

# IPSOCON 2024

BENGALURU



KARNATAKA CHAPTER



Organized by :  
IPS-KC &  
Department of  
Psychiatry NIMHANS  
Bengaluru

## 57th Annual Conference of Indian Psychiatric Society South Zonal Branch

Theme~

Psychiatry in  
the Digital Era:  
Addictions to  
Advances

Dates :  
18th, 19th & 20th  
October 2024



Venue:

**NIMHANS Convention Centre**  
Hombegowda Nagar, Bengaluru, Karnataka

# INVITATION



Dear Friends,

We are delighted to welcome you to the IT capital of India for IPSOCON 2024, focusing on "Psychiatry in the Digital Era: Addictions to Advances." This conference will explore complex psychological issues related to behavioral and digital addictions, offering insightful discussions and collaborative opportunities in a city renowned for its technological and cultural richness.

We are honored to have a dedicated Organising committee who all have joined together and curated an enriching and engaging program. We are excited to welcome you to this intellectually stimulating event. Your participation and contributions are key to our success, and we look forward to the diverse perspectives and expertise you bring.

Thank you for joining us, and we hope you have an inspiring and productive time at IPSOCON 2024.



**Dr. A. Jagadish**  
Organising Chairman



**Dr. Mahesh Gowda**  
Organising Secretary

Dear Members of IPSSZB,

It is a matter of great pride that IPSOCON 2024 is planned at NIMHANS under the aegis of NIMHANS & IPS-Karnataka Chapter from 18th to 20th October 2024.

The theme for the conference PSYCHIATRY IN DIGITAL ERA- ADDICTION TO ADVANCES is the chosen topic which affects all strata of society. Luminaries from India & abroad will give their valuable insights on the theme as well as topics of interest benefiting PGs & practitioners alike.

IPS- South Zonal Branch welcomes you all to the GARDEN CITY to indulge in scientific deliberations and enrich yourself with better clinical skills.

I wish the enthusiastic organising team of IPS-Karnataka Chapter & NIMHANS the very best & extend all support from IPS-South Zonal branch for the same.

Long live IPS.  
Jai Hind.



**Dr. Abhay Matkar**  
President



**Dr. P. Lokeswara Reddy**  
Hon. Secretary

Dear Colleagues and friends,

It is our great pleasure to welcome you to the 57th Annual Conference of the IPS South Zonal Branch, IPSOCON 2024 being held on 18th-20th October 2024 at NIMHANS, Bengaluru, where we gather to explore the importance and impact of Digital Technology on Psychiatry. In the current Digital or Information age, there is a rapid transition happening from traditional practices to an information technology-centred economy. Following the same transition, we are honored to host this prestigious event under the theme “Psychiatry in the Digital Era: Addictions to Advances”, to address both the challenges and opportunities that arise in this rapidly evolving concept.

Our diverse and comprehensive program includes keynote presentations from experts, groundbreaking research presentations, interactive workshops, and ample opportunities for networking and collaboration. We are particularly excited about our plenary session by Dr. John Torous, invited lectures on behavioural and internet addictions, and symposiums on telepsychiatry, forensic psychiatry, recent advances in psychiatric disorders, and the recent-most Tele MANAS, which will stimulate thought-provoking discussions and inspire new directions in our field. Additionally, various awards, papers, and poster presentations will provide a platform for emerging researchers to share their innovative work and receive valuable feedback from the psychiatric community. In addition to the scientific sessions, we have arranged various social events such as the conference Gala dinner to foster connections among attendees and support professional growth.

On behalf of the scientific committee, we extend our heartfelt gratitude to all the speakers and participants who will be attending to make this conference a possibility.

Looking forward to an enriching experience

Warm Regards,



**Dr. C. Naveen Kumar**  
Chairperson

**Executive Committee of Indian Psychiatric  
Society, South Zonal Branch**

**President**

Dr. Abhay Matkar

**Vice President**

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**Immediate Past Editor**

Dr. Shahul Ameen

### **CME Committee**

Dr. P.S.V.N. Sharma (Chairman)  
Dr. Vishal Indla (Co-Chairman)  
Dr. Indu P.V (Convener)  
Dr. P. Poornachandrika  
Dr. Phani Prasanth

### **ZONAL REPRESENTATIVE TO NATIONAL IPS**

Dr. Naresh Vadlamani L  
Dr. P. Kishan

### **WOMEN REPRESENTATIVES**

Dr. Christina George  
Dr. Anita Rayirala

## **State Secretaries and Representatives**

### **Karnataka**

Dr. Harsha G. T. (Secretary)  
Dr. Mahesh Gowda

### **Andhra Pradesh**

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Dr. Vishal Akula (Secretary)  
Dr. M. Ramasubba Reddy



# IPSOCON 2024 ORGANISING COMMITTEE



## Chief Patron

Dr. B.N. Gangadhar  
Dr. Pratima Murthy

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Dr. R. Raguram  
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Dr. Ravish B.N  
Dr. Ravish Thunga  
Dr. Fiaz Ahmed Sattar

## Organising Chairman

Dr. A. Jagadish

## Organising Secretary

Dr. Mahesh Gowda

## Joint Organising Secretary

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## Treasurer

Dr. Alok Ghanate  
Dr. Chetan B

## Organising Committee Members

Dr. Supriya Hegde  
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Dr. Anupama  
Dr. Srinivas Kosgi  
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Dr. Narayan Muthalik  
Dr. Narendra



## **Scientific Committee**

### **Chairperson**

Dr. C. Naveen Kumar

### **Members**

Dr. Ranganath Kulkarni

Dr. Ravindra Munoli

Dr. Kiran Kumar

Dr. Lakshmi Shiva

Dr. Prakyath.R.Hegde

Dr. Apurva

Dr. Madan R.

Dr. Gokul Raj

Dr. Manik Inder Singh

### **Souvenir Committee**

Dr. Vijaykumar Harbishettar

Dr. Yeshaswini

Dr. Mohan Sunil Kumar

Dr. Swarna Buddha

### **Sports Committee**

Dr. Madhukar B

Dr. Shashidhar Bilagi

Dr. Veda Shetgeri

### **Entertainment Committee**

Dr. Pavithra

Dr. Preeti Mahesh

### **Hospitality Committee**

Dr. Swaminath G

Dr. Sunil Patil

Dr. Swapna









## Entitlement

### Delegates attending physically

- Inaugural function, Scientific sessions & Social Evenings
- Lunches & Dinner during the conference
- Souvenir
- Medical Council Certificate of attendance

### Accompanying persons attending physically

- Inaugural function & Social Evenings
- Lunches & Dinner during the conference

### Cancellation and Refund Policy

Up to 15th July 2024

From 16th July to 15th Sep 2024

From 16th Sept 2024

### Deductions

: 20 % + GST amount

: 50 % + GST amount

: No refund

- Please note that GST is non-refundable.
- Refund will be solely at the discretion of the organiser and will be made after the conference.
- Duly filled forms along with the payment details/cheque/DD should be sent to Conference Secretariat address,

### Conference Secretariat IPSOCON 2024

#### Spandana Health Care

No 236/2, 29th Main, 5TH Block, Nandini Layout, Near Ring Road  
Bridge, Bangalore – 560096

### For any correspondence or information.

Mr. Gautam Rampur

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Website: [www.ipsocon2024.com](http://www.ipsocon2024.com)

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## Important Contacts

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### Organising Chairperson

Dr A. Jagadish

+91 9844059066.

### Organising Secretary

Dr Mahesh R Gowda

+91 9845134915

# AWARDS



## Awards Submission - General Guidelines

- For detailed guidelines visit <https://ipsszb.org/awards/>
- Should be submitted to Award Committee Chairman,  
**Dr. K Uday Kumar E-mail Id: - [udayaspandana@gmail.com](mailto:udayaspandana@gmail.com) cc to [ipsocon2024@gmail.com](mailto:ipsocon2024@gmail.com).**
- Last date of submission 15-08-2024.

# 1

### **DR. S. M. CHANNABASAVANNA SPANDANA PG QUIZ AWARD**

**Sponsors:** Dr M. Srinivasa, Spandana Nursing Home - initiated the Oration in October 2014.

# 2

### **VISAKHA PSYCHIATRIC SOCIETY ORATION AWARD**

**Sponsors:** Visakha Psychiatric Society initiated the Oration in July 2000.

# 3

### **Dr. S.S. JAYARAM AWARD FOR BEST PAPER**

**Sponsor:** Family of Dr. S.S. Jayaram, Bengaluru, sponsored the Award with a corpus fund.

# 4

### **DR S.S. RAJU MEMORIAL PG AWARD**

The award is presented each year to the best paper presented by the Post Graduate trainee from any of the States / Union territory of the IPS South Zonal Branch.

# 5

### **SHATAVAHANA BEST PG POSTER AWARD**

**Sponsor:** Karimnagar Psychiatric Society 3 prizes for best PG posters will be awarded at the valedictory function of the IPSOCON.

# 6

### **DR. P. RAGHU RAMI REDDY BEST RESEARCH**

**Sponsor:** Karimnagar Psychiatric Society.

Part I: Best Research Paper Award

Part II: Financial Aid for Best Research Proposal.

# 7

### **ATHMA ENDOWMENT AWARD FOR THE WOMEN PSYCHIATRIST**

**Sponsors:** Athma Hospitals & Research Pvt. Ltd, Trichy, Tamil Nadu

The aim is to recognize the academic & social activities of women Psychiatrists.





## Free Papers and E – Posters



### **Guidelines for Abstract Submission for Free Paper and Poster Presentation:**

- All Presentation files should be emailed to [ipsocon2024@gmail.com](mailto:ipsocon2024@gmail.com) with the subject at least 48 hours prior to the scheduled time.
- Conference registration is mandatory for submission of abstracts.
- One of the authors should be a member of Indian Psychiatric Society and South Zonal Branch.
- Last date for abstract submission: 15-08-2024.

**For any questions regarding symposium submissions, please contact the IPSOCON 2024 Organizing Committee at [ipsocon2024@gmail.com](mailto:ipsocon2024@gmail.com) or call Dr. Apurva on +91 9004351459**



# About IPSKC & NIMHANS




The Indian Psychiatric Society - Karnataka Chapter (IPS-KC), started on 7th March 1968, is one of the most vibrant Psychiatric Societies in the whole of India, with a multitude of academic, scientific, and many community-oriented programs, events, and health awareness activities for the cause of public mental health, the year around. This registered esteemed society, governed by its constitution has bagged the "Best State Branch Award" by the parent National Body, the Indian Psychiatric Society, over 10 times, much to the delight and pride of its 500+ members, showing the diversity and quality of its activities.

The 56-year-old Society has many talented experienced clinicians, trainers, scholars, Researchers, and mentors as its members. The dynamic society consists of multiple well-managed academic activities, and research, with diverse sub-specialties such as community, forensic, Geriatric, Addictions, Rehabilitation, Psycho-dermatology, etc. The IPS-KC is also known for organizing frequent lectures and orations by the Stalwarts of Psychiatry, various certificate and fellowship courses, state-level both online and offline CMEs and various cultural and sports activities.

The National Institute of Mental Health and Neuro-Sciences (NIMHANS) in Bangalore, is world-renowned as a centre for mental health, neurosciences and allied fields with a vision to be a world leader in the area of Mental Health and Neurosciences and evolve state-of-the-art approaches to patient care through translational research. Dr. Charles Irwing Smith, a British medical practitioner in Bangalore, played a pivotal role in establishing the Bangalore Lunatic Asylum in 1847 with a healing environment that contrasted sharply with other jail-like asylums in India.





This asylum was renamed and rebuilt as the Mysore State Mental Hospital in 1937 and was recommended as the first institution to begin training specialists in psychiatry and related mental health fields. After independence, in 1953, the All-India Institute of Mental Health was formed under the supervision of Dr. MV. Govindaswamy, where the asylum architecture, horticultural layout, high standards of mental health care and emphasis on scientific training were initiated and continue to date. After the amalgamation of ALIMH and the Mysore Mental Hospital, in the year 1974, the National Institute of Mental Health and Neuro Sciences (NIMHANS) was formed, which is now synonymous with providing high standards of clinical care, quality training, and cutting-edge research in the frontier areas.

A special feature of this Institute since its inception is the combination of research and training with promotive, preventive and curative aspects of clinical services in Mental Health and Neurosciences. NIMHANS has made significant progress and is a Center Of Excellence in mental health and neuroscience in the country. NIMHANS has produced more than 1,000 Psychiatrists, about 600 Clinical Psychologists, and Psychiatric Nurses so far—who are working in both national and international contexts. In 2012, NIMHANS was conferred the status of an ‘Institute of National Importance.’ In recognition of its innovative research, education, and patient care approaches, NIMHANS has been honoured with the prestigious Nelson Mandela Award for Health Promotion from the World Health Organization (WHO) for 2024.

Bengaluru, the capital and largest city of Karnataka, is centrally located and well-connected to major cities across the southern states of India. Known for its pleasant climate, abundant parks, lush green spaces, and broad streets, Bengaluru is aptly nicknamed the “Garden City of India.” It is also recognized as one of the fastest-growing metropolises, serving as a hub for high-technology industries, heavy manufacturing, and numerous multinational companies, earning it the title of the “Silicon Valley of India.” Bengaluru is home to many esteemed educational, health, and research institutions, with NIMHANS standing out as a pioneering force in mental health and research.



# Namma Bengaluru



Bengaluru, the Silicon Valley of India, where tradition meets innovation in a dynamic blend of cultures. Situated in the southern part of the country, Bengaluru is a bustling metropolis known for its vibrant atmosphere and rapid development. As the capital of the state of Karnataka, Bengaluru boasts a rich history dating back to ancient times, evident in its numerous historical landmarks and architectural marvels. unique tapestry of traditions and cuisines. Renowned for its pleasant climate, Bengaluru is often referred to as the "Garden City of India," with its lush greenery and picturesque parks providing a tranquil escape from the urban hustle. Home to a diverse population representing various ethnicities, languages, and religions, Bengaluru is a melting pot of cultures, offering a unique tapestry of traditions and cuisines. The city's cosmopolitan vibe is evident in its thriving art scene, eclectic culinary offerings, and bustling nightlife. Bengaluru's prominence as a leading IT hub has earned it the moniker "India's Silicon Valley," attracting tech enthusiasts and entrepreneurs from around the globe. With its world-class educational institutions and research centres, Bengaluru is at the forefront of innovation and knowledge dissemination. Explore the iconic Vidhana Soudha, the seat of the state legislature, and marvel at its imposing architecture and grandeur. Indulge in a shopping spree at the vibrant markets of Commercial Street and Brigade Road, where you can find everything from traditional handicrafts to trendy fashion. Discover the city's spiritual side at the majestic Bull Temple, dedicated to the sacred Nandi Bull, a symbol of strength and devotion.



Experience the vibrant energy of Bengaluru's street food scene, with mouth watering delicacies ranging from crispy dosas to spicy chaats. Immerse yourself in the cultural heritage of Bengaluru at the Karnataka Chitrakala Parishath, showcasing a diverse collection of contemporary and traditional art. Escape the hustle and bustle of the city at Lalbagh Botanical Garden, a sprawling oasis of tranquillity featuring exotic flora and fauna. Don't miss the opportunity to witness a traditional dance performance at the renowned Rangashankara Theatre, celebrating the rich artistic heritage of Karnataka. Explore the vibrant neighbourhoods of Indiranagar and Koramangala, known for their trendy cafes, lively pubs, and chic boutiques. Embark on a culinary journey through Bengaluru's diverse culinary landscape, from aromatic biryanis to flavorful seafood delicacies. Experience the thrill of adventure at

Wonderla Amusement Park, offering exhilarating rides and entertainment for all ages. Delve into the city's colonial past at Bengaluru Palace, a magnificent edifice reminiscent of a bygone era of opulence and grandeur. Whether you're a history buff, a nature enthusiast, or a tech aficionado, Bengaluru offers a myriad of experiences to captivate your senses and leave you enchanted. Welcome to Bengaluru, where every corner tells a story, and every moment is an adventure waiting to unfold.





BANNERGHATTA  
BIOLOGICAL PARK

LORD KRISHNA  
ISKCON TEMPLE



UB City

# IT'S ALL ABOUT Travel

in Bengaluru



VIDHANA SOUDHA

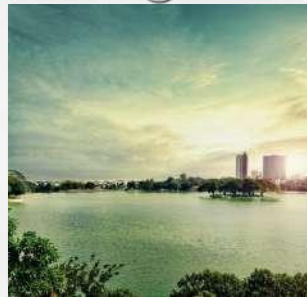


KARNATAKA  
STATE CENTRAL  
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AIRPORT



BENGALURU PALACE



ULSOOR LAKE