

INDO-AMERICAN PSYCHIATRIC ASSOCIATION NEWSLETTER

Winter 2022/Spring 2023 Edition



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SAVE THE DATE

IAPA Annual Meeting on May 21st 2023

will take place along with the APA annual meeting in San Francisco featuring a daytime scientific session and evening banquet.

Scientific session includes a poster competition, Academic Awardee's presentation, and other mind stimulating presentations.

Evening banquet will feature entertainment and delicious Indian dinner.

Time/Place/details:
check <https://myiapa.org> for updates

Please Vote at the 2023 APA National Elections

Voting ends Jan 31st 2023

Please visit the APA election website (psychiatry.org/election) for candidate information.

Thank you to our members for being part of our IAPA family!

Wishing you all a happy, healthy and prosperous 2023!

President's message



Dear IAPA members and friends,

It is my honor and pleasure to continue serving as President of our Indo-American Psychiatric Association (IAPA) until May 2023. I want to sincerely thank members of our Executive Committee (EC), Drs. Tarak Vasavada, Manan Shah and Tanuja Gandhi; Extended EC members Drs. Raman Baweja, Rohit Chandra and Rachna Raisinghani; our Early Career Psychiatrist representatives, Drs. Viral Goradia and Karuna Poddar; our Resident/Fellow representatives, Drs. Dhruv Gupta and

Mandar Jadhav; our corporate liaison representative, Dr. Sachin Mehta; and our webmaster, Kiran Kolavennu. We appreciate the ongoing guidance and advice provided by our IAPA Board Chair, Dr. Vani Rao, and Board members, Drs. Dilip Patel, Ashwin Patkar, Surindar Nand, and Meena Ramani.

Thanks to our ethics committee under the chairmanship of Dr. Manoj Shah and the leaders and mentors of our Mentoring committee Dr. Rohit Chandra and past chair Dr. Ranna Parekh and our Corporate Liaison Dr. Rama Rao Gogineni for all their efforts and hard work for IAPA. Under Dr. Parekh's mentorship, we will be presenting yet again at the 2023 American Psychiatric Association (APA) Annual Meeting. We are also proud that APA has extended a special invitation to IAPA to do a presentation at the 2023 annual meeting. IAPA will also be participating in ANCIPS 2023, to be held in Bhubaneswar, Odisha, India.

Over the past year, IAPA has had several accomplishments. We have many new life and resident/fellow members. While chapters such as Georgia continued to remain active despite the pandemic, many of our chapters such as Tristate, Illinois and Florida Chapters have successfully revived and have had live and virtual meetings.

IAPA is thankful for the support of APA leaders Drs. Saul Levin, Vivian Pender and Rebecca Brendel and thanks Dr. Levin for his in-person attendance at the fall EC/EEC and Florida Chapter meeting on Oct 8th 2022 in Fort Lauderdale, Florida.

I look forward to seeing you all at our annual meeting in San Francisco in May 2023!

Sincerely,

Bhagi Sahasranaman, MD, DLFAPA, DFAACAP

President, IAPA

NOMINATE: 2023 IAPA OUTSTANDING ACHIEVEMENT AWARDS

Due February 15, 2023

Every year, the IAPA honors outstanding Indian-American psychiatrists residing and practicing in the United States for their contributions to the field of mental health. Please review the requirements and criteria to nominate someone you know:

Requirements:

The nominee should be

- A life member in the calendar year before the year of award nomination – i.e., for the year 2023, the nominee should have been an IAPA member in 2022.
- A physician in good standing licensed to practice medicine in the United States and Canada
- Willing to travel at their expense to attend the IAPA annual meeting where they will be awarded with a plaque. The Outstanding Academician awardee should also be agreeable to do educational presentation at the IAPA Scientific meeting.
- Nominees should have made a significant contribution to the growth and development of mental health

Exclusion Criteria:

- Be a prior recipient of an IAPA award (except the outstanding resident award)
- Be a current member of IAPA's Executive Committee (President, Pres-elect, Secretary, treasurer)
- Self-nomination: IAPA awards are given to members recognized as 'outstanding' by their peers & colleagues.
- Be a recipient of an IAPA Chapter Award within the past five (5 years)

Guidelines for submitting nominations

Required Information:

- Name and Contact Information of the Nominating Person
- Name, address, and contact information of Nominee
- Type of award the nomination is for
- Brief Description of Nominee's outstanding work can be in the body of the email
- Recent C.V. of the nominee

Description of awards:

Outstanding Academician Award: Given to an IAPA life member who has made noteworthy academic contributions to the mental health field that is evident through research, teaching and administrative activities.

Outstanding Service Award: Given to an IAPA life member who has made significant contributions to the growth and development of the national organization (IAPA) or a local chapter of IAPA.

Outstanding Public Sector Award: Given to an IAPA life member who has made significant contributions as a psychiatrist towards the betterment of the community.

Outstanding Resident Award: A letter from program director or a faculty member at the resident's institution is required commenting on abilities of applicant in the following areas: Outstanding leadership skills; Professionalism; Heightened cultural awareness in mental health; Clinical/Psychiatric Knowledge; Strong role model and mentorship ability and Scholarly activity.

Outstanding Chapter Award:

Given to a chapter based on the (a) number of meetings in a given year (b) initiatives and contributions in its respective region and (c) number of new members. **Chapters who were awarded over 5 years ago are eligible to apply again.**

Submission: For all awards nominations, please send the nominating letter and nominees CV electronically by Feb 15th, 2023 to:

Dr. Tanuja Gandhi drtanujagandhi@gmail.com and copy IAPA president Dr. Bhagi Sahasranaman at sahasru@gmail.com.

IAPA CHAPTER UPDATES

IAPA Florida Chapter Update from Chapter President, Dr. Krithika Iyer

“After almost three years of Pandemic, we were fortunate to organize our IAPA Florida Chapter in person dinner meeting in Fort Lauderdale, Florida on Oct 8, 2022 at Palace Indian Restaurant. This was a wonderful opportunity for many of the local Psychiatrists of Indian origin to get together, enjoy delicious food, and get to know each other both professionally and personally.

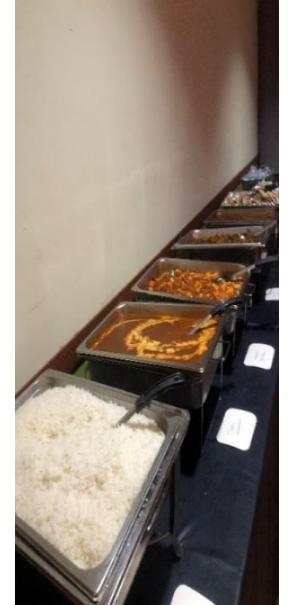
Our Florida Psychiatric Society (FPS) member Dr. Bhagi Sahasranaman who is the President of National Indo-American Psychiatric Association (IAPA) and IAPA’s Executive Committee members were in attendance.

The event became more fascinating as our APA Medical Director Dr. Saul Levin graced his presence to support us.

Our FPS president Dr. Caryn Schorr attended the event and was the cherry on the cake.

Thanks to PRMS for making this event happen through their sponsorship and for an educational presentation on risk management by Mr. Cash . Also, special thanks to lovely Nandini Nagraj for her amazing Bharatanatyam performance that captivated everyone in attendance!”

Here are some pictures from this event:



IAPA Georgia Chapter Update

Dr. Arun Munjal completed his term as President of IAPA Georgia Chapter, on November 19th 2022, the day of the chapter's annual Diwali meeting. Dr. Munjal who is the first Georgia Chapter president to serve three years, has taken the chapter to different heights and has kept the chapter very vibrant and interactive with its members. Despite restrictions and limitations related to Covid, Dr. Munjal was able to have many monthly chapter meetings, and has arranged more than 24 meetings in the last three years including the chapter's first Holi celebration. Georgia chapter has continued to expand its membership and has remained financially strong by generating sponsorships which has helped support the chapter activities. Georgia chapter activities are well attended by the members who are also versatile in their talents ranging from doing mimicry, reciting poems (shayari), dancing, singing and playing musical instruments which were showcased during the recent Diwali event.

As Dr. Munjal hands over the torch to Dr. Sunil Katragadda to lead the Georgia chapter of IAPA as President, Dr. Rittu Chadda will help him as President-Elect. Other Georgia Chapter members also continue to contribute to Georgia's psychiatric arena. Dr. Dilip Patel who is on IAPA's Board, has been very involved with Georgia Psychiatric Physician's Association (GPPA) and is President-Elect of GPPA. Many IAPA members from Georgia are also actively involved in other Associations' activities like GAPI and AAPI besides being involved with many non-profit, temple and philanthropic activities. With guidance and wisdom passed on from all past presidents to current leadership, Georgia chapter remains a role model for IAPA chapters.

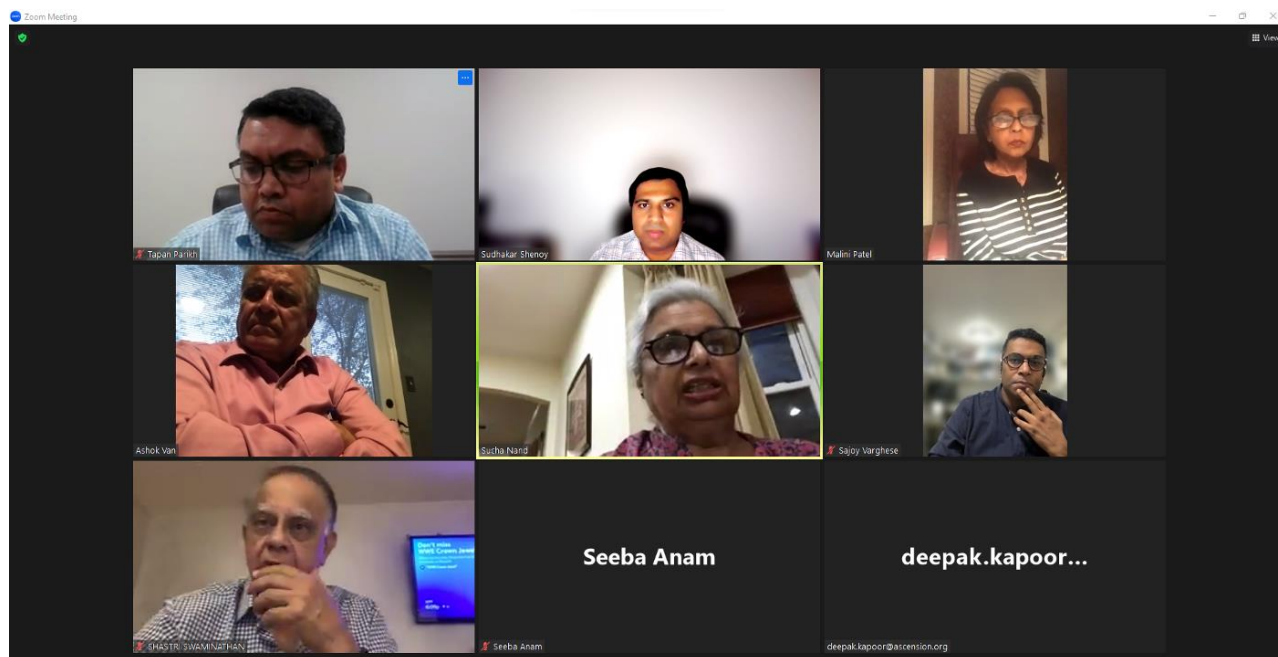
Picture from Georgia IAPA Chapter's Nov 2022 Diwali Event, Atlanta



Illinois Chapter Update

On November 1, 2022, IAPA's Illinois chapter had a Zoom meeting where members at all different stages of life got to know each other and shared ideas on how to make this chapter as lively as it had been in the past with many senior leaders including Dr. Nand, Dr. Swaminathan, and Dr. Van who have contributed to the mission and vision of IAPA for decades. Dr. Tapan Parikh was nominated and approved to be the President of the local chapter, Dr. Sudhakar Shenoy to be the President Elect, and Dr. Radhika Chimata to be Secretary / Treasurer. The chapter is planning for an in-person meeting in 2023, several CME events for the Psychiatrist community as well as other disciplines to educate all physicians about mental health, and possibly the education/scholarly activities for the trainees in the state. Please look out for information on these events hoping for your attendance!

Picture from the Illinois chapter's virtual meeting:



TRISTATE (Delaware, New Jersey, Pennsylvania) Chapter Update

On Saturday November 5th 2022, Tristate (Delaware, New Jersey, Pennsylvania) chapter of IAPA hosted a 4-hour virtual conference. Tristate chapter president Dr. Sachin Mehta initiated the meeting and introduced the presenters. The amazing panel of distinguished speakers included Dr. Sanjoy Chakravorty, Dr. Rashi Aggarwal, Dr. Jayaprabha LaFontaine, Dr. Kavita Bommasumudram, Dr. Rameswari Tummuluru, Dr. Basant Pradhan, Dr. Karuna Poddar, and Ishan Shivanand. Topics included "the Other One Percent", "A Panel on Second Generation Indo American Psychiatrists", "A Panel on Disruptions from COVID 19 in Indo American Families", and "Yoga of Immortals-Healthcare Worker's Wellness Program". This half day conference was highly informative, immensely stimulating and very well attended.

UPCOMING EVENTS:

APA National Elections, Voting ends Jan 31st, 2023

IAPA Annual meeting, Sunday May 21st, 2023

Poster competition, Sunday May 21st, 2023, please lookout for information

IAPA 2023 Award Nominations , Deadline Feb 15th, 2023

ANCIPS 2023, Feb 2-5, 2023 Bhubaneswar, Odisha, India

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