

Press Release from Sikkim State Branch of the Indian Psychiatric Society  
CME on Lemborexant & Annual General Body Meeting of Sikkim State Branch of IPS Held at Gangtok.

The Sikkim State Branch of the Indian Psychiatric Society (IPS) successfully organized a Continuing Medical Education (CME) programme on “Lemborexant” on 1st December 2025 at Hotel Sinclairs, Gangtok. The academic programme witnessed enthusiastic participation from psychiatrists and mental health professionals from across the state.

#### Scientific Session on Lemborexant

The scientific session was delivered by Dr. Bishnu Sharma, Honorary Treasurer and Consultant Psychiatrist, who served as the Resource Person. Dr. Sharma presented a comprehensive overview of insomnia, including its neurobiological mechanisms, clinical impact, and evolving treatment strategies. He placed special emphasis on Lemborexant, a new-generation Dual Orexin Receptor Antagonist (DORA).

He explained that unlike conventional hypnotics such as benzodiazepines and Z-drugs that work through GABA-mediated sedation, Lemborexant selectively blocks orexin receptors, which regulate wakefulness. By targeting the wake-promoting system of the brain, the drug restores a more physiological sleep-wake rhythm, thereby reducing sleep onset latency, improving sleep maintenance, and enhancing overall sleep quality.

Dr. Sharma further elaborated that Lemborexant has shown promising results in managing insomnia associated with various psychiatric comorbidities, including:

Depressive disorders

Anxiety disorders

Bipolar affective disorder

Substance use and addictive disorders

Its low potential for dependence, minimal cognitive side effects, and better safety profile make it especially suitable for patients vulnerable to addiction. The session concluded with an interactive discussion, where participants shared clinical experiences and deliberated on issues related to dosage, safety, drug interactions, and long-term use.

#### Annual General Body Meeting (AGM)

The CME was followed by the Annual General Body Meeting (AGM) of the Sikkim State Branch of IPS. The meeting began with a welcome address by the Hon’ble Secretary, Dr. Satish Rasaily, who greeted the esteemed members and reflected upon the journey, growth, and academic progress of the Sikkim State Branch.

The Outgoing President, Dr. C. L. Pradhan, addressed the gathering and outlined the primary objectives and future direction of the State Branch. He emphasized the critical role of the Society in strengthening mental health services and suicide prevention initiatives in Sikkim. He reiterated that the key objectives of the Society are:

Promotion of academic growth and professional excellence

Facilitating sharing of clinical experiences and research

Strengthening community psychiatry and public awareness

Conducting educational campaigns to reduce stigma related to mental illness

Dr. Pradhan expressed his sincere gratitude to all members for their cooperation and support during his tenure and urged them to continue active participation in Society activities for continuous learning and improved patient care.

#### Tribute to Founders & Academic Milestones

During his address, Dr. Satish Rasaily expressed deep gratitude and respectful remembrance of Late Dr. Indralall Sharma, along with Dr. Sanjiba Dutta, Dr. C. S. Sharma, and Dr. Netra Thapa, for their visionary leadership and pioneering efforts in establishing the Sikkim State Branch of the Indian Psychiatric Society.

Following its formal recognition by the East Zone and National IPS, the Sikkim State Branch has achieved significant academic milestones. It has successfully organized two East Zone

Conferences of the Indian Psychiatric Society (CEZIPS) in 2017 and 2023. Additionally, the State Branch has conducted several CMEs between 2017 and 2025, thereby significantly strengthening psychiatric education, addiction services, and community mental health initiatives in the state.

**East Zone Indian Psychiatric Society (EZIPS)**

The East Zone Indian Psychiatric Society (EZIPS) is a zonal body under the Indian Psychiatric Society, comprising eastern states including Sikkim, West Bengal, Bihar, Orissa, Jharkhand, Assam, Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, and Tripura. EZIPS plays a vital role in coordinating academic conferences, CMEs, research collaborations, leadership training, and mental health advocacy across the eastern region. The Sikkim State Branch remains an active and contributing member of EZIPS.

**Election of New Office Bearers (2025–2027)**

The AGM was followed by the nomination and unanimous election of the new Office Bearers and Executive Council for the financial year 2025–2027 under the chairmanship of Dr Netra Thapa ( HOD, Dept. Of Psychiatry, STNM Hospital).

Dr. Satish Rasaily – President

Dr. Geeta Gurung – Vice President-cum President-Elect

Dr. Bibhusan Dahal – General Secretary

Dr. Upashna Gurung – Joint Secretary

Dr. Bishnu Sharma – Treasurer

Dr. Shetal Chettri – Editor

Dr. C. L. Pradhan – Chief Patron

Dr. Netra Thapa – Chief Advisor

Dr Anmol Pradhan - State Representative to East Zone IPS

The house congratulated the newly elected team and expressed confidence in their leadership to further strengthen mental health services and academic activities across the state.

During the programme, Dr. Samrat Singh Bhandari was felicitated with a traditional khada in recognition of his recent nomination as Editor of the East Zone Indian Psychiatric Society (EZIPS) at the Conference of East Zone IPS (CEZIPS), Kolkata. The gathering congratulated him for this prestigious academic responsibility.

The meeting was attended by all psychiatrists of the state, reflecting strong professional unity and commitment toward advancing psychiatric care, academic excellence, and suicide prevention in Sikkim.

The programme concluded with a formal Vote of Thanks delivered by Dr. Kunzang Ongmu, who expressed heartfelt appreciation to all the resource persons, office bearers, participants, and organizers for their active involvement and support in making the CME and AGM a grand success.