



EAST ZONE INDIAN PSYCHIATRIC SOCIETY

Society Registration No.: S000374/2022-2023 (Bihar)

Office: Raghu Lok, B4, Second Floor, Near Saraswati Lane,
West Lohanipur, Kadamkuan, Patna - 800003, Bihar

Secretariat: House No. 4, Lane No. 7/4 Lachit Nagar, Guwahati - 781007

Email: ipsezsecretaryoffice@gmail.com | Website: <http://ipseastzone.org>

Dr. Srikumar Mukherjee

President
98/A/16 Karaya Road
Kolkata - 700019, West Bengal
Call: +91 9830029598
Email: skmukherjee50@gmail.com

Dr. Uday Kumar Sinha

Vice President cum President Elect
Mahabir Bidha, Shivganj
Dehri on sona
Rohtas - 821307, Bihar
Call: +91 9431028685
Email: dr.uksinha@gmail.com

Dr. Jayanta Dutta

Hony. Secretary
House No. 4, Lane No. 7/4
Lachit Nagar, Guwahati, Assam
Call: +91 9435172761
Email: dr.jayantadutta75@gmail.com

Dr. Tirthankar Dasgupta

Hony. Treasurer
Narendra Nilaya, Gupta Colony
P.O: Nabapally, Barasat
Kolkata - 700126, West Bengal
Call: +91 9830309116
Email: ipseztreasureroffice@gmail.com

Dr. Shyamanta Das

Hony. Editor
3A, Sundarpur Main Lane
RGB Road, Guwahati, Assam
Call: +91 9864501214
Email: dr.shyamantaDas@gmail.com

Ex-officio

Immediate Past
President

DR. R K LENIN SINGH
9862088736

Immediate Past

Hony. Secretary
DR. AMRIT PATTOJOSHI
9438148100

Immediate Past

Hony. Treasurer
DR. ABIR MUKHERJEE
9007008971

Immediate Past

Hony. Editor
DR. NISHANT GOYAL
9431171162

EC Members (2023-25)

DR. ARCHANA SINGH
7677999909
**DR. SAMRAT SINGH
BHANDARI**
8348767641

DR. SANJAY MUNDA
9334725095

DR. SHARMILA SARKAR
9831149424

DR. SOUMYA CHATTERJEE
8335966329

2024 - 26

DR. ANWESHAK DAS
7086055581

DR. DEBDATTA MOHAPATRA
9437658251

DR. SAYANDIP GHOSH
9830275859

DR. S. GOJENDRA SINGH
9862032931

DR. UDAYAN MAJUMDER
9862348418

ANNUAL ACTIVITY REPORT OF EAST ZONE INDIAN PSYCHIATRIC SOCIETY 2024-25

Respected President Sir / Honorary Secretary Sir,
Indian Psychiatric Society,

At the very outset my sincere gratitude and thanks to all the esteemed office bearers and members of East Zone Indian Psychiatric Society for having the trust in me and for selecting me to uphold the responsibilities as the Hony Secretary of the East Zone Indian Psychiatric Society.

I would also like to take this opportunity to convey my sincere gratitude to all the esteemed members of the National body of Indian Psychiatric Society for their generous support, cooperation and guidance in carrying out the activities of the organization.

It is with immense privilege and honour that I would like to present the yearlong annual activities of East Zone Indian Psychiatric Society for the session of 2024-2025. It is a matter of much pride and joy to report to you that we have had a plethora of activities last year ranging from CMEs, Workshops, Conferences, Webinars, Community activities, awareness's programs, yoga sessions, Mental Health Run to name a few. We also completed some of the very important organizational activities like society registration, 80G & 12A certification, new website, relaunching of zonal journal etc.

I would like to express my heartfelt congratulations to each and every member of our East Zone Indian Psychiatric Society for taking part in these activities and contributing in the fruitful progress of our zone. At the same time I pay my huge respect and thanks to Dr R K Lenin Singh, immediate past President of East Zone, Indian Psychiatric Society, Dr Srikumar Mukherjee, President of East Zone Indian Psychiatric Society and other office bearers and members of East Zone Indian Psychiatric Society for the constant motivation, inspiration, support and guidance to carry forward these activities.

The following is the brief gist of the activities done by the zone for the year 2024-25.

Representative To Central Council 2023 - 26

DR. PROSENJIT GHOSH
9435072563

DR. DIPAYAN SARKAR
8131045262

State Representative

Assam

**DR. DHRUBAJYOTI
BHUYAN**
9435030212

Bihar

DR. NUPUR NIHARIKA
8578955392

Jharkhand

DR. SHARIB AHMAD
8789540360

Manipur

DR. A. RANITA DEVI
9863367639

Meghalaya

DR. ARVIND NONGPUIR
8794713113

Odisha

DR. J. P. R. RAVAN
8763213999

Sikkim

**DR. SAMRAT SINGH
BHANDARI**
8348767641

Tripura

DR. P J CHAKMA
8131043421

West Bengal

**DR. RAJARSHI
GUHA THAKURTA**
9433652366

I

ORGANIZATIONAL ACTIVITIES

ANNUAL GENERAL BODY MEETING

The 49th Annual General Body Meeting of East Zone Indian Psychiatric Society was held on 29th November 2024 at Mayfair Palm Beach resort, Gopalpur, Odisha during the zonal annual conference.

EXECUTIVE COUNCIL MEETINGS

Six EC Meetings were held during the year 2024-25

1. EC MEETING HELD ON 18TH JAN, 2024 AT HOTEL LE MERIDIAN, KOCHI.
2. EC MEETING HELD ON 18TH APRIL, 2024 (ONLINE).
3. EC MEETING HELD ON 21ST JUNE, 2024 AT HOTEL RATNAMOLI, GUWAHATI.
4. EC MEETING HELD ON 3RD OCT, 2024 (ONLINE)
5. EC MEETING HELD ON 28TH NOV, 2024 AT MAYFAIR PALM BEACH RESORT, GOPALPUR, ODISHA.
6. POST CONFERENCE EC MEETING ON 30TH NOV, 2024 MAYFAIR PALM BEACH RESORT, GOPALPUR, ODISHA

Organizational works done during the year:

1. 80G and 12 A certificates for the new society have been done. We are in the process of applying for the Niti Aayog for CSR funds.
2. Auditing of the bank account has been done till 31st March, 2024. Auditing of old bank account also completed.
3. Society registration at Patna completed.
4. Transition of members from the old society (IPS

EZB) to the new society (EZIPS) process is complete.

5. The society has its own zoom link now and we are now using that link for all online meetings and CMEs.
6. Guidelines for Zonal UG quiz have been made by a committee comprising of Dr O P Singh and Dr Amrit Patojoshi and approved by EC.
7. The guidelines for Dr G C Kar Lifetime Achievement award has been made by a committee comprising of Dr O P Singh and Dr Amrit Patojoshi while guidelines for Dr Deepali Dutta Memorial East Zone Oration have been made by IPS Assam State Branch has approved by AGM .
8. The guidelines for conducting the inauguration ceremony of all zonal events have been framed by a committee whose members were Dr R R Ghosh Roy, Dr C L Narayan and Dr Abir Mukherjee and approved by AGB.
9. The society has given NOC for opening of two local branches of IPS WEST BENGAL (Asansol-Durgapur-Raniganj local branch and Hooghly local branch in the year 2023-24.
10. Congratulatory letter has been sent to Dr Sharmila Sarkar , EC member on being elected to the Lok Sabha .
11. Congratulatory letters have been issued to Dr Amrit Patojoshi, Dr Sujeet Sarkhel and Dr Tanmaini Das on being elected to the National Body of IPS as Gen Secretary, Hony Editor and Direct Council Member (Lady) respectively and they were also felicitated during the opening ceremony of Midyear Conference.



II

CME PROGRAMMES

A. PG CME 2024

The East Zone Indian Psychiatric Society **PG CME** was held in Guwahati, Assam from 20th June 2024 to 21st June 2024 at Hotel Arista Ambition under the guidance of Indian Psychiatric Society Assam State Branch. Dr Bijoy Choudhuri and Dr. Anweshak Das were the Organizing Chairperson and Organizing Secretary respectively. This year the event recorded the highest number of PGTs registered for the CME. The total registered PGTs were around 155 from 34 medical colleges from the Eastern Zone. Dr. Laxmikant Rathi, President of Indian Psychiatric Society was the Chief Guest at the inaugural ceremony at the PG CME. He also delivered an enthralling and motivating lecture on **Future of Psychiatry in India** to the PGTs. The CME was an academic feast for the post graduates as varied topics from the field of psychiatry were discussed by eminent and experienced teachers of psychiatry from different parts of the Eastern zone. There were also some workshops conducted for the post graduates on RTMS and Thesis writing which were of great help for the students. The first day of the CME also saw the quiz competition for the postgraduate students. It was well participated by almost 37 teams participating in the qualifying round and finally 6 teams were selected for the final round which was conducted by Quiz Master Dr Vijay Gogoi. Innovative case-based discussions and panel discussions were also conducted. A panel discussion titled **“What to do after post-graduation in Psychiatry”** was well appreciated by the PGTs. The PG CME was well attended and was a grand success.



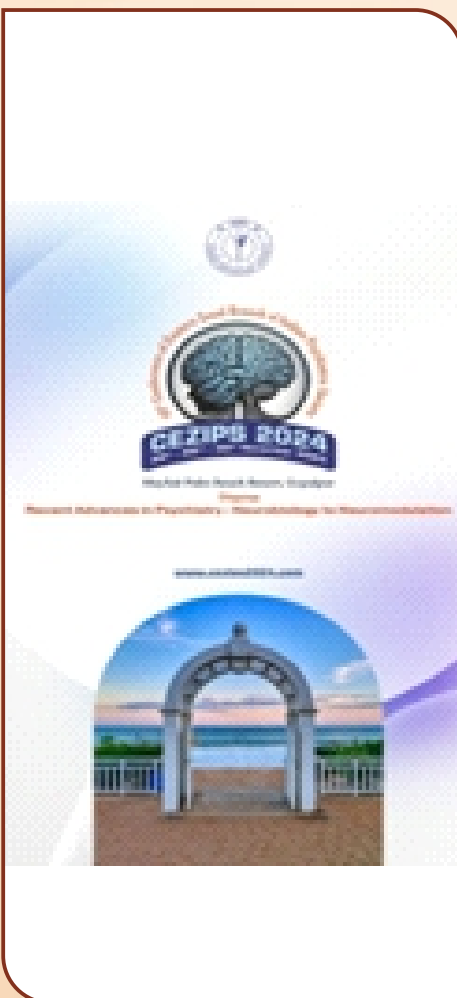
B. MID YEAR CONFERENCE 2024

The East Zone Indian Psychiatric Society **MID YEAR CONFERENCE** was held in Guwahati, Assam from 21st June-22nd June 2024, under the guidance of Indian Psychiatric Society Assam State Branch. Dr. Bijoy Choudhuri and Dr. Anweshak Das were the Organizing Chairperson and Organizing Secretary respectively. The theme for this year's Mid-year conference was **Addictive Disorders: Current and Future Perspectives**. The two-day program in the Mid-year conference included panel discussions, lectures, case-based discussions, workshops and debate on the theme. Stalwarts from the field of addictive psychiatry delivered their enriching lectures on various topics related to addiction. A total of 265 delegated registered for the conference including PGTs. Dr. Dhrubajyoti Borah, Vice Chancellor of Srimanta Shankaradeva Health University was the Chief Guest at the inaugural program in the Mid-year Conference. In the inaugural function of the Mid-year Conference East Zone Indian Psychiatric Society Journal of East Zone as well as the conference souvenir were released. Also, the East Zone Indian Psychiatric Society website was launched. There was a poster competition for the postgraduate students where 57 posters were submitted. In the evening of 21st June a mime show based on addiction and its social impact was staged during the cultural program. It was indeed an academic feast which surely enhanced and enriched the knowledge of post graduate students as well as the participating delegates from entire east zone.



C. ANNUAL CONFERENCE (CEZIPS-2024)

CEZIPS 2024: The 49TH Annual Conference of the East Zone Indian Psychiatric Society was organized by the IPS, Odisha State Branch from 28th to 30th November 2024 at Hotel Mayfair Palm Beach Resort, Gopalpur, Odisha. The Organizing Chairperson of the conference was Dr. Samrat Kar, while Organizing Secretary of the conference was our National General Secretary Dr. Amrit Patojoshi. The theme of the conference was “**Recent advances in Psychiatry: Neurobiology to Neuromodulation**”. The conference was inaugurated by Dr Laxmikant Rathi, President IPS. The conference was being attended by more than 300 participants from the entire East Zone and some from other states of India. Excellent scientific sessions have been planned with eminent speakers from all corners of the zone and country. Guest lectures (14), award sessions(3), Oration(2),symposium (15),workshop(3),a panel discussion, free paper session and quiz competition for post graduate students have been organized. A first time addition is the online zonal UG quiz which was hugely successful. The organizers have planned and organized the event in a very hospitable and traditional way true to the spirit of Odisha.



D. CME and Workshop on the theme " Importance of Brain Health Life Skills in School Curriculum "

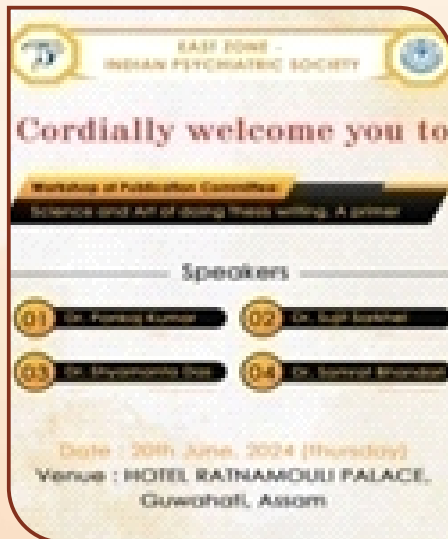
Indian Psychiatric Society School Mental Health Specialty section in collaboration with East zone Indian Psychiatric Society, Indian Psychiatric Society Assam State Branch and "Monniramoy" successfully conducted a CME and Workshop on the theme "Importance of Brain Health Life Skills in School Curriculum" held at NEDFI house, Guwahati. The program was well attended with 229 registered teachers, schools principals, School counselors and special educators. Dr. Kersi Chavda, Dr. Ruksheda Syeda and Dr. Debadutta Mohapatra gave insightful lectures on the theme of the CME. Dr. Sunita Devi from NEIPID, Hyderabad conducted the workshop on life skills. A panel discussion on Social Emotional Learning was also conducted. The Chief Guest of the program Dr. Om Prakash , IAS, Mission Director of Samagra Siksha, Assam gave the introductory speech.



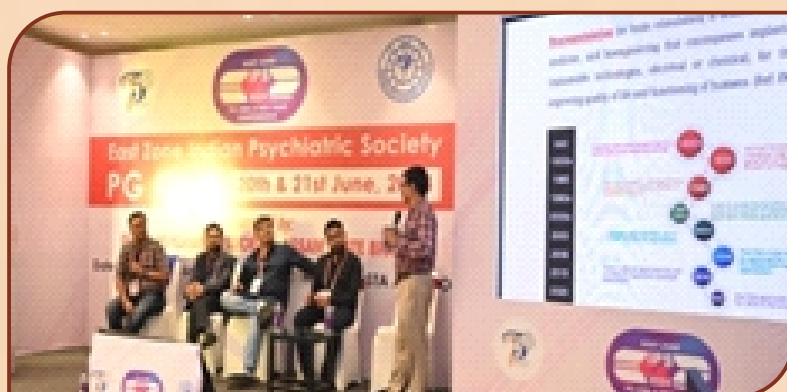
III

OTHER ACADEMIC ACTIVITIES

- A. A workshop by Publication Committee of East Zone IPS was held on 20th June at Guwahati. The topic was **SCIENCE AND ART OF DOING THESIS WRITING: A PRIMER**. The speakers were Dr Pankaj Kumar, Dr Sujeet Sarkhel, Dr Shyamanta Das & Dr Samrat Singh Bhandari.



- B. A Workshop **Neuromodulation** in Psychiatric Disorders was organized at PG CME held at Guwahati on 21st June 2024, which was moderated by Dr Tirthankar Dasgupta with panelist comprising of DR Nishant Goyal, Dr Soumya Chatterjee, DR Sourav Das & Dr Arka Adhvara.



- C. CPDPAM was organized by the Department of Addiction Medicine (DAM), LGBRIMH, Tezpur in collaboration with East Zone Indian Psychiatric Society, on the theme 'Addiction Medicine: Contemporary Dialectics'. It was held on the 'International Day against Drug Abuse and Illicit Trafficking', which is celebrated every year on June 26th to strengthen action and cooperation to achieve the goal of an international society free from drug abuse. 8 (eight) Invited speakers, Invited Faculties of other institutes, around 140 registered delegates from all over India and online audiences. Dr R K Lenin Singh, President EZIPS attended the inauguration ceremony as Guest of Honour and was an invited guest speaker at the event.



D. National level CME on Women Mental Health

National level CME on Women Mental Health was organized at Patna on 13th July 24 which was attended by around 200 psychiatrists from across the zone and with faculties across zones. The theme was: **Women Mental Health: Let's walk the talk**. Organizing Chairperson and Secretary were Dr Uday Kumar and Dr Niska Sinha respectively (also Chairperson, Women Mental Health Specialty Section EAST ZONE IPS). Quiz, Debate and Panel discussions along with theme talks by erudite speakers of National fame were the highlights with good media coverage for the sake of creating awareness among masses. The CME was graced by presence of National Secretary Dr Amrit Pattojoshi as the Guest of honor. The event was organized by Women Mental Health Speciality section East Zone IPS in collaboration with Patliputra Psychiatric Society (IPS-Bihar State Branch).



- E. **12 (Twelve) Monthly webinar series** observing special days in collaboration with all branches of the zone and coordinated by the CME committee of zone (Chairperson Dr Tanmaini Das and Dr Anweshak Das as Coordinator is well appreciated for the efforts.) was organized. The details are as follows:

ACADEMIC DETAILS

01

A webnair was in collaboration with **IPS-Assam State Branch** on the occasion of 7th JAN 24, the foundation day of IPS. The speakers spoke on Foundation of IPS and on the theme **Happy Family and Happy life**. The speakers were **Dr. C L Narayan** and **Dr. Vijay Gogoi**.



02

Eating disorder month was observed with a webinar on 17TH FEB. The webinars was conducted in collaboration with **IPS-Jharkhand State Branch**. The speakers were **Dr. Manoj Sahoo** and **Dr. Aniket Jaiswal**



03

Observing the **Women's Mental Health Day (8TH MARCH)**, a webinar was organized in collaboration with **IPS-Bihar State Branch**. The speakers were **Dr. Aarti Shivhare** and **Dr. Sambhu Prasad**.



04

Observing the **World Autism Day (2ND APRIL)**, a webinar was conducted in collaboration with the **IPS - Odisha state branch**. The speakers were **Dr Ashirbad Satapathy** and **Dr Ashrumochan Sahoo**.

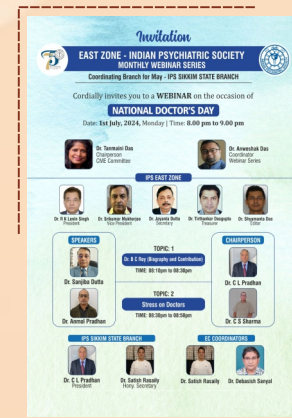


Observing the **Women's Mental Health Day** (8TH MARCH), a webinar was organized in collaboration with **IPS-Bihar State Branch**. The speakers were **Dr. Aarti Shivhare** and **Dr. Sambhu Prasad**.



Observing the **International day against Drug abuse and Illicit trafficking**, a webinar was organized in collaboration with **IPS- Manipur State Branch**, IPS on 26th June 2024. The speakers were **Dr Nelson Loiingbant** and **Dr Asheema Haobijan**.

Observing the **National Doctors Day**, a webinar was organized in collaboration with **IPS-Sikkim State Branch**, on 1st July. The speakers were **Dr Anmol Pradhan** and **Dr Sanjiva Dutta**.



Observing the **International Youth Day**, a webinar was organized in collaboration with **IPS- Meghalaya State Branch** on 28th August. The speakers were **Dr Subhash Das** and **Dr Arvind Nonpuir**





09

Observing the **World Suicide Prevention Day**, a webinar was organized in collaboration with **IPS-Tripura State Branch**, on 10th September. The speakers were **Dr. Kaushik Nandi** and **Dr. Santanu Ghosh**.

10

Observing the **World Alzheimer's Day**, a webinar was organized in collaboration with **IPS-Odisha and Jharkhand State Branch**, on 21st September. The speakers were **Dr. Swayamprava Baral** and **Dr. Sanjiba Dutta**.



11

Observing the **World Mental Health Month**, a webinar was organized in collaboration with **IPS-West Bengal State Branch**, on 10th September. The speakers were **Dr. Devasish Konar** and **Dr. Sauvik Chakrabarty**.

12

Observing the **World Disability Day**, a webinar was organized in collaboration with **IPS-Assam State Branch** and **IPS Bihar State Branch**, on 18TH December. The speakers were **Dr. Rajesh Kumar** and **Dr. Kamala Deka**.



IV

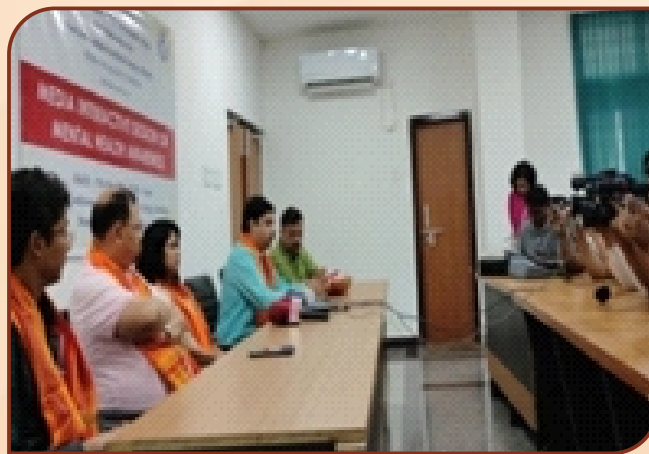
RESEARCH

The society has planned to undertake a multicentre study on the **Subject - Assessing the availability of Psychiatric care in All the Health facilities of East zone**. The study will be done under the leadership of Dr Shyamanta Das, Editor, EZIPS.

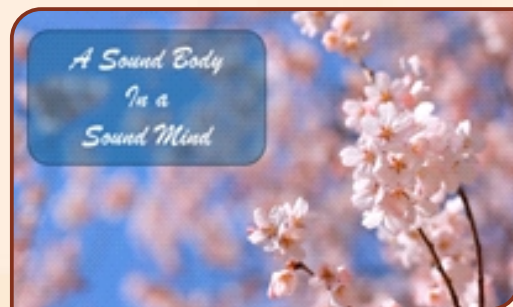
V

MEDIA AND PUBLIC AWARENESS PROGRAMME

- A. **Media Interactive Session on Mental Health Awareness** was conducted on 17th of May 2024 at Dhubri Medical College, by East Zone Indian Psychiatric Society (Media Specialty Section, Chairperson: Dr Kaustav Chakraborty) in collaboration Department of Psychiatry, Dhubri Medical College. Dr. Jayanta Das, Dr. Ranjan Bhattacharya & Dr. Shymanta Das addressed the gathering and stressed upon the importance of early intervention in any mental disorders. Issues related to stigma and mental health were discussed and also how the media can be a potent tool in removing stigma and discrimination were informed to the media persons.



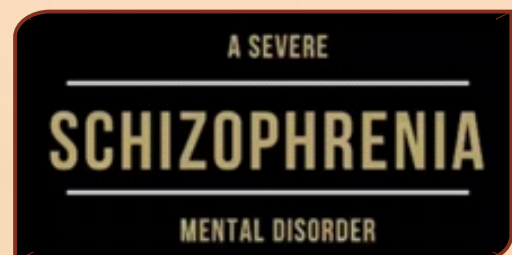
- B. A social media campaign was done by releasing a video campaign on the theme of **“a sound body in a sound mind only”** on the occasion of foundation day of Indian Psychiatric Society i.e. 7th Jan., 2025



- C. An awareness campaign video was released on 1st May, 2024 which is marked as awareness month for Mental Health and Women Health. The initiative was done by Dr Niska Sinha , Chairperson, Women's subspecialty section of East Zone Indian Psychiatric Society.



- D. Observing the **World Schizophrenia Day, 2024**. An awareness video for social media was released for the occasion on 24th May.



- E. Observing the World Mental Health Day, an awareness video for social media on the theme **“It's time to prioritize mental health at the workplace”** was released on 10th Oct, 2024.



VI

COMMUNITY SERVICE

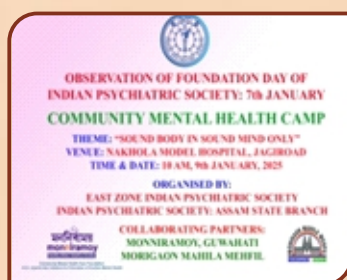
- A. Community initiative with contributions of physiotherapy appliances worth approximately Rs 10000/ by done by our President EZ IPS Dr R K Lenin Singh Sir under the banner East Zone IPS for the inmates of Handicapped Development Foundation, Imphal West, Manipur on 31st Oct 2024.



- B. On the occasion of 78th foundation day of Indian psychiatric society Dr U K Sinha President Elect East Zone IPS organised an awareness program on the theme " Sound body in sound mind" At Samvedna Neuropsychiatric Research Centre Dehri on sone, Bihar on 7th January 2024.



- C. To commemorate the Indian Psychiatric Society foundation day(7TH JAN), East Zone Indian Psychiatric Society in collaboration with Indian Psychiatric Society Assam State Branch and Monniramoy (a community mental health care foundation) conducted a community mental health camp at Nakhola Model Hospital on 9th jan 2025 . Total 47 patients were screened and medicines were distributed. Dr Bishnu Bashyal, Dr Anweshak Das & Dr Jayanta Dutta attended the patients in the camp.



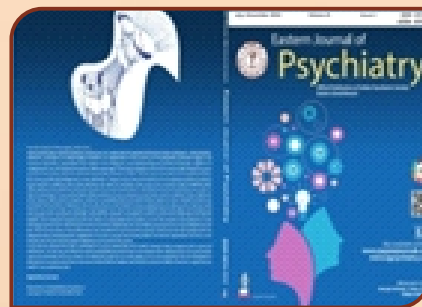
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OTHER MAJOR ACHIEVEMENTS

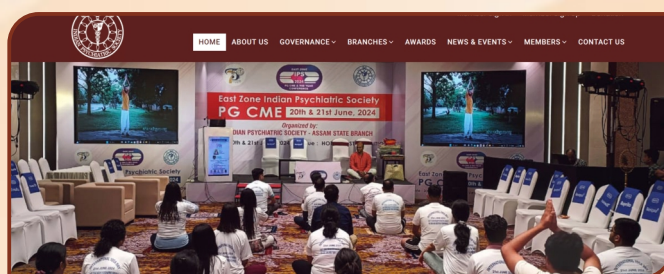
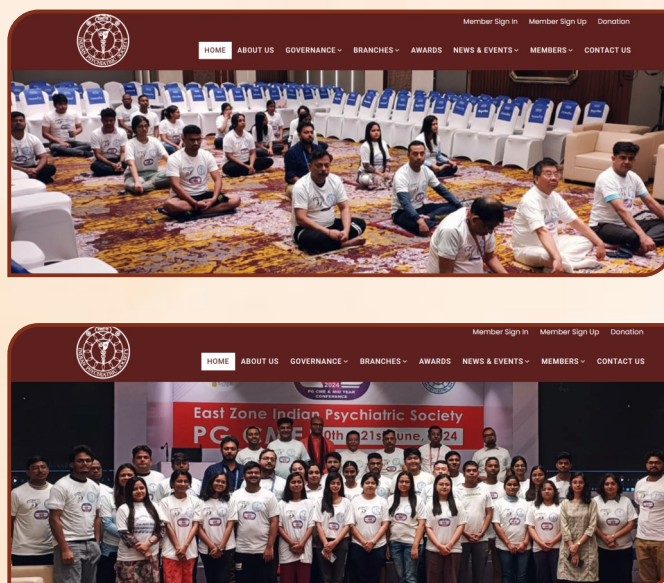
- A. Observing **The International Yoga Day**, a Yoga and Meditation session was organised on 21st June 2024, by the branch under the aegis of PG CME, held at Guwahati. Approximately 100 participants joined the session. The event was inaugurated by Dr Laxmikanth Rath, IPS President.



- B. **EASTERN ZONAL JOURNAL**. On 21st June 2024 the Eastern Journal of Psychiatry (Print version) was relaunched. After remaining dormant for a period of four years, Dr. Shyamanta Das, the new Editor-in-Chief relaunched the Eastern Journal of Psychiatry (2024)(January-June)(Volume 24 | (Issue 1), the official publication of the East Zone Indian Psychiatric Society during the inauguration of the Mid Year Conference 2024 in Guwahati, Assam. The current issue (July-Dec) contains 11 articles consisting of the Editorial, the Presidential Address, one Review Article, three Original Articles, one Case Report, one Letter to the Editor, one View Point, one Opinion, and one Book Review. Online access to the journal is at <https://www.ejpsychiatry.com/journalDetails/EJP>



- C. **WEBSITE OF THE SOCIETY:** Website of the society www.ipseastzone.org has been developed and inaugurated during the Midyear Conference. Our treasurer Dr Tirthankar Dasgupta and Office Secretary Mr Partha Ghosh deserves all the appreciation for developing the website. Members can apply for membership via the website and the number will be same as IPS number.



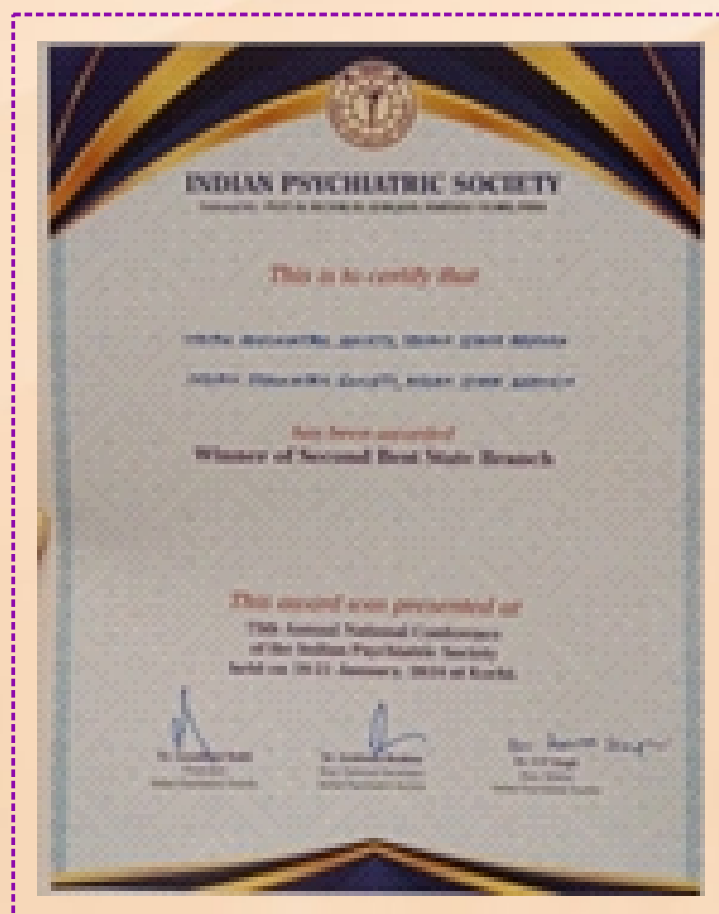
- D. **ART EXHIBITION AND Competition:** An art exhibition and competition on the theme of the Midyear Conference **Addictive Disorders: Current and Future perspectives**. was organized for the PGTs on 21st - 22nd June 2024. The event was conceptualized by Dr Anweshak Das and judged by Dr Abhiruchi Chatterjee.



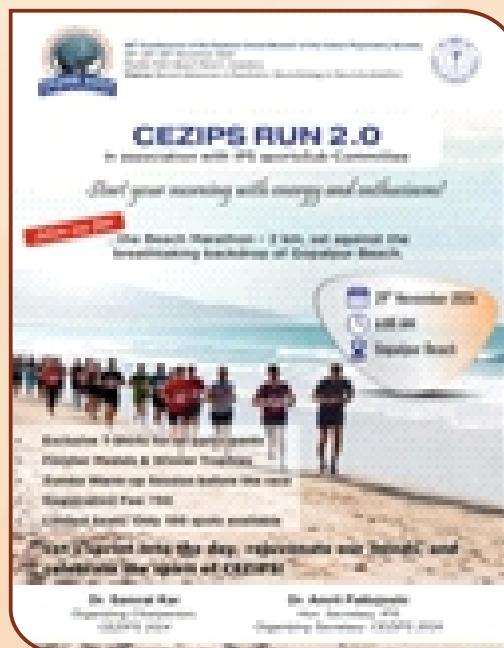


- E. **ZONAL UNDERGRADUATE QUIZ:** The first zonal undergraduate quiz was held on 24th NOV 2024 (online). Appreciations to the organizing committee of CEZIPS 2024 and Dr Udit Panda (Quiz Master) for the efforts in the conducting of the quiz.

- F. **SECOND BEST ZONAL BRANCH:** East Zone Indian Psychiatric society had been declared as the second best zonal branch at the 75th Annual Conference of Indian Psychiatric Society, held at Kochi on 18-21st Jan 2024. A proud achievement for all the members of the branch.
- G. **SECOND BEST STATE BRANCHES:** Indian Psychiatric society --Odisha State Branch and Assam State Branch had been jointly declared as the second best state branch at the 75th Annual Conference of Indian Psychiatric Society, held at Kochi on 18-21st Jan 2024.



- H. **CEZIPS RUN 2.0:** Under the aegis of CEZIPS 2024, a beach marathon run of 2km was organized on 29th Nov 2024 amongst the delegates of the conference in association with IPS SPORTS SUBCOMMITTEE. Dr Suvendu Mishra deserves appreciation for conducting the beach marathon run.



EAST ZONE INDIAN PSYCHIATRIC SOCIETY

These are in brief the highlights of the important activities done by the zone in different spheres in the year 2024-25. I congratulate all the members of EZIPS for their brilliant and exemplary endeavors. The activities are inspirations to do even better in the upcoming year.

In the upcoming session of 2025, we have planned some important events and activities with greater involvement of all the members of the branch. We would like to continue with all ongoing activities with renewed vigor and more enthusiasm. We seek your blessings support and guidance for the same.

Yours in IPS.
Long live Indian Psychiatric Society.
Long live East Zone Indian Psychiatric Society.



DR. JAYANTA DUTTA
Hony Secretary
East Zone Indian Psychiatric Society