



Dr. Vedavyasa Billiyar at the IPS, San Diego, CA October 2005



Nalini Juthani, MD and Asha Mishra, MD at the IPS, San Diego, CA October 2005



Drs. Rodrigo Munoz, Mary Roessel, Ashok Van, Wrachal Faison & Dilip Jeste who presented 'Psychiatric and Psychosocial Issues of Minority Elderly in the 21st Century' sponsored by the APA Committee of Representatives of Minority/Underrecognized Groups.



The Forum

Number 75

December 2005

From the Editors Desk

Welcome to the winter edition of the newsletter. The IAPA annual meeting in Atlanta, GA on May 22nd 2005 was a smashing success thanks to the efforts of Dr. Dilip Patel, President of the Georgia chapter and his team. The lecture by Dr. Madhukar Trivedi, and the panel discussion on the topic 'Is There Room for Spirituality in Clinical Practice' was well received and generated sufficient interest from many attendees. This was followed by the presentation of awards at the evening reception at the Westin Peach Tree Plaza which was organized

by the Atlanta chapter. The guest list included prominent members of the American Psychiatric Association including several of our leaders in IAPA who hold positions in various APA components and the Assembly.

We would like to thank all those who have contacted us about various issues of interest for publication in this newsletter. We encourage readers to check out our website: www.myiapa.org for relevant information about the organization and a host of related topics. Copies of newsletters are available as a pdf. format. Membership information is also available.

We would like to hear your views and comments. Please send them by email to antony@medscape.com.

Editors:

Antony Fernandez
Radhika Sriram

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2006 American Psychiatric Association's election of officers and trustees

Ballots were mailed to voting members on Thursday, December 22. Members may vote either online or on paper. Intelliscan, Inc., APA's election management firm, will send emails which include information on accessing online ballots to those members for whom APA has e-mail addresses. All ballots - paper or online - must be received by 5:00 p.m. (Eastern Standard Time), Monday, February 6.

To access the online ballot, members can visit www.psych.org, click on the link "Cast Your Votes in the 2006 Election" and follow the prompts for online voting. The site includes candidates' photos, biographies, and statements. To log on, members must enter their last name and a ballot control number as shown in the e-mail or on the paper ballot.

If both options are used, only the votes on the online ballot will be counted. Please contact Carol Lewis, Special Projects Manager, if you have questions regarding accessing the balloting site or any other aspect of the APA election.

PLEASE VOTE AND
URGE YOUR COLLEAGUES TO
VOTE TOO!



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President's Message

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R. Viswanathan, M.D., D.Sc.

Dear Folks,
Greetings!!

Notice my preference for the word "folks", like in kin folk. This reflects how I feel about this organization. I feel that this organization belongs to all of us and we all belong to it

Increasingly we are populating the different walks of our professional domains with IAPA members holding important offices within the APA, AAGP, ABPN Board (as Examiners), RRC, LCGME, Chairs of Departments, Professors in academia, Medical Directors, policy advisors, prolific writers, leaders in research, product developers in Pharmaceutical companies, and so on and so forth. We are net working like never before, collaborating with our colleagues in India, UK, Australia WPA and AAPI.

When disaster struck on Sept 11, 2001 in New York, and the Tsunami in India in 2004, we were there rising to the challenges and making both the Indian and American aspects of our selves proud. After Hurricane Katrina, our list serve was abuzz with folks wanting to know how we could help, asking for updates on our friends and members and wanting us to work in concert with the APA advocating for no bureaucratic delays in licensure to come in the way of psychiatrist wanting to volunteer or having to resettle as a result. We were able to forward to the APA President the concerns of our colleagues from Louisiana, with the addition of our voice. When Hurricane Rita threatened the Gulf States again, we prayed for the residents of those areas and held them in our thoughts.

We continue to rise to the occasion with more enthusiasm and energy from folks like you. We keep adding to our list, proud volunteers like **Anand Pandya**, and **Malathi Koli**, to our list of already "in the trenches" folks like **Ashok Van** and **Viswanathan**.

While, we have covered a lot of ground we still have miles to go. Our "To do list" reflects our ambitions, strengths, and challenges as well as our liabilities. We need to increase our membership rolls so we can reach out to folks in every region of this country for future collaborations and be able to lend a helping hand when a disaster or need comes up. My wish is that every lone psychiatrist in any remote part of this country feels connected to all of us by virtue of this network and be able to turn to us in times of need. It is heartening to be able to answer the call for help by folks seeking a psychiatrist/ mental health provider of Indian origin for their family member in a different part of this world by using our network.

I know I have my work cut out for the next 2 years as we continue to keep the momentum and solidify our gains. My commitment is to work, with your help, in realizing yours as well as my hopes and dreams for the IAPA. I would like to see each and every psychiatrist of Indian origin become a life member and feel an integral part of this vibrant body. I want to know from you what you want the IAPA to do for the members and for our profession. The sum total of wisdom from the all of us will always be greater than the brain trust of a handful of us. **So please, if you are not already a life member, become one, if you are already a life member, bring in more life members from your part of the world. Please establish a chapter of the IAPA in your area**, if one does not exist. Any one of us on the EC will be delighted to help you in this process. Share with us your news worthy items and allow us to post it on the web when we can. Make nominations for the various awards to the committee chairs (as listed in this newsletter). Come and join us at the annual symposiums, business and dinner meetings.

It is my great privilege and honor to serve as your President. Now I present with pride, our wonderful new team at your service.

Thank you for already being a life member and if you are a potential life member, please accept our invitation to join us on this journey!!

Sincerely,

Asha S. Mishra, M.D., D.F.A.P.A.
Professor of Psychiatry @ VCUHS
Medical Director, Chesterfield CSB
President, Indo- American Psychiatric Association



Rudra Prakash, MD at the at the IPS, San Diego, CA October 2005



Dr. Asha Mishra at the IPS, San Diego, CA October 2005

there are the less fortunate ones. Hence, the third goal is to work to create social services: to offer psychological assistance, prevent abuse, resolve intergenerational conflicts, etc. Please feel free to communicate with me at: pdesai@psych.uic.edu.

Candidates for MITTE

Anjali Nirmalani, MD



Abigail L. Donovan, MD



As a psychiatry resident, I am proud to work in an incredible field at an exciting time. Yet, we face many challenges, not the least of which is the stigma our patients experience: they aren't the cute babies of pediatrics or the peacefully anesthetized patients of surgery. Our patients are the lost, the sad, the angry: theirs are gifts harder to see.

As members-in-training, we face our own unique challenges: we must learn to treat patients by integrating biologic and psychotherapeutic perspectives and to focus not only on the services we provide, but also on our education. Other challenges impact our professional lives: the lack of funding for the homeless, minorities and all underserved populations, the need for cultural awareness in treatment, and the importance of advocating for our patients. If I am elected as your representative, I will make these issues a prominent part of the Board's agenda.

Candidates for Area 1 Trustee

Jeffrey L. Geller, MD, MPH

The mission and goals of the IAPA are universal goals that I strongly support. While applied to psychiatrists of the Indo-American community in the IAPA, these objectives consolidate professional identity, address



multicultural mental health needs, establish effective exchanges of information and mentorship, advocacy, and leave a positive and long-lasting legacy-are those I encourage the

APA to employ and those that I will work to have the APA address. I have an established track record in working on such endeavors and I ask your support in assisting me to move my efforts to a new arena-the APA Board of Trustees. If you will permit me, I offer you a quote from Gandhi that exemplifies what I believe we psychiatrists must strive for: We must be the change we wish to see. I thank you for your vote.

Patricia Recupero, MD



Candidates for Area 4 Trustee

Tanya R. Anderson, MD



Sidney H. Weissmen, MD



An issue which I feel is of special interest to Indo-American psychiatrists is the ongoing reliance on International Medical Graduates in American Medicine. At least 6100 first year residents each year in American medicine are IMGs. It would cost over one billion dollars a year to

educate an equivalent number American medical student graduates. IMGs save the United States vast sums of money. It is further clear that into the foreseeable future America will be dependent upon IMGs to prevent a major physician shortage. I am proud to have worked with my Indo-American colleagues to ensure fairness in the treatment of IMGs in all of medicine and in psychiatry. I am particularly pleased to see Indian American IMGs assume leadership roles in psychiatry and our working together. Sid Weissman, M.D.

Candidates for Area 7 Trustee

Louis A. Monench, MD



In my 24 years in leadership roles in the Utah District Branch, Area 7 Council, and APA Assembly I have admired the contributions of Indo-American Psychiatrists with whom I have personally worked on committees, among them Prakash Desai, Ramaswamy Viswanathan, Vit Patel, Seeth Vivek, and Bhasker Dave. Though I want us to focus our energies on improved patient care, patient safety, better access to care, adequate funding of care, overcoming stigma, and upgraded psychiatric training, some energy must be directed internally. The extent to which minority groups have been assimilated and risen high in the APA to where they can enrich us with their unique perspective is evident in this election with 10 of 14 candidates from groups we identify as minorities. I look to the day when we are asked how many members and leaders are from minority groups and the answer will be, "We didn't notice."

William M. Womack, MD



Report on the XIII World Congress of Psychiatry, Cairo, Egypt, September, 2005

Dear Friends,

In spite of the fears and worries of terrorism that turned off some, the Congress was attended by about 5500 participants. It was a modest number, though not spectacular like Madrid in 1996 which attracted 11000. There were nearly 300 from India alone, many with families, all supported by pharmaceutical industry. The best thing about this meeting is that you often see psychiatrists from all the regions of the world both presenting and listening. Unfortunately there were not as many psychiatrists from US.

The organization was poor at best. The registration and the conference venue was not user friendly and added to that many people did not speak English that added to the confusion. The majority of the hotels were in downtown, at least 30 minutes away when the traffic moved. The hotels in the pyramid area was a good 45-60 minutes away. The buses did not leave in time. There was no place to go for lunch but they provided lunch boxes, no choice for poor vegetarians. There were cancellations of meetings and changes that were announced on some notice boards but none in front of any of the rooms.

On the positive side, Dr. Juan Mezzich of USA became the President. Allan Tasman won his elections & Michelle Riba became the Zonal representative. Anu Thakur from Canada lost her elections for the zonal rep of Canada. Mario Maj of Italy was elected President Elect defeating George Christodoulou of Greece. JK Trivedi became the zonal rep as well as Bruce Singh of Australia.

In the workshop chaired by me on South Asian Forum, I pointed out all the South Asian ethnic psychiatric organizations, particularly highlighting the success of IAPA. We had a standing room only crowd. In the Oral Communications, there was a paper by Vivek, Van, Bamji & Dhar. Unfortunately Vivek never received communication about the acceptance of his submission and my note it appears was not seen by him. I had shown up for the sessions and noting there was nobody to present the paper, I presented (not wishing to let go of an opportunity to trumpet the best community service initiative of IAPA) based on my knowledge and it was received well by the small group who had come early in the morning.

This meeting saw the birth of Asian Federation of Psychiatric Associations. The launch meeting was attended by all the WPA dignitaries including President Ahmed Okasha, PE Juan Mezzich, John Cox, Allan Tasman, Nambi, JK Trivedi, Haroon Chaudhry, Bruce Singh, Khalid Mufti, Parameshvara Deva (President), Shinfuku Naotaka (President Elect). I can send the By-laws of AFPA to anyone who wants it. From my roles as APA Assembly Rep of Caucus of Asian American Psychiatrists, Chair of SAF (US Chapter) and of course on behalf of IAPA, I addressed the gathering and welcomed the organization.

A brand new Section was initiated at this meeting, Section on Developing Countries, again due to the work of Prof Deva & Dr. Afzal Javed. I will keep you informed and those interested can become members of this section also.

Russell D'Souza of Australia had organized a gala dinner at a Lebanese restaurant that was competing with sound & light show at the pyramids with President Okasha. This was to celebrate 16 years of service by Prof Deva as zonal rep and to welcome Bruce Singh as the zonal rep for Australia & Puaa New Guinea. The intimate group of about 40 included, Pedro Ruiz, James Scully, Allan Tasman, Juan Mezzich, Mario Maj, Norman Sartorius, JK Trivedi, Nambi, Roy Abraham, Helen Herrman, George Christodoulou, Haroon Chaudhry, Khalid Mufti, Nalaka



From Left to Right: Drs. Avdesh Sharma (New Delhi, India), Afzal Javed (UK), Bruce Singh (WPA Zonal Rep, Australia), Mario Maj (WPA President Elect, Italy) & Van.



Pictures taken on Sep. 14 2005 in Cairo at the reception for Prof Deva & Prof. Bruce Singh. From Left to Right: Drs. Nalaka Mendes (President, South Asian Forum, Sri Lanka), Van, Prameshvara Deva (President, Asian Federation of Psychiatric Associations, Malaysia), Afzal Javed (Vice President, SAF, UK) and Haroon Rashid Chowdary (WPA Zonal Rep. Pakistan).

Mendis, Afzal Javed and the WPA disaster group and zonal reps from Venezuela & Uganda. There were also the Royal College & Royal Australian College reps and many South Asian Forum chairs from Thailand to Bangla Desh. It was an impressive feat. Steve had stated that he was going to the pyramids, understandable considering this was his first trip to Cairo!

Ranga Rama Krishnan made a presentation and headed to a Nile cruise. Prakash Masand chaired the sessions and talked. Vinod Dhar from NY was there. Veena Garyali & Kumbha Nayak were supposed to be there but I did not see them. I do not believe I saw any other IAPA members.

Soon I will get more information on the Asian Federation and hope we will become part of the larger goal of improving the services for mentally ill, not only in India but in the whole region.

Ashok Van
J.Srinivasaraghavan, M.D., D.F.A.P.A.
Professor & Chief, Division of Community & Public Psychiatry
Department of Psychiatry, Southern Illinois University School of Medicine

Professor A Venkoba Rao remembered

It is with deep regret and sorrow, I am conveying the sad news of the demise of our beloved Past President Professor A. Venkoba Rao (Emeritus Professor of Psychiatry, Madurai Medical College). He passed away on 25th September 2005 after a brief illness. The cremation took place in the afternoon at Madurai and was attended by a number of our members and Fellows. Prof Venkoba Rao was a distinguished Past Editor of Indian Psychiatric Society from 1968 to 1976. Later on he was elected President of Indian Psychiatric Society and had assumed office at the 1978 New Delhi Conference. He has held these offices with great distinction and has left an indelible mark in the annals of our Society. He was one of the foremost researchers from India, with innumerable publications in national and international Journals. He is fondly loved by all who knew him- his students, juniors, colleagues and fellow office-bearers of IPS.

Like many others in the country, I had the privilege of getting trained under him, during part of my post graduate studies. All of us, his students remember him as an outstanding teacher and guide. Prof. Rao leaves behind, his wife Prof. Parvathi Devi (Former Dean, Madurai Medical College), son Prof AV Ashok and daughter Dr AV Shanthi. We deeply mourn his sad demise and express our heartfelt condolences to the bereaved members of his family. May his soul rest in peace.

Roy Abraham Kallivayalil, *Gen Secretary, Indian Psychiatric Society*

Dr Venkoba Rao made specific original contributions through his work on lithium in Bipolar disorder and his work on the pineal gland. His systematic studies on manic-depression, epidemiologic studies on general psychiatric disorders in Madurai and astute clinical observations further positioned him as a leader of Psychiatry in India and world-wide. On the psychotherapy side, he drew interesting parallels between the Bhagavat Gita and psychotherapy in the Indian context as a prime example of rational-emotive therapy and had many lessons to offer the contemporary psychiatrist. I had the good fortune of interacting closely with Dr Venkoba Rao on many occasions and learned from him. His humility only made his scholarship shine even more.

Anand Pandurangi, MD, *Professor, VCUSOM*

Prof. Venkoba Rao was one of the pioneers in research on suicide from India and he has addressed IAPA in our annual meeting at San Francisco in the 80's and also has delivered speeches at the Pittsburgh Chapter in late 90's. Certainly we have lost a famous figure in Indian Psychiatry.

Ashok Van, MD, *Former President IAPA*

Asian Federation of Psychiatric Associations

Dear Presidents of All Asian Psychiatric Associations, (or representatives)

It is with pleasure that I write to you briefly to inform you of the launch of the Asian Federation of Psychiatric Associations (AFPA) in the 11th of September 2005 at the XII world Congress of Psychiatry. The inaugural meeting was held at Mycerinos Hall 2 of the Conference centre and attended by over 50 participants from Asian Countries and well wishers. President of WPA Professor Ahmed Okasha President elect Prof. Juan Mezzich and the new President elect of WPA Prof Mario Maj as well as representatives of the Royal Colleges of Psychiatry in UK and Australia and NZ were there to wish us well.

The AFPA aims to bring Asian Psychiatric Associations together to improve psychiatry and mental health in our vast and varied continent, that is home to us all. All psychiatric Associations and regional psychiatric associations in Asia such as the SAARC Federation of Psychiatry and The Asean federation for Psychiatry and Mental Health are welcome members on the geographical continent of Asia regarding eligibility to join. Asian psychiatric Associations such as those in other countries that have betterment of mental health in Asia among their aims are welcomed to join. For the time being there will be no joining fee, or membership fee and we hope it will remain that way

The task before us is enormous as the psychiatrists r caring for the world's largest population of over half of humanity. We have to embark on this gigantic task of reforming mental health in half of the world. We cannot solve all mental health problems at once but I do hope that with your help we will begin this monumental task in earnest. We have a small team of Prof Shinfuku of Japan, Dr Afzal Javed of Pakistan now in UK, and myself in a pro-tem steering committee to get our activities going. Already many of you would have recieved a draft constitution of AFPA and we are revising this on the basis of suggestions recieved. It will obviously need more revisions but for the time being I am resending it to you all. It is an outline of our aims, and our structure. We are aiming for an inaugural Congress in about 18 months.

I have one important request to you all. As I do not have the addresses of all psychiatric associations, or names of all association presidents in Asia, could you please send this e mails to those presidents not listed in the e address list above, that you know and if there has been a change in presidency please send the same to the new presidents as well with copy to me.

I wish you all and your Families and Loved ones a very safe and Holy Ramadhan , Eid Ul Fitri, Happy Diwali, Deepavali, A Blessed Christmas, a very Prosperous and safe New Year in 2006 and a Happy and Prosperous Lunar New Year, GONG XI FA CAI.

Best wishes from my wife, son, daughter in law and grandchildren and myself,

Prof. M. Parameshvara Deva
Convener AFPA

American Psychiatric Association Elections

Candidate Statements to IAPA

The election for the office bearers of American Psychiatric Association will be held shortly. In order to help IAPA members make an informed decision about the candidates, we asked via-e-mail each candidate to answer the question - What would you like to communicate to the members of Indo American Psychiatric Association? – in 150 words or less. We are publishing the answers received from the candidates. Where we did not receive a response from a candidate within our deadline, we are only identifying the candidates and the position they are contesting for. More information about the candidates can be obtained from the web site: www.psych.org

We urge all IAPA members to inform themselves of the relevant issues and vote.

Candidates for President-Elect

Carolyn B. Robinowitz, MD



An experienced and effective clinician, educator, administrator and organizational leader, I am committed to diversity. I offer my Indo-American colleagues: *Respect, recognition, and representation.*

Respect for your marvelous cultural traditions and for your role in serving some of our most challenging patient populations.

Recognition of the difficulties you have surmounted in adapting to new environments, mastering language and mores, while maintaining valuable connections with your culture and birthplace and enriching our profession. I will continue to advocate for your continued success by supporting your work in the public (and private) sector, eliminating disparities; and developing programs for professional development, while enhancing all psychiatrists' understanding and appreciation of cultural diversity.

I will continue to initiate and support your *representation* and participation on APA components and other leadership roles, as I have in APA and other organizations (e.g., ABPN, AMA) and to value your input.

I ask for your vote.
www.carolynrobinowitzmd.com

Jack Drescher, MD



I've worked closely with leading members of the Indo American Psychiatric Association in APA's Assembly and Council on Minority Mental Health and Mental Health Disparities.

As a gay psychiatrist, I understand how stigma affects our professional organizations. APA can increase its sensitivity to both cultural and cross cultural issues, increase minority representation in leadership roles, and support equal opportunities for training in academic programs. APA can also call on organizations like IAPA for special expertise, for example, in responding to mental health emergencies such as the aftermath of last year's Tsunami or the recent earthquake in Kashmir.

If elected, I will lead the APA with much enthusiasm, energy for creative work, a focus on outreach to members and the public, and experience as an effective, professional activist. I will represent the voice of private practitioners, those in the public sector, and, of course, our patients. I ask for your vote.

Candidates for Secretary - Treasurer

Donna M. Norris, MD

Dear Colleagues and Friends, It is a pleasure to be able to communicate directly with you during this camp-aign for APA Secretary-Treasurer. In over thirty years of APA leadership, including Speaker of the Assembly and current Board of Trustee member, you know that I am committed to:

- **Diversity** by extending the opportunity for leadership across the entire spectrum of APA members,
- **Excellence** in our educational meetings, scientific research programs, and clinical work and to the
- **Elimination of disparities** in heath care related to ethnicity which are present among the populations we serve.

As your Secretary-Treasurer, balancing our fiscal strength with prudence and presenting a fully transparent budget are my highest priority. You have my commitment to work collaboratively with you to improve the lives of our patients and to advocate for our members and for our profession.

Prakash N. Desai, MD



As an Indo-American, and a proud one at that, I try and harmonize my two sides, as a custodian of tradition and initiator of change. To paraphrase the words of Mahatma Gandhi, I want the

windows of my house wide open to let in winds from all directions, but want the foundation to be firm and deep; so no winds can shake it. There are three objectives that are my life's work. First is to study the relationship between culture and psychology, and widen the knowledge base of "Indianness", and expand and correct western paradigms. Second, is to celebrate and showcase achievements of Indo-Americans, and promote an them as role models for the next generations. Indians in America have been remarkably successful, but

Membership Application & Information for Directory

1. Name _____ 2. Gender _____
3. Languages spoken _____
4. Home Address _____
5. Office Address _____
6. Email _____
7. Telephone (H) _____ (O) _____
8. Fax (H) _____ (O) _____
9. Date & Place of Birth _____
10. Medical School Name & State _____
Year of graduation _____
11. Residency _____
12. Fellowship _____
13. Board Certification: Specialty _____
Sub-speciality _____
14. Membership in Organizations (circle all applicable): IAPA AAPI APA FAPA
Other _____
15. Present Position (circle all applicable):

Private Practice
Private Institution-Clinical
Public Institution-Clinical

Administration
Teaching
Research
16. Academic Titles _____
17. Honors/Award _____
18. Interests (circle yes or no for each area):

a) Developing IAPA Chapters	Yes	No
b) Treating patients of South Asian Origin	Yes	No
c) Developing culturally-sensitive programs for South Asian community	Yes	No
19. Requested Membership in IAPA (circle one appropriate category):

Life member (\$250 one-time dues)	Corresponding member (\$25 annual dues)
Member-in-training (no dues)	Associate member (\$25 annual dues)

Enclosed is my check in the amount of \$ _____.

Please include my name, gender, address, email, telephone number, fax number, and languages spoken in the IAPA Directory: Yes No.

I give consent to include all of the above information in the IAPA Database, which can be used for research and sharing with members: Yes No.

This information will not be used or shared for marketing purposes.

Signature _____ Date _____

Please mail this application with your check to:

Indo-American Psychiatric Association, 107 Chesley Drive, Unit # 4, Media, PA 19063

IAPA – Chapter Reports

Connecticut

Dr. Rekha Ranade-Kapur, reports that the chapter meets four times a year, with industry sponsorship. Spouses do join for Sunday meeting and that new members are being actively recruited. The Chapter President is Gurucharan Singh (cinco01@aol.com)

Georgia

Since early 90's the Georgia chapter in Atlanta has made various attempts to keep an active chapter and finally in 2005 the hard work of members paid off. We have 13 life members now. With the continued support from our members our first task is to get all the informal meetings under the banner of IAPA Georgia Chapter. We plan to have dinner meetings and case conferences at least 4 to 6 times a year with industry sponsorship.

I am proud to acknowledge the help I received from Dr. Amin in organizing the IAPA meeting in Atlanta, with support from Janssen and Pfizer Pharmaceuticals. I want to thank the senior membership of the IAPA for all the help and encouragement we received. We have developed a local chapter database from collating data from the state license database, which is public domain. This enables us to invite more physicians for our meetings. This approach should translate to increasing membership and in the coming years I hope to see a vibrant chapter with more members actively involved in planning and executing activities.

We have also forged ties with allied physician organizations. Next year AAPI meets in Atlanta and I have pledged support to the host committee, which is made out of the GAPI (Georgia Association of Physician from India). Dilip Patel, MD

Maryland and DC

As president of the Maryland/ DC chapter we have tried creative ways to improve attendance and increase membership and maintain growth. We have tried numerous strategies such as telephone calls to IAPA members in the MD/DC area, having monthly meetings, 2-monthly meetings, inviting guest speakers and getting

pharmaceutical companies to finance luncheon/dinner meetings etc. Our group is heterogenous consisting of psychiatrists and psychologists of South Asian origin. We have also agreed to include other mental health professionals of South Asian origin.

Dr. Ramaswamy Viswanathan encouraged us to hold some of our chapter meetings to coincide with the APA Fall Components Meeting in September and the APA Assembly Meeting in November at Washington, DC, to enable out of town IAPA members to attend the Maryland chapter meetings.

The journey thus far has been somewhat difficult, but I think we now have a solid group, albeit a small one. We have come up with a mission statement and propose to have quarterly meetings at a convenient location with an annual membership fee of \$25.00. All our eligible members have been encouraged to become life-time members of the IAPA. The IAPA goal of getting 5 new members from each chapter by the end of this year has challenged us to recruit and we will do our best. Vani Rao, MD

Midwest Chicago

The Midwest Chicago Chapter held its summer Dinner Meeting on July 22nd at the Viceroy Restaurant in Lombard. Over 100 people including members of the Indo-American Medical Association, psychiatry residents, psychologists and social workers attended the meeting chaired by Dr. Malini Patel, President of the Chapter.

Dr. Patel welcomed the guests and introduced the speaker Dr. K.P.S. Kamath from Cape Girardeau Missouri, who specializes in the treatment of stress and stress-related disorders. Dr. Kamath's talk "Coping with Success" was very thought-provoking and entertaining and generated a lively discussion. During the business meeting that followed, Dr. Patel briefly reviewed the chapter's activities for the past 9 months. Some of the highlights were as follows: A Mental Health Fair held in December '04 in conjunction with the Indo-American Center, a training workshop on "Depression and Suicide" held at Apna Ghar

in May '05 for their residential counselors, creation of a list of psychiatrists willing to take indigent patients, articles written by IAPA Executive Committee on Mental Health topics in local newspapers, updating the membership directory, recruitment of over 25 new members including active recruitment of psychiatry residents from all Chicago area programs and building relationships with other health professionals and community organizations

The meeting ended with a few words from Dr. Amarjit Singh, President of IAMA and Dr. Chandra Vedak, Secretary/Treasurer of IAPA. The Midwest Chicago Chapter is looking forward to another productive year. We welcome new members and members in training (no dues). For further information, please contact Dr. Malini Patel at malini.patel@comcast.net.

New York

The New York Downstate Chapter had a meeting on October 15, 2005, in Long Island. It was attended by 30 people, smaller than the usual number at our chapter meetings, but never the less a successful one.

Dr. Ramaswamy Viswanathan, outgoing president, introduced the incoming president, Dr. Krishna Gujavarty, and announced the other office bearers as follows: Dr. Vinod Dhar, president-elect, Dr. Prakash Chordia, secretary, and Dr. Geetha Desikan, treasurer. He discussed exploring the idea of psychCME helping with the chapter meetings in the future, as being explored by the national IAPA; the ANCIPS Meeting in Mumbai January 2-6, 2006; involvement of IAPA leaders in the APA, and collaboration with organizations in other parts of the world; and announced the names of the candidates in the upcoming APA Election. Dr. Manoj Shah, chair, IAPA Board of Trustees, discussed the work in progress in updating the constitution and bylaws of IAPA. Dr. Viswanathan then turned the meeting over to Dr. Gujavarty. Dr. Gujavarty discussed his plans for the chapter. Then he introduced the scientific program speaker, Dr. Satish Magery, who gave a good presentation on the treatment of anxiety comorbid with depression. This was followed by a stimulating question

and answer period. The next chapter meeting will be on December 16, 2005. Ramaswamy Viswanathan, MD, DSc

New Jersey

Congratulations to Dr. Ashok Patel President of the newly formed New Jersey Chapter which was formed in April 2005. The leadership of the IAPA welcomes Dr. Patel and his team and is willing to offer all the help needed.

Pittsburgh

Greetings from Pittsburgh! Based on the recommendation of senior members in our group, the Pittsburgh chapter had 3 meetings and we have done these without any pharmaceutical industry support. Attendance has been roughly 10 to 15 people at each of these meetings, lower than the usual 30-60 people in attendance for meetings early in the chapter's history. The IAPA directory lists Pittsburgh Chapter members at around 50 to 60. Most of our earlier programs were industry sponsored and could have accounted for the higher numbers. Perhaps there is no connection, but the cynical part of me thinks otherwise! Attempts to recruit newer residents within our residency or those who have recently moved to the area have met with lukewarm success at best.

The group is mostly psychiatrists, and here in Pittsburgh, membership has been open to anyone from the South Asian region, sort of the "SAARC" block of countries, but also to those whose origins are from that region, but grew up anywhere really. Also, we have kept it open to psychologists, and anyone working in the mental health arena. Our recent meetings have included screening of "Devrai", a Marathi film about schizophrenia and its stigma, but technical problems prevented a full viewing. More recently, one of our group talked about a book he had written: "Seeking an Alliance" (Chandran Kalyanam, M.D., A Psychiatrist's Guide to the Indian Matrimonial Process in America), for those interested, here is his website: www.gurushrink.com. Some of us bought his book at the talk.

Dr. Van's proposal to try and organize 5 new life members per chapter, is a laudable idea, and we will try our best. We maintain no account for monies, and are not registered, so most work is voluntary, as in most

chapters I imagine, and we do not charge any monies of our members, and some may argue, that itself may be a problem. I am at the end of my tenure as President of the local chapter, and hopefully, new blood and enthusiasm will propel this chapter forward. Roy Chengappa, MD

Tennessee

The Middle Tennessee Chapter of IAPA has met four times this year and is scheduled to meet again on Thursday, November 10th, 2005. The highlights of these meetings are as follows: Inclusion of second generation psychiatrists – mostly, members-in-training. Career counseling: We provided the meeting as a forum for sharing our professional and personal experiences with the residents. In particular, we addressed the unique challenges of women psychiatrists in balancing career and home. The forum was well received by the practicing psychiatrists and house staff alike, and both groups recommended more of such meetings in future.

We recognized a fellow psychiatrist, Reena Camoens, for her outstanding work in a community clinic that caters to the needs of patients with HIV infection. Professor Shiv S. Agnihotri, M.D., professor and chairman of Psychiatry at G.S.V.M. Medical College, Kanpur, India, visited us and shared his perspective on Psychiatry in India. Our fellow psychiatrists found this to be a very educational and challenging experience. In some ways, it was eye opening for some of us who have not been in touch with the Indian mental health scene.

Munjal Shroff, D.O., a second generation psychiatrist-in-training who has played a key role in the mental health initiatives in our community felt motivated by our discussions with Professor Agnihotri. Dr. Shroff is pursuing fellowship in child and adolescent psychiatry at Vanderbilt University and is now actively considering spending a month at an academic center in India to have an educational exposure to psychiatry in India. We are very excited about his interest and have lent our strong support for his academic pursuit as he explores its viability from this end.

Vedavyas Biliyar, M.D. and Rudra Prakash, M.D. participated in a workshop at the Institute on Psychiatric Services, held on October 8, 2005 in San Diego, CA. Asha Mishra, M.D. and Nalini Juthani, M.D.,

respectively, chaired and co-chaired the workshop. Drs. Biliyar and Prakash addressed the challenges in treating South Asian children and men, respectively. A need for clinical research in this area was underscored in the workshop.

In regard to the membership issue, we have requested Drs. Asha Mishra and Ashok Van to make updated list of paid members available to us in order to increase our recruitment efforts, especially for the life membership. Drs. Mishra and Van will communicate with Shiv Hatti, M.D., M.B.A. to help us with the updated list.

We have begun to welcome allied mental health professionals – social worker and psychologist – of Indian origin in our meetings. Among other values that they offer is their cultural competence in meeting the needs of South Asian patients, their families and our community, in general. They have very warmly received our invitation and partnership. Respectfully submitted by: Rudra Prakash, M.D., D.F.A.P.A.

Virginia

We are pleased to report that we have recruited five new members to our chapter. We continue to be active in recruitment with the enthusiastic support from Dr. Asha Mishra who is now the President of the IAPA. Kudos to her on all her achievements!!!

After 3 great years Dr. Tony Fernandez handed over the leadership of our chapter to our new team. My team now includes Dr. Ramesh 'Rick' Chaudry as Secretary and Dr. Renuka Evani continuing as Treasurer. We had our first meeting in September 12th, 2005 with Dr. Harenath Parepally from Pittsburg, which was well attended by members of the chapter and guests. The topic was "Atypicals in Bipolar disorder", which was very stimulating and encouraged a lot of good discussion by attendees.

Our next meeting is planned for November 4th as a Divali meeting with a talk by Dr. P. Reddy from NC, followed by an evening of entertainment by Dr. Salim Dahlvani and his group. Over the last year we have encouraged residents in the department of psychiatry at VCU School of medicine and many more residents and fellows are attending meetings. Radhika Sriram, MD

News and Reports



Join the IAPA Today!

The Indo-American Psychiatric Association is celebrating its 27th year. Throughout its history, the association has stood for the promotion of the interests of psychiatrists of Indian origin and has many successes to its credit.

If you are not already a member of IAPA, please check our website: www.myiapa.org for application form and membership information. Please send completed forms to the IAPA office at: 855 Bruce Drive, East Meadow, NY 11554.

Disaster Relief

Many congratulations to Dr. Malathi Koli for her community service to victims of the recent hurricane Katrina in Kelly Air Force base. She was profiled in the October 2005 issue of IndUS Business Journal. Dr. Koli helped more than 350 families following this disaster. All of us are aware of her service to the Tsunami survivors in India in March of this year as part of ATTI, a collaborative effort of AAPI & IAPA. She is planning to return to India for a follow up of her work. Dr. Koli is also planning to start a Chapter of IAPA in San Antonio. She is deserving of recognition for all the services that she is rendering to the community.

New Life Members

The following is a list of new Life members who have joined us this year. The IAPA family extends a warm welcome to all of you. Let us thank all those who have been tirelessly working to recruit new members.

AHMED Iqbal, Honolulu HI
AHMED Syed M., Richmond VA
CHANDRA Rakesh, Carbondale IL
CHAPARALA Padmaja, Midlothian VA
DAVE Bhaskar, Independene IO
JESUDIAN Alice, Richmond VA
KULKARNI Sayali, Richmond VA
KUMAR Siddhartha, Wilmette IL
MAKIM Shripal, Duluth GA

Nominations sought for IAPA Annual Awards

IAPA invites nominations for the annual awards to be presented to psychiatrists of Indian origin at the annual meeting at Toronto in May 2006. Please submit your nominations with supporting information to the chairperson of the respective committee before February 15, 2006. Dr. Mishra and Dr. Nand announced the formation of the selection committees for the four categories as follows:

Outstanding Academician

Rohan Ganguli (chair)
Anand Pandurangi (co chair)
Madhukar Trivedi
Rajiv Tandon

Outstanding Service

Shiv Hatti (chair)
Rudra Prakash (co chair)
Geetha Jayaram
Malini Patel

Exemplary Public Sector Psychiatrist

Seeth Vivek(chair)
Antony Fernandez (co chair)
Sudha Prathikanti
Bhaskar Dave

Outstanding Resident

Surinder Nand (chair)
Iqbal Ahmed (co-chair)
Nyapati Rao
Seeba Anam