PRELIMINARY REPORT ON LECTURE WORKSHOP ON
“NEUROPSYCHIATRY DISEASES” on 4th and 5th APRIL 2013

The Departments of Biochemistry, Health Science Research and Medical Education Unit of Chennai Medical College Hospital and Research Centre (SRM group), Tiruchirapalli conducted a two day Science Academies’ second lecture workshop on “Neuropsychiatry Diseases”. It was held on April 4th and 5th 2013, at the Eswari Auditorium of the institution. The initial step was taken in the month of December 2012 by applying for financial support from Indian Academy of Sciences (IAS), Bangaluru and we planned to organize this lecture workshop on 22nd and 23rd March 2013. Due to unavoidable circumstances, with the permission of Indian Academy of Science, Convener of the lecture workshop and with the respect of legend speakers, we postponed the lecture workshop to 4th and 5th April 2013.

The theme of the lecture workshop was “Neuropsychiatry diseases” and the problems selected were Parkinson’s disease, Alzheimer’s disease, Nutrition related to Neurology, Memory and memory loss, Delirium, Neuropsychiatry issues of traumatic brain injury and Laboratory aspects of neuropsychiatry diseases. The Tamilnadu Dr. MGR Medical University, Chennai has accredited and awarded a Continuous Medical Education (CME) credit of 15 points under category II to this lecture workshop.

STATUS OF NEUROPSYCHIATRY DISEASES

Neuropsychiatry diseases in recent times are making headlines news in several parts of our country as well as throughout the world. In the changing life style, food habits, urbanization, other environmental factors etc there is a rise in these problems in the years to come. There is a need to reorient our strategies to meet the challenges posed by the neural enigma. Basically the mental health is influenced strongly by a multitude of factors outside the domain of the health sector. These are socioeconomic, political and physical factors and these influence our health. Intensive intersectoral coordination and collaboration are indispensable to develop and implement good public health policy.

Most importantly, it requires political commitments from the highest level of the Government. Neuropsychiatry diseases have variety of complications, and the management of these patients is quite tough. The treatment regimen does not provide permanent remedy, however, temporary management is available to overcome these issues. Confronted with a patient who has a mental disorder, the psychiatrist has to exclude underlying medical, surgical or neurological conditions. The medical literature abounds emotional by ultimately proved to be the secondary to medical conditions.
STATUS OF DELEGATES AND POSTERS FOR THE MEET

A total of 208 delegates registered and participated in this lecture workshop. Among the registrants, 33 were faculty members, and 175 were students and research scholars. For all the delegates, the workshop kit comprising of a folder, pen, scribbling pad and abstract book were given.

A total of 26 posters, 6 photography display and 8 short films covering various aspects of neuropsychiatry diseases were displayed. The posters, photography and short films were appreciated by the faculty members, delegates and guests.

INAUGURAL FUNCTION

The traditional inaugural function was performed on 4th April 2013 at 9.40am with Tamil thaivazhthu (Praising Tamil Goddess) followed by welcome address by Dr Kalavathi Ponniraivan, Professor and HoD of Biochemistry. Dr. K. Kalaiselvi, Dean presided over the function, Dr. N. Balasubramanian, Medical Superintendent and Dr. V. Sarada, Vice Principal offered felicitations.

A book of abstracts was released by the respectful Dean and the first copy was received by Dr. Usha Kant Misra, Professor and Head, Department of Neurology, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow and the convener of the lecture workshop. Dr. Usha Kant Misra delivered inaugural address and Dr. A. V. Srinivasan delivered special address. The vote of thanks was delivered by Dr. P. ThirumalaiKolundusubramanian, Professor of Medicine and Head, Health Science Research of CMCH&RC.

Respected Dignitaries on the stage

Lighting Kuthuvilakku
INAUGURAL ADDRESS

Maximum efforts were taken to involve distinguished resource persons in the fields ranging from clinicians to basic scientists when planning the session. Dr. Usha Kant Misra, Professor and Head of Neurology, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow was unanimously selected by the organizing team of the institution to inaugurate the lecture workshop and deliver inaugural address. He highlighted the importance of newer discoveries which were possible only for a prepared mind.

Dr. Usha Kant Misra’s Inaugural Address
SPECIAL ADDRESS

The special address was given by Dr. A.V. Srinivasan, Emeritus Professor of Neurology, The Tamilnadu Dr. MGR Medical University and Former Professor and Head, Department of Neurology, Madras Medical College, Chennai. He highlighted mind and brain interactions with five special senses. He also taught the new aathichudi, a Tamil poem for healthy life. He said that “Psychologists work with mind not with brain whereas Neurologists work with brain not with mind”. In reality, he suggested that both shall mind and brain of patient together, in order to deliver good care for these patients.

Dr. A.V. Srinivasan’s Special Address

The tea break was given after inauguration. The coffee with snacks were distributed to all delegates and guests. During teak break, the participants registered for poster presentation were requested to display their posters in the respective places.

SCIENTIFIC SESSIONS ON (FIRST DAY) 4th April 2013

The first session on Parkinson’s disease was delivered by Dr. A.V. Srinivasan. He enumerated the clinical features and also highlighted the motor and non motor symptoms. He quoted “Memory the daughter of attention is the mother of knowledge” and “Statistics is the paralysis of the analysis”.

The panel discussion entitled “Issues and challenges of Parkinson’s disease”. The panel was chaired by Dr. Usha Kant Misra who stressed the importance understanding the Parkinsonism and its complications. Dr. A. V. Srinvasan, the second panel chair stressed on different modes of treatment for PD. Dr. D. Kailalrajan, Professor of Neuro Surgery, CMCH&RC defined the importance of surgical interventions for to overcome the Parkinson’s disease. Dr. S. Sivaraman, Assistant Professor of Psychiatry, CMCH&RC described the
importance of counseling and other procedures to handle the patients with neuropsychiatry illnesses.

Panel Discussion on Issues and challenges of Parkinson’s Disease

The second session on Nutrition and Neurology was initiated by Dr. Usha Kant Misra, Professor and Head, Department of Neurology, Sanjai Gandhi Postgraduate Institute of Medical Sciences, Lucknow. He delivered a talk on “Widespread and reversible neurobehavioral and peripheral nerve dysfunction in vitamin B12 deficiency: a clinical and neurophysiological study”. He also elucidated the cobalamine metabolism, manifestations of Vitamin B12 deficiency, overlapping features, spinal cord involvement, central motor conduction studies and investigations.

Dr. Usha Kant Misra on Nutrition and Neurology
After Dr. Usha Kant Misra’s deliberations, the lunch break was given thereby a delicious lunch was served to all the members. During the lunch break, a total of 12 posters displayed and evaluated by a team of senior faculty members like Dr. Paramasivam, Professor of Medicine; Dr. Naachal Annamalai, Professor of Physiology and Mr. Randeep Rajkumar, Clinical Psychologist, CMCH&RC.

The third session on Therapeutic strategies and the development of Alzheimer’s vaccines was highlighted by Dr. Sarada Subramanian, Additional Professor, Department of Neurochemistry, National Institute of Mental Health and Neurological Sciences, Bangalore. She described the importance of immunotherapy to overcome dementia caused by Alzheimer’s disease. She also emphasized on the peptide based immunoneutralizing epitopes and its importance in the management of Alzheimer’s disease.

**Dr. Sarada Subramanian on Alzheimer’s Disease**

The session on Alzheimer’s disease was highly interactive and a large number of queries were raised by delegates.

The cluster of case studies was described by Dr. R. Thamaral, Assistant Professor of Biochemistry. The delegates answered appropriately and the correct answers were encouraged with incentives. Among 8 short films registered, 4 short films are screened and the best movie among them were evaluated by Dr. V. Sarada, Vice Principal/ Professor and Head of Pathology; Dr. Nalina Kumari, Professor and Head of Anatomy and Dr. V.R. Prakash, Professor of Biochemistry.
SCIENTIFIC SESSIONS ON (SECOND DAY) 5th April 2013

The follow up programmes of day 2 was organized as per schedule. Due to some technical reasons, with the prior permission of the convener Dr. Usha Kant Misra, we interchanged the panel discussion on strengthening of learning and memory and session V – Delirium.

The fourth session was lead by Dr. Kalavathy Ponniraivan, Professor and Head, Department of Biochemistry, CMCH&RC, who delivered a talk on “Molecular basis of memory and memory loss”. She described the implicit and explicit memory and highlighted about flash bulb memories. She also described various stages of memories and quoted various movies for easy understanding of the concept.

Dr. Kalavathy Ponniraivan on Memory and Memory loss

In this juncture, due to some technical reasons, the session 5 was preponed and the session of Delirium was delivered by Dr. R. Kumar, Former Director, Institute of Mental Health, Madras Medical College, Chennai and currently Professor and Head of Psychiatry, Sri Manakula Vinayagar Medical College and Hospital, Puducherry. Dr. Kumar described the etiology, clinical aspects and treatment of delirium, chorea and athetosis. He insisted that underlying organic cause for delirium has been recognized and treated or otherwise one may lose the patient.
The memory and memory loss session was updated by a panel discussion on “Strengthening of learning and memory”. **Dr. R. Kumar** headed the session and described the impact of alcohol on memory. He also described the medicinal uses cumin seeds and fenugreek.

**Dr. Sarada Subramaninan**, Additional Professor of Neurochemistry, NIMHANS, Bangalore highlighted the GABA receptors bindings and converse with histamine receptors. **Dr. Kalavathy Ponniraivan**, Professor and Head of Biochemistry explained the selective memory and that is mainly due to emotions. **Dr. Nachaal Annamalai**, Professor of Physiology highlighted the role of post learning concept of the memory.

**Dr. G. Prabakaran**, Professor of Psychiatry, CMCH&RC and **Dr. P. Thirumalaikolundusubramanian**, Professor of Medicine provided ways and means to improve learning and memory. The panelists were bombarded with questions from the floor especially on memory loss and learning process, which were answered well.
Panel Discussion on Strengthening of learning and memory

The session 6 entitled “Neuropsychiatric aspects of Traumatic brain injury” was presented by Dr. S. Sivaraman, Assistant Professor, Department of Psychiatry, CMCH&RC. He described the range of disorders affecting cognition, emotion and behavior of the individual. He also stressed the MRS that reflect the size or extend of damaged tissue better than either conventional CT or MRI.

The session 7 entitled “Laboratory aspects of Neuropsychiatric diseases” was delivered by Dr. S. Senthil Kumaran, Associate Professor, Department of Biochemistry, CMCH&RC. He highlighted the role of laboratory in neuropsychiatry issues based on various laboratory tests. His presentation was highly useful and appreciated by all.

Some glimpses of Case study and activity demonstration
VALEDICTORY PROGRAMME

The valedictory programme commenced at 5.00pm on 5th April 2013 Dr. Prabhu Elango, Professor of Pediatrics and Coordinator of Medical Education Unit welcomed the gathering. The programme was summarized by Dr. V.R. Prakash, Professor of Biochemistry, CMCH&RC. The lecture workshop was valedicted by Dr. K. Kalaiselvi, Dean, CMCH&RC. She delivered the concluding remarks of the two day lecture workshop. Dr. V. Sarada, Vice Principal appreciated the efforts taken by the team workers. The dignitaries on the stage distributed the letter of attendance to all delegates and awards to best posters, photography and short film. The two day lecture workshop came to a close with vote of thanks proposed by Dr. N. Prabhu, the Coordinator/ Research Associate of CMCH&RC, Irungalur, Trichy, TamilNadu.