

Presidential Address

STRENGTHENING OF THE ASSOCIATION THROUGH NETWORKING

Delivered at the 41st Annual Conference of the Branch of the Indian Psychiatric Society, Kerala (SIPSCON) 2025 on 23rd August 2025

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Respected Immediate Past President Dr. Mohan Sundaram, Chief Guest, Vice Chancellor, Dr. Mohan Kunnummal, Guest of Honor, Dr. T.S. S Rao, Secretary, Dr. Anees Ali, Treasurer, Dr. Vishnu, Editor, Dr. Rajmohan, Distinguished guests, Senior members of the Society, and my dear friends,

It is a glorious moment, and I feel honoured to address you as the newly inducted President of the branch of the Indian Psychiatric Society, Kerala, for the year 2025-26.

I feel humbled by the confidence you've reposed in me to helm this amazing organization that has a proud past and an exciting future. All of you here are sharing the most special gift you could possibly give - the gift of your time, your presence, and your support. Thank you for being part of this special day.

On this joyous occasion, on behalf of IPS, Kerala, I salute my eminent predecessor, Dr. Mohan Sundaram, for his committed service to the IPS. I acknowledge the service rendered by him and his team and thank all the members of the IPS family for keeping up the good work.

My deep appreciation and heartfelt Thanks go to Calicut Psychiatry for hosting the SIPSCON 2025 and for keeping up the spirit of the conference at all times.

I place on record my sincere gratitude to the Ernakulam Psychiatric Society for the valuable insights and guidance given throughout. My journey so far has been shaped by their unflinching support. Thanks to my mentor for guiding me through my difficult time.

I am fortunate to be backed by a team of enthusiastic and dedicated Executive Committee members, and I look forward to serving with them to take our organisation to new heights.

The strength of our association is unity, and this is well reflected in terms of the guidance and support I have received. I am extremely thankful to each of you. Over this year, we will continue to build on our strengths and also take on new directions.

As we enter the third decade of this millennium, life has changed in an unprecedented way. We witnessed the global

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pandemic happening. The restrictions brought on by the COVID-19 contagion have had a far-reaching societal and psychological impact on us.

It's exciting to look ahead, as I believe that the deliberations in the forthcoming year will be of great value in bringing new thoughts and perspectives to address the contours of challenges for the younger generation of Psychiatrists. In this regard, we need to scale up our energy and skills, as we aim to turn a peril into a possibility and a setback into strength.

The theme of the year is "Strengthening of the association through networking."

- Through increasing the number of life fellows and LOM in our IPS Kerala State branch.
- Membership drive will be continued in full strength with my team.

- I would like to associate with IMA, IAP, other governmental and NGOs to build the awareness of mental health and its relevance for early detection of cases.
- We would like to conduct a workshop for our young psychiatrists about the prospects here in India and Kerala, and also abroad.
- We will put pressure on NMC to make Psychiatry a single theory paper and a small case during the medical practical.

I am closing my thoughts, hoping that the unfolding year may help us find happiness in the spirit of unity that guides our work, helping us remain as a disciplined, vibrant, and dynamic organisation.

Thank you

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