



INDO-AMERICAN PSYCHIATRIC NEWS



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Editor's Greeting:

Welcome to the December edition of the IAPA newsletter !

We are honored to assume the responsibilities as New Editors-In-Chief of the IAPA Newsletter, Indo-American Psychiatric News. This newsletter was conceived in 2014 with the intention to keep up-to-date on the latest psychiatric developments, with focus on issues related to Indian-American Psychiatry, and facilitate exchange of news and ideas among members, creating a sense of community.

We would like to thank the former editors, Dr. Lily Arora and Dr. Param Sahgal, for their dedication to the newsletter during the last few years. We are especially grateful to Dr. Lily Arora for helping ensure a successful editorial transition.

Indo-American News has been an annual publication since its conception. As the IAPA expands its chapters and memberships, we are excited to take on the challenge of publishing the newsletter three times each year, to keep you closely informed.

In this issue, we are thrilled to commemorate the extraordinary achievements of several of our members.

Finally, we would like to thank you for your participation and involvement in IAPA and encourage non-members to sign up at:

<https://www.myiapa.org/membership-account/membership-levels/>

Sincerely,
Simran Brar, MD
Manan Shah, MD

Disclaimer: The views expressed in the different articles are solely those of the authors based on literature review and their clinical experience and not necessarily those of the Indo-American Psychiatric Association.

From the desk of the president:

It gives me great pleasure to report to you about our Organization and its members.

First of all, let me congratulate and appreciate our young editors who have worked hard to bring a brand new look to our IAPA newsletter. Both Simran and Manan have worked many hours to present this first issue of the newsletter with a very attractive look and in a different format from previous IAPA newsletters.

We have created different sections in the newsletter to cover all news, ranging from chapter news and events to a member's corner, where noteworthy activities of our members will be highlighted. The newsletter will be a way to communicate with members about information sharing. In addition, our editors hope to make it appealing to membership at large, increasing participation by seeking a wide variety of articles from members.

We will include opinions and articles from members on different issues as it relates to us in our practice in general, ranging from licensure issues, governmental/regulatory issues, insurance issues, Social/cultural issues, educational issues, legal issues, to obituaries and tributes.

The Current plan is to bring 3 issues a year, every 4 months, but can be modified as needed. As always, suggestions, requests, and constructive criticism for the growth of our newsletter and website are welcome.

Though all the IAPA executives, BOT members and editors strive for the well being of the organization, and have their best interests in mind, human errors are likely to happen. Please contact us and allow us to correct any error of commision

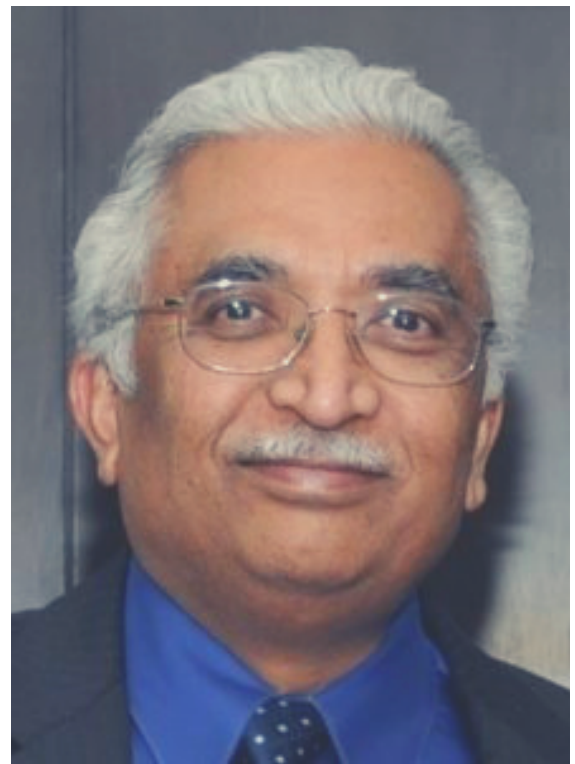
or omission on report or newsletter.

We have our upcoming Annual meeting on Sunday, May 19th, 2019 in San Francisco, CA and currently negotiations for arrangements for Venue and Banquet dinner are in final stages and will soon be decided. Activities with allied organizations like ANCIPS in India as well as with AAPI, here in the USA, are planned and I will share news as often as we need to, either by newsletter or by email. I would encourage members to share any news regarding their activities within APA for us to consider in the newsletter.

I want to thank all the contributors in the newsletter, including the Advisory Board.

I wish you all a Merry Christmas and Best for the upcoming New Year of 2019.

Regards,
Dilipkumar Patel, M.D., DLFAPA
President, IAPA





NOTE FROM BOT CHAIR'S DESK

Season's Greetings and a very Happy New Year to each and every member of our IAPA family.

I sit here in the midst of the first major snowfall in our region and reflect on 2018.

It has been a very productive year with our very successful 39th Annual meeting in May, in New York City, the birth place of IAPA. The scientific session was delightful, engaging and intellectually stimulating, followed by our Annual Business meeting and Awards ceremony! The latter was full of merriment, networking and getting reacquainted with our membership while relishing the wonderful dinner. Kudos to the team members that toiled hard behind the scenes, taking care of every little detail, including the bag of goodies for the afternoon session, the poster sessions as well as the exhibits. All in all, I must add, it was done very well. Later in the year we had our Fall meeting, in Atlanta, hosted by the Georgia chapter in all its splendor and unique tradition under the able leadership of Dilip Bhai and Dr. Kalpana Prasad. The marathon joint EC and BOT work session was agenda driven and thorough. This was followed by the Chapter meeting that included business mixed with pleasure and even a photo booth. Please visit our webpage and see some of the photos from both of these events.

The EC has already begun the hard work for planning the next meeting! The planning for the Scientific session is under way with Dr. Ranga Ram at the helms, and the entire team, led by Dr. Dilip Bhai and Dr. Meena Ramani, are hard at work to bring you yet another wonderful annual meeting in San Francisco. We have indeed come a long way since that first meeting in the Fall of 1979, when six psychiatrists of Indian origin from the metropolitan area of New York City met to discuss the need of an organization that would address the professional needs and interests of psychiatrists from India. We continue to grow and flourish with ever increasing new talent in our ranks. I am impressed with each and every member of the current EC, including the advisors and Early Career Psychiatrists. Our future is indeed very bright! The Board of Trustees (BOT) remains available to provide fiduciary oversight to IAPA. Currently, there are seven of us past presidents serving on the BOT in its advisory capacity to the EC, remaining steadfastly involved in the long term strategic planning. I want to thank my colleagues on the BOT for their enthusiasm in working toward these goals. Special thanks to Dr. Viswanathan, Dr. Van, and Dr. Ashwin Patkar for being able to attend the Fall meeting with the EC and contribute to the work session.

I would like to recognize Dr. Rudra Prakash for representing the IAPA by presenting at the upcoming Annual Conference of Indian Psychiatric Society in Lucknow, India in January 2019. On behalf of the Board of Trustees of the Indo-American Psychiatric Association (BOT), I thank each and every one of you for your membership, engagement and encouragement. Last but not least, I want to sincerely thank our current President, Dr. Dilip Patel, his erstwhile Extended EC, and all the Chapter Presidents, for the wonderful work they have been doing on behalf of our Association. He has been diligently keeping all of us at the drawing board with his bimonthly conference calls. We are confident that our Association will continue to grow and flourish under the leadership of our current President and his team.

With sincere regards and best wishes to all,

Asha S. Mishra, MD, Chair, BOT

IAPA ANNUAL MEETING 2018 HIGHLIGHTS

The IAPA leadership team hosted a very successful 39th annual conference this year, consisting of a Scientific/Educational session, Awards Banquet Dinner, and Business Meeting in New York on May 6, 2018.

The educational program began with a poster session, showcasing new and exciting research from Psychiatry residents and fellows across the country. A total of 12 abstracts were submitted this year. The judges' panel included Dr. Nalini Juthani, Dr. Vani Rao, and Dr. Anand Pandurangi. Among the winners of the poster session, Dr. Pankaj Manocha of Bronx Lebanon, NY was awarded 1st place, Dr. Simran Brar of Morehouse, GA received 2nd place, and Dr. Mihir Upadhyaya of Bronx Lebanon, NY received 3rd place.

The theme of this year's Educational Session was "Societal Challenges –Current and Future Psychiatric Prospective."

Poster session winners



The Banquet Dinner and Awards Ceremony, held at Utsav Restaurant, were well attended. Members enjoyed the tasty Indian cuisine during a short presentation on Tardive Dyskinesia by Dr. Cherian Verghese.



A big congratulations to the Awardees for this year:

- **Dr. Rameshwari Tumuluru** of University of Pittsburgh - Outstanding Academician
- **Dr. Piyush Patel** of Georgia - Outstanding Service Awardee
- **Dr. Prabhir Mullick** of Pittsburgh - Outstanding Public Sector Award
- **Dr. Jai Gandhi** of University of Washington - Outstanding Resident Award



UPCOMING EVENTS



IAPA ANNUAL CONFERENCE 2019

Date: May 19, 2019

City: San Francisco, CA

Location: TBD

**Theme: "Homosexuality -
Culture, Law, and Medicine"**

The conference will include a Resident and Fellow Poster session and a Scientific session during the day, followed by the Annual Banquet in the evening.

All Psychiatry Residents and Fellows who are members of IAPA are encouraged to participate!

Abstract Submission Deadline: March 15, 2019

UPCOMING EVENTS



ANCIPS 2019 - LUCKNOW, INDIA

Message from Dr. Rudra Prakash:

The 71st Annual Conference of Indian Psychiatric Society (ANCIPS) will be held in Lucknow, UP, India from January 31 to February 3, 2019.

Lucknow is a historical “must see” city, best known for *tehzeeb* (etiquette) and *nazaaqat* (elegance), and looks forward to hosting ANCIPS again after some 3 decades!

Details of conference related information is available at website <http://www.ancips2019lko.com/>

Indo American Psychiatric Association (IAPA) and Indian Psychiatric Society (IPS) enjoy an enduring and mutually supportive relationship. Traditionally, IAPA actively participates in ANCIPS and presents a scientific symposium as well as other educational lectures. Further, the Association facilitates representation of American Psychiatric Association at the ANCIPS. For further information, please visit the website as above or contact:

**Dilipkumar Patel (dpatel1466@gmail.com),
Rajiv Tandon (tandoneufl.edu) or
Rudra Prakash (rudraprakash1@yahoo.com).**

The IAPA team is proud to announce our contribution to the upcoming ANCIPS.

Symposium Theme: New Frontiers in Depression

Chair: TBA

Co-Chair: TBA

**Treatment Resistant Depression
-Madhukar Trivedi, MD**

**TMS
-Ananda Pandurangi, MD**

**Complex comorbidity: Depressive and Substance Use Disorders
-Ashwin Patkar, MD**

**Biomarkers and Treatment Selection for Depression: A Precision Medicine Approach
-Madhukar Trivedi, MD**

Panel Discussion/QA

IAPA Chapter News

Updates from Pittsburgh

By Prabir Mullick, MD

Pittsburgh Chapter of IAPA conducted its first meeting under the leadership of Prabir Mullick, MD on June 1s', 2018.

The meeting started with a welcome address by the President, Prabir Mullick MD. Our keynote speaker was Lalith Solai, MD of Western Psychiatric Institute and Clinic, Pittsburgh. Dr. Solai discussed ECT & TMS treatments for depression. There was an open discussion lead by Prabir Mullick, MD regarding the office based treatment of Opioid addiction and dependence. There were around 35 Psychiatrist who attended the meeting. Rameshwari Tummuluru, MD who is the academic award winner of 2018 of IAPA was also present and discussed some key points of her research. We are planning our next meeting; Dr. Tummuluru will discuss her research papers in more depth. It was a great honor to have the President of Pittsburgh Psychiatric Society, Amit Chopra MD.

The attendance of this meeting was outstanding with many UPMC faculty members, Forbes Allegheny System faculty members and many private practice physicians. Many enthusiastic volunteer and community services were discussed as future plans.

DC - Maryland Chapter Update:

The fall meeting of the Maryland-DC chapter took place on October 20, 2018 at the North Laurel Community Center. This meeting marked the conclusion of Dr Durga Roy's 2-year term as chapter president and the role is now assumed by Dr. Manan Shah. It was an honor to have Dr Ranna Parekh as our keynote speaker. Dr Parekh is the director of APA's Division of Diversity and Health Equity. She presented a fantastic talk on microaggressions. Future activities planned for the chapter include volunteering at a local temple to increase awareness about mental health issues among the Indian community, book/journal club, and networking meetups.



Pennsylvania Chapter Update:

This fall, PCOP (Psychoanalytic Center of Philadelphia) in collaboration with APT (Association of Psychoanalytic Thought), IAPA, and SAAF (South Asian American Forum) organized a program offering South Asian immigrants and others a psychological, intra-psychic understanding of cross socio-cultural aspects of the mind. The event was titled:

DREAMS IN SONG SEQUENCES FROM INDIAN CINEMA - *Some Reflections on Inner Life and Bollywood Movies*

The event was held on Sunday, October 14, 2018 2:00 pm - 6:00 pm at the historic Belmont Behavioral Health Hospital in Philadelphia, PA.



Georgia Chapter Report



It gives me immense pleasure to present the updated GA chapter report for this year. A few of the highlights are:

We welcome two new members to our family of psychiatrists. In addition some of our non-active members have started taking active participation. The tradition of monthly meetings has continued and this year the quality of speakers was even better than the rest. The driving force behind this is Dr. Mahendra Shah. Kudos to him and our members!

GA has mandated the use of PDMP from July 2018 by all physicians in an effort to curtail the opioid crisis. We took the initiative of getting staff from GPPA address IAPA members and go over the intricacy of the requirements and how to implement them. On the same note of opioid crisis management, some of our members were active with GAPI in their endeavors of awareness and treatment.

IAPA -GA chapter takes pride in keeping up with the newer modalities of treatment of psychiatric disorders and associated side effects. We have had excellent national speakers like Dr. Prakash Masand, Dr. Ashwin Patkar, Dr. Rakesh Jain and local experts speak on these topics including updates on fetal alcohol syndrome and medications in pregnancy and malpractice concerns.

Our community outreach efforts are ongoing with



volunteers at local free clinics, suicide awareness walks and new ones this year are getting referrals from RAKSHA and keeping a list of providers who are fluent in regional languages of India.

The Annual meeting of IAPA GA chapter with the National IAPA was held on September 22nd 2018 attended by our own IAPA national President Dr. Dilipkumar Patel, over 50 psychiatrists and their spouses. This called for a celebration with a banquet of delicious food followed by singing and dancing and performance by the Nazaqat Dance Troup of Georgia Tech. Our invited dignitaries included Dr. Sultan Simms, president elect of GPPA (Georgia Psychiatric Physicians Association) and Dr. Frank McDonald, President of MAG (Medical Association of Georgia) and the speaker this year was our own Dr. Suneel Katragadda who enlightened us on Glutamate receptor as a target for depression treatment during the meeting.

IAPA -GA along with national IAPA have partnered up to do presentations at the ANCIPS Jan 2019 in Lucknow, India.

Last but not the least, our own Dr. Piyush Patel got awarded the 'Outstanding service award during the IAPA banquet in the New York APA meeting- what an honor!

- Kalpana Prasad, MD



MEMBER'S CORNER

Member in News

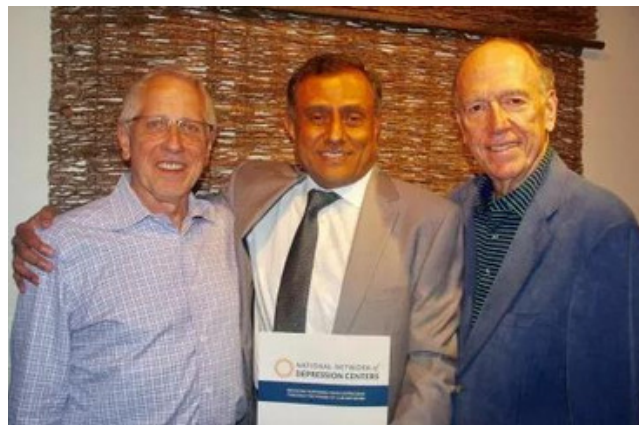
Dr. Murali Rao

AN AGREEMENT BETWEEN THE NATIONAL NETWORK OF DEPRESSION CENTERS AND NNDC INDIA FOUNDATION WILL BOLSTER MENTAL HEALTH LITERACY, TREATMENT, AND RESEARCH IN INDIA

The National Network of Depression Centers (NNDC) has joined forces with the National Network of Depression Centers- India Foundation (NNDC-IF) to help individuals in India who suffer from depression. An agreement signed by both organizations recognizes NNDC-IF as an affiliate member of NNDC, a non-profit consortium of 25 leading clinical and academic institutions in the United States, plus affiliate members in Canada and Germany.

NNDC-IF was inspired by and modeled after its American counterpart, NNDC. Similarly to NNDC, NNDC-IF is a forerunner for academic and institutional

authorities on mental health. This prestigious network, formed by NNDC-IF, intends to include medical colleges, hospitals, clinics, psychiatrists, psychologists, social workers, other practitioners, and volunteers. Together, this network will address the gaps in mental health care, education, and research for the population of India.



Murali Rao, MD, center, with John F. Greden, founding chair of the NNDC and J. Raymond DePaulo, MD, NNDC chair, at a signing ceremony in Ann Arbor, Michigan.

“ We aim to bring mental health literacy to a population for whom the stigma of depression is the greatest obstacle to seeking treatment. ”

According to NNDC-IF's founding chair, Murali Rao, M.D., “We aim to bring mental health literacy to a population for whom the stigma of depression is the greatest obstacle to seeking treatment. NNDC-IF focuses first and foremost on education and fighting stigma, with research as an added component. This new collaboration will result not only in the exchange of scientific and academic resources, but in increased awareness of the need for education and research in the field of depression.”

Patricia Rinvelt, Executive Director of NNDC states, "This agreement marks a significant step forward in building our global network of depression centers. The collective power of the world's leading clinicians, researchers, and other experts in the field means we are transforming the field of depressive illness and related disorders on a global scale."

Among those instrumental in developing the new liaison between the Indian organization, NNDC-IF, and its American counterpart, NNDC, were Dr. Rao's wife, Mani Rao, MBA, and daughter, Anita Rao, M.D. They have also formed a US-based organization, NNDC-India Alliance, a non-profit 501(c)3 organization for seeking overseas support and memberships of various categories from Indian diaspora around the world. NNDC-IA provide grants and trusts for global health to support NNDC-India Foundation.

NNDC-IA is eager to reach out to psychiatrists, psychologists, physicians of Indian origin, businesses, donors, and philanthropists to raise funds and provide expertise to address depression in India.

Founding memberships are currently being offered until March 2019. Benefits include, but are not limited to, networking opportunities with the Indo-American community, media representation, tax-exempt travel to India for verified completion of volunteer hours, and discounted admission to NNDC-IF academic programs.

Dr. J. Raymond DePaulo, NNDC Chair, from Johns Hopkins, noted, "The leadership team assembled for the founding Board of Directors for NNDC- India Foundation is truly impressive. I am pleased to welcome their affiliation with the NNDC. It is an honor to work with Dr. Rao and the group of leaders in psychiatry in India as they build NNDC- India Foundation, and bring much-needed focus to depressive diseases in India and contribute to solutions globally."

For additional details, please contact Ms. Sameen Hosseini, Director of Public Relations of NNDC-IA in the US: shosseini@nndcif.org or Dr. Hina Sharma, Executive Director of NNDC-IF in New Delhi: hsharma@nndcif.org



NNDC INDIA FOUNDATION
(National Network of Depression Centers)

MEMBER'S CORNER

In My Opinion

By: Dr. Dilipkumar Patel

AN OPINION ABOUT SUPREME COURT OF INDIA'S DECISION REGARDING IPC SECTION 377

It is welcome news. Sexual acts between two consenting adults are a private matter and sexual preferences are also individual rights.

The Supreme Court's decision to strike down part of the interpretation of the law is admirable and a step forward in making changes to some of the laws that were enacted during the Victorian Era and British Rule India.

The current verdict has far reaching implications on the society's views and defining what is sexual activity that is in order of Nature. The language of the Penal Code 377 had criminalized any sexual activity other than the order of "Nature". As the natural object of carnal (Physical or bodily), a sexual act is procreation. If the purpose of intercourse or the sexual act is noncriminal and legally valid only if it leads to possibility of conception, then any married heterosexual couple would also be engaging in criminal act if they use contraception. Also, all other foreplay by heterosexual couples would be criminal acts, including oral sex, as it does not lead to possibility of conception.

The Carnal Sexual Act in Order of Nature is now redefined and is not limited to acts leading to procreation only.

Any two consenting adults who engage in carnal sexual acts in their privacy can do it for pleasure and intimacy regardless of their sexual orientation or identity (basic human right). Section 377 of the Indian Penal code was based on a very narrow interpretation of the Order of Nature, which has been thrown out now.

This verdict is reflective of the evolving thinking of society and moving away from a narrow interpretation of sexual activity and "order of nature". Societal norms have long recognized that sexual acts do have other reasons than just reproduction of offspring.

Even though section 377 of IPC was in place, there was no way to implement it universally for heterosexuals or the LGBTQ community and it was mainly used against the LGBTQ community, as it was discriminatory in nature.

Differentiating the act of bestiality and acceptable societal norms of sexual behavior of individuals regardless of their sexual orientation or gender identity is also well articulated in the verdict and the privacy and basic human rights of the individuals are restored for not only heterosexual couples, but the LGBTQ community as well.

The Indian society and subcultures have long struggled with many evolving norms and is opening up more in acceptance of individual rights of people regardless of their cast, religion, sexual orientation, gender identity, financial status etc. There is increasing acceptance of inter-cast and inter-religion marriages and recognition of the constitutional rights of forming union as individual right guaranteed by constitution. The younger generations are much more open and accepting the evolving social standards.

TRIBUTE TO PROFESSOR WIG




MIRZA GHALIB INTRODUCED ME TO PROFESSOR WIG

By Salman Akhtar, MD (1)

Professor Narendra Nath Wig (1930-2018) was not an angel and it would disappoint his mature sensibility if we insist upon turning him into one. He was simply a very good man. In fact, it wouldn't be wrong to regard him as an outstanding man since he possessed a rare admixture of creativity and modesty, cordiality and privacy, and light-heartedness and dignity. He displayed diligence without drivenness and even-handedness in the matters of daily life without Pollyannaish squandering of psychic largesse. As a psychiatrist, Professor N.N. Wig was path-breaking and, as far as the Indian scene is concerned, a true pioneer (along with the likes of Drs. K.C. Dube, N.S. Vahia, V.N. Bagadia, J.C. Marfatia, J.S. Neki, Vidya Sagar, K. Bhaskaran, and Venkoba Rao). As a researcher, Professor Wig was scholarly and innovative. As a department chairman, he was balanced and encouraging to his subordinates. As a teacher, he was soothing and exciting to his students. As a man, he was handsome and somewhat seductive. As a family patriarch, he was loyal, devoted, and protective. As a human being, he was warm, humble, and kind. In all these capacities, Professor Wig touched the lives of numerous people and, in many instances, transformed them for the better.


(1) Salman Akhtar, MD, is Professor of Psychiatry at Jefferson Medical College and a Training and Supervising Analyst at the Psychoanalytic Center of Philadelphia. An author or editor of 93 books, including eleven collections of poetry, Dr Akhtar has received the prestigious Sigourney Award (2012) for Distinguished Contributions to Psychoanalysis. His contact information is: salman.akhtar@jefferson.edu



My own relationship with him began a couple of years before I joined PGI, Chandigarh, as a psychiatry resident in 1969. The inception of our bond was during his visit to the Aligarh Muslim University where he was a guest of the Department of Urdu Literature in the summer of 1967. One evening, Professor Wig gave a talk there on the personality characteristics of the great Urdu poet, Mirza Ghalib (1797-1869). I was mesmerized listening to him and immediately after his lecture ended, followed him – like a puppy – through the winding corridors of the Faculty of Arts, imploring him all this time to be my future mentor. Characteristically, he smiled and told me to be patient (I was a fourth year medical student, after all) and contact him when the time comes for me to apply for residency. Inconsolable in my quest, I couldn't stop myself, over the next two years, from writing to him off and on and voicing my desperation to be his student. Then in January, 1969, I did find a spot for psychiatry residency in PGI (due to the serendipitous help from a fellow applicant, Ravi Berry, who is now a psychiatrist himself in Cincinnati, Ohio).

The next four years (February, 1969 – April, 1973) were the so-called best of the times and the worst of the times. This was the best time of my life because I was in academic heaven. My knowledge and intellect was growing and I had found a purpose in life: to help those who, according to Freud (1856-1939) were 'suffering from reminiscences'. The teaching I received was superb, the instructors outstanding, and my fellow residents immensely supportive. I was living wholeheartedly and began to write poetry; the poems contained in my first ever book, *Ku-ba-ku* (1976) were all composed in Chandigarh. Exaltation was the name of the game. And yet, this was also the worst time of my life. I was going through a belated adolescence, painfully forming an identity separate from my renowned father and immensely successful brother, facing harsh anti-Muslim prejudice for the first time in my life, breaking up with an old girlfriend, drinking excessively, developing hasty infatuations, undergoing sexual anxieties, and experiencing all sorts of emotional storms. Despair accompanied me as Otto Rank's (1884-1939) 'double'.

Professor Wig became part of both the highs and the lows of my life in Chandigarh. On the high end, I learned a lot under his tutelage, emulated his teaching style, wrote papers for and with him, and benefitted from his beneficence and generosity. On the low end, I burdened him with my tumultuous father-hunger, negative oedipal transference (mostly defended by provocativeness and prickly audacity), and the interpersonal upheaval that I often created. For the most part, Professor Wig tolerated my psychosocial antics well. On occasions, however, he could not resist what Joseph Sandler (1927-1998) has termed 'role-responsiveness' and therefore retaliated with anger. Once, he even took serious revenge. He was human after all and I, in all honesty, had been a handful.



My stay in Chandigarh was over in 1973 but my dialogue (both internal and external) with Professor Wig persisted. I underwent psychoanalysis and more or less sorted out the conundrum our relationship had become. The availability of a helpful wife and the arrival of two good children furthered my calm. Absorbed in the tender humdrum of domestic life, I was becoming increasingly tolerant of my inner emotional states. The diminution of ambivalence towards Professor Wig met with a parallel increase in his affection, even respect, for me. We grew closer. I then hosted him in both Charlottesville, Virginia, and Philadelphia (the two cities where I trained and worked in the United States) with great pleasure. Fondly, I remember watching the great director, Satyajit Ray's (1921-1992) Ghar-Bare with him when he was visiting me in Philadelphia. Professor Wig reciprocated by inviting me to Chandigarh twice and insisting that I stay at his house (I accepted that invitation once but not the other time since, for emotional reasons too tedious to go into here, I wanted to stay that time in the PGI guest house). All these encounters were immensely pleasurable and deepened our relationship. We were becoming colleagues, if not friends. One interesting development of this time was that I 'discovered' that Professor Wig drank alcohol. Now, this might sound silly but the fact is that throughout the four years of my tenure at PGI, I had assumed that he was a teetotaler. This was because he never had a drink in the innumerable parties and picnics we had as a departmental group. He had made it a rule for himself to completely avoid alcohol in the presence of his trainees. Years later, I adopted this policy as well and till today, do not drink when I am with residents and medical students.

This is but one trait of his that I have internalized. I have incorporated his creativity and his disciplined industriousness as well; these traits were also passed on to me by my own father, the renowned poet, Jan Nisar Akhtar (1915-1976). I can give no better example of these traits in action than my writing an article on mentorship (while waiting for a flight at Heathrow Airport) in one fell swoop; the article, though influenced by later mentors such as Vamik Volkan and Otto Kernberg as well, was fundamentally inspired by my experience with Professor Wig. He was my teacher, a transient father figure, and a container of my youthful, if tragic, chaos. As a result, when, in 2005, I put together my book, Freud Along the Ganges, there was no question in my mind that I would dedicate it to him. And, indeed, he was very pleased with this gesture of mine as he was with my overall personal and professional growth. I, on the other hand, always took pleasure in hearing him recite Hafeez Jalandhari's (1900-1982) famous poem, Abhi to maiN jawaan hooN. Professor Wig almost always gave in to my request that he recite this poem, though not without the self-satisfied impish modesty of a good father.

Professor Wig has now died but let us not forget what the popular Urdu poet, Sahir Ludhianvi (1921-1980) said upon the death of India's first Prime Minister, Jawaharlal Nehru (1889-1964):

*Jism ki maut koi maut nahiN hoti hai/
Jism mar jaane se insaan nahiN mar jaate/
Dhadkane rukne se arman nahiN mar jaate/
SaaNs thum jaane se elaan nahiN mar jaate/
HoNt jum jaane se farmaan nahiN mar jaate/
Jism ki maut koi maut nahiN hoti hai. (2)*

True indeed. Professor Wig has finished his corporal journey in this world but he shall live as a good object in my internal reality till I myself die. Then I'll meet him all over again to both 'torment' him with my now better-modulated idiosyncrasies and to please him with my not inconsiderable achievements. And, both of us will know, with a wink, that the latter are mostly the products of his guidance and love.

(2) The English translation of these lines would go something like this: "The death of the body is no death/ With the dying body men do not die/ When the heart stops beating, wishes don't die/ When breathing stops, declarations don't die/ With the freezing of lips, mandates do not die/ The death of the body is no death."

GET INVOLVED!



We encourage our readers to join IAPA if they aren't members already and to spread the word amongst your colleagues to be a part of this growing organization

Visit us online at www.myiapa.org

IAPA Facebook Page: <https://www.facebook.com/myiapa/>

We wish our members and readers warmth and cheer for the season !

Happy Holidays !

-IAPA Team

For more details, visit our website: www.myiapa.org

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