

NEWSLETTER



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PRESIDENT'S MESSAGE

Dear members of IAPA,

Greetings,

I hope this message finds you well. To access the newsletter, please click on the image on the right to open a PDF version or visit MYIAPA.org and click on the February 2024 newsletter. We welcome any comments or suggestions you may have and invite you to reach out to me at president@myiapa.org.

Our annual meeting is scheduled for May 5th, 2024, in New York City. IAPA leadership and members have been busy actively preparing for the meeting this year, and many of you have expressed interest in attending. Please stay tuned for continued updates on the IAPA Annual Meeting and banquet registration in the upcoming months. We look forward to seeing everyone at our annual meeting in May 2024.

I would like to congratulate IAPA members Dr. Iqbal Ahmed, Dr. Antony Fernandez, Dr. Senthil Vel Rajan Rajaram Manoharan, Dr. Bhagi Sahasranaman, Dr. Manish Sapra, and Dr. Shilpa Srinivasan for their ongoing contributions to the field of psychiatry. Their distinguished work was recognized through awards given at the 2023 American Psychiatric Association Meeting in May 2023. Additionally, congratulations to Dr. Iqbal Ahmed for being recently appointed to the ABPN Board of Directors for psychiatry. We are honored to have many accomplished IAPA members being recognized at the national level. We have highlighted the 2023 APA Awardees in the Members' Spotlight in this edition of the IAPA newsletter.

I would like to thank APA's Immediate Past President, Dr. Rebecca Brendel, IAPA's Immediate Past President/BOT Member, Dr. Bhagi Sahasranaman, IAPA member, Dr. Jagannathan Srinivasaraghavan; and past IAPA President/current APA President-Elect Dr. Ramaswamy Viswanathan for giving the IAPA invited lecture at the 75th Annual National Conference of the Indian Psychiatric Society (ANCIPS) held in Kochi, India. I would also like to thank all the IAPA members who took the time and initiative to present at ANCIPS 2024.

This year, over thirty new life members joined IAPA. I am writing to express my gratitude to the committee members and all our members for their support of innovative ideas and for making IAPA so robust. We hope to continue to grow the organization and encourage anyone interested to become involved in IAPA.

Best regards,

Tarak Vasavada, MD
IAPA President 2023-25
tarak@vasavada.us
president@myiapa.org

SAVE THE
DATE:
IAPA ANNUAL
MEETING
MAY 5, 2024

MEMBERS IN SPOTLIGHT: AMERICAN PSYCHIATRIC ASSOCIATION AWARDEES

DISTINGUISHED SERVICE AWARD



Iqbal "Ike" Ahmed, MD, FRCPsych (UK), is Clinical Professor of Psychiatry and Geriatric Medicine, University of Hawaii; Clinical Professor of Psychiatry, Uniformed Services University, and Adjunct Faculty, Tripler Army Medical Center. He has been a member of the APA Assembly. He is a past-President of the American Association for Geriatric Psychiatry. He received the APA Weinberg Award for contributions to Geriatric Psychiatry. He has published in the areas of geriatric psychiatry and C/L psychiatry, with a particular focus on cultural issues. He has been recognized nationally for his work on enhancing DEI within psychiatry. He is a graduate of St. John's Medical College, India.

GEORGE TARJAN AWARD

Antony Fernandez, MD, DFAPA, FRCPsych, graduated from Kilpauk Medical College, University of Madras, India, in 1984. His extensive training in medicine and psychiatry began in 1984 with residency training in psychiatry at the National Institute of Mental Health & Neurosciences, Bangalore, the Institute of Mental Health, Madras, India, the University of Wales College of Medicine in the UK, and the VCU School of Medicine, Richmond, VA. He completed fellowship training in Geriatric Psychiatry at the UVA School of Medicine in Charlottesville, VA in 1997. He has been actively involved with IMG issues throughout his career. He was a member of the IMG Committee from 1996, and elected Deputy Representative of the IMG Caucus in 2009. He was elected as Assembly Representative of the IMG Caucus in 2011 and served in this position until May 2022.

**Congratulations
to the 2023
American
Psychiatric
Association
Awardees!**

MEMBERS IN SPOTLIGHT: AMERICAN PSYCHIATRIC ASSOCIATION AWARDEES

HARTFORD-JESTE AWARD FOR FUTURE LEADERS IN GERIATRIC PSYCHIATRY



Senthil Vel Rajan Rajaram Manoharan, MBBS, MD, is a geriatric psychiatrist and Vice-Chair of the Department of Psychiatry at Huntsville Hospital, Huntsville, Alabama. He is originally from India, and before moving to the US, he completed his medical education at Madurai Medical College and his psychiatry residency at Manipal University, India. He completed his residency training at Rutgers New Jersey Medical School, New Jersey, where he served as chief resident. He then completed geriatric psychiatry fellowship training at the University of Pennsylvania. As an adjunct assistant professor of psychiatry at the University of Alabama at Birmingham - Huntsville campus, he is actively involved in medical student education. He teaches geriatric psychiatry fellows as an adjunct faculty of Ocean University Medical Center, New Jersey. He directs the outpatient neuromodulation clinic at Huntsville Hospital. He also works as editor-in-chief of the geriatric psychiatry section at StatPearls online publishing.

SPECIAL PRESIDENTIAL COMMENDATION



Bhagi Sahasranaman, MD, DFLAPA, DFAACAP is Board Certified in General and Child and Adolescent Psychiatry. She is a Distinguished Life Fellow of the American Psychiatric Association and a Distinguished Fellow of the American Academy of Child and Adolescent Psychiatry. Dr. Sahasranaman served as Medical Director of a large behavioral health organization in South Florida for over seventeen years and has been a consultant child psychiatrist for several agencies serving children in the foster care system. She was a Clinical Assistant Professor in the Department of Psychiatry at Nova Southeastern University College of Osteopathic Medicine. Dr. Sahasranaman has served on various committees and panels at the district and state levels in Florida. She was a member of the expert panel for the Florida Medicaid Drug Therapy Management Program for Behavioral Health for several years, which developed the best practice medication guidelines for treatment of various behavioral health conditions in children and adults. Dr. Sahasranaman has provided numerous presentations, workshops, and trainings and has received several awards and recognitions such as the EPIC award presented by the Mental Health Association of Southeast Florida, TIMES Award presented by NAMI Broward County, and the Greater Fort Lauderdale Chamber of Commerce Excellence in Individual Healthcare Professional Award. She was president of the Florida Chapter of the Indo-American Psychiatric Association (IAPA) from 2016 to 2019 and Immediate Past President of the National IAPA. She is currently a behavioral health Medical Director at Sunshine Health and is a member of the IAPA Board of Trustees.

MEMBERS IN SPOTLIGHT: AMERICAN PSYCHIATRIC ASSOCIATION AWARDEES

ADMINISTRATIVE PSYCHIATRY AWARD



Manish Sapra, MD, is the executive director of behavioral health services at Northwell Health, New York's largest healthcare provider. Prior to joining Northwell, Dr. Sapra was associate chief of clinical services at the University of Pittsburgh Medical Center. He is past president of the American Association for Psychiatric Administration and Leadership. He has been instrumental in efforts to modernize behavioral health services by developing new ambulatory telepsychiatry applications, implementing advanced use of data analytics and developing population health-based programs.

JACK WEINBERG MEMORIAL AWARD FOR GERIATRIC PSYCHIATRY



Shilpa Srinivasan, MD, DFAPA, DFAAGP is Professor and Vice Chair for Medical Staff Affairs in the Department of Neuropsychiatry and Behavioral Sciences at Prisma Health-University of South Carolina SOM in Columbia, SC. She is Program Director of the Geriatric Psychiatry Fellowship and Medical Student (M4) Clerkship. She is Secretary-Treasurer elect of the American Association for Geriatric Psychiatry (AAGP) and a Past President of the South Carolina Psychiatric Association. She received the AAGP 2021 Educator of the Year Award. She is vice chair of the ABPN Geriatric Psychiatry Maintenance of Certification Exam Committee. Dr. Srinivasan is a Distinguished Fellow of the APA and of the AAGP.

Dr. Iqbal Ahmed Appointed to 2024 ABPN Board of Directors

The American Board of Psychiatry and Neurology (ABPN) Directors has members from both the fields of psychiatry and neurology. This year, the ABPN appointed Dr. Iqbal Ahmed to its Board of Directors for psychiatry, making him one of only eight other members of the ABPN Board of Directors for psychiatry. Dr. Ahmed is certified by the ABPN in Psychiatry, Geriatric Psychiatry, and Consultation-Liaison Psychiatry, and participates in continuing certification. Congratulations Dr. Ahmed on receiving this appointment and for ongoing contributions to psychiatric education and the field of psychiatry!

IAPA Members Present at Indian Psychiatric Society's Annual Conference

IAPA was invited to present at the 75th Annual National Conference of the Indian Psychiatric Society (ANCIPS) held at Le Méridien Hotel in Kochi, India, from January 18-21, 2024. This year's meeting theme was Psychiatric Care: Problems, Progress, and Prospects. The IAPA invited presentation, "Difficult Decisions," was given by Dr. Srinivasaraghavan, Dr. Sahasranaman, and immediate past APA President Dr. Brendel. IAPA President/current APA President-Elect Dr. Viswanathan was the discussant. The presentation covered a wide range of situations encountered where clinicians face difficult decisions, such as treatment decisions, decisions related to end-of-life care, and decisions that need to be made in forensic settings.



Top (L-R): APA Immediate Past President Dr. Rebecca Brendel, IAPA Immediate Past President Dr. Bhagi Sahasranaman, Dr. Jagannathan Srinivasaraghavan, and IAPA Past President/current APA President-Elect Dr. Ramaswamy Viswanathan at ANCIPS 2024.



Bottom: Dr. Bhagi Sahasranaman (left picture) and Dr. Jagannathan Srinivasaraghavan (right picture) presenting during the IAPA invited session on "Difficult Decisions."

APA Immediate Past President Dr. Brendel also presented *"Ethics and Legal Practices in CLP"* with **Dr. Jyothi Shah**.

Dr. Dhruv Gupta, Dr. Ranganathan Ram, Dr. Badr Ratnakaran and IPS colleague Dr. Varghese Punnose presented *"Mental and Physical Health Consequences of Microaggressions."* The presentation covered the various forms of microaggressions, their health and mental health consequences, implications for children and adolescents, relevance to the Indian caste system, and strategies to overcome prejudice.

Dr. Aparna Vuppula and IPS colleague Dr. Sarah Chandra presented *"EASE: Emotional Assessment of Students by Educators in Andhra Pradesh."*

Dr. Rajiv Tandon presented *"Cholinergic Mechanisms in Schizophrenia: Finally, A Non-Dopamine Treatment That Works."*

IAPA Members Present at Indian Psychiatric Society's Annual Conference

Dr. Rama Rao Gogineni presented with **IPS colleagues Dr. Roy Kallivayalil and Dr. Shridhar Sharma** on *“Indian Fathers, Fatherhood: Socio-Cultural Perspectives and Mental Well-Being.”*

Dr. T.G. Sriram presented with **Dr. Anand Pandurangi** on *“Words Of Wisdom From Ancient Indian Texts Pertaining To Psychological And Psychiatric States.”* Wise sayings in Samskritam are referred to by the term Subhashitani. The term means ‘Said in an illuminating way.’ They are typically metered two-line verses. In the Samskritam language, there are innumerable such Subhashitas. Many of these are of direct relevance to mental health professionals. Topics covered included desirable mental qualities, undesirable mental qualities, the role of heredity and environment in molding an individual’s character, interpersonal relationships, and dealing with difficult situations, just to name a few. Subhashitas are of immense benefit to spreading the message of positive mental health. They have a potential role in psychotherapeutic work but remain minimally utilized.

As the current **APA President-Elect, Dr. Viswanathan** presented a lecture on *“Life Time for Mental and Physical Health – A Scientific Update”* at ANCIPS 2024 (bottom right picture).



Pictured - Left: Group picture of attendees at ANCIPS 2024 (top). Dr. Vuppula presenting on “EASE: Emotional Assessment of Students by Educators in Andhra Pradesh (left) and a group picture of presenters after the session on “Mental and Physical Health Consequences of Microaggressions” (right).

Top right: APA President-elect Dr. Viswanathan presents at ANCIPS 2024.

AAPI-IAPA DEA Lecture Series

With the help of the American Association of Physicians of Indian Origin (AAPI), IAPA has offered a free Continuing Medical Education (CME) seminar to IAPA members. The second lecture in the series was held on December 17, 2023, and moderated by IAPA President Dr. Vasavada. Topics presented were “Bringing Addiction Treatment to the Mainstream” by Dr. Muvvala and “Unveiling the Domino Effect: Triggers and Medical Consequences of Alcohol Use Disorder” by Dr. Yedla.

AAPI will host its following DEA lecture on Sunday, February 11, 2024, at 11 a.m. EST on “Evaluation and Treatment of Patients with Opioid Use Disorder.” Stay tuned for an email announcement from IAPA with the link for the upcoming DEA lecture in February.

Congratulations to IAPA’s Newest Life Members!

The Indo-American Psychiatric Association continues to grow and contribute to education and advocacy in the field of psychiatry. Over 30 psychiatrists of Indian origin recently became new life members of the IAPA. Congratulations to the new life members!

We encourage everyone to become more involved in IAPA! If you or somebody you know are not a life member and would like to become one, please contact IAPA at president@myiapa.org.

List of New IAPA Life Members		
Dr. Rakesh Amin	Dr. Sehba Husain-Krautter	Dr. Rajiv Radhakrishnan
Dr. Anil Bachu	Dr. Suni Jani	Dr. Badr Ratnakaran
Dr. Pratik Bahekar	Dr. Sushma Jani	Dr. Puneet Sahota
Dr. Renu Bhatia	Dr. Pallavi Joshi	Dr. Pooja Shah
Dr. Jasleen Chhatwal	Dr. Sheetal Joshi	Dr. Taral Sharma
Dr. Geetika Dembla	Dr. Niranjana Karnik	Dr. Venkatesh Sreeram
Dr. Eamon Dutta	Dr. Zeeshan Mansuri	Dr. Anu Stephen
Dr. Brij Gulati	Dr. Raman Marwaha	Dr. Gowri Thummala
Dr. Meena Gulati	Dr. Rajesh Mehta	Dr. Sandeep Vaishnavi
Dr. Dhruv Gupta	Dr. Varun Monga	Dr. Divyansu Patel
Dr. Vikas Gupta	Dr. Praveen Narahari	Dr. Aparna Vuppala

Upcoming Events

February 11, 2024: DEA Lecture Series on “Evaluation and Treatment of Patients with Opioid Use Disorder.” Stay tuned for an IAPA email announcement with the link to the February DEA lecture series.

National Eating Disorders Awareness Week: Statistics indicate that nearly 1 in 10 Americans develop an eating disorder during their lifetime. Eating Disorders Awareness Week is an annual national event held during the last week of February to raise awareness about eating disorders, provide education about these conditions, and support individuals affected by eating disorders.

IAPA Chapter Updates

MARYLAND/DISTRICT OF COLUMBIA (MD/DC) CHAPTER

On January 27, 2024, the MD/DC chapter had its winter social event. Past chapter president Dr. Naveena Henanth graciously hosted the event at her home. This was the chapter’s first gathering since the COVID lockdown of 2020. Chapter members celebrated joyously by meeting, greeting, dining, singing, and reviving our engagement as a cohesive group of Indo-American psychiatrists. New friendships were formed, new talent was discovered, and new members were welcomed as we continued to expand our chapter. Diversity was at the forefront of the evening, true to the chapter’s mission of “building bridges and breaking walls.” We will continue enhancing member engagement through frequent, regular meetings this year and beyond.



Pictured above: Attendees at the MD/DC chapter winter social event on January 27, 2024.

Do you have any updates on your IAPA state or local chapter activities? If you want your state or local IAPA chapter activities featured in the IAPA newsletter, contact IAPA at IAPAnewsletter@gmail.com.

Members' Book Publications

We are starting to include information about recent books published by our members. If you have authored a book and want to be featured in the newsletter, please send us the information.

Access the Indian Psychiatric Society Journal

Click the link below to read the latest articles from the Indian Journal of Psychiatry. Content is free to explore and download.
<https://journals.lww.com/indianjpsychiatry/pages/currenttoc.aspx>

Education Corner

Status of Postpartum Depression Among Asian Indian Americans

By Karuna Poddar, MD, MS

Asian Indians in the USA: According to the Census 2023, Asian Indians have been the most significant population to grow in the US, to become the most populous Asian in the US at 54.7% ([census.gov](https://www.census.gov) 2023). According to the Pews research done in 2019, 54 % of Asian Indian women were between the ages of 18 to 49 years old, and 7% of women between the ages of 15-44, in the reproductive age group, had delivered babies in the last year. According to the World Health Organization, 13 % of new mothers experience depression, and of those, 22 % of women are Indian mothers.

Postpartum depression (PPD) is considered a public health problem and is the most common complication following childbirth. It is known to affect almost 12-15% of women in the US. (Gavin et al., 2005; Wisner et al., 2006). The risk of maternal mortality rate and peripartum depression have increased in the marginalized ethnic groups of women (Dahl 2023), representing a lack of culturally competent, quality maternal care. A study reports that almost 50% of women remain undiagnosed with PPD (Goyal et al.), and PPD is underestimated in them, likely because “women suffer in silence.”

Are Asian Indians at a higher risk? In a study conducted by Huang et al., they found that most foreign-born Asian mothers – including Asian Indians, had a higher prevalence of depressive symptoms than US-born Asian mothers. The risk factors are unclear despite the lower frequency of socio-demographic risk factors. They speculate that the immigration status and the communal characteristics of immigrant groups may play some role.

In a different study done by Goyal et al., they found that PPD is linked more specifically to Asian Indian women with social-cultural expectations of wanting a male child over a female child. Other factors that could increase the risk are the traumatic birthing process or difficulties with breastfeeding or postpartum confinement.

Education Corner

Status of Postpartum Depression Among Asian Indian Americans

(Continued from page 10)

A recent article depicted a 31-year-old Indian-origin mother living in the US, ending her life around seven months after giving birth to her child due to postpartum depression, and stating that Indian society does not fully understand postpartum depression.

Why does it go unnoticed? Asian Indian mothers are less likely to seek medical help for their PPD because they may perceive their symptoms to be minor and natural consequences of childbirth. A lack of support and awareness can often make them suffer in isolation. Often, inadequate psychoeducation about available medication management, their safety in the peripartum period, and breastfeeding and utilization of community resources can inhibit Asian Indian mothers from further discussing their issues.

What Should We Do? It is essential for primary care providers, OB/Gyn, and psychiatrists to ask Asian Indian mothers specifically about PPD and use appropriate screening scales like the Edinburgh Postpartum depression scale. Culturally informed decisions about the need for medication and psychotherapy, along with behavioral activation techniques, can support Asian Indian mothers to combat PPD. Multiple resources for South Asian mothers have been initiated, encouraging appropriate awareness regarding postpartum depression and providing support and therapy.

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ARE YOU INTERESTED IN CONTRIBUTING TO THE IAPA NEWSLETTER? WE NEED YOU!



We want to highlight the work of our IAPA members in the newsletter. If you would like to contribute, we invite you to send any article you have written, such as a clinical topic, poem, humor piece, or synopsis of your work. Please send it to us at iapanewsletter@gmail.com.

Chapter Support:

IAPA leadership would be delighted to support chapter activities, reviving existing chapters and creating new chapters. Feel free to contact the IAPA president or any EC/EEC members if interested.

**Live! IAPA is now on Instagram and Facebook.
See the links below.**

Thank you for being a part of the IAPA family and your support!
We encourage our readers to join IAPA. Please spread the word among your colleagues to join our growing organization! We hope to see you all at the IAPA Annual Meeting in New York on May 5th, 2024!

Contact Us:

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