

**Business Meeting of the International Divisions
of the Royal College of Psychiatrists**

Wednesday 3 July 2019

**RCPsych International Congress, Excel Centre,
London.**



Meeting of the South Asian Division

Present:

Dr Sandip Deshpande	Chair	India
Dr Divya Ganesh Nallur	Vice-Chair	India
Dr Sayed Aqueel Hussain	Member	India
Dr Himanshu Mansharamani	Non-Member	India
Dr Anand Ramakrishnan	Member	UK
Dr Shobha Salanki	Member	India
Dr Yugesh Rai	Member	UK
Dr Anagha Sardesai	Member	UK
Dr Ananta Subodh Dave	Member	UK
Dr Vivek Agarwal	Member	UK
Dr Nita Agarwal	Member	UK
Cheryl Marasigan	Staff	UK
Elen Cook	Staff	UK

Notes:

1. Welcome and introductions

The Chair thanked everyone for attending the meeting. The Chair announced he will be Chair for another year and re-introduced DGN who joined the Division as Vice-Chair last year.

2. Review of the notes from the 2018 Division Meeting

The notes were agreed as correct.

3. Annual report 2018 / 2019 and 4. Newsletters

The Chair opened the meeting with a summary of the Division's activities over the past year. The Chair was pleased to report a high level of activities and outputs from the Division, and referred to the written update enclosed in the meeting papers (reference ID19.6). The Chair was pleased to announce the launch of the South Asian Division Newsletter in January 2019, which followed with a further issue in May 2019. The Chair outlined the aim to produce the newsletter three times

a year, and spoke about a recent editorial featuring Dr Shahid Latif who gave a unique West-to-East perspective on his clinical practice.

The Chair announced the further updates as per the written report, including:

- Two business meetings held in the past year: One at RCPsych International Congress in Birmingham in 2018, and the second at the Divisional meeting at Lucknow, India in January 2018 attended by Dr Adrian James, Registrar at the College
- Introduction of a bursary for psychiatry trainees to attend the College's International Congress in 2019. Himanshu Mansharamani was announced as the bursary winner following a competition which was open to eligible trainees.
- The Chair asked for contributions to the newsletter to be emailed to the officers.
- The Chair reported that the Division is keen to support a new helpline for doctors with mental health issues in collaboration with the Indian Medical Association (IMA). The Division has connected with the Psychiatrists Support Service (PSS) at the College, and the PHP service which is an NHS-based support service to doctors.
- The Division continues to actively promote and support the College's [MTI scheme](#), as well as nominating Fellowship and International Associateship applications from members in the region.

- **Suggestions for the next year 2019-2020:**

- The Chair reported that Dr Vaishnav, President of the Indian Psychiatric Society was investigating purchasing bulk access to the College's online CPD to offer to the large numbers of psychiatrists in India.
- The Chair asked if the College could facilitate Clinical Attachments in the UK for trainees from the Division for CASC exam, noting that the CASC is a struggle for overseas trainees due to it being tailored to trainees with a UK-based clinical background. EC explained these could not be arranged by the RCPsych but that it was possible to share details of clinical attachments in the UK when they became available. The British Indian Psychiatric Association (BIPA) would be a good network to share details of potential clinical attachments. There was further discussion on whether support can be facilitated for clinical attachments. AR agreed to disseminate contact information for support on clinical attachments for relevant trainees.

- There was further discussion on CASC – if it would be possible to hold the exam in India.
- Following the high levels of interest this year and request for further bursary support to the Division from the Chair, EC announced that the College Treasurer, Jan Falkowski had recently confirmed she was keen to support further bursaries for international members to attend future College International Congresses.

Actions:

- **Chair to contact Karla Price, Head of Development and e-Learning to discuss making CASC more widely available to international candidates**
- **Chair to contact British Indian Psychiatric Association (BIPA) to facilitate support to overseas trainees coming to the UK for the CASC exam.**
- **AR to provide Chair with contact information (Santosh Mudholkar) for clinical attachments for trainees coming to do the CASC exam in the UK.**
- **All to contact the Chair with contributions for the Division newsletter**

New announcements

The Chair announced a [3-day training workshop, Joint conference with PARC: Mentalisation Based Treatment with Professor Anthony Bateman](#) to be held in Bangalore, which will focus on personality disorders and feature a psychiatrist with expertise in this field.

The Chair proposed the idea of a mentoring scheme with the aim to help overseas doctors from the Division upon returning to their home countries after completing the MTI scheme.

There was a discussion around recruitment and training for Indian psychiatrists. A member suggested it would be a good idea to have a scheme for higher grade/fully qualified psychiatrists from India. EC noted the GMC registration would be a barrier but may be open to the idea of supporting such a scheme. Another member commented that there trend of recruiting psychiatrists from India. EC reported the College was aware of the delicate balance between meeting its objective to improve recruitment into psychiatry and in adding to brain drain problems by supporting the recruitment from countries where medical professionals were in short supply. EC added that aside from the MTI scheme in place, there are cases of individual Trusts using other recruitment measures, such as agencies or going to India or other countries to recruit directly or target PLAB graduates. EC expressed concern over the trend as it presents a risk in international recruitment being too piecemeal. EC also confirmed that Trusts can apply

to the GMC for MTI doctors directly however the minimum criteria of 2 years' experience remains with this route.

5. Bursary Winner

Himanshu Mansharamani (HM) spoke as the winner of this year's bursary and presented the poster he designed on the subject of children with alcoholic parents. HM said this became an area of interest after seeing many cases in India. He has completed a study over 18 months and reported that anxiety and depression were more prevalent in children with alcoholic parents. The Chair congratulated HM on winning the competition and asked him to write a piece for the Division newsletter.

Action: HM (bursary winner) to write a piece for the Division Newsletter.

6. Plans for 2019 – 2020

a. Trainee Engagement

EC announced that while the College is actively working to publicise the MTI scheme more widely, caution has been taken not to over publicise the scheme as it conflicts with the fewer places available within NHS Trusts due to the priority to offer posts to UK doctors. EC has emailed the Indian Psychiatric Society and thanked the officers for their help in promoting the scheme.

b. Indian Medical Association Doctors helpline

(Covered in agenda item 3).

7. Any other business

All were asked to email EC for ideas and Division matters. The Chair thanked all for attending and closed the meeting.