

IAPA

# Newsletter

December 2025



IAPA FALL MEETING 2025, CHICAGO  
BOT, EC AND EEC

YOUR LEADERSHIP AT WORK

## LEADING THROUGH SERVICE

We continue to work with dedication, shared purpose and commitment to support our membership, evolve and grow as an organization.

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  - > IAPA Annual Meeting & Banquet, May 17, San Francisco
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### MONTHLY PROGRAMMING

- Educational Program for Psychiatry residency applicants: **Dec 17<sup>th</sup> , 7:30 PM EST**
- Panel discussion on Leadership: **Jan, 2026**
- Mentorship program: Stay tuned for details.

### OPPORTUNITIES

- We are looking for enthusiastic members to join us! **If you are interested in participating in our programming, committees, or volunteer opportunities, please reach out to us.**
- We have a new **WhatsApp community** for communication and collaboration between members. If interested, please write to us at [iapanewsletter@gmail.com](mailto:iapanewsletter@gmail.com)
- **If you want to recognize a colleague, please consider nominating them for the Outstanding Achievement Awards by Dec 20th.**

## Current Leaders

### Executive Committee (EC)

Tanuja Gandhi, MD, President  
Sachin Mehta, MD, President-Elect  
Rohit Chandra, MD, Secretary  
Karuna Poddar, MD, Treasurer  
Tarak Vasavada, MD, Immediate Past President

### Extended EC (EEC)

Anish Dube, MD, Councilor  
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

### Board of Trustees (BOT)

Dilipkumar Patel, MD, Chair  
Ashwin Patkar, MD  
Meena Ramani, MD  
Vani Rao, MD  
Bhagi Sahasranaman, MD  
Tarak Vasavada, MD

### Corporate Liaison

Tapan Parikh, MD

### Publication/Media Committee

Vanita Sahasranaman, MD, Editor  
Kaushal Shah, MD, Co-Editor

## CHAPTER UPDATES

We are proud to share that many of our chapters have been actively engaged in hosting educational and community outreach programs for their members.

We would like to recognize the following chapters for their ongoing work. **Updates to follow, stay tuned.**

- [Georgia Chapter](#)
- [Philadelphia Chapter](#)
- [South Carolina Chapter](#)
- [Illinois Chapter](#)
- [Maryland Chapter](#)
- [Pittsburgh Chapter](#)

If your chapter has updates, please share them with us.

## EDUCATION CORNER

### Hoot, What, Where: PRMS' Network Newsletter Q3 2025

From risk management and claims advice to risk alerts, PRMS news, & events, this quarterly newsletter delivers news, practical tips & key updates in the field of psychiatry to help keep you, your patients, & your practice safe.

The current issue of "Hoot, What, Where" from PRMS includes articles on topics ranging from medical record requests to split treatment, and can be found

For details, please read the PRMS Newsletter and visit their website [www.prms.com](http://www.prms.com)

### THANK YOU TO OUR PLATINUM SPONSOR: PRMS

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[Linkedin](#): Indo-American Psychiatric Association

## PRESIDENT'S MESSAGE

Dear IAPA Members, Colleagues, and Friends,

As we get ready to wrap another year, I find myself reflecting with gratitude on the remarkable progress our organization has made in the past year. As we continue to evolve, grow, and progress towards a brighter future, it brings me great joy to recognize the dedication, enthusiasm, & shared sense of purpose that define our IAPA community.

The last few months of 2025 have been filled with meaningful engagement, thoughtful dialogue, and efforts that have strengthened our collective mission and reaffirmed the importance of staying connected as we serve the mental health needs of our communities and grow together.

Our fall meeting in Chicago truly embodied the spirit of collaboration and belonging that anchors our work. Members from across the country gathered to engage in lively discussions and participate in an evening of education, camaraderie, and celebration. This event reaffirmed the value of our dedication to the organization and shared vision, setting a powerful tone for the initiatives we intend to carry forward in the new year. Adding to this momentum, our first-ever IAPA Reception at the AACAP Annual Meeting was a historic success. The exceptional turnout and enthusiasm of attendees highlight our presence in the child and adolescent psychiatry community, creating avenues for collaboration, mentorship, and continued representation on the national stage. Further, I am immensely proud of our members who continue to serve in leadership roles across organizations, including the APA. I am grateful for their commitment to our patients and profession.

Looking ahead, I am excited to invite all of you to the most anticipated gatherings of the year, the IAPA Annual Meeting and Banquet on Sunday, May 17, 2026, in San Francisco, CA. Please save the date.

As we get ready to say goodbye to 2025 and look forward to the promise of a new year, I want to express my heartfelt gratitude to the Executive Committee, Extended Executive Committee, and the Board of Trustees for their leadership, collaboration, and steadfast commitment to advancing the mission of our organization. I am equally grateful to our members, whose active engagement and ideas are the driving force behind our success. Your collective contributions strengthen our community and make our shared vision possible.

May this holiday season bring you and your loved ones peace, joy, and renewal, and the new year exciting new opportunities and possibilities.



**Tanuja Gandhi, MD, FAPA  
General, Child & Adolescent, &  
Forensic Psychiatrist**

**President, IAPA (2025-2027)**

## BOARD CHAIR'S MESSAGE

Greetings to my IAPA family members,

As we come to the end of 2025 and enter the holiday season, I extend my warm wishes to you and your loved ones. This time of year, gives us an opportunity to reflect on what we have accomplished together and to prepare for the work that lies ahead as we welcome 2026.

The Board of Trustees continues its core responsibility of safeguarding the long-term interests of the Indo-American Psychiatric Association. We remain committed to supporting the Executive Committee and Extended Executive Committee by offering guidance when requested, while respecting their fiduciary and operational responsibilities. I encourage members, especially chapter leaders, to reach out to the Board with ideas, questions, or concerns. Feedback from our members is central to the growth and refinement of our organization, and we look forward to strengthening this dialogue in the coming year.

Over the past several months, IAPA has continued to expand its visibility and presence, both nationally and within allied psychiatric organizations. Events such as the Fall Meeting and the reception at AACAP have demonstrated the enthusiasm and leadership of our members. These activities underscore the importance of sustained member participation, and we hope to see continued engagement as we move into 2026. Your involvement, whether through attending meetings, contributing to initiatives, or supporting local chapters, remains invaluable.

From a financial and administrative standpoint, I am pleased to report that IAPA remains in a stable and sound position. We continue to focus on strengthening the association's long-term assets, ensuring responsible growth, and maintaining the ability to support future educational and organizational activities. Our continued emphasis on prudent financial planning will allow us to preserve and enhance the benefits our members have come to expect. Since the adaptation of revision of the bylaws to accommodate our younger generation's needs especially in MIT membership category, we are in process of implementing the changes by working out the electronic challenges for joining IAPA and will be requesting existing members to update their profile to update our database. Hopefully we will do so by beginning of the year 2026.

As we transition into a new year, I remain grateful for the dedication of our current leadership and the ongoing support from our membership. The success of IAPA rests not only on its committees and leaders but on each individual who contributes time, expertise, and commitment to our shared mission. Together, we will continue to ensure that the values, integrity, and identity of IAPA remain strong for years to come. Since I also manage office of IAPA, if there are any office related issues that you have questions or comments, please do so by reaching out to me.

Wishing you a peaceful and healthy holiday season.



**Dilipkumar Patel, MD**

**Chair, IAPA BOT  
(2025–2027)**

## IAPA FALL MEETING

The IAPA Fall Meeting and Banquet was a resounding success, bringing together members from across the country for a day of leadership engagement, educational programming, networking, and celebration. Held in Chicago on October 25, 2025, the event offered a vibrant blend of organizational updates, professional growth opportunities, and cultural connections.

### Engaging Leadership Activities

The afternoon began with a focused Business Meeting, during which national leaders discussed ongoing initiatives, strategic priorities for the coming year, and collaborative opportunities across chapters. Members appreciated the transparent updates and forward-thinking vision presented by the leadership team.

### Why This Meeting Mattered

This fall gathering not only strengthened chapter engagement but also set the tone for the year ahead. Members left energized, informed, and inspired by the leadership's vision, the educational content, and the camaraderie that defines IAPA.

### Educational Programming

A highlight of the evening reception was a special educational session featuring AbbVie's Brandy Cooper-Kirby, PharmD, who presented an informative talk on Cariprazine, sparking insightful discussions among attendees. This session reinforced IAPA's commitment to providing members with current, evidence-based clinical knowledge.

### Networking and Community Building

The evening reception at India House Restaurant offered members an opportunity to meet the National IAPA Leadership, connect with peers, and build meaningful professional relationships over dinner. The warm atmosphere and enthusiastic participation reflected the strength and unity of our growing community.



## IAPA AT AACAP

The first-ever IAPA Reception at the American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting was a tremendous success, marked by an enthusiastic turnout, vibrant discussions, and landmark engagement from members across the country.

**A Historic Milestone:** Hosted on October 23, 2025, in Chicago, this reception represented an important step in expanding IAPA's national footprint within the child and adolescent psychiatry community. Members gathered at the AACAP venue to celebrate IAPA's evolving presence and to connect with colleagues in a welcoming environment.

**Impressive Participation:** The event saw an exceptionally large turnout, reflecting the growing interest and pride among IAPA members. The strong attendance underscored the organization's increasing visibility and influence within academic, clinical, and advocacy spaces in psychiatry.

**Leadership Engagement and Networking:** Attendees had the opportunity to interact directly with IAPA leadership, discuss ongoing initiatives, and explore opportunities for collaboration. The reception cultivated meaningful connections among trainees, early-career psychiatrists, and senior faculty, reinforcing IAPA's mission to foster mentorship, representation, and excellence in psychiatry.

**A Momentum-Building Event:** This inaugural reception set a new benchmark for IAPA's national engagements. It not only strengthened ties within the child and adolescent psychiatry community but also ignited excitement for future cross-organizational activities and member-driven initiatives.



## MEMBER RECOGNITION

### APA ASSEMBLY MEETING - NOVEMBER 2025

Our members have long recognized that being present at the APA Assembly is not merely a responsibility. It is an opportunity to advocate for the needs of our patients and profession on a national stage. We would like to recognize IAPA members who attended the Assembly meeting.

Dr. Tanuja Gandhi (IAPA President)

Dr. Meena Ramani (IAPA Board Member)

Dr. Anish Dube (IAPA Councillor)

Dr. Dhruv Gupta (IAPA Early Career Psychiatrist Representative)

Dr. Sudhakar Shenoy (IAPA Early Career Psychiatrist Representative)

Dr. Poojajeet Khaira (IAPA Resident-Fellow Member Representative)

Dr. Jasleen Chhatwal

Dr. Vishal Madaan

Dr. Kamalakar Surineni

Dr. Abhishek Wadhwa

Dr. Narpinder Malhi

Dr. Garima Arora

**Congratulations to Dr. Anish Dube for being nominated to run for the APA Assembly Speaker.**

Each of these individuals continues to advance the mission of IAPA through their thoughtful leadership and exemplary service. We sincerely appreciate their dedication, contributions, and commitment that enhance our collective voice and strengthen our presence within the APA.

**If we inadvertently missed any IAPA members who participated in the Assembly, please accept our apologies and share your name so we may recognize you in our next communication.**

## APA NATIONAL ELECTIONS

**Congratulations to our member, Dr. Rajesh Tampi, M.D., M.S., for being nominated to run for the APA Trustee at large position.** He is running against Dr. Vincenzo Di Nicola, M.Phil., M.D., Ph.D. for the position.

For details about all the APA election candidates, please visit

<https://www.psychiatry.org/membership/awards-leadership-opportunities/elections>

**Important Dates:** Voting Open from January 2, 2026 - January 31, 2026, 11:59 p.m. ET

## IAPA OUTSTANDING ACHIEVEMENT AWARDS

Dear Members,

Each year, the Indo-American Psychiatric Association (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 with 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 to nominate someone you would like to recognize by December 20<sup>th</sup>, 2025.**

Kindly review the award categories, inclusion, & exclusion criteria before submitting.

### Description of Awards:

- **Outstanding Academician Award:** Recognizes an IAPA life member who has significantly contributed to the mental health field through research, teaching, and administrative activities.
- **Outstanding Service Award:** Recognizes an IAPA life member who has significantly contributed to the growth & development of IAPA at the national or regional level
- **Outstanding Public Sector Award:** Recognizes an IAPA life member who has contributed significantly to the betterment of their community as a psychiatrist.
- **Outstanding Resident Award:** Recognizes an exceptional resident or fellow (trainee) 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 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).

For details, please see below:

## IAPA OUTSTANDING ACHIEVEMENT AWARDS

### Requirements:

The nominee should be:

- An IAPA life member (please review the criteria for IAPA life member at [myiapa.org](http://myiapa.org)), a physician in good standing, residing & licensed to practice medicine in the US and/or Canada.
- An IAPA life member/member-in-training, in the calendar year before the year of award nomination – i.e., for 2026, the nominee should have been an IAPA member in 2025.
- They are willing to travel at their own expense to attend the IAPA annual meeting.
- Nominees should have significantly contributed to the growth and development of the mental health field.
- A winner of the Outstanding Academician is available for a scientific/educational presentation at the annual IAPA's national meeting

### 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, President-Elect, Secretary, Treasurer).
- Self-nomination: IAPA awards are given to members recognized as 'outstanding' by their peers & colleagues. We do not encourage self-nomination.
- Be a recipient of an IAPA Chapter Award within the past five (5) years.

### Guidelines for submitting nominations:

In your nomination packet, please ensure the following information is included:

- Name and Contact information of the nominating person.
- Name, address, and contact information of the nominee.
- The Award category for the nomination.
- A brief description of the nominee's outstanding work can be included in the body of the email.
- Recent C.V. of the nominee.

### Submission:

Please send the nominating letter, nominee CV, and the above-listed information via email by 12/20/2025 to the Award Committee Chair, Dr. Karuna Poddar at [dr.karunap@gmail.com](mailto:dr.karunap@gmail.com), and copy the President, Dr. Tanuja Gandhi at [iapanewsletter@gmail.com](mailto:iapanewsletter@gmail.com).

**We look forward to receiving your nominations!**

## UPCOMING EVENTS/ ANNOUNCEMENTS

### ANCIPS 2026

#### 77th Annual National Conference of the Indian Psychiatric Society

As IAPA members, the Annual Meeting of the Indian Psychiatric Society, ANCIPS, is a valuable opportunity to reconnect with colleagues, present our work, collaborate on new ideas, and stay updated on the latest advances in clinical care and research in India. ANCIPS 2026, the flagship conference of IPS, attracts psychiatrists, mental-health professionals, researchers, post-graduates, and trainees from across India and the world. We encourage you to consider attending as a delegate, presenter, or simply to engage with the broader Indian psychiatric community.

#### Event Details

Dates: 28–31 January 2026

Venue: Yashobhoomi - India International Convention & Expo Centre, Dwarka, New Delhi

Theme: “Unshackling Psychiatry for Society’s Mental Health”

Website: <https://www.ancips2026.com/>

#### Why Attend?

- Comprehensive scientific program: Updates on cutting-edge research, trends in psychiatry, clinical practice, public mental-health issues, and policy discussions.
- Opportunities to present your work
- Networking & Collaboration: A chance to connect with colleagues, senior psychiatrists, researchers, and peers, both from India and internationally.

#### If interested, next steps:

1. Register soon: Online registration is now live on the official ANCIPS 2026 website.
2. Submit abstracts (if interested) through the official abstract portal.
3. Mark your calendar: 28–31 January 2026; plan travel and schedule accordingly.
4. Spread the word to help maximize IAPA representation at this important national meeting.

## APA ANNUAL MEETING

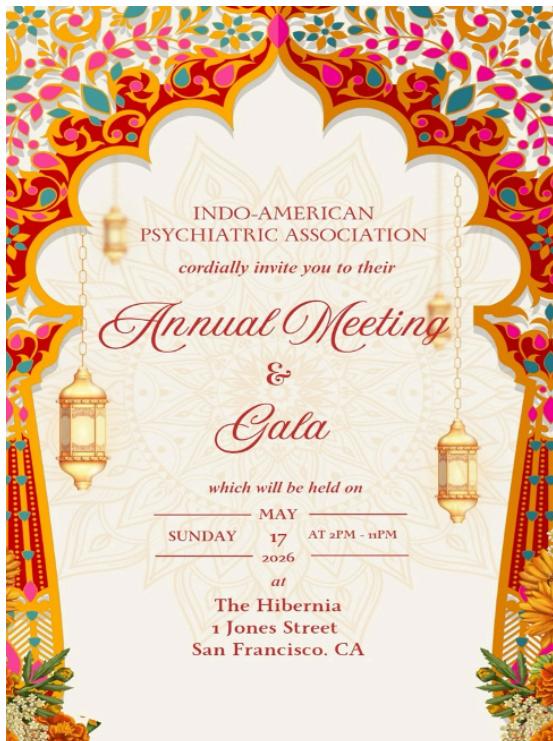
#### Event Details

Dates: May 16<sup>th</sup> -20<sup>th</sup> , 2026

Where: San Francisco, California

Website: <https://www.psychiatry.org/psychiatrists/meetings/annual-meeting>

## UPCOMING EVENTS/ ANNOUNCEMENTS



### 47th IAPA Annual Meeting & Banquet/ Gala Sunday, May 17th, San Francisco, CA

The IAPA warmly invites you to join us for our Annual Meeting & Gala, a distinguished gathering celebrating excellence, innovation, and community in psychiatry. This event is our annual tradition that brings together psychiatrists, trainees, leaders, and distinguished guests for a day of scholarly engagement and celebration.

#### Event Highlights

- Inspiring presentations and academic sessions
- Awards honoring outstanding contributions in our community
- Elegant dining, music, and celebration.
- A festive evening you don't want to miss

## SPONSORSHIP OPPORTUNITIES

Your sponsorship is an investment in the future of Psychiatry by championing progress through education, collaboration, and global connection.

As a valued sponsor, you will have the unique opportunity to:

- Position your organization as a leader in supporting and advancing the practice of psychiatry
- Amplify your presence and reputation on both national and international platforms
- Receive recognition across conference communications and promotional materials
- Engage directly and network with national and international leaders in Psychiatry and the broader healthcare community
- Foster opportunities for connection, collaboration, and shared purpose in mental health care.

Your support will not only elevate your organization's profile but it will also help shape the future of psychiatry. We invite you to be part of this important work.

Please contact us to learn more or for further discussion on customization of sponsorship options at [iapanewsletter@gmail.com](mailto:iapanewsletter@gmail.com)

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