

IAPA

# Newsletter

March 2026



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.

### IN THIS ISSUE

- President's Message
- Board Chair's Message
- IAPA at ANCIP 2026 Conference
- IAPA Outstanding Achievement Awardees
- APA National Election Results
- Save the Date:
  - > IAPA Annual Meeting & Banquet, May 17, 2026, San Francisco
- IAPA Virtual Annual Poster Presentation, May 2, 2026
- Announcements
  - > IAPA Chapter Updates
  - > APA Annual Meeting, May 16-20, San Francisco.
- Message from PRMS (Platinum Sponsor)

### ANNUAL MEETING & RECEPTION

- Theme "*AI and the Future of Psychiatry*"
- **VIRTUAL: May 2nd, 2026, 2 - 5 PM EST**  
Poster Competition  
Annual Business Meeting Meeting:
- **IN-PERSON: May 17th, 2026**  
Venue: The Hibernia, San Francisco, CA  
2 - 5 PM: Scientific Meeting & Mentorship  
Sign up: <https://forms.gle/fbizQg463m9QczNd8>
- **6 - 10:30 PM:**  
Awards Reception & Banquet dinner  
Sign up/ Ticket Purchase: [Click Here](#)

### OPPORTUNITIES

- 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)

## 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, Co-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.**

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

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

## EDUCATION CORNER

### PRMS' Network Newsletter

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

## PRESIDENT'S MESSAGE

Dear IAPA Members, Colleagues, and Friends,

As we move forward into 2026, I want to take a moment to reflect on IAPA's remarkable growth and the continued dedication of our members and leaders. Your collective commitment has expanded our academic footprint and strengthened IAPA's presence within the broader psychiatric community.

This spirit of collaboration was on full display at ANCIPS 2026, where several of our members contributed to meaningful scholarly exchange and advanced international engagement in mental health.

I also wish to congratulate the recipients of the IAPA Outstanding Achievement Awards. Their accomplishments embody the excellence, leadership, and service that define our organization and serve as an inspiration to the next generation of psychiatrists. We look forward to honoring them at the Awards Reception in San Francisco.

Looking ahead, we have two exciting events for members to engage in:

- **Virtual Meeting: Saturday, May 2, 2026; 2:00–5:00 PM EST**  
Join us online for the poster session and Annual Business Meeting. All members are warmly encouraged to attend.
- **In-Person Annual Scientific Meeting & Awards Reception:  
Sunday, May 17, 2026 ; San Francisco, California**

This year's program features a panel discussion on AI & Mental Health, Academician Awardees Lecture, and a mentorship event, followed by our Awards Reception and Banquet Dinner. It promises to be a wonderful day of scholarly engagement, collaboration, and celebration.

Please save the dates. I hope to see you at both gatherings.

I extend my sincere gratitude to our Executive and Extended Executive Committee, Board of Trustees, Chapter Leaders, and Volunteers for their unwavering dedication. Above all, I thank our members whose commitment remains the driving force behind everything we do.

Together, we will continue building on the strong foundation laid by our founders and advancing IAPA's mission with enthusiasm and purpose.

Sincerely,  
Tanuja Gandhi



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

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

## **BOARD CHAIR'S MESSAGE**

Greetings to my IAPA family members,

The Indo-American Psychiatric Association continues to grow stronger through the dedication and involvement of its members. As Chair of the Board of Trustees, I am pleased to see our organization making steady progress and the collective efforts that uphold IAPA's mission of advancing psychiatry, promoting professional collaboration, and supporting our community of psychiatrists.

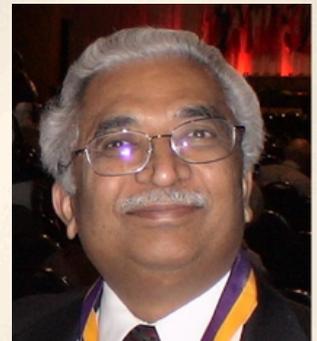
The Board of Trustees remains committed to ensuring IAPA's long-term stability, strong governance, and responsible stewardship. I am pleased to share that IAPA continues to maintain a healthy financial position, allowing us to support educational initiatives, professional programs, and activities that benefit our members. At the same time, the Board is focused on strengthening our organizational framework and governance processes to meet the evolving needs of our growing membership. We remain committed to transparency, accountability, and forward-looking systems that create meaningful opportunities for member engagement and leadership.

Our focus continually evolves based on members' changing needs, and with core goals and objectives developed during the organization's formation. In recent years, our Executive Committee (EC) and Extended EC (EEC) have worked to address the needs of candidates (especially IMGs) seeking psychiatry residencies and provide tips for residency interviews. I am confident that many of our MIT members benefited from this and were matched in the recent residency matching program. Congratulations to all who successfully matched. I invite those who matched and benefited from these programs to write to the IAPA leadership (EC and trustees) so we can assess the need for future programs.

A key priority for the Board is strengthening engagement, especially among trainees, early-career psychiatrists, and chapter leaders. Our future depends on nurturing leaders and supporting mentorship, collaboration, and learning. The Board works closely with the Executive Committee and Extended EC to advance initiatives that enhance IAPA's visibility and impact. The activities featured in this newsletter, from international academic engagement to member achievements, reflect the strength and leadership of our community.

Looking ahead, the upcoming IAPA Annual Scientific Meeting and Awards Reception in San Francisco this May will offer members a chance to reconnect, share ideas, and celebrate our colleagues' accomplishments.

On behalf of the Board of Trustees, I extend my sincere gratitude to our leadership, volunteers, and members whose dedication continues to drive the growth and success of IAPA.



**Dilipkumar Patel, MD**

**Chair, IAPA BOT  
(2025–2027)**

## ANCIPS 2026 CONFERENCE - IAPA MEMBER PARTICIPATION

Several IAPA members participated in the 77th Annual National Conference of the Indian Psychiatric Society (ANCIPS 2026), contributing to academic discussions and strengthening professional collaborations with colleagues in India and internationally. Notable attendees included Dr. Ramaswamy Viswanathan, Dr. Ujjwal Ramtekkar, and Dr. Raman Baweja, among others.

ANCIPS 2026 was held from January 28–31, 2026, at Yashobhoomi – India International Convention & Expo Centre, Dwarka, New Delhi, under the theme “Unshackling Psychiatry for Society’s Mental Health.” The conference brought together psychiatrists, researchers, trainees, and mental health professionals from across India and around the world to discuss the latest advances in clinical care, research, and public mental health.

The participation of IAPA members at ANCIPS reflects the association’s ongoing commitment to academic exchange, international collaboration, and advancing mental health care globally.



## IAPA OUTSTANDING ACHIEVEMENT AWARDEES

The Indian American Psychiatric Association (IAPA) is pleased to announce the recipients of the Outstanding Achievement Awards, recognizing individuals and chapters for their exceptional contributions to psychiatry, public service, and the IAPA community.

### Award Recipients

- Outstanding Academician Award: Dr. Raman Baweja
- Outstanding Service Award: Dr. Ritu Chaddha
- Outstanding Public Sector Award: Dr. Parikshit Deshmukh
- Outstanding Resident Award: Dr. Chintan Trivedi
- Outstanding Chapter Award: South Carolina Chapter

These awards highlight the dedication, leadership, and impactful work of our members in advancing mental health care, academic excellence, and service within the community.

We will also be sharing biographies of the award recipients in upcoming communications.

**Congratulations to all the Awardees!**

## APA 2026 NATIONAL ELECTION RESULTS

The American Psychiatric Association (APA) recently announced the results of the 2026 National Elections, highlighting leaders who will help guide the organization's priorities in advancing psychiatric practice, education, research, and advocacy.

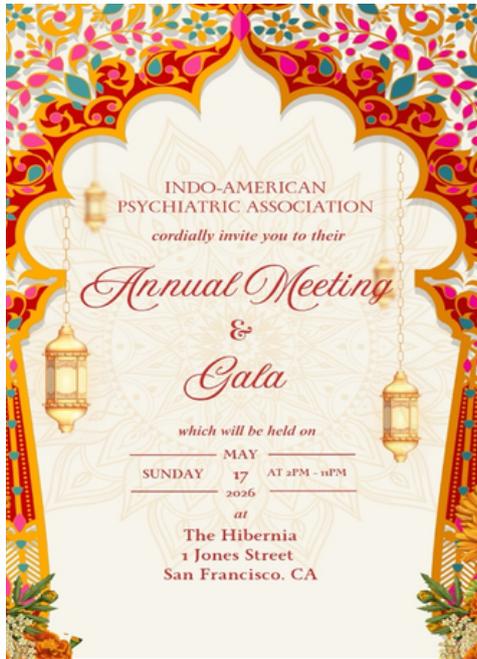
### Key Election Results:

- President-Elect: Dr. Rahn Bailey
- Treasurer: Dr. Gia Merlo
- Trustee-at-Large: Dr. Vincenzo Di Nicola
- Area 2 Trustee: Dr. David Roane
- Area 5 Trustee: Dr. Heather Hauck
- Resident-Fellow Member Trustee-Elect (RFMTE): Dr. Karthik V. Sarma

These elected leaders will play an important role in shaping the future direction of the APA and supporting initiatives that advance mental health care, professional development, and advocacy within psychiatry.

For further details, please visit the official APA website. The Indian American Psychiatric Association (IAPA) congratulates the elected leaders and wishes them success in their roles.

**47<sup>TH</sup> IAPA ANNUAL SCIENTIFIC MEETING & AWARD RECEPTION**  
**SUNDAY, MAY 17<sup>TH</sup>, SAN FRANCISCO, CA**



The IAPA warmly invites all members to join us for our Annual Meeting & Awards Reception, 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 scholarship and celebration.

**Registration and Ticket Purchase:** [Click Here !!](#) or follow the link:

<https://forms.gle/fQs6YPC7kbjdBwkp9>

**Awards Reception & Dinner:** Ticketed event.

For updates, visit: [www.iapaannualmeeting.com](http://www.iapaannualmeeting.com)



SCIENTIFIC AND PROFESSIONAL GATHERING  
PART 1: VIRTUAL, SATURDAY, MAY 2<sup>ND</sup>  
PART 2: SUNDAY, MAY 17<sup>TH</sup>, SAN FRANCISCO, CA

# AI and the Future of Psychiatry

FREE  
REGISTRATION  
OPEN TO ALL

• A Two-Part Scientific & Professional Gathering

## PART 1 VIRTUAL MEETING

### Online Session

- Date Saturday, May 2nd, 2026
- Time 2:00 – 5:00 PM EST
- Venue Online (Virtual)

#### AGENDA

2:00 PM	Welcome
2:15 – 3:30 PM	Poster Competition <i>Selected posters advance to oral presentation</i>
3:30 – 3:45 PM	Acknowledgement of Sponsors
3:45 – 5:00 PM	Business Meeting (Members Only) <i>Annual business meeting that provides key organizational updates</i>

#### ✦ POSTER SUBMISSION DEADLINE

Submit your poster by

**APRIL 20TH**

. Qualified submissions will be invited for oral presentation on May 2nd.

## PART 2 IN-PERSON MEETING

### The Hibernia, San Francisco

- Date Sunday, May 17th, 2026
- Time 2:00 – 5:00 PM PST
- Venue 1 Jones St, San Francisco, CA 94102

#### AGENDA

2:00 – 2:45 PM	Panel Discussion
2:45 – 3:00 PM	Break <i>Meet our Sponsors</i>
3:00 – 3:45 PM	Academician Lecture
3:45 – 4:00 PM	Break <i>Chai &amp; Cookies · Meet Sponsors &amp; Colleagues</i>
4:00 – 5:00 PM	Mentor-Mentee Roundtable Session
6:00 – 10:30 PM	Awards Reception <i>(Ticketed Event)</i>

#### ♥ MENTOR-MENTEE ROUNDTABLE SIGN-UP

Sign up to participate in the roundtable session on May 17th.

**SPACE IS LIMITED**

— register early at [forms.gle/PoBvxV9oy3RZH9E87](https://forms.gle/PoBvxV9oy3RZH9E87)

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Indo-American Psychiatric Association · May 2 (Virtual) & May 17 (San Francisco)

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**IAPA MENTORSHIP PROGRAM at the 47<sup>TH</sup> IAPA ANNUAL MEETING**  
**4:00 PM - 5:00 PM PST | SUNDAY, MAY 17<sup>TH</sup>, SAN FRANCISCO, CA**

We are delighted to announce the IAPA Mentorship Program, an in-person mentorship session to be held during this year's Annual Meeting in San Francisco.

**Join us for an engaging in-person mentorship session designed to connect applicants, trainees, early-career psychiatrists, and experienced clinicians in a collaborative and supportive environment.**

**Why Attend?**

- Gain practical career insights
- Build meaningful professional connections
- Learn from diverse experiences across career stages
- Contribute to the growth of the next generation of psychiatrists

**Discussion Topics Include:**

- Career Advancement: Promotion and Beyond
- Academic, Scholarly Activities & Research
- Financial Wellness
- Leadership & Advocacy
- Transition to Residency: Tips for Newly Matched Trainees
- Subspecialty Fellowship Training
- Applying for Residency & Alternate Pathways
- Career Advancement, Mentorship & Support for Women Physicians

**Who Can Participate?**

Mentors: Psychiatrists at all career stages, from newly matched residents/fellows to senior faculty

Mentees: Medical students, applicants, residents, fellows, and early-career psychiatrists

**Mentorship is bidirectional; participants may serve as both mentors and mentees based on their experiences.**

Location: The Hibernia, San Francisco

Date: May 17, 2026

Time: 4:00 – 5:00 PM (PST)

**Interested in being a Discussion Leader?**

Join us in facilitating meaningful conversations and shaping future leaders. A brief pre-meeting orientation will be organized to review logistics and answer any questions.

We look forward to an engaging and inspiring session that strengthens connections, fosters mentorship, and supports the growth of our vibrant psychiatric community.

## UPCOMING EVENTS/ANNOUNCEMENTS

### **IAPA 2026 Virtual Poster Session & Research Competition**

**Saturday, May 2, 2026 | 2:00 – 3:30 PM ET (Virtual)**

The IAPA welcomes submissions from Medical Students, Residency Applicants, Residents, Fellows, and Early Career Psychiatrists (ECPs) for our Annual poster competition.

**The primary author of the top three posters selected will be recognized and receive an award at the IAPA Banquet Reception on May 17<sup>th</sup> in San Francisco, CA.**

#### **Eligibility**

- Medical students, Psychiatry Residents, and Fellows currently enrolled in US/Canada-based accredited Institutions
- Early Career Psychiatrists (ECPs) within 3 years of completing residency or fellowship training
- Residency Applicants who are IAPA members in training (MIT)
- All submitting authors must be current IAPA members at the time of submission (For membership details, please visit: <https://myiapa.org/membership-account/membership-levels/>)

#### **Submission Guidelines**

- Each presenting author may submit up to two posters
- Only one presenting author is permitted per submission
- Include proof of enrollment or affiliation (Institutional letterhead or ID)

#### **Submission Requirements**

Submit your poster as a Microsoft PowerPoint (PPT/PPTX) or PDF file:

- Poster title
- Author names (underline the presenting author)
- Institutional affiliation
- Contact information (email)
- Clearly organized sections (as applicable): Introduction/Background, Methods/Case Presentation, Results, Conclusion, References.

#### **Submission Instructions**

**Email your submission to: [iapanewsletter@gmail.com](mailto:iapanewsletter@gmail.com)  
Subject Line: Submission for IAPA 2026 Poster Competition**

**Deadline: April 20, 2026**

**Notification of Acceptance: April 25, 2026**

*Continue to the next page for requirements and guidelines ...*

## UPCOMING EVENTS/ANNOUNCEMENTS

**Saturday, May 2, 2026 | 2:00 – 3:30 PM ET (Virtual)**

### **Formatting Recommendations**

- Ensure content is clear, concise, and readable on screen
- Use legible font sizes and appropriate visual elements (figures, tables, graphs)
- Maintain a professional academic layout

### **Poster Presentation Guidelines**

#### Presenter Requirements

- **Selected poster presenters will be selected for a virtual oral presentation on May 2, 2026.**
- Each poster may have only one presenter, who must be a listed author and/or investigator on the study.
- If the original presenter is unable to attend, a co-author may substitute with prior notice to the IAPA organizing committee. The substitute must provide contact information and a completed disclosure/presenter consent form before attending the meeting.

### **Content Standards**

- Research posters must present only research findings. Product promotion, brand-name advertising, and commercial marketing are not permitted.
- Drug names must be referenced generically throughout; if brand names are used, they must be applied consistently for all products mentioned.
- If the work received commercial funding, the following disclosure statement must appear on the poster: "Supported by funding from [name of company]."
- Any discussion of unapproved or investigational product uses must include the statement: "The following information concerns a use that the U.S. Food and Drug Administration has not approved."

**Deadline: April 20, 2026**

**Notification of Acceptance: April 25, 2026**

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

## 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>

## CHAPTER UPDATES

**DIYA 3RD ANNUAL MENTAL HEALTH SYMPOSIUM**  
Discussing Issues in Youth and Adults in the South Asian Community

**SUNDAY DECEMBER 7TH**  
3-5PM, DOORS 2:50PM  
GREENVILLE TECHNICAL COLLEGE  
506 South Pleasantburg Dr  
Building 102, Greenville, SC

**REGISTER**

**GUEST SPEAKERS**

Roots & Resilience: Nurturing South Asian Mental Wellness at Work, in Relationships and at Home.

Dr. Shamini Jain, Dr. Poonam Awatramani, Ms. Vidya Ravishankar, Mr. Abhaya Das

The South Carolina Chapter, in collaboration with NAMI Greenville, hosted the 3rd Annual DIYA Mental Health Symposium in December as a hybrid event. The symposium, titled “Roots & Resilience: Nurturing South Asian Mental Wellness at Work, in Relationships, and at Home,” focused on addressing mental health challenges affecting youth and adults in the South Asian community.

The event featured guest speakers Dr. Shamini Jain, Dr. Poonam Awatramani, Ms. Vidya Ravishankar, and Mr. Abhaya Das, who shared insights on mental wellness and resilience. The symposium provided an important platform to foster dialogue, raise awareness, and reduce stigma surrounding mental health within the community.

## 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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**WENDY FAULKNER, CPHRM, AIC, AIC-M**

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