

INDO-AMERICAN PSYCHIATRIC ASSOCIATION



FALL 2025 NEWSLETTER

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IAPA LEADERSHIP

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Ujjwal Ramtekkar, MD, Councilor
Vanita Sahasranaman, MD, Councilor
Dhruv Gupta, MD, Early Career Psychiatrist Representative
Zeeshan Mansuri, MD, Early Career Psychiatrist Representative
Sudhakar Shenoy, MD, Early Career Psychiatrist Representative
Poojajeet Khaira MD, Member-In-Training Representative

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Kaushal Shah, MD, Co-Editor

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IAPA PRESIDENT'S MESSAGE



Dear IAPA Members, Colleagues and Friends,

It is my honor to serve as your President for the term 2025-2027.

My journey in the Indo-American Psychiatric Association started in Philadelphia when I was a resident. Over the years, I became involved locally, then nationally and soon, the IAPA became a place where I have found mentors, colleagues and friends for life. It is my privilege to be a part of this organization that started as an initiative by six psychiatrists of Indian origin and is now a nationally recognized organization representing Psychiatrists of Indian origin.

I believe that as an organization, we are at the precipice of change. We have a growing younger membership, a leadership team with younger leaders, a strong national presence and an opportunity to embrace a vision that supports the professional and personal growth of our membership.

The challenge ahead of us is: To Evolve.

... and we can do this together by being proactive in our engagement, welcoming new members, using creative ideas to enhance our work, strengthening our partnerships and continuing to solidify our presence both locally and nationally.

As a membership-based organization, it is essential to support and expand our membership. Since the pandemic, many of our chapters have become dormant. And while our membership is growing, newer and younger members are dealing with unique challenges in a rapidly evolving landscape of healthcare. Thus, in the coming year, my goal is to understand the needs and interests of our members towards creating strategies that provide support and increase engagement and participation in the organization. Towards achieving this goal, with the support of a strong leadership team, we are working on creating a steady program of virtual learning and engagement for the year in addition to the fall and annual meetings thus creating a space for professional growth, collaboration, networking and social connection for our members. We are also working on strengthening our mentorship program, an opportunity for professional guidance and support for students and members at different stages of their career.

Over the years, the IAPA has gained national recognition owing to the strength of our membership and the work of our leadership. As one of the largest allied organizations, our goal is to continue strengthening our professional presence and partnerships. In working towards this goal, we remain committed to maintaining and strengthening our alliance with the American Psychiatric Association (APA), the Indian Psychiatric Society (IPS), and other professional organizations.

Further, I am excited to share that this year, we will have the *first ever IAPA reception at the Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP) in Chicago*, an initiative that recognizes member requests, interests, and strengthens our professional presence. This will be held in conjunction with our Fall meeting in Chicago.

Personally, I am honored to be a part of an exciting time for our organization where our leadership team has experienced and younger leaders from different personal and professional backgrounds. With the support of this team of highly motivated, talented and accomplished leaders and the guidance of our respected Board of Trustees, my dream is for us to challenge ourselves, be creative and charter a course that strengthens the future of our organization.

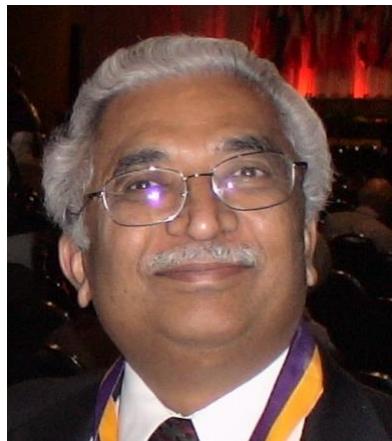
I am confident that this is possible but not without your support. As your President, I am asking that you become actively involved in the organization be it by participating in your local chapter, attending educational or social events, or volunteering in the work of the national organization.

If you have ideas or suggestions on how we could do better, please reach out to us.

Sincerely,

Tanuja Gandhi, MD, FAPA
General, Child & Adolescent and Forensic Psychiatrist
President, IAPA (2025-2027)

BOARD OF TRUSTEES CHAIR'S MESSAGE



Greetings to my IAPA family members,

As Diwali approaches and we celebrate the joy of Navratri, I wish you and your loved ones a very happy, healthy, and peaceful festive season.

As the BOT Chair (2025–2027), I am honored to represent our esteemed group of BOT members: Drs. Vani Rao, Ashwin Patkar, Meena Ramani, Bhagirathy Sahasranaman, and Tarak Vasavada. Each of us has previously served as President of IAPA and, like many past Presidents and BOT members, we now dedicate our time as volunteers to continue serving the organization. I am grateful for their support and trust in me as Chair.

The BOT exists to safeguard the long-term interests of IAPA and to provide guidance to the EC and Extended EC. I encourage members to reach out to any EC or BOT member with constructive feedback, comments, or suggestions for IAPA activities. Chapter Presidents, in particular, are welcome to contact Board members for guidance on any matters. If you see opportunities for the EC or BOT to improve, please share your suggestions respectfully as ideas for growth.

Over time, IAPA's leadership has become younger, reflecting the energy of a new generation. Naturally, the issues we address have also evolved, and our focus will continue to shift accordingly. Supporting this transition will be essential. For example, recent bylaw changes were made to address the needs of MITs of Indian origin. With changes in H-1 visa requirements and associated fees, some Indian-origin residents and fellows aspiring to come to the USA may face challenges. At the same time, we are committed to supporting

more second-generation psychiatrists in the U.S., helping them excel in psychiatry while remaining true to IAPA's values. My fellow BOT members and I will remain available to support the new EC, led by President Dr. Tanuja Gandhi, offering guidance when needed while respecting their fiduciary responsibilities.

Beyond my role as BOT Chair, I will continue to manage office administration and provide updates on related matters. Our website is currently being updated to reflect the implementation of new bylaws and membership changes. I am pleased to share that, based on our financial reports, IAPA remains in a strong position to meet future needs. One of our guiding principles is to strengthen fixed assets and investments, such as trust funds with Vanguard, to grow dividends that will help sustain our budget, especially as pharmaceutical sponsorship for the annual meeting declines. For many years, IAPA members have benefited from free educational sessions and heavily subsidized banquet dinners at our annual meetings, and we plan to continue this valued tradition. Finally, I will continue to seek advice from our Past Presidents through the "IAPA BOT Brain Trust" WhatsApp group, created by Dr. Asha Mishra, which remains a valuable source of wisdom and guidance.

Warm regards,
Dilipkumar Patel, MD
Chair, IAPA BOT (2025–2027)

IAPA 2025-2027 EXECUTIVE COMMITTEE LEADERSHIP



President-Elect: Sachin Mehta, MD

Dr. Sachin Mehta, MD, is a Board-certified Psychiatrist by the American Board of Psychiatry and Neurology.

Dr. Mehta currently serves as Medical Director at Advocare Integrative Behavioral Health and practices as an inpatient psychiatrist at Brooke Glen Behavioral Hospital in Fort Washington, Pennsylvania. His prior leadership appointments include Division Chief of Adult Psychiatry and Medical Director of Outpatient Services at Belmont Behavioral Health System, as well as Medical Director at Springfield Behavioral Health, PA.

He completed his psychiatry residency at the Carilion–University of Virginia program and received additional training in psychodynamic psychotherapy at the Psychoanalytic Center of Philadelphia. His academic contributions encompass faculty appointments, invited grand rounds lectures, and frequent media engagements focused on mental health advocacy and education.

In recognition of his clinical excellence and dedication to the field, Dr. Mehta has been honored with the Philadelphia Magazine Top Doctors Award for seven consecutive years, from 2018 to 2024.



Secretary: Rohit Chandra, MD

Dr. Rohit Chandra is a child & adult psychiatrist at MGH's Chelsea Health Care Center and faculty at Harvard Medical School, where he teaches 2nd-year medical students.

He serves as the secretary and the mentorship chair for IAPA, is the board chair of a Boston-based arts non-profit, and acts in an Indian acting troupe.



Treasurer: Karuna Poddar, MD

Dr Karuna Poddar is board-certified in adult and child, and adolescent psychiatry. She is an international medical graduate, completed psychiatry residency from Cooper University Hospital, and child fellowship training from Thomas Jefferson University Hospital. Currently, she is an Assistant Professor at Thomas Jefferson University Hospital, Director of Quality Assurance, Department of Psychiatry, and Medical Director of the Child Outpatient Services. Her expertise also includes women's mental health.

She has been actively involved with IAPA since her residency, collaborating with programs for the Tri-State IAPA chapter and leading the award committee for the National IAPA.



Immediate Past President: Tarak Vasavada, MD

Dr. Tarak Vasavada is a Distinguished Life Fellow of the American Psychiatric Association with 41 years of experience. He serves as the Medical Director for both Huntsville Hospital Behavioral Health Services and the Madison County Medical Society's "Live Well Foundation," a program focused on physician well-being.

Dr. Vasavada is also a Clinical Professor of Psychiatry at UAB School of Medicine, which recently named a student award in his honor. His leadership roles include past president of the Indo-American Psychiatric Association and a board member of the Association of Physicians of Indian Origin (AAPI). He is the CME chair for AAPI. He created HappyMindMD.com, a website and newsletter providing resources to support the well-being of healthcare workers.

EXTENDED EXECUTIVE COMMITTEE LEADERSHIP 2025-2027



Councilor: Anish R. Dube, MD

Dr. Anish R. Dube serves as the inaugural Program Director for Riverside University Health System (County of Riverside)'s Child and Adolescent Psychiatry Fellowship, through his appointment as an Associate Clinical Professor in the Department of Psychiatry at Loma Linda University.

His interests include psychiatric graduate education, the intersection of human rights, public health, and psychiatry, and the ethical issues that arise out of the ordinary practice of medicine and psychiatry.

He has participated in panels on topics ranging from the nation-state's role in psychic displacement and psychopathology to adolescent decision-making capacity, integrated care, false confession phenomenology, climate change and mental health, digital technologies and child and adolescent mental health, and the effects of parental separation on children and youth. His clinical interests include family-based interventions, young people involved in the legal system, and those diagnosed with Autism Spectrum Disorder.

Anish is a distinguished fellow of both the American Psychiatric Association (APA) and the American Academy of Child and Adolescent Psychiatry (AACAP). He currently serves as the Representative for Area 6 of the APA's Assembly and is also a member of AACAP's Bylaws Committee. He is a member of the American College of Psychiatrists, on the editorial board for the Journal of the American Academy of Psychiatry and the Law, and a member of the Group for Advancement of Psychiatry (GAP)'s Arts and Humanities Committee. He has previously served as Chair of the APA's Council on Children, Adolescents and their Families and its Foundation (APAF)'s selection committee for the Child and Adolescent Psychiatry Fellowship, in addition to being a former member of GAP's Publications Board.



Councilor & Media/Newsletter Editor: Vanita Sahasranaman, MD

Dr. Vanita Sahasranaman is a board-certified adult psychiatrist who currently works with adults diagnosed with serious mental illnesses at one of the largest community mental health centers in South Florida. Prior to her current role, she was a Senior Social and Behavioral Health Researcher at University of South Florida's (USF) Florida Medicaid Drug Therapy Management Program for Behavioral Health, where she helped secure grant funding for state programs; helped develop, implement, and measure the impact of statewide programs to improve the quality of behavioral health services throughout the state of Florida; monitored trends in psychotherapeutic prescribing practices among the Florida Medicaid population; developed online resources for Florida prescribers; organized statewide expert panel meetings

with local and national experts; and helped develop, edit, and distribute multiple Florida Best Practice Guidelines, which have been recognized at the state and national levels.

She received her undergraduate degree in Public Health from Johns Hopkins University in Baltimore, MD, her medical degree from the University of South Florida in Tampa, FL, and completed her residency training in adult psychiatry at Rosalind Franklin University/Chicago Medical School in North Chicago, Illinois.



Councilor: Ujjwal Ramtekkar, MD, MBA, CPE

Dr. Ujjwal Ramtekkar is a child and adolescent psychiatrist, physician–executive, well-published academic author, and speaker. He has held executive and leadership roles in several national organizations, contributing to clinical strategy, policy, quality, and innovation in behavioral health. His most recent leadership experience includes Chief Medical Officer of one of the nation's largest behavioral health organizations, overseeing governance and quality across the 35 states. As a founder and principal of Auro Health, he advises health tech innovators and academic programs on clinical strategy, digital transformation, and value-based models of care. He also holds an adjunct appointment as Clinical Professor of Psychiatry at the University of Missouri, Columbia.

Dr. Ramtekkar has been a proud member of the IAPA and was honored as a recipient of the IAPA award in 2013, an early recognition that helped shape his career. Now, as a member of the Extended Executive Council, he is deeply committed to giving back by supporting IAPA's mission, mentoring the next generation of psychiatrists, and advancing the values of service, leadership, and excellence that unite the Indo-American psychiatric community.



Early Career Psychiatrist Representative: Dhruv Gupta, MD

Dr. Dhruv Gupta completed his undergraduate and graduate education at Tulane University in New Orleans, after which he began medical school at St. George's University in Newcastle, England. He completed his psychiatry residency training at the Icahn School of Medicine at Mount Sinai in New York. Thereafter, he completed his forensic psychiatry fellowship at the University of Pennsylvania in Philadelphia.

He currently works as an adult and forensic psychiatrist with the NYC Health + Hospitals/Metropolitan Hospital Center.



Early Career Psychiatrist Representative: Sudhakar Shenoy, MD, FAPA

Dr. Sudhakar Shenoy earned his medical degree from Bangalore Medical College and Research Institute, where he graduated as valedictorian. He completed his psychiatry residency and child and adolescent psychiatry fellowship at the Southern Illinois University School of Medicine in Springfield, Illinois. He is board-certified by the American Board of Psychiatry and Neurology (ABPN) in both psychiatry and the subspecialty of child and adolescent psychiatry.

Before residency, Dr. Shenoy participated in research training at Harvard Medical School, Virginia Commonwealth University–Medical College of Virginia, and the National Institute of Mental Health and Neurosciences (NIMHANS) in India.

Dr. Shenoy's journey to medicine was shaped by a personal experience: as a child, he survived a life-threatening accident that required multiple surgeries. The scarcity of medical resources in India initially made it difficult to access timely care, but the compassion and skill of the physicians who ultimately treated him left a lasting impression. This experience remains a driving force behind his commitment to providing exceptional care for his patients. As an International Medical Graduate (IMG), Dr. Shenoy is deeply committed to serving medically underserved areas (MUAs) and health professional shortage areas (HPSAs).

He is the founder and Medical Director of Downtown Psychiatry Chicago (www.downtownpsychiatrychicago.com), a private practice clinic in the heart of Chicago. Clinically, he is passionate about understanding the brain's complexities and tailoring treatments that help patients thrive. Dr. Shenoy is also a dedicated advocate for psychiatry and patient care. He currently serves as the Early Career Psychiatrist Trustee-at-Large on the American Psychiatric Association's Board of Trustees, a nationally elected position he will hold for a three-year term.



Early Career Psychiatrist Representative: Zeeshan Mansuri, MD

Dr. Zeeshan Mansuri is a Clinical Assistant Professor of Child, Adolescent, and Adult Psychiatry at Yale School of Medicine, who works in the Psychiatry Emergency Service and the Interventional Psychiatry Service. He hails from India, where he attended medical school. He then did his Master's in Public Health, specializing in Epidemiology and Biostatistics from Drexel University, followed by a General Psychiatry Residency at Texas Tech University, where he served as the Chief Resident, followed by a Child and Adolescent Psychiatry Fellow at Boston Children's Hospital/Harvard Medical School, where he served as the Chief Fellow for Education and Research. He is very passionate about

mentoring medical students and residents, using Instagram and Facebook as a platform to connect with them. He has been awarded 42 awards, including multiple national awards for his work.

Using social media, he has mentored more than 500 students from start to finish for residency and created a Facebook group that now has more than 129,600 students worldwide. With his belief that every person has a story to tell and a lesson to teach, he created a website called "humansofusmle.org" to bring out inspiring stories and life lessons about physicians who go through the journey of the USMLE. He is researching the impact of psychiatric diseases on hospital outcomes for medical diseases by using nationally representative large datasets. He has a prolific publication record with a total of almost 200 publications, including 94 manuscripts, and has been in the top 0.3% of all published physicians in the world in the last 5 years.

He is deeply interested in Psych-obesity and Interventional Psychiatry, including Electroconvulsive Therapy, Ketamine, and Transcranial Magnetic Stimulation. He has also created multiple collaborative research groups where medical students and International Medical Graduates can work directly with faculty and Program Directors. These groups have published extensively in reputed journals and won national awards at conferences like APA, AACAP, and AAAP. During his free time, he loves to hang out with friends, explore the city, and play and watch lawn tennis, Formula 1, cricket, and table tennis.



Member-In-Training Representative: Poojajeet Khaira, MD

Dr. Poojajeet Khaira is the Academic Chief Resident in Psychiatry at Case Western Reserve University–MetroHealth. She serves as Vice Chair of the APA/APAF Leadership Fellowship, Co-Chair of the APA Resident-Fellow Member Caucus, and Chair of the APA Assembly Committee of Resident-Fellow Members.

Her leadership focuses on advocacy, education, and systems improvement in psychiatry, with a particular interest in patient safety, health equity, and preparing the next generation of psychiatrists to lead.



Corporate Liaison: Tapan Parikh, MD, MPH

Dr. Tapan Parikh serves as Medical Director of Outpatient and Acute Care Services at Lurie Children's Hospital in Chicago and is an Assistant Professor of Psychiatry and Behavioral Sciences at Northwestern University Feinberg School of Medicine. His academic and research interests center on pharmaceutical innovation, clinical trials, and the development of novel therapeutics.

He is also co-editor and lead author of the *Study Guide to Child and Adolescent Psychiatry*, a companion to *Dulcan's Textbook of Child and Adolescent Psychiatry*.



Media/Newsletter Co-Editor: Kaushal Shah, MD, MPH, MBA

Dr. Kaushal Shah is an experienced physician-scientist and clinical trial leader, with a focus on adult and adolescent psychiatry. He specializes in Interventional psychiatry/Neuromodulation, Neuropsychiatry, and Behavioral Neurology.

Dr. Shah has a broad background in clinical work, research, leadership, and business. He has also made notable contributions to the FDA approval of a groundbreaking antipsychotic while working for a Fortune 100 company. He is a well-published author and speaker, having contributed to over 100 peer-reviewed scientific papers and abstracts. He actively participates in conferences and serves on editorial boards to stay updated on the latest advancements in psychiatry.

Mentorship is one of his most rewarding pursuits; each year, he volunteers to guide numerous American medical students and international graduates. He is passionate about promoting evidence-based psychiatric practices through scholarly work, teaching, and presentations. Additionally, he has led quality improvement initiatives at the institutional level to enhance patient care, improve educational experiences, and support physician well-being.

Dr. Shah's contributions to the field, particularly in clinical service, education, and leadership, have earned him several prestigious awards, including the APA Resident Recognition Award, the AACAP EOP Award, the AMA Inspiration Award, the AAPR Nyapati Rao and Francis Lu IMG Fellowship, ISEN, the IAPA Resident Recognition, SPA, and the NCPA Award. He aspires to continue his journey as an effective leader and clinician-educator-scientist, balancing clinical practice, teaching, research, and advocacy. In his personal time, he enjoys traveling, exercising, and spending quality time with family and friends.

2025 IAPA's 46th ANNUAL MEETING HIGHLIGHTS, LA, CA

If you weren't there, you missed out! The **Indian American Psychiatric Association (IAPA)** hosted its **46th Annual Meeting** on **May 17th, 2025**, at the historic **Alexandria Ballrooms** in Los Angeles. The event was a **resounding success**, uniting leaders in psychiatry for a day filled with insightful discussions, academic excellence, and community celebration.

 **Scientific & Educational Sessions:** The afternoon began with an engaging Resident Poster Session, showcasing 17 innovative research presentations. **Congratulations to:**

-  **Dr. Neetu Scariya** – 1st Prize
-  **Dr. Bhargav Patel** – 2nd Prize
-  **Samuel John (MS3)** – 3rd Prize

A highlight of the day was a **keynote lecture** by **Dr. Shekhar Aanatha**, Dean of the University of Pittsburgh and recipient of the **Outstanding Academician Award**, who captivated attendees with a talk on *emerging receptor research*.

Following this, **Drs. Karuna Poddar and Rohit Chandra** led a **thought-provoking panel** addressing *violence toward healthcare workers*—a timely and vital topic within the field. The **Business Meeting** concluded with updates on IAPA Bylaws revisions and financial reports, ensuring transparency and organizational growth.

 **Distinguished Guests & Honors:** The banquet drew over 170 attendees, including several APA dignitaries — **Drs. Viswanathan, Miskimen-Rivera, Wills, and Madaan** — as well as esteemed international guests:

- **Dr. Savita Malhotra**, President, Indian Psychiatric Society
- **Dr. Vijay Seetapatti**, President-elect, Canadian Psychiatric Association
- **Dr. Subodh Dave**, Dean, Royal College of Psychiatrists

Awards of Excellence were presented to:

-  **Dr. Ravi Kolli** – Public Service Award
-  **Dr. Bhargav Patel & Dr. Kaushal Shah** – Outstanding Resident Award

The event also marked a **transition in leadership**, as **Drs. Tarak Vasavada** and **Vani Rao** concluded their terms as President and Chair of the Board of Trustees, respectively. **Dr. Tanuja Gandhi (President, 2025–27)** unveiled her **dynamic new team**, and **Dr. Dilip Patel** assumed the role of **Chair, Board of Trustees**.

 **Banquet & Cultural Celebration:** The evening concluded in true IAPA spirit — with laughter, music, and connection. Members enjoyed delicious Indian cuisine and danced the night away to Bollywood hits, celebrating friendship and community.

 **Acknowledgment of Sponsors:** IAPA extends heartfelt gratitude to our generous sponsors for making this event possible: PRMS, Bristol Myers, AbbVie, Intracellular, Otsuka, Alkermes, Ignite Investments, and Modi Financial Group.



INDO-AMERICAN PSYCHIATRIC ASSOCIATION (IAPA)

EXECUTIVE COMMITTEE (WITH EXTENDED EC) 2025-2027













2026 IAPA OUTSTANDING ACHIEVEMENT AWARDS

Nominations Due: December 1st, 2025

Dear Members,

Each year, the IAPA recognizes exceptional psychiatrists of Indian descent/ heritage residing and practicing in the United States for their contributions in the field of Psychiatry. We receive many nominations and carefully review each nomination with the help of our awards committees prior to selecting winners. We seek the pleasure of felicitating these winners at the annual IAPA national meeting in May 2026.

We invite you and your colleagues to please nominate someone you would like to recognize for these awards by **December 1st, 2025**.

Kindly review the categories of awards as we finalize the announcement, including the requirements and submission process.

Description of Awards:

Outstanding Academician Award: This award is given to an IAPA life member who has significantly contributed to the mental health field through research, teaching, and administrative activities.

Outstanding Service Award: This award is given to an IAPA life member who has significantly contributed to the growth and development of IAPA at the national level or at the regional level.

Outstanding Public Sector Award: This award was given to an IAPA life member who contributed significantly to the betterment of their community as their psychiatrist.

Outstanding Resident Award: This award is given to an exceptional resident who is also an IAPA member. A letter from the program director or a faculty member at the resident's institution is required, commenting on the abilities of the 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. (Participation/ Contribution to activities of the IAPA will be taken into consideration)

Outstanding Chapter Award: This award is given to the regional IAPA chapters that have contributed to IAPA based on (a) the number of meetings/educational webinars conducted in a given year, (b) initiatives and contributions in their respective region, and (c) the number of new members (Previous Chapter Award winners from over five years ago can reapply)

Requirements and Submission: Stay tuned for future announcements containing all relevant details.

We look forward to receiving your nominations!

With gratitude,
Tanuja Gandhi, MD, FAPA
IAPA President
president@myiapa.org

Upcoming Events

IAPA Fall Meeting and Reception

Saturday, October 25, 2025, Chicago, IL

Join us for the Indian American Psychiatric Association (IAPA) Fall Meeting and Reception in Chicago!

This gathering is a unique opportunity to connect with colleagues, engage in critical organizational discussions, enjoy educational programming and make new connections.

Event Schedule

12:00 – 2:00 PM: Lunch Reception (Internal for the IAPA Leadership)
Enjoy a relaxed networking lunch with members and colleagues.

2:30 – 5:30 PM: Business Meeting (Internal for the IAPA Leadership)

Our annual fall business meeting covers organizational updates, initiatives, and planning for the upcoming year including the annual meeting.

6:00 – 8:30 PM: Local Chapter Meeting & Evening Reception

The evening program will be at:

India House Restaurant, Downtown Chicago, 59 W Grand Ave, Chicago, IL 60654

RSVP Required by October 17, 2025, to tapan0106@gmail.com

Evening Program

Leadership Introductions and Brief Updates by Dr. Tanuja Gandhi (President), Dr. Dilipkumar Patel (Board of Trustees), Dr. Sudhakar Shenoy (EC) (15 min)

Educational Presentation on Cariprazine by AbbVie's Brandy Cooper-Kirby, PharmD (15–20 min)

Meet the National IAPA Leadership

Networking & Reception - Meet, greet, and enjoy time with colleagues over a full dinner

Why Attend?

Connect with peers in psychiatry across the country

Learn about ongoing and upcoming initiatives from IAPA leadership

Engage in meaningful educational discussions

Strengthen ties within your local chapter and national network

Save the Date: October 25, 2025 – Chicago, IL

We look forward to seeing you there!

IAPA Reception at The Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP)

<https://aacap.confex.com/aacap/2025/meetingapp.cgi/Session/38056>

We invite IAPA Members and Friends attending the AACAP Annual meeting to please join us at the first ever IAPA reception at an AACAP Meeting.

If you are planning to attend, please RSVP at president@myiapa.org

Thursday, October 23, 2025

Time: 7:00 - 9:00 pm

Location: AACAP Meeting Venue, Gold Coast

Concourse Level, West Tower, Hyatt Regency Chicago



SIKH MENTAL HEALTH SUMMIT

Organized by Poojajeet Khaira, MD, IAPA Member-In-Training Representative

The Sikh Mental Health Summit is the first event of its kind in the United States, dedicated to advancing mental health awareness, advocacy, and care within the Sikh community. Taking place virtually on December 6, the Summit will bring together mental health professionals, community leaders, researchers, students, and advocates to engage in meaningful dialogue, share resources, and develop culturally informed solutions to the unique challenges faced by Sikhs. This inaugural gathering aims to foster connection, empower action, and lay the foundation for long-term change in how mental health is understood and addressed in the Sikh community. The summit is supported by SALDEF, Sikh Coalition, United Sikh Movement, Umeed, Sikh Family Center, APA Foundation, SIMA, SikhRI, and more.

When: Saturday, December 6, 2025, 10:00 AM – 6:00 PM EST

Where: Virtual

Please Register here:

https://docs.google.com/forms/d/e/1FAIpQLSeOqdbkIqBbBYMSo_mhSG9n7ThirHBAQXq2THpG4WokOUSSeA/viewform?usp=sharing&ouid=107792320001884648845

CHAPTER ACTIVITIES

Pittsburgh Chapter Educational Program and Meeting

The Pittsburgh Chapter of the IAPA invites you to an educational program and meeting on Implications of having Diabetes and Insulin Resistance in Patients with Bipolar Disorder. The event will be held on Thursday, October 30, 2025, at Spice Affair (Aspinwall).

Topic: Implications of Having Diabetes and Insulin Resistance in Patients with Bipolar Disorder

Keynote Speaker: Roy Chengappa, MD

When: Thursday, October 30, 2025, at 6:00 PM

Where: Spice Affair (Aspinwall), 8 Brilliant Avenue, Pittsburgh, PA 15215

Agenda:

6-6:30 PM: Exhibit/Display

6:30-6:40 PM: President's Welcome - Prabir K Mullick, MD

6:45 PM: Keynote Presentation - Roy Chengappa, MD

RSVP via email at pkmullick6@gmail.com by October 22, 2025

Georgia Chapter Annual Meeting

October 4th, 2025

The Georgia Chapter of the Indian American Psychiatric Association (IAPA) continues to demonstrate remarkable energy and engagement through academic excellence, community outreach, and member wellness initiatives.

The chapter recently concluded its 22nd Annual Conference on October 4, 2025, at the Holiday Inn Conference Center in Roswell. Themed "*Illuminating Minds: Wellness Through Psychiatry*," the event brought together professionals, trainees, and community leaders for an evening of thought-provoking talks, artistic performances, and shared celebration. The conference featured distinguished speakers, including Dr. Ben Hunter (GPPA President) and Dr. Vishal Sharma (GAPI President), along with representatives from NAMI and the Brothers Keepers Veterans Foundation. Academic highlights included sessions on meditation in modern psychiatry, GLP-1s in psychiatry, and the role of AI in healthcare.

Throughout the year, IAPA-GA has continued its tradition of monthly educational and wellness sessions, covering topics such as digital therapy, PRMS updates, sleep coaching, and gratitude-based wellness. Members also engaged in creative activities like a photo contest and phase-loading medication talks, fostering professional growth and camaraderie.

The chapter's community involvement remained strong, with active participation in the NAMI Walk, Out of the Darkness Suicide Prevention Walk, and the Women's Mental Health Forum. These efforts, in collaboration with partners such as GAPI, NAMI, and the Brothers Keepers Veterans Foundation, reflect the chapter's enduring commitment to advocacy and awareness in mental health.

The Georgia Chapter continues to exemplify IAPA's mission of *learning, sharing, and growing together* — uniting psychiatry, service, and wellness for a stronger professional community.

Do you have any updates on the activities of your IAPA state or local chapter?

If you want your state or local IAPA chapter activities featured in the IAPA newsletter, contact IAPA at
IAPAnewsletter@gmail.com.

Interested in Attending National/International Meetings? Save the Dates

[The World Psychiatric Association \(WPA\) World Congress Meeting: October 5-8, 2025 Prague, Czech Republic](#)

[American Academy of Child and Adolescent Psychiatrists \(AACAP\) Annual Meeting: October 20- 25, 2025, Chicago, IL](#)

[American Academy of Psychiatry and the Law \(APPL\) Annual Meeting: October 30-November 2, 2025, Boston, MA](#)

[Association of Consultation-Liaison Psychiatry: November 19 - November 22, 2025, San Antonio, TX](#)

[77th Annual National Conference of the Indian Psychiatric Society: January 28-31, 2026, New Delhi, India](#)

Chapter Support

IAPA leadership would be delighted to support chapter activities, revive existing chapters, and create new ones. If you are interested, please contact the IAPA president or any EC/EEC members.

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>

Access the Indian Journal of Psychological Medicine

The *Indian Journal of Psychological Medicine*, founded in 1978, is the official publication of the Indian Psychiatric Society, South Zonal Branch. It is published bi-monthly and has an open-access model. The journal undergoes a double-blind peer review process.

The journal caters to mental health professionals and trainees, including psychiatrists, psychologists, psychiatric social workers, psychiatric nurses, academic psychiatrists (medical education), allied disciplines, and other medical professionals and paraprofessionals.

You can access the journal here. <https://journals.sagepub.com/home/szj>
If you are interested in writing an article, contact them at editor@ijpm.info

Are you interested in contributing to the IAPA Newsletter?

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

Become an IAPA Member

The Indo-American Psychiatric Association continues to grow and welcomes you to join us in our educational, mentorship and networking opportunities.

We encourage everyone to become more involved in the organization!

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

Thank you for your support and being a part of the IAPA family.

IAPA is available on Instagram, LinkedIn, and Facebook.

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