

Special Interest Articles:

- ❖ Formation of the IAPA.
- ❖ Inaugural Melbourne Dinner.
- ❖ Prof. Singh's' Address

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IAPA/mar03

Formation of IAPA (Aus)

Inaugural Steering Committee Meeting (Melbourne)

An inaugural Steering Committee meeting with national telephone hookup to coordinators from interstate took place in a private residence in Melbourne on Sunday Dec7, 2003. Professor Bruce Singh kindly consented to chair the meeting during which a range of matters were discussed and action plans formulated. We must not forget our long suffering partners who provided encouragement and appetizing food.

Some of the aims that were discussed at the Inaugural Steering committee meeting were as follows:

Preliminary Working Objectives

1. To network and share with Psychiatrists of a similar cultural identity whose ancestry is from a geographically similar area
 2. Organizing ourselves in order that we might be able to work more effectively in Australia and New Zealand
 3. Support a collaborative working relationship between our members and the College and various Governments in order that our members professional potential is optimized for the benefit of the Australian community
 4. Lobbying and supporting the important work that this group of professionals are doing in public, private and rural mental health
 5. Networking within Australia, NZ, UK and USA, Canada and other areas where there are similar organizations
 6. Giving back to the countries of ancestry
 7. Supporting newly arrived colleagues
 8. The need to be organized in order that we may be able to accomplish various issues professionally and socially
- RD

Inaugural Melbourne Dinner

The Inaugural Luncheon and Business Meeting of the IAPA (Aus) was held at the "Curry Club" in South Melbourne on Sunday the 25th February 2004. Participants attended at short notice on this long weekend. The event followed on the inaugural steering committee meeting and national telephone hook-up at a private residence in Melbourne where it was decided to formalize and register the organization. It was envisaged that the organization would comprise psychiatrists, medical staff and students (in Australia & New Zealand) working in Psychiatry and of Sub-

continental origin or affiliation. All were agreed that this was a positive step and long overdue. The formation of the IAPA is a progression from an informal social organization that operated for some years in Melbourne under the stewardship of Drs' Nitin Dharwadkar and Viren Kothari. To maintain the social role of previous meetings families were welcome and enthusiastically participated. A luncheon followed on from the initial business meeting. Dr Nitin Dharwadkar opened proceedings with a brief welcome followed by a round of introductions...2



"Professor Singh imparting his vision for the IAPA."



Inaugural Melbourne Dinner. (contd.)

He then introduced Dr. Russell D'Souza (Inaugural Secretary), who outlined the process of our formation and the parallels with similar successful organizations in the UK, USA and Canada. Professor Singh's pivotal role in providing stewardship and guidance to the steering committee was high-lighted as was that of Professor Perminder Sachdev of Sydney. He informed the audience of the incorporation of the IAPA, its calendar year (Jan to Dec), steering committee meetings, and presence of an application form, fee structure and messages of support from colleagues in Australia and overseas. He informed members of the upcoming Biological Psychiatry meeting in Sydney

when interstate members will hold a business meeting and dinner. Of interest was the acceptance by Dr J. K. Trivedi (President IPS) to address a dinner meeting on 16th February in Melbourne.

Professor Singh's Inaugural Address

Professor Bruce Singh (Inaugural Acting President) was the invited to the podium to a round of applause. Professor referred to materials he had brought back from a recent trip to Mysore, India (Indian Psychological Society Conference). These included a 'Members Directory', 'Abstracts of Proceedings' and a compilation of 'Papers'.

He began by addressing the question that has been asked, as to why he had expressed an interest in the formation of the organization at this time. He provided background to his interest by explaining that in the United States there are some 5000 psychiatrists of Indian origin and that they had formed an organization some 25 years ago. This is now a "Section" of the APA with a current active membership of 1500, and fulfilled both a professional and social role for these members. The standing and influence is such that their Annual Meeting is held during the APA annual meeting, and is usually attended by the APA President. In fact, Professor Veeraraghavan (an immediate past president) who shares the University in Rochester as a training centre (Professor Singh being there in 75-77) is standing as one of two candidates for the APA presidency. Professor Raghavan has been encouraging of a similar association being formed in Australia given the increasing numbers of Psychiatrists of Sub-continental origin working in Australia-New Zealand and particularly in public psychiatry. Professor Raghavan met with Professor Singh and Dr D'Souza while in Melbourne last year and was hopeful that a representative from Australia would be present for their 25th anniversary celebrations in May 2004. He also met with Professor Sachdev in Sydney and was similarly encouraging. Additionally, there are a large number of sub-continental psychiatrists in the UK. They formed the British Indian Psychiatrists Association (BIPA) approximately 7 years ago, currently numbering 350 members though there are more in practice. They are active professionally and politically, as it becomes increasingly recognized how much these professionals contribute to the viability of the National Health Service. In Mysore, Drs D'Souza, Kothari, Davis and (Prof Singh) met with office bearers of the IPS who encouraged links with their association.

It was felt that there was now a critical mass of psychiatrists in Australia-New Zealand to make a formal association viable. The process is similar in that those groups have evolved from fulfilling a primarily social function to a broader one that provided a forum for social and academic exchange

Prof. Singh's Inaugural Address (Contd.)

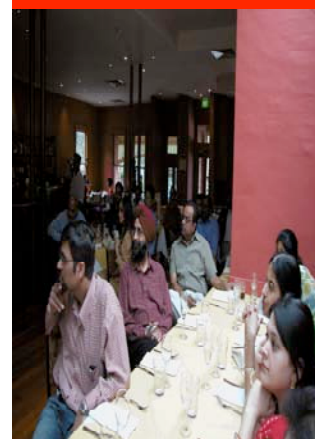
Professor Singh noted that increasingly the IPA has overcome an initial ambivalence and become more accepting and welcoming of linkages with overseas psychiatrists of sub-continental origin or affiliation. In Mysore, a special meeting was convened by the International Coordinator of the IPS involving the President, Secretary and Treasurer of the IPS and representatives from Britain, Canada, America and Australia. Professor Singh noted a genuine warmth and enthusiasm about building links and acknowledgement that despite the fact that many psychiatrists had left the country they had contributed internationally in a general sense.

He referred to an article in the Deccan Herald quoting the President of India (the physicist and laureate) Abdus Kalam imploring Non Resident Indians (NRI's) and Persons of Indian Origin (PIO's) to contribute to the development of the country, lift the population above the poverty line and make the country a developed nation by 2020. He quoted the President.. *'you should perform the best for the country you live in; we do not need anything from you but your knowledge; make your family in India happy and use your knowledge to make India develop'* he told a large gathering of NRI's and PIO's at an event which he hosted. He spoke warmly of the fact that part of the tremendous development in India was a result of the comfort, which multi-nationals felt about investment in India because of their acquaintance with the professionalism, and work ethic of overseas Indian professionals. Professor Singh felt that this was the first time in his memory that there has been an acknowledgement within India of the tremendous contribution and goodwill generated by overseas Indians. This situation applies in particular to psychiatry where psychiatrists of sub-continental origin are instrumental in the day-to-day running and viability of publicly funded health systems within a number of western countries. For instance, 40% of North Western Health staff psychiatrists are in this category and Prof. reflected that Australian public psychiatric services would collapse without their contribution.

He also briefly referred to his own links with India. His ancestors moved to Fiji at the turn of the last century, with his fathers origins in UP and mothers from Chennai (Madras). His mother converted to Christianity and as a result, he was named Bruce but his second name is an Indian derivate 'Sugriv'. Professor Singh himself migrated to Australia from Fiji at the age of 13 years. His wife's family are from Gharwal (Himalayan region) and migrated to Fiji about the same time- this is now being referred to as the Indian Diaspora with the exporting of Indian culture and values around the world. He estimated that there are roughly 300-350 psychiatrists of sub-continental origin in Australia at various stages of training, registration or practice. He felt that the organization should serve many purposes. At a brainstorming session during the inaugural steering committee meeting there were discussions about shared cultural identity and regional values. The committee discussed the possibility of returning expertise to the sub-continent, lobbying and supporting at various levels people who are unaware of the significant contribution of this group, networking and supporting newly arrived colleagues. He referred to recent recruits he had met at NIMHANS who asked to join the organisation even before leaving India.

In winding up his address, he commended the enthusiastic office bearers who are shouldering the burden till the organizations structure can be formalized. He conveyed the good wishes of our American and British counterparts and alerted people to an upcoming function to welcome the IPA President. It is hoped that we will be able to host a joint conference with the IPA at a future date. He hoped that the organisation would flourish and that people would find it useful in particular the families. He congratulated Nitin and Viren who began it all and hoped that ongoing robust support from families would be forthcoming. Dr D'Souza referred to another little know fact that Professor Singh's great granduncle Sir Samuel Ranganathan was the Vice Chancellor of Madras University. He referred to the upcoming 50th Jubilee of NIMHANS on the 17th November 2004 for which IAPA (Aus) had been invited to work with BIPA and participate.

In concluding remarks Professor Singh emphasized his wish to make the organisation as inclusive as possible of all those with origins or affiliation with the sub-continent.
Professor Bruce Singh



A Rapt Melbourne Audience lapping it up



Professor Bruce Singh

YOUR OFFICE BEARERS

Professor Bruce Singh: Inaugural Acting President

PROFESSOR BRUCE S SINGH
CATO PROFESSOR AND HEAD
DEPARTMENT OF PSYCHIATRY
FACULTY OF MEDICINE, DENTISTRY
AND HEALTH SCIENCES
THE UNIVERSITY OF MELBOURNE

Bruce Singh was born in Sydney, Australia in 1946. He obtained the degrees of M.B.B.S. (Hon.II) from the University of Sydney in 1968, a PhD from the University of Newcastle in 1982, and the additional qualifications of M.R.A.C.P. (1972), M.R.A.N.Z.C.P. (1975), F.R.A.C.P. (1978) and F.R.A.N.Z.C.P. (1979). Professor Singh was appointed Cato Professor and Head of the Department of Psychiatry, University of Melbourne in 1990. He was Director of Psychiatric Services at the Royal Melbourne Hospital until 1995, when he was appointed as Clinical Director of the Royal Melbourne Hospital Psychiatry Clinical Business Unit, which incorporated the Royal Park Psychiatric Hospital. In 1996 Prof Singh was appointed as the Clinical Director of the North Western Mental Health comprising Adult, Aged and Adolescent Mental Health Programs, which services a population of 1 million people in the North West of Melbourne. In 1996 Prof Singh was appointed as Associate Dean (International), responsible for international matters in the Faculty of Medicine, Dentistry and Health Sciences, including the establishment of the Australian International Health Institute of the University of Melbourne. He served from 1997-2000 as Assistant Dean responsible for North Western Health Care Network. He has served as Chairman of the Committee for Examinations and the Fellowship Board of the Royal Australian and New Zealand College of Psychiatrists (1988-1994). Prof Singh has had a longstanding commitment and interest in psychiatric services, particularly their move into the General Health System. He is also active in promoting psychiatry in the Asia Pacific Region and he is the President of the Pacific Rim College of Psychiatrists (2001-2003). Prof Singh is co-author and co-editor of 5 books and has published over 100 papers on psychiatry. He was awarded the Centenary of Federation Medal in 2003 for his services to medicine.



OFFICE-BEARERS

Professor Perminder Sachdev: Inaugural Acting Vice President

MB BS (AIIMS) 1978, MD (Psychiatry) (AIIMS) 1981, FRANZCP 1985, PhD (Psychiatry) (UNSW) 1991, FFPOA 1995

Current positions: Professor of Neuropsychiatry, University of New South Wales 1999- & Clinical Director, Neuropsychiatric Institute, The Prince of Wales Hospitals 1987-.

Professional roles: President-elect, International Neuropsychiatric Association (2002-04; to be president 2004-2006); Convener, Neuropsychiatry Interest Group of Australia (1997-); Convener, Brain and Ageing Programme, UNSW; Medical Adviser and Founding Executive Member of Tourette Syndrome Association of Australia (1989-2002); Founding Member, International College of Geriatric Psychopharmacology; Treasurer, Aust. Consortium of Centers for Clinical Cognitive Research (1997-2001); Convener, Biennial Congress of the International Neuropsychiatric Association, 2006; Editor-in-chief of forthcoming book series "Neuropsychiatry & Behavioral Neurology" (Taylor & Francis Press); Editor of Special Issue on Neuropsychiatry of the Journal of psychosomatic Research, 2002. He is a member of many professional societies and committees. Referee for many international journals.

Publications: Three books and about 140 peer-reviewed publications in international journals in the fields of neuropsychiatry, schizophrenia and affective disorders.

Research: Research in the areas of Vascular dementia, Alzheimer's disease, Dementia of Lewy Body type and other dementias, Neuropsychiatric aspects of dementia, including Depression; Treatment of resistant psychiatric disorders with Transcranial Magnetic Stimulation, Vagus Nerve Stimulation and Neurosurgery; Drug-induced movement disorders (akathisia, tardive dyskinesia, NMS); Neuroimaging; Tourette's syndrome, Adult ADHD. Awarded the Senior Research prize of the RANZCP in 1995 for most outstanding psychiatric research by an Aust or NZ psychiatrist in the preceding 2 years. Currently supervising 6 doctoral students, 2 post-doctoral fellows, and co-supervising 4 doctoral students.



Professor Perminder Sachdev & Shailaja Chaturvedi

OFFICE BEARERS

A/Professor Kuruvilla George

Kuruvilla George was born and brought up in Singapore and is of Indian parentage. After completion of schooling in Singapore, he completed his MBBS at the Kasturba Medical College, Manipal, India. As he developed an interest in Psychiatry in his undergraduate years, he proceeded to psychiatric training in Edinburgh Scotland and followed with Advanced Training in Psychiatry of Old Age in Newcastle-upon-Tyne, England. He then worked for several years in Newcastle as a consultant before moving to India in 1986 to work as a missionary. In 1995 he migrated to Australia and is currently Director of Aged Mental Health (Eastern Health). He also holds the position of Deputy Chief Psychiatrist for Victoria and is Honorary Senior Lecturer at Monash University. He is an Adjunct Professor with Deakin University. He is married to Margaret and the couple have 4 children. His parents reside in Kochi in the Indian state of Kerala.



ASSOC. PRO.F KURUVILLA GEORGE.

IAPA

Office Bearers: Steering Committee

Inaugural President: Professor Bruce Singh

Inaugural Vice President: Professor Perminder Sachdev

General Secretary: Dr Russell D'Souza

Assistant Secretary (Organisation): Dr Nitin Dharwadkar

Assistant Secretary (Membership): Dr Viren Kothari

Treasurer: Dr Sathya Rao

Chair Scientific Committee: Prof Jayashree Kulkarni

Acting Editors

Dr Ben-Sion Elijah

Dr Russell D'Souza

We welcome articles, information and other material for future newsletters.

E-Mail

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NEXT Issue: Sydney Meet and Pics

There is strength in numbers – send in those applications please!!!!

We're not yet on the Web!

See us at: TBA

IAPA

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Dr Ben-Sion Elijah

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Hunter Valley: A/Prof. T N Srinivasan

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SA: Dr R Nagesh, Dr B Motamari

WA: Dr S Chawla, Dr Anthony Davis, Dr D Arya

NT: Dr Randhir Mutti

ACT: Dr Rajeev Kumar

Tasmania: Dr. A. Velayudhan

About Our Organization:

We are a registered professional body comprising doctors working within the psychiatric field who can trace links (including generations removed) to the Indian subcontinent. This includes all professionals from India, Pakistan, Sri-Lanka and wherever else sub-continental migration and displacement have taken us over the generations. Membership is open currently to Psychiatrists, Medical officers and Registrars in Training. We hope that members will be drawn from both the public and private sectors. The organization hopes to fulfill professional, social and supportive roles.

**INDO AUSTRALASIAN
PSYCHIATRISTS
ASSOCIATION**

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