS Rao & Co-Chair Prof Somashekhar Bijjal. We have published four issues since the last AGB meeting (over the past year).

Four Issues were published, and their details are as follows:

Volume (Issue)	Web release	No of Print copies; released on, at	Sponsor;Wolters
4(4); Oct – Dec	1 Oct 2025	2500; 17 Nov, Oxford-IPS-KC CME, Bangalore	received; paid
5(1); Jan - Mar	1 Jan 2026	2000; 21 Feb, IPS-KC PGCME, KSHEMA	received; paid
5(2); Apr - Jun	1 Apr 2026	2000; 17 May, IPS-KC PSBL, Bangalore	received; paid
5(3); Jul - Sep	1 Jul 2026	2000; 9 Aug, SDM-IPS-CME, Dharwad	received;
NEXT ISSUE	likely on time	30 papers "ACCEPTED", 37 in review process	

Milestone Achieved (INDEXING):

In June 2026, we learned that our Journal was ranked Q4 in Scopus. This is another landmark achievement of this Journal and will help gain popularity.

Wednesday Scholarly Webinar Series:

The Journal Committee organised the Wednesday Scholarly Webinar Series in seven sessions, with the theme **"How to Write A Paper Series?"**, which received positive feedback and strong attendance from many IPS members throughout the country. All sessions were recorded and made available on YouTube. Thanks to the Hon' Secretary, Dr Narayan Mutalik.

SRMA 2.0 Training & Mentoring (IPS-KC & NIMHANS collaboration):

The IPS-KC, in association with the Department of Psychiatry, NIMHANS (program concluded in June 2025; support ongoing), initiated mentoring and training for researchers for the second edition of the systematic review. There was a series of online meetings and hand-holding mentoring. This was supported by Dr Muralidharan K, Dr Samir Kumar Praharaj, Dr Ravi Philip Rajkumar and all Associate Editors. As many as 28 protocols got registered with PROSPERO with guidance. Online training continued until all steps were covered, and the Mentors-authors were responsible for completing and submitting the manuscript. Some have been published.

Peer Review Workshop: 10-11 Jan 2026: NIMHANS

A two-day hands-on event was organised by the Department of Psychiatry, NIMHANS, and IPS-KC, training 42 of the 44 registered psychiatry colleagues

in performing peer review. Many of the mentors and faculty members were from the Journal's Editorial Team. It was agreed that this activity could be continued regularly to enhance capacity building.

CME & Journal Policies in AI at SDMCMS, Dharwad: 8-9 August 2026

This was organised by IPS-KC in collaboration with its Journal Committee and SDM College of Medical Sciences, Dharwad. **Day one** focused on the basics of systematic reviews and meta-analyses for faculty and trainees. **Day two** comprised an Editorial Team meeting with key stakeholders to develop AI policies for the Journal. We intend to prepare a formal policy document, incorporate the necessary amendments on the Journal website, and review and update these policies regularly in view of the evolving nature of AI.

Pre-Conference, KANCIPS, 2026:

The Editorial Team will lead in conducting workshops on how to read and write papers on 4 Sept 2026. There will be a team meeting to discuss the way forward. Dr Sujith Sarkhel, Editor-in-Chief of IJP & Dr Shahul Ameen, immediate past Editor-in-Chief of IJPM, will be Guests during the meeting.

Journal Performance as per Journal Website Statistics:

Avg days [range]	2022	2023	2024	2025	2026 (till 15 Aug)
first submission to final decision	67.61 [1, 211]	54.52[1, 183]	65.14 [1, 416]	43.78 [1, 323]	32.76 [1, 278]
first submission to acceptance	63.19 [2, 211]	60.47 [1, 183]	96.12 [7, 416]	92.89 [3, 323]	92.51 [5, 278]
acceptance to publication	142.41 [17, 251]	156.36 [11, 331]	189.52 [35, 418]	142.11 [10, 360]	152.44 [27, 321]
Total Submissions	60	54	88	214	168
Rejection Rate	13%	11%	35%	61% (+4% in review)	60% (+26% in review)

Financial Transactions related to Journal

MONTH - MONTH	INVOICE Treasurer	From SPONSORS	INVOICE FROM WOLTERS	CHEQUE PAID to WOLTERS	ROYALTY	AMC/ PLAG charges
2025						
4(1) Jan-Mar		10,14,800	860,000	8,42,800		
4(2) Apr - Jun		580000	460,000	450800		
4(3) Jul-Sep		294000	349996 31 Jul 2025	342995		
4(4) Oct - Dec		638000	490000 29 Sep 2025	480200		
2026						
5(1) Jan - Mar	Dec 2025	6,38,000	420,000 Jan 21, 2026	4,11,600 March		
5(2) Apr - Jun	Mar 2026	5,80,000	3,85,354 May 25, 2026	3,85,354 June 2026	YES received	YES included
5(3) Jul - Sep	June 4,95,600	487200	PENDING			

(Based on information available from time to time. Detailed financial information is available with the Hon. Treasurer. Please note that the figures presented above may be inclusive or exclusive of applicable GST and/or TDS, as the case may be)

Summary of Positives:

Indexing: Scopus Q4 Jun 2026; index Feb 2025; DoAJ June 2024

Review process: blinding was maintained

Plagiarism checks: adhered, similarity index below on an average 15%

Wolters Publishers: Attractive-looking design website, Article layout

Production Editors: timely guidance, more chances for proofs

Reviewers: Around 350, capacity building by training to expand the database

International: papers from several countries, Advisors from many countries

Editorial Team: Quality team with several members with recognition

Platform: The platform recently changed from Lippincott to Ovid

Future finances:

To date, Journal print copies and all related activities have been sponsored, and this is likely to continue. Currently, the sponsors wish to print additional copies to support distribution and advance the Journal's cause. In the future, we propose raising funds through print advertisements and on our website.

IPS-KC fund for Journal:

IPS-KC has earmarked Rs 1.2 Crore as Journal Corpus Funds (per information from the AGB meeting in Sept 2025). Accrued interest can be utilised for any Journal-related cause, with the permission of the EC.

Acknowledgements:

The Journal's progress and growth are a collective achievement, and the credit must go to the entire Editorial Team for their immense contributions. As Chief Editor, I sincerely thank each member for their commitment and support.

I would also like to place on record my sincere appreciation for the Journal Governing Committee, led by Chairperson TSS Rao, and Co-chair, Dr Somashekhar Bijjal; the Executive Committee members, led by President Dr Anil Kumar MN and Dr Narayan Mutalik; and the Finance Committee, led by Chair Dr M Ramachandra, for their continued guidance and support.

I extend my sincere thanks to all our authors and reviewers for their valuable contributions and continued support to the Journal.

Finally, I gratefully acknowledge our sponsor, Microlabs, for their consistent support. Their contribution has been invaluable and has helped the Journal reach this stage of its growth.

List of Reviewers with 10+ reviews on time:

It is time to thank all the reviewers, and some were exceptional;

Anil Kumar MN 10; Harsh Pathak 11; Keya Das 11; Gururaj GP 12; JB Prasad 16; Narayanaswamy 10; Priya Sreedaran 12; Sachin Nagendrappa 10;

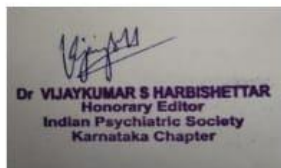
Ravichandra Karkal 10; Raj Kiran Donthu 20; Shivanand Kattimani 13; Somashekar BS 13; Supriya Aroor 10; Srinagesh Mannekote 10;

Next One-Year Plan:

We applied for indexing in the Emerging Sources Citation Index (ESCI) with Clarivate in October 2025 and are awaiting a response. We will continue to pursue the next appropriate indexing opportunities.

A key priority for the Journal is to work towards PubMed indexing, reflecting our commitment to strengthening the Journal's visibility, reach, and academic standing.

The Journal team is equally committed to expanding its academic and capacity-building activities through more webinars, workshops, systematic review and meta-analysis programmes, and peer-review training for the benefit of IPS and IPS-KC members. We also look forward to publishing special issues from time to time, further enriching the Journal's academic contributions and engagement with the psychiatric community.



Signed on 24 Aug 2026

Date: 24 August 2026,

Bangalore



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Notification No: IPSKC/Election/2026-27/01.....dated: 20/06/2026
Date: _____

Election for the post of Vice President cum President Elect / Hon. Secretary / Hon. Joint Secretary / IPSKC Representative to South Zone / EC Member

Nomination for the post of:	
Nominee's IPS Membership LF No:	
Nominee's IPSKC Membership LF No:	
Nominee's Email id:	
Nominee's Mobile Number:	
Name & Address of the nominee:	
Name of the Proposer (Life Fellow):	
Proposer's IPS Membership LF No:	
Proposer's Email id:	
Proposer's Mobile Number:	
Address of the Proposer:	
Signature of the Proposer:	
Name of the Seconder (Life Fellow):	
Seconder's IPS Membership LF No:	
Seconder's IPSKC Membership LF No:	
Seconder's Email id:	
Seconder's Mobile Number:	
Address of the Seconder:	
Signature of the Seconder:	

I, _____ hereby give my consent and affirm that I fulfill the eligibility criteria for the said post. I declare that the above statements made by me are true and correct.

Place & Date: _____ Signature & Name of the nominee
_____ FOR OFFICE USE

Nomination Received on (Date & Time): _____

Remarks: _____ Election Officer & Hon. Secretary, IPSKC



ಭಾರತೀಯ ಮನೋವೈದ್ಯಕೀಯ ಸಂಘ - ಕರ್ನಾಟಕ ಅಧ್ಯಾಯ INDIAN PSYCHIATRIC SOCIETY-KARNATAKA CHAPTER®

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No.: IPSKC/AGB-2026/2025-26 Date: 04 August 2026

NOTICE OF ANNUAL GENERAL BODY MEETING OF IPSKC

Sub: Annual General Body Meeting of IPSKC 2026 – Notification – Reg.

In accordance with the IPS (KC) Constitution, Part III: Rules & Regulations, Article X, notice is hereby given for the Annual General Body Meeting (AGB) of the Indian Psychiatric Society – Karnataka Chapter (IPSKC), which will be held on Saturday, 5th September 2026, from 5:00 p.m. onwards, at Ajvi Ocean Resort, Karwar, Karnataka, the venue of the 36th KANCIPS 2026.

AGENDA FOR THE AGB MEETING

- Condolence Resolution.
- Confirmation of the Minutes of the 35th Annual General Body Meeting held on 13th September 2025 at Chikkamagaluru Institute of Medical Sciences, Chikkamagaluru, and discussion on any matters arising thereof.
- Reading and Adoption of the Honorary Secretary's Report.
- Reading and Adoption of the Honorary Treasurer's Report, including the Statement of Audited Accounts and the Budget.
- Reading and Adoption of the Honorary Editor's Report.
- Reading and Adoption of the Organizing Secretary's Report and Audited Statement of Accounts of the 35th Annual Conference of the Indian Psychiatric Society – Karnataka Chapter (KANCIPS 2025).
- Nomination for the Visakha Psychiatric Society Oration Award from Karnataka for the IPS South Zone for the year 2027.
- Amendments to the Constitution, if any, duly circulated in advance.
- Resolutions, if any, duly circulated in advance.
- Selection of the Auditor
- Election of Office-Bearers and Executive Committee Members.
- Invitation to host the IPS-KC PGCME 2027.
- Invitation to host the IPS-KC Midterm CME 2027 & PPL-16.
- Any Other Business with the permission of the Chair.
- Remarks by the Incoming Office-Bearers.
- Vote of thanks

Thank you and best regards,

Dr. Narayan R Mutalik,
Honorary Secretary, IPS-KC

Note: Digital copies of the Minutes of the 35th Annual General Body Meeting held on 13th September 2025, along with the proposed constitutional amendments and resolutions, if any, will be circulated to all members before the Annual General Body Meeting.

SDM IPSKC CME 2026: CME ON BASICS OF SYSTEMATIC REVIEW & META-ANALYSIS, AUG 8TH & 9TH 2026



The Department of Psychiatry, SDM College of Medical Sciences & Hospital, Dharwad, in association with the Indian Psychiatric Society Karnataka Chapter (IPSKC) and the Journal Governing Committee of the Journal of Psychiatry Spectrum, organized a two-day academic Programme on 8th and 9th August 2026 at the Ishaavaasyam Auditorium, SDMCMSH, Dharwad. The Programme brought together postgraduate students, senior residents, faculty members, research scholars and other medical professionals.

Karnataka Medical Council, Bengaluru had granted 3 credit hours for the Programme.

The first day featured a CME on “Basics of Systematic Review & Meta-Analysis.” The sessions took participants through the different steps involved in doing a systematic review. These included framing a research question using PICO, setting eligibility criteria, searching PubMed and Scopus, screening studies, extracting data and assessing the quality of studies. The Programme also covered meta-analysis, plots and heterogeneity, reporting guidelines and common mistakes. An interactive Q&A session gave participants an opportunity to discuss their questions and practical concerns.



The Programme was organized under the leadership of Dr. Sachin B. S., Organizing Chairman and Professor & Head, Department of Psychiatry, SDMCMS&H, and Dr. Ruturaj Kulkarni, Organizing Secretary and Senior Resident, Department of Psychiatry, SDMCMS&H, with support from the organizing and scientific committees.

The inaugural Programme was attended by several senior university and hospital officials. Dr. Niranjana Kumar, Vice Chancellor, SDM University, Dharwad, was the Chief Guest, and Dr. Anil Kumar M. N., President, IPSKC, presided over the Programme. Other senior representatives of SDM University and SDMCMS&H were also present.

One of the highlights of the Programme was the release of the new latest issue of the Journal of Psychiatry Spectrum. The release was an important part of the event and celebrated the journal's ongoing work in sharing psychiatric research and academic work.



The second day, 9th August 2026, was devoted to the IPS-KC Editorial Meeting, with the theme “AI Policies for Journal.” The meeting focused on the growing use of artificial intelligence in academic publishing. Discussions included scientific integrity, ethical authorship, transparency, plagiarism, responsible use of AI and the need for clear editorial policies.

Overall, the two-day Programme provided a useful platform for learning, discussion and academic exchange. It brought together research methodology and current issues in scientific publishing, while encouraging participants to take a more structured approach to research. The Programme reflected the continued efforts of the Department of Psychiatry, SDMCMS&H and IPSKC to promote good research, evidence-based practice and responsible academic publishing.



ACADEMIC AND SCHOLARLY ACTIVITIES



CME

KARNATAKA CHAPTER
Department of Psychiatry, NIMHANS and IPS - Karnataka Chapter

invite you for the CME

Speaker:
Dr. Lakshmi Yatham
Professor, Department of Psychiatry, University of British Columbia, Vancouver, Canada



Topic: Management of Bipolar Depression

Topic: Optimising clozapine use: An overview of key research work at NIMHANS



Speaker:
Dr. Vijay Kumar K.G.
Additional Professor, Department of Psychiatry, NIMHANS, Bengaluru

Speaker:
Dr. Dan Siskind
Professor of Psychiatry, The University of Queensland, Australia



Topic: Absolute neutrophil count and adverse drug reaction monitoring during Clozapine treatment: Consensus guidelines from a global Delphi panel

Date
25th August 2026, Tuesday

Time
6:00 to 8:00 PM

Venue
Platinum Jubilee Hall, NIMHANS, Bengaluru

Dinner: 8 PM onwards



Cordially Invites You To The
IPS-KC PG Case Conference Series 2025-26

Topic:
"A stroke of blue: Assessment of hidden post-stroke depression"

Date: 29th July 2026, Wednesday
Time: 2-3.30 PM

Presenter: Dr Lakshmiprabha, CLP Fellow
Moderator: Dr Luke Salazar, Associate Professor
Department of Psychiatry,
St John's Medical College, Bengaluru

Chairperson: Dr Krishna Prasad M,
Professor of Psychiatry, Head,
Psychiatric Rehabilitation Services,
NIMHANS Bengaluru

IPS-KC MOVIE CLUB SERIES - *MITHYA*



IPS-KC MOVIE CLUB SERIES 2026

We gladly invite you to join us in watching and discussing this
National Award Winning Kannada Movie...

Mithya / ಮಿಥ್ಯಾ (2023)

Come witness an emotionally rich film about a child tending to his
wounds while giving us insights into the mind of a troubled boy..

Chairperson	Moderator
Dr. R Raguram Retd. HOD - Dept. of Psychiatry, KIMS Ex-Professor - NIMHANS	Dr. Shashidhar Bilagi Consultant Psychiatrist Abhaya Hospital

Date: 23/08/26, Sunday
Time: 6 PM
Venue: City Institute, Opposite Makkala Koota,
Pampa Mahakavi Road, Shankarapuram

President Dr. Anil Kumar M N	Hon. Secretary Dr. Narayan Mutalik	Vice President Dr. Kasturi P
Editor Dr. Vijaykumar Herbishettar	EC Coordinator Dr. Harini K C	Treasurer Dr. Guru S Gowda

The IPS-KC Movie Club Series was held on 23 August 2026 at City Institute, Bengaluru, featuring the Kannada National Award-winning film *Mithya*.

The film poignantly portrays the emotional world of an 11-year-old boy navigating unresolved grief, exploring how loss can shape a child's emotions, behaviour, relationships and ways of coping. Through a sensitive and thought-provoking narrative, *Mithya* opened up meaningful conversations around childhood grief, emotional expression and the importance of understanding a child beyond their visible behaviour.

The screening was followed by an engaging discourse led by Dr. Raguram, whose lively session offered valuable clinical and psychological insights. The discussion saw enthusiastic participation from postgraduates and the audience, making it a well-received and enriching experience for all. The session was moderated by Dr. Shashidhar Bilagi, with the vote of thanks delivered by EC Coordinator Dr. Harini K C.

A film, a conversation, and a deeper look into the emotions children often struggle to put into words.



PSYCHIATRY IN THE MEDIA

NIMHANS GERIATRIC UNIT VAYOMANASA SANJEEVINI TALK SERIES

EPISODE 285

ಈ ಸಂಚಿಕೆಯಲ್ಲಿ 'ಮನೋವೈದ್ಯರ ಸಲಹೆ - "ಹಿರಿಯರಲ್ಲಿ ನಿದ್ರೆಯ ಮಹತ್ವ ಮತ್ತು ನಿರ್ವಹಣೆ":

ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ, ಶ್ರೀ ಚಾಮುಂಡೇಶ್ವರಿ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯದ ಮನೋವೈದ್ಯಕೀಯ ವಿಭಾಗದ ಸಹ ಪ್ರಾಧ್ಯಾಪಕರಾದ ಡಾ|| ಹರಿಣಿ ಕೆ. ಸಿ ಅವರು ಹಿರಿಯರಲ್ಲಿ ನಿದ್ರೆಯ ಮಹತ್ವ, ನಿದ್ರಾಹೀನತೆ ಹಾಗೂ ನಿದ್ರೆಗೆ ಸಂಬಂಧಿಸಿದ ವಿವಿಧ ತೊಂದರೆಗಳ ಕುರಿತು ಸಾರ್ವಜನಿಕರಿಗೆ ಸರಳವಾಗಿ ಮತ್ತು ಉಪಯುಕ್ತವಾಗಿ ತಿಳಿಸಿಕೊಟ್ಟರು.

ನಿದ್ರಾಹೀನತೆ ಎಂದರೇನು, ಅದರ ಪ್ರಮುಖ ಕಾರಣಗಳೇನು, ಪ್ರಾಥಮಿಕ ನಿದ್ರಾಹೀನತೆ ಎಂದರೇನು, ವಯಸ್ಸಾಗುವುದರೊಂದಿಗೆ ನಿದ್ರೆಯ ಮಾದರಿಯಲ್ಲಿ ಸಹಜ ಬದಲಾವಣೆಗಳು ಉಂಟಾಗುತ್ತವೆ (PHASE SHIFT), ಹಾಗೂ ನಿದ್ರಾಹೀನತೆಗೆ ಕಾರಣವಾಗುವ ವಿವಿಧ ಅಂಶಗಳ ಕುರಿತು ವಿವರವಾಗಿ ತಿಳಿಸಿ, ಅವುಗಳ ಬಗ್ಗೆ ವಿಶೇಷವಾಗಿ ಒತ್ತಿ ಹೇಳಿದರು.

ನಿದ್ರಾಹೀನತೆಗೆ ಕಾರಣವಾಗುವ ವಿವಿಧ ಅಂಶಗಳ ಕುರಿತು ಸುಂದರವಾಗಿ ವಿವರಿಸಿದರು. ಅವುಗಳಲ್ಲಿ:

1. ಜೀವನಶೈಲಿಗೆ ಸಂಬಂಧಿಸಿದ ಅಂಶಗಳು
2. ನರಮಂಡಲದ ಹಾಗೂ ಮನೋವೈದ್ಯಕೀಯ ಕಾಯಿಲೆಗಳು
3. ಹೃದಯ ಮತ್ತು ಶ್ವಾಸಕೋಶಗಳಿಗೆ ಸಂಬಂಧಿಸಿದ ಕಾಯಿಲೆಗಳು
4. ಅಡ್ಡಿಪಡಿತ ನಿದ್ರೆ ಉಸಿರಾಟ ತೊಂದರೆ (Obstructive Sleep Apnea)
5. ಔಷಧಿಗಳ ಪಾತ್ರ

ಇವು ನಿದ್ರಾಹೀನತೆಗೆ ಹೇಗೆ ಕಾರಣವಾಗಬಹುದು ಎಂಬುದನ್ನು ಅವರು ವಿವರವಾಗಿ ತಿಳಿಸಿಕೊಟ್ಟರು. ವಿಶೇಷವಾಗಿ ಅತಿಯಾದ ಸ್ಕ್ರೀನ್ ಬಳಕೆ, ಮಾದಕ ವಸ್ತುಗಳ ಬಳಕೆ, ದೈಹಿಕ ವ್ಯಾಯಾಮದ ಕೊರತೆ ಹಾಗೂ ಸಾಮಾಜಿಕ ಸಂವಹನದ ಮಹತ್ವದ ಬಗ್ಗೆ ಹೆಚ್ಚು ಒತ್ತು ನೀಡಿ ವಿವರಿಸಿದರು.

ವಯೋವೃದ್ಧರಲ್ಲಿ ನಿದ್ರಾಹೀನತೆಯು ವಿಭಿನ್ನ ರೀತಿಯ ಕ್ಲಿನಿಕಲ್ ಲಕ್ಷಣಗಳೊಂದಿಗೆ ಹೇಗೆ ಕಾಣಿಸಿಕೊಳ್ಳುತ್ತದೆ?, ಇದರೊಂದಿಗೆ, ರೆಸ್ಟ್‌ಲೆಸ್ ಲೆಗ್ ಸಿಂಡ್ರೋಮ್ (Restless Legs Syndrome) ಹಾಗೂ ಪೀರಿಯಾಡಿಕ್ ಲಿಂಬ್ ಮೂವ್‌ಮೆಂಟ್ ಡಿಸಾರ್ಡರ್ (Periodic Limb Movement Disorder) ನಂತಹ ನಿದ್ರೆಗೆ ಸಂಬಂಧಿಸಿದ ಕೆಲವು ಪ್ರಮುಖ ಸಮಸ್ಯೆಗಳ ಬಗ್ಗೆಯೂ ಕಿರು ಪರಿಚಯ ನೀಡಿದರು.

ಮುಖ್ಯ ಸಂದೇಶಗಳು

- ❖ ವಯೋವೃದ್ಧರಲ್ಲಿ ದಿನಕ್ಕೆ 5-7 ಗಂಟೆಗಳ ನಿದ್ರೆ ಸಾಮಾನ್ಯವಾಗಿದೆ.
- ❖ ಪ್ರತಿಯೊಬ್ಬರ ನಿದ್ರೆಯ ಅಗತ್ಯತೆ ವಿಭಿನ್ನವಾಗಿರುತ್ತದೆ. ಇತರರೊಂದಿಗೆ ಹೋಲಿಕೆ ಮಾಡಿಕೊಳ್ಳಬೇಡಿ.
- ❖ ಫೇಸ್ ಶಿಫ್ಟ್ (Phase Shift) :ವಯಸ್ಸಾದಂತೆ ನಿದ್ರೆ ಬೇಗ ಬರುವುದು ಮತ್ತು ಬೆಳಿಗ್ಗೆ ಬೇಗ ಎಚ್ಚರವಾಗುವುದು ಸಹಜ.
- ❖ ನಿದ್ರೆ ಸ್ವಚ್ಛತೆ ತಂತ್ರಗಳನ್ನು (Sleep Hygiene Techniques) ನಿಯಮಿತವಾಗಿ ಅನುಸರಿಸಿ.
- ❖ ಅಗತ್ಯವಿದ್ದಲ್ಲಿ ತಜ್ಞರ ವೈದ್ಯಕೀಯ ಸಹಾಯವನ್ನು ಪಡೆಯಿರಿ.
- ❖ ವೈದ್ಯರ ಸಲಹೆ ಇಲ್ಲದೆ ಔಷಧ ಅಂಗಡಿಯಲ್ಲಿ ಸಿಗುವ (Over-the-Counter) ನಿದ್ರೆ ಮಾತ್ರೆಗಳನ್ನು ಸೇವಿಸಬೇಡಿ.
- ❖ ವಯಸ್ಸಾದಂತೆ ನಿದ್ರೆಯ ಮಾದರಿಯಲ್ಲಿ ಕೆಲವು ಸಹಜ ಬದಲಾವಣೆಗಳು ಆಗುತ್ತವೆ. ಉತ್ತಮ ನಿದ್ರೆಗಾಗಿ ನಿದ್ರೆ ಸ್ವಚ್ಛತೆ, ನಿಯಮಿತ ಜೀವನಶೈಲಿ, ಚಿಂತೆಗಳ ನಿರ್ವಹಣೆ ಮತ್ತು ಅಗತ್ಯವಿದ್ದಾಗ ವೈದ್ಯಕೀಯ ಸಲಹೆ ಅತ್ಯಂತ ಮುಖ್ಯ.

ಸಾರ್ವಜನಿಕರಲ್ಲಿ ಮೂಡಿದ್ದ ವಿವಿಧ ಸಂದೇಹಗಳಿಗೆ ಮುಕ್ತವಾಗಿ ಮತ್ತು ಸಮರ್ಪಕವಾಗಿ ಉತ್ತರ ನೀಡಿದರು. ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಸಾರ್ವಜನಿಕರಿಂದ ಉತ್ತಮ ಪ್ರತಿಕ್ರಿಯೆ ವ್ಯಕ್ತವಾಗಿದ್ದು, ಒಟ್ಟಿನಲ್ಲಿ ಕಾರ್ಯಕ್ರಮವು ಯಶಸ್ವಿಯಾಗಿ ಮುಕ್ತಾಯಗೊಂಡಿತು.







VAYOMANASA SANJEEVANI
 (Observing 25 Years of Geriatric Psychiatry Services 2024-25)
Healthy Ageing Talk Series - Episode 290

“ವೃದ್ಧರಲ್ಲಿ ವ್ಯಸನ ”
ತಜ್ಞರೊಡನೆ ಸಮಾಲೋಚನೆ



ಡಾ. ಅನುಷ ಎಂ. ಎನ್.
 ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು,
 ಮನೋವೈದ್ಯಶಾಸ್ತ್ರ ವಿಭಾಗ
 ಆಕಾಶ್ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಮೆಡಿಕಲ್ ಸೈನ್ಸಸ್ ಅಂಡ್ ರಿಸರ್ಚ್ ಸೆಂಟರ್,
 ದೇವನಹಳ್ಳಿ, ಬೆಂಗಳೂರು.

Meeting ID: 857 3964 6246
Passcode: 12345
<https://us02web.zoom.us/j/85739646246?pwd=bj9aV8KyJw3YCsYhiaQJHlpZM26FDm.1>
 For more information: 9606431873/vms.nimhans@gmail.com/vmsnimhans.in

Date: 27th July 2026
Time - 4pm to 5pm







VAYOMANASA SANJEEVANI
 (Observing 25 Years of Geriatric Psychiatry Services 2024-25)
Healthy Ageing Talk Series - Episode 292

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

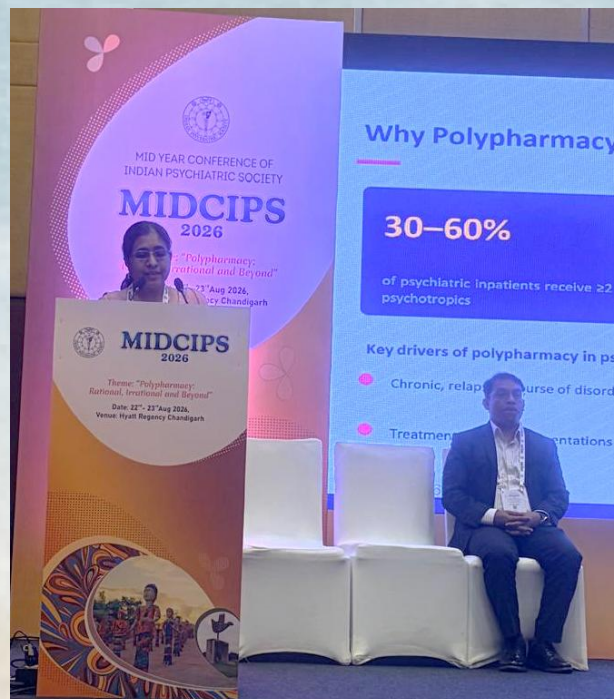


ಡಾ. ವಸುಧಾ ರಾವ್
 ಮನೋವೈದ್ಯರು
 ಮೈಸೂರು

Meeting ID: 857 3964 6246
Passcode: 12345
10th August 2026
Time - 4pm to 5pm

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

ACADEMIC ENGAGEMENTS



Dr Veda N Shetageri was invited as a speaker at MIDCIPS 2026 and the IPS South Zonal Branch Mid-Term CME 2026. Her participation reflects her academic expertise and contribution to professional learning platforms.



KARNATAKA CHAPTER

SSS



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

Organizing Committee



Dr. Vijayraj N



Dr. Vishal V



Dr. Giridhar L N



**Dr. Ranganath R
Kulkarni**



Dr. Shankar K



**Dr Shivanand
Hiremath**



Dr. Veda N Shetageri



Dr. Mohan Babu



Dr. Sachin B S



Dr. Gopal Das C M



**Dr. Akshay S
Phatak**



Dr. Deepika K S



Dr. Ashay Telang



**Dr. Dilpreet
Kaur Jattana**



Dr. Harini K C



Dr. Madhumitha N S



Dr. Jonathan L



Dr. Kavyashree K



Dr. H N Pratibha



Dr. Shantheri Pai R



Dr. Suhas



Dr. Sanjana Kangil



Dr. Rimzim S



Dr. Pallavi



Dr. Sharath B



**Mr. Basavaraj
Mulgund**



Mr. Madan Gowda



**Mrs. Latha
Ishwar Naik**



**Mrs. Pooja R
Naik**

