

## **From the General Secretary's Desk**

Dear Colleagues,

Publication of this *Clinical Practice Guidelines for Psychiatrist in India* by Indian Psychiatric Society is a major step forward and a significant achievement. For the last few years, IPS had been seized of the matter. It was felt such a publication was a necessity in our country and IPS should take the lead in publishing it. The first task force on CPG appointed by IPS was headed by Past President K. Kuruvilla. He had done the initial work and wrote, "the papers I have with me are guidelines prepared by the members who had been assigned the work - one person per topic and only on pharmacological treatment". Unfortunately, the work could not be completed.

IPS felt the new CPG should be as comprehensive as possible and more inclusive. Hence a second task force was appointed by the IPS Executive Council at its meeting held at Hyderabad on 12 January, 2003 when Dr R. Ponnudurai was the President. The following members were appointed to the CPG task force: Shiv Gautam (Chairman), Ajit Avasthi (Convener), Sailen Deuri, M. Murugappan, Nilesh Shah, Uday Chaudhary and S. C. Tiwari (members). The mandate was to prepare the guidelines in a period of one year. But despite sincere effort, the work could not be completed. The IPS EC meeting held at Mysore on 11<sup>th</sup> January, 2004 reappointed Shiv Gautam and Ajit Avasthi as the chairman and convener of the task force on CPG. Their term of office was fixed as one year. Initially the work progressed slowly. I must place on record, it was the persistence of our present President J. K. Trivedi - who was determined, the CPG will be published before January 2005 - which proved to be the driving force behind the present publication. I must also express my sincere appreciation to Shiv Gautam and Ajit Avasthi for sticking to their job committedly and co-coordinating all our efforts. The draft guidelines were published by our Editor TSS Rao and we are thankful to him.

This is indeed a first step on our way ahead. This first edition covers five major disorders, ie: schizophrenia, bipolar affective disorder, depressive disorders, obsessive compulsive disorders generalized anxiety disorders and panic disorders.

As our President J. K. Trivedi has mentioned, behind the preparation of this CPG, there has been the untiring effort by large number of clinicians, teachers and researchers. A thorough and comprehensive work has been attempted. Present guidelines at the international level have been studied, existing practices in India-both pharmacological and non-pharmacological- have been reviewed and the experience gained from research within the country has been incorporated. I have no doubt, the recommendations made here will be useful and informative not only to clinicians but also to all mental health professionals.

I thank the members of the Council who decided, the CPG will be published by IPS without sponsorship from anyone, so that no bias could be alleged. Our members and Fellows have made many suggestions for which we are grateful. As President has mentioned, the present CPG may have to be revised from time to time, with increasing knowledge. In this era of heightened consumer awareness, I have no doubt this publication will be immensely beneficial to all. As Gen. Secretary, I am privileged to have been able to associate with this work and this publication.

Yours in IPS

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