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 Nar Singh 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
B	12 to 12:30 pm	**INVITED LECTURE**			
		"Geriatric Psychiatry from Indian Perspective"	Dr. Gautam Saha- President, Indian Psychiatric Society	Lecture	Prof. Dr. Sudarshan Nar Singh Pradhan Prof. Dr. Sandip Subedi
12:30 to 1:30 pm		**LUNCH**			
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) Dr. Raamesh Koirala Mrs. Kriti Upadhaya	Plenary Session	Prof. Dr. Ajay Risal Dr. Manoj Dhungana

B	1:30 to 2:30 pm	**INVITED LECTURE**			
		"Mental Health in diverse India.. Challenges"	Dr. OP Singh Chief Editor Indian Journal of Psychiatry	Lecture	Prof. Dr. DRB Kunwar Dr. Sunil Kumar Shah
C	1:30 to 2:30 pm	**ADDICTION PSYCHIATRY SESSIONS**			
	18 mins	Executive function difficulties and DSM-V ADHD/ ADD diagnosis- From childhood to adolescence and during adulthood; and impacts on psychosocial dysfunctions, mental health, and alcohol and drug addictions co morbidities.	Dr. Bikash Sharma	Seminar	Prof. Dr. Saroj Prasad Ojha Dr. Rinku Gautam
	18 mins	Internet Addiction: The Emergence of a New Clinical Disorder	Dr. Sanjeev Mishra		
	18 mins	How have the health delivery systems in response to Alcohol and Drug Addictions and Mental Health concerns during the pandemic evolved? A systematic literature review.	Dr. Bikash Sharma		
A	02:30 to 03:30 pm	**SAARC SESSION**	Dr. Gautam Saha (India) Prof. Dr. VD Sharma (Nepal) Prof. Dr. Nirmal Lamichhane (Nepal) Dr. OP Singh (India)	Symposium	Prof. Dr. Sudarshan Narsingh Pradhan Dr. Rajan Sharma
B	3:30 to 4:30	**CONSULTATION LIAISON PSYCHIATRY**			Prof. Dhana Ratna Shakya Dr. Manisha Chapagain
	20 mins	Blurred Boundaries of Brain: Dilemma with Neurology and Psychiatry	Dr. Ashish Dutta	CME	

	15 mins	Long COVID syndrome and Mental Health Impact: Intertwined Clinical Challenges	Dr. Puru Koirala	CME	
	15 mins	Psychodermatology	Dr. Tapan Pradhan	CME	
C	2:30 to 3:30 pm	**ORAL PAPERS**			
	10mins	Substance use/ use disorder among geriatric patients visiting psychiatry out-patient services of BPKIHS	Raut R	ORAL	Dr. Ashish Dutta Dr. Suresh Thapaliya
	10 mins	Prevalence of mental health problems and adverse childhood experiences among juveniles in child correction homes in Nepal	Dr Utkarsh Karki		
	10mins	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	Common Mental Disorders Among Prisoners In Kavre Prison, Dhulikhel	Karki E		
A	03:30 to 04:30 pm	**WHO SESSION** "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	Symposium	Dr. Roshan Pokhrel Dr. Ananta Adhikari
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

29th Oct 2021					
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	Concept of rehabilitation in Nepal.	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	GOOD NEIGHBOURS SESSION			Dr. Gautam Saha Dr. Leepa Vaidhya
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: DIG Arun Kumar BC
B	09:30 to 10:00 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 10:30 am	**NATIONAL MENTAL HEALTH STRATEGY AND ACTION PLAN, 2020:** Collaboration for Implementation	Dr. Ritesh Thapa Dr. Kamal Gautam Dr. Basudev Karki	Symposium	Prof. Dr. VD Sharma Prof. Dr. C. P. Sedain
	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	Prof. Dr. Jaya Bahadur Khatri Dr. Nina Rai
C	11:00 am to 12:00pm	**BIOETHICS IN PSYCHIATRY**	Moderator: Prof. Dr. Dhana Ratna 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		
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	Workshop	Moderator: Dr. Narmada Devkota
1:00 to 2:00 pm		**LUNCH**			
A	2:00- 3:00 pm	**JUDICIARY, MEDIA AND MENTAL HEALTH** "Mental Health In The Perspective Of Nepalese Law And Media."	Mr. Rupesh Koirala (Sr. Advocate, President Bar Asso. Province 1) Mrs. Seema Avas (Member, Public Service Commission, Province 1/ Sahitya) Mr. Bikal Regmi (Journalist) Mr. Lila Ballav Ghimire – Moderator (Chairman, Federation of Journalist Association of Nepal, Province 1)	Plenary Session	Prof.Dr. Dhruba Man Shrestha Prof. Dr. Naba Raj Koirala
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**	Prof. Dr. Ajay Risal Dr. Rinku Gautam Dr. Utkarsh Karki Dr. Suresh Thapaliya	Free Session	
C	3:00 to 5:00 pm	**ART WORKSHOP FOR SPOUSES**			

30th Oct 2021					
B	8:30 to 9:30 pm	**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
A	9:00 to 10:30 am	**CULTURE, SPIRITUALITY, AND PSYCHIATRY**		Symposium	Prof. Dr. Baikuntha Raj Adhikari Dr. Bashu Dev Karki
	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		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**			

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Schedule for Poster Presentations:

Venue: Hall D

Date	Time	Poster topic	Presenter	Evaluators
28 Oct 2021	02:30 to 03:00 pm	Drug policies in Nepal: Need for reform and existing challenges	Sagun Ballav Pant	Dr. Lata Gautam
		Poor school performance and anxiety symptoms as a presentation of Wilson's disease.	Khagendra Kafle	
		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 Dr. Sanjeev Mishra Dr. Sikha Upadhyaya Dr. Ajita Paudel Dr. Prabhat Chalise
		Dysthymia in a lady with stubborn trait and issue of inter-cast marriage: a Case Report	Pooja BC	
		Prevalence of internet use disorder and associated psychiatric co-morbidities in youth patient presenting to tertiary care center	Ghimire R	
		Comparison of Disulfiram and Naltrexone in cases of alcohol dependence syndrome.	Adhikari S	
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	
		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	
		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.	
		What Cannabis can do to a man? : A Case Report.	Dhana Ratna Shakya	
		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	

NOTE:

1) **The scientific committee of PANCON-2021 Biratnagar holds all rights to make changes in the schedule if deemed necessary.**
2) **Please refer to the official brochure regarding formats and other instructions necessary. Download link: https://psychiatrynepal.org.np/wp-content/uploads/2021/09/PANCON-2021-brochure-2021_compressed.pdf**
3) **All queries regarding academic/scientific sessions should be sent to email address: panconsci@gmail.com with subject "Query- PANCON 2021"**
4) **Please note that registration is mandatory for all participants. The link for registration is: https://forms.gle/n7sMCx4uhh1piKMp7**