

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

1 January, 2006

**Dear Colleagues,**

*Publication of this Second Volume of Clinical Practice Guidelines for Psychiatrists in India by Indian Psychiatric Society is a major achievement. For the last few years, IPS had been seized of the matter. It was felt such publications were a necessity in our country and IPS should take the lead in publishing it.*

*The IPS EC meeting held at Mysore on 11<sup>th</sup> January, 2004 had appointed Dr. Shiv Gautam and Dr. Ajit Avasthi as the chairman and convenor of the task force on CPG. Their term of office was fixed as one year. The first volume covered five major disorders, ie: Schizophrenia, Bipolar affective disorder, Depressive disorders, Obsessive compulsive disorders, Generalized anxiety disorders and Panic disorders and it was published during ANCIPS 2005 held at Chandigarh. The volume was well received by our members.*

*A large number of members felt CPG on others disorders should also be formulated. Hence the Post AGB Council meeting of IPS held at Chandigarh on 1 Feb., 2006 reappointed Dr. Shiv Gautam and Dr. Ajit Avasthi as the office-bearers of the Task Force of CPG for one more year. They have taken up their work in right earnest.*

*This second volume comprises 1) Alcohol use disorders (mainly coordinated by Dr. Nimesh Desai and his team), 2) Other Substance use disorders including Opioids, Cannabis nocotine, Barbiturates etc. (coordinated by Dr. Shiv Gautam and team), 3) Sexual Disorders (formulated by Dr. Ajit Avasthi, Dr. TSS Rao and team) and 4) Sleep Disorders (By Dr. J. K. Trivedi and team). The compilation of this volume has been the culmination of hard work and extensive professional discussion and interaction.*

**National Workshop on Clinical Practice Guidelines** : was the highlight behind the preparation of this volume of CPG. It was held on 6-7 August, 2005 at Jaipur under the leadership of Dr. Shiv Gautam and Dr. A. Avasthi. The sessions were led by Dr. J.K. Trivedi, Dr. N.G. Desai, Dr. T.S.S. Rao, Dr. Shiv Gautam, Dr. Ajit Avasthi, Dr. G. Prasad Rao and others. Gen. Secretary presided over the inaugural function. This workshop was attended by several eminent leaders of our profession, who were keen to contribute to this work.

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 recommendation made here will be useful and informative not only to clinicians but also to all mental health professionals.

Our members and Fellows have made many suggestions for which we are grateful. The present CPG may have to be revised from time to time, with increasing knowledge. In this era of heightened consumer awareness, we 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.

I would like to place on record our immense appreciation to Prof. Shiv Gautam, Chairman of the Task Force for his commitment and hard work towards the preparation of this volume of CPG. The Convenor Dr. Ajit Avasthi did meticulous planning and co-ordination. We are obliged to our President Dr. S. Nambi for his leadership and the Executive Council for its guidance.

Yours in IPS

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