



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JAN 2024

Message from the President



Dear Esteemed Members,

It brings me immense joy to connect with you through this newsletter. I am thrilled to witness the enthusiasm and dedication of our vibrant cabinet members, alongside the active involvement of numerous TN-IPS members in various academic and community endeavors.

I encourage all members to persevere in their initiatives, especially in reaching out to the underserved and underprivileged, as your efforts have a significant impact on our society.

As the President of the Indian Psychiatric Society Tamil Nadu Chapter, I am deeply grateful for the generous contributions towards our TN-IPS building project. Your support is invaluable, and I am optimistic about the progress of this endeavor.

We remain steadfast in our commitment to nurturing the growth of postgraduates and young psychiatrists through our RCBC program, offering invaluable research insights shared by experts. Additionally, our Enrich monthly webinars provide a platform for learning and networking opportunities for practicing psychiatrists.

In our pursuit of holistic well-being, we have initiated a fitness club to promote physical wellness among members and their families. Recognition through certificates and medals further motivates active participation in these activities.

I extend my sincere thanks to the newsletter operational editor and other members for their dedicated work. Your continued support is deeply appreciated.

Long live TN-IPS!

**Sincerely,
Dr. C. Panneer Selvan
President
TN-IPS**



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JAN 2024

Message from the Editorial Desk

Dear Esteemed Members,

Greetings again from the Indian Psychiatric Society Tamil Nadu Chapter Newsletter Committee! We are excited to present you with the second edition of the TN-IPS newsletter. Since our inaugural release, we've been overwhelmed by your positive feedback and engagement, which motivates us to continuously improve.

We are deeply grateful to Our TN-IPS President Dr. C. Panneer Selvan, for his leadership and trust in our work.

In this edition, you'll find updates on various significant developments within the IPS TN State Branch, including the RCBC programs, Enrich webinar, TN-IPS Fitness initiative, and various activities conducted by our members across the state.

This newsletter is our platform to stay informed and connected with our fellow members. As always, we appreciate the contributions of members who continue to share their valuable work and experiences.

We encourage you to explore the diverse content within this edition, and share your thoughts and suggestions with us! Your feedback is crucial in shaping future editions to better serve our needs.

Thank you once again for your continued support. We look forward to keeping you connected and informed about the vibrant work of the Indian Psychiatric Society Tamil Nadu Chapter.

Sincerely,

TN-IPS Newsletter Committee



Dr. S. Aswath Babu
Operational Editor
(9003500266)



Dr. E. Sivabalan
(9962017274)



Dr. M. Ajoy
(8015974390)



Dr. S. Shankar
(8807286440)



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JAN 2024

TN-IPS Office Bearers

President



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Dr. C. Sadhanand

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Mail: drsadamobi@gmail.com

Executive Committee Members



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Neelakandan**
(9840109347)



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(9894473174)



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Dr. M. SreePrathap
(9884720234)



**Dr.
K. Radhakrishnan**
(9443355726)



**Dr. S. Ganesh
Kumar**
(9843153682)



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JAN 2024

Sub Committee Members

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Dr. Jayakumar Menon (7708577755)

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Dr. Sharon J Daniel (9841492757)

Dr. R. Shinika (9786083414)

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Dr. S. Gajalakshmi (9486538474)

Dr. M. Sophia (9443647102)

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Members : Dr. S. Sudhakar (9884467411)

Dr. R. Dinesh Kumar (9840312582)

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Members : Dr. S. Aswath babu (9003500266)

Dr. M. Ajoy (8015974390)

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Dr. L. Sriram (9444758295)

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Members : Dr. V. Gurumoorthy (9486118495)

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Dr. Uma Maheswari (9663335134)

Dr. S. Abu Backer (8940503801)

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Chairperson: Dr. Venkateswaran (9942236132)

Members : Dr. K. Sathyamoorthy (9443379581)

Dr. Pavithra Mony (8754034043)

Dr. Arvind Rengarajan (9944618595)

Dr. M. Prabavarani (9486849157)

Dr. A. R. Shanmuga Priya (9487524175)

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Chairperson: Dr. S. Sivasailam (9443128803)

Members : Dr. J. Babu Balasingh (9842475565)

Dr. N. Arun Kumar (9944964102)

Dr. P. P. Kannan (8248260624)

Dr. K. Radhakrishnan (9443355726)

Dr. M. Sree Prathap (9884720234)

Dr. Balaji (KMC) 9597726111

MH Establishment Committee

Chairperson: Dr. K. Ramakrishnan (9894722221)

Members : Dr. K. Venkatesh Kumar (9865685050)

Dr. R. Suresh Kumar (9894700624)

Dr. S. Ganesh Kumar (9843153682)

Dr. Babu (9489900900)

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Chairperson: Dr. C. Paneerselvan (9842131550)

Members : Dr. R. Karthik Deivanayagam (9442532727)

Dr. K. Radhakrishnan (9443355726)



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JAN 2024

Events

Mid-Term CME for Practitioners 2023



The Indian Psychiatric Society Tamilnadu Chapter Midterm CME for Practitioners – 2023, held at Trichy on 9th and 10th of December 2023. The theme of the event was “Updates in Clinical Psychiatry”. The CME covered various relevant topics for the practitioners. Dr Kalikuz Zaman was honored with Lifetime Achievement Award, for his contributions to p

Special mention to Organizing Chairman Dr.K. Ramakrishnan, Organizing Secretary Dr. N. Arun Kumar and the entire team for organizing a wonderful event.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JAN 2024

ENRICH Webinar

ENRICH Webinar, the new academic initiative of the Indian Psychiatric Society Tamilnadu Chapter, takes place on the second Tuesday of every month. The ENRICH Webinar initiative by the IPS TN demonstrates a commitment to supporting the professional growth and development of young psychiatrists in the state. The platform provides a valuable space for knowledge sharing, mentorship, and networking, ultimately contributing to the advancement of psychiatric care in Tamil Nadu.

**INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER**
Enrich Webinar

World Mental Health Day 2023
IPS TAMILNADU CHAPTER

Dr. C. Panneer Selvan President	Dr. T. Siva Ilango Secretary	Dr. S. Sivasailam Treasurer
Dr. R. Sabrin Ross Vice President	Dr. R. Arul Saravanan Editor	Dr. C. Sadhanand TN Representative to IPS SZ

CHAIRPERSON: Dr. R. Arul Saravanan
MODERATOR: Dr. E. Sivabalan

SESSIONS:
Topic 1: Protection & Promotion of rights of Patient with Mental illness
Dr. N. Rajesh Kannan
Topic 2: Rights of PMI - "From paper to practice"
Dr. O.T. Sabari Sridhar

SCIENTIFIC COMMITTEE
Dr. P.P. Kannan | Dr. Vikas Menon | Dr. E.Sivabalan
Dr. S.A.Noorul Hasan | Dr. V.Abirami | Dr. P.Arulvarman

Online Tuesday 10 08.00 pm to 09.00 pm
Zoom Meeting ID: 663 481 0255
Passcode: eastwest

**INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER**
Enrich Webinar

IPS TAMILNADU CHAPTER

Dr. C. Panneer Selvan President	Dr. T. Siva Ilango Secretary	Dr. S. Sivasailam Treasurer
Dr. R. Sabrin Ross Vice President	Dr. R. Arul Saravanan Editor	Dr. C. Sadhanand TN Representative to IPS SZ

CHAIRPERSON: Dr. V. Geethaanjali M.D (Psy), DCH, Professor, Department of Psychiatry, Madurai Medical College, Madurai.
MODERATOR: Dr. Avudaiappan S M.D, D.N.B Professor, Department of Psychiatry, Mahatma Gandhi Medical College and Research Centre, Pondicherry.

SESSIONS
Topic 1: Deconstructing the models of Psychiatry training
Dr. S. Sudhakar M.D., (Psy) Senior Assistant Professor, Department of Psychiatry, Chengalpatt Medical College, Chengalpatt.
Topic 2: How to address non-adherence
Dr. M. Lakshmi Prabha M.D., (Psy) Consultant Psychiatrist, MIOT International Hospital, Chennai.

SCIENTIFIC COMMITTEE
Dr. P.P. Kannan | Dr. Vikas Menon | Dr. E.Sivabalan
Dr. S.A.Noorul Hasan | Dr. V.Abirami | Dr. P.Arulvarman

Online Tuesday 14 08.00 pm to 09.00 pm
Zoom Meeting ID: 663 481 0255
Passcode: eastwest

**INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER**
Enrich Webinar

IPS TAMILNADU CHAPTER

Dr. C. Panneer Selvan President	Dr. T. Siva Ilango Secretary	Dr. S. Sivasailam Treasurer
Dr. R. Sabrin Ross Vice President	Dr. R. Arul Saravanan Editor	Dr. C. Sadhanand TN Representative to IPS SZ

CHAIRPERSON: Dr. E. Sivabalan
MODERATOR: Dr. R. Arulvarman

SESSIONS:
Topic 1: Current trends in CHILD & ADOLESCENT PSYCHIATRY practice
Dr. Helena Selvakodi, Coimbatore.
Topic 2: Current trends in Suicide Risk Assessment in Primary Care Setting
Dr. Divya, Chennai / Arcot dt.

SCIENTIFIC COMMITTEE
Dr. P.P. Kannan | Dr. Vikas Menon | Dr. E.Sivabalan
Dr. S.A.Noorul Hasan | Dr. V.Abirami | Dr. P.Arulvarman

Online Tuesday 12 08.00 pm to 09.00 pm
Zoom Meeting ID: 812 5511 3975
Passcode: eastwest

Scientific committee



Dr. P. P. Kannan
(9444057273)



Dr. Vikas Menon
(9894410296)



Dr. E. Sivabalan
(9962017274)



Dr. Arulvarman
(6383791418)



Dr. Abirami
(9894872425)



Dr. Noorul Hasan
(9600501653)



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JAN 2024

TN – IPS RCBC Programme

The Research Capacity Building Committee (RCBC) conducts statewide webinar on fourth Saturday of every month. The webinar has wide reception among the postgraduates. This Initiative by the RCBC demonstrates a commitment to supporting the research capacity of postgraduate and young Psychiatrists students in Tamil Nadu. The combination of journal clubs and expert lectures provides a valuable platform for skill development, knowledge acquisition, and networking, ultimately contributing to the advancement of research in the state.

INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER
RESEARCH CAPACITY BUILDING COMMITTEE (RCBC)
STATEWIDE JOURNAL CLUB AND LECTURE SERIES
OCTOBER 2023

Saturday, 28.10.23 @ 2.30 pm

DR. JAIGANESH
Associate Professor,
Department of Psychiatry,
All India Institute of Medical Sciences (AIIMS)
Mangalagiri, Vijayawada,
Andhra Pradesh.

TIME	ACTIVITY	RESOURCE PERSONS
2.30-2.35PM	Setting up the meeting	Dr. S. Vanisree
2.40-2.45PM	Welcome	Dr. S. Ramanujam
2.45-3.00PM	Introduction of Speaker	Dr. S.A. Noorul Hasan
3.00-3.40PM	Journal article presentation	Dr. M. Kamesh, Dr. S. Sivasailam, Dr. S. Bevin
3.40-4.10PM	Critical evaluation by participant Pgs & Speaker's view	Moderators: Dr. S. Vanisree, Dr. S. Bevin
4.10-4.15PM	Psychiatry and Research	Dr. Jaiganesh
4.15-4.18PM	Winding up & vote of thanks	Dr. S. Neelakandan

IPS-TN Chapter Office Bearers
Dr. C. Panneer Selvan
Dr. R. Sabrin Ross
Dr. T. Siva Ilango
Dr. S. Sivasailam
Dr. R. Arul Saravanan
Dr. C. Sadhanand

Zoom Meeting ID: 663 481 0255
Passcode: eastwest

IPS-TN Chapter RCBC Committee
Dr. S. Neelakandan
Dr. G. Ramanujam
Dr. S. Arumuganathan
Dr. Vijaya Raghavan
Dr. S. Bevin
Dr. G. Vani Shree
Dr. S.A. Noorul Hasan

INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER
RESEARCH CAPACITY BUILDING COMMITTEE (RCBC)
STATEWIDE JOURNAL CLUB AND LECTURE SERIES
NOVEMBER 2023

Saturday, 25.11.23 @ 2.30 pm

DR. JAGADISHA THIRTHALLI
Professor of Psychiatry and I.C. Head,
Psychiatric Rehabilitation Services,
National Institute of Mental Health &
Neurosciences (NIMHANS),
Bangalore.

TIME	ACTIVITY	RESOURCE PERSONS
2.30-2.35PM	Setting up the meeting	Dr. Bevin, S
2.40-2.45PM	Welcome address	Prof. Dr. S. Ramanujam
2.45-3.00PM	Introduction of the speaker	Dr. Bevin, S
3.00-3.40PM	Journal article presentation	Dr. Sathya N. R. JH, Dr. Anantha R. JH, JH
3.40-4.10PM	Critical evaluation by participant Pgs & Speaker's view	Moderators: Dr. S. Vanisree, Dr. S. Arumuganathan
4.10-4.15PM	Topic: "Statistical vs Clinical Significance: Looking beyond the p-value"	Prof. Dr. Jagadisha Thirthalli
4.15-4.18PM	Winding up & vote of thanks	Dr. S. Neelakandan

IPS-TN Chapter Office Bearers
Dr. C. Panneer Selvan
Dr. R. Sabrin Ross
Dr. T. Siva Ilango
Dr. S. Sivasailam
Dr. R. Arul Saravanan
Dr. C. Sadhanand

Zoom Meeting ID: 663 481 0255
Passcode: eastwest

IPS-TN Chapter RCBC Committee
Dr. S. Neelakandan
Dr. G. Ramanujam
Dr. S. Arumuganathan
Dr. Vijaya Raghavan
Dr. S. Bevin
Dr. G. Vani Shree
Dr. S.A. Noorul Hasan

INDIAN PSYCHIATRIC SOCIETY
TAMIL NADU CHAPTER
RESEARCH CAPACITY BUILDING COMMITTEE (RCBC)
STATEWIDE JOURNAL CLUB AND LECTURE SERIES
DECEMBER 2023

Saturday, 16.12.23 @ 2.30 pm

DR. S. MOHAN RAJ
M.D., DNB (Psychiatry)
Consultant Psychiatrist,
Chennai.

TIME	ACTIVITY	RESOURCE PERSONS
2.30-2.35PM	Setting up the meeting	Dr. Bevin, S
2.40-2.45PM	Introduction of the speaker	Dr. Bevin, S
2.45-3.00PM	Journal article presentation	Presenter: Dr. SIVETHA M.G SRM Medical College, Trichy
3.00-3.40PM	Critical evaluation by participant Pgs & Speaker's view	Moderators: Dr. S. Vanisree, Dr. S. Arumuganathan
3.40-4.10PM	Topic: "Do two half truths give us the whole truth?"	Dr. S. MOHAN RAJ
4.10-4.15PM	Winding up & vote of thanks	Dr. S. Neelakandan

IPS-TN Chapter Office Bearers
Dr. C. Panneer Selvan
Dr. R. Sabrin Ross
Dr. T. Siva Ilango
Dr. S. Sivasailam
Dr. R. Arul Saravanan
Dr. C. Sadhanand

Zoom Meeting ID: 873 7133 7205
Passcode: eastwest

IPS-TN Chapter RCBC Committee
Dr. S. Neelakandan
Dr. G. Ramanujam
Dr. S. Arumuganathan
Dr. Vijaya Raghavan
Dr. S. Bevin
Dr. G. Vani Shree
Dr. S.A. Noorul Hasan

RCBC Committee



Dr. S. Neelakandan
(9840109347)



Dr. G. Ramanujam
(9443321004)



Dr. N. Balasubramani
(9952285540)



Dr. Vijaya Raghavan
(9043705687)



Dr. S. Bevin
(988460705)



Dr. Vanisree
(840146727)



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JAN 2024

Community Awareness Program Appreciation Certificate

The special initiative of our Honorable President Dr.C.Panneer Selvan, நமக்கான மனநல மருத்துவர் திட்டம் - an important milestone for strengthening the community outreach services and also recognizing Young Psychiatrists for the outstanding efforts in raising awareness on Mental Health, improving Mental Health Literacy and making a positive impact on our community by 'reaching the unreachable'. Namakkaana Mananala Maruththuvar Appreciation is an honor for the Association and our Profession as it will boost the sense of belonging and ownership among the TN-IPS members, reduce the gap between the service provider and seeker. It is an important step in expanding the reach of our Association to young Psychiatrists and beyond.



Dr. Jeyaprakash, Dr. Periyar Lenin, Dr. Karthik Deivanayagam and Dr. Endumathi were honored and issued Certificate of Appreciation for their active participation in the community awareness activities.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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Activities

World Mental Health Day 2023, which took place on October 10th, 2023, focused on the theme: "Mental health is a universal human right." The purpose was to raise awareness, challenge stigma, and advocate for access to quality mental healthcare for everyone. There were various awareness programmes conducted across the state.



TN - IPS President Dr. C. Panneer Selvan organized a rally on the Occasion of World Mental Health Day 2023.



Dr. Nirmal, District Psychiatrist, DMHP Tenkasi, during World Mental health day 2023 Drawing competition event at a school in Ilanji, Tenkasi.



World mental health day 2023, special event conducted at KAPV Government Medical College, Trichy.



TN-IPS President Dr. C. Panneer Selvan and Treasurer Dr. Sivasailam at World Mental Health day 2023 event conducted by Faculties of Department of Psychiatry, Tirunelveli medical College, Tirunelveli.



Awareness Mime conducted on the occasion of World mental health day 2023, by Department of Psychiatry, at Chengalpattu Medical College and Hospital.



Dr. Prabhavarani, DMHP Psychiatrist, Tirupattur conducted awareness program at a school on World Mental health day 2023.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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Academic meet and Induction ceremony for New office bearers of IPS Kongunadu Branch at Coimbatore.



Member Psychiatrists at the Inaugural ceremony of Theni Psychiatric Society, Theni.



MHRB of Erode & Namakkal districts conducted a meeting with the owners / Incharge of MHE.



Dr. Karthik Deivanayagam conducting Mental health Sensitisation, Advocacy and Stress Management Program at DPH.



Dr. C. Panneer Selvan and Dr. ESM Saravanan helping people affected by flood at a relief camp in Tirunelveli.



Dr. M. Gajalakshmi, Program officer/Psychiatrist NMHP Puducherry, during substance abuse awareness interactive session at students NCC camp.



Dr. Venkatesh Kumar, Ahal Hospital, conducted mental health awareness program at a school in Coimbatore.



Dr. Helena Selvakodi, Psychiatrist, Pollachi during addressing participants at training program related to substance abuse and de-addiction.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

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Dr. Ramya Sampath, Consultant Psychiatrist gave a talk on Adolescent Mental Health during World mental health day 2023 at RGNIYD college, Sriperambudur.



Dr. C. Panneer Selvan and Dr. Sabrin Ross at Trichy Psychiatrist Club, for an academic event.



Dr. K. Kiruthiga & Dr. M.Helena Selvakodi conducted "MaNaM" Mental Health Awareness Programme at Bharathiyar University, Coimbatore, for creating awareness on "14416" Mental Health Helpline, Peer Group Training & Training of Trainers for identifying & supporting & referring people suffering from mental health issues.



Dr. Shinika, Consultant Child & Adolescent Psychiatrist at SKS Hospital, conducted a session on the topic of "Coping with stress" for class IX to XII students at.



Dr. Nirmal and Dr. Mohammed Ibrahim conducted a debate on mental health at Government arts college, kadayanallur on the occasion of World Mental health day 2023.



Dr. S. Sivaraman, and faculties of SRM medical College, Trichy conducted public awareness program on World Mental health day 2023.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JAN 2024

ANNOUNCEMENTS

1. Announcement of TN-IPS Building Committee

Update on TN-IPS House - We're Almost There!

Dear Members,

We are excited to announce that the TN-IPS House fund collection is nearing its final stages! We are incredibly grateful for the generous contributions made by many of you so far. Your commitment has brought us closer to achieving this collective goal.

To those who have already contributed, we extend our heartfelt thanks. Your support is truly appreciated and makes a significant difference.

For those who haven't had the opportunity to contribute yet, we kindly request your participation in this crucial endeavor. We encourage you to consider making a contribution, no matter the amount, to help us cross the finish line.

Together, we can make this dream a reality!

For your convenience, here are the bank account details for contributing to the TN-IPS House.

Thank you once again for your continued support. We look forward to celebrating this achievement together soon!

Indian Psychiatric Society Tamilnadu chapter Ac No:63602010111712
current account Canara Bank,
Tiruchirappalli branch IFS code:CNRB0016360
(fifth digit is Zero) MICR:620015051



TN-IPS Building Committee



Dr. S. Sivasailam
(9443128803)



Dr. J. Babu
Balasingh
(9842475565)



Dr. N. Arun
Kumar
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Dr. P.P. Kannan
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Dr. Balaji (KMC)
9597726111



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

JAN 2024

2. Announcement of TN-IPS Sports Committee

TN-IPS Fitness Club: Get Active and Be Rewarded!

At TN-IPS, we prioritize your overall well-being, including physical, mental, emotional, and social health. To support your journey, we're launching the TN-IPS FITNESS CLUB!

The dedicated sports committee has designed diverse fitness plans suitable for all age groups. By actively participating and achieving monthly goals, you'll be recognized with certificates and medals.

We encourage everyone to join and embrace an active lifestyle!

TN-IPS sports committee



Dr. S. Mohan Raj
(9381014306)



Dr. S. Sudhakar
(9884467411)



**Dr. R. Dinesh
Kumar**
(9840312582)

Upcoming Events

ENRICH WEBINAR – 2nd Tuesday Of Every Month.

RCBC PROGRAM – 4th Saturday of Every Month.

TN-IPS Postgraduates CME - 2024 at Pudukkottai on 27 & 28 April 2024.

TANPSYCON 2024 to be held at Coimbatore on July 2024.



INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

JAN 2024



- A Pharmaceutical Company with **National Presence**
- Ranked among **Top 100** Pharmaceutical Companies in India
- 900** products spread across **12** Therapeutic Segments
- ISO 9001:2015, WHO GMP** Certified Manufacturing Facility
- Several brands ranked within the **TOP 30** brands in India, in the reference segment
- Significant Presence in **Dermatology, Diabetology, Cardiology, Neuropsychiatry, Orthopaedic, Gynaecology** and allied segments

Arize™
Anipiprazole
5 mg / 10 mg /
15 mg / 20 mg / 30 mg
Tablets

Clopam
Clonazepam 0.25 mg (ODT) /
0.5 mg (ODT) / 1 mg / 2 mg
Tablets

Neuvalprex
Divalproex
Sodium (ER) 500 mg
Tablets



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