

Theme:

**Social Connectedness and Mental Health:
A Challenge for the 21st Century.**



**ANNUAL MIDTERM CME
OF
INDIAN PSYCHIATRIC SOCIETY – NORTH ZONE
2022**

**Sunday, May 1, 2022
(In Hybrid Mode)**

**at
Punjab Institute of Medical Sciences,
Jalandhar (Punjab)**



WELCOME note

The Novel Corona Virus came into our lives about the same time couple of years back entirely uninvited and changed the way we think, act and anticipate. Words like "lockdown", "social distancing", and "quarantine" and phrases like "flattening the curve" entered into our vocabulary. But, our spirit of enquiry and our belief in better times never went out of fashion. The world woke up to new safer ways to communicate and share emotions with fellow human beings.

In keeping with this spirit, we refuse to buckle under the resurgent onslaught of the Novel Corona Virus. We hope to organize this year's Annual Midterm CME of the I.P.S.-North Zone in the dual mode and look forward to welcoming our esteemed colleagues in large numbers physically at the Punjab Institute of Medical Sciences in the bustling city of Jalandhar on May 1, 2022.

This year's theme is "Social Connectedness and Mental Health: A Challenge for the 21st Century", a phenomenon that we all encounter in our own lives as well as in the lives of people around us. We hope to resolve many questions that haunt us while managing such patients and stimulate a meaningful discussion. Let's hope and pray that we are able to ride over this pandemic sooner rather than later.

Amen.....

DR GULBAHAR S SIDHU

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SCIENTIFIC PROGRAM

Spot Registration:	8.00 AM -9.30AM
Inauguration:	9.30AM-10.00AM
Hi Tea:	10.00 AM-10.30 AM

Overview: Dr Rakesh Chadda: 10.30-10.45 AM

Session I - 10.45 AM-12.00 noon

Topic:

Social Connectedness and Mental Health

Chairpersons:

Dr N N Raju, Dr Vinay Kumar

Social Connectedness:

Concept and Evolution: Dr Priti Arun

Social Connectedness and Wellbeing:

Dr Sandeep Grover

Social Connectedness and Mental Illness:

Dr Hitesh Khurana

Discussant:

Dr M Aleem Siddiqui

Session II - 12.00 noon-1:15 PM

Topic:

Digitization and Mental Health

Chairpersons:

Dr OP Singh, Dr Arabinda Brahma

Digital Revolution and Society:

Dr Deepak Kumar Shrivastav

Digital Revolution and Mental Health:

Boon or Bane: Dr Koushik Sinha Deb

Digital Revolution in Mental Health Care:

Dr Navkiran Mahajan

Discussant:

Dr Himanshu Sareen

Lunch: 1.15 PM-2.00 PM

Tea: 3:30PM -3.45 PM

Session III - 2.00 PM-3.30 PM

Topic:

Loneliness and Mental Health

Chairpersons:

Dr Nitin Gupta, Dr Vinod Kumar Daria

Loneliness and Mental Health across lifespan

in Pandemic Era: **Dr Arshad Hussain**

Loneliness in educational institutions:

Dr Abdul Majid

Lonely in a crowd:

Myth or Reality: Dr Perna Kukreti

Is being Lonely Good for Mental Health:

Dr Manmeet Singh

Discussant:

Dr Jitender Jeenger

Session IV - 3.45 PM – 5.15 PM

Topic: **Reworking Relationships**

Chairpersons:

Dr Roop Sidana, Dr Sandeep Goyal

New Paradigm of Relationships within a

family: **Dr Mukesh Swami**

Peer relationships:

An era of disposable relationships: Dr

Manaswi Gautam

Managing relationships in global families:

Dr Gulbahar Sidhu

Discussant: **Dr Manu Arora**

Summing Up: Dr Mamta Sood: 5.15 -5.30 PM

Valedictory: 5.30PM-5.45PM

NOTE:

Each speaker to speak for 15 minutes, Discussant for 10 minutes, 20 minutes for Q & A for the session (Joint discussion for all Talks)

ANNUAL MID-TERM CME OF THE I.P.S.- NORTH ZONE

2022

May 1, 2022

Punjab Institute of Medical Sciences, Jalandhar (Punjab)

Registration Form

Name : _____

Place : _____

Whether member of IPS

Yes

☐

No

☐

Email : _____

Medical Council Registration No. : _____

Phone : _____

Please indicate whether you would attend the conference physically or virtually:

Please Tick on the appropriate category

	Member	PG students
Before 20 April 2022	2500/- <input type="checkbox"/>	1500/- <input type="checkbox"/>
After 20 April 2022	3500/- <input type="checkbox"/>	2000/- <input type="checkbox"/>
Spot Registration	4500/- <input type="checkbox"/>	2500/- <input type="checkbox"/>

*The Registration fee for attending the conference virtually is INR 1000 only.

*The Registration is complementary for those who are above 65 years of age. However, they are required to fill the registration form and mail on the address provided below or send a picture of the same on whatsapp on the phone numbers provided.

Name of accompanying Person : _____

Registration fee to be remitted as per the following details of the Conference account:

Union Bank of India,

Branch: PIMS Campus, Garha road, Jalandhar

Account name: Midterm CME IPS-North Zone

Account number: 181411010000008

IFSC Code: UBIN0818143

MICR Code: 144026017

SWIFT Code: UBININBBOJL

Payment Details:

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Amount Paid : _____

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Cheque to be sent to the following address:

Dr. Gulbahar S. Sidhu

73-B, Gurjaipal Nagar,

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For any queries please contact

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