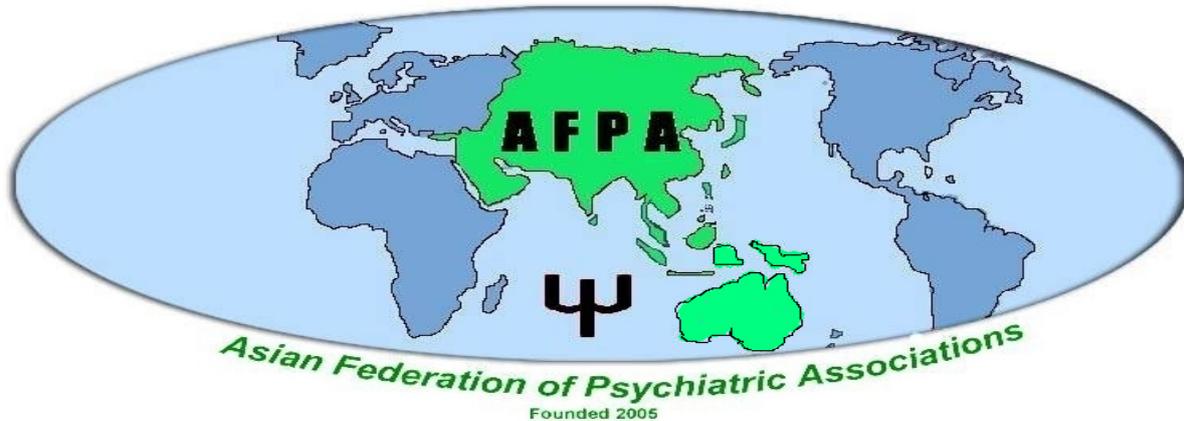


# The Bulletin of the AFPA

## The Summer 2018 Issue



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### President's Address



Welcome and greetings!

Let me first express my sincere thanks to all of you for supporting Asian Federation of Psychiatric Associations, and contributing to the Bulletin of the AFPA with your activities.

I am pleased that *the Bulletin* has achieved an important place in our communications and help us in sharing reports from many countries. Well done Winston W.

Shen (Taiwan)!

I am sure you will agree that AFPA has now well-established as a representative body of Asian psychiatrists and our rôle in the uplift of mental health in Asian is assuming an important place both at national and regional levels. This of course depends on the enthusiastic input of our AFPA board members and the officers of AFPA who are working hard to achieve our AFPA's goals very effectively.

After the success of our the 6th World Congress of Asian Psychiatry (the 6th WCAP) in Abu Dhabi, United Arab Emirates, 23-26 March, 2017, we continued with several activities:

- Continuous contact with our member societies is keeping our interaction with different member societies and we are exploring a number of options for reinforcing such links.
- Our networking with the World Psychiatric Association and other professional organisations are getting strengthened day by day. Presence of the WPA and its executive committee members at our meetings add further support to these relations.
- Our website is receiving more "hits" and we are



## **The Bulletin of the AFPA**

**A newsletter for the Asian Federation of Psychiatric Associations®**

Web site address: [www.afpa.asia](http://www.afpa.asia)

Publisher: Afzal Javed \*

\*Corresponding address: Fountain House, Lower Mall, Lahore, Pakistan

E-mails: Afzal Javed <[afzal.javed@ntlworld.com](mailto:afzal.javed@ntlworld.com)>

Editor: Winston W. Shen\*\*

\*\*Corresponding address: Taipei Medical University- Wan Fang Medical Center, 111, Section 3, Hsing Long Road, Taipei 116, Taiwan

E-mail: Winston W. Shen <[Shenwinw@gmail.com](mailto:Shenwinw@gmail.com)>

*The Asian Federation of Psychiatric Associations® (AFPA®) was registered in Tokyo, Japan on 12 December 2016.*

getting very good feedback about the current website and its range of communication features. Thanks to Naotaka Shinfuku (Japan) for his superb work!

- We are in discussions with the WPA for doing some joint work in the areas of teaching and training in Psychiatry. Our AFPA secretary for educations G. Prasad Rao (India) is currently planning a survey and formulating some training modules with his counterpart at the WPA.
- Many of our valued professional colleagues have been participating in research on Asian prescription patterns (REAP) studies. As the work is still going on our drug treatment in schizophrenia study, a new study on drug treatment for bipolar disorders has already been started. There have been some publications in the pipeline from this work.
- Our work supporting young psychiatrists is gaining more popularity and organisation of special sessions at our meetings is taken as a step forward in this important area of research, teaching, and training.
- Increasing number of AFPA co-sponsored meetings and conferences have also been a salient feature of our activities.

We are grateful to the Philippines Psychiatric Association for organising an international congress in January of this year. It was a well-attended and well-organised meeting that attracted many delegates from Asian countries. We had a noticeable presence of young psychiatrists at this IC of AFPA/FFA. Special training sessions for the young psychiatrists were a prominent feature of Manila conference. We also received a lot of support for conducting and supporting special sessions

and workshops from many other organisations including the WPA, Royal College of Psychiatrists UK, our member Japanese Society of Psychiatry and Neurology.

As you know we are in consultation with the Pacific Rim College of Psychiatrists (PRCP) for our collaboration for having a joint journal. We achieved an outstanding success in this regard by launching this initiative with PRCP at the IC of AFPA/FFA. We are currently discussing further steps with PRCP and Wiley, the publishers of the journal, for linking our members for free access to this journal. Naotaka Shinfuku will contact you with further details.

After the success of our seminar on postgraduate education at Abu Dhabi in 2018, Mohan Isaac (Australia) is continuing with this work and we are having a scientific publication from this seminar very soon.

We are grateful to Norman Sartorius (Switzerland) for his guidance for planning various projects in this area. As you know we are currently finalising arrangements for our 7th World Congress of AFPA (7th WCAP in Sydney, 21-24 February, 2019). You will also find a report about this congress in this issue of the Bulletin. I am pleased that our member society, the Royal Australian and New Zealand College of Psychiatrists is busy with planning for the 7th WCAP, and I am sure that our colleagues at the RANZCP will get full support from all of you.

I once again thank you all for your support to AFPA and look forward for receiving further patronage to AFPA activities in coming years.

With kind regards. (The author declares no conflicts of interest in writing this feature.)

Afzal Javed

Fountain House, Lower Mall, Lahore, Pakistan  
E-mails: Afzal Javed <[afzal.javed@ntlworld.com](mailto:afzal.javed@ntlworld.com)>

*(Editor's note: Javed is AFPA president 2017-19. He is also president-elect of the WPA, 2017-20.)*

## **A Report on the IC of the AFPA and the 44th PPA Annual Convention 24-26 January, 2018**

The international congress (IC) of the Asian Federation of Psychiatric Associations (AFPA) and the 44th annual convention of the Philippine Psychiatric



A photo taken at the hallway of the international congress of the AFPA

From left: Ponciano Jerez (Philippines), Maria Luz C. Querubin (Phl), Allan Tasman (USA), René M. Samaniego (Phl), Rhodora Andrea M. Concepcion (Phl), Afzal Javed (Pakistan), Lourdes L. Ignacio (Phl), Imelda Martin (Phl), Glenda Basubas (Phl), Bihildis Mabunga (Phl), Imelda Batar (Phl), Cynthia Leynes (Phl), Japhet Fernandez-De Leon (Phl), Alden Cuyos (Phl), and Sonia C. Rodriguez (Phl)

Association (PPA) was held on January 24-26, 2018 at the Philippine International Convention Center in Manila. The congress was a collaboration headed by the two leaders of these associations, Afzal Javed (Pakistan) as the AFPA president, 2017-19, and René M. Samaniego (Philippines) as the PPA president, 2017-2018.

The theme of the conference, “Advances, Impacts and Future Directions of Psychiatry: The Asian Experience,” featured important discussions that are relevant to the current practices of psychiatry focusing on mental health issues in the developing countries in the Asian region.

The theme of the conference, “Advances, Impacts and Future Directions of Psychiatry: The Asian Experience,” featured important discussions that are relevant to the current practices of psychiatry focusing on mental health issues in the developing countries in the Asian region.

Among these were to describe current developments in the field of psychiatry and to discuss the implications of current research findings leading to future directions in the practice of psychiatry in Asia. It covered a vast array of important topics on psychiatric therapeutics, emerging concepts in addictive disorders,

biopsychosocial aspects of trauma and disaster, current research findings in depressive and psychotic disorders, current challenges in the management of dementia, the present state of psychiatric training and education in Asia, current and future trends in child and adolescent psychiatry in Asia, emerging concepts in social and community psychiatry, psychotherapeutic interventions in selected mental disorders, current strategies for psychiatric advocacy, and current state of forensic psychiatry in Asia.

This educational meeting was made valuable by the contributions of eminent academic and clinical psychiatrists, authorities and speakers in the field from across Asia and the world.

In the evening of 25 January, we had the fellowship night with the theme “PPA Live! (Positivism in the Performing Arts, Live!)”. Six participating teams presented themselves with positive values - “peace,” “love,” “freedom,” “joy,” “unity,” and “diversity.” International delegates and young psychiatrists were invited to join. Each team member was expected to express their assigned positive value by group costume, singing, music, and actions. With international judges, the overall winner was the team of “peace” by the Southern Tagalog Group of Psychiatrists.



A photo taken at the gala dinner, when the team was performing for the theme of "diversity" during the show "PPA Live!"

The congress successfully brought another opportunity in building new alliances and strengthening partnerships with our neighbouring nations in Asia and across the globe as we advance and shape our future in the field of psychiatry in creating positive impact in our profession and in the lives of our patients. (The author declares no conflicts of interest in writing this report.)

Rhodora Andrea M. Concepcion<sup>§</sup>

Department of Psychiatry, Lung Center of the Philippines, Quezon City, Philippines

<sup>§</sup>Corresponding author. Quezon Avenue, Quezon City, Philippines

E-mail: Rhodora Andrea M. Concepcion <rheaconcepcion@yahoo.com>

*(Editor note, Concepcion chaired the organizing committee of the IC of the AFPA. At that time of the IC of the AFPA, she was the PPA vice president. Now she is the PPA president, 2018 - 19.)*

## Country Reports on Asia's Battle against Mental Health Stigma at the IC of AFPA/PPA in Manila, Philippines, 24-26 January, 2018

The international congress of the Asian Federation of Psychiatric Associations/Philippine Psychiatric Association in Manila, Philippines, took place 25-27 January, 2018. There were 60 plus international delegates and PPA 400 plus members. The IC president was Afzal Javed (Pakistan, AFPA president 2017-19), and IC director René Samaniego (PPA president, 2017-

18), organising committee chairperson Rhodora Andrea M. Concepcion.



A photo taken at the plenary session at the international congress of AFPA/PPA in Manila, 25-27 January, 2018

From left: Rhodora Andrea Concepcion (Philippines), René Samaniego (Phl), Tsuyoshi Akiyama (Japan), Porsche Poh (Singapore), Sherry Kit Wa Chan (Hong Kong), Lahargo Kembaren (Indonesia), Edgardo Juan Tolentino (Phl), Hazil Zakaria (Malaysia), and Chia-Ming Chang (Taiwan)

Among various programmes such as young psychiatrists' programme, the IC was highlighted with Tsuyoshi Akiyama's (Japan) chairing a plenary session "Asia's Battle against Mental Health Stigma: Country Reports." The session participants were Malcom Hopwood (Royal Australian and New Zealand College of Psychiatrists), Lahargo Kembaren (Indonesian Psychiatric Association), Edgardo Juan L. Lalentino (Philippine Psychiatric Association), Kim Savuon (Cambodian Society of Mental Health), Tsuyoshi Akiyama (Japanese Society of Psychiatry and Neurology), Porsche Poh (Silver Ribbon in Singapore), Sherry Kit Wa Chan (Royal Kong Kong College of Psychiatrists), Hazli Zakaria (Malaysian Psychiatric Association), and Chia-Ming Chang (Taiwanese Society of Psychiatry). Every participant reposted activities done by their national psychiatric societies to battle mental health stigma. (The author declares no conflicts of interest in writing this report.)

Chia-Ming Chang<sup>§</sup>

Department of Psychiatry, Chang Gung Memorial Hospital, Linko, New Taipei City, Taiwan

<sup>§</sup>Corresponding author. No. 5, Fusing Street, Gueshan District Taoyuan 333, Taiwan

E-mail: Chia-Ming Chang <cmchang58@yahoo.com.tw>

*(Editor note: Chang is the secretary-general of the Taiwanese Society of Psychiatry 2017-19.)*

## Young Psychiatrists' Activities at the IC of AFPA / the 44th PPA in Manila, Philippines

This is a report on my participation in special programs and activities for young psychiatrists organized at an international congress of the Asian Federation of Psychiatric Associations and The 44th Annual Convention of the Philippine Psychiatric Association.

On January 25, 2018, a special symposium called the "AFPA Young and Early Career Psychiatrists Symposium" was held with the main topic of postgraduate education. At the beginning, the chairpersons, Afzal Javed (Pakistan) and Mohan Isaac (Australia), introduced themselves. Then, all the participants introduced themselves. Self-introduction included personal interests and the reasons why we chose to become psychiatrists. Interestingly, after the zealous introductions, the chairpersons pointed out that all the important topics for this symposium were already mentioned in everyone's introductions (e.g. stigma for mental illness, suicide, child care, etc.).



A photo taken at the AFPA young and early career psychiatrist symposium of the international congress of the AFPA/the 44th annual convention of the PPA

Rear row from left: Elham Esmaili Shandiz (Iran), . Sayuri Perera (Sri Lanka), Toru Horinouchi (Japan), Malcolm J. Hopwood (Australia), Roger Ng (Hong Kong), Junichi Danjo (JP), Subir Bhattacharjee (India), Yukako Nakagami (JP), Takashi Uchino (JP), June Galicia (Philippines), and Nur Zuriana (Malaysia)

Front row from left: Ahmad Rostam Md Zin (My), Mohan Isaac (Au), Afzal Javed (Pakistan), G. Prasad Rao (In), M. S. V. K. Raju (In), and Winston W. Shen (Taiwan)

In the lecture session, Toru Horinouchi (Japan), the president of the Japan Young Psychiatrists Organization (JYPO), gave us an interesting lecture, "Training to Become a Good Psychiatrist: Trainee Perceptions." The lecture was based on a survey conducted during the

14th Course for Academic Development of Psychiatrists (CADP) held by JYPO as a pre-congress of the 5th World Congress of Asian Psychiatry (WCAP) in March of 2015. The results included data from Indonesia, Thailand, Taiwan, USA, and Japan. He talked about which departments are recommended, and how long training at those departments should be to ensure good psychiatrists; for example, general internal medicine, emergency, psychiatry, and neurology departments were recommended. After Horinouchi's concrete and substantial suggestions, the participants had an active discussion and shared ideas on the ideal training to develop good psychiatrists.

Roger Ng (Hong Kong), secretary for education at the World Psychiatric Association (WPA), gave an enlightening lecture, "A Snapshot of the Global Scenario of Postgraduate Education in Psychiatry," focusing on training provisions for trainee psychiatrists. An international survey was introduced, in which the WPA member association presidents from almost 50 countries took part. He analyzed the differences between results in high-, middle-, low-income countries. He also mentioned evaluation mechanisms for training programmes and psychiatric subspecialties for rotation. The interesting results about the training system all over the world provoked a lively argument.

In addition, I had the opportunity to talk about post-graduate training for suicide prevention. Suicide is a crucial health concern all over the world. In Japan in particular, the suicide rate is relatively high. Based on this situation, suicide prevention training for post-graduate education is important. In my speech, I introduced a suicide prevention programme we developed based on the Mental Health First Aid (MHFA). I received useful comments, such as sharing this kind of programme with other countries would reduce the suicide rate worldwide.

At the end of the symposium, we received feedback from representatives of each country and leaders in the field of psychiatry. Interestingly, useful and crucial discussion was so heated that the schedule was extended for more than one hour. This special symposium was very beneficial for all the young psychiatrists and our future programs.

Besides the special symposium, a poster presentation competition for young psychiatrists was held. There were various posters from different countries. The topics of the posters included biological psychiatry, epidemiology, psychology and social problems. I presented two posters at the competition. The titles of my posters were "Impact of Japanese Revised

Road Traffic Law on Mental Stigma” and “Effects of Mental and Physical States on Pain in Rheumatoid Arthritis.” Some people asked me about the road traffic law in Japan, and we exchanged information about what the road traffic laws are in our respective countries. The discussion was exciting and impressive.

In addition to the academic presentations and lectures, fellowship night was a wonderful experience. On 25 January, a special activity called “PPA Live! (Positivism in the Performing Arts, Live!)” was held until midnight. I was surprised at how sophisticated the dances and music were. It was a really eye-opening experience. All the demonstrations contained messages about achieving a peaceful world, and they were so moving and impressive. I truly hope these activities will help achieve a peaceful, safe, and prosperous world.

Finally, I would like to express my gratitude. I appreciate the Japanese Society of Psychiatry and Neurology (JSPN) because four Japanese psychiatrists received financial supports for traveling and staying at Manila. I thank AFPA/PPA for inviting us to the congress, organising the special symposium for young psychiatrists, and for the kind guidance and encouragement. I also thank JYPO members for useful information about international congress. I also thank many individuals who have supported young psychiatrists’ activities at AFPA and PPA. (The authors declare no conflicts of interest in writing this report.)

Yukako Nakagami<sup>†</sup>

Toru Horinouchi<sup>§</sup>

<sup>†</sup>Department of Psychiatry, Kyoto University Graduate School of Medicine, Kyoto, Japan

<sup>§</sup>Department of Psychiatry, Hokkaido University Graduate School of Medicine, Sapporo, Japan

<sup>†</sup>Corresponding author. 54 Shogoin-Kawahara-cho Sakyo-ku, Kyoto 606-8507 Japan

E-mails: Yukako Nakagami

<nakagamiyukako@gmail.com>

or Toru Horinouchi <tetsukawa1234@gmail.com>

*(Editor’s note: Horinouchi is president of the JYPO, Nakagami is vice president of the JYPO, Her poster on Effects of Mental and Physical States on Pain in Rheumatoid Arthritis was awarded as a winner in the poster presentation at the AFPA young and early career psychiatrists symposium at the international congress.)*

## The 7th WCAP, in Sydney, Australia, 21-24 February, 2019



The Asian Federation of Psychiatric Associations ([www.afpa.asia](http://www.afpa.asia)) would like to extend our warmest invitation to you to participate in the seventh World Congress of Asian Psychiatry (the 7th WCAP 2019) being held 21-24 February in at the Sofitel Sydney Wentworth, Sydney, Australia. The theme of the Congress is “Continuity in a world of change: culture, diversity and mutual learning.”

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) is honoured to host the 2019 Congress in Sydney, Australia. With Sydney’s strategic location, world-class facilities as well as many unrivalled attributes, we pledge to make the Congress a fruitful and memorable experience for our participants. The venue city is a vibrant and lively city that has a unique blend of Asian culture, featuring Asian- Pacific traditions, high-tech modernity and great hospitality.

On behalf of the chair of the local organising committee of the 7th WCAP, I am delighted to offer a comprehensive scientific program with an outstanding array of speakers from across the region along with international keynote speakers leading the programme, sharing their expertise. The Congress website has been launched ([www.afpa2019.com/](http://www.afpa2019.com/)) on 31 May, 2018 to providing more information and an additional platform to promote this exciting event. We look forward to working with you to make this a truly memorable event.

Malcolm J. Hopwood<sup>§</sup>

<sup>§</sup>Professorial Psychiatry Unit, Albert Road Clinic and

<sup>2</sup>Department of Psychiatry, University of Melbourne, Melbourne, Australia

<sup>18</sup>Corresponding author. 31-33 Albert Road, Melbourne, Victoria 3004, Australia

E-mail: Malcolm J. Hopwood <mhopwood@unimelb.edu.au>

*(Editor's note: Hopwood is president-elect of the AFPA, 2017-19.)*



A photo taken at PPA Live! (Positivism in the Performing Arts, Live!) of the international congress of the AFPA/Philippine Psychiatric Association's annual meeting, in Manila, 24-26 January, 2018 (Photo courtesy of Naotaka Shinfuku). Malik was performing for the team for "Love"

From left: Malcolm J. Hopwood (Australia), Mazhar Malik (Pakistan) and Allan Tasman (USA)

## FROM THE OFFICE OF AFPA

### The AFPA Board Meeting Was Held at the IC of the AFPA in Manila, The Pilippines



A photo taken after AFPA board meeting at the IC of the AFPA/PPA in Manila, 25 January, 2018

Back row standing from left: Mohan Issac (Royal Australian and New Zealand College of Psychiatrists, a council member of the AFPA), René Samaniego (president of Philippine Psychiatric Association), Malcom J. Hopwood (Royal Australian and New Zealand College of Psychiatrists, president-elect of the AFPA), G. Prasad Rao (Indian Psychiatric Society, secretary for education and training of the AFPA), Roger Ng (Hong Kong College of Psychiatrists, WPA secretary for education), and Kyi Min Tun (Myanmar MH Society, an observer).

Front row sitting from left: Winston W. Shen (Taiwanese Society of Psychiatry, editor of the Bulletin of the AFPA, a newsletter of the AFPA), Nor Zuraida Zainal (Malaysian Association of Psychiatry, secretary-general of the AFPA), Afzal Javed (Pakistan Psychiatric Society, president of the AFPA), Helen Herrman (Royal Australian and New Zealand College of Psychiatrists, president of the WPA), Yongyud Wongpironsarn (Psychiatric Association of Thailand, a council member of the AFPA), Tin Oo (president of Myanmar Mental Health Society, an observer), and Naotaka Shinfuku (Japanese Society of Psychiatry and Neurology, a council member of the AFPA).

At the international congress of the AFPA in Manila, Philippines, the AFPA council of the Asian

Federation of Psychiatric Psychiatry met on at 16: 30, 25 January, 2018. The attendees are listed in the caption of the photo. We exchanged viewed of the following items: (A) the imminent deal for AFPA psychiatrists to get access to Asia-Pacific Psychiatry under the cooperation between AFPA and the Asian Pacific Rim College of Psychiatrists; (B) report of activities since the 6th WCAP in Abu Dhabi, United Arab Emirates in March 2017; (C) discussion on how to promote AFPA in Asia; (D) collaboration with other societies such as the World Psychiatric Association, the World Federation of Psychosocial Rehabilitation, and the Pacific Rim College of Psychiatrists; (E) the 7th WCAP, 22-24 February, 2019 at the Sofitel Sydney Wentworth, Sydney, Australia; (F) sites for AFPA regional congress in 2019 and after, etc.

A lot of time was devoted to the discussion how Myanmar Mental Health Society can promote the number of delegates in attending the international congress of PRCP in Yangon, Myanmar, 26-28, October, 2018. (The author declares no conflicts of interest in writing this report.)

Naotaka Shinfuku<sup>§</sup>

International Center for Medical Research, School of Medicine, Kobe University, Kobe, Japan

<sup>§</sup>Corresponding address: 1-7, 1-1104 Momochi-hama, Sawara-ku, Fukuoka 814-0001, Japan

E-mail: Naotaka Shinfuku <shifunaotaka@gmail.com>

*(Editor's note: Shinfuku is the founding president of the AFPA.)*

## FROM PRSIDENTS OF NATIONAL PSYCHIATRIC SOCIETIES

### The 8th ESMH IC Took Place in Dubai, UAE, 15-17 February, 2018

Under the patronage of His Royal Sheikh Hamdan bin Rashid Al Maktoum - Deputy Ruler of Dubai, Minister of Finance and President of the Dubai Health Authority, the 8th Emirates Society Mental Health International Congress was held in Dubai, United Arab Emirates, at Conrad Hotel, 15-17 February, 2018. The theme of congress was "Together for the Better Care." The Congress was official supported by UAE Ministry of Health and Prevention, Dubai Health Authority, Dubai Healthcare City, and Dubai Tourism.

Considerable support and wonderful cooperation came from many associations - World Psychiatric Association (WPA), Asian Federation of Psychiatric Association (AFPA), World Association of Social Psychiatry, European Psychiatric Association, Saudi Psychiatric Association, Indian Psychiatric Society, South Asian Association for Regional Cooperation Psychiatric Federation, Egyptian Psychiatric Association, Indian Association of Biological Psychiatry, Kuwait Psychiatric Association, Indian Association of Private Psychiatry, and Jordan Association of Psychiatrists.



A photo taken at the 8th Emirates Society of Mental Health's international congress in Dubai, United Arab Emirates, 2018

From left: Ahmed Okasha (Egypt), and Samia Abul AlKhoori (United Arab Emirates)

The conference opening was attended by His Excellency Dr. Ahmed Bin Kalban, chief executive officer (CEO), Hospitals Services Sector and acting CEO, Clinical Support Services Sector of Dubai Health Authority; His Excellency Dr. Abdulaziz Al Zarooni,

deputy director Dubai Medical District, Ministry of Health and Prevention; Her Excellency Dr. Mouza Al Sharhan, president of the Emirates Medical Association; Ammar AlBanna; and Wadeia Mohammed Al Sharief of UAE. International prestigious attendees included Ahmed Okasha (Egypt), a WPA past president; Afzal Javed (Pakistan), WPA president-elect and AFPA president; Nasser Shuriquie (Jordan); Philip Gorwood (France); G. Prasad Rao (India); M. S. V. K. Raju (India); Momtaz Abd El Wahab (Egypt); Hisham Ahmed Ramy (Egypt), Mahdi Saeed Abu Madini (Saudi Arabia); Mohammad AlSuwaidan (Kuwait); and Charlotte Kamel (Bahrain).



Another photo taken at the ESMH IC in Dubai, UAE, 2018

From left: Afzal Javed (Pakistan), His Excellency Dr. Ahmed Bin Kalban (United Arab Emirates), Mouza Al Sharhan (UAE)

I gave special welcome at the opening ceremony. H. E. Dr. Ahmed Bin Kalban gave an appreciation welcome. Immediately, the ESMH announced its first annual Star Award to Ahmed Okasha, for his positive rôle model for the psychiatric profession, raising the positive image of psychiatry across the rest of medicine and society, demonstrating leadership, managing clinical practice and service development, as well as making a positive impact at the international and national level to patients and their care well-being. Then, ESMH appreciation award was given to 12 regional and international psychiatric association's presidents, who supported the congress. Two Special awards were given to the chief guests - H. E. Dr. Ahmed Bin Kalban and H. E. Dr Abdulaziz Al Zarooni.

Focusing on the multi-disciplinary input and inter-disciplinary coordination in the mental health field, always lead to the splendid outcome of recovery of the patient to the maximalised capability in the community. The congress addressed various topics relevant to the main theme of the IC. For example, comorbidity

of depression with physical disorders, the forensic psychiatric aspects of schizophrenia, a holistic approach for the elderly, personality disorder management, addressing mental health disorder in the classroom, understanding bipolar disorder, multidimensional approach for learning disabilities, obsessive compulsive disorder and quality of life, as well as post-traumatic stress disorder. Those rich scientific contents were delivered by highly respected international and national speakers of various fields - psychiatrists, clinical psychologist, social workers, psychotherapist, counselors, nurses, occupational therapists, speech therapists, epidemiologist, educators, researchers, family medicine, internal medicine, emergency medicine, geriatric medicine, school health medical practitioners, as well as public health, legal system, and policy makers. Indeed, this IC offered a unique scientific programme for many professionals in and beyond the region. The total registered IC attendees were 225, the thought leaders and renowned speakers were from 10 different countries - UAE, Oman, Bahrain, Kuwait, Saudi Arabia, Egypt, Jordan, India, Pakistan, France, and Canada.

To duplicate the success of this IC, we plan to have the next ESMH IC in Dubai, in March 2019. We will announce the EMMH IC 2019 with a congress logo in the winter 2019 issue of the Bulletin of the AFPA. (The author declares no conflicts of interest in writing this report.)

Samia Abul AlKhoori\*

Department of Psychiatry, Rashid Hospital, Dubai  
Health Authority, Dubai - UAE, Dubai, UAE

\*Corresponding author. No. 315 Umm Hurair Second,  
PO Box 4545 Dubai, UAE

E-mails: Samia Abul <saabul@dha.gov.ae>,  
or <samia.abul@hotmail.com>

(Editor's note: AlKhoori is the ESMH president. She is  
also the secretary for finance of the AFPA.)

## The First Seminar on Mental Health Law by PPS and SMHA

Pakistan Psychiatric Society and Sindh Mental Health Authority organised the first seminar on 24 February, 2018 on the mental health law in Marriott Karachi, Pakistan. Seminar was organised to create

awareness of the mental health law. The Sindh Mental Health Act Chairman and Members of Sindh Mental Health Authority attended the seminar, and Syed Haroon Ahmed was chief guest.

The seminar was attended by psychiatrists, psychologists, neurologists, family physicians, psychiatric nurses, physiotherapists, social workers, media persons, lawyers, human right activists, and government officials from health department.

Syed Haroon Ahmed is an eminent psychiatrist from Sindh presented their research related to the application of mental health laws. I also presented on the theme of psychosocial interventions and impact mental health law. Other speakers from Pakistan included Naeem Siddiqi, Moin Ahmed Ansari, Rubeena Kidwai, and Ajmal Mughal. International speakers included Muzafar Hussain from the United Kingdom, and Tony Zigmond through Skype transmission also discussed and compared laws in the UK and those in SMHA 2013. The seminar was held under by Pakistan Psychiatric Society.

Media person, Dr. Ayub Shaikh, expressed awareness to be given to media persons and media houses. Eminent lawyer of the supreme court and human right activist Zia Awan, gave a critical analysis and stressed that SMHA should plan strategies to contact higher judiciary, to make them aware so implementation of law may become more easily and helpful for the public.

In true spirit, all experts expressed opinions to guard basic human and civil rights of the mentally ill. Courts of protection under district magistrates to be assigned as soon as possible. (The author declares no conflicts of interest in writing this report.)



A photo taken at the first seminar on mental health law

From left: Ajmal Mughal, Syed Muhammad Sultan, Javed Akhter, Muhammad Imran, Muhammad Nasar Sayeed Khan, Naeem Siddiqui, and Mukhtar ul haq Azeemi.

Muhammad Nasar Sayeed Khan<sup>§</sup>

Department of Psychiatry, Services Hospital,  
Lahore, Parkistan

<sup>§</sup>Corresponding author. 13-B, Aibak

Block, Garden Town, Lahore 75500, Pakistan

E-mail: Muhammad Nasar Sayeed Khan

<nasarsayeed@yahoo.com>

(Editor note: Khan is the PPS president, 2016-18.)

## The Spring Conference of the TSOP 2018 on Substance Use Problems and Law Related to Psychiatric Care

The spring 2018 conference of the Taiwanese Society of Psychiatry was co-organized by the Taiwanese Society of Addiction, the Taiwanese Society of Forensic Psychiatry, and the National Health Research Institute. The conference took place at Taoyuan Psychiatric Center, Taiwan on 30 May, 2018.



A photo taken at the annual Taiwanese Society of Psychiatry's spring meeting

From left: I-Shin, Shiah, Fang-Jung Wan, Chia-Ming Chang, Te-Jen Lai, Ming-Been Lee, Chen-Yang, Wang, Shin-Min, Lee, and Hung-Yu Chan (The last three from the right are TSOP members from the host hospital.)

Building on the success of previous TSOP academic meeting, the spring conference 2018 has continued to address how psychiatry can have an impact on substance use problems, and certain important practice and social challenges on modification of law in psychiatric care. A continuing necessity is clear to enhance understanding on national strategy of prevention/treatment, current tendency, and relevant judicial issues on substance abuse. In addition, probe into more explicit recognition on newly psychoactive

substances and common practice for hypnotic use. The topics included the following sessions:

- From current world tendency to present status of substance use problems in Taiwan
- From United Nations Office on Drugs and Crimes (UNODC) to view preventive measure and treatment for substance use problems
- The national strategies of prevention/treatment for substance use problems and their challenges in clinical practice
- Experiences sharing for drug court
- Updated guideline of hypnotic use

The spring conference also covered interaction and conflicts between mental health law, compulsory treatment, and human right that come with reflecting a thorough thinking of psychiatric care ... all are issues not only key to the mental health services, but also the whole national policy and viewpoints of society.

Telemedicine, in terms of telepsychiatry, turned into another important and critical topic for enthusiastic discussion at the conference. More than ever, the psychiatrists need to stand firm for providing reasonable and human-based service of mental health.

More than 300 members participated in the spring conference 2018. All experts, attendee in the conference, agreed on opinions: Today, special relevance multidisciplinary and multimodal approach in prevention/treatment for substance use problems should be implemented in no time. And, modern psychiatrists have to think over carefully on the increasing developing treatment model such as telemedicine and telepsychiatry. (The authors declare no conflicts of interest in writing this report.)

Ching-Yen Chen

Te-Jen Lai<sup>§</sup>

Department of Psychiatry, Chang-Gung Memorial  
Hospital-Keelung, Keelung, Taiwan

<sup>§</sup>Institute of Medicine and Department of Psychiatry,  
Chung Shan Medical University and Hospital,  
Taichung, Taiwan

<sup>§</sup>Corresponding author. No. 110, Section 1, Jianguo  
North Road, Taichung 402, Taiwan

E-mails: Ching-Yen Chen

<psycychen@yahoo.com.tw>

and Te-Jen Lai <tejenlai@hotmail.com>

(Editor's note: Lai is the second two-year term TSOP president, 2017-19. Chen is a TSOP council member, who chaired the programme committee of the spring conference.)

## News from RANZCP

The Annual Congress of the Royal Australian and New Zealand College of Psychiatrists (RANZCP) was held in Auckland, New Zealand, 13-17 May, 2018, and was a success in delivering a world-class scientific programme that attracted the world's foremost psychiatric and mental health leaders.

In keeping with the core values of the College, the congress theme was "Becoming well together – Partnerships in Mental Health" / Ngā hononga ō te hauora hinengaro.

We were pleased to facilitate professional cooperation and friendship with presidents and representatives from a number of Asian and Pacific organisations, including the World Psychiatric Association, Pacific Rim College of Psychiatrists, Hong Kong College of Psychiatrists, Pasifika Medical Association, Japanese Society of Psychiatry and Neurology, Philippine Psychiatric Association, and Oceania Society of Mental Health Professionals.

We look forward to continuing the success of this congress next year. The 2019 congress will be held in Cairns, Queensland, Australia, 12-16 May, and the theme will be "Culture, Diversity and Mutual Learning." More information is at: [www.ranzcp2019.com.au/](http://www.ranzcp2019.com.au/).

We hope to strengthen our relationship with Asian Federation of Psychiatric Associations by hosting the 7th World Congress of Asian Psychiatry, to be held 21–24 February, 2019, Sydney, Australia. The WCAP will support AFPA's mission to promote mental health in the Asian region. More information is at [www.afpa2019.com/](http://www.afpa2019.com/). (The author declares no conflicts of interest in this report.)

Kym Jenkins<sup>§</sup>

RANZCP Head Office, Melbourne, Australia

<sup>§</sup>Corresponding address. 309 La Trobe Street,  
Melbourne VIC 3000, Australia

E-mail: Kym Jenkins <[Kym.jenkins@ranzcp.org](mailto:Kym.jenkins@ranzcp.org)>

*(Editor's note: Jenkins is the RANZCP  
president 2017-2019.)*

## Philippines' First Mental Health Act: A Historic Event on 21 June, 2018

The Philippines made history through the passage of the first ever Mental Health Act last June 21, 2018, now known as Republic Act 11036. This piece of legislation is a rights-based law that protects and promotes the rights of persons with psychiatric, neurologic, and psychosocial health problems. It seeks to promote this sector's rights to receive appropriate health care through the inclusion of mental, neurologic, and psychosocial disorders in primary care services and national insurance coverage.

The Philippines is a country of 104 million, 70% of whom live below the poverty line. Mental disorders afflict about 16% - 20% of the population, not counting those with substance use problems. The country's health care model is largely dependent on the private sector, with a national health insurance system that does not routinely cover mental disorders. There is a clear access and equity gap in the Philippines, which is more pronounced among the marginalised poor and disabled.

The Philippine Psychiatric Association (PPA) spearheaded a multi-sectoral lobby in the drafting of the bill. It took 16 years, and 31 drafts before R. A. 11036 became a reality. The Philippine Neurologic Association, Psychological Association of the Philippines, the government run Commission on Human Rights, numerous patient groups have all worked to push the bill through this legislative process.

The World Psychiatric Association supported the Mental Health Act through the Manila Declaration of 2015 signed during the WPA regional congress held in the Philippines. The ASEAN Federation of Psychiatric Association staunchly supported the PPA in this effort until the bill became a law.

The real battle for mental health begins as the Implementing Rules and Regulations are now underway. Under the leaders of various tireless and successive presidents of the PPA, we have been continuing to work with a broad base of support representing patients, families, the youth, health professionals, and the academe. (The author declares no conflicts of interest in reporting this feature.)



A photo of six presidents of the Philippine Psychiatric Association taken at the international congress of the Asian Federation of Psychiatric Association/PPA annual meeting, in Manila, 2018 (Photo courtesy of Rhodora Andrea M. Concepcion)

From left: Maria Luz C. Querubin (PPA president 2015-16); Jocelyn Nieva Yatco-Bautista (PPA president 2003-04); Edgardo Tolentino (PPA president 2014-15); Imelda Batar (PPA president 2008-09); Malcolm J. Hopwood (Australia, the AFPA president-elect 2017-19); Afzal Javed (Pakistan, the AFPA president 2017-19); Rhodora Andrea M. Concepcion (PPA president 2018-19); René M. Samaniego (PPA president 2017-18); Alden Cuyos (Phl), Glenda Basubas (Phil), and Bihildis Mabunga (Phl).

Maria Luz S. Casimiro-Querubin<sup>§</sup>  
Northland District Health Board, Whangarei,  
New Zealand

<sup>§</sup> Tohora House, Hospital Campus, Maunu Road,  
Private Bag 9742, Whangarei 0148, New Zealand  
E-mail : Maria Luz S. Casimiro-Querubin  
<Lou.Querubin@northlanddnhb.org.nz>

*(Editor note: Casimiro-Querubin is a PPA president,  
2015-16. She was also director of WPA RC  
in Manila in 2015.)*

## A Report of the 114th Annual Meeting of the JSPN in Kobe, 21-23 June, 2018

The programme theme of the 114th annual meeting of the Japanese Society of Psychiatry and Neurology was “Commonality and Uniqueness of Psychiatry in Medicine and Medical Care: in the Era of Medicine and Medical Care Reform.” The goals of the JSPN annual meeting were to encourage the exchange of ideas among the JSPN members, to promote life-long learning and education of young psychiatrists, and to fulfill responsibility to the society by disseminating information. To accommodate all various topics, we had 16 paralleled programmes going on simultaneously for three days in the forms of lectures (60 minutes), various symposia (120 minutes). Posters included, the annual meeting had more than 300 reports.

Mario Maj (Photo 1, Italy, a past president of World Psychiatric Association and the editor of World Psychiatry) presented the first special lecture “Psychiatry 2018: Acknowledging Complexity while Avoiding Defeatism.” On the second day, James L. Kennedy

(Centre for Addiction and Mental Health, Toronto, Canada) lectured on “Personalized Medication for Psychiatric Patients via Pharmacogenetics.” On the third day, Seiji Nishino (International Institute for Integrative Sleep Medicine, Stanford University, USA) gave a talk on “The Past and Present of Autoimmune Encephalitis in the Field of Psychiatry.”



A photo taken after the lecture given by Mario Maj

From left: Kym Jenkins (Australia), Naotaka Shinfuku (Japan), Satona Saito (JP), Toshitaka Ii (JP), Yuto Satake (JP), Toshifumi Kishimoto (JP), Mario Maj (Italy), Tsuyoshi Akiyama (JP), Toru Horiouchi (JP), H. Kuga (JP), Nozomu Oya (JP), Yokako Nakagami (JP), Michael C. Hann (USA), Winston W. Shen (Taiwan), Mohammadreza Shalbafan (Iran)

Our JSPN annual meeting had the following special theme topics: (A) reform of the medical care delivery system to address the rapid changes in the population and disease compositions such as the so-called “2025 Problem”; (B) community-based medical care to establish a medical care delivery system for 2025, various factors such as the required number of hospital beds are being determined at the prefectural level; (C) reform of the health insurance and long-term care systems to address the issues the changes in the medical payment system; (D) the changes of laws related to the mental health and welfare; as well as (E) artificial intelligence and online technologies in the current medical care system. We also had programmes devoting to the issues in reforms of the national specialty board examination, the certification system by specialisation within faculties of medicine and corresponding curriculum, and the residency system for a new training programme for senior residents based on the new medical specialist system.

At this annual meeting, we further organised various sessions including presentations to discuss new research findings, ethical issues associated with the Clinical Research Act and Personal Information Protection Act, and reduced overall quality of research

activities. Within the setting of the new medical specialist system, a major task is to foster a research mindset among trainees. This annual meeting was intended to play a critical rôle in nurturing a new generation of psychiatrists who have the right mindset. We have also incorporated programmes designed for young psychiatrists, as well as younger generations such as junior residents and medical students who aspire to be psychiatrists, to get actively involved in the meeting. In addition, we presented various awards for trainee presentations. All those activities of Japanese Young Psychiatrist Organization are to be reported in a separated feature on JYPO activities.

For international programme, we had a sharing workshop on journal managing presented by Mario Maj on behalf of *World Psychiatry*, Shigenobu Kanba and Tadafumi Kato *Psychiatry and Clinical Neurosciences*, Kym Jenkins and Andrew Peters *Australian and New Zealand Journal of Psychiatry* and *Austasian Psychiatry*, and Winston W. Shen *Taiwanese Journal of Psychiatry*. Toshifumi Kishimoto and Tsuyoshi Akiyama co-chaired a special round table discussion to address the issue of promoting women’s participation in leadership (photo 2). The discussion was presented by Altha Stewart, woman president of the American Psychiatric Association, Kym Jenkins, a woman president of Royal Australian and New Zealand College of Psychiatrists, and Toshiko Kamo, the only one of 20 JSPN council members.



A photo taken after the round table discussion on women’s leadership  
 Back row standing from left: Warut Aunjitsakul (Thailand), Itiro Shirakawa (Brazil), Yoshie Davison (USA), Geraldo Antonio Da Silva (Brazil), Winston W. Shen (Taiwan), Andrew Peters (Australia), Naotaka Shinfuku (Japan), Nozomu Oya (JP), and Toshitaka Ii (JP)  
 Front row sitting from left: Setsuko Yasugawa (JP), Darpan Kaur

Mohinder Singh (India), Altha Stewart (USA), Tsuyoshi Akiyama (JP), Toshifumi Kishimoto (JP), Toshiko Kamo (JP), and Kym Jenkins (Au)

On the last day of the meeting, we held a public lecture on dementia, to fit the leading academic society in the fields of psychiatry and neurology. This public lecture covered a wide range of topics of patients with dementia.

Overall, the 114 JSPN annual meeting had more than 6,900 registrants from Japan, and 52 international guests from 19 countries. In 2019, the 115th annual meeting of the JSPN will be held at Toki Messe and Hotel Nikko Niigata, in Niigata 20-22 June, 2019, with the theme of “Psychiatrists to Bring Time and Space beyond Current Status.” It will be presided by Toshiyuki Someya of Niigata University. (The authors declare no conflicts of interest in writing this report.)

Hiroshi Yoneda<sup>†</sup>  
 Shigenobu Kanba<sup>§</sup>

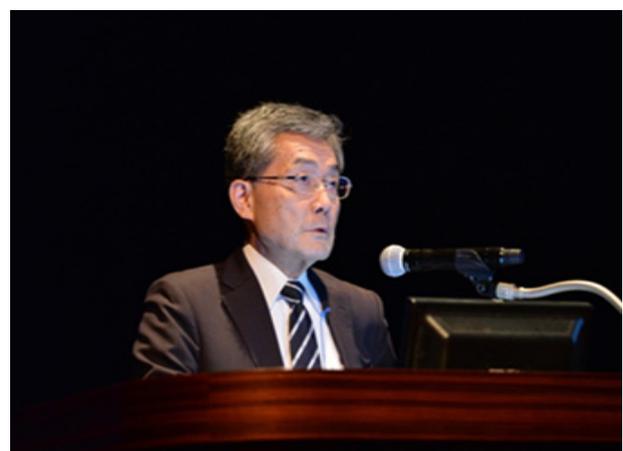
Department of Psychiatry, Osaka Medical College,  
 Osaka, Japan

<sup>§</sup>Department of Neuropsychiatry, Graduate School of  
 Medical Sciences, Kyushu University,  
 Fukuoka, Japan

<sup>†</sup>Corresponding author. 2-7 Daigaku-machi, Takatsuki,  
 Osaka 569-8686, Japan

E-mails: Hiroshi Yoneda <psy002@osaka-med.ac.jp>  
 or Shigenobu Kanba  
 <skanba@npsych.med.kyushu-u.ac.jp>

(Editor’s note: Yoneda [photo 3] is the president of 114th JSPN annual meeting. The president of the JSPN 2017-20 is Shigenobu Nobu, who was an Asian Federation of Psychiatric Association’s president 2015-17.)



Yoneda at the podium coordinating a symposium at the JAPAN annual meeting

## FROM PRESIDENTS OF AFPA-AFFILIATED SOCIETIES

### A Report on the WPA Thematic Congress in Melbourne, Australia, 25-28, 2018

The World Psychiatric Association Thematic Congress was held in Melbourne, Australia, 25-28 February, 2018. The theme of the congress was “Innovation in Psychiatry: Effective Interventions for Health and Society.”

Helen Hermann (Australia), the current WPA president, 2017-20, spoke at the opening of her first major congress since assuming her rôle as president and referred to a number of initiatives and projects that will be priorities for her presidential term. Another speaker, the Honourable Julia Gillard (Australia), Australia’s first woman Prime Minister in 2010 and currently the chair of the Australian Mental Health Organisation beyond Blue, acknowledged Hermann’s achievement in becoming the first woman WPA president and highlighted the importance of this in paving the way for other women leaders in psychiatry globally.

The congress began with a “Welcome to Country” by Mr. Gheran Steel (Australia), who was there representing the Boon Wurrung people, the traditional owners and custodians of the lands in that part of Victoria. Steel spoke about four core values that had been handed down from his elders and ancestors:

- The value of learning: an intergenerational process that safeguards traditional knowledge by ensuring important oral and other traditions are passed down to current and future generations.
- The value of respect: traditions of paying respect to visitors and others no matter what differences there may be, and despite the historical and ongoing processes of colonisation which continues to have a marginalising effect on indigenous peoples and communities.
- The value and significance of celebration: celebrating the gathering of people with a shared purpose. Such celebrations have a key rôle in creating communities and building a collective sense of shared identity and purpose.
- The value of honouring sacred ground: this value, he said, underlines the necessity of paying respect to the stories of the land we are on. He went on to tell a story about Bundjil, the wedge-tailed eagle,

considered by Boon Wurrung people as a guardian spirit, the protector of the land of the children of Bundjil.

Mr. Gheran Steel’s “Welcome to Country” was a timely reminder to us about those important values shared across many of our cultures but which are not often so eloquently expressed. While this particular WPA Thematic Congress was focused on innovations which look to the future, he reminded us of the need to remain mindful of the contribution of those who have gone before us.



A photo taken at the opening ceremony of the World Psychiatric Association Thematic Congress, 25-28 February, 2018

From left, Helen Herrman (Australia, WPA president, 2017-20 and Honourable Julia Gillard (Australia, chairperson of Australian MH Organisation beyond Blue).

The Congress went on to cover a wide range of innovations in all areas of psychiatry from epigenomics to global mental health and sustainability, to innovative use of digital technologies in at risk populations such as refugee communities, to the CitiesRISE project looking at enhancing the mental health of urban youth populations. There was a symposium on women’s leadership in psychiatry and strong presentations from the Asia Pacific nations. The speakers included innovative partnerships and research from China, Japan, India, Pakistan, and Sri Lanka. For example, a group of Sri Lankan and Pakistan psychiatrists presented work from the Colombo Twin and Singleton study which has provided significant data on psychiatric disorders in Sri Lanka as well as a randomised controlled trial of a behavioural intervention in Pakistan to address anxiety and depression in conflict affected areas. (The author declares no conflicts of interest in writing this feature.)



A photo taken at the WPA TC in Melbourne Convention Centre.  
From left: Allister Bush (New Zealand), Ernest Hunter (Australia), Paul Robertson (Au), and Nick Kowalenko (Au)



A photo of guests outside of Taiwan at the spring 2018 meeting of the Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology  
From left: Chia-Yih Liu (Taiwan); Yu-Tao Xiang (Macao), Yanling He (China), Jingping Zhao (CN), Mian-Yoon Chong (TW), Xin Yu (CN), Shih-Ku Lin (TW), and Xiufeng Xu (CN).

Allister Bush<sup>§</sup>  
Child and Adolescent Psychiatrist, Māori Child and Adolescent Mental Health Service, Te Whare Mārie, Capital Coast District Health Board, Porirua, New Zealand

<sup>§</sup>Corresponding author. P.O. Box 50233, Porirua, New Zealand

E-mail: Allister Bush <allister.bush@ccdhb.org.nz>  
*(Editor's note: This congress is the first WPA congress after WPA president Helen Herrman [Australia] took office at the close of the WPA Congress in Berlin, 2-12 October, 2017. Bush is representative of WPA Zone 18 (Australia and South Pacific). He has organised and submitted a symposium "Mental Health Issues of Indigenous People" to be presented at the WPA Congress, Mexico City, 27-30 September, 2018.)*

## The Spring Conference of the TSBPN 2018 on New Direction of Pharmacotherapy in Psychiatric Disorders

The spring 2018 conference of the Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology was co-organized by the Cross-Strait Medical Association of Experts on Mental Health and Psychiatry, held at Chang Gung Memorial Hospital in Chiayi City on 24 May, 2018.

Wen-Sung Lai from Taiwan National University lectured on "Developing new therapeutics for schizophrenia and other neuropsychiatric disorders: from basic science to clinical trials," covering his recent researches on the development of new antipsychotic.

The keynote lecture was delivered by Kazutaka Ikeda from Tokyo Metropolitan Institute of Medical Science, Japan entitled "Ketamine and NMDA receptor channels." The results of his research suggested that phencyclidine (PCP) and possibly ketamine enhance dopaminergic transmission, increases locomotor activity, and induces fos expression by acting at glutamate's GluN2D, inferring GluN2D may be a new target for pharmacotherapy of dependence, schizophrenia, and depression. He also mentioned that profendil, an antagonist of the G protein-activated inwardly rectifying potassium (GIRK) channel of NMDA has anticraving benefits against alcohol use disorder as supported by the results of preliminary clinical trials done by his team.

Yu-Tao Xiang from University of Macau lectured the topic "Reasons of misdiagnosis, miss diagnosis of bipolar disorder and its strategy." He gave the audiences very critical suggestions regarding these phenomena.

After the lunch, the participants had a short tour to Southern Branch of the National Palace Museum in Chiayi. In the afternoon, Po-Si Chen of National Cheng Kung University, Tainan reported "Emotional and social neuroscience research on psychiatric disorders"; Huai-Hsuan Tseng of National Cheng-Kuang University, Tainan "Social Stress, psychosis risk and schizophrenia: recent neuroimaging findings," and Sheng-Yu Li of Chang-Gung Memorial Hospital at Kaohsiung "Genetic modulation of longitudinal correlation between cognition

and brain derived neurotrophic factor in bipolar disorder.”

For the venue of the spring conference of the TSBPN, we thanks the hosts, Ming-Yong Chong, and Chi-Hung Lin, vice superintendant and superintendant, respectively, and their staff at Chang-Gung Memmorial Hospital, Chiyi.

The autumn 2018 meeting of TSBPN will be held as a “Taiwan Symposium” on 8 September, Kobe, Japan, alone with the World Federation of Society of Biological Psychiatry (WFSBP), Asia-Pacific Congress. (The authors declare no conflicts of interest in writing this report.)

Ming-Chyi Huang  
Shih-Ku Lin

Taipei City Psychiatric Center, Taipei City Hospital, and  
\*Taipei Medical University, Taipei, Taiwan  
Corresponding authors. 309 Sonde Street, Taipei 106,  
Taiwan

E-mails: Ming-Chyi Huang  
<mingchyihuang@gmail.com>

and Shih-Ku Lin<daf68@tpech.gov.tw>

(Editor’s note: Huang and Lin are secretary, and  
president, respectively, of TSBPN.)



Kazutaka Ikeda (Japan) was giving a keynote speech at the conference

## JYPO Activities at the 114th JSPN Annual Meeting in Kobe, 21-23 June, 2018

The 114th annual meeting of the Japan Society of Psychiatry and Neurology (JSPN) took place from 21-23 June, 2018, in Kobe. The JSPN is the biggest academic society in psychiatric field in Japan. The JSPN annual meeting this year had more than 6,900 registrant, and had 118 symposia, 23 lectures, 12 workshops, and more

than 300 oral/poster presentations this year. The JSPN generously gives many opportunities to early career psychiatrists (ECPs), and some of them are related to the Japan Young Psychiatrists Organization (JYPO).

The JYPO is an independent and non-profit organization established in 2002 to which many ECPs belong in Japan ([www.jypo.org/en/](http://www.jypo.org/en/)). The JYPO aims to create networks and enhance the future collaboration of ECPs regardless of the affiliations in Japan and the world and contribute to an improvement of psychiatry and global mental health through the network.

For this year’s activities, the JYPO was positively involved with Fellowship Award Programme including (A) Strategic Meeting for International Collaborative Research Development, (B) Round Table on Research Plan Discussion, (C) Workshop on Capacity Building for Paper Writing for English Journal, and (D) International Symposia. Fellowship Award Programme started in 2006. Every year, the JSPN grants Fellowship Awards to 12 outstanding ECPs from all over the world and invites them to attend its annual meeting. The purpose is recognising exceptional ECPs in the world, networking them and Japanese ECPs, giving them intensive training during JSPN annual meeting, and promoting to create future international collaboration. Great colleagues gathered this year in Kobe from Sweden, India, USA, Thailand, United Kingdom, Spain, Denmark, Iran, Switzerland, and Singapore.



At gala dinner, all fellowship awardees were honoured one by one by Shigenobu Kanba, president of the JSPN, and Hiroshi Yoneda, president of the JSPN annual meeting

Strategic Meeting is one of the most powerful activities to promote international collaborative research. We started discussion several months before the face-to-face meeting and brain-stormed clinical questions. I was surprised with their cooperative attitude and proactive willingness to develop great research plans. Finally, many useful questions and research plans were proposed, and sorted as several specific themes such as

child and adolescent psychiatry, *hikikomori*, suicide and society, dementia, and clinical research. Based on the e-mail discussion, we were divided into several groups and thoroughly discussed each theme in person on the first day of the JSPN annual meeting. I expected that each group would lead to single research, but actually, they were so energetic that about 10 research plans were created. The intensive discussion sophisticated each research plan and we presented them in (B) Round Table

on Research Plan Discussion on the third day. Each leader of the research plans gave a presentation in a manner of background, aim, research question, method, time schedule, expected outcome, and so on. Shigenobu Kanba, Manabu Ikeda, Takahiro Kato, and Tsuyoshi Akiyama attended those meetings and encouraged us. Thanks to their support, we can blossom our research more and feel that we were seriously expected to do international collaborative research.



A group photo at the strategic meeting for international collaborative research development in 2018, Kobe

Front row sitting from left: Victor Pereira (Spain), Napat Sittanomai (Thailand), Marcus P. J. Tan (United Kingdom), Toru Horinouchi (Japan), Takahiro Kato (JP), Ryoma Kayano (JP), Teresa Gomez Alemany (SP), Nina Schweinfurth (Switzerland), and Zhimin Zheng (Singapore). The back row standing from left: Ali Tanweer Siddiquee (Bangladesh), Yuto Satake (JP), Kristian Reveles Jensen (Denmark), Toshitaka Ii (JP), Warut Aunjitsakul (TL), Hidekazu Kato (JP), Hiroyuki Fukushima (JP), Daniela Enache (Sweden), Ryo Kawagishi (JP), Mansi Somaiya (India), Ryuhei So (JP), Darpan Kaur Mohinder Singh (India), Sundar Gnanavel (UK), Kana Morimoto (JP), Mellisa Mariano (Philippines), Hironori Kuga (JP), Moriou Aki (JP), Michael Hann (USA), Mohammadreza Shalbafan (Iran), Akiko Iba (JP), Svetlin Varbanov (Bulgaria), Satona Saito (JP), Yukako Nakagami (JP), and Tomomi Morii (JP)

Workshop on Capacity Building for Paper Writing for English Journals was the wonderful opportunity for ECPs to learn scientific writing skills from Winston W. Shen (Taiwan) who is editor-in-chief of the Taiwanese Journal of Psychiatry. Why we could have such a great lecture was originally based on his kind offer. I first met him at the meeting for ECPs in the Asian Federation of Psychiatric Associations International Congress in Manila in January 2018. When I met him, I deeply felt that his willingness to support ECPs was genuine and definitely serious. Then, he generously offered his lecture which was preferable for ECPs, so we asked him for it. The contents of his actual lecture are informative and educational. For example, I had blindly thought that

Latin words (such as approximate, ligate) were better than Anglo Saxon words (such as about, tie) before the lecture, but that actually all editors expect simple and easy-to-understand text, so I have changed my thought.

The JSPN at annual meeting has four International Symposia each year, which three fellowship awardees and one Japanese ECP give presentations according to a specific theme. This year's themes were consultation-liaison psychiatry and gender identity disorder. And also we had additional symposia including the special symposium about the progression of international collaborative research created in the strategic meeting last year. In this session, Bulgarian, Philippine, and Japanese presenter introduced each country's data which

people answered the questionnaire called “Predicament Questionnaire.” In this questionnaire shows many severe situations which might lead to suicidal thought in the responder and quantifies the degree of suicidal thought. We found several differences among these countries and will publish them.



A group photo at the international symposium following suicidal thought research in 2018, Kobe

From left: Toru Horinouchi (Japan), Mellisa Mariano (Philippines), Marcus Tan (United Kingdom), Svetlin Varbanov (Bulgaria), Toshitaka Ii (JP), and Ryoma Kayano (JP)

We appreciate JSPN’s strong support for ECPs to network and international collaborative research. Through these activities, JYPO members and fellowship awardees have learned a lot, and have been encouraged to continue such a kind of collaboration. We will pass on these activities to the next generation, and make the future collaboration more effective and meaningful. (The author declares no conflicts of interest in writing this report.)

Toru Horinouchi<sup>§</sup>

Department of Psychiatry, Hokkaido University  
Graduate School of Medicine, Sapporo, Japan

<sup>§</sup>Corresponding author. 060-8638, Nishi 5, Kita 14, Kita,  
Sapporo, Hokkaido, Japan.

E-mails: Toru Horinouchi <tetsukawa1234@gmail.com>

(Editor’s note: Horinouchi is the certified JYPO  
president.)

## The First PSPR Conference at Marriott’s Hotel, Karachi, Pakistan, 29 June to 1 July, 2018.

The First Psychosocial Psychiatric Rehabilitation Conference in Pakistan was held at Marriotts’ Hotel, Karachi, Pakistan, 29 June to 1 July, 2018. The topics of the conference included social psychiatry, mental health of women, suicide and its prevention, psychiatric rehabilitation, child psychiatry, stigma and mental illness, community psychiatry, child psychiatry, child abuse and its prevention, forensic psychiatry, rôle of nursing in psychiatric rehabilitation, rôle of cognitive behavioural therapy in modern psychiatric management, mental health act and its implementation, social issues, rôle of media, as well as family physicians’ training in psychiatry.

Keynoters and speakers included Syed Haroon Ahmed, Unaiza Naiz, Murad Moosa, Shaheen Haye, Afzal Javed, Raza Ur Rahman, Riaz Bhatti, Aftab Asif, Rizwan Taj, Mazhar Malik, Farid Minhas, Nasar Saeed Khan, S. M. Sultan, Khalid Mufti, Ayesha Minhas, Iqbal Afridi, Imran Bashir Chaudry, Imran A. Haider, Russ Smith, Carlos Pratt, Khalid Mufti, Imtiaz Dogar, Farooq Naeem, Moin Ansari, Saadia Qureshi, Ayesha Qureshi, Nazish Imran, Jaffernay Mohammad, Altaf Qadir, Salahuddin Babar, Naim Siddique, Ayesha Minhas, Inam Rasool, Munir Hamirani, Farooq Naeem, Salahuddin Babar, Ayesha Sarwat, Ghulam Rasool, Col Khalil Mahmood, Brig Shoaib, Nadeem Ahmed, Azizur Rehman Yousafzai, Ayesha Mehnaz, Naseem Chaudary, Ajmal Mughal, Majid Abidi, etc.

Workshops were provided by Institute of Clinical Psychology (ICP), Institute of Behaviour Sciences (IBS), Aga Khan University Nursing School, Imran Aijaz Haider, Nazish Imran, Ayesha Qureshi, Karwan e Hayat, Nadeem Ahmed, Pakistan Institute of Learning and Living, and Majid Abidi. (The author declares no conflicts of interest in writing this announcement.)

Ajmal Kazmi<sup>§</sup>

Karwan-e-Hayat, Institute for Mental Health Care,  
Karachi, Pakistan

Karachi, Pakistan

<sup>§</sup>Corresponding author. Street 27 Kemari near KPT  
Hotel, Karachi, Pakistan

E-mail: Ajmal Kazmi

<kazmiajmal@yahoo.com>

(Editor’s note: Kazmi chairs organizing  
committee of the conference.

He is vice president  
of Pakistan Association  
of Social Psychiatry.)



The World Federation of Societies of Biological Psychiatry Asia-Pacific Congress will be held at Kobe Chamber of Commerce and Kobe International Convention Center Kobe, Japan, 7 - 9 September, 2018. The theme is of the congress is "Science of Mind: Innovation and Promotion."

The confirmed speakers for the congress include Hitoshi Okamoto (Japan), Herbert Meltzer (USA), Yong Sik Kim (South Korea), Jun Takahashi (Japan), Carlos Zarate (USA), Peter Falkai (Germany), etc.

For more information and registration, please visit our website at [wfsbp2018kobe@c-linkage.co.jp](mailto:wfsbp2018kobe@c-linkage.co.jp). We are looking forward to the pleasure of meeting or seeing at the congress. (The authors declare no conflicts of interest in writing this report.)

Ichiro Sora<sup>+</sup>  
Masatoshi Takeda<sup>§</sup>

<sup>+</sup>Department of Psychiatry, Kobe University Graduate School of Medicine, Osaka, Japan

<sup>§</sup>Osaka Kawasaki Rehabilitation University, Kaizuka City, Osaka, Japan

<sup>+</sup>7-5-1 Kusunoki-cho, Chuo-ku, Kobe, 650-0017 Japan

E-mail: Ichiro Sora <[sora@med.kobe-u.ac.jp](mailto:sora@med.kobe-u.ac.jp)>

or Masatoshi Takeda <[prof2001@gmail.com](mailto:prof2001@gmail.com)>

(Editor note: Sora is the president of the WFSBP Asia-Pacific Congress. Takeda is the president of the WFSBP 2017-20.)

## The 18th IC of the PRCP, To Be Held in Yangon, Myanmar, 26-28 October, 2018

The 18th International Congress of the Pacific Rim College of Psychiatrists will be held in Yangon, Myanmar, 26-28, October, 2018. The theme of the Congress is "Mental Health Development in the Pacific Rim: Future Challenges and Solutions." The PRCP and the Myanmar Mental Health Society are the main host of this IC which will conjoin with the 5th Myanmar Mental Health Conference. The IC of the PRCP is supported by nine international and academic organizations.

Keynote speeches on wide range of interesting topics will be delivered by distinguished speakers : Helen Herrman (Australia), Norman Sartorius (Switzerland), Kym Jenkins (Australia), César A. Alfonso (USA), Michael Maes (Thailand), and Ayal Schaffer (Canada).

Young psychiatrists will have great chance to participate in leadership development workshop by Norman Sartorius, and workshop on "How to get your research in psychiatry published: skills for the academic psychiatrist" organized by Alan Teo (USA), Takahiro Kato (Japan), and Winston W. Shen (Taiwan). Besides, there are three other workshops: the first workshop "Mindfulness-based therapy" is to be chaired by Yongyud Wongpiromsarn (Thailand), another workshop "Psychodynamic psychotherapy in everyday psychiatric practice: clinical correlations" is to be led by César A. Alfonso, and the third workshop "Suicide prevention in clinical practice" is to be conducted by Ayal Schaffer.

Abstract submissions for oral and poster presentations are now opened and the deadline will be on 31 July, 2018. There will be travel awards for outstanding presenters/researchers.

Registration fee with early birds rates is to be lasted till 31 July, 2018. Special rate is also set for trainee, non-psychiatrists and accompanying persons. The meeting venue is at the Sedona Hotel which is one of the five-star hotels in Yangon. Lodging at Sedona Hotel and other economically sound hotels are situated 5-15 minutes-drive distance from the venue hotels.

Guests will be able to feel the taste of venue city during free sightseeing tour to famous places like Shwe Dagon Pagoda, Bogyoke Aung San Market, and National Museum. There will be complementary welcome dinner to honour all the participants at pool side of the venue hotel. For those who want to enjoy Myanmar cultural show, Gala dinner (fee will be applied) is arranged at the famous floating mythical bird (Karaweik) restaurant.

For more detail information, please visit the meeting website at [www.prpc2018.org](http://www.prpc2018.org). We are looking forward to seeing you all in coming October. (The authors declare no conflicts of interest in writing this report.)

SEDONA  
TANRA



Kyi Min Tun

Tin Oo

Myanmar Mental Health Society, Myanmar Medical Association, No. 249, Theinbyu Road, Mingalar Taung Nyunt Township, Yangon Region, Myanmar  
E-mails: Kyi Min Tun <kmtun225@gmail.com> and Tin Oo <tino02009@gmail.com>.

*(Editor's note: Tun is a member of young psychiatrists in Myanmar and a member of the local organization committee of the PRCP. Oo the president of the Myanmar Mental Health Society and director of the IC of PRCP. And Pichet Udomratn (Thailand) is the president of the PRCP, 2016-2018, and the president of the IC of the PRCP.)*



The Association of Southeast Asian Nations' (ASEAN's) International Congress of Neuropsychopharmacology will be held on 28 February - 2 March, 2019, will take place in Yogyakarta City, Indonesia.

The aim of the congress is to provide this regional scientific sharing session due to high awareness on

updated neuropsychopharmacology among members of ASEAN countries. Also as a warm up congress to encourage psychiatrists from ASEAN countries to attend the next 6th Congress of Asian College of Neuropsychopharmacology (AsCNP) in Fukuoka, Japan, 11-13 October, 2019.

Andi J. Tanra

Department of Psychiatry, Hasanuddin University, Makassar, Indonesia Corresponding author. RSP UNHAS Building, 5th Floor Perintis Kemerdekaan Road, Tamalanrea, Km11, Makassar 90245 Indonesia  
E-mail: Andi J. Tanra <ajtanra@yahoo.com>

*(Editor's note, ASEAN countries includes Indonesia, Malaysia, the Philippines, Singapore, Thailand, Brunei, Cambodia, Laos, Myanmar, and Vietnam. Tanra is the AsCNP president, 2017-19.)*

## The 6th AsCNP Congress in Fukuoka, Japan, 11-13 October, 2019

The 6th congress of Asian College of Neuropsychopharmacology (AsCNP) will be held in Fukuoka International Congress Center, Fukuoka, Japan, October 11-13, 2019. The AsCNP 2019 will be joined with the 49th annual meeting of the Japanese Society of Neuropsychopharmacology (JSNP, president: Hisatsugu Miyata) and the 29th annual meeting of Japanese Society of Clinical Neuropsychopharmacology (JSCNP, president: Reiji Yoshimura).

On 17 June, 2018, the AsCNP just had a board meeting at the venue of International College of Neuropsychopharmacology (CINP) World Congress in Vienna, Austria. The photo shows the attendees of the board meeting.



A photo of the AsCNP board meeting on 17, 2018, in Vienna, Austria

Back row standing from left: Young-Chul Chung (Korea), Kyung

Joon Min (KR), Jun Soo Kwon (KR), Naren Rao (India), Chan Hyung Kim (KR), Reiji Yoshimura (Japan, an observer), Hiroyuki Uchida (JP, an observer), Kiyoyuki Kitaichi (JP, an observer), Lih-Chu Chiou (Taiwan), Ya-Mei Bai (TW), Hisatsugu Miyata (JP), Yen-Kung Yang (TW), and Atsumi Nitta (JP)

Front row sitting from left: Toshikazu Saito (JP), Tung-Ping Tom Su (TW), Andi J. Tanra (Indonesia), Kazutaka Ikeda (JP), Shigeto Yamawaki (JP), and Shih-Ku Lin (TW)

Andi J. Tanra<sup>§</sup>

Department of Psychiatry, Hasanuddin University,  
Makassar, Indonesia

<sup>§</sup>Corresponding author. RSP UNHAS Building, 5th  
Floor Perintis Kemerdekaan Road, Tamalanrea, Km 11,  
Makassar 90245, Indonesia

E-mail: Andi J. Tanra <ajtanra@yahoo.com>

(Editor's note: Tanra is the AsCNP president, 2017-19.)

## The CINP Congress to be Held in Taipei in 2020

The International College of Neuropsychopharmacology (CINP) has recently decided to choose Taipei as the venue of CINP congress in 2020. The recent biennial CINP congress was held in Hong Kong in 2010, followed by Stockholm in 2012, Vancouver in 2014, Seoul 2016, and Vienna in 2018.

The president of by Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN), Shih-Ku Lin was elected as for a four-year term vice president of CINP 2018-22. Besides Lin, the current CINP office bearers consist of past CINP president 2018-20, John H. Krystal, USA; president 2018-2020, Siegfried Kasper (Austria); president-elect 2018-20, Pierre Blier (Canada); another vice president

2018-22, Joseph Zohar, Israel; secretary general 2016-20, Elias Eriksson, Sweden; and treasurer 2018-22, Kazutaka Ikeda, Japan. Among the 10 current CINP councilors, three - Ryota Hashimoto, Japan, 2018-22, Jun Soo Kwon (South Korea) 2016-20, and Atsumi Nitta (Japan) 2018-22 - are from Asia-Pacific region, i.e. the covering countries of Asian Federation of Psychiatric Associations.

The upcoming biennial CINP congress will be mainly hosted by the TSBPN in Taipei International Convention Center, Taipei, Taiwan, 25-28 June, 2020. (The author declares no potential conflicts of interest.)



The Taipei 101 Building (photo courtesy of Lars C. Chen). This 101-floor building was built in 2004 with the height of 508 meters (1,667 feet). The building is in the vicinity of Taipei International Convention Center where was the venue for the second world congress of the Asian Federation of Psychiatric Association in November 2009, and an international congress of the World Psychiatric Association in 2015. It will be the venue again for the congress of the International College of Neuropsychopharmacology (CINP), 25-28 June, 2020.

Ming-Chyi Huang<sup>†</sup>

<sup>†</sup>Taipei City Psychiatric Center, Taipei City Hospital, and  
Taipei Medical University, Taipei, Taiwan

<sup>†</sup>Corresponding author. 309 Songde Road,  
Taipei 11080, Taiwan

E-mail: Ming-Chyi Huang  
<mingchyihuang@gmail.com>

(Editor's note: Huang is secretary general of TSBPN)

## LETTERS TO THE EDITOR

# NbN

NEUROSCIENCE  
based NOMENCLATURE

Following up my announcement of Neuroscience-based Nomenclature (NbN-2) terminology in the winter 2018 issue of *the Bulletin of the AFPA* (Vol 5, No. 1, page 12), I am writing to encourage the use of its use for psychotropic medications, as it reflects contemporary pharmacological knowledge, rather than arbitrary descriptors based on indications or chemical structure. Please download the free app for NbN-2 ([www.nbnomenclature.org/](http://www.nbnomenclature.org/)) and the instructions for authors ([www.nbnomenclature.org/authors](http://www.nbnomenclature.org/authors)).

While you are welcome to use NbN-2 throughout the manuscript, as a minimum requirement we ask that on first mention in the paper, substances are referred to by their NbN-2 classification and that all substances studied in the paper receive NbN-2 compliant keywords, e.g. 11 pharmacological domains and nine mode of action. (The author declares no conflicts of interest in writing this letter)

Joseph Zohar<sup>§</sup>

Claim Sheba Medical Center, Tel Hashomer, Israel

<sup>§</sup>Corresponding author. Tel Hashomer 52621, Israel

E-mail: Joseph Zohar <Josep.

<Zohar@Sheba.health.org.il>

(Editor's note: Zohar is committee chair of NbN-2)

### First Global Summit for MH Advocates in Singapore, 4-5 December, 2018

Since launched by former president of Singapore Mr. S. R. Nathan, 4 February, 2006, Silver Ribbon (Singapore), a non-profit organisation, has been working closely with its policymakers, government agencies, grassroots organisations, school institutions, religious

groups, media, local and overseas mental health organisations, consumers and caregivers, etc, to combat mental health stigma and encourage early help through innovative means.

This year, with the support of Lundbeck, Silver Ribbon (Singapore) is pleased to host the 1st Global Summit for Mental Health Advocates to commemorate World Mental Health Day 2018 and launch The Global Alliance for Mental Health Advocates. We are pleased to share that 23 local and 18 overseas speakers from 14 countries (Argentina, Australia, Canada, Denmark, Hong Kong, Indonesia, Japan, Malaysia, New Zealand, Philippines, Portugal, Taiwan, Thailand, and United States) have accepted our invitation to share their knowledge and skills at this summit. Please register for this summit at [www.silverribbonsingapore.com](http://www.silverribbonsingapore.com).

Porsche Poh

Silver Ribbon in Singapore

Corresponding author. C/O Tze Hng Wellness Studio,

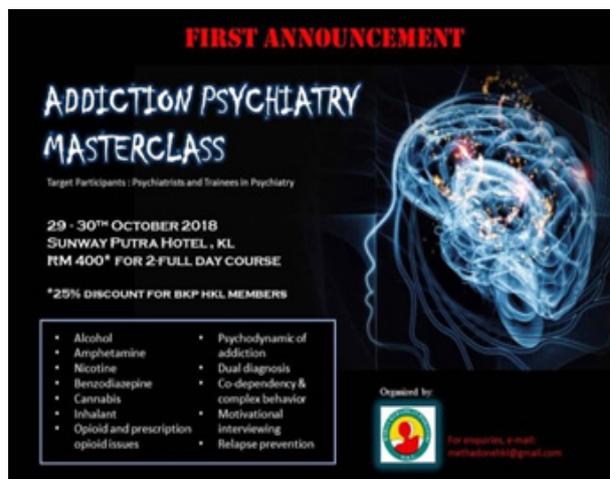
Blk 616 Hougang

Avenue 8, #01-386, Singapore 530616

E-mail: Porsche Poh

<Porschepoh@silverribbonsingapore.com>

(Editor's note: Poh is executive director, Silver Ribbon in Singapore.)



**FIRST ANNOUNCEMENT**

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Addiction Psychiatry Unit of Hospital Kuala Lumpur, Malaysia would like to announce the first addiction psychiatry masterclass, 29-30 October, 2018.

This masterclass is a two-full day event

which will cover the required knowledge regarding common substances seen in clinical psychiatry plus several important topics such as dual diagnosis and managing complex behaviour in addiction. The topics will be presented by prominent Malaysian addiction psychiatrists with years of experience in managing addiction psychiatric/addiction medicine patients. The target participants of this training are psychiatrists and trainee psychiatrists.

The event will be held 29-30 October, 2018 at the Sunway Putra Hotel, which is a five-star hotel conveniently located in the city with direct connectivity to the rail system. Further information including full training programme will be available soon. Book

your date now! For enquiries, please e-mail me at <methadonehkl@gmail.com>. (The author declares no conflicts of interest in announcing this class.)

Mohd Fadzli Mohamad Isa<sup>§</sup>  
Psychiatry Addiction Unit,  
Department of Psychiatry and Mental Health,  
Hospital Kuala Lumpur, Malaysia  
<sup>§</sup>Corresponding author. No. 23, Jalan Pahang,  
53000 Kuala Lumpur, Wilayah Persekutuan Kuala  
Lumpur, Malaysia  
E-mail: Mohd Fadzli Mohamad Isa  
<loysz@yahoo.co.uk>



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