



# Annual Mid-term CME of the Indian Psychiatric Society- North Zone, 2023

**Theme: Revisiting Depression**

**19** March  
**2023**  
Sunday



**Organized by:**  
**Department of Psychiatry, AIIMS, Bathinda**  
**in Association with**  
**Bathinda Psychiatric Forum (BPF)**

**Venue:**  
**Auditorium**  
**All India Institute of Medical Sciences (AIIMS), Bathinda**



# Invitation

This is our pleasure and privilege to extend you a warm invitation to attend the Annual Mid-term CME of the Indian Psychiatric Society- North Zone 2023, which is being organized by the Department of Psychiatry, AIIMS Bathinda in association with Bathinda Psychiatric Forum (BPF) on 19th March 2023 (Sunday).

The theme is “Revisiting Depression”, and it will be a one-day program.

Introducing the topic, the modern definition of “Depression” has evolved over past two and a half centuries from the lucid writings of authors such as Cullen, Pinel, Esquirol, Maudsley, Griesinger and Kraepelin. The journey from “melancholia” to “depression”, has been entrancing. Depression presents itself in hues of different strokes when viewed from the prism of trans-diagnostic approach. The seasonal pattern observed in depression further intrigues us to seek plausible biological underpinnings for this folie. Although, empathy-based mentalist processes translating into discernible neuro-biological elements are not yet clear, but their utilization for psychotherapeutic treatments has stood the test of time. The revolution in the field of psychopharmacology and somatic therapies have transformed the management of depression. This academic program will bring to fore and refreshen our knowledge on the various aspects of depression from basic concepts to the management. The CME will be an academic feast graced by eminent subject experts who will address the gathering. We await your active participation and presence.

With warm regards.

Organizing Team,  
Bathinda, Punjab



## Scientific Programme

| Time           | Topic  | Speakers  |
|----------------|--|---|
| 8:00-9:00 AM   | <b>Reception &amp; Registration</b>  |   |
| 9:00-10:00 AM  | <b>Inauguration &amp; Introduction to the CME:</b> Dr. Rakesh Chadda<br><b>Chief Guest:</b> Prof. D. K. Singh, Executive Director, AIIMS, Bathinda |   |
| 10:00-11:00 AM | Revisiting the Concept & Classification of Depressive Disorders  | Dr. Gurvinder Pal Singh<br>(AIIMS, Bathinda)                    |
| 11:00-12:00 PM | Different Strokes: Bipolar Depression and Depression with Mixed Features   | Dr. Om Prakash Singh<br>(West Bengal Medical Services, Kolkata) |
| 12:00-1:00 PM  | The Missed Case of Seasonal Affective Disorders for North Indians  | Dr. Nitin Gupta<br>(Chandigarh)                                 |
| 1:00-2:00 PM   | <b>Poster Presentation &amp; LUNCH</b>   |   |
| 2:00-3:00 PM   | Cognitive Behaviour Therapy for Depression   | Dr. Swati Kedia<br>(AIIMS, New Delhi)                           |
| 3:00-4:00 PM   | One Size Doesn't Fit All: Tailoring the pharmacotherapy for Depressive Disorders   | Dr. Sandeep Grover<br>(PGIMER, Chandigarh)                      |
| 4:00-5:00 PM   | Prudence & Promises of Newer Somatic Therapies in Depressive Disorders in Adults   | Dr. Roop Sidana<br>(Sri Ganganagar)                             |
| 5:00-6:00 PM   | <b>PG Quiz &amp; Valedictory</b>   |   |

The CME has been credited 4 hours by Punjab Medical Council (PMC) vide letter number PMC/CME/2023/7013





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Dr. Roop Sidana  
Dr. Sandeep Kumar Goyal

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Executive Director, AIIMS, Bathinda

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## REGISTRATION FORM



# Annual Mid-term CME of the Indian Psychiatric Society- North Zone, 2023

19th March 2023 (Sunday) | Venue: Auditorium,  
All India Institute of Medical Sciences (AIIMS), Bathinda, Punjab

Name (IN CAPITAL LETTERS): .....

Designation: .....

City of Work: ....., State: .....

Whether IPS-NZ member: YES/NO

Medical Council Registration No.: .....

Email address: ..... Phone No.: .....

### Registration Category and Fee

| Registration Category  | Charges (in Indian Rupees) | Tick this column |
|------------------------|----------------------------|------------------|
| IPS- North Zone Member | 1500/-INR                  |                  |
| Non-member             | 2000/-INR                  |                  |
| Post-graduate student  | 1000/-INR                  |                  |
| Accompanying Person    | 2000/-INR                  |                  |

Registration is complementary for the IPS-NZ members aged above 65 years of age. However, they are required to fill the registration form and mail/email on the following address or send on the WhatsApp Number provided below or register at spot. Also, share your payment details (NEFT/Online Transfer) to the email/WhatsApp Number.

Kindly remit the registration charges in the following account:

Name of Account : Indian Psychiatric Society-North Zone  
Branch : Medical College Branch of State Bank of India, Sector-32, Chandigarh  
Account number : 31489959628  
IFSC : SBIN0010607

### Payment Details

Mode of Payment (NEFT / Cheque / Demand Draft): ..... Cheque / Demand Draft  
number and date, if paid by cheque / demand draft: .....  
Cheque Issuing Bank: ..... Amount Paid: .....

### Click here for Registration

<https://docs.google.com/forms/d/e/1FAIpQLSeBFTJrvvK9rDapaDZ4MOK-PowL91Xi7GSKqDLYqDchUwejiQ/viewform?vc=0&c=0&w=1&flr=0>

Address for Mailing Registration  
Form/payment details:

**Dr. Jitender Aneja,**

Organizing Secretary

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