

IAPA

Newsletter

August 2026



BOT, EC, and EEC, 47th Annual IAPA Meeting

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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CALL FOR NOMINATIONS

- IAPA is now accepting nominations for board positions on its Executive Committee and Extended Executive Committee in 2027.
- IAPA invites members who are committed to advancing the mission of the organization and contributing their skills, experience, and leadership to consider serving on the Board or to nominate a qualified candidate.

Please send nominations to iapapres@gmail.com

OPPORTUNITIES

- We have a new **WhatsApp community** for communication and collaboration between members. If interested, please write to us at 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

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 the quarterly "Hoot, What, Where" PRMS newsletter includes articles on topics ranging from communicating with patients' families to practical pointers for closing a private practice.

For more information, please read the PRMS Newsletter and visit the PRMS website at www.prms.com

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

PRESIDENT'S MESSAGE

It is both an honor and a privilege to serve as President of the Indo-American Psychiatric Association (IAPA). I want to begin with gratitude: to our members, volunteers, and leadership whose dedication is the quiet engine behind everything we accomplish together in advancing excellence in psychiatric care, education, research, and advocacy.

Our May 2026 Annual Meeting reminded me why this community matters. Psychiatrists, trainees, researchers, and mental health professionals came together from across the country and beyond, united by shared purpose. This year's theme, "AI and the Future of Psychiatry," pushed us to think seriously about where our field is headed, through rigorous scientific sessions that challenged us to imagine psychiatric practice differently. But beyond the sessions and the science, we created something less tangible and perhaps more lasting: a sense of connection, built in a space that felt warm and welcoming to everyone who walked through the door.

During our reception, we turned our attention to a subject that holds deep meaning for so many of us. I am especially grateful to Dr. Srinivasa Gokarakonda & Dr. Srikar Reddy, Consul General of India, San Francisco, for joining us in a candid and thoughtful conversation about the mental health challenges facing the Indian community in America. This topic touches our patients, our families, and often our own lived experience. The room reflected the seriousness of the moment: distinguished psychiatrists from across the world gathered together, bringing a breadth of perspective that enriched the conversation and underscored just how global this work truly is. Having voices of that caliber in the room, willing to engage honestly, reaffirmed why this work sits at the heart of our mission. We hope many more psychiatrists will join us in this work in the years ahead.

What struck me most, throughout the event, was the energy of our residents, fellows, and early-career psychiatrists. None of this happens on its own. My deep thanks to the organizing committee, faculty, sponsors, and volunteers who turned vision into a meeting people will remember for years to come.

But a single meeting, however successful, is not the measure of who we are. IAPA's real work continues in the spaces between expanding educational opportunities, building mentorship and driving conversations that matter. The organization we're building is one defined by excellence, inclusivity, innovation, and service. That vision only becomes real through your continued participation. Thank you for being part of it. Your engagement isn't just support; it's the foundation we stand on

Tanuja Gandhi, MD
President, Indo-American Psychiatric Association



Tanuja Gandhi, MD
President, IAPA
(2025–2027)

BOARD CHAIR'S MESSAGE

On behalf of the Board of Trustees of the Indo-American Psychiatric Association (IAPA), it is my privilege to extend our warmest greetings to all members, colleagues, distinguished guests, and friends of the Association.

The strength of IAPA lies in its dedicated leadership and the unwavering commitment of its members to advancing excellence in psychiatric practice, education, research, and service. We are grateful to our elected leaders, committee chairs, volunteers, and past presidents whose vision and stewardship continue to guide the organization toward meaningful growth and lasting impact. Their collaborative leadership has fostered innovation, strengthened professional relationships, and expanded opportunities for member engagement.

Our Annual Conference remains the cornerstone of IAPA's academic and professional mission. Bringing together renowned experts, clinicians, researchers, trainees, and mental health professionals, the conference serves as an exceptional platform for the exchange of knowledge, presentation of cutting-edge research, and meaningful dialogue on emerging developments in psychiatry. Equally important, it provides valuable opportunities to strengthen professional networks, cultivate mentorship, and celebrate the accomplishments of our members.

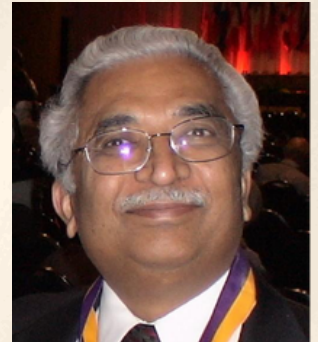
Throughout the year, IAPA's educational programs continue to reflect our commitment to lifelong learning and professional development. Through high-quality continuing medical education, webinars, workshops, and scholarly initiatives, we strive to equip our members with the knowledge and skills necessary to meet the evolving challenges of mental healthcare while maintaining the highest standards of patient care.

As Trustees, we remain committed to ensuring the long-term strength, financial stewardship, and strategic growth of our Association. Together with our dedicated leadership and engaged membership, we will continue to uphold IAPA's mission of promoting excellence in psychiatry, fostering academic collaboration, supporting future generations of psychiatrists, and advancing the mental health and well-being of the communities we serve.

We thank each member for your continued dedication, participation, and support. Your contributions are the foundation of IAPA's success. We look forward to building upon our shared achievements and creating an even stronger future for our Association.

With sincere appreciation and best wishes,

Dilipkumar Patel, MD
Board of Trustees Chair
Indo-American Psychiatric Association



Dilipkumar Patel, MD

**Chair, IAPA BOT
(2025–2027)**

47TH ANNUAL IAPA MEETING AND BANQUET HIGHLIGHTS

The 47th Annual Scientific Meeting and Awards Reception of the Indo-American Psychiatric Association, held at The Hibernia in San Francisco on May 17, 2026, was a resounding success, bringing together distinguished psychiatrists, researchers, educators, trainees, and mental health professionals for a dynamic exchange of knowledge, mentorship, and collaboration. Centered on the timely theme, *AI and the Future of Psychiatry*, the scientific program explored the transformative impact of artificial intelligence on clinical practice, research, education, and healthcare delivery.

A thought-provoking panel discussion, *AI and the Future of Psychiatry: Navigating Uncharted Territory*, led by Adrian Jacques H. Ambrose, MD, MPH, MBA, and Sudhir K. Shenoy, PhD, examined the opportunities, challenges, and considerations surrounding the integration of AI into psychiatric practice. The meeting also featured the IAPA Outstanding Academician Award presentation, *From Clinician to Researcher to Lifelong Learner: An IMG's Journey through ADHD, Big Data, and the Age of AI*, delivered by Raman Baweja, MD, MS, whose inspiring presentation highlighted the value of curiosity, innovation, and lifelong learning in advancing psychiatric care.

A hallmark of this year's meeting was its strong emphasis on professional development and mentorship. Interactive mentorship sessions and intimate small-group discussions provided trainees, early-career psychiatrists, and established clinicians with valuable opportunities for career guidance, scholarly collaboration, and meaningful dialogue on leadership, research, and clinical practice. These highly engaging sessions fostered enduring professional relationships and reinforced IAPA's commitment to nurturing the next generation of psychiatric leaders.

The evening Awards Reception and Banquet featured an engaging fireside chat led by the IAPA President, Dr. Tanuja Gandhi, with distinguished guests Dr. K. Srikar Reddy, Consul General of India, San Francisco, and Dr. Srinivasa Gokarakonda, a psychiatrist from Arkansas and IAPA Life Member. The discussion offered thoughtful perspectives on healthcare, leadership, advocacy, collaboration, and the important role of the Indian diaspora in strengthening culturally-informed mental health care. The banquet also celebrated the outstanding achievements and contributions of IAPA members, culminating in the presentation of IAPA awards. The program concluded with a raffle by platinum sponsor PRMS, followed by dinner and time to reconnect with colleagues. Together, the scientific sessions, mentorship initiatives, and celebratory events exemplified IAPA's enduring commitment to academic excellence, innovation, leadership development, and advancing the future of psychiatry.

47TH ANNUAL IAPA MEETING AND BANQUET HIGHLIGHTS



Pictures highlighting an evening of recognition, celebration, and unforgettable moments at the 47th Annual Meeting and IAPA Banquet at the Hibernia in San Francisco, CA.

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47TH ANNUAL IAPA MEETING AND BANQUET HIGHLIGHTS

Indian-American Health Panel Discussion



Pictured: Dr. Tanuja Gandhi, President of IAPA, and distinguished panelists Dr. K. Srikar Reddy, Consul General of India, San Francisco, and Dr. Srinivasa Gokarakonda, a psychiatrist from Arkansas and IAPA Life Member, discussing challenges faced by Indian immigrants and the need to address the mental health needs of the Indian diaspora during the IAPA Banquet in San Francisco.

A fireside chat-style discussion forum was held at the IAPA Annual Meeting on May 16, 2026, in San Francisco to address pressing issues in Indian American mental health. The forum was led by Dr. Tanuja Gandhi, President of IAPA, with distinguished panelists Dr. K. Srikar Reddy, Consul General of India, San Francisco, and Dr. Srinivasa Gokarakonda, a psychiatrist from Arkansas and IAPA Life Member.

The panelists examined the current challenges faced by Indian-American immigrants and the urgent need to address the mental health needs of the Indian diaspora. Key themes included the psychological impact of immigration enforcement policies on immigrant communities and the mental health toll of prolonged immigration uncertainty, including visa delays, employment issues, family separation, and the long-term developmental harm caused by family separation on children. The discussion also highlighted the deeply personal dimension of cultural displacement, inviting dialogue around lived experiences of dislocation. A critical structural barrier identified was the intersection of language differences, cultural stigma surrounding mental illness, and a shortage of culturally competent providers that collectively prevent Indian-American immigrants from accessing the care they need.

Dr. Gokarakonda shared his long-term vision for a dedicated, multilingual, and culturally informed national mental health helpline designed to serve this underserved population. The helpline will be established with seed funding from the American Association of Physicians of Indian Origin (AAPi) USA and contributions from the broader Indian community. It will be managed by volunteer mental health professionals, including Indian American psychiatrists, therapists, and psychologists. In addition to the helpline, the initiative will include a mobile app to connect mental health providers with the Indian community, supported by a comprehensive database of practicing Indian American mental health providers. Dr. Gandhi concluded by urging all IAPA members to volunteer for and support this important initiative.

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**

- **IAPA President's Award: Dr. P. Venkataramana**

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

IAPA POSTER COMPETITION 2026 AWARDEES

- **FIRST PLACE: Parth Modi, MBBS**

Title: Protective Factors Against Poor Mental Health in Heavy Social Media-Using Adolescents: A Cross-Sectional Analysis of the 2023 Youth Risk Behavior Survey
Authors: Parth Modi, MBBS; Preya Rana, MBBS; Zeeshan Mansuri, MD
Affiliations: Medical College Baroda, India; Cleveland Clinic, OH, USA; Yale School of Medicine, CT, USA

- **SECOND PLACE: Uria Shah, DO**

Title: Body-Based Complementary and Alternative Therapies in the Management of Autism Spectrum Disorder: A Systematic Review
Authors: Urja Shah, DO; Kimberly Wolf, DO
Affiliations: Icahn School of Medicine at Mount Sinai, Morningside-West; Touro University College of Osteopathic Medicine - California

- **THIRD PLACE: Apurva Bhatt, MD**

Title: Unspoken Deaths in Our Community: An Epidemiological Report of Suicide Deaths of South Asians in the USA
Authors: Apurva Bhatt, MD; Rupali Chowdhry, BS, MS; Ravi Parekh, BS
Affiliations: Stanford University; University of California, San Francisco; Mental Health Initiative for South Asians
Title: Conversations with Code: Exploring Interactions Between Patient

Congratulations to all the Awardees!

MESSAGE FROM IAPA PRESIDENT'S AWARDEE: Dr. P. Venkataramana

I wish to express my profound and heartfelt gratitude to IAPA for honoring me with the 2026 Presidential Award for distinguished service at our recent Annual Meeting in San Francisco last month. I am truly humbled by this recognition and would like to take the opportunity to express my sincere gratitude to the numerous individuals who have encouraged, shaped, and influenced my journey over the past 38 years.



First and foremost, I am grateful to my teachers and seniors from my training days, starting in Chennai, India, followed by my time in Birmingham, UK, and eventually at Hahnemann-MCP/Drexel University in Philadelphia. I would also like to recognize the contributions of my peers and colleagues, including Dr. Chand Nair, Dr. Ramesh Koneru, and Dr. Sachin Mehta, among others, for their unstinting support over the years. I want to extend my sincere thanks to all the members of our local IAPA Chapter and to Dr. Rao Gogineni in particular for his generous support over the years.

Last but not least, my heartfelt gratitude to Dr. Tanuja Gandhi and the IAPA for considering me worthy of this award. I hope to keep contributing my best efforts going forward into the future. My very best wishes to all of you.

Best Regards,
Dr. P. Venkataramana

UPCOMING EVENTS/ANNOUNCEMENTS

- **September 13, 2026: Diya Initiative 4th Annual Mental Health Symposium Hybrid In Person/Virtual Event - SIAPA South Carolina Chapter and NAMI Greenville**
- **October 10, 2026: IAPA Fall Meeting and IAPA Arkansas Chapter Meeting - Little Rock, AK**
- **October 26-31, 2026: American Association of Child and Adolescent Psychiatry (AACAP) Annual Meeting - Atlanta, GA**
- **October 29- November 1, 2026: American Association of Psychiatry and the Law (AAPL) Annual Meeting - Tampa, FL**

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IAPA AND PRMS EDUCATIONAL SESSION

Malpractice Claims: What You Always Wanted to Know, But Were Afraid to Ask

IAPA and PRMS joint presentation on *Malpractice Claims: What You Always Wanted to Know, But Were Afraid to Ask* was held virtually on June 24, 2026. The session provided attendees with a practical overview of the medical malpractice process. Topics included what constitutes a malpractice claim, what to expect during the litigation process, the importance of promptly investigating events and documenting recollections that may not be reflected in the medical record, the role of malpractice insurance, and the provider's responsibilities once a lawsuit is filed. The session concluded with an interactive question-and-answer discussion, giving participants the opportunity to address common concerns and gain practical insights from risk management and legal experts.

Please visit the [IAPA website](#) for announcements and information on future educational programming.

CHAPTER UPDATES



The South Carolina Chapter, in collaboration with NAMI Greenville, will be hosting the 4th Annual DIYA Mental Health Symposium on September 13, 2026, from 3:00-5:00 p.m. as a hybrid event. The symposium, titled “Lighting the Way: Cultivating Mental Wellness Across the South Asian Lifespan,” will focus on addressing mental health challenges affecting youth and adults in the South Asian community. Additional details to follow as they become available.

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

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