

### Press Release

The 71st Annual National Conference of Indian Psychiatric Society (ANCIPS) commenced at Indira Gandhi Foundation, Gomti Nagar on January 31. This conference is being organised by Central Zonal Branch of Indian Psychiatric Society in collaboration with Department of Psychiatry, KGMU and Nur Manzil Psychiatric centre, Lucknow.

The program started with candle lighting ceremony marking the inauguration of the CME program and was attended by the vice chancellor of KGMU, president and vice president of IPS and senior psychiatrists. The CME chairperson Dr tophan pati.. graced the dias and detailed the audience with the CME program.

Dr. A K Agarwal spoke on the idea of an ideal CME and the effectiveness of CME in updating practicing psychiatrist regarding newer guidelines.

Dr. Ajit Bhide and Dr MLB Bhatt mentioned that the burden of mental illness in the country is rising and we need to build capacity to tackle the same and opined that psychiatry should be included as a compulsory subject in undergraduate medical prospectus.

In the series of discussions on day one, Dr Venkat Subramaniam, well known psychiatrist from NIMHANS, Bangalore, gave a lecture on the current trends in treatment of schizophrenia and future possibilities. Schizophrenia is a severe mental illness and the affected population in the country is growing day by day. Dr. Subramaniam stated that initiation of treatment early on in the illness, increases the possibility of recovery and prevents future disability. Eminent psychoanalyst and writer, Dr. Sudhir Kakkar discussed the contemporary relevance of psychoanalysis for psychiatrists. He told that. . . . . Famed social activist and Magsaysay award winner psychiatrist Dr. Bharat Vatwani raised the issue of mental health and rehabilitation of destitutes and homeless persons in the country. It is a relatively neglected section from the perspective of health services and demands immediate attention.

Prominent psychiatrist and scholar Dr. B.N.Gangaghar from NIMHANS, Bangalore talked about Indian tradition and psychiatry. He discussed about....

Eminent American psychiatrist Dr. Geeta Jairam from John Hopkins University spoke on the global perspectives of community psychiatry. Community interventions in psychiatry is an essential domain of mental health care.

The CME program was followed by concurrent workshops where, world renowned psychiatrist, author and poet Dr. Salman Akhtar who has written more than 10 books so far and 300 scientific publications discussed the management of borderline personality disorder and of suicidal behaviour.

Dr. Chittaranjan Andrade from NIMHANS, held a workshop on practical aspects of drug interaction which becomes very important while Psychiatric disorders are frequently comorbid and individualisation of treatment becomes a prerequisite.

Famed psychiatrists, Dr. Debashish Sanyal from from Kolkata and Dr. Kaushik Sinha Deb from AIIMS held workshop on artificial intelligence in psychiatry. They discussed how artificial intelligence can

help mental healthcare services in a resource poor country such as ours. Artificial intelligence can improve the accessibility and revolutionize the way we cater to mental health needs of our people.

Head of department, department of psychiatry, KGMU, Dr. P.K.Dalal and Dr. Adarsh Tripathi along with Dr. Sujit Kumar Kar and Dr. Eesha Sharma from KGMU discussed approach to cognitive behaviour therapy in social Anxiety Disorder. Often mistaken as shyness this is a debilitating disorder and CBT surely improves the quality of life in persons with social Anxiety disorder.

The workshop was followed by UG quiz. Famed psychiatrist Dr. Malay Deepak Dave played quizmaster and conducted a breathtaking quiz event.