IMC Committee for Mental Health Committee Report (2014-15)

Prof Roy Abraham Kallivayalil
Chairman, IMA National Committee for Mental Health,
Secretary General, World Psychiatric Association
National Mental Health Initiative of Indian Medical Association Launched:

• There is no health without mental health. Recognising this, IMA has launched a 'National Mental Health Initiative'.

• This was formally inaugurated by Prof A Marthanda Pillai, President IMA at a grand meeting held at Pushpagiri Medical College, Thiruvalla, Kerala on March 3, 2015.
Mental health in a state of neglect: IMA chief

The mental health sector in India is in a state of neglect, Indian Medical Association (IMA) president A. Marthanda Pillai has said.

Dr. Pillai was inaugurating the National Mental Health Initiative of the IMA at the Pushpagiri Medical College in Thiruvalla on Wednesday.

According to him, the investment of the Union and State governments in the mental health sector was grossly inadequate, considering its grave need in different parts of the country.
Dr A Marthanda Pillai, National President IMA inaugurates the activities of the IMA National Mental Health Committee at Pushpagiri, Thiruvalla, Kerala on March 3, 2015. Fr Thomas Parackal, Dr VC Velayudhan Pillai (former National President IMA), Dr Roy Abraham Kallivayalil (Chairman and Secretary General, WPA), Dr KV Devadas and Rev Mathew Punakulam are also seen.
National President of IMA Prof A Marthanda Pillai was honoured by a ‘Ponnada’ (golden robe of honour) at a grand reception at Thiruvalla, Kerala on 3.3.15 by the Secretary General of World Psychiatric Association, Geneva Dr Roy Abraham Kallivayalil. Dr VC Velayudhan Pillai and Dr KV Devadas seen in the picture also spoke on the occasion.
IMA MHC National Committee formed:

With the approval of IMA National President Prof A Marthanda Pillai, IMA National Mental Health Committee is now fully formed.

The members are:

- Prof Roy Abraham Kallivayalil (Chairman)
- Dr N Dinesh, Kochi (Vice-Chairman)
- Dr Vinay Kumar (Patna)
- Prof BS Chavan (Chandigarh)
- Dr Nand Kishore (Dehra Dun)
- Dr P Joseph Varghese (Kochi)
- Dr Indla Ramasubba Reddy (Vijayawada)
- Dr UC Garg (Agra)
- Dr Mrughesh Vaishnav (Ahmedabad)
- Dr AK Handigol (Dharwad)
Caution against Mental Health Care Bill:

- We have sounded strong caution against the provisions of the proposed MHC Bill. 'The Hindu', one of India's leading newspapers, carries a special report on Mental Health Care Bill, very prominently.
WPA IMA Workshop on ‘Medical Journals, Research and Peer Review’:

- Organized at Pushpagiri, Thiruvalla, Kerala on 24.3.15. This was one of the first WPA accredited workshops held in India.

- “The Hindu', one of India's leading newspapers, carried a special report on the need to prioritise medical research.
Centre urged to prioritise research

SPECIAL CORRESPONDENT

Secretary general of the World Psychiatric Association (WPA) Roy Abraham Kallivayalil has called upon the Union government to give top priority to medical research.

The WPA secretary general was inaugurating the WPA-accredited national workshop on ‘Medical Journals, Research and Peer Review,’ organised in association with the Indian Medical Association National Committee for Mental Health at the Pushpagiri Institute of Medical Sciences in Thiruvalla on Tuesday.

He said it was important for the governments, universities, medical institutions, and other agencies in the country to try for increased funding for medical research.

Dr Kallivayalil said researchers should be encouraged, and young researchers should publish their research work in peer-reviewed journals.

According to him, peer review prevents dissemination of irrelevant findings, unwarranted claims, unacceptable interpretations, and personal views.

Manuscripts which are not peer reviewed are not considered authentic.
WPA Secretary General and Chairman IMA- MHC inaugurates the WPA Accredited Workshop on ‘Medical Journals, Research and Peer Review’ organized by IMA MHC at Pushpagiri, Kerala on 24.3.15. Dr Fazal Mohammed, Dr Shahul Ameen, Dr Sameer K Praharaj and Dr Joice Geo are also seen.
The Action Plan for 2015:

• To encourage mental health activities through all IMA branches.

• Since there is a glaring treatment gap, mental health through Primary Care will be encouraged.

• Mental health awareness programmes will be undertaken. The observance of World Mental Health Day on Oct 10 and Week will be supported. This will be done in collaboration with Indian Psychiatric Society and World Psychiatric Association.

• Adequate training in Psychiatry and examination during MBBS is a must. This will be taken up with MCI.

• Efforts will be made to establish Psychiatry Units in all Taluk and District Hospitals of the country.
A new Mental Health Care Bill is being introduced the Lok Sabha. The proposed Bill is severely deficient in many respects. General Hospital Psychiatry Units should be outside the purview of this Bill. MHC Bill in its present form is unacceptable. The Bill should be withdrawn or thoroughly revised in consultation with Indian Psychiatric Society and IMA.

- De-addiction Programmes will be undertaken
- National Mental Heath Programme will be supported
- Training programmes and workshops on Psychiatry and mental health will be conducted
- Information, Education and Communication strategies on mental health.
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'World Schizophrenia Week'

- organised by Indian Medical Association- National Committee for Mental Health at the Dept of Psychiatry, at Pushpagiri Institute of Medical Sciences, Thiruvalla, Kerala on May 29, 2015. Dr RV Asokan (Chairman, IMA HBI) was the Guest of Honour and delivered a message from Dr A Marthanda Pillai (IMA National President).

- Rev Dr Shaji Vazhayil was the Chief guest. Dr TP Thankappan (Principal) and Fr Mathew Punakulam (Administrator) presented the Awards. Dr Roy Kallivayalil (Chairman, IMA National Committee for Mental Health) presided.
Awards for essays on Schizophrenia

- Dr KV Jacob Memorial Award to the best medical student essay - Ms Varsha Shaji (2nd year MBBS)
- Dr JK Trivedi Award for the best essay by an intern-
- John Nash Award - best essay by a nursing student-
- The following persons were honoured on the occasion:
  - Carers and Family members, Best Nursing Staff in Psychiatry, Best Ancillary Nursing Staff in Psychiatry.
  - There was also screening of the Oscar Award winning film "A Beautiful Mind"
The Hindu’ Report

- Special report on mental health, prominently on May 30th. The link was http://www.thehindu.com/news/national/kerala/concern-over-poor-health-allocation/article7263008.ece

- Concern over poor health allocation

- India is one of the poorest countries in terms of its budget allocation for health and it is high time the government gave due importance to public health, R.V. Ashokan, chairman of the Indian Medical Association - Hospital Board of India, has said
Rev Dr Shaji Vazhayil (Chairman, Pushpagiri) inaugurated the programme and delivered the Easter Message. Prof K Venugopal ( Immediate Past President, Cardiological Society of India) was the Guest of Honour and delivered the 'Message of Vishu'. Prof Roy Kallivayalil (Chairman, IMA National Committee for Mental Health) presided.

Easter/Vishu gifts were presented to the carers and family members. This was followed by a music and entertainment programme. Large number of family members and carers participated in the event.
Dr Roy Kallivayalil held detailed discussions with Dr Shekhar Saxena, Director, Dept of Mental Health and Substance Abuse at WHO Geneva on July 1, 2015.

The Director spoke about the Mental Health Action Plan (2013-2020) of WHO and requested the support of IMA and all countries for its successful implementation.
IMA Mental Health, WPA & WASP Lectures

IMA National Committee for Mental Health in association with World Psychiatric Association (Preventive Psychiatry Section) and World Association of Social Psychiatry organised the following Lectures at Pushpagiri Institute of Medical Sciences, Tiruvalla, Kerala on Sept 29, 2015

- 2nd JK Trivedi Memorial Lecture: by Prof Juan Mezzich (Mount Sinai Hospital, New York; former President, WPA)  Subject: The international development of person centered medicine and the Jitendra Trivedi Legacy.
31st Anniversary Lecture by Prof Tom Craig (Institute of Psychiatry- London; President, WASP) Subject: “Talking with voices: new understanding and therapies for auditory hallucinations”.

Prof Roy Abraham Kallivayalil (Chairman, IMA Committee for Mental Health & Secretary General, WPA) presided. Dr Thomas Mar Koorilos (Metropolitan Archbishop, Thiruvalla) was the Chief Guest and he honoured the visiting dignitaries with the traditional 'golden robe of honour'.
• We are very happy, we could complete most of the activities included in our Action Plan for 2015. We thank IMA National President Dr A Mathanda Pillai, Secretary General Dr KK Agarwal, other esteemed office-bearers, CWC and Central Council members and colleagues for their help and support. Looking forward to your guidance always.