

NEWSLETTER

April 2024



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PRESIDENT'S MESSAGE



Greetings. It has been a very busy last two months planning for the IAPA annual meeting. I must admit that I've had a few sleepless nights. I've realized how much work our previous presidents put into arranging the annual meetings. I scouted around 40 places to find a banquet hall. It took much time to talk to them and do video calls. Finally, we settled on Rumi Event Space in Manhattan, NYC. Drs. Sachin Mehta, Tapan Parekh, and Dhruv Gupta are working behind the scenes to secure sponsors. I invite you to join us in celebrating our achievement and making new friends on May 5th, 2024, from 2:30-6 PM for the Scientific Meeting and 6:15-10 PM for the Annual Award Ceremony and Banquet.

Most importantly, Dr. Ramaswamy Viswanathan will take over as the APA President. We want to show him our support in numbers. The Rumi event space has a nice dancing setup to rock NYC!! Please sign up early; we do not want to turn anyone away.

Drs. Karuna Poddar and Tanuja Gandhi spent countless hours ensuring that IAPA awards were chosen fairly. They have worked hard; we have some amazing winners. Please congratulate them.

Drs. Zeeshan Mansuri, Rohit Chandra, Rikin Patel, and Kaushal Shah reviewed approximately twenty applications for the MIT poster session. They conducted a Zoom poster award session on March 23rd and selected the top three poster presenters to visit New York and present their posters at the **IAPAAM24 Scientific Session** (See below). Matching into psychiatry is becoming increasingly challenging for any graduate, particularly for international medical graduates (IMGs). Engaging in such activities will provide them with networking opportunities and boost their confidence. Please read an educational piece from Dr. Jai Ahuja.

In other news, APA President Dr. Levounis has invited IAPA to present a special symposium. Dr's. Tanuja Gandhi, Karuna Poddar, Raman Baweja, and Manan Shah will discuss the parenting style and related cultural issues of South Asian parents at 3:30 PM on Monday, May 6th, at the Javits Center. Many IAPA members are presenting their academic work. I hope you attend and cheer them up.

I thank our BOT mentors, Drs. Bhagi Sahasranaman, Vani Rao, and Dilipbhai Patel, for their constant guidance and support. Again, this newsletter would only have happened with Dr. Vanita Sahsrnanaman's help.

Best regards,

Tarak Vasavada, M.D.
IAPA President 2023-25

tarak@vasavada.us
president@myiapa.org

REGISTER HERE

**FOR THE IAPA
BANQUET!**



**IAPA ANNUAL SCIENTIFIC
MEETING AND BANQUET**

**WHEN: SUNDAY,
MAY 5, 2024**

**VENUE: RUMI EVENT
SPACE, NYC**

**SCIENTIFIC SESSION:
2:30 PM TO 5:30 PM EST**

**EVENING BANQUET:
6:15 PM TO 10:00 PM EST**

MEMBER IN SPOTLIGHT:

2023–2024 American Psychiatric Association (APA) President-Elect Ramaswamy Viswanathan, M.D., Dr.Med.Sc.



Dr. Ramaswamy Viswanathan is currently Professor, Interim Chair of Psychiatry, Director of Consultation-Liaison Psychiatry and Fellowship, and Co-Chair of the Faculty Wellness Committee at the State University of New York (SUNY) Downstate Health Sciences University. He is board-certified in psychiatry, internal medicine, consultation-liaison, geriatric, addiction, and forensic psychiatry. Dr. Ramaswamy's research has been in physician communication, ethics, innovations in psychotherapy and pharmacotherapy, treatment adherence in gynecologic cancers, children's sickle cell disease, HIV, and substance use.

Dr. Viswanathan has held numerous leadership positions within the American Psychiatric Association (APA) and other national organizations. Within the APA, he has served as APA Assembly Representative and chair of the Committee on Consultation-Liaison Psychiatry for the Group for the Advancement of Psychiatry. He also previously served on the APA Board of Trustees as M/UR Trustee and as secretary for the New York State Psychiatric Association. Dr. Viswanathan is a Past President of the Indo-American Psychiatric Association and will assume his role as President of the American Psychiatric Association in May 2024.

As reported by Psychiatric News, Dr. Viswanathan's priorities as APA President are to:

- Enhance patients' quality of care and fight inadequately qualified people encroaching into psychiatric practice.
- Augment the psychiatry workforce.
- Increase funding for mental health research and services, including substance use disorders, climate psychiatry, and children's mental health.
- Ensure satisfactory clinical work conditions and adequate reimbursement.
- Reduce third-party-imposed burdens on public and private psychiatric practice.
- Promote psychiatrists' well-being.
- Foster trainees' and early career psychiatrists' professional development.

Dr. Viswanathan stated to Psychiatric News, "I am honored that my colleagues in psychiatry have elected me to the APA presidency. I look forward to working together to further expand our workforce and keep up our momentum on research and development of cutting-edge psychopharmacologic, neuro-interventional, and psychotherapeutic treatment and preventive approaches. We will also work together to advance physician wellness, reduce practice burdens, advocate for our patients and our profession, address inequities in healthcare, and promote appreciation of diversity and inclusion."

Congratulations to Dr. Viswanathan on being elected as the 2024-2025 American Psychiatric Association President!

IAPA Annual Meeting (IAPAAM24): Sunday May 5, 2024, at Rumi Event Space in New York City

The IAPA Annual Scientific Meeting, Awards Ceremony & Banquet will be held in person at Rumi Event Space, 229 W 28th Street, New York, NY 10001, on Sunday, May 5, 2024. The Scientific/Poster Session & Business meeting will be held from 2:30 PM to 5:30 PM Eastern Standard Time (EST), followed by the Awards Educational Product Program and Banquet Dinner from 6:15 PM to 10 PM EST. The afternoon Scientific/Poster Session does not require registration and is open to all.

Featured speakers at the afternoon Scientific/Poster Session are:

Outstanding Academician Lecture:

“Neuropsychiatric Problems After Traumatic Brain Injury”

by Vani Rao, MD, DFAPA, FANPA, Associate Professor,
Department of Psychiatry, Johns Hopkins University

Keynote Lecture:

“Authentic Leadership: Navigating a Tumultuous World”

by Harsh Trivedi, MD, MBA President and CEO, Sheppard Pratt

Registration is Now Open For the 2024 IAPA Annual Banquet

Sunday, May 5, 2024, from 6:15 to 10 PM EST at Rumi Event Space in NYC

Banquet registration is now open on the IAPA website. Scan the QR code below to register at the IAPA Banquet registration page. Then, click “View Details” in the IAPA Annual Meeting announcement on the webpage. Alternatively, click on the link: Indo-American Psychiatric Association | Upcoming (myiapa.org) and “View Details” in the IAPA Announcement dropdown menu to register for the 2024 Annual Meeting Banquet. Note that members will have to log in with their username and password before being able to register for the 2024 IAPA Annual Meeting Banquet.

Online pre-registration is available through May 2, 2024, for \$45 per member and \$55 per non-member/guest. On-site registration is \$60 for all members, non-members, and guests, so pre-register online today!

We look forward to seeing everyone at the IAPA Annual Meeting (IAPAAM24) in NYC!

Register Now





PLEASE REGISTER FOR

IAPA ANNUAL MEETING

SCIENTIFIC MEETING, AWARDS
PRESENTATIONS AND BANQUET

Rumi Event Space

229 W 28th St, New York, NY 10001

SUNDAY, MAY 5TH 2024

2:30 PM - 10 PM EST



<https://myiapa.org/event/>

IAPA Announces Award Winners

The IAPA Awards Committee has selected the winners of the IAPA Outstanding Academician Award, Outstanding Resident Award, Outstanding Resident Award, and Outstanding Public Sector Award after a rigorous review of nominees' submissions. Congratulations to all the nominees and winners of the IAPA Awards! The winners will receive recognition at the IAPA Banquet in May and will be featured in the upcoming Newsletter.

Outstanding Academician Award:

Vani Rao, MD

Outstanding Resident Award:

Rikinkumar S. Patel, MD, MPH

Outstanding Service Award:

Arun Munjal, MD, DPM, DMH

Outstanding Public Sector Award:

John Johnson, MD, MBA

**APA Invites IAPA for Presidential Session
Monday, May 6, 2024 from 8:00 AM to 9:30 AM EST at
Javits Center in NYC, Room IE06**

We thank the APA President Dr. Petros Levounis
for inviting IAPA to present a Presidential Session on
**“Parenting, Conflict, and Children’s Mental Health:
An Asian Indian Perspective”**

by Drs. Tanuja Gandhi, Raman Baweja, Manan Shah, Karuna Poddar, and Tarak Vasavada
on Monday, May 6th from 8:00 to 9:30 AM EST. Please attend to support IAPA!

IAPA Research Symposium and Program Directors' Panel

The Indo-American Association's Annual Research Symposium was held virtually for the first time on March 23, 2024. The event was well-attended, with over sixty participants tuning in for the virtual session. The session featured distinguished scholars and scientists and the top ten (10) abstract submissions selected for presentation at the virtual research symposium. The top three (3) abstracts have been selected to receive awards, and the authors have been invited to present their posters in person at the IAPA Annual Meeting on May 5, 2024, at Rumi Event Space in New York City. Stay tuned for the top three winning posters from the IAPA Research Symposium and Program Directors' Panel, which will be announced in the newsletter after the IAPA Annual Meeting in May.

The virtual poster competition was followed by insights on the residency application process and Match from Dr. Zheala Qayyum, Program Director of the Child and Adolescent Psychiatry Fellowship at Harvard Medical School and Boston Children's Hospital; Dr. Sasidhar Gunturu, Program Director of the Adult Psychiatry Residency at Bronx Care MLK Jr. Health Center; and Dr. Rashmi Subhedar, an incoming PGY-1 psychiatry resident in the Department of Psychiatry at New Bridge Bergen, New Jersey. The Annual Research Symposium and Program Directors' Panel was moderated by Dr. Zeshan Mansuri, Assistant Professor of Psychiatry at Yale University School of Medicine, and Dr. Raman Marwaha, Program Director of the Adult Psychiatry Residency at MetroHealth, Case Western Reserve University.

Congratulations to the authors whose abstracts were selected to be presented at the IAPA Research Symposium and Program Directors' Panel and to the three winners who are invited to present their posters in live person at the IAPA Annual Meeting 2024 (IAPAAM24) Scientific Meeting!

Winners of the IAPA Research Symposium

First Place: The Silent Patients - Pediatric Catatonia as a Presentation of Autoimmune Encephalitis: A Systematic Review and Meta-analysis
by Arpit Singh, Siddhant Govekar, Siddharth Bangari, Anindya Das

Second Place: Clozapine-Induced ARDS: A Case Report and In-Depth Review of Pharmacogenetic and Inflammatory Interactions
by Nikita Mehdiratta, M.B.B.S; Clayton Morris, M.D.

Third Place: Tug of War between Clozapine and Inducers in the CYP450 arena: A case report
by Gaurav Taneja, M.D., Luba Leontieva, M.D.,PhD.

IAPA Research Symposium and Program Directors' Panel

(continued from page 7)

IAPA congratulates the authors of the other top poster submissions whose entries were recognized and selected for presentation at the IAPA Research Symposium and Program Directors' Panel.

Titles and Authors of the top poster submissions presented during the IAPA Research Symposium and Program Directors' Panel:

Evaluating Internet-based Mindfulness Interventions for Cancer Patients: A Systematic Review of Randomized Controlled Trials

Arpit Singh, Siddharth Bangari, Siddhant Govekar, Anindya Das

Eating Disorders and Suicide Risk in Gender Minority Teens

Kanuja Sood, Rasleen Kaur

Food for Physical and Mental Wellness – Risk Factors and Prevalence of Eating Disorders

Kanuja Sood, Rasleen Kaur

Integrative Pharmacology in the Treatment of Substance Use Disorders

Jack Donlon, Pooja Kumari, Sajoy P. Varghese, Michael Bai, Ori David Florentin, Emma D. Frost, John Banks, Niyathi S. Vadlapatla, Olivia Kam, Mujeeb U. Shad, Shafiqur Rahman, Osama A. Abulseoud, Trevor W. Stone, Maju Mathew Koola

Meta-Analysis of ABO Blood Type and Schizophrenia

Abbagoni Sujith, MS; Lian Eric, M.D.; Miller J. Brian, M.D.

Sleep Deprivation and Depression in Adolescents—A Cross-Sectional Study

Praveen Nandha Kumar Pitchan Velammal, Pallab Sarker, Kachhadia Meet Popatbhai, Keerthana Veluswami, Manekanda Siddharth Chandran

Surge of Midazolam Use in the Midst of Lorazepam Shortage

Roshni M. Gandhi, Tonia T. Liu, Emma D. Frost, Jack Donlon, Tarannum Mohammadi, Briana P. Murray, Mujeeb U. Shad, Maju Mathew Koola



IAPA Members Participate in APA IMG Workgroup to Create Resource Guide for International Medical Graduates

The APA IMG Workgroup, co-chaired by Dr. Daniel Castellanos, **Dr. Vishal Madaan**, and **Dr. Raman Marwaha**, worked to create an online resource guide for international medical graduates. Participants in the IMG Workgroup from IAPA included **Dr. Tanuja Gandhi**, **Dr. Dhruv Gupta**, **Dr. Narpinder Malhi**, and **Dr. Zeeshan Mansuri**.

To access the APA IMG Resource guide, visit:

<https://www.psychiatry.org/psychiatrists/international/international-medical-graduates-resources>

Congratulations to IAPA members Drs. Madaan, Marwaha, Gandhi, Gupta, Malhi, and Mansuri for participating in this noble work!

IAPA Represented at AAPI MSRF Research Symposium

The American Association of Physician Indians (AAPI) held its 2024 Medical Students, Residents and Fellows Section (MSRF) Research Symposium at Rutgers University in New Jersey on Saturday, March 30, 2024. IAPA had a booth at the event to promote awareness of our organization among medical students of Indian origin.

Dr. Karuna Poddar, current IAPA Councilor, represented IAPA at the AAPI MSRF Research Symposium. **Dr. Zeeshan Mansuri** represented AAPI as their MSRF President and invited IAPA to participate.



Sudhakar Shenoy, MD Elected 2024 APA Early Career Psychiatrist (ECP) Trustee

Dr. Sudhakar Shenoy is a St. Joseph's College alumnus in Bangalore, India. He earned his medical degree from the Bangalore Medical College and Research Institute. He completed his psychiatry residency and a child and adolescent psychiatry fellowship at the Southern Illinois University School of Medicine in Springfield, Illinois. He is a diplomate of ABPN with Board Certifications in both psychiatry and the subspecialty of child/adolescent psychiatry.

Dr. Shenoy is active with many professional organizations and holds leadership roles in the Illinois Psychiatric Society, Illinois Council of Child and Adolescent Psychiatry, American Academy of Child and Adolescent Psychiatry, and the Indo-American Psychiatric Association. He is the President-Elect of the Illinois Chapter of the Indo-American Psychiatric Association. **Congratulations, Dr. Shenoy, on your new role with APA!**



Dr. Sanya Virani Hosts APA Podcast “Finding Our Voice”

Finding Our Voice, produced by American Psychiatric Association Publishing is a podcast that highlights the viewpoints and opinions of residents, fellows, early-career psychiatrists and their senior mentors. It is hosted by **Dr. Sanya Virani**, who trained in Addiction and Forensic Psychiatry at Yale University School of Medicine and Brown University's Alpert School of Medicine, and is a former APA resident-fellow member trustee, Nyapati Rao and Francis Lu IMG awardee and Laughlin Fellow of the American College of Psychiatrists.

The podcast is available on Apple Podcasts, Stitcher, Spotify and Google podcasts and is running its third segment on "Thriving in Training." It highlights the work of the authors of APA's Psychiatry Residency Handbook edited by Sallie DeGolia and Razia Wang.

Dr. Virani has also authored a chapter on the Personal and Professional experiences of IMGs in that Handbook. Enjoy the most recent episode on Telepsychiatry on Spotify: <https://open.spotify.com/episode/6Jc3RoObrEdwAPFVCOy2RB>

Congratulations, Dr. Virani!



Dr. Tanuja Gandhi Becomes Co-Host of “Mindcast: Healthy Mind, Healthy Child;” Also Interviewed for PBS Rhode Island and Boston Globe

Mindcast: Healthy Mind, Healthy Child is a podcast created by experts at Bradley Hospital. It covers a range of topics on children's mental health, from processing grief to teenage depression to the impact of social media on mental health in children. The podcast is co-hosted by **Dr. Tanuja Gandhi**, who is currently President-Elect of IAPA. The Mindcast podcast is available on multiple platforms.

In March, Dr. Gandhi was also interviewed by PBS Rhode Island (PBS RI) and the Boston Globe for an article titled "The Device Debate: Fed up, some schools are banning cellphones." To read more, visit https://www.bostonglobe.com/2024/03/25/metro/banning-cell-phones-in-schools/?s_campaign=8315.

Congratulations, Dr. Gandhi!

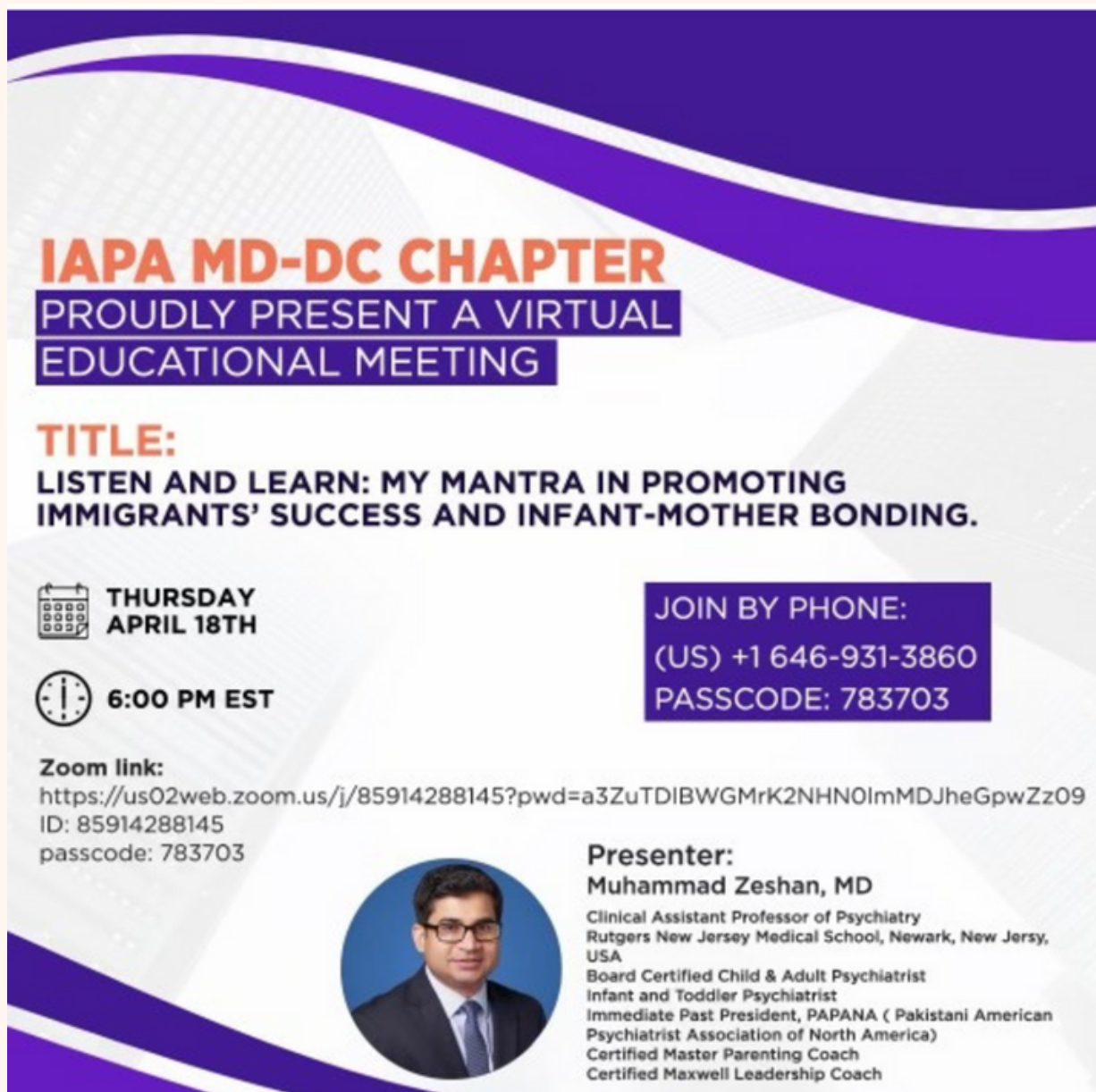
IAPA Chapter Updates

MARYLAND/DISTRICT OF COLUMBIA (MD/DC) CHAPTER

The next IAPA MD-DC Chapter Meeting will be virtually via Zoom on **Thursday, April 18, 2024, at 6:00 p.m. EST**. Dr. Muhammad Zeshan, Clinical Assistant Professor of Psychiatry at Rutgers New Jersey Medical School will present Listen and Learn: My Mantra in Promoting Immigrants' Success and Infant-Mother Bonding.


To join, click on the link below:


<https://us02web.zoom.us/j/85914288145?pwd=a3ZuTDIBWGMrK2NHN0lmMDJheGpwZz09>



IAPA MD-DC CHAPTER
PROUDLY PRESENT A VIRTUAL
EDUCATIONAL MEETING


TITLE:
**LISTEN AND LEARN: MY MANTRA IN PROMOTING
IMMIGRANTS' SUCCESS AND INFANT-MOTHER BONDING.**

 **THURSDAY
APRIL 18TH**

 **6:00 PM EST**

JOIN BY PHONE:
(US) +1 646-931-3860
PASSCODE: 783703

Zoom link:
<https://us02web.zoom.us/j/85914288145?pwd=a3ZuTDIBWGMrK2NHN0lmMDJheGpwZz09>
ID: 85914288145
passcode: 783703

**Presenter:**
Muhammad Zeshan, MD
Clinical Assistant Professor of Psychiatry
Rutgers New Jersey Medical School, Newark, New Jersey, USA
Board Certified Child & Adult Psychiatrist
Infant and Toddler Psychiatrist
Immediate Past President, PAPANA (Pakistani American Psychiatrist Association of North America)
Certified Master Parenting Coach
Certified Maxwell Leadership Coach

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.

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 third lecture in the series was held on Sunday, February 11, 2024, at 11 a.m. on “Evaluation and Treatment of Patients with Opioid Use Disorder.”

The next lecture in this series, on April 21, 2024 at 11:00 AM EST, will be “Use the Mu: Buprenorphine, Methadone, Naltrexone, and Naloxone to treat Opioid Use Disorder.” Presenters are Drs. Radhika Chimata and Sanya Virani. Stay tuned for more details.

Become a Member of the IAPA!

The Indo-American Psychiatric Association continues to grow and contribute to education and advocacy in psychiatry. We encourage everyone to become more involved in IAPA!

Please visit myiapa.org for more information. If you or somebody you know are not a life member and would like to become one, please contact IAPA at president@myiapa.org.

Upcoming Events

April is National Autism Acceptance Month

April 18, 2024 at 6:00 PM EST: Virtual MD/DC Chapter Meeting

April 21, 2024 at 11:00 AM EST: AAPI DEA Virtual CME on *Use the Mu: Buprenorphine, Methadone, Naltrexone, and Naloxone to treat Opioid Use Disorder.*

May 5, 2024 from 2:30 PM to 10 PM: Indo-American Psychiatric Association Annual Scientific Meeting, Awards Ceremony, and Banquet at Rumi Event Space in New York City

May 4-8, 2024: American Psychiatric Association Annual Meeting in New York City: Many of our IAPA members are presenting their work. Please attend and support them.

May 22nd, 2024 at 7:30 PM EST: PRMS sponsored Virtual CME talk on *‘What Would You Do?, or Facts vs. Fiction’*

May is National Mental Health Awareness Month

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

Perspective: Life of Psy: A Take On Contrasting Healthcare Systems

By Jai Ahuja, M.D.

Dr. Ahuja is an international medical graduate from India enrolled in the Accelerated Clinical Experience Program at UC San Diego. He is rotating in multiple Child and Adolescent outpatient and inpatient units across the Rady Children's Hospital Network.

From the bustling clinics of India to the cutting-edge psychiatric institutions of the United States, my journey as an aspiring psychiatrist has been a tale of two worlds. Bridging the organized chaos of Indian healthcare with the systematic methodology of American medicine, I've navigated the contrasting landscapes of mental healthcare, discovering how culture, tradition, and innovation intertwine in the quest to understand and heal the human mind.

In India, healthcare is a complex mix of highly advanced facilities in urban areas and severe shortages in rural regions. The government endorses traditional medicine like Ayurveda for certain ailments. However, its scientific basis is often under scrutiny, especially when compared to the rigor of allopathy. An undeniable benefit of promoting alternative schools of medicine is that due to a negligible barrier to entry, it allows the penetration of healthcare services in areas where most allopaths refuse to relocate. The doctor: patient ratio in India is abysmally low and questionable as they may be; Ayurveda and Homeopathic doctors do serve a noble purpose in helping rural India get access to basic healthcare. The real dilemma here lies in the politicization of core science. The Indian government, in its pursuit to capitalize on the 'glorious ancient civilization' brand, dilutes the very essence of science by equating schools of alternative medicine with evidence-based medicine, thereby fooling the foolish and confusing the ill and ill-informed alike.

Education Corner

Perspective: Life of Psy: A Take On Contrasting Healthcare Systems

(continued from page 12)

Mental health, in particular, faces significant challenges in India. Stigma and misconceptions are widespread, and there is a tendency to seek quick and alternative treatments. It is not an uncommon sight for patients to come and seek psychiatric intervention only in the aftermath of a faith healer's failed attempt to ward off their inner demons. While generalizing is mighty wrong of me, the fact remains that plenty would swear by a dip in the Ganges (and a mighty donation to the chaperoning priest!) over a trial of Fluoxetine. Fascinatingly, in rural parts of India, conditions like psychosis and schizophrenia can be held in high regard, with affected individuals often celebrated as embodying sacred qualities under the belief that *Devta aa gaya hai*, or "a deity has manifested". Time is a luxury in India; the patient load is higher, and the breakneck speed of healthcare can be as unnerving as it is marvelous to witness.

Urban India is slowly destigmatizing mental health, influenced by Western norms, but this also leads to its own set of issues, such as the glamorization of mental health disorders in certain social circles. Twitter (now known as X), Tumblr, and TikTok have an ever-evolving subculture where mental illness is almost a status symbol - as convoluted as that may sound. The Gen Z privileged Indian today, too, is known to participate in this race for clout on occasion.

In contrast, the United States takes a more integrated approach to psychiatry. My experiences have demonstrated seamless collaboration between psychiatrists and psychotherapists, akin to a well-coordinated team. The patient's history is paramount, time is protocol and not a luxury, and mental health awareness is strongly emphasized across all age groups. However, the American healthcare system isn't without its flaws. Insurance complexities and the high cost of healthcare often make it challenging for patients to access the care they need.

Culturally, India has a paradoxical approach to mental health. On one hand, there's a strong sense of community and family support, which can be beneficial in times of crisis. On the other, cultural norms can lead to a lack of recognition and treatment for mental health issues. One interesting takeaway is the paradox of practices like corporal punishment. While common and less stigmatized in India, it is often viewed with a cultural lens and is not nearly as traumatic as it may be in a Western context.

The legal landscape for psychiatrists in both countries also varies significantly. In the U.S., there's a heavy emphasis on legalities surrounding patient confidentiality, informed consent, and treatment protocols. This often results in a defensive approach to medicine. In India, while there are laws governing patient rights and ethical practices, the enforcement is inconsistent, and the legal framework is not as comprehensive as in the U.S. This results in varied practices across different regions.

In summary, transitioning from Indian to American healthcare as a psychiatrist has been an enlightening experience. It has shown me the stark differences in approaches, challenges, and cultural perceptions of mental health. While India and the U.S. have their respective strengths and weaknesses in healthcare, the ultimate goal remains the same: to provide effective and compassionate healthcare to their patients. The Hippocratic oath and the desire to serve unite us. Unto life, for life.

This abridged version of a nuanced perspective was originally published in Psychiatric Times, revised, and submitted by Dr. Ahuja to the IAPA Newsletter. For a link to the article in Psychiatric Times, click here:

<https://www.psychiatrictimes.com/view/fresh-off-the-boat-an-international-doctor-s-initial-insight-into-contrasting-health-care-worlds>



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:

Visit us at www.myiapa.org

Email: president@myiapa.org

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

Instagram:

<https://www.instagram.com/indoamericanpsychiatricassoc/?next=%2F>

Visit the link below for IAPA's contribution to the PRMS blog!

[Social Determinants of Mental Health Across the Lifespan - Guest Blog - Professional Risk Management Services \(prms.com\)](#)

IAPA thanks our Platinum sponsor, Professional Risk Management Services (PRMS), for their current support and years of partnership.

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