



ANNUAL PG TRAINING PROGRAM OF THE INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH (IPS-SZB)

Organised by
The Department of Psychiatry
National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru

In association with
Indian Psychiatric Society
Karnataka Chapter
(IPS-KC)



DATE : **10-11** APRIL
2026

VENUE : CONVENTION CENTRE HALL-A
NIMHANS, Bengaluru

SCIENTIFIC THEME

Core Human Drives and Their Psychiatric Dimensions: Disorders of Eating, Sleep and Sex

PG Trainees

Get ready to register for Momentous Scientific Sessions

Expert-led sessions | Presentations | Psychotherapy Quiz | Blitz session | 7 Workshops



Karnataka Chapter



MESSAGE FROM THE ORGANISING CHAIRPERSON & SECRETARY

It gives us immense pleasure to welcome you to the Annual PG Training Program of the Indian Psychiatric Society South - Zonal Branch (IPS-SZB), organised by the National Institute of Mental Health and Neuro Sciences (NIMHANS) in association with the Indian Psychiatric Society - Karnataka Chapter (IPS-KC)

This two-day academic programme will be focussed on the scientific theme, "Core Human Drives and Their Psychiatric Dimensions: Disorders of Eating, Sleep and Sex". This theme has been chosen to address fundamental and clinically challenging domains in psychiatric practice, with particular relevance for postgraduate training in Psychiatry.

The programme has been thoughtfully designed to provide comprehensive, clinically oriented, and evidence-based learning through expert lectures, interactive workshops, and panel discussions. We are confident that the academic deliberations will enhance conceptual clarity, strengthen clinical skills, and stimulate critical thinking among postgraduate students.

We warmly welcome all postgraduate students of psychiatry, and we hope that this programme will serve as a meaningful platform for learning and professional growth. We wish you a productive and enriching academic experience.

Prof. Jagadisha Thirthalli

Organising Chairperson
Annual PG Training Program, IPS-SZB

Dr. Guru S Gowda

Organising Secretary
Annual PG Training Program, IPS-SZB





Karnataka Chapter



Message from the President & Honorary General Secretary Indian Psychiatric Society – South Zonal Branch (IPS–SZB)

It gives us immense pleasure to extend our warm greetings to all postgraduate students participating in the Annual Postgraduate Training Programme of the Indian Psychiatric Society – South Zonal Branch (IPS–SZB).

This prestigious academic event is being organised by the Department of Psychiatry, National Institute of Mental Health and Neurosciences, Bengaluru, in association with the Indian Psychiatric Society - Karnataka Chapter.

The Indian Psychiatric Society – South Zonal Branch has consistently prioritised structured, high-quality academic initiatives for postgraduate trainees, and this annual training programme stands as a reflection of that commitment. We firmly believe that nurturing young psychiatrists through meaningful academic engagement is essential for strengthening the future of our speciality.

The scientific theme, “Core Human Drives and Their Psychiatric Dimensions: Disorders of Eating, Sleep and Sex,” explores fundamental aspects of human behaviour that are intricately linked to psychiatric morbidity. By focusing on these essential domains, the programme seeks to enhance conceptual clarity, sharpen diagnostic acumen, and strengthen evidence-based management strategies relevant to day-to-day clinical practice.

The academic schedule has been thoughtfully curated to provide comprehensive exposure through expert-led lectures, interactive workshops, and panel discussions integrating biological, psychological, and sociocultural perspectives. This multidimensional academic approach aims to bridge theory with clinical application while fostering critical thinking.

We strongly encourage all postgraduate students to actively participate, engage with faculty, and fully utilise this valuable academic platform for learning and professional growth. Your enthusiasm, intellectual curiosity, and commitment will undoubtedly make this programme a grand academic success.

We also place on record our sincere appreciation to the organising committee from NIMHANS, Bengaluru, for their meticulous planning, academic vision, and dedicated efforts in hosting this prestigious event. Your commitment to academic excellence and postgraduate training is truly commendable, and we are confident that under your stewardship, the programme will set high standards and leave a lasting academic impact.

We wish all participants a successful, enriching, and inspiring academic experience.

With best wishes,

Dr Y Arul Prakash

President

Indian Psychiatric Society – South Zonal Branch (IPS -SZB)

Dr George Reddy

Hon' General Secretary

Indian Psychiatric Society – South Zonal Branch (IPS -SZB)



Karnataka Chapter



Message from the President & Honorary General Secretary Indian Psychiatric Society – Karnataka Chapter

It gives us immense pleasure to welcome all postgraduate students to the Annual PG Training Program of the Indian Psychiatric Society - South Zonal Branch (IPS-SZB), organised by the Department of Psychiatry, National Institute of Mental Health and Neuro Sciences, in association with the Indian Psychiatric Society - Karnataka Chapter

This two-day academic engagement has been thoughtfully designed on the scientific theme, “Core Human Drives and Their Psychiatric Dimensions: Disorders of Eating, Sleep and Sex,” is both contemporary and clinically relevant. These fundamental human drives are central to mental health and illness, and a deeper understanding of their psychopathology is essential for holistic psychiatric practice. The sessions planned will not only strengthen core concepts but also help bridge theory with real-world clinical challenges.

We strongly encourage all postgraduate students to actively participate, engage in discussions, and make the most of this academic opportunity. Such platforms also foster peer learning, mentorship, and professional networking—key elements in shaping competent and compassionate psychiatrists.

We congratulate the organising committee, faculty, and the Department of Psychiatry, NIMHANS, for their commitment to postgraduate education and for hosting this programme at the Convention Centre, NIMHANS, Bengaluru. We are confident that this training program will be academically enriching and professionally inspiring.

We wish the programme every success and hope that all participants have a rewarding and memorable learning experience.

With warm regards,

Dr Anil Kumar MN

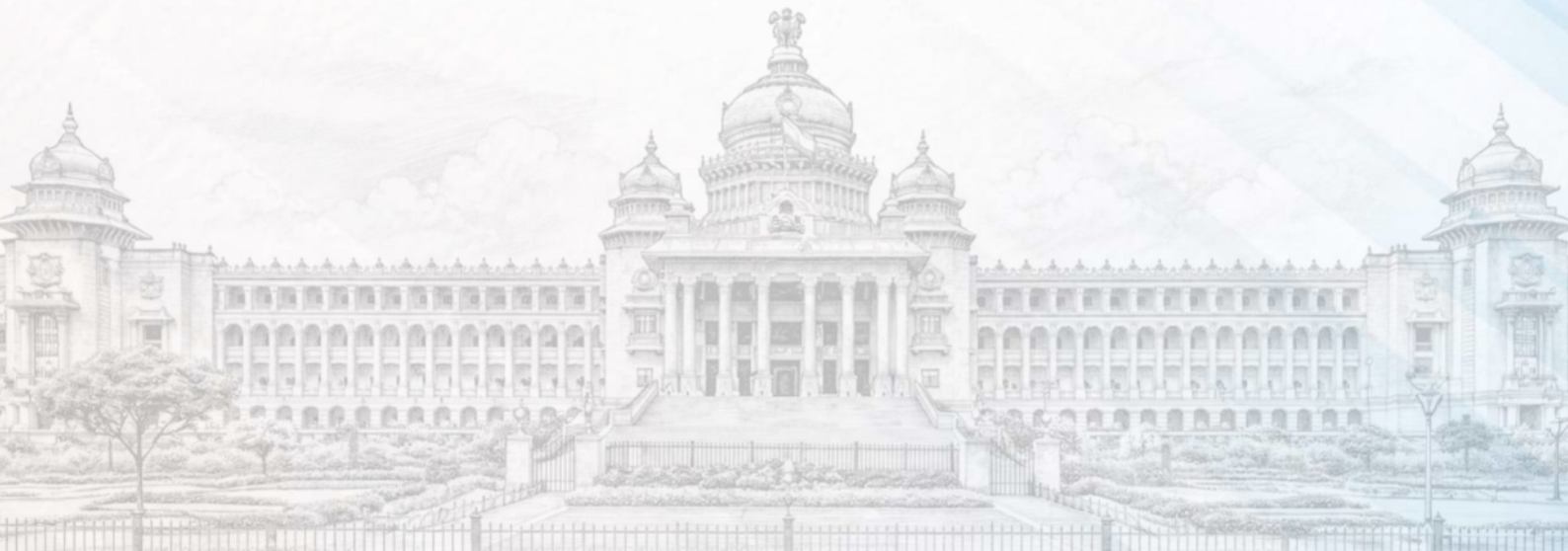
President

Indian Psychiatric Society - Karnataka Chapter (IPS-KC)

Dr Narayan R Mutalik

Hon' Secretary

Indian Psychiatric Society - Karnataka Chapter (IPS-KC)





Indian Psychiatric Society – South Zonal Branch (IPS–SZB) Office Bearers (2025 -26)

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IPS-SZB Rep' to IPS

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CONVENTION CENTRE

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- **Dr Vijaykumar Harbishettar**, Chairman
- **Dr Sabrin Ross**, Co-Chairperson
- **Dr Vidhukumar K**, Co-Chairperson
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- **Dr Ch Vamsi Krishna**, Member
- **Dr Anil Kakunje**, Advisor
- **Dr Anitha Rayirala**, Advisor



Karnataka Chapter

Indian Psychiatric Society – Karnataka Chapter (IPS-KC) Office Bearers (2025 -26)

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- **Dr Harini KC**
- **Dr Ravindra N Munoli**, IPS-KC Rep' to IPS-SZB
- **Dr Deepak S Ghadigaonkar**, Co-opted member
- **Dr Vishwanatha Sham Alameela**, Co-opted member
- **Dr Harisha Delanthabettu**, Protocol Officer
- **Dr Chethan B**, Web Master



ANNUAL PG TRAINING PROGRAM OF THE INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH

Organizing Committee

Patron	Dr Prabha S Chandra Director, NIMHANS
Co- Patron	Dr YC Janardhan Reddy Dean - Behavioural Sciences, NIMHANS
Organizing Chairperson	Dr Jagadisha Thirthalli
Organizing Secretary	Dr Guru S Gowda
Organizing Treasurer	Dr Deepak S Ghadigaonkar
Scientific Committee	Dr Vijaykumar Harbishettar Dr Apurva Mittal
Poster and Oral Presentation Committee	Dr Sreeraj VS Dr Srinivas Balachander
Dr SM Channabasavanna - Spandana PG Quiz Committee	Dr Suhas Satish Dr Deepak S Ghadigaonkar
Blitz Presentation Committee	Dr Swarna Buddha Nayok Dr Harsh Pathak
Registration Committee	Dr Vijayakumar KG Dr Dinakaran D
Hospitality Committee	Dr Nishanth KN
Conference Dining Committee	Dr Sundarnag Ganjekar
Venue and Hall Management Committee	Dr Preethi V Reddy Dr Madhuri HN
Souvenir Committee	Dr Rashmi A Dr Preethi V Reddy
Publicity and Media Committee	Dr Venkata Lakshmi Narasimha
Webmaster	Dr Chethan B

The registration fee for the training program is **Rs. 1,180 (1,000 plus 18% GST)**. Payment details will be available through a QR code provided in the registration form. After completing the payment, participants are advised to retain the transaction ID and a screenshot of the payment and share the details for verification purposes. The last date for registration is **5th April**, and early registrants will be given priority in workshop selection on a first-come, first-served basis. For any queries or clarifications regarding registration or payment, participants may contact **pgtp2026@gmail.com**.

**CLICK HERE TO
REGISTER**





ANNUAL PG TRAINING PROGRAM

OF THE INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH

DAY 1 : Friday ,10th April 2026

MAIN HALL - CONVENTION CENTRE - HALL A

TIMINGS	TITLE	SPEAKER / PANELISTS
08.00 AM - 09.00 AM	REGISTRATION	
SEXUAL DISORDERS		
09.00 AM - 10.00 AM	CLINICAL EVALUATION OF SEXUAL DYSFUNCTION	Dr Yamini Devendran , Assistant Professor Dept of Psychiatry, VIMS & RC, Bengaluru
10.00 AM - 10.45 AM	SEXUAL ORIENTATION AND MENTAL HEALTH	Dr Vidhukumar K Professor, Dept of Psychiatry Government TD Medical College, Alappuzha
10.45 AM - 11.30 AM	ASSESSMENT & MANAGEMENT OF SEXUAL SIDE EFFECTS OF PSYCHOTROPIC DRUGS	Dr I Anand Professor, Dept of Psychiatry, PSGIMSR, Coimbatore
11.30 AM - 11.45 AM	TEA BREAK	
11.45 AM - 12.30 PM	SEXUAL DESIRE AND ITS DISORDERS	Dr TSS Rao Emeritus Professor, Dept of Psychiatry JSS Medical College, Mysuru
12.30 PM - 01.00 PM	INAUGURATION	
01.00 PM - 02.00 PM	LUNCH & AWARD POSTERS	
(Parallel Sessions: WORKSHOPS in other Halls)		
PANEL DISCUSSIONS : POST MD CAREER OPTIONS		
02.00 PM - 03.00 PM	SETTING UP PRIVATE PRACTICE Moderator Dr Neha Mattikoppa Consultant Psychiatrist Sattva Mind Clinic, Bengaluru	Dr Lokesh Babu Founder Director, Sneha Manovikasa Kendra, Tumakuru Dr Pavan Kumar Kadiyala Consultant Psychiatrist, Sri Mind Clinic, Prasadampadu Dr Rahul Mandaknalli Managing Director, BRAIN & MINDS – Neuropsychiatric Critical Care Centre, Kalaburagi
03.00 PM - 04.00 PM	SETTING UP ACUTE & REHABILITATION CARE CENTRE Moderator Dr Hareesh Angothu Additional Professor, Dept of Psychiatry (PRS) NIMHANS, Bengaluru	Dr VK Radhakrishnan Director, CNK Hospital Ltd, Changanassery, Kerala Dr Mahesh Gowda Director, Spandana Health Care, Bengaluru Dr Vishal Indla Chief Psychiatrist, INDLAS Hospitals, Vijayawada
04.00 PM - 05.00 PM	SUPERSPECIALTY (HIGHER SPECIALTY) TRAINING Moderator Dr Madhuri HN Assistant Professor, Dept of Psychiatry NIMHANS, Bengaluru	Dr PT Sivakumar , Professor & Head – Geriatric Unit Dept of Psychiatry, NIMHANS, Bengaluru Dr Rajendra KM Additional Professor, Dept of Child and Adolescent Psychiatry, NIMHANS, Bengaluru Dr Sundarnag Ganjekar Professor, Dept of Psychiatry, NIMHANS, Bengaluru
05.00 PM - 05.30 PM	HIGH TEA	



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DAY 1 : Friday ,10th April 2026

MAIN HALL - CONVENTION CENTRE - HALL A

TIMINGS	TITLE	SPEAKER / PANELISTS
05.30 PM - 06.30 PM	AWARD ORAL PRESENTATIONS	Chairpersons: Dr Sreeraj VS Associate Professor, Dept of Psychiatry, NIMHANS, Bengaluru Dr Srinivas B Assistant Professor, Dept of Psychiatry, NIMHANS, Bengaluru
06.30 PM - 07.30 PM	QUIZ PRELIMS (YOUNG TITANS OF PSYCHOTHERAPY)	Quizmasters: Dr Suhas Satish Assistant Professor, Dept of Psychiatry, NIMHANS, Bengaluru Dr Deepak S Ghadigaonkar Assistant Professor, Dept of Psychiatry, NIMHANS, Bengaluru
7.00 PM ONWARDS	NETWORKING DINNER@ NIMHANS CONVENTION CENTRE	

DAY 1 : Friday,10th April 2026

(ALL WORKSHOPS - 2.00 PM – 5.00 PM)

ONLY ONE WORKSHOP FOR ONE PG TRAINEE DELEGATE

WORK SHOP	THEME	FACULTY	MODERATOR	PROPOSED HALLS (TBC)
MAIN HALL : CAREER PATHWAYS AFTER MD (Details in Schedule above)				
PSYCHOTHERAPY				
1	CBT in Insomnia and Sexual Disorders	Lead: Dr Suresh Bada Math	Dr C Panneer Selvan	NDA Studio 9
2	Motivational Interviewing	Lead: Dr Venkata Lakshmi Narasimha	Dr Sabrin Sonjeev Ross	CAM Seminar Hall
3	Communication Skills	Lead: Dr Chethan B	Dr Niveditha Samala	NDA 3rd floor, Seminar room
TRAINING				
4	MD Mock Exit Clinical Exams	Dr Kiran Kumar K Dr Srilakshmi Pingali Dr Rajmohan V Dr Narayan R Mutalik		Arts Theatre
5	OSCE Hands-on training workshop	Dr Rajeshkrishna Bhandary P Dr Anil Kumar MN Dr Savitha Soman	Dr Nithin Kondapuram	Platinum Jubilee - Main Hall
6	Best Practices for Psychiatric Documentation Under Legal Scrutiny	Dr Saraswathi Tenagi Dr Ranganath Kulkarni Dr Somashekhar Bijjal	Dr Sheena G Soman	Lecture Hall (First floor) Dept of Psychiatry
RESEARCH				
7	Writing to Publish: A Practical Manuscript Writing Workshop	Dr Anil Kakunje Dr Raj Kiran Donthu Dr Priya Sreedaran		Board Room Hall A, (next to Platinum Jubilee Hall)



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DAY 2 : Saturday, 11th April 2026

MAIN HALL - CONVENTION CENTRE - HALL A

TIMINGS	TITLE	SPEAKER / PANELISTS
SESSION ON SLEEP DISORDERS		
09.00 AM - 09.45 AM	BETWEEN DREAMS AND DISTRACTIONS: CLASSIFICATION OF SLEEP-WAKE DISORDERS	Dr Deenu Chacko Associate Professor, Government Medical College, Ernakulam
09.45 AM - 10.30 AM	CHALLENGES IN THE CLINICAL EVALUATION AND MANAGEMENT OF INSOMNIA	Dr Sai Krishna Puli Professor, Dept of Psychiatry, Prathima Inst of Medical Sciences, Karimnagar
10.30 AM - 11.30 AM	UNDERSTANDING POLYSOMNOGRAPHY: A PRACTICAL APPROACH TO INTERPRETATION	Dr John P John Professor, Dept of Psychiatry, NIMHANS, Bengaluru Dr Arun Sashidaran Dept of Neurophysiology, NIMHANS, Bengaluru
11.30 AM - 11.45 AM	TEA BREAK	
11.45 AM - 01.15 PM	DR SM CHANNABASAVANNA- SPANDANA ANNUAL PG QUIZ AWARD QUIZ FINALS (YOUNG TITANS OF PSYCHOTHERAPY)	Quiz Masters: Dr Suhas Satish Assistant Professor, Dept of Psychiatry, NIMHANS, Bengaluru Dr Deepak S Ghadigaonkar Assistant Professor, Dept of Psychiatry, NIMHANS, Bengaluru
01.15 PM - 02.00 PM	LUNCH & AWARD POSTERS DISPLAY	
SESSION ON EATING DISORDERS (INCLUDING METABOLIC SYNDROME)		
02.00 PM - 03.00 PM	BLITZ COMPETITION TOPIC: FOOD FOR THOUGHT - THE PERFECT DIET TO PREVENT PSYCHIATRIC ILLNESSES (Shortlisted, proposed eight presentations)	Lead Coordinators: Dr Swarna Buddha Nayok Assistant Professor, Dept of Clinical Psychopharmacology & Neurotoxicology, NIMHANS, Bengaluru Dr Harsh Pathak , Clinician Scientist/Assistant Professor Dept of Psychiatry, NIMHANS, Bengaluru
03.00 PM - 03.45 PM	OVERVIEW AND MANAGEMENT OF EATING DISORDERS IN PRACTICE	Dr Hema Tharoor Senior Consultant Psychiatrist Apollo Spectra Hospitals, Chennai
03.45 PM - 04.30 PM	GLP - 1 RECEPTOR AGONISTS FOR WEIGHT LOSS IN PSYCHIATRIC DISORDERS: CLINICAL INSIGHTS	Dr Vijayakumar KG Additional Professor, Dept of Psychiatry, NIMHANS, Bengaluru
04.30 PM - 05.00 PM	VALEDICTORY FOLLOWED BY HIGH TEA	





ANNUAL PG TRAINING PROGRAM OF THE INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH

DR SM CHANNABASAVANNA-SPANDANA PG ANNUAL QUIZ AWARD (YOUNG TITANS OF PSYCHOTHERAPY)

Eligibility

All postgraduate students in Psychiatry (DPM, MD, and DNB) from NMC-recognized Teaching Institutes within the geographical limits of the IPS South Zone are eligible to participate. Participants must submit a certificate from the Head of their respective institute confirming their postgraduate studentship. Candidates must be registered postgraduate students on the date of the Annual Conference.

Registration

Registration for the Annual Conference is mandatory for participation in the quiz. Candidates who are not registered will not be eligible to participate in the final rounds, even if they qualify in the preliminary round.

Venue of Selection : NIMHANS Convention Centre

Procedure

Interested postgraduate students shall form teams consisting of two members. Team members may pair with any other eligible postgraduate student and need not be from the same institute or state. Teams must register with the Quiz Master, and once registered, team composition cannot be changed until the completion of the quiz.

The quiz will consist of one preliminary round comprising written multiple-choice questions (MCQs), to be conducted on Day 1. Top six teams will qualify for the final round, which will be held on Day 2. In the event of any dispute during the quiz, the decision of the Quiz Master shall be final and binding.

Results

The list of winners will be announced by the President during the Valedictory Function of the Postgraduate Teaching Programme.

Presentation of Awards

During the Annual General Body (AGB) Meeting at the Annual Conference of IPS-SZB (IPSOCON), the list of awardees will be read out by the Chairman of the Awards Committee. Upon ratification by the AGB, the awards will be presented during the Awards Ceremony by the President of IPS South Zone.





ANNUAL PG TRAINING PROGRAM OF THE INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH

DETAILS OF WORKSHOPS

WORKSHOP - 1

CBT IN INSOMNIA AND SEXUAL DISORDERS

Lead Faculty:

Dr Suresh Bada Math

Chair, Psychotherapy training, and Professor
Dept. of Psychiatry, NIMHANS, Bengaluru

This PG-focused workshop on CBT for Insomnia and Sexual Disorders is designed to bridge the gap between theory and day-to-day clinical practice. Insomnia and sexual dysfunction are among the most common yet poorly managed conditions encountered during practice, often complicated by anxiety, depression, medical comorbidity, and medication effects. This workshop will help PG trainees to do comprehensive management. Through case-based learning and hands-on skill training, participants will learn structured CBT-I protocols and practical CBT strategies for common sexual disorders including Dhat syndrome, erectile disorder and premature ejaculation. The focus will be on skills that are immediately usable in busy OPD settings, integrating CBT with pharmacotherapy, and handling sensitive clinical conversations ethically and professionally.

WORKSHOP - 2

MOTIVATIONAL INTERVIEWING

Lead Faculty:

Dr Venkata Lakshmi Narasimha

Assistant Professor, Centre for Addiction
Medicine, NIMHANS, Bengaluru

"Why push when you can pull? Why convince when you can evoke?
What if your questions could be more powerful than your answers?
What if resistance isn't defiance, but a cue to change your approach?
Dive into Motivational Interviewing - where listening does the heavy lifting and helps people change"

WORKSHOP - 3

COMMUNICATION SKILLS

Lead Faculty:

Dr Chethan B

Additional Professor
Dept of Psychiatry, NIMHANS, Bengaluru

Communication Skills are the most potent tool in Psychiatry. This workshop moves beyond general rapport-building to master the nuances of clinical dialogue.

Focus Areas:

- Opening the interview: how to start?
- The uncooperative patient: how to handle a difficult patient and continue the interview?
- The unspoken narrative: interpreting micro-expressions and non-verbals
- Boundary management: communicating professional limits without fracturing the patient bond.
- Master the art of the interview to improve diagnostic accuracy and patient outcomes.



ANNUAL PG TRAINING PROGRAM OF THE INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH

WORKSHOP - 4

MD Mock Exit Clinical Exams (preferably for Final Year Trainees)

Faculty:

Dr Kiran Kumar K, Professor & Head, Dept of Psychiatry, VIMS & RC, Bengaluru

Dr Srilakshmi Pingali, Professor & Head, Dept of Psychiatry, Govt Medical College, Hyderabad

Dr Rajmohan V, Professor, Dept of Psychiatry, KMCT Medical College, Kozhikode

Dr Narayan R Mutalik, Professor & Head, Dept of Psychiatry, SN Medical College & HSK Hospital, Bagalkot

Final examinations, and particularly the practical examination, are the culmination of a resident's psychiatry training. However, they often feel like a "one-day match", in which examiners try to assess three years' worth of your knowledge and experience in the span of a few hours. As a candidate, you now have to play the "innings of your life", while coming up with quick answers to many questions.

- How do I manage time effectively?
- What should I do if the diagnosis or history is unclear?
- What questions should I expect about a given diagnosis, symptom, or drug?
- Will any answers invite "trouble" in the form of inconvenient questions from examiners?

If these – or others – seem daunting, there is no need for alarm. This workshop aims to give you hands-on experience to "big match" situations, with the help of a panel of experienced examiners who will both challenge and mentor you. You will be exposed to a variety of scenarios – short and long cases, patients with complex diagnoses, dual diagnosis or comorbidity – have the chance to acquire and sharpen your skills for the "final".

WORKSHOP - 5

OSCE; Hands-on training workshop

Faculty:

Dr Rajeshkrishna Bhandary P, Associate Professor, Dept of Psychiatry, KMC, Manipal

Dr Anil Kumar MN, Associate Professor, Dept of Psychiatry, KMC, Mangalore

Dr Savitha Soman, Professor and Head, Dept of Psychiatry, KMC, Manipal

The National Medical Commission has mandated the introduction of OSCE stations as part of the MD Examination pattern. Psychiatry postgraduate trainees need to be familiar with the process and understand the need for brevity, time management and the need for a focused interview.

This workshop aims to:

- Bridge the training gap in exposure to OSCE pattern
- Prepare students for OSCE and its variants
- Explain the utility of OSCEs as both a training and an evaluation tool
- Provide orientation in conducting a brief and focused interview
- Focus on maintaining professionalism and empathy even in high pressure settings.
- Differentiating OSCE from OSPE.
- Eliminate fear of OSCE type examinations and instill confidence in the postgraduate.

This workshop considers OSCE as a valuable interviewing technique both in routine clinical settings and during formal evaluations and hopes to incorporate the same as a basic element of Psychiatry training across different training centres in the country.



ANNUAL PG TRAINING PROGRAM OF THE INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH

WORKSHOP - 6

Best Practices for Psychiatric Documentation under Legal Scrutiny

Faculty:

Dr Saraswathi Tenagi, Senior Psychiatrist, Health & Family Welfare Dept, Belagavi

Dr Ranganath Kulkarni, Professor and Head, Dept of Psychiatry, DIMHANS, Dharwad

Dr Somashekhar Bijjal, Professor, Dept of Psychiatry, Gadag Institute of Medical Sciences, Gadag

In the era of the Mental Healthcare Act, 2017 with access to knowledge and with risk of litigation, clinical competence alone is no longer sufficient; your documentation must withstand judicial scrutiny, whenever summoned.

Each case carries a chance for potential medico-legal scrutiny. Courts increasingly rely on case records to judge professional conduct, patient rights, and treatment decisions in psychiatry.

We invite you for the workshop that equips you with practical, defensible documentation skills aligned with MHCA 2017, ethical standards, and legal expectations. Learn from real-world medico-legal scenarios where good documentation protected clinicians—and poor documentation caused harm.

Strengthen your professional safety, credibility, and patient care by mastering legally sound psychiatric record-keeping.

WORKSHOP - 7

Manuscript Writing

Writing to Publish: A Practical Manuscript Writing Workshop

Faculty:

Dr Anil Kakunje, Professor, Dept of Psychiatry, Yenepoya Medical College, Mangalore

Dr Raj Kiran Donthu, Associate Professor, NRI Academy of Sciences, Guntur

Dr Priya Sreedaran, Professor, St John's Medical College, Bengaluru

Why attend this workshop?

Psychiatry postgraduate trainees are expected to publish original research, case reports, and reviews, yet most:

- Receive minimal formal training in scientific writing
- Have poor exposure to journal expectations
- Receive little mentorship on responding to peer review
- Feel apprehensive around rejection, plagiarism, and ethics

This workshop treats manuscript writing as a clinical-academic skill rather than a peripheral activity.



ANNUAL PG TRAINING PROGRAM OF THE INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH

Free Oral Papers and E-Posters *Abstracts for Free Oral Papers and E-posters*

- Only IPS-SZ members, who have registered as delegates for IPS-SZB PG Training Program 2026, are allowed to submit abstracts for papers or posters.
- Applicants who have submitted the IPS-SZB membership form and are yet to receive confirmation may provide proof of payment before 31 March 2026 may also submit abstracts without restriction.
- The presenting author will be the contact person for all correspondence about the presentation.
- All abstracts must be submitted to the Google Form link: <https://forms.gle/NaFCKbqTjYVioFPQ6>
- All submissions will be acknowledged by email only. Please provide your current working email along with your mobile number
- One presenting author will get a certificate, and this name is not transferable. Prior permission in case the presenting author is unable to attend.
- By submitting an abstract, the author transfers copyright ownership to the organising committee for any publications. The committee reserves the right to reproduce the abstract/presentation made in the conference in print or electronic media.
- Abstracts/papers previously published or presented at any national or international meeting are not permitted. Abstracts/papers previously published or presented at local or state levels are permitted, but not at zonal/regional levels, the details must be mentioned in the submission.
- The Scientific Committee reserves the right to allocate session time or change the presentation type.

Instructions for Content of Abstract

- The abstract for the paper/poster should be structured (background, aims, methods, results, and conclusion) and limited to 250 words.
- All abstracts must be submitted in English
- The title should be short and concise & must not be written in capital letters.
- Figures, tables, and graphs should not be included.
- Use generic names of drugs only.
- In original research, the results must be submitted along with the abstract. The abstract should not contain broad statements like "The results will be discussed".
- No references are needed with abstract submission.
- You may use standard abbreviations, however, mention unusual abbreviations in brackets after the full word, when it appears for the first time.
- Use numerals to indicate numbers, except when beginning of a sentence.
- **The deadline for abstract submission for the Free Oral papers & E-posters is 5.00 PM IST on 21 March 2026**
- Authors of selected abstracts will be notified individually by 29 March 2026 through the email address provided, along with detailed presentation guidelines.



ANNUAL PG TRAINING PROGRAM OF THE INDIAN PSYCHIATRIC SOCIETY SOUTH ZONAL BRANCH

Blitz Competition

Topic: Food for Thought - The Perfect Diet to Prevent Psychiatric Illnesses

- The Blitz presentations should showcase novel, concise, and thought-provoking ideas related to the topic. Submissions highlighting innovative concepts, emerging evidence, or unconventional perspectives with clear clinical or translational relevance will be selected.
- Awards: The best three blitz presentations will be awarded.
- Only IPS-SZ members who have registered as delegates for the IPSSZB PG Training Program 2026 are allowed to submit abstracts for the Blitz competition.
- Applicants who submit for the IPS membership sooner and the IPSSZB membership form and provide proof of payment may also submit abstracts without restriction.
- All abstracts must be submitted in the following link:
- All submissions will be acknowledged by email only. Please provide your current working email ID along with your mobile number

Instructions for the Abstract (Blitz Competition)

- All abstracts must be submitted to the Google Form link: <https://forms.gle/VWLu5ePCoH3PqKeVA>
- All abstracts must be submitted in English
- The abstract for the Blitz competition can be unstructured and limited to 1500 characters (including spaces/special characters).
- The abstract should highlight interesting, novel and thought-provoking aspects of the topic
- No references are needed with an abstract submission.

Instructions for the Blitz Presentation:

- The presentation time is strictly limited to 6 minutes; a warning will be given at the end of 5 minutes. Exceeding the time limit will result in disqualification.
- No question-and-answer session will follow the presentation.
- Presenters are expected to limit the number of slides to a maximum of five.
- Presentations will be judged on interesting and original content, as well as unique, creative styles of presentation.
- **The deadline for abstract submission for the Blitz Presentation is 11:59 PM IST on 21 March 2026**

Authors of selected abstracts will be notified individually by 29 March 2026 through the email address provided, along with detailed presentation guidelines.

General Instructions for Presentations: Free Oral Paper and Blitz Competition

- Registration is mandatory for the IPSSZB PG Training Program 2026 at the time of presentation.
- All presentations should be made in the latest version of MS Office.
- The presenter can preview/modify his/her presentation in the preview room well in advance.
- If any presenter wishes to present the paper through a personal laptop, it is mandatory that compatibility of personal laptop with our audio-visual system should be checked in preview room.
- The medium of storage used by the presenters should be a Flash Drive or a USB HDD.

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