

Secretary Report (2023-2024)

to be presented at 55th Annual Conference of IPS-WZB at Mumbai

Dr Dhananjay Ashturkar
Hon Zonal Secretary

Year 2023-24

- Dr Neena Sawant – President
- Dr Sudhir Bhave – Vice President
- Dr Dhananjay Ashturkar – Hon Secretary
- Dr Avinash Desousa – Hon Editor
- Dr Ravindra Agrawal – Hon Treasurer
- Dr Nimesh Parekh, Dr Bhalchandra Kalmegh & Dr Amol Deshmukh joined the team of Executive Committee (Dr Shailesh, Dr Heena, Dr Hemant & Dr Sagar)
- Dr Umesh Nagapurkar & Dr Ashish Saboo – Representative to Central Council

Central Representation

- **Dr Laxmikant Rathi – President**
- We had prominent names from Zone at various elected & nominated posts

Zone stood as Second-Best Zone for year 2023

- In last 10 years we won best zone award (First/ Second) for almost 8 times.
- Credit goes to all past & present Presidents/ Secretaries & all office bearers
- Contribution of each & every member matters

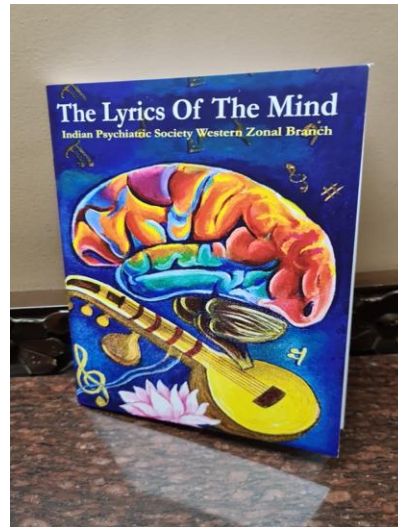
We lost..

- Dr Deepak Metkar from Pune
- Dr Vinod Chougule from Pune
- Dr Prakash Behere, Wardha
- Dr Anil V Shah, Ahmedabad
- Dr Lalith J Shah, Navsari- Surat
- Dr Arun Y Kulkarni, Kolhapur
- Dr Yogesh S Patel, Vadodara
- Dr Vinubhai Dhirajlal Shah, Ahmedabad

Few things to mention..

- We had 7 EC meetings including election scrutiny meeting – in person as well as online
- Financial condition is sound.. We are paying taxes on time
- www.ipswzb.in is our website.. Very much updated. Includes short awareness videos. Thanks to Website Committee & Mr Yogendra Naringe.
- Go green.. All communications are through mails, whats App, messages, website
- Annals of Indian Psychiatry has become prestigious journal now.. 4 issues in year.. All issues on time.. Receiving articles from everywhere.. Also a handsome sponsorship.. Special congratulations to Dr Avinash & past Editors
- We have our own Zoom Platform.. All online lectures & EC meetings
- Our YouTube channel is very much active. All webinars conducted by Subcommittees are uploaded

- IPS-WZB has started giving aid in grants to three original research work every year. Grant will be of 25,000/- each. Rules & regulations are formed by Research subcommittee & selection of work will be done by team members. We have received a good response & three proposals are selected for grant which were declared in 33rd Midterm CME of IPSWZB on 11th & 12th May 2024. Grant for two projects has been already issued
- IPS-WZB made 10 modules on common Mental Disorders for sensitization of PGs of other disciplines for DMER which are distributed to all Medical Colleges of Maharashtra & Goa for Dissemination by the local Departments of Psychiatry
- IPS-WZB has published e book “Lyrics of Mind” which includes poem on mind & psychological issues written by our members



Our Society has been registered recently at Charitable Commissioner Office, Nashik

“Psychiatric Society of Western Zone”

54th Annual Conference of IPS-WZB

- Dates – 13th, 14th, 15th October 2023
- Venue – Hotel Sayaji, Kolhapur
- Organisers- Kolhapur Psychiatric Society
- Organizing Chairman – Dr Arun Kulkarni Organising Secretary – Dr Simon Awale & Dr Nikhil Chougule
- Theme – “Psychiatry NexGen 2.0”
- Total registrations - 410
- Excellent Scientific agenda, pleasant hospitality

33rd Midterm CME of IPS-WZB

- Dates – 11th & 12th April 2024
- Venue – Hotel Radisson Blu, Lonavala
- Organisers – SMARTT Team
- Organising Chairman- Dr Sunil Gowda, Organising Secretary – Dr Bhushan Mhetre
- Registrations – 408
- Theme – “Translational Psychiatry : From Concept to Competence”
- Brain storming sessions with breath holding hospitality

Post Graduate CME 2023

- Dates – 25th & 26th November 2023
- Venue – Auditorium, GIMH, Ahmedabad
- Organisers – Dept of Psychiatry, Narendra Modi Medical College & Gujarat Institute of Mental Health in association with IPS-GSB
- Org Chairman - Dr Bhavesh Lakdawala Org Secretary – Dr Deepti Bhatt
- 150 PG students from 3 states
- Theme – “Basics of Forensic Psychiatry”
- Wonderfully organised & practical based CME

Subcommittees Report

- CME Committee –

Chairperson, Dr Parag Shah

Convenor – Dr Disha Vasavada

- Conference Committee –

Chairperson – Dr Bharat Sarode

- Constitution Committee

Chairperson – Dr Mukesh Jaggiwala

Convenor – Dr Arun Marwale

- Award Committee

Chairperson - Dr Vivek Kirpekar

Convenor – Dr Deepanjali Deshmukh

Winners

- Dr L P Shah Oration Award 2024 – *Dr Henal Shah*
- Dr V N Bagadia Endowment Award 2024 – *Dr Pradeep Patkar*
- Dr Anil V Shah Best Paper Award 2023 – *Dr K Padma & Team*
- IPS Nagpur Branch & Dr I K Mujavar Best Poster Award 2023 –
Dr Mranali Jaiswal & Team

Woman Psychological Health Committee

- Advisor – Dr Minakshi Parikh
- Chairperson – Dr Darpan Kaur
- Convenor – Dr Abha Bang Soni
- EC Coordinator – Dr Sagar Karia
- Members

Dr Nitisha Oza

Dr Pallavi Dhakane

Dr Mansi Vora

International Women's Day Celebration

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH

 **WOMEN'S PSYCOLOGICAL HEALTH COMMITTEE** 

In Collaboration With


BOMBAY PSYCHIATRIC SOCIETY
Bombay Psychiatric Society


Department of Psychiatry, KEMH

PRESENTS

International Women's Day

:: THEME ::
**INSPIRE, INCLUDE INVEST AND PROGRESS : LOOKING AT
TODAY'S WOMAN**

DATE
10 MARCH 2024

TIME
9:30 AM TO 1:30 PM




:: VENUE ::
Jivraj Mehta Lecture Theatre (MLT), College Building, Seth Gordhandas
Sunderdas Medical College and King Edward Memorial Hospital (Seth GSMC
and KEMH), Acharya Donde Marg, Parel, Mumbai 400012. Maharashtra, India

Applied for MMC points

International Women's Day Celebration



Gen Z Parenting- 30th June 2024

	INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH WOMEN'S PSYCHOLOGICAL HEALTH COMMITTEE & CHILD PSYCHIATRY COMMITTEE	
In Collaboration With		
 Bombay Psychiatric Society	 Dept. of Psychiatry, LTMMC & LTMGH	
:: TOPIC :: GEN Z PARENTING		
DATE & VENUE 30TH JUNE (SUNDAY) 2024, PHYSIOLOGY LECTURE HALL, LTMMC & LTMGH, SION		



Jointly organized by IPSWZB Women's Psychological Health Committee &
IPSWZB Child Psychiatry Committee

Webinars

Cosmetic Gynaecology – Boon or Bane for the women of today

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH
WOMEN PSYCHOLOGICAL HEALTH COMMITTEE
PRESENTS WEBINAR ON

Topic : Cosmetic Gynecology - Boon or Bane For The Woman of Today

SPEAKERS

1. Dr. Riddhi Shukla
Obstetrician & Cosmetic Gynec Surgeon,
Ahemdabad

2. Dr. Anita Shyam MD (USA)
Integrative Psychiatrist,
Board Certified Clinical Sexologist,
Relationship, Sex and Intimacy Coach.

CHAIRPERSON
Dr. Nilima Shah
Associate Professor, NHL Municipal Medical College
Ahemdabad

MODERATOR
Dr. Nitisha Oza
Consultant Psychiatrist
Jamnagar

DATE : 29TH NOV 2023
TIME : 8:00 PM - 9:00 PM



IPS WZB Office Bearers

Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desousa :	Hon. Editor

IPS WZB Women Psychological Health Committee

Dr. Minakshi Parikh :	Advisor
Dr. Darpan Kaur :	Chairperson
Dr. Abha Bang Soni :	Convenor
Dr. Sagar Karia :	EC Co-Ordinator
Dr. Nitisha Oza :	Member
Dr. Pallavi Dhakane :	Member
Dr. Mansi Vora :	Member

ZOOM LINK
<https://us06web.zoom.us/j/85683317652?pwd=Ba9S3uk2lmrEpTq4VPJ5Tq8eTqdy8p.1>
Meeting ID: 856 8331 7652
Passcode: IPSWZB

From symptoms to Solutions: Managing Psychological and Sexual Health in early Menopause – 21st August 2024

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH


WOMEN PSYCHOLOGICAL HEALTH COMMITTEE

PRESENTS AN INTERESTING SESSION


:: Topic ::

From Symptoms to Solutions: Managing Psychological and Sexual Health in Early Menopause


SPEAKER

 **Dr. Ashlesha Bagadia**
Head of Psychotherapy at Green Oak Initiative
Community Mental Health Centre, Bengaluru.


CHAIRPERSON

 **Dr. Khyati Mehtalia**
Owner of "SAKHI" Women's Mental Health
and Child Guidance Clinic, Ahmedabad

MODERATOR

 **Dr. Nitisha Oza**
Consultant Psychiatrist
Jamnagar

DATE : 21ST AUG 2024
TIME : 8:00 PM - 9:00 PM



IPSWZB 2024

**Mental Health
in
Early Menopause**
Symptoms to Solutions

Dr Ashlesha Bagadia
ashlesha.bagadia@gmail.com



Marriage – A Path to Wholeness & Individuation – 6th September 2024

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH

WOMEN PSYCHOLOGICAL HEALTH COMMITTEE

PRESENTS

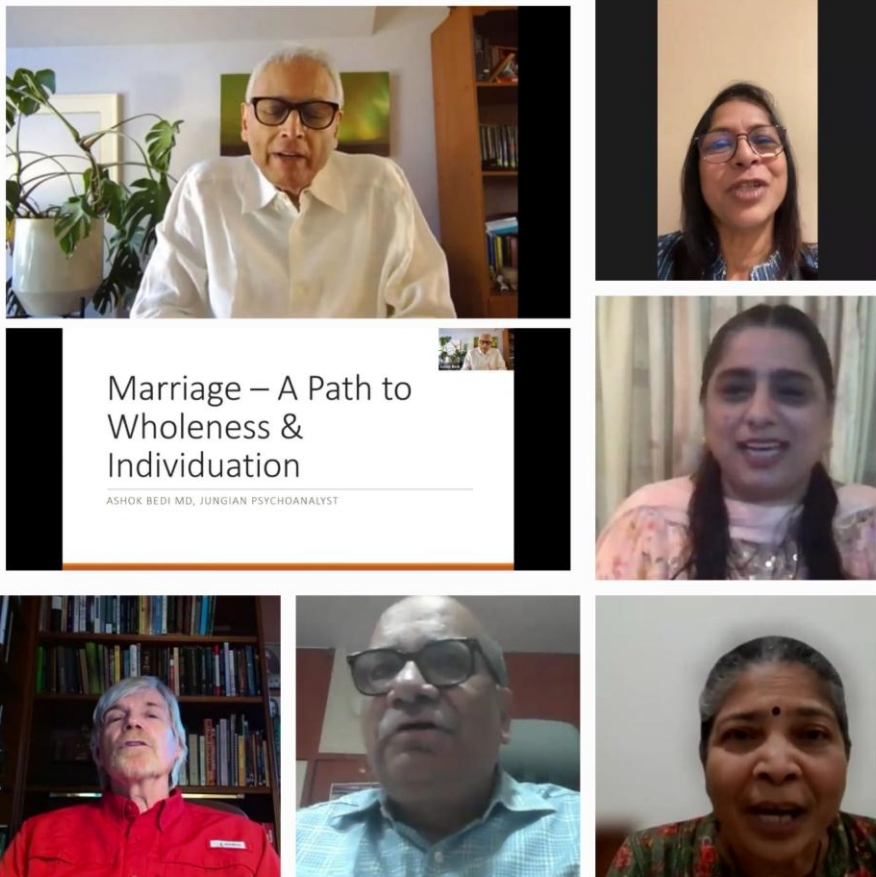

Topic : Marriage- A Path to Individuation and Wholeness

SPEAKER
Dr. Ashok Bedi
M.D, USA
Psychiatrist and Jungian Analyst

CHAIRPERSON
Dr. Vivek Kirpekar
Professor in Psychiatry,
NKPSSIMS, Nagpur

MODERATOR
Dr. Minakshi Parikh
Professor and Head, Psychiatry & Jungian Analyst
B.J. Medical College, Ahmedabad

DATE : 06TH SEP 2024
TIME : 7:00 PM - 8:30 PM



Marriage – A Path to Wholeness & Individuation
ASHOK BEDI MD, JUNGIAN PSYCHOANALYST

Women Leadership in Psychiatry – 27th September 2024

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH

WOMEN PSYCHOLOGICAL HEALTH COMMITTEE

PRESENTS

Topic : Women Leadership in Psychiatry

SPEAKER

Dr. Pratima Murthy
Director and Senior Psychiatrist,
NIMHANS, Bengaluru

Dr. Smita Deshpande
Professor (Research),
Department of Psychiatry,
St John's Medical College Hospital,
St John's National Academy of Health Sciences,
Bengaluru

Dr. Ritambhara Mehta
Professor and Head,
Department of Psychiatry,
GMC, Surat

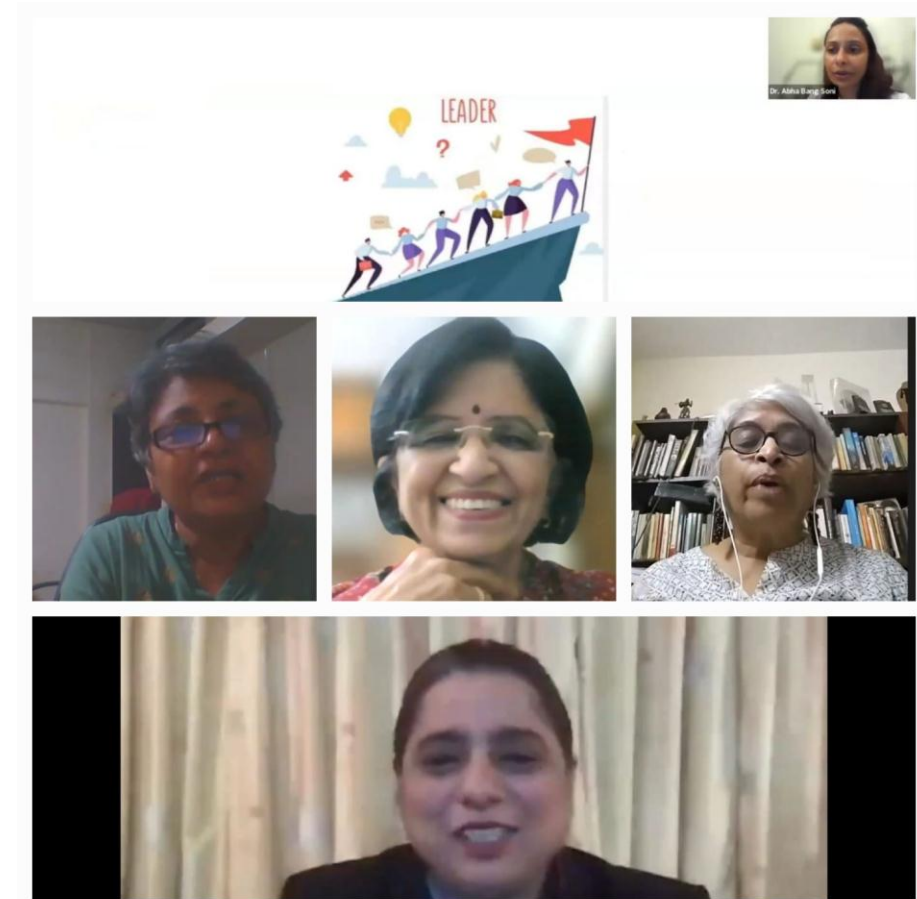

CHAIRPERSON

Dr. Darpan Kaur
Chairperson,
Women's Psychological Health Committee,
IPS WZB

MODERATOR

Dr. Abha Bang Soni
Convenor,
Women's Psychological Health Committee,
IPS WZB

DATE : 27TH SEP 2024
TIME : 7:00 PM - 8:00 PM



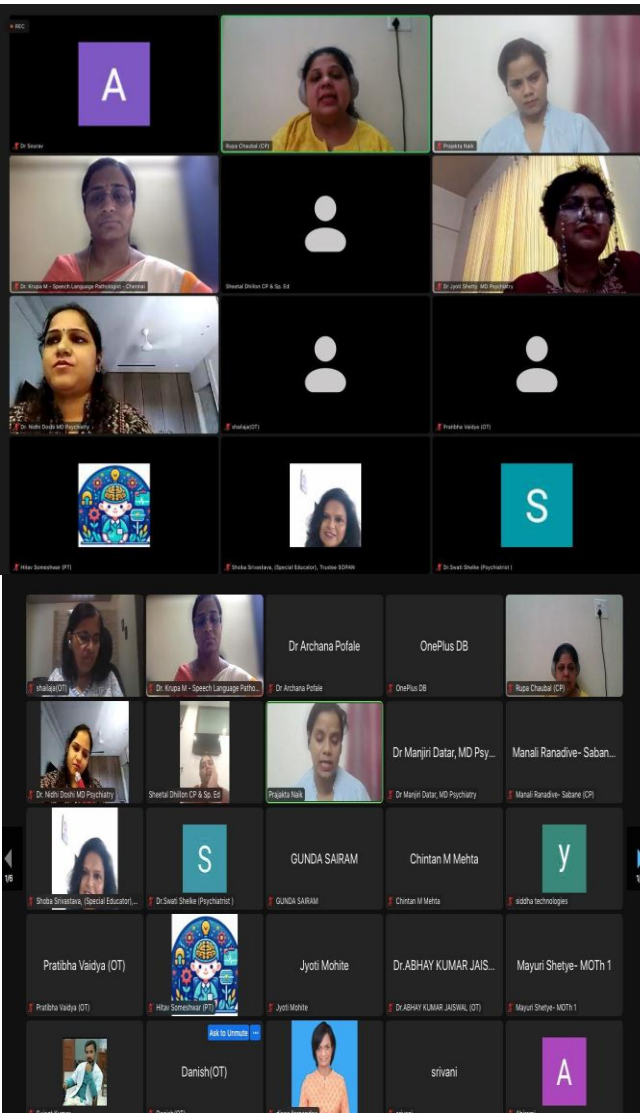
Child Psychiatry Committee

- Advisor – Dr Alka A Subramanyam
- Chairperson – Dr Jyoti Shetty
- Convenor – Dr Mansi Somaiya
- EC Coordinator – Dr Heena Merchant
- Members

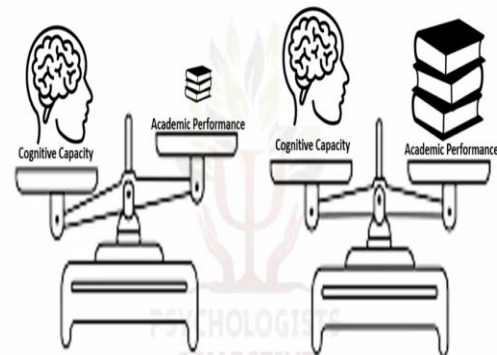
Dr Nidhi Doshi

Dr Swati Shelke

Multidisciplinary teams in child and adolescent mental health – 4 online CMEs

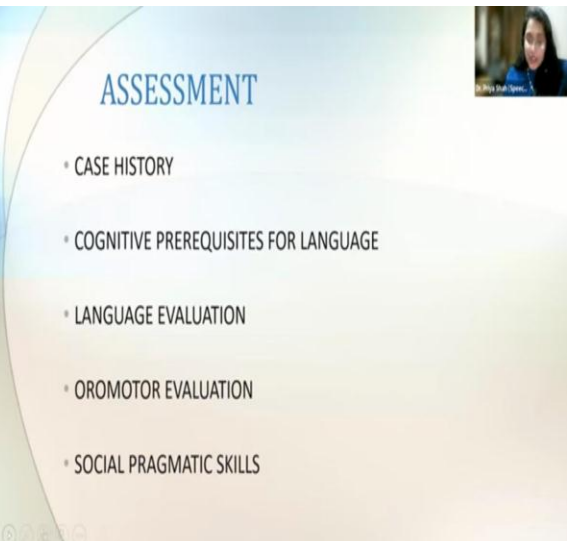


Specific Learning Disability in a Nutshell



Case Study

- Nirmalya is a 5.5 year boy attending LKG in a mainstream school setting. Concerns about Nirmalya's academic and developmental progress were observed by his parents and teachers during routine assessments.
- Nirmalya demonstrates delays in motor skills, such as balance, coordination, Postural control and body awareness. He also demonstrate lack in fine motor skills which impact his ability to participate in physical activities and peer play activities. He displays difficulties in manipulating small objects and age appropriate ADL skills.



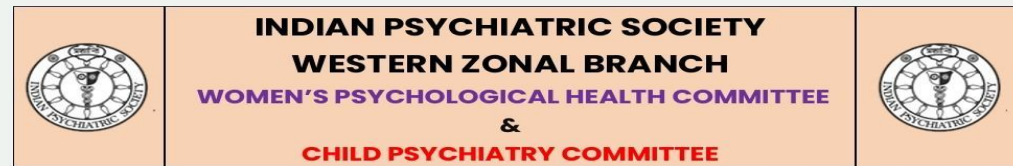
DIFFERENTIAL DIAGNOSIS: with Inputs from a Clinical Psychol

- Social Anxiety Disorder/ Social Phobia
- Generalized Anxiety Disorder
- Social (Pragmatic) Communication Disorder
- Major Depressive Disorder
- Schizoid Personality Disorder
- Avoidant Personality Disorder
- Tourette's Syndrome
- Agoraphobia

INTERVENTIONS:

- Psychoeducation and Identifying precipitating factors if any in the family and other areas
- Cognitive therapy (CBT / REBT): Item Analysis and Cognitive Identification of stress-inducing situations
- Social Skills Training – via Picture Exchange Communication systems (PECS), Social Stories and creating Support Circles to help practice interactions.
- Behavioral Therapy – Deep Breathing exercises and Progressive Muscle relaxation strategies, Systematic Desensitization, Visual Imagery Relaxation practices to manage high stress situations

In Person CME In association with Women Psychological Health Committee & BPS



In Collaboration With



:: TOPIC ::
GEN Z PARENTING

DATE & VENUE
30TH JUNE (SUNDAY) 2024,
PHYSIOLOGY LECTURE HALL, LTMMC & LTMGH, SION

APPLIED FOR MMC POINTS



Webinar on CAMH App

Microsoft PowerPoint interface showing a presentation slide titled "CAMH" (Child and Adolescent Mental Health). The slide content includes:

- CAMH** logo with a stylized face in the letter 'A'.
- CHILD AND ADOLESCENT MENTAL HEALTH**
- BETTER PATIENT CARE WITH BETTER HCP's* CONNECTIVITY**
- UNIQUE FEATURES:**
 - Uninterrupted care irrespective of geographical location within West Zone*
 - An interface that is easy to understand and use without the need for extensive instructions.
 - Loading process that is both fast and effective.
 - Delivering exceptional help and guidance to users.
 - Ensuring that sensitive or personal data is kept private and confidential, typically through encryption and access controls.
 - Integration that comes pre-configured or as a standard feature.
- SCAN TO DOWNLOAD**
 - QR code for iOS
 - QR code for Android
- Small illustration of four people sitting around a table.

The presentation is being displayed on a screen, with a video feed of a woman (Alka A. Saraf) visible in the top right corner of the screen.

The screenshot displays a Microsoft PowerPoint presentation titled 'CAMH app ips wb - PowerPoint'. The ribbon at the top includes tabs for Design, Transitions, Animations, Slide Show, Record, Review, View, and Help. A small video window in the top right corner shows a woman speaking. The main content area shows a form titled 'PERSONAL DETAILS' for a CAMH doctor. The form includes fields for Doctor Name, Gender, Head of the Clinic/Hospital, Degree, and Practice Timings. A 'Next' button is visible at the bottom. The form is presented in a dark theme with blue and white colors.

PERSONAL DETAILS

Doctor Name :

Gender :

Head of the Clinic/Hospital :

Degree :

Practice Timings :

Next

Geriatric Psychiatry Committee

- Advisor – Dr Janhavi Kedare
- Chairperson – Dr Akshada Sabnis
- Convenor – Dr Karishma Rupani
- EC Coordinator – Dr Amol Deshmukh
- Members

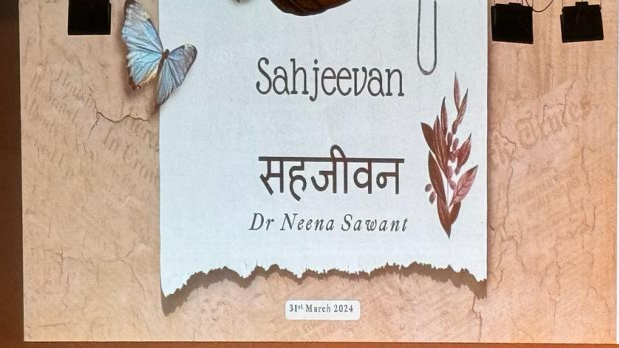
Dr Vasant Meghana

Dr Swati Vanjari

Dr Neelam Behare

Geriatric Subcommittee of IPS-WZB has organized in person talk by experts in collaboration with associations/ groups working for Senior Citizens at various places

- On 31st March 2024: Awareness program in collaboration with Geriatric chapter KPS, KMA at Kolhapur
- On 19th March 2024: A talk on Dementia in collaboration with Parel Bhagini Mandal, Mumbai
- On 11th Jan 2024: A talk on aging gracefully in collaboration with Graceful Living





On World Alzheimer's Day in collaboration with Graceful Living and Nana Nani School at Girgaon



On World Alzheimer's Day

Life after 60- Session for senior citizen club at Nashik organized by Geriatric Subcommittee was conducted by Dr Nilesh Jejurkar on 21.9.24



Talks on Dementia organised by Geriatric Subcommittee of IPSWZB on 25-9-24 at Masur PHC and 26-9-25 at Talmawale PHC



Public Relation Committee

- Advisor – Dr Khyati Mehtalia
- Chairperson – Dr Deepti Bhatt
- Convenor – Dr Anup Bharti
- EC Coordinator – Dr Hemant Sonanis
- Members

Dr Swaroop Bhatankar

Dr Sayalee Dabherao

Dr Tanvi Pednekar

In association with GUJARAT INSTITUTE OF MENTAL HEALTH (GIMH) for the students of nursing college



In Association with School of Behavioral Sciences and Foreign Investigations,
Rashtriya Raksha University, Gandhinagar.
A half-day mental health awareness program on Wednesday, 24th April 2024



Department of Psychiatry, GMC Chandrapur, in collaboration with the Public Relations Committee, IPSWZB organized an awareness session on World Suicide Prevention Day on 20th September 2024



Public Relations Subcommittee along with INDIAN INSTITUTE OF PUBLIC HEALTH GANDHINAGAR (IIPHG) organized a half day seminar on *BUILDING EMOTIONAL RESILIENCE AND WELL-BEING* on 20th September



Rural Psychological health committee

- Advisor – Rajesh Dhume
- Chairperson – Dr Devavrat Harshe
- Convenor – Dr Sarika Dakshikar
- EC Coordinator – Dr Amol Deshmukh
- Members

Dr Rajashri Deshpande

Dr Ashish kuthe

Dr Gaurav Pawar

Dr Amol Bhusare

IPS-WZB in association with Parag Pratishthan, Mumbai organized “Ekankika” Competition at Veer Savarkar auditorium, Mumbai on 9th February 2024.



मुंबई चौफेर

मानसिक आरोग्य या विषयावर एकांकिका स्पर्धेचे आयोजन

मुंबई - स्वस्थ आणि स्वास्थ्य एकमेकांशी निगडित शब्द आहेत. समाजात देशात वाढलेली जीववेणी समस्या म्हणजे मानसिक रुग्ण यांना योग्यवेळी उपचार मिळून देण्यासाठी हा उपक्रम आयोजित करण्यात आला आहे. इंडियन सायकियाट्रिक सोसायटी, वेस्ट झोन व पराग प्रतिष्ठान मुंबई यांच्या संयुक्त विद्यमाने वीर सावरकर स्मारक नाट्यगृह शिवाजी पार्क, दादर, मुंबई येथे मानसिक स्वास्थ्य संतुलन संवर्धन या विषयावर आधारित एकांकिका स्पर्धेचे आयोजन करण्यात आले.

स्पर्धेचे निकष पूर्ण करणाऱ्या सात संस्थांच्या एकांकिका सादर झाल्या. स्पर्धेस सकाळी साडेआठ

वाजता प्रारंभ झाला. मानसिक स्वास्थ्यविषयी सर्वसामान्य जनतेत जागरूकता निर्माण व्हावी, यासाठी आयपीएसडब्ल्यूजेडबीच्या अध्यक्ष आणि मानसोपचारतज्ज्ञ डॉक्टर नीना सावंत यांनी एकांकिका उत्सवाचे आयोजन करण्यात पुढाकार घेतला असून, सातत्याने 'मानसिक स्वास्थ्य संतुलन संवर्धन' अभियानाबाबत डॉ. नीना सावंत सातत्याने कार्य करीत आहेत. डॉ. नीना सावंत यांनी कार्यक्रमात बोलताना सांगितले की, मानसिक रुग्णांची संख्या ही आपल्या देशामध्ये सर्वाधिक आहे. मुलांना शाळांमध्ये वेळीच योग्य शिक्षण देणे गरजेचे आहे. देशात आत्महत्ये, डिप्रेशन यांचे प्रमाण वाढले आहे. यावर आळा घालणे गरजेचे आहे.

'आई रिटायर्ड होते' या एकांकिकेला मिळाले यश

यासाठी आमचा हा खोरीचा वाटा आहे. या पुढेही असे कार्यक्रम करत राहू. या कार्यक्रमात भाग घेतलेल्या सर्व कलाकारांना सन्मानदीप यांनी सन्मान दर्पण आणि सन्मान पत्र देऊन अभिनंदन करण्यात आले. एकांकिका करण्यासाठी स्पर्धक संपूर्ण महाराष्ट्रातून आले होते. प्रथम एकांकिकेचे पारितोषिक टीनटस या एकांकिकेला मिळाले. यासाठी कलाकारांना सन्मान दर्पण, सन्मान पत्र आणि ५१०००/- रुपयांचे मानधन देण्यात आले. द्वितीय पारितोषिक आई रिटायर्ड होते या एकांकिकेला मिळाले. त्यांना २५०००/- रुपये मानधन देऊन सन्मानित करण्यात आले.

दबंग रिपोर्टर » मुंबई

मानसिक बीमारी और इसके इलाज को लेकर जागरूकता फैलाने के उद्देश्य से इतिहास में पहली बार मुंबई में वन ऐक्ट ड्रामा एकांकिका उत्सव का आयोजन किया गया। इंडियन साइकिएट्रिक सोसाइटी, वेस्टर्न जोनल ब्रांच और पराग प्रतिष्ठान मुंबई ने संयुक्त रूप से 9 फरवरी 2024 को वीर सावरकर ऑडिटोरियम, शिवाजी पार्क, दादर मुंबई में मानसिक स्वास्थ्य और इसकी जागरूकता के विषय पर इस एकांकी नाटक प्रतियोगिता का का



सफल आयोजन किया।

इस एकांकिका उत्सव को उत्कृष्ट प्रतिक्रिया प्राप्त हुई। कई थिएटर ग्रुप्स ने तो आखिरी तिथि खत्म होने के बाद भी फोन किया। सुबह 8.30 बजे शुरू हुई प्रतियोगिता के लिए कुल 7 एकांकिका नाटकों को शॉर्टलिस्ट किया गया। यह पहल IPSWZB की अध्यक्ष डॉ. नीना सावंत द्वारा की गई थी ताकि आम जनता में मानसिक स्वास्थ्य के बारे में जागरूकता बढ़ाई जा सके।

मुख्य अतिथि विश्वास नांगरे पाटिल उपस्थित नहीं हो सके लेकिन उन्होंने एक वीडियो संदेश के द्वारा शुभकामनाएं भेजीं। उन्होंने आईपीएसडब्ल्यूजेडबी और पराग प्रतिष्ठान को इस सराहनीय पहल के लिए बधाई दी और कहा कि सार्वजनिक शिक्षा की नितांत आवश्यकता है। नीना सावंत ने बहुत अच्छा कार्यक्रम किया। एकांकिका महोत्सव का आयोजन अच्छे उद्देश्य को लेकर किया। मानसिक स्वास्थ्य को लेकर जागरूकता फैलाने का काम यह सोसाइटी कर रही है। महत्वपूर्ण संदेश देने के लिए एकांकिका का प्रयोग किया गया है यह अच्छी बात है। आत्महत्या, डिप्रेशन आदि समस्याओं को लेकर जागरूकता

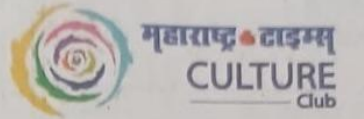
फैलाना जरूरी है। कई मानसिक स्वास्थ्य के विषय पर एकांकिका व आयोजन किया गया, मैं नीना सामं को बधाई और शुभकामनाएं देता हूँ। डॉ. मनोज भाटवडेक सम्मानित अतिथि थे जिन्होंने पुरस्कार प्रदान किये। कार्यक्रम के निर्णायक नारायण जाधव अभिनेत्री चिन्मयी सुमीत औरंगाबाद के मनोचिकित्सक डॉ. अमोल देशमुख, डॉ. अशोक मांजेकर ने अपना अनुभव साझा किया।

IPSWZB की अध्यक्ष डॉ.

नीना सावंत ने कहा कि ऐसा पहल बार हुआ कि हमने नाटक के द्वारा समाज में मानसिक उपचार और स्वास्थ्य को लेकर जागरूकता फैलाने का प्रयास किया। हमें य समझना होगा कि जिस तरह शारीरिक सेहत जरूरी है उतनी ही जरूरी मानसिक सेहत भी। जिस तरह हम मामूली सर्दी खांसी के उपचार के लिए डॉक्टर के पास जाते हैं उसी तरह मानसिक बीमारी के लिए भी हमें डॉक्टर के पास जाना चाहिए, इसका इलाज संभव है। बेहतर जीवन के लिए मानसिक स्वास्थ्य प्रत्येक व्यक्ति के जिम्मेदारी और आवश्यकता है। आज हमारे देश में मानसिक बीमारियों का प्रचलन बहुत अधिक है और केवल 20% तक ही लोग मनोचिकित्सक के पास पहुँच पाते हैं। बहुत से लोग अपनी भावनात्मक समस्याओं से अंजान होते हैं और यदि उन्हें पता भी है तो वे खुलकर बोलने और दूसरों लोगों को बताने से डरते हैं क्योंकि वे शर्मिंद महसूस करते हैं। इसके खतरनाक परिणाम हो सकते हैं क्योंकि लोग मदद मांगने से बचते हैं और अपनी भावनाओं को नियंत्रित करने की कोशिश करते हैं। इससे अवसाद और आत्महत्या की दर में वृद्धि हो सकती है।

मानसिक आरोग्याच्या गांधीर्यावर एकांकिका स्पर्धा

म. टा. प्रतिनिधी, मुंबई



मानसिक आरोग्य यासारख्या विषयावर आजही उघडपणे चर्चा टाळली जाते. त्यामुळे अनेक पैलू, आजार लवकर लक्षात येत नाहीत. मानसिक आरोग्याचे गांधीर्य अनेकदा उशीरापर्यंत समजत नाही. त्यामुळे या विषयाकडे लक्ष वेधून घेण्यासाठी आणि या माध्यमातून जनजागृतीची सामाजिक चळवळ उभी राहावी, यासाठी मानसिक स्वास्थ्य- संतुलन, संवर्धन या विषयावर एकांकिका स्पर्धेचे इंडियन सायकॅट्रिक सोसायटी, वेस्ट झोन व पराग प्रतिष्ठान-मुंबई यांच्या माध्यमातून आयोजन करण्यात आले आहे. 'महाराष्ट्र टाइम्स कल्चर क्लब' या उपक्रमाचा मीडिया पार्टनर आहे.

एकांकिका उत्सवात रक्कम, चषक, सन्मानपत्र अशी एक लाख पन्नास हजार मूल्यांची पारितोषिके प्रदान करण्यात येणार आहेत. अर्ज व प्रवेश फी सादर करण्याची अंतिम तारीख ५ जानेवारी, २०२४ आहे तर प्राथमिक फेरी १५ ते २० तारखेदरम्यान जानेवारी २०२४ दरम्यान आयोजित करण्यात येईल. स्पर्धेची अंतिम फेरी शुक्रवार, ९ फेब्रुवारी रोजी दादर येथे सकाळी नऊ ते सायं. ६ या कालावधीत सावरकर सभागृह येथे होईल.

प्राथमिक फेरीकरिता एकांकिकेचा व्हिडिओ करून तो संस्थेच्या मेलवर पाठवण्याची मुभा मुंबई बाहेरील संस्थांना देण्यात येईल. हे व्हिडिओ पाठवण्याची अंतिम तारीख २० जानेवारी आहे. एका संस्थेला वेगळे कलाकार संच घेऊन एकाहून अधिक एकांकिका सादर करता येतील. तसेच एका लेखकाच्या एकाहून अधिक संहितांचा समावेश स्पर्धेत मान्य करण्यात आला आहे. राज्यभरात मानसिक आरोग्याचे महत्त्व पोहोचावे यासाठी हा एकांकिका उत्सव आयोजित करण्यात आला आहे. इंडियन सायकॅट्रिक सोसायटी, वेस्ट झोन संस्थेच्या अध्यक्षा डॉ. नीना सावंत यांनी मानसिक स्वास्थ्य या विषयाचे गांधीर्य लक्षात यावे आणि सर्वसामान्यांना दिलासा मिळावा, यासाठी 'सक्षम' या ऑपची निर्मितीही केली आहे.

या स्पर्धेसंदर्भातील अधिक माहिती व्हॉट्सअप किंवा ई-मेलवर पाठवण्यात येणार आहे. अधिक माहितीसाठी संपर्क- सुनील सावंत : ८७७९६५०५९६, आर्ची गांगण साठे : ८८७९६५५८०२.

'मनोविकारांबाबत सुशिक्षितांमध्येही गैरसमज'

म. टा. प्रतिनिधी, मुंबई

मनोविकारांबाबत समाजात प्रचंड गैरसमज आहेत. मनोविकारतज्ज्ञ झोपेच्या गोळ्या देतात. ते रुग्णांशी केवळ बोलत बसतात, अशा समजूती आहेत. मात्र यातील शास्त्रीय तथ्यांची माहिती सामान्य माणसे, सुशिक्षित लोकांना नसते. याबाबत जनजागृती करण्याचा यज्ञ सुरू ठेवला पाहिजे. ही ज्योत तेवत ठेवायला हवी, असे प्रतिपादन मनोविकारतज्ज्ञ डॉ. मनोज भाटवडेकर यांनी शुक्रवारी व्यक्त केले. इंडियन सायकियाट्रिक सोसायटी, वेस्ट झोन आणि पराग प्रतिष्ठान यांच्यातर्फे मानसिक स्वास्थ्य संतुलन संवर्धन या विषयावर आधारित एकांकिका स्पर्धेचे आयोजन शुक्रवारी करण्यात आले होते. शिवाजी पार्क



मनोविकारतज्ज्ञ डॉ. भाटवडेकर यांचे प्रतिपादन

येथील वीर सावरकर स्मारक नाट्यगृहात ही स्पर्धा पार पडली. या कार्यक्रमाचा म. टा. कल्चर क्लब माध्यम प्रयोजक होता.

अनेक बाबतीत आपण प्रगतीशील आहोत. मात्र मनोविकारांशी संबंधित रिटमा जितक्या प्रमाणात कमी व्हायला हवा होता. तो तितका कमी झाला नाही. याबाबत सुशिक्षितांमध्येही अज्ञान आहे, असेही भाटवडेकर यांनी नमूद केले. दरम्यान एकांकिका स्पर्धेसाठी राज्यभरातून कलाकार आले होते. मानसिक आरोग्याच्या प्रश्नावर त्यांनी एकांकिकेतून संदेश दिला. या

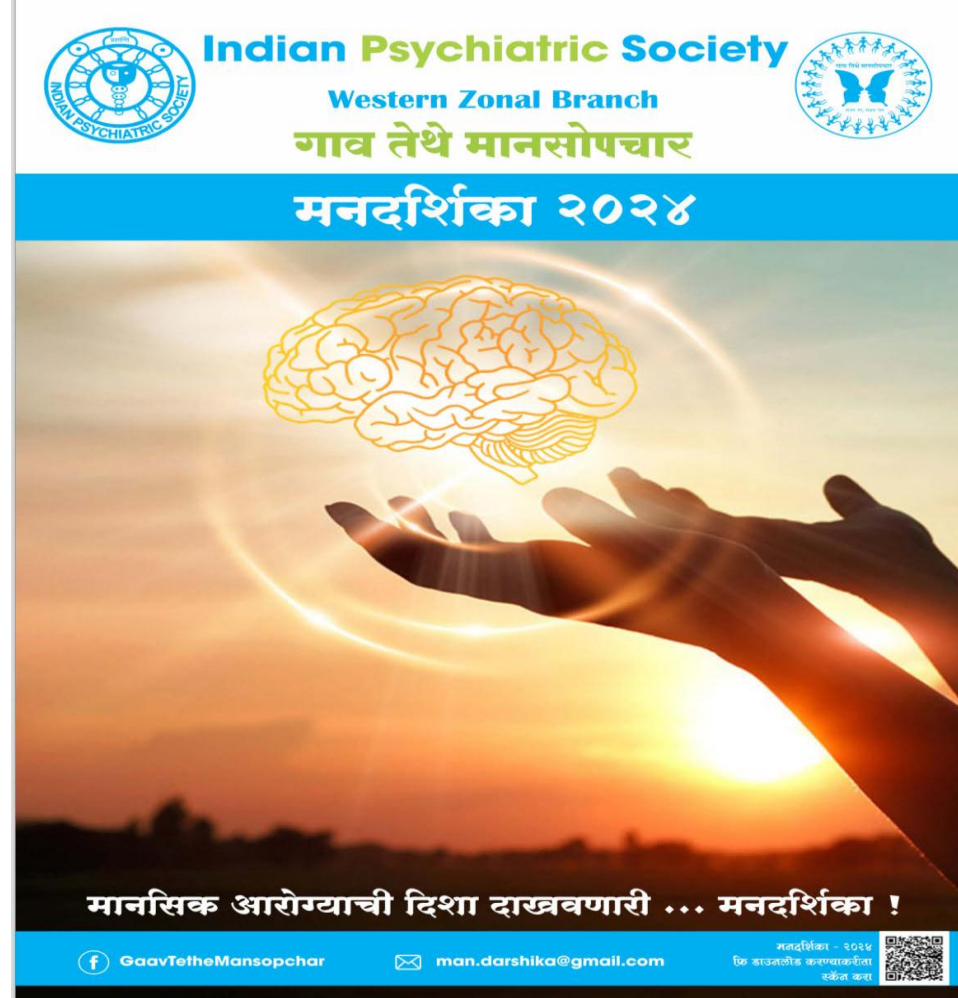


स्पर्धेत प्रथम पारितोषिक टीनटस या एकांकिकेने पटकाविले. प्रथम पारितोषिक पटकावणाऱ्या एकांकिकेला या सन्मान दर्पण, सन्मानपत्र आणि ५१ हजार रुपये बक्षीस देण्यात आले. तर द्वितीय पारितोषिक 'आई रिटायर्ड होते' या एकांकिकेला मिळाले. यावेळी पराग प्रतिष्ठान अध्यक्ष डॉ. अशोक मांजेकर, सचिव आर्ची साठे, इंडियन सायकियाट्रिक सोसायटी वेस्ट झोनच्या अध्यक्षा डॉ. नीना सावंत, अभिनेत्री चिन्मयी सुमीत, अभिनेता नारायण जाधव, तसेच डॉ. अमोल देशमुख उपस्थित होते.

Arogya Yatra with Granthali

- 10 district places: Chiplun, Nagpur, Nanded, Jalgaon, Dhule, Chh Sambhajanagar, Nasik, Chandrapur
- Poster Exhibition during Yatra: 24th November – 24th December 2023
- Members of IPSWZB participated in the sessions of Awareness of Mental disorders, stigma, myths/ misconceptions & Positive Mental Health

Mandarshika Calender 2024



Postgraduate Psychiatry committee

- Advisor – Dr Sudhir Bhave
- Chairperson – Dr Shilpa Adarkar
- Convenor – Dr sreelakshmi
- EC Coordinator – Dr Nimesh Parikh
- Members

Dr Nachiketa Desai

Dr Prajкта Patkar

Dr Sachin Mahajan

Dr Sarandha Srivastav

“Tenacious Tuesday Teaching”

❖ Date :- 21st November 2023

Topic :- CLINICAL SKILLS : EMPATHY AND RAPPORT BUILDING

Speaker:- Dr. Shilpa Adarkar and Dr. Sreelakshmi V.

Chairperson :- Dr. manoj bhatawedkar

Moderator :- Dr.Prajakta patkar .

(The session was attended by 67 students).

❖ Date :- 12th December 2023

Topic:- MENTAL STATUS EXAMINATION was explained and was even demonstrated as Part-1.

Speaker :- Dr. Suchil Gawande

Chairperson:- Dr.Parag shah

Moderator :- Dr.Sachin Mahajan

(It was attended by resounding number of 120 students) .

❖ Date :- 9th January 2024

Topic :- CASE PRESENTATION : DIAGNOSTIC FORMULATION AND MANAGEMENT

Speaker :- Dr.Neha patel and Dr. Tracinda Pinto

Expert :- Dr.Nimesh parikh and Dr. Maithili Umate

(It was attended by 105 attendees)

❖ Date :- 13th February 2024

Topic :- APPROACH TO PSYCHOSEXUAL HISTORY

Speaker:- Dr.Adarsh tripathi

Expert:- Dr. Suparna telang

Moderator :- Dr. Prajakta Patkar.

(The session was attended by 53 students)

❖ Date :-20th february 2024

Topic :- Part -2 of MENTAL STATUS EXAMINATION -EXPLANATION WITH DEMONSTRATION

Speaker :- Dr.Sushil Gawande Chairperson:- Dr.Parag shah

(It was attended by 38 students).

❖ Date :- 12th March 2024

Topic:- A CASE ON INTELLECTUAL DISABILITY

Presenter :- Dr.Himadri Bhuvra

Experts :- Dr.Minakshi parikh and Dr.Henal shah Moderator:- Dr.

Nachiketa Desai

(Attendees were total 48) .

•

❖ Date:- 9th April 2024

Topic:- CASE PRESENTATION OF PSYCHIATRIC EMERGENCIES was conducted by
MGM Aurangabad

Experts:- Dr. Ashish srivastava and Dr. Shubhangi parkar

Moderator : Dr. Sarandha srivastav

❖ Date :- 14th May 2024

Topic :- PSYCHOEDUCATION FOR PATIENT AND CAREGIVERS

Speaker:- Dr. Sadhana Bhatkhande

Chairperson :- Dr. Vivek Kirpekar Moderator :- Dr. Nachiketa Desai

❖ Date :- 09th July 2024

Topic :- BASICS OF CBT

Speaker:- Dr. Shubha Thatte Chairperson :- Dr. Anuradha Sovani

Moderator :- Dr. Prajakta Patkar

❖ Date :- 13th August 2024

Topic :- REHABILITATION IN PSYCHIATRY

Speaker:- Dr. Krishna Prasad M

Chairperson :- Dr. Shashvat Vidyakumar Shere

Moderator :- Dr. Sarandha Srivastava

❖ Date :- 13th August 2024

Topic :- REHABILITATION IN PSYCHIATRY

Speaker:- Dr. Krishna Prasad M

Chairperson :- Dr. Shashvat Vidyakumar Shere

Moderator :- Dr. Sarandha Srivastava

❖ Date :- 10th September 2024

Topic :- SPOTS - LEARNING FORM CLASS

Expert:- Dr. Anil Rane, Dr. Nishikant Thorat, Dr. Lakhan Kataria, Dr. Kranti Kadam

Moderator :- Dr. Prajakta Patkar, Dr. Sachin Mahajan

Legal & MHCA Committee

- Advisor – Dr Sanjay Kumavat
- Chairperson – Dr Umesh Nagapurkar
- Convenor – Dr Niteen Abhivant
- EC Coordinator – Dr Bhalchandra Kalmegh
- Members

Dr Govind Kulkarni

Dr Omkkar Joshi

Dr Nakul Vanjari

Webinars

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH
LEGAL AND MHCA SUBCOMMITTEE

PRESENTS

:: Topic ::
Psychiatry Meets Law

SPEAKER
Dr Sandeep Mahamuni
Senior Consultant Psychiatrist and President IPS Pune
DPM & LLB

DATE : 08TH AUG 2024
TIME : 8:00 PM - 9:00 PM


Dr Bhalchandra Kalmegh
Senior Consultant Psychiatrist
DPM, MD & LLB

CHAIRPERSON
Dr. Prasanna Khatawkar
Consultant Psychiatrist
DPM, DNB & LLB

MODERATOR
Dr Avinash Karde
Assistant Professor Department of Psychiatry,
BJGMC Pune

Psychiatry and the law

Experience sharing and guidance by Psychiatrists who have completed additional qualification in Law



IPS WZB Office Bearers

Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desousa :	Hon. Editor

IPS WZB Legal and MHCA Subcommittee

Dr. Sanjay Kumavat:	Advisor
Dr. Umesh Nagapurkar:	Chairperson
Dr. Niteen Abhivant:	Convenor
Dr. Bhalchandra Kalmegh:	EC Co-Ordinator
Dr. Govind Kulkarni:	Member
Dr. Omkar Joshi:	Member
Dr. Nakul Vanjari:	Member

ZOOM LINK
<https://us06web.zoom.us/j/89482018060?pwd=8aQ5bnHabelGy4GKSIN5oag8VZyEZY.1>
Meeting ID: 894 8201 8060
Passcode: IPSWZB

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH
LEGAL AND MHCA SUBCOMMITTEE

PRESENTS

:: Topic ::
Advocacy In Mental Health

SPEAKER
Adv. Gaurav Kumar Bansal
Supreme court advocate and mental health activist

DATE : 8TH MAY 2024
TIME : 8:00 PM - 9:00 PM

CHAIRPERSON
Dr. Umesh Nagapurkar
Past President IPSWZB

MODERATOR
Dr. Kartik Singhai
Assistant Professor, Department of Psychiatry,
BJGMC Pune

Adv. Gaurav Kumar Bansal has filed PIL in supreme court for rehabilitation and human rights of mentally ill people. He is also actively involved in rights of persons with disability, Health and social protection, Environment and wildlife preservation.

IPS WZB Office Bearers

Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desousa :	Hon. Editor

IPS WZB Legal and MHCA Subcommittee

Dr. Sanjay Kumavat:	Advisor
Dr. Umesh Nagapurkar:	Chairperson
Dr. Niteen Abhivant:	Convenor
Dr. Bhalchandra Kalmegh:	EC Co-Ordinator
Dr. Govind Kulkarni:	Member
Dr. Omkar Joshi:	Member
Dr. Nakul Vanjari:	Member

ZOOM LINK
<https://us06web.zoom.us/j/87821622140?pwd=af4NP0s9luypxkXJLmxZVuarMvjF6.1>
Meeting ID: 878 2162 2140
Passcode: IPSWZB

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH
LEGAL AND MHCA SUBCOMMITTEE

PRESENTS

:: Topic ::
Number And Variety Of Licenses, NOC Clearances Needed To Start And Run A MHE


SPEAKER
Dr Venu Gopal Jhanwar
Director, Deva Institute

DATE : 6TH MAR 2024
TIME : 8:00 PM - 9:00 PM

CHAIRPERSONS
Dr Anup Bharati
Psychiatrist, Nashik

MODERATOR
Dr Devavrat Harshe
Psychiatrist

Legal Approvals Required to run a Clinic or Hospital in India



IPS WZB Office Bearers


Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desousa :	Hon. Editor

IPS WZB Legal and MHCA Subcommittee


Dr. Sanjay Kumavat:	Advisor
Dr. Umesh Nagapurkar:	Chairperson
Dr. Niteen Abhivant:	Convenor
Dr. Bhalchandra Kalmegh:	EC Co-Ordinator
Dr. Govind Kulkarni:	Member
Dr. Omkar Joshi:	Member
Dr. Nakul Vanjari:	Member

ZOOM LINK
<https://us06web.zoom.us/j/87847749584?pwd=pR0hviEEQ0rcF2BfnqIV2T3czAkst.1>
Meeting ID: 878 4774 9584
Passcode: IPSWZB

Webinars



INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH
LEGAL AND MHCA SUBCOMMITTEE
PRESENTS



:: Topic ::
Boundary Violation In Psychiatry


SPEAKER
Dr. Ivan Netto
Professor of Psychiatry
Maharashtra Institute of Mental Health, Pune

CHAIRPERSONS
Dr Sanjay Kumawat
Senior Psychiatrist, Thane

Dr Umesh Nagapurkar
Senior Psychiatrist, Nashik

MODERATOR
Dr Bhalchandra Kalmegh
Psychiatrist, Pune

DATE : 7TH FEB 2024
TIME : 8:00 PM - 9:00 PM



IPS WZB Office Bearers

Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desousa :	Hon. Editor

IPS WZB Legal and MHCA Subcommittee

Dr. Sanjay Kumawat:	Advisor
Dr. Umesh Nagapurkar:	Chairperson
Dr. Niteen Abhivant:	Convenor
Dr. Bhalchandra Kalmegh:	EC Co-Ordinator
Dr. Govind Kulkarni:	Member
Dr. Omkar Joshi:	Member
Dr. Nakul Vanjari:	Member

ZOOM LINK

<https://us06web.zoom.us/j/89218935825?pwd=whTjBVQ7q4Ne5EuvafShvsaJl2iaFr.1>

Meeting ID: 892 1893 5825
Passcode: IPSWZB



INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH
LEGAL AND MHCA SUBCOMMITTEE
PRESENTS



:: Topic ::
Prescription Guidelines- Laws and Practices

SPEAKER
Dr Parag Shah
Professor and Head, Dept of Psychiatry,
SHIMER Medical College, Surat

CHAIRPERSON
Dr Nilesh Shah
Professor and Head, Department of Psychiatry
LTMMC and Sion Hospital, Mumbai

MODERATOR
Dr Maithili Umate
Associate Professor, Department of Psychiatry
GGMC and JJ Hospital, Mumbai

DATE : 3RD APR 2024
TIME : 8:00 PM - 9:00 PM



IPS WZB Office Bearers

Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desousa :	Hon. Editor

IPS WZB Legal and MHCA Subcommittee

Dr. Sanjay Kumawat:	Advisor
Dr. Umesh Nagapurkar:	Chairperson
Dr. Niteen Abhivant:	Convenor
Dr. Bhalchandra Kalmegh:	EC Co-Ordinator
Dr. Govind Kulkarni:	Member
Dr. Omkar Joshi:	Member
Dr. Nakul Vanjari:	Member

ZOOM LINK

<https://us06web.zoom.us/j/83600119768?pwd=fNvBsapHEpZSbnPbdwrO3ldWRPCWmr.1>

Meeting ID: 836 0011 9768
Passcode: IPSWZB

Art & Cultural committee

- Advisor - Dr BSV prasad
- Chairperson – Dr Sushil Gawande
- Convenor – Dr Gaurav Haldankar
- Co-Chairperson & Incharge Poetry Section – Dr Monali Deshpande
- EC Coordinator – Dr Heena Merchant
- Member –

Dr jeet Nadpara

Dr Jyotik Bhachech

Dr Priyanka Sahasrabhojane

Online Poetry Recitation & Exhibition

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH
ARTS & CULTURAL SUBCOMMITTEE
PRESENTS

Online Art Exhibition
Display of art and craft prepared by patients

GUJARAT
Dr Jeet Nadpara
Mob : 83800 67567
Email : nadpara.jeet@gmail.com

MAHARASHTRA
Dr Sanjana Jaiswal-Gupta
Mob : 9405139400
Email : sanjana6395@gmail.com

GOA
Dr Priyanka Sahasrabhojane
Mob : 9158476313
Email : spriyanka88@gmail.com

DATE : 25TH AUG 2024
TIME : 10:30 AM - 12:00 PM

INSTRUCTIONS

1. YOU CAN SEND MAXIMUM 4 PHOTOGRAPHS/COLLAGES.
2. SEND DETAILS OF YOUR COLLEGE/INSTITUTE & REPRESENTATIVE, WHO WILL EXPLAIN THE ART.(2MIN).
3. SEND YOUR STATE WISE ENTRY TO THE MODERATORS BY EMAIL.

Craft

ALL MEDICAL COLLEGES & PRIVATE PSYCHIATRY INSTITUTIONS ARE REQUESTED TO SUBMIT ENTRY BY 23RD AUGUST 2024.

IPS WZB Office Bearers

Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desousa :	Hon. Editor

IPS Arts & Cultural Subcommittee

Dr BSV Prasad:	Advisor
Dr Sushil Gawande:	Chairperson
Dr Monali Deshpande :	Co- chairperson & Incharge poetry section
	Convenor
Dr Gaurav Haldankar:	EC Coordinator
Dr. Amol Deshmukh :	Member
Dr Jeet Nadpara	Member
Gujarat:	
Dr Jyotik Bhachech	Member
Gujarat:	
Dr. Priyanka Sahasrabhojane	Member
Goa	

ZOOM LINK

<https://us06web.zoom.us/j/8110126407?pwd=WTc2TTNRSEx5b2VmL0t3YzhXVHE1QT09&omn=81017262061>

Meeting ID: 811 012 6407

Passcode: IPSWZB

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH
ARTS & CULTURAL SUBCOMMITTEE
PRESENTS

Topic : नज़्म - The Lyrics of Mind

CHIEF GUEST
Dr Laxmikant Rathi
Vice President, IPS

MODERATORS
Dr Monali Deshpande
Psychiatrist, Aurangabad

Dr Nilesh Jejurkar
Psychiatrist, Nashik

DATE : 10TH DEC 2023
TIME : 10:00 AM - 11:30 AM

LET THE EMOTIONS FLOW AND THE TALENT SHOW..

SUBMIT & RECITE YOUR ORIGINAL POEMS IN MARATHI, HINDI, GUJRATI, KONKANI, AND ENGLISH IN THIS UNIQUE PROGRAM.

LAST DATE OF SUBMISSION
5TH DEC 2023

IPS WZB Office Bearers

Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desousa :	Hon. Editor

IPS Arts & Cultural Subcommittee

Dr BSV Prasad:	Advisor
Dr Sushil Gawande:	Chairperson
Dr Monali Deshpande :	Co- chairperson & Incharge poetry section
	Convenor
Dr Gaurav Haldankar:	EC Coordinator
Dr. Amol Deshmukh :	Member
Dr Jeet Nadpara	Member
Gujarat:	
Dr Jyotik Bhachech	Member
Gujarat:	
Dr. Priyanka Sahasrabhojane	Member
Goa	


ZOOM LINK

<https://us06web.zoom.us/j/84911344849?pwd=duygDCHQ6Gpuv12hzTL1W8fu6u2l4z.1>

Meeting ID: 849 1134 4849

Passcode: IPSWZB

Dr Dipak Metkar Kaladalan – Exhibition at Midterm CME

**Indian Psychiatric Society**
Western Zonal Branch

33rd IPS WZB Mid Term CME 2024
11th-12th May, 2024
Theme : Translational Psychiatry : From Concept to Competence



कलादालन
THE EXPRESSIVE VISIONS
PHOTOGRAPHY PAINTING POEMS

REGISTER NOW!

*From
Man And his
Life And his
The And his
The And his
The And his
The And his
The And his
The And his*

Kaladalan: The expressive Vision..... Celebrating Art, Poetry, and Photography

Research Committee

- Advisor – Dr Henal Shah
- Chairperson – Dr Suyog Jaiswal
- Convenor – Dr Maithili umathe
- EC Coordinator – Dr Nimesh Parikh
- Members

Dr Shubhangi Dere

Dr Pooja shatadel

Date :- 27th October 2023

Topic :- RESEARCH COMMITTEE ZOOM MEETING (1st meeting)

Members who attended :- Dr. Neena Sawant, Dr. Henal Shah, Dr. Nimish Parikh, Dr. Shubhangi Dere, Dr. Maithil Umate, Dr. Pooja Shatadal

Date :- 18th March 2024

Topic:- CASE REPORT AND LETTERS TO EDITOR - WRITING THE EVIDENCE

Speaker :- Dr. Avinash Desouza

Chairperson:- Dr. Ganpat Vankar

Moderator :- Dr. Pooja Shatadal

Date :- 20th May 2024

Topic :- QUALITATIVE RESEARCH METHODS FOR PSYCHIATRY RESEARCH

Speaker :- Dr. Amol Dongre

Chairperson:- Dr. Vasantmeghna Murthy

Moderator :- Dr. Harkishan Mamtani

Date :- 17th June 2024

Topic :- READING THE LITERATURE: ORIGINAL RESEARCH PAPER

Speaker :- Dr. Shahul Ameen

Chairperson:- Dr. Mary C Dsouza

Moderator :- Dr. Sonakshi Jyrwa

Date :- 22nd July 2024

Topic :- SAMPLE SIZE CALCULATION

Speaker:- Dr. Dipak Patil

Chairperson:- Dr. Anup Bharti

Moderator :- Dr. Kirtan Rana

Date :- 12th August 2024

Topic :- READING BETWEEN THE LINES: HOW TO READ A META-ANALYSIS PAPER
AND UNDERSTAND FOREST PLOTS

Speaker:- Dr. Vikas Menon

Date :- 09th September 2024

Topic:- UNDERSTANDING THE BASICS OF RATING SCALES FOR RESEARCH

Speaker:- Dr. Sandip Grover

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH



RESEARCH COMMITTEE

PRESENTS



:: Topic ::

Qualitative Research Methods For Psychiatry Research

SPEAKER

Dr Amol Dongre

Additional Professor of Community Medicine,
AIIMS Nagpur

CHAIRPERSON

Dr Vasantmeghna Murthy

Associate professor of Psychiatry,
Krishna Institute of Medical Sciences, Karad

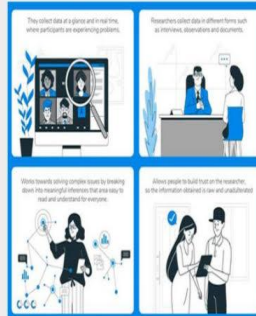
Moderator

Dr Harkishan Mamtani

Consultant Psychiatrist,
Manoved, Nagpur

DATE : 20TH MAY 2024

TIME : 8:00 PM - 9:00 PM



INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH



RESEARCH COMMITTEE

PRESENTS



:: Topic ::

Case Report And Letters To Editor - Writing The Evidence

SPEAKER

Dr Avinash Desouza

Editor, Annals of Indian Psychiatry

CHAIRPERSON

Dr Ganpat Vankar

Former Professor & Head, Department of Psychiatry
Parul Institute of Medical Sciences and Research, Vadodara

Moderator

Dr Pooja Shatadal

Assistant Professor In Psychiatry,
GMC Surat

DATE : 18TH MAR 2024

TIME : 8:30 PM - 9:30 PM



IPS WZB Office Bearers

Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desouza :	Hon. Editor

IPS WZB Research Committee

Dr Henal Shah:	Advisor
Dr Suyog Jaiswal:	Chairperson
Dr Maithili Umate:	Convenor
Dr. Nimish Parikh :	EC Co-Ordinator
Dr Shubhangi Dere:	EC Co-Ordinator
Dr Pooja Shatadal:	Member

ZOOM LINK

<https://us06web.zoom.us/j/86809142163?pwd=kzfGMjdDOuXhYllBmb1ZlqFHCqH.1>

Meeting ID: 868 0914 2163
Passcode: IPSWZB

INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH



RESEARCH COMMITTEE

PRESENTS



:: Topic ::

Reading Between The Lines: How To Read A Meta-Analysis Paper And Understand Forest Plots

SPEAKER

Dr Vikas Menon

Professor of Psychiatry,
IIPMER, Puducherry

CHAIRPERSON

Dr Nishikant Thorat

Associate professor of Psychiatry,
BJMC, Pune

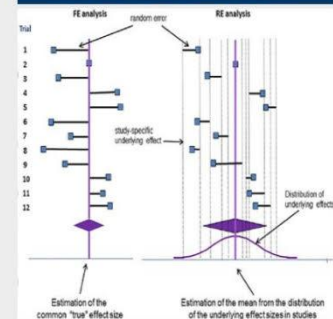
Moderator

Dr Pallavi Dhakne

Consultant Psychiatrist,
Goa

DATE : 12TH AUG 2024

TIME : 8:00 PM - 9:00 PM



IPS WZB Office Bearers

Dr. Neena Sawant :	President
Dr. Sudhir Bhawe :	Vice President
Dr. Dhananjay Ashturkar :	Hon. Secretary
Dr. Ravindra Agrawal :	Hon. Treasurer
Dr. Avinash Desouza :	Hon. Editor

IPS WZB Research Committee

Dr Henal Shah:	Advisor
Dr Suyog Jaiswal:	Chairperson
Dr Maithili Umate:	Convenor
Dr. Nimish Parikh :	EC Co-Ordinator
Dr Shubhangi Dere:	EC Co-Ordinator
Dr Pooja Shatadal:	Member

ZOOM LINK

<https://us06web.zoom.us/j/87678274834?pwd=a92Qepdeqae2KQJgvsIWbe1c98f87R.1>

Meeting ID: 876 7827 4834
Passcode: IPSWZB

ZOOM LINK

<https://us06web.zoom.us/j/89248422303?pwd=Aq28FZfbNNUTrHypgUwTs3SdINcbWg.1>

Meeting ID: 892 4842 2303
Passcode: IPSWZB

Quiz Committee

- Advisor – Dr Malay Dave
- Chairperson – Dr Ashish Srivastava
- Convenor – Dr Bhushan Mhetre
- EC Coordinator – Dr Sagar karia
- Members –

Dr Mansi Jain

Dr Perna Khar

- IPSWZB Quiz Committee takes monthly quiz at the end of Tenacious Tuesday Teaching Session. Till date, Quiz Committee has conducted 10 quizzes at the end of TTT sessions. Results of the quiz is announced on the next session of TTT program. We have about 30-40 PG students participating in the quiz every month.
- Quiz committee conducted the screening round for UGs for the IPS Midterm conference (MIDCIPS) 2024.
- The IPSWZB UG and PG quiz second (online) round was organized on 19th September 2024 and the final rounds would be organized for the qualifying teams during the Annual Conference of IPSWZB in October 2024.
- Team Dr Prerna Khar, Dr Mansi Jain, Dr Bhushan Mhetre, Dr Ashish Srivastava & Dr Sagar Karia

Website committee

- Advisor – Dr Nilesh Shah
- Chairperson – Dr Abhijeet Faye
- Convenor – Dr Nikhil Chaugule
- EC Coordinator – Dr Ashish Saboo
- Members –

Dr Chetan Vispute

Dr Ajish Mangot

- IPSWZB website design has been modified and made more attractive and decent with more user friendly features.
- Frequent meetings and timely coordination by President and Hon Secretary has resulted in regular updates in the website. Conference/ CME photos were also uploaded in the gallery.
- IPSWZB you tube channel is linked with the website and is regularly updated.
- All the online programs have been uploaded and available on the website as archive.
- Public awareness material (videos)are also made available on the website.



पुस्तक प्रकाशन सोहळा.

गाव तिथे मानसोपचार

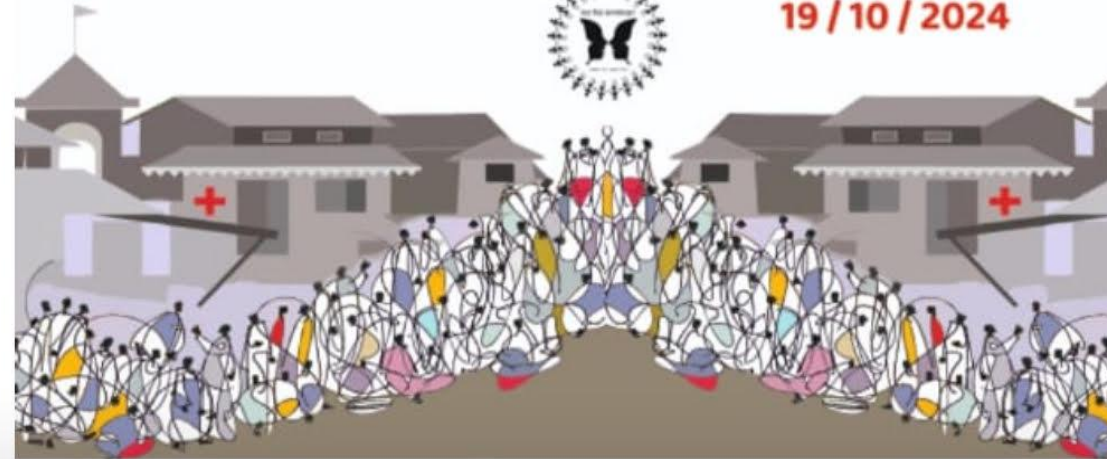
मानसिक साक्षरतेची
अभिनव चळवळ

मोहीम पुस्तकाची

'पुस्तक वाचूया, इतरांना सांगूया
आणि मानसिक दृष्ट्या साक्षर समाज घडवूया..



19 / 10 / 2024



Apologies..!!

- Sorry if I missed any activity or any name
- *This year we had more than **90** activities & **20 plus** in person programs*

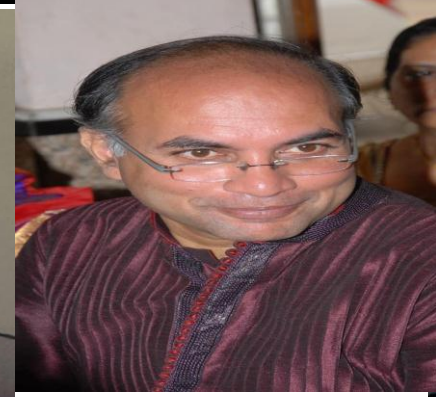
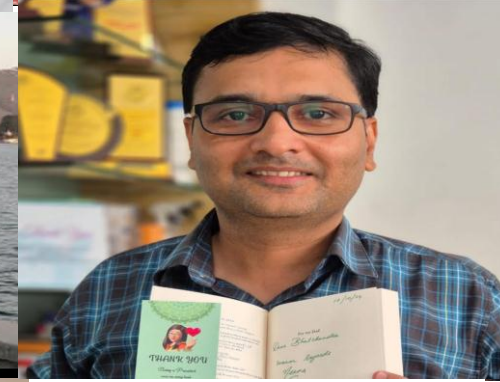
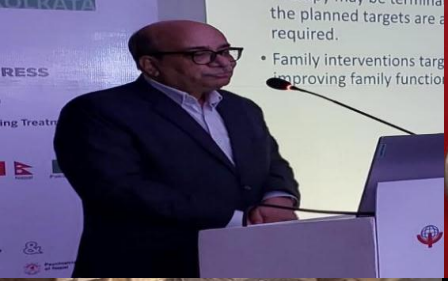
Thank You..!!



Thank You..!!







Subcommittee Members 2020-2024

Each & Every member of IPSWZB for believing in my capabilities



Thank You..!!

For everything

