



# The Forum

Number 72

April 2004

## IAPA Silver Jubilee Celebrations on May 2

New York is the place to be on Sunday, May 2 as the Indo American Psychiatric Association celebrates its Silver Jubilee (25<sup>th</sup> anniversary) in a grand manner. The founding chapter of IAPA, the New York chapter, is making an all-out effort to make this a memorable annual meeting.

As usual, there will be two sessions of the annual meeting. On the afternoon of May 2, the Scientific Session will be held. Dr. Shitij Kapur, winner of this year's IAPA Outstanding Academician Award, will speak on the exciting topic, *Linking the phenomenology, psychology and pharmacology of psychosis: a feasible project or a delusion?*

### Born Confused? A Symposium

Dr. Kapur's lecture will be followed by a symposium chaired by Dr. Salman Akhtar exploring the myths and realities of that oft repeated moniker, *Born Confused*. Participating in this symposium are Dr. Madhulika Khandelwal, author of *Becoming American, Being Indian*; S. Kalita Mitra, author of *Suburban Sahibs*; and Ruth Ann Van Renken, author of *Third Culture Kids*.

### Awards Banquet

The traditional IAPA Awards Banquet and the Business Meeting will be held on the evening of May 2 at the elegant Shaan restaurant on 48<sup>th</sup> Street. As always, registrations are required. See inside for a list of the IAPA Award winners for this year.



S. Kalita Mitra

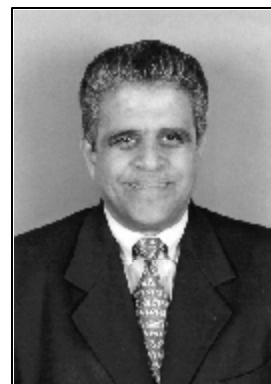


Madhulika Khandelwal

More details regarding the annual meeting can be obtained by contacting Drs. Sanjay Dube ([dube\\_sanjay@lilly.com](mailto:dube_sanjay@lilly.com); 317-433-2290) Manoj Shah ([mshah@lij.edu](mailto:mshah@lij.edu); 516-484-3015), Ramaswamy Viswanathan ([rviswa@aol.com](mailto:rviswa@aol.com); 516-365-4966), or Anjali Pandya ([apandya880@yahoo.com](mailto:apandya880@yahoo.com); 516-292-9741)

### Dr. Van Garners 33.5% of Votes in the APA Elections

He is an international medical graduate with a long and difficult to pronounce name. He was contesting an election for the first time while his opponent was running his fifth election campaign in the APA. He never held an elected office in the American Psychiatric Association (APA) and was an outsider whereas his opponent is the incumbent vice-president of the APA. He did not plan on this election until the APA's Nominating Committee approached him at the last minute.



Despite all these obstacles, Dr. Jagannathan Srinivasaraghavan (Dr. Van), former president of the IAPA and the first Indian psychiatrist to run for the office of the President-Elect of the American Psychiatric Association, did us all proud by securing 3,105 votes (33.5%) of the 9,275 votes cast in the elections this year. The APA Committee of Tellers announced Dr. Steven Sharfstein as the winner in this election.

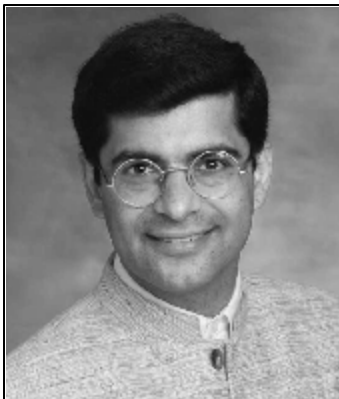
Dr. Van's achievement can be better understood when considered in the light of the results of the recent APA elections. Dr. Van's share of the vote is similar to that of well orchestrated campaigns of heavyweights like Drs. Sam Guze and Sid Weissman in the recent presidential elections and better than some other recent presidential candidates. The numbers demonstrate that his support went beyond just the Indian or other international medical graduates.

(continued in page 8)

# IAPA Announces 2004 Excellence Awards

## **Dr. Shitij Kapur** Outstanding Academician Award

This year's IAPA Outstanding Academician Award will be presented to Dr. Shitij Kapur, MD, FRCPC, PhD, currently the Canada Research Chair for Schizophrenia and Therapeutic Neuroscience, Vice-President for Research at the Centre for Addiction and Mental Health, and a Professor of Psychiatry at the University of Toronto. Dr. Kapur graduated from the All India Institute of Medical Sciences, did his psychiatric training at the University of Pittsburgh – where he developed an interest in the biology of schizophrenia. He subsequently completed a PhD and Fellowship at the University of Toronto and his main research interest is in the use of brain imaging and animal models to understand the basis of psychosis and its treatment.



In the last few years, Dr. Kapur along with his colleagues Drs. Remington, Zipursky, Houle, Wilson and Seeman has focused on the study of the role of the brain receptors and neurotransmitters, particularly dopamine and serotonin, and their role in schizophrenia and antipsychotic action. This work has shown that all antipsychotics (typical and atypical) block dopamine D<sub>2</sub> receptors in patients, though to different degrees – and that these differences are clinically very meaningful. Dr. Kapur has also been collaborating with Drs. Fletcher, Fleming and Norega, focusing on how animal models can be used to derive more innovative treatments for Schizophrenia – and this work has pointed to the

central importance of 'sensitization' as a key to Schizophrenia. His latest work arises from an effort to link the "biological" and "pharmacological" aspects of this illness to its "phenomenological" experience.

When away from his desk, Dr. Kapur is usually ferrying his young children from one educational or sporting activity to another. Both Shitij and Sharmista, his wife and a Professor of Business, love to travel. When feeling overwhelmed by work and family responsibilities, Dr. Kapur is also prone to disappear on camping expeditions into the icy wilderness of northern Canada.

This Award was selected by a committee comprising of Drs. Rohan Ganguli (Chairperson), V. Chowdary Jampala, and Vishwajit Nimgaonkar.

## **Dr. Nyapathi Rao** IAPA Service Award

This year's IAPA Service Award will be presented to Dr. Nyapathi Rao, Director of Residency Training at Downstate University Medical Center, New York. IAPA members would recall that Dr. Rao, who held many important positions in American Association of Directors of Psychiatric Residency Training (AADPRT) and American Psychiatric Association including its mentoring program, has served as the Editor of *Forum* between 1998 and 2000.

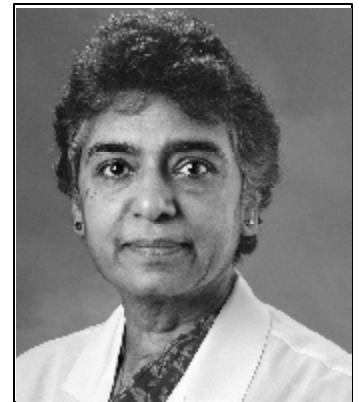
This Award was selected by a committee comprising of Drs. Seth Vivek (Chairperson), Rudra Prakasah, and Geetha Jayaram. (*We regret that a more detailed biography of Dr. Rao cannot be published at this time due to deadline pressures — Editor*)

## **Dr. Janakibai Theogoraj** Outstanding Service to Public Psychiatry Award

The newly instituted Award for Outstanding Service to Public Psychiatry will be presented to Dr. Janakibai Theogoraj, Director of the Substance Abuse Treatment Pro-

gram, McGuire VA Medical Center, Richmond, VA.

Dr. Theogoraj is a life member of IAPA and is a familiar presence at its meetings at the national and state levels. Dr. Theogoraj obtained her basic medical training from the University of Madras and completed her residency training in psychiatry at the Medical College of Virginia in 1978 and further obtained Fellowship training in Child Psychia-



try at the Virginia Treatment Center for Children, Medical College of Virginia. She is board certified in Psychiatry and also holds the American Society of Addiction Medicine certification in Addiction Medicine.

Over the last 20 years, she has received several awards and recognitions. In 1995, she was the recipient of the Nancy CA Roeske certificate for excellence for her contribution to medical education. She has volunteered a significant amount of her time for the activities of the IAPA Virginia chapter through mentoring early career psychiatrists and encouraging psychiatry residents to become active members. She has also mentored generations of counselors and has been responsible for the certification of numerous persons as substance abuse counselors in the state of Virginia through the Old Dominion University Certificate Program.

Dr. Theogoraj is a Fellow of the American Psychiatric Association and has been an active member since 1976. She served on the APA Committee on Medical Student Education. She is also a longstanding member of

the American Society of Addiction Medicine and the Women's Physician Association and has served in several committees at the Veterans Affairs Medical Center and the Medical College of Virginia.

Dr. Theogaraj has given her time and expertise to community based activities. She has provided education to children at several local middle schools and high schools regarding mental illness and substance abuse. She was involved in education of the general public and veterans, as a member of the Suicide and Violence Committee, sponsored by the Veterans Affairs Medical Center in Richmond, VA. She played a key role in organizing a transitional home for the homeless veterans, in collaboration with the local shelter programs such as CARITAS. She has been an active participant in raising support for the families of 9/11, and the American Cancer Society. As a member of the Christian Medical Association she has arranged monetary and other support to medical colleges in India, including materials needed for surgery and operation theatres for over 20 years.

Outside of her professional interests she has great appreciation for the Arts. She is the voice for the Indian community as a member of the committee to support Asian Art exhibitions at the Virginia Museum in Richmond. Dr. Theogaraj has excelled in multiple fields, both professional and non professional and has an impressive record of service.

This Award was selected by a committee comprising of Drs. Asha Mishra, (Chairperson), Sudha Prathikanti, and Shiv Hatti.

**Dr. Kumar Budur**  
Outstanding Psychiatric Resident  
Award

This year's Award for Outstanding Psychiatric Resident of Indian Origin will be presented to Dr. Kumar Budur, a PGY-III resident at the Cleveland Clinic, Cleveland, Ohio. Dr. Budur graduated from Vijayanagara Institute of Medical Sciences, Bellary, India in 1996. He was awarded "The Best Outgoing Student" from his medical school. He then pursued post graduate train-

ing in UK for 3-1/2 years in clinical psychiatry. He received a Diploma in Clinical Psychiatry in Ireland in May 2003 and will be completing the final part of the Royal College of Psychiatrists Examination in April 2004.

Dr. Budur is elected to be one of the chief residents for 2003-04 at the Cleveland Clinic. Over past two years, he has been involved in medical student teaching and was a member of the committee that prepared the curriculum for medical students rotating through psychiatry. He has been a mentor and an excellent role model for junior residents according to his program director.

Dr. Budur has been involved in a number of research projects in the Department of Psychiatry and Neurology and has published several papers over the past two and half years. He is currently working on two research projects including psychiatric manifestations in patients with mitochondrial disorders, and the prevalence of psychiatry disorders following brain surgery. He is also co-authoring a book titled "MCQ's for the Boards" expected to be published in June of this year.

Dr. Budur has been recruited to do a Fellowship Program in Sleep Medicine at the Cleveland Clinic. He plans to return to India to take position in a teaching hospital after finishing his psychiatric training.

This Award was selected by a committee comprising of Drs. Iqbal Ahmed (Chairperson), Nalini Juthani, and Surinder Nand.

**Dr. Prakash N. Desai**  
Distinguished Recognition Award

Dr. Prakash Desai, Professor of Psychiatry and Associate Dean at the College of Medicine, University of Illinois, Chicago, Chief of Staff at VA Chicago Healthcare System, and the Speaker of the Assembly of the American Psychiatric Association will be honored with a special Distinguished Recognition Award.

Dr. Desai received his medical degree from the University of Baroda, India, in 1962 and completed his psychiatric residency at Northwestern University Medical School in

1967. He holds professional memberships in numerous medical societies and has been the recipient of many grants and awards. Dr. Desai has the distinction of receiving two major awards from the American Psychiatric Association: the Oskar Pfister Award for 1995 for his important contributions to the humanistic and spiritual side of psychiatric and medical issues and the George Tarzan Award in 2003 given annually to an international graduate who has made the most significant contribution to American society. Other awards include the Brice Boyer 1987 Award from the Society for Psychological Anthropology.

Dr. Desai served the APA in several positions including the Recorder of the Assembly and as the Speaker-elect. His election as Speaker of the APA Assembly represents the highest position held by an Indian psychiatrist in the association. Other positions held by him include being the President of National Association of VA Chiefs of Psychiatry (92-93) and the President of American Association of South Asian Psychiatrists (77-79). He has been a member of several important committees and taskforces dealing with mental health law and public psychiatry.



His listing of publications is extensive and includes three books, *Triumph and Tragedy: Psychohistorical Decisions of Mahatma Gandhi*, *Health and Medicine in the Hindu Tradition*, and *Selfhood and Context - Some Indian Solutions*. Dr. Desai continues to participate actively in the provision of psychiatric services. He has been associated with IAPA since its early days.

# The Indo-American Psychiatric Association

## SILVER JUBILEE SCIENTIFIC PROGRAM

Sunday, May 2, 2004; 1:30 – 4:30 p.m.

Hotel Ramada New Yorker, Crystal Ballroom, New York

1:30 p.m.

**Welcome**

*Sanjay Dubé, M.D.*  
President

1:40 p.m.

**Outstanding Academician Award Lecture**

*Shitij Kapur, M.D.*

**How Antipsychotics Work: From Receptors to Reality**

2:00 p.m.

**Symposium:**

**Born Confused - Myth or Reality?**

**Moderator:**

*Salman Akhtar, M.D.*

Professor of Psychiatry, Jefferson Medical College  
Philadelphia

**Presenters:**

*Dr. Madhulika Khandelwal, Ph.D*

Director, Asian American Center, Queens College  
City University of New York

Author of “**Becoming American, Becoming Indian:  
Indian Americans in New York City**”

*S. Mitra Kalita*

Author of “**Suburban Sahibs**”

*Ruth Ann Van Reken*

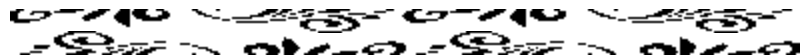
Author of “**Third Culture Kids**”

4:25 p.m.

**Vote of Thanks**

*Asha Mishra, M.D.*

President-Elect



# The Indo-American Psychiatric Association

## SILVER JUBILEE BUSINESS MEETING & BANQUET

Sunday, May 2, 2004; 7.00 – 11:00 p.m.

Shaan Restaurant, 57 W. 48th Street, New York, NY 10020 • Ph: (212) 977-8400

7:00 p.m.	<b>Cocktails and Social Hour</b>	
8:00 p.m.	<b>President's Address</b>	<i>Sanjay Dubé, M.D.</i>
	<b>Presentation of Awards</b>	
	<b>Outstanding Academician Award</b>	<i>Shitij Kapur, M.D., Ph.D., FRCPC</i> Vice President for Research, CAMH, Canada Research Chair & Professor of Psychiatry University of Toronto, Canada
	<b>Outstanding Service Award</b>	<i>Nyapati Rao, M.D.</i> Director of Residency Training at Downstate University Medical Center, New York, NY
	<b>Exemplary Public Sector Psychiatrist</b>	<i>Janakibai Theogaraj, M.D.</i> Director of Substance Abuse Treatment Program McGuire VA Medical Center, Richmond, VA
	<b>Outstanding Resident Award</b>	<i>Kumar Budur, M.D.</i> PGY III Resident, Cleveland Clinic Cleveland, OH
	<b>Distinguished Recognition Award</b>	<i>Prakash N. Desai, M.D.</i> Professor of Psychiatry and Associate Dean College of Medicine, University of Illinois, Chicago Speaker, APA Assembly
8:30 p.m.	<b>Business Meeting Treasurer's Report Vote of Thanks</b>	<i>Sanjay Dubé, M.D.</i> <i>Shiv Hatti, M.D.</i> <i>Asha Mishra, M.D.</i>
9:00 p.m.	<b>Banquet</b>	

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### Registration required

For advance registration, call/fax: Anjali Pandya at 516-292-9741 or Email: [apandya880@hotmail.com](mailto:apandya880@hotmail.com)

Life Members and spouses, and residents free before 4/20/04 and \$10 per person after 4/20/04.

General members and spouses \$5 per person before 4/20/04 and \$15 after 4/20/04.

Non-members register at \$10 per person before 4/20/04 and \$20 per person after 4/20/04.

# Past IAPA Awardees and Past Presidents

<b>Year</b>	<b>Academician Award</b>	<b>Service Award</b>	<b>Resident Award</b>	<b>Past Presidents</b>
2003	Vishwajit Nimagaonkar	V. Raghuraman	Harish K. Trivedi	J. Srinivasaraghavan
2002	Salman Akthar	Geetha Jayaram	Jyotsna Agarwal	J. Srinivasaraghavan
2001	D.P. Devanand	Seeth Vivek	Priyamvada Narayanan	J. Srinivasaraghavan
2000	Rohan Ganguli	Asha Mishra	Arif M. Shoaib	Nalini Juthani
1999	Anand Pandurangi	Rajkumari Bansal	Madhavi Prakash	Nalini Juthani
1998	Mantosh Dewan	Ramakrishna Shenoy	None	R. Viswanathan
1997	K. Ranga Rama Krishnan	Rekha Ranade	None	R. Viswanathan
1996	Matcheri S. Keshavan	Ramachandran	None	Manoj Shah
1995	V. Chowdary Jampala	J. Srinivasaraghavan	None	Manoj Shah
1994	Vikram Yeragani	Velandy Manohar	None	Ashwin Pandya
1993	Rajiv Tandon	Veena Garyali	None	Ashwin Pandya
1992	None	Gopalakrishna Upadhya	None	Velandy Manohar
1991	Nalini V. Juthani	Padam Jain	None	Velandy Manohar
1990	R. Viswanathan	Barin Desai	None	Jambur Ananth
1989	George Cohelo	Prakash Ettigi	None	Jambur Ananth
1988	N.P.V. Nair	Manoj Shah	None	Girish Shah
1987	Prakash Desai	Anjali Pandya	None	Girish Shah
1986	Dilip Jeste	None	None	Y. Haveliwala
1985	Jambur Ananth	Satish C. Varma	None	Y. Haveliwala



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## Chapter Reports

### Downstate New York Chapter meets to prepare for the Silver Jubilee Meeting

The Executive Committee of the National IAPA and the Executive Council of the Downstate New York Chapter had a combined meeting on the afternoon of January 31, to discuss planning the 25th Anniversary Celebration Meeting of the IAPA in New York. There were discussions pertaining to the founding of the organization in New York twenty-five years ago and people and factors instrumental in the survival of the organization.

This was followed by a scientific meeting in the evening. IAPA President Dr. Sanjay Dube and President Elect Dr. Asha Mishra stayed on for the evening meeting. There was an interesting presentation by Dr. Alan Mendelowitz of Long Island Jewish-Hillside Medical Center on the long-term course of schizophrenia and psychopharmacological treatment. In the chapter meeting, there was discussion about encouraging members to be involved in the National APA election, and about participation in the 25th Anniversary celebration of IAPA. The chapter meeting was led by Dr. R. Viswanathan, President, Dr. Krish Gujavarthy, President-Elect, Dr. Vinod Dhar, Secretary, and Dr. Manoj Shah, immediate Past President. Dr. Ashwin and Anjali Pandya had made arrangements for the membership certificates to be distributed by the President, Dr. Dube, to those who were present at the meeting.

—Reported by: Dr. Ramaswamy Viswanathan

### North Texas Chapter involves the community in its efforts to provide mental health assistance

The first meeting of the North Texas IAPA was conducted in April 2000 and they have been meeting twice a year since then.

They organized several CME meetings which were well attended. At one of the meetings, high school and college students participating in the discussions indicated the need for better child/parent involvement and participation to spread the information as a means of education. Suggestions made by the youth included support system among our population from peer pressure at schools and colleges. They discussed family pressures by parents to their children to become professionals like themselves, the stigma of discussing mental illness in our community, and need for counseling for incoming international students. They suggested setting up discussion sessions with parents to raise the awareness about mental health, chemical dependence, failure in school and failure in relationships.

The chapter is planning to have more psychiatrists participate at voluntary clinics in association with the Texas Indo Physician Society, to educate and inform the Indian community of treatment facilities available in the area and motivate people to seek help. Radio talks shows by the IAPA psychiatrists about mental problems is an additional source of education. The chapter has been involving the local Lions club and Rotary clubs, and presidents of Indian Associations at the regional universities and colleges to encourage helping those in need of mental health assistance.

—Reported by: Dr. Prabha Sunderajan

### Midwest Chicago Chapter Discusses Suicide Prevention Strategies

The Chicago Chapter of the IAPA had its Fall meeting on November 15 at the Gaylord India Restaurant in Schaumburg. The evening focused on the issue of suicide among Asian Indians and strategies of prevention.

Dr. Nutan Vaidya, the President of the chapter, welcomed the audience. Dr. Ravi Chand, senior psychiatric resident at Chicago

(continued in page 8)

## Dr. Van (continued from page 1)

The leadership of the IAPA congratulated Dr. Van on taking the challenge of running for office against a formidable opponent, running a positive campaign, reaching out to so many colleagues in APA and garnering an impressive number of votes. This election has shown us that we can make a difference as a group and should pave way for future successes.

## Chapter Reports (continued from page 7)

Medical School, and Dr. Surinder Nand, Secretary of IAPA, spoke about, "Sadness to Suicide: Spectrum of Depression in Indian Americans". This was followed by an intense and productive discussion regarding strategies for prevention of suicide and how the chapter can contribute.

After dinner, the members were treated to a short film, *Off Camera*, produced and directed by Nikhil Jayaram, a senior in film making at Northwestern University. Nikhil, son of IAPA's very own Geeta Jayaram, answered questions from the audience. The film, focusing on the tensions during a family reunion of immigrant Indians, was well received.

—Reported by: Dr. V. Chowdary Jampala

## California Chapter News

The California chapter is making steady progress in compiling a list of San Francisco Bay Area mental health providers that includes psychiatrists as well as mental health professionals from other disciplines. By the end of the year, we hope to post the information on a secure online web directory accessible to our chapter members. The chapter is also planning a number of community events to raise awareness re: mental health issues among Indo-Americans in the Bay Area. One upcoming event will be a South Asian Film Night, where they will show movies like "Bend It Like Beckham," which feature characters of Indian origin confronting a range of psychological dilemmas.

—Reported by: Dr. Sudha Prathikanti

## IAPA Members Appointed to APA Committees

We congratulate the following IAPA members on their appointments by Dr. Michelle Riba, President of the APA, to the following APA committees:

*Dr. Sanjay Dube:* Corresponding member, Self Assessment Tests committee; Member, IMG committee

*Dr. Nalini Juthani:* Member, Psychiatric Administration and Management committee

*Dr. Rekha Ranade Kapur:* Member, Member & District Branch Relations Committee

*Dr. Asha Mishra:* Corresponding Member, Women's Committee

*Dr. Surinder Nand:* Member, Committee on Psychiatric Administration and Management.

*Dr. Manoj Shah:* Corresponding Member, Committee of Asian American Psychiatrists

## Of Interest at the APA

The IAPA Silver Jubilee is not the only program of special interest to the Indian Psychiatrists at the APA annual meeting in New York. You may want to check out the following:

*Monday May 3, 9:00 am, Javits Convention Center:* Sri Sri Ravi Shankar a renowned spiritual leader, will be the 2004 International Lecturer at the APA Annual Meeting this year in New York. Founder of the International Association for Human Values (IAHV) and the Art of Living Foundation, his lecture for the APA, *Psychiatry and Spirituality: a Holistic Approach*, will discuss yogic breath techniques based on the mind/body/spirit concept for the treatment of anxiety, depression, trauma, violence, and stress-related disorders.

*Wednesday May 5, 11 am to 12:30 pm:* Component Workshop 47: *Bend it like Beckham: Asian Women, Achievements and Cultural Conflicts.* Chaired by Ramaswamy Viswanathan, MD, DSc, and Jacquelyn Chang, MD; Panelists include Geetha Jayaram, MD, Michelle Riba, MD, Madhulika Khandelwal, PhD, Sudeepta Varma, MD. The workshop will be held at the Marriott Marquis, 6<sup>th</sup> floor, Plymouth, Uris, and Shubert rooms.



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