



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

SEPTEMBER-2023



## Message from the President

**Dear Esteemed Members,**

I extend my heartfelt greetings to each one of you. It is a profound honor to serve as the President of the Indian Psychiatry Society Tamilnadu Chapter. Connecting with you through this newsletter fills me with immense joy and a sense of purpose.

I am deeply committed to our society and its members, as well as the underprivileged psychiatric population we aim to support. To achieve our shared goals, I have taken the initiative to foster stronger relationships among our members. I have formed subcommittees that include both senior and young members, recognizing the valuable contributions each group can make.

To encourage the exchange of ideas and their practical implementation, I propose organizing regular executive meetings, both in-person and online. Our younger colleagues possess remarkable talent, and I have initiated "Enrich Webinar" to provide them with a platform to showcase their abilities.

Additionally, I am passionately dedicated to realizing a dream project, owning a permanent home for our society. Your generous contributions are vital to making this dream a reality, and I urge you to support this endeavor.

Furthermore, I have planned workshops focusing on essential skills such as leadership, non-invasive brain stimulation, and psychotherapy. Through community initiatives like the "Namakkana Mana Nala Maruthuvar Program," we are committed to serving the underprivileged population.

In recognition of the invaluable services rendered by our members, I intend to issue appreciation certificates to honor their contributions. I wholeheartedly encourage all members to join me in these initiatives. Together, we can turn our dreams into reality and make a meaningful difference in our society.

Long live IPS !  
Warm regards,

Dr.C.Panneer Selvan



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

SEPTEMBER-2023

## Message From the Secretary

### Greetings to All



It's a great honour and privilege to be elected again as Hon. General Secretary of Indian Psychiatric Society Tamil Nadu Chapter. Under the dynamic leadership of our current President Dr C Panneer Selvan, the society activities have shifted gears and various initiatives are planned with active participation of the subcommittee members. One such initiative is the newsletter for the Society and I am glad that the dream is coming true.

The primary objective of the society would be to strengthen the membership through its academic activities, networking and awareness campaign. The next step would be to encourage active participation of its members in the society's activities by creating confidence and increasing opportunities. The newsletter will help to achieve the above objectives by educating, highlighting and sharing the activities of the society that will help to model the good clinical practice by the members of the society. It will also serve as source of raising awareness and communicate the learning that will ultimately help in improving patient healthcare. I wish the newsletter team all the best and great success.

Thank You.

Long Live TN-IPS!

Warm regards,

Dr.T Siva Ilango

## Message from the Editorial desk

### Dear Esteemed Members,

Greetings from the Indian Psychiatric Society Tamil Nadu Chapter Newsletter Committee! We are excited to present our inaugural newsletter of TN IPS.

Firstly, we express our heartfelt gratitude to our President, Dr C Panneer Selvan, for trusting us with this great work and for the unwavering support. This newsletter is a testament to the hard work and dedication of our team.

Our goal in launching this newsletter is to keep our valued members informed of the various activities undertaken by IPS TN State Branch. We believe that it is essential for us, as a society, to stay informed and connected, and this newsletter serves as a vital platform to achieve just that.

We would like to take this opportunity to express our gratitude to all members who have diligently reported their activities to us. Your contributions are invaluable and have played a significant role in the content of this newsletter. As the editors of this newsletter, we will continue to strive for excellence and provide you with timely updates on the remarkable work being carried out by our society. We hope that you find this newsletter insightful and engaging. Your feedback and suggestions are always welcome, as they will help us improve and tailor future editions to better serve your needs.

Thank you once again for your unwavering support, and we look forward to your continued engagement with the Indian Psychiatric Society Tamil Nadu Chapter.

Sincerely,

TN IPS NEWSLETTER COMMITTEE



Dr. E Sivabalan  
(9962017274)



Dr. S Aswat babu  
(9003500266)



Dr. M Ajoy  
(8015974390)



Dr. S Shankar  
(8807286440)



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

SEPTEMBER-2023

## TNIPS Office Bearers

### President



**Dr C Panneer Selvan**  
Sneka Mind Care Hospital  
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Mobile: 9842131550  
Mail: panneerpsychiatrist@gmail.com

### Vice President



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### General Secretary



**Dr T Siva Ilango**  
Mobile: 9444031263  
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### Treasurer



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### Honorary Editor



**Dr. R Arul Saravanan**  
Mobile: 9500116003  
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### TN Representative to IPS SZ



**Dr.C Sadhanand**  
Mobile: 8056464127  
Mail: drsadamobi@gmail.com

### EX-OFFICIO Imm. Past President



**Dr.M Malaiappan**  
Mobile: 9840088572  
Mail: mmalaiappan@gmail.com

## Executive Committee Members



**Dr. S  
Neelakandan**



**Dr. K  
Sathyamoorthy**



**Dr. R Endumathi**



**Dr. R Karthik  
Deivanayagam**



**Dr. M Lakshmi  
Prabha**



**Dr. M SreePrathap**



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



**Dr. S Ganesh  
Kumar**





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

SEPTEMBER-2023

## Sub Committee Members

### Awards Committee



Dr. M. Malaippan  
(9840088572)

### Tribunal Committee



Dr. Y. ARUL  
PRAKASH  
(9443450618)



Dr. T. KUMANAN  
(9843165135)



Dr. V. Sabitha  
(9443091559)

### Constitution Committee



Dr. J. Babu  
Balasingh  
(9842475565)



Dr. R. Sabrin  
Ross  
(9677332552)



Dr. N. Arun Kumar  
(9944964102)



Dr. C. Sadhanand  
(8056464127)

### Scientific Committee



Dr. P.P. Kannan  
(9444057273)



Dr. Vikas Menon  
(9894410296)



Dr. E. Sivabalan  
(9962017274)



Dr. Noorul Hasan  
(9600501653)



Dr. Abirami  
(9894872425)



Dr. Arulvarman  
(6383791418)

### Sports Committee



Dr. S. Mohan Raj  
(9381014306)



Dr. S. Sudhakar  
(9884467411)



Dr. R. Dinesh  
Kumar  
(Tiruvannamalai,  
9840312582)

### Journal Committee



Dr. R. Arul  
Saravanan  
(9500116003)



Dr. J. Jaya  
Prakash  
(9443011234)



Dr. Jayakumar  
Menon  
(7708577755)



Dr. O. T. Sabari  
Sridhar  
(9443557921)



Dr. Sharon  
J. Daniel  
(9841492757)



Dr. R. Shinika  
(9786083414)

### Spirituality and Yoga Committee



Dr. G.A.  
Viswanathan  
(9842132288)



Dr. ESM.  
Saravanan  
(9443042228)



Dr. L. Sriram  
(9444758295)

### 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)

### Website Committee:



Dr. C. Sadhanand  
(8056464127)



Dr. I. Anand  
(9600413263)



Dr. Iqbal Sheriff  
(9842493868)



Dr. Baskar  
(9842795544)










# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

SEPTEMBER-2023

## Women Empowerment Committee

Chairperson	Members	Members	Members	Members
				
Dr. V Sabitha (9443091559)	Dr. P Poorna Chandrika (9480370603)	Dr. M.V.Preethi (9442578963)	Dr. S Gajalakshmi (9486538474)	Dr. M Sophia (9443647102)






## Govt.Liason Committee

Chairperson	Members	Members	Members	Members
				
Dr. R Karthik Deivanayagam (9442532727)	Dr.V Gurumoorthy (9486118495)	Dr. M B Abdul Rahuman (Tuticorin, 7598646606)	Dr. Uma Maheswari (9663335134)	Dr. S Abu Backer (8940503801)

## Membership Committee

Chairperson	Members	Members	Members	Members
				
Dr. SR Nirmal (Trichy, 9150636699)	Dr. A Karthikeyan (9788694837)	Dr. M Manjula Devi (Vellore, 8903309411)	Dr. Vignesh (Panruti, 9944406776)	Dr. D Santhosh Gandhi (Coimbatore, 7358389295)

## MH Establishment Committee

Chairperson	Members	Members	Members	Members
				
Dr. K Ramakrishnan (989472221)	Dr. K Venkatesh Kumar (9865685050)	Dr. R Suresh Kumar (9894700624)	Dr. S Ganesh Kumar (9843153682)	Dr. Babu (9489900900)







## TN-IPS Building Committee

Chairperson	Members	Members	Members	Members	Members	Members
						
Dr. S Sivasailam (9443128803)	Dr. J Babu Balasingh (99442475565)	Dr. N Arun Kumar (9944964102)	Dr. P.P.Kannan (8248260624)	Dr. K Radhakrishnan (Thanjavur, 9443355726)	Dr. M Shee Prathap (9884720234)	Dr. Balaji (KMC) 9597726111





## Public Relation Committee:

Chairperson	Members	Members
		
Dr. C Paneerselvan (9842131550)	Dr. R Karthik Deivanayagam (9442532727)	Dr. K Radhakrishnan (Thanjavur, 9443355726)

## Community Awareness Committee

Chairperson	Members	Members	Members	Members	Members
					
Dr. Venkateswaran (9942236132)	Dr. K Sathyamoorthy (9443379581)	Dr. Pavithra Mony (8754034043)	Dr. M Prabavarani (9486849157)	Dr. A R Shanmuga Priya (9487524175)	Dr. Arvind Rengarajan (9944618595)

## TNIPS Newsletter Committee:

Chairperson	Members	Members	Members
			
Dr. E Sivabalan (9962017274)	Dr. S Aswath babu (9003500266)	Dr. M Ajoy (8015974390)	Dr. S Shankar (8807286440)



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

SEPTEMBER-2023

## Events And Activities

### 1. TANPSYCON 2023



The 38th Tamilnadu State Psychiatry Conference, held at Chengalpattu Medical College from July 7th to 9th, 2023, made history by being entirely self-funded, without pharmaceutical industry support, unlike most medical specialty conferences in India. Recognizing the growing influence of pharmaceutical companies on conferences, the organizing team decided to break away from the conventional approach.

They engaged students and generated revenue through advertisements from local psychiatric facilities and practitioners. Despite minimal promotion, the conference was a success, thanks to affordable registration fees and a strong academic agenda. Academic events were the focal point, featuring workshops, sessions, plenaries, and research presentations.

A special day was dedicated to undergraduate students to promote an interest in psychiatry. Speakers and resource persons covered their own travel and accommodation expenses. Traditional gifts were replaced with practical jute bags made by inmates of IMH, Chennai.

The conference also featured stalls with handmade products and books by local psychiatrists. Cultural performances and a cricket match added to the festive atmosphere. This conference showcased the feasibility of self-funding, meticulous planning, and inclusive involvement for medical specialty conferences.

Special mention to the Organizing Chairman Dr.V.Sabitha, Organizing Secretary Dr.S.Sudhakar and the entire organizing team for this achievement.

The Chengalpattu Model, with zero pharmaceutical funding, sets a trend for similar events across India.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

SEPTEMBER-2023

## TNIPS CME Programmes

**INDIAN PSYCHIATRIC SOCIETY**  
TAMIL NADU STATE BRANCH

**Webinar**

**IPS TAMILNADU STATE BRANCH**

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

**CHAIRPERSON:** Dr. **C. Panneer Selvan** MD, President TN-IPS  
**MODERATOR:** Dr. **Vikas Menon** MD, Scientific Committee TN-IPS

**SPEAKERS:**  
Topic: Indian data on suicide and pointers for prevention  
Dr. **K.G. Uma Maheswari** MD- Coimbatore  
Topic: The Role of Acceptance and Commitment therapy (ACT) in Suicide Prevention  
Dr. **C. Pradeep** MD- Salem

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

September 05 08.00 pm to 09.00 pm  
Zoom Meeting ID: 663 481 0255  
Passcode: eastwest

**INDIAN PSYCHIATRIC SOCIETY**  
TAMILNADU CHAPTER & TKTTS PSYCHIATRIST'S ASSOCIATION

**Jointly Organize**

**SUICIDE PREVENTION AWARENESS PROGRAMME**

September 12 12.00 pm Onwards  
Venue: St. Mary's College, Tuticorin.

**PANEL OF SPEAKERS**  
Dr. **C. Panneer Selvan** - Understanding Mental Health  
Dr. **S. Sivasailam** - Recognizing warning signs  
Dr. **M.B. Abdul Rahman** - Breaking the stigma  
Dr. **A.R.G. Arvind Rengarajan** - Building resilience  
Dr. **L. Sriram** - Seeking Support

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

**TKTTS BRANCH**  
Dr. **G. Ramanujam** President  
Dr. **L. Sriram** Vice President  
Dr. **S. Sivasailam** Secretary

**COMMUNITY AWARENESS COMMITTEE**  
Dr. **A. Venkateswaran** Dr. **K. Sathyamoorthy** Dr. **Pavithra Moni**  
Dr. **A.R.G. Arvind Rengarajan** Dr. **M. Prabhavarani** Dr. **S. Shanmugapriya**

**INDIAN PSYCHIATRIC SOCIETY**  
TAMIL NADU CHAPTER

**RESEARCH CAPACITY BUILDING COMMITTEE (RCBC)**

STATEWIDE JOURNAL CLUB AND LECTURE SERIES  
SEPTEMBER 2023

**September 16<sup>th</sup> Saturday**

**PROF. DR. M. SURESH KUMAR**  
M.D., D.P.M., M.P.H.,  
Read. Prof., IIM-AMM &  
Senior Consultant,  
PSYMED, Chennai

TIME	ACTIVITY	RESOURCE PERSONS
2.30-2.35PM	Setting up the meeting	Dr. Bevin S
2.35-2.40PM	Inauguration	Dr. C. Panneer Selvan President TN-IPS
2.40-2.45PM	Welcome & Introduction of Speaker	Dr. Neelakandan S
2.45-3.00PM	Journal article presentation	Dr. T.S. Nivetha I yr. M.D., IIM, MMC, Chennai
3.00-3.40PM	Critical evaluation by participant Pgs & Speaker's view	Moderators: Dr. G. Ramanujam Dr. S. Bevin
3.40-4.10PM	Brief talk on "Basics of Psychiatric Research" for beginners	Dr. M. Suresh Kumar
4.10-4.15PM	Winding up & vote of thanks	Dr. G. Ramanujam

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

**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**

**INDIAN PSYCHIATRIC SOCIETY**  
TAMIL NADU CHAPTER

**Webinar**

**WOMEN EMPOWERMENT COMMITTEE**

Dr. **V. Sabitha** | Dr. **P. Poorna Chandrika** | Dr. **M. Sophia**  
Dr. **M. V. Preethi** | Dr. **S. Gajalakshmi**

**CHAIRPERSON:** Dr. **V. Sabitha**  
**MODERATOR:** Dr. **P. Poorna Chandrika**

Topic: Problems faced by Unorganized Women Workers  
**SPEAKER:** Ms. **R. Geetha**  
Advisor, Unorganized Workers' Federation.

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

September 23 07.30 pm to 08.30 pm  
Zoom Meeting ID: 663 481 0255  
Passcode: eastwest

**CITIESRISE** **WORLD PSYCHIATRIC ASSOCIATION** **SCARF** **Schizophrenia Research Foundation (India)** **RIST** **TN, IPS**

SCARF (I) & citiesRISE in association with Indian Psychiatric Association, Tamil Nadu Chapter present a workshop on

**Clinic to Community: Practice Transformation for Mental Health Professionals**

Guest of Honour: Dr. Panneer Selvan, The President, Indian Psychiatric Society, Tamil Nadu Chapter

Date (Time): September 30, 2023 (10:00 am to 4:30 pm) & October 1, 2023 (10:00 am to 3:00 pm)  
Venue: Hotel Savera, Mylapore, Chennai.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER NEWSLETTER

Website Committee

SEPTEMBER-2023

## Activities



Dr Panneer Selvan addressing the students on the Suicide prevention awareness program conducted at St.Mary's College, Tuticorin.



Dr Arul Saravanan at Suicide prevention awareness program conducted at SRM Medical college



Suicide awareness program at Trichy SRM College



Dr Prabhavarani, addressing the students at suicide prevention awareness program held at Tirupattur.



Signature campaign on suicide prevention day conducted by Dr Venkatesh Kumar, Ahal hospital at Coimbatore



Suicide prevention awareness program at Rose mary college, Tirunelveli



Dr Helena Selvakodi, addressing the students at suicide prevention awareness program held at Pollachi



Dr Nirmal conducted Rangoli competition At kamaraj college of Arts and science, Tenkasi on World suicide prevention awareness day.





# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

**SEPTEMBER-2023**



Press meet on drug abuse among adolescents conducted at Thanjavur Psychiatric club



Psychiatrists academic meet held at Thanjavur Psychiatric Club



Dr.Karthik Deivanayagam – Program on promotion of mental health and wellbeing among adolescents



“Clinic to Community” Workshop for mental health professionals conducted jointly by TN IPS & SCARF in association with WPA and citiesRISE.



Dr.M.Sree Prathap, Shadithya Psychiatric Hospital and Modern Madras Marathon jointly organised “Run for drug free Chennai” marathon on 17th September 2023



Dr.Sivasailam at SAV school, Tuticorin on the occasion of 77th Independence day celebrations.



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

SEPTEMBER-2023

## ANNOUNCEMENTS

### 1. Announcement Of Building Committee:

Dear Respected Members of the Tamilnadu Chapter of the Indian Psychiatry Society,  
We extend our warm greetings to each and every one of you.

We are filled with immense pride as we embark on the journey to acquire a dedicated house for our society in Chennai. This establishment will not only be a valuable asset but also provide us with a permanent address that we can truly call our own. Moreover, it unlocks numerous possibilities, including the hosting of local society CME programs.

The TN, IPS house can evolve into a central meeting place for various segments of our community. This includes private practitioners, nursing home owners, seniors, super seniors, women practitioners, government psychiatrists, psychiatry educators, community psychiatrists, and mental

health researchers. Additionally, it can serve as the required postal address for our journal, a venue for regular group meetings and cabinet sessions, a gathering point for senior members to discuss vital matters such as government policies and reminisce about the past, and a hub for efficiently managing administrative tasks with designated staff.

Your generous contributions play a pivotal role in turning this vision into a tangible reality. Your support will not only strengthen our society but also enhance the services and opportunities we can offer to our esteemed members.

Together, we can achieve this significant milestone and establish a lasting legacy for the Indian Psychiatry Society Tamilnadu Chapter.

With warm regards

Dr.C.Panneer Selvan  
President

Dr.T.Siva Ilango  
Secretary

Dr.S.Sivasailam  
Treasurer

#### TN - IPS Building Committee:

Dr.S.Sivasailam

Dr.Babu Balasingh

Dr.N.Arun Kumar

Dr. P.P.Kannan

Dr.Radhakrishnan

Dr.Sree Prathap

Dr.Balaji

Dr.Sharon Daniel

### Account Details :

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current account Canara Bank,  
Tiruchirappalli branch IFS code CNRB0016360  
(fifth digit is Zero) MICR 620015051







# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

SEPTEMBER-2023

## UPCOMING EVENTS

### 2. Announcement of Enrich webinar

Esteemed Members,

We are delighted to announce the ENRICH academic webinar series, hosted by the Tamil Nadu Chapter of the Indian Psychiatry Society (TN, IPS), which will take place every second Tuesday of the month. This platform provides a valuable opportunity for our members to present to our esteemed group of psychiatrists. If you wish to participate, please contact either the scientific committee or the TN IPS president, specifying your area of interest. Opportunity will be provided based on slot availability, and please note that the TN, IPS membership is a prerequisite for eligibility.

Thank you for your enthusiastic support for ENRICH. Best regards,  
Dr.C.Panneer Selvan

TN -IPS Scientific Committee:

Dr. P. P. Kannan

Dr.Vikas Menon

Dr.E.Sivabalan

Dr.V.Abirami

Dr.S.A.Noorul Hasan

Dr.P.Arul Varman

### 3. Announcement of community awareness program appreciation certificate

We are delighted to see that various awareness initiatives have been undertaken, including lectures, street plays, newspaper articles, radio and television appearances, and digital outreach on social media. It would be appreciated if you could conduct your community awareness program under “ நமக்கான மனநல மருத்துவர் திட்டம் ” banner. Please share photos of your activities with our TN, IPS community awareness committee with your name, IPS and TN IPS number. You will receive a special appreciation from TN IPS in recognition of your efforts.

### Upcoming Events:

ENRICH WEBINAR – 2<sup>nd</sup> Tuesday Of Every Month

RCBC PROGRAM – 4<sup>th</sup> Saturday of Every Month

TN-IPS Midterm CME for practitioners - 2023 at Trichy on 9,10 December 2023



# INDIAN PSYCHIATRIC SOCIETY TAMIL NADU CHAPTER **NEWSLETTER**

SEPTEMBER-2023



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™**

Aripiprazole  
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  
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