8th National Conference of Psychiatrists' Association of Nepal

PANCON, Biratnagar
October 28-30, 2021

PANCON Oct. 28-30
BIRATNAGAR 2021

Schedule for Academic/Scientific Sessions

27th October 2021					
Hall	Time	Topic	Presenter	Type of session	Chairpersons
A	6:00-7:00 pm	**RELAPSE IN ALCOHOL DEPENDENCE SYNDROME**		Pre-Conference CME	Prof. Dr. Dhruba Man Shrestha Prof. Dr. Vidya Dev Sharma
	15 mins	Relapse in Alcohol Dependence Syndrome: Associated Factors	Dr. Ajita Paudel		
	15 mins	Relapse in Alcohol Dependence Syndrome: Non-Pharmacological Interventions	Dr. Nikeshmani Rajbhandari		
	15 mins	Relapse in Alcohol Dependence Syndrome: Pharmacological Interventions	Dr. Madhur Basnet		
		Fellowship			

28th October 2021					
Hall	Time	Topic	Presenting Author	Type of session	Chairpersons
A	9 to 10 am	**BP SHARMA ORATION SESSION**		Oration	Prof. Dr. Surendra Sherchan Prof. Dr. Naba Raj Koirala
	15mins	A Brief Tribute to Late Dr. BP Sharma	Prof. Dr. Dhurba Man Shrestha		
	40 mins	Recent Advances in understanding of Neurobiology of Bipolar Disorder	Prof. Dr. Puspa Prasad Sharma		
A	10 to 11:30 am	**INAUGURATION OF PANCON-2021, BIRATNAGAR**			
A	11:30 am to 12pm	**PRESIDENTIAL LECTURE**	Prof. Dr. Sudarshan Narsingh Pradhan President , PAN	Lecture	Prof. Dr. Puspa Prasad Sharma Dr. Roshan Pokharel
A	12 to 12:30 pm	**THEME LECTURE**	Prof. Dr. Nirmal Lamichhane	Lecture	Prof. Dr. Puspa Prasad Sharma Dr. Roshan Pokharel
		Challenges of mental health after COVID 19 pandemic			
B	12 to 12:30 pm	**INVITED LECTURE**		Lecture	Prof. Dr. Sudarshan Narsingh Pradhan Prof. Dr. Dhurba Man Shrestha
		"Geriatric Psychiatry from Indian Perspective"	Dr. Gautam Saha- President, Indian Psychiatric Society		
12:30 to 1:30 pm		**LUNCH SPONSORED BY BIRAT MEDICAL COLLEGE**			

A	1:30 to 2:30 pm	**MENTAL HEALTH IN THE PERSPECTIVE OF LITERATURE AND ART**	Mr. Kedar Sharma- Moderator (litterateur Mr. Chandra Gurung (Poet) Mrs. Seema Avas (litterateur) Dr. Raamesh Koirala Mrs. Kriti Upadhaya	Plenary Session	Prof. Dr. Ajay Risal Dr. Manoj Dhungana
B	1:30 to 2:30 pm	**INVITED LECTURE**		Lecture	Prof. Dr. DRB Kunwar Dr. Sunil Kumar Shah
		"Mental Health in diverse India. Challenges"	Dr. OP Singh Chief Editor Indian Journal of Psychiatry		
C	1:30 to 2:30 pm	**ADDICTION PSYCHIATRY SESSIONS**		Seminar	Prof. Dr. Saroj Prasad Ojha Dr. OP Singh
	30 mins	Reflection to our Observations to Understand alcohol problem.	Dr. Dhana Ratna Shakya		
	20 mins	Internet Addiction: The Emergence of a New Clinical Disorder	Dr. Sanjeev Mishra		

A	02:30 to 03:30 pm	**SAARC SESSION**		Symposium	Prof. Dr. Sudarshan Narsingh Pradhan Dr. Rajan Sharma
		” Psychiatry in Nepal: Twin tower to Ground zero”	Dr. Gautam Saha (India) Prof. Dr. VD Sharma (Nepal) Prof. Dr. Nirmal Lamichhane (Nepal) Dr. OP Singh (India)		
B	3:30 to 5:00 pm	**CONSULTATION LIAISON PSYCHIATRY**		CME	Prof. Dr. Dhana Ratna Shakya Dr. Manisha Chapagain
	20 mins	Blurred Boundaries of Brain: Dilemma with Neurology and Psychiatry	Dr. Ashish Dutta		
	15 mins	Long COVID syndrome and Mental Health Impact: Intertwined Clinical Challenges	Dr. Puru Koirala		
	15 mins	Psychodermatology	Dr. Tapan Pradhan		
	15 mins	Ocular complications of commonly used psychotropic drugs	Prof. Dr. Badri Prasad Badu		
C	2:30 to 3:30 pm	**ORAL PAPERS**		ORAL	Dr. Ashish Dutta
	10 mins	Substance use/ use disorder among geriatric patients visiting psychiatry out-patient services of BPKIHS	Raut R		

	10 mins	Prevalence of mental health problems and adverse childhood experiences among juveniles in child correction homes in Nepal	Dr Utkarsh Karki		Dr. Suresh Thapaliya
	10 mins	Gratification Disorder associated with perineal irritation in young children: management and short-term outcome	Dr. Sherina Moktan		
	10 mins	Depression in patients presenting with primary headache in psychiatry OPD of a Teaching Hospital	Dr. Nidhi Rajeshwori Thapa		
	10 mins	COVID 19 Anxiety and Well-being Survey. Online Survey in Medical Undergraduates.	Dr. Prakriti Pradhan		
A	03:30 to 04:30 pm	**WHO SESSION**		Symposium	Dr. Roshan Pokhrel Dr. Ananta Adhikari
		"Strengthening secondary care mental health services in Nepal: Critical Review, Analysis and way forward"	Dr. Rajesh Pandav (WHO Country Representative to Nepal) Dr. Kedar (Moderator) Dr. Krishna Poudel Prof. Dr. Sudharshan Narsingh Pradhan Prof. Dr. Rabi Shakya Dr. Suraj Tiwari		
C	4:00 to 5:00 pm	**Relapse Prevention Strategies:** (Pharmacological and Non-Pharmacological) Of Alcohol Use Disorder	Dr. Prabhat Sapkota	Workshop	Moderator: Dr. Prabhat Sapkota
06:00 pm onwards		**DINNER**			

29th Oct 2021					
Hall	Time	Topic	Presenting Author	Type of session	Chairpersons
A	8:30 to 9:30 am	**ROLE OF PSYCHOPHARMACOLOGICAL AND REHABILITATION THERAPY IN PSYCHOSIS**		CME	Dr. Mohan Raj Shrestha Dr. Giri Raj Bhantana
	8:30 to 9:00 am	Rehabilitation in future :Nepal and world scenario	Dr. Khagendra Kafle Dr. Aswin Dawadi		
	09:00 to 09:30 am	Use of lithium in bipolar disorder, neuroprotective and neurotrophic function.	Prof. Dr. CP Sedhain		
B	8:30 to 9:30 am	**QUIZ CONTEST FOR RESIDENTS**	Quiz Master: Dr. Anjela Regmi	Quiz	Dr. Madhur Basnet
C	8:30 to 9:30 am	**SCALING UP OF CHILD AND ADOLESCENT MENTAL HEALTH SERVICES IN NEPAL**	Dr Arun Raj Kunwar Dr Utkarsh Karki Dr Gunjan Dhonju Dr Narmada Devkota	Symposium	Dr. Ranjan Thapa Dr. Nishita Pathak
A	9:30 to 11:00am	**Suicide:** Reaching Beyond The Confines Of Routine Clinical Practice-Need Of The Hour	Dr. Ashish Dutta Dr. Kedar Marhattha Superintendent Of Police Nepal Government	Workshop	Moderator: SSP Mira Chaudhari Nepal Police

B	09:30 to 10:10 am	**ORAL PAPERS**			
	10 mins	Mental health problems among families of migrant workers of Nepal	Smriti Ghimire	ORAL	Dr.Rabindra Thakur Dr. Suraj Nepal
	10 mins	Quality of Life (QoL) among the patients diagnosed with somatoform disorder in a tertiary hospital setting	Dr. Subekshya Khadka		
	10 mins	Effect of lockdown on mental health during the COVID-19 pandemic among individuals attending services at a tertiary care center.	Dr Rachana Sharma		
C	9:30 to 11:00 am	**PLAN POLICY SESSION**	Dr. Ritesh Thapa Dr. Kamal Gautam Dr. Basudev Karki	Symposium	Prof. Dr. VD Sharma Prof. Dr. C. P. Sedain
		NATIONAL MENTAL HEALTH STRATEGY AND ACTION PLAN, 2020**:** Collaboration for Implementation			
11:00 am to 1:00pm		**TELEPSYCHIATRY SESSIONS**			
B	11:00 am to 12:00 pm	Use of telemedicine and digital technology for dual diagnosis cases	Dr. Sambhu Prasad	Symposium	Dr. Arun RajKunwar Dr. Pratikshya Tulachan
		Legal and policy issues is using digital technology and telemedicine: Lessons learned and recommendations	Dr. Siddharth Sarkar		
		Management of substance use disorders using digital technology and telemedicine during Covid-19 Pandemic: Lesson learned and recommendations	Dr Roshan Bhad		

A	12:00 pm to 1:00pm	Telepsychiatry, a long shot or is it high time	Prof. Dr. Rabi Shakya Dr Madhur Basnet Dr. Bigya Shah Dr. Gaurav Bhattarai Dr. Bikash Sharma	Symposium	Dr. Leepa Vaidya Dr. Nina Rai
C	11:00 am to 12:00pm	**MINDFULNESS THERAPY**		Seminar	Dr. Pashupati Mahat Mrs. Archana Rimal
		Understanding of mindfulness therapy	Dr. Rajesh Kumar		
		Application of mindfulness therapy in anxiety disorder	Dr. Binod Deo		
B	12:00 to 1:00 pm	Mindfulness-Based Cognitive Behavioral Therapy (MCBT) With Exposure & Response Prevention (ERP) In The Treatment Of Obsessive-Compulsive Disorder	Dr. Narmada Devkota Dr. Sherina Moktan	Workshop	Moderator: Dr. Narmada Devkota
1:00 to 2:00 pm		**LUNCH BY QUEST PHARMACEUTICALS**			

A	2:00-3:00 pm	**JUDICIARY, MEDIA AND MENTAL HEALTH**		Plenary Session	Prof. Dr. Dhruba Man Shrestha Prof. Dr. Naba Raj Koirala
		"Mental Health In The Perspective Of Nepalese Law And Media."	Mr. Rupesh Koirala (Sr. Advocate, past President Democratic lawyer association) Mr. Bikal Regmi (Journalist) Mr. Lila Ballav Ghimire – Moderator (Chairman, Federation of Journalist Association of Nepal, Province 1) Mr. Bishwo Paudel (Advocate)		
B	02:00-02:30 pm	**GOOD NEIGHBORS SESSION**	Ram Naresh Yadav, Good Neighbor's International		
C	2:00 to 3:00 pm	**ORAL PAPERS**		Oral	Prof. Dr. Nirmal Lamichhane Dr. Lata Gautam
		Internalized stigma of COVID-19, anxiety, depression and their relationship in admitted covid-19 cases in two provinces of Nepal	Dr. Bigya Shah		
		Psychiatry service in COVID ward: An experience from Patan Hospital	Dr. Pawan Sharma		
		Study of suicide risk factors in survivors of gender-based violence of Nepal	Dr. Pashupati Mahat		
		Pathways to Mental Health Care Services among Patients in Hospitals of Morang District	Uma Pradhan		
		Mental health and burnout in Nepalese medical students: an observational study	Dr. Bikram Kafle		
A	3:00 to 5:00	**ANNUAL GENERAL MEETING**			
B	3:00 to 5:00 pm	**SCOPE AND FUTURE CAREER IN PSYCHIATRY**	Dr. Arun Raj Kunwar Prof. Dr. Ajay Risal	Free Session	

06:00 pm onwards	**DINNER**				

30th Oct 2021

Hall	Time	Topic	Presenting Author	Type of session	Chairpersons
B	08:30 to 09:30 am	**Know Dementia, Know Alzheimer's:** Screening cognition in a busy clinic	Prof Dr. Nidesh Sapkota Prof Dr Rabi Shakya Dr. Pawan Sharma	Workshop	Moderator: Prof. Dr. Nidesh Sapkota
C	08:30 to 09:30 am	**BIOETHICS IN PSYCHIATRY**	Moderator: Prof. Dr. DR Shakya	Symposium	Prof. Dr. Bharat Goit Dr. Madhur Basnet
		Bioethical Principles	Dr. Asok Ayer		
		Bioethics in Nepal	Dr. Sarun Koirala		
		Translating Bioethical Principles into Psychiatric Practice	Prof. Dr. Dhana Ratna Shakya		
A	9:00 to 10:30 am	**CULTURE, SPIRITUALITY, AND PSYCHIATRY**		Symposium	Prof. Dr. Naba Raj Koirala Prof. Dr. Baikuntha Raj Adhikari
	09:00 to 09:15 am	Self-realization in psychotherapy	Prof. Dr. Surendra Sherchan		
	09:15 to 09:30 am	Shreemad Bhagwad Geeta- a form of Psychotherapy	Prof. Dr. Ajay Risal		
	09:30 to 09:45 am	Evidence based practices of mindfulness/meditation in Psychiatry	Dr. Rishav Koirala		
	09:45 to 10:00 am	Integrating Yoga in psychiatric practices.	Dr. Bikram Kafle		

B	10:30 to 11:30 am	**COVID & PSYCHIATRY**		Symposium	Dr. Dipak Kunwar Dr. Nikeshmani Rajbhandari
		Psychiatric problems of isolation and quarantine	Dr. Ranjan Thapa		
		Psychiatric effects of COVID in elderly	Dr. Rachana Sharma Basnet		
		Post COVID neuropsychiatric problems	Dr. Suren Limbu		
A	10:30 to 11:30	**Sharing Of Experiences In Psychiatry**	Prof. Dr. DRB Kunwar Prof. Dr. Dhurba Man Shrestha Prof. Dr. VD Sharma Prof. Dr. PP Sharma Prof. Dr. Naba Raj Koirala Prof. Dr. Sudharshan Narsingh Pradhan	Free Discussion focused to Residents & Medical students	Prof. Dr. Nirmal Lamichane Dr. Kamal Gauram
A	11:30 to 1:00	**VALEDICTORY AND CLOSING**			
01:00 to 02:00		**LUNCH**			

8th National Conference of Psychiatrists' Association of Nepal

PANCON, Biratnagar
October 28-30, 2021

PANCON Oct. 28-30
BIRATNAGAR 2021

Schedule for Poster Presentations:

Venue: Hall D

Date	Time	Poster topic	Presenter	Evaluators
28 Oct 2021	02:30 to 03:00 pm	Assessment of depression, anxiety and quality of life in patients with Coronary artery disease.	Dipesh Bhattarai	Dr. Lata Gautam
		Poor school performance and anxiety symptoms as a presentation of Wilson's disease.	Nisha Thapa	
		Personality Traits among Psychiatric Out-patients with Suicide Attempt Attending Tertiary Care Hospital in Eastern Nepal	Supriya Sherchan (Bhattachan)	Dr. Abhash Niraula

		Deliberate Self-harm in a Nepalese House-wife with Alcohol Dependence, Depression and Unstable Personality: a Case Report	Rashmi Mishra	Dr. Pratiksha Chalise
28 Oct 2021	03:30 to 04:00 pm	Anxiety and Depression among Nepalese Nurses During COVID-19 Pandemic	Uma Pradhan	Dr. Bikram Kafle
		What Cannabis can do to a man? : A Case Report.	Dhana Ratna Shakya	
		Prevalence of internet use disorder and associated psychiatric co-morbidities in youth patient presenting to tertiary care center	Ghimire R	Dr. Sanjeev Mishra
29 Oct 2021	10:00 to 10:30 am	Cannabis Induced Psychotic Disorder in Cannabis Withdrawal during COVID-19 Lockdown: A Case Report	Sandesh Raj Upadhaya	Dr. Shikha Upadhyay
		A Nepalese female student in trap of Cannabis: a Case Report	Samikshya Ghimire	
		Yet other Othello in the Swamp of Alcohol: a Case Report	Sachin Nepali	Dr. Ajita Paudel
		Research Efforts to understand Suicide problem in Nepalese context.	Dhana Ratna Shakya	

29 Oct 2021	12:00 to 12:30 pm	Antipsychotic Induced Extra Pyramidal Side Effects Among Psychiatric in-patients at BPKIHS.	Bipin K.C.	Dr. Prabhat Chalise
		Dysthymia in a lady with stubborn trait and issue of inter-cast marriage: a Case Report	Pooja BC	
		A Nepalese young mind in the clutch of Internet Game- a Case Report	Chandan Chaudhary	
		Mind: the hit hard part of the COVID-19: a Case Report	Tej Narayan Mahato	
29 Oct 2021	02:30 to 03:00 pm	Diagnostic Stability of Dissociative Disorder during Five Year Follow-up in Tertiary Hospital of Nepal	Sedhain CP	
		Effectiveness of psychosocial intervention to bonded labor in Eastern Terai.	Gaire H	
		Internet relationship issue- an important issue for a young Nepalese adult: A case report	Yogi A	
		Comparison of Disulfiram and Naltrexone in cases of alcohol dependence syndrome.	Adhikari S	

NOTE:

1) **The scientific committee of PANCON-2021 Biratnagar holds all rights to make changes in the schedule if deemed necessary.**