

# Preface

Developments in psychiatry in India can be referenced to the progress in the field of psychiatry since India's independence, as in the pre-independence era psychiatric services were not only rudimentary, but were also not meant for the treatment and care of the masses. Patients suffering from major mental illnesses, who were too disturbed to be kept within the confines of their homes, needed to be secluded behind the walls of mental hospitals, built outside the city limits. Moreover, there were no training centres for the speciality of psychiatry at that time in India. The first generation of psychiatrists trained abroad, mostly in the UK, established departments of psychiatry in post-independence India, which became the prime centres of psychiatric education. One such department of psychiatry was started in 1963 in the Post Graduate Institute of Medical Education and Research (PGIMER) at Chandigarh, which became a leading centre for postgraduate education in psychiatry, acquiring national and international recognition within a short time, for excellence in the standard of education and research. The alumni of this department are spread over the length and breadth of India and the world, occupying high positions, leading many academic departments and institutes of psychiatry for many years, setting them apart from others by their sheer class and quality. As a group they are a force to reckon with for the quantum and quality of research done by them, and their individual scholarship that is recognized in India and the world. It is these members of the department of psychiatry at PGIMER, Chandigarh, who have come together to author this book, writing perspective papers on subjects to which they have devoted their significant time and energy. Most of them are authorities in their own subjects with seminal contributions to the world literature. The quality of their work, their professional competence and intellectual prowess bear a stamp of the department, in which they were mentored.

The idea of this book emerged during planning for the golden jubilee celebrations of the department in 2013, and was taken up enthusiastically by one and all. There was a large list of possible contributors, out of which only a few could be included due to the constraints of time and the volume size. Therefore, this volume is a tribute to 50 years of research and practice at the department of psychiatry, which has spearheaded most developments in the field in post-independence India.

Psychiatry in India has taken rapid strides since the time of independence. Research has tried to keep pace both with changes in the society, as well as developments in the subject across the world. To encompass all the advances made in the field of clinical, research and policy aspects of psychiatry in India in a single book is a daunting task. It is simply not possible to do justice to the many developments which have taken place in diverse areas of the discipline. Nevertheless, if one were to draw a common thread linking the chapters in this book, it would be the developments in the major subspecialties of psychiatry in India. Therefore, this book has been mainly organized to highlight the developments in general adult psychiatry, child psychiatry, substance use psychiatry, community psychiatry, liaison psychiatry and other subspecialties. In addition developments in related fields, such as psychology and psychodynamics, advances in treatment, and the progress made in legal and educational aspects, have also been emphasized.

Professor Wig's chapter on "The beginnings of psychiatry in India" provides an appropriate anchoring point for viewing these advances and judging how far we have come. The book is also meant to be a bridge between a traditional textbook and one solely on policy and research developments. Thus, all chapters while encapsulating the research data and policy imperatives of a particular area continue to have a decidedly clinical and practical emphasis. We hope that these contributions by stalwarts in their particular field, which are documented in this book, will give us a sense of pride and achievement in what has been achieved. However, the time has not come yet to rest on our laurels. As chapter after chapter in this book demonstrates, there are far too many ills and shortcomings afflicting the practice of psychiatry in India. In this regard, we hope this book will provide some inspiration to those who are dedicating themselves to the cure and care of the mentally ill in India every day of their lives.

We are extremely grateful to all the authors for accepting our request to contribute to this book, and for their painstaking effort in the submission of their chapters. We are also grateful to Springer (India) Private Limited for agreeing to publish this volume within the deadline. It was a great honour and pleasure to work with all the lead authors and our co-alumni. This work would not have been possible without their unquestioning cooperation and commitment.

All the authors in the list of contributors, except for two stalwarts, namely Prof. N.N. Wig and Prof. V.K. Varma, have been the teachers of the other contributors, who have been their students. Prof. Wig and Prof. Varma together built and shaped the department, which has produced generations of students. They occupy a position of highest esteem in the minds of all their ex-students. Graduates from the department have been either taught directly by them, or indirectly by their students.

We consider ourselves highly privileged to have had the opportunity to be trained under the tutelage of Prof. Wig and Prof. Varma. It gives us immense pleasure to dedicate this book to them.

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