8th NATIONAL CONFERENCE OF PSYCHIATRISTS' ASSOCIATION OF NEPAL (PANCON 2021)

Theme: Multi-sectoral Collaboration in Mental Health: Challenges and Opportunities

Organized by: Eastern Chapter of Psychiatrists' Association of Nepal

In collaboration with: Birat Medical College and Teaching Hospital

Venue: Birat Medical College and Teaching Hospital

Date: October 28 to 30 2021

Message

PAN President & Gen. Secretary

With great pleasure we invite you to the 8th National conference of Psychiatrists' Association of Nepal (PANCON) to be hosted by Eastern Chapter of PAN at industrial city of Biratnagar, Nepal from the 28th to 30th of October. PANCON is an annual flagship event of Psychiatrists' Association of Nepal. It is a conference that is expanding every year where we aim to gather national and international delegates to share and increase our knowledge.

The theme chosen for PANCON 2021 is "Multi-sectoral Collaboration in Mental Health: Challenges and Opportunities". A wholesome and co-ordinated response to mental health promotion, protection and care requires strong and enduring partnerships across multiple public and private sectors including health care, education, employment, judiciary, housing, social welfare and other relevant sectors. This has become evident with the rise in suicide rates during this pandemic that we are currently living in and more so during the states-imposed lockdown. We need to move towards interventions and approaches that recognise and support individuals as they move on a spectrum throughout their lives from freedom of mental distress, through non-specific symptoms causing intermittent mental disorders to clear syndromes causing increasingly severe functional impairment.

Biratnagar, the industrial city of Nepal, was part of the kingdom of Virata mentioned in the Mahabharata epic. It is famous for industry, commerce, and agriculture in Nepal as most of the manufacturing industries are located in this region. It is currently the second most densely populated city (after Kathmandu). Biratnagar has been the most politically powerful city of Nepal, gifting a subtotal of five prime ministers along with hosting some of the most revolutionary incidents in Nepal.The Organizing Committee, under the experienced guidance of Dr. Nabaraj Koirala and dynamic abilities of Dr. Nikeshmani Rajbhandari, have assured us to host a grand event.

Dr. Sudharshan Narsingh Pradhan
President

Dr. Rajan Sharma
General Secretary

Message

Organising Chairman & Secretary

Dear Esteemed Delegates and Friends

Warmest Greetings from PANCON 2021

We are extremely grateful to be able to invite you to the 8th National Conference of Psychiatrists' Association of Nepal, 2021 (PANCON 2021) to be held at Biratnagar from 28th to 30th October. This is the first time our city will be hosting this prestigious scientific program.

Biratnagar is one of the largest cities of Nepal also known has the industrial city of Nepal. Located at the borders of India, it is also close to the famous KoshiTappu Wildlife Reserve, which is famous the world over for bird-watching, about 441 different species can be seen here. Besides this tourist places like Bhedetar and the tea estate of Ilam are only a few hours' drive from Biratnagar. Bhedetar and Dhankuta boost a number of breath taking adventure sports such as para-gliding, zipline and river rafting for the thrill seekers. For those who like some peace and calm can travel to the hill town of Shree Antu, Ilam and stay for the night to welcome the sunrise. Biratnagar is also not very far from the Indian district of Darjeeling and the State of Sikkim which are famous for tourism.

The Venue for the conference is Birat Medical College & Teaching Hospital, located in Tankisinwari, Budiganga Municipality just outside Biratnagar. The theme of the conference is "Multi-sectoral Collaboration in Mental Health: Challenges and Opportunities" is context suitable during this pandemic, as all sectors have an equal role to play in the improving of the lives of people with mental illness. We assure you all that PANCON 2021 will give us a compelling contribution to our knowledge base. We extend a hearty welcome to you and your family to enjoy the hospitality and beauty of east Nepal, while participating in this academic extravaganza.

With warmest regards

Organising Chairman and Secretary

Prof. Naba Raj Koirala
Chairman

Dr.Nikeshmani Rajbhandari
Secretary

Psychiatrists' Association of Nepal

Patron
Dr. Gyanendra Man Singh Karki
Chairman
Birat Medical College and Teaching Hospital

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Dr. VD Sharma
Dr. Saroj Ojha
Dr. Arun Raj Kunwar

Call for Abstract

List of Topics

The Scientific Program Committee will use this topic list to help classify the area of each submission. Furthermore, your submission will be listed in the Program and Abstract Book under the topic(s) indicated to assist participants in selecting sessions of interest.

The submission form provides a space to mark a selection from this list, the one most appropriate topic area for each submission. If appropriate, indicate a second subtopic area.

Insert corresponding numbers of topics into boxes provided on each submission form.

1. Addiction
2. Aggression: Basic
3. Aggression: Clinical
4. Aging
5. AIDS and HIV Related Disorders
6. AIDS Effects on the CNS
7. Alcohol and Substance Abuse Disorders
8. Alzheimer's Disease: Basic
9. Alzheimer's Disease: Clinical
10. Anxiety Disorders
11. Attention Deficit Hyperactivity Disorder
12. Autistic Disorders
13. Biological Correlates of Mental Disorders
14. Biological Markers
15. Child and Adolescent Psychiatry
16. Childhood Disorders
17. Cognitive Neuroscience
18. Comorbidity in Psychiatry
19. Cost Issues in Psychiatry
20. Dementia
21. Depression
22. Developmental Disorders
23. Developmental Psychiatry
24. Dissociative Disorders
25. Eating Disorders
26. Electro Convulsive Treatment (ECT)
27. Emergency Psychiatry
28. Epidemiology of Mental Disorders
29. Ethics of Psychiatric Practice and Research
30. Forensic Psychiatry
31. Geriatric Psychiatry
32. History of Psychiatry
33. Hospital Psychiatry
34. Human Rights Issue

35. Internet and New Communication modes
36. Methodology
37. Mental Health Economics
38. Migraine
39. Mind & Society
40. Miscellaneous
41. Mood Disorders
44. Neuroimmunology
45. Obsessive Compulsive Disorders
46. Organic Mental Disorders
47. Panic Disorder
48. Posttraumatic Stress Disorder
49. Premenstrual Syndrome
50. Prevention of Psychiatric Illness
51. Psychiatric Education
52. Psychiatric Rehabilitation
53. Psychogeriatrics
54. Psychoneuroendocrinology
55. Psychoneuroimmunology
56. Schizophrenia
57. Sexual Disorders
58. Side Effects of Antidepressants and Antipsychotics
59. Sleep Disorders
60. Somatic Disorders
61. Somatoform Disorders
62. Stress
63. Suicide
64. Traditional and Alternative Treatment in Psychiatry
65. Other Psychiatric Disorders

Cut off Dates for Submissions...

Free Paper Abstracts & E Posters	01/09/2021	To, Scientific Committee C/o Conference Secretariat, Email: panconsci@psychiatrynepal.org.np
Proposals for Symposiums & Workshops	01/09/2021	

Note: For details of instructions, Guidelines, Content of Abstracts, Format of the Competition, E-poster Presentation Specifications, Awards etc., visit our website www.psychiatrynepal.org.np

Guidelines for abstract submission

Abstract Submission for PANCON 2021 Guidelines:

- Only registered delegates are allowed to submit the abstract for paper or poster.
- The abstract for the paper / poster needs to be structured (background, aims, methods, results and conclusion) and within 250 words
- The presenting author (or the author who submits the abstract in case of symposia/workshop) will be the contact person for all the correspondence about the presentation.
- All abstracts are to be submitted in English, Times New Roman font.
- Please choose appropriate category related to your presentation. Do not submit the same abstract to multiple categories.
- All abstracts must be submitted via the conference website ONLY.
- The title should be short and concise & must not be written in capital letters.
- The abstract should not contain broad statements like "The results will be discussed".
- 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 at the beginning of a sentence.
- Last date for submission of Abstracts is the 1st September, 2021.
- All submissions will be acknowledged by email only. So, please provide your current working E mail ID along with Mobile number (The Organizing Committee shall not be responsible if you do not receive any response due to wrong email ids provided).

Instructions for Content of Abstract :

- Figures, tables and graphs should not be included.
- Use generic names of drugs only.
- In original research the results have to be submitted with the abstract.
- No references are needed with abstract submission.
- By submission of an abstract, the author transfers copyright ownership to the organizing committee for publications. The Organizing committee reserves the right to reproduce the abstract / presentation made in 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 the details need to be mentioned in the submission.
- The Scientific Committee will review the abstracts & the acceptance will be communicated to the presenting author by 30 September 2021.
- The Scientific Committee reserves the right to allocate a session time or change the presentation type.
- Please do not submit the same abstract under more than 1 category.
- Please mention the prize category of presentation for which the author is competing for.

Instructions and Specifications:

Scientific programme spanning through 2.5 days include oral and poster presentations and presentations from various specialities, sub-specialities. Details of the programme would be uploaded and updated on the website www.psychia-trynepal.com/.

General Instructions

1. Registration is mandatory for the presenting authors at the time of presentation in categories of Invited Lectures / Specialty Section Presentations/ Task Force Presentations / Workshop & Symposium Presentations / Free paper / E-Poster Presentations.
2. All presentations should be made in MS Office latest version.
3. A preview room shall be operational in the conference area. All presentations of respective halls shall be centrally coordinated from this preview room. The presenter must submit his / her PowerPoint / audio / video in preview room, atleast 24 hours before his / her scheduled presentation.
4. The preview room shall be equipped with sufficient number of desktops / laptops / projectors. The presenter can preview/modify his / her presentation in the preview room well in advance.
5. If any presenter wishes to present the paper through personal laptop, it is mandatory that the compatibility of personal laptop with our audiovisual system should be checked in preview room.
6. Any Fonts and Animations if used which are not a part of the standard MS Office pack should be included with the Presentation Pendrive and this should be specified to the Audio Visual in charge at the Preview Room well in advance.
7. Videos when included should be ideally in VLC / MP4 or mpeg and if any other format is used its codecs should be also be included.
8. If any other format is used which deviates from the above-mentioned format, the same should be informed at least one week before the conference so that alternative arrangements can be made if possible.
9. The medium of storage used by the presenters should be Flash Drive, USB HDD.
10. All speakers using MAC Laptops and those requiring a MAC Laptop should inform us at least a week in advance.
11. The specific date and time of the presentation along with the location will be shared with you shortly and will also be updated on the website. All are kindly requested to visit the website for details of the Scientific Programme on

Award Paper Presentation Specifications

- Name
- Sex : Male/female
- Place of work
- Summary of the paper
- Original research / other type of work; case reports and small case series will not be considered
- The participant should be a member of PAN (to be verified by the Joint-Treasurer of PAN)
- Age (with age proof)
- Designation
- Title of the paper
- Individual/group work
- Presented earlier / not presented

Format of the competition

- The time allotted is 7 minutes.
- Text, photo and table slides by power point presentation only.
- The name of the institution / affiliations, co-authors and guides are strictly not to be displayed during the presentation. If included, the paper will be disqualified. May be announced after the results.
- Each slide should not contain more than eight lines enabling the audience to read it.
- The presentation should be clear and audible.
- Any questions / clarifications are allowed only from the judges after the presentation

Guidelines for Workshop / Symposia / Free paper Presentation

1. Workshops and Symposia would be of 60 Minutes (Sixty minutes) duration which also includes the time for discussion.
2. For Free paper Presentation speaker will be provided 10 minutes for the presentation. The slot for the same is divided into 8 minutes for Presentation and 2 minutes for Discussion.
3. Please strictly adhere to the time.
4. There shall be a system of auto cut of presentations after allocated time. A reminder will appear on the screen 2 minutes before the stipulated time. At the onset of auto-cut all the screens will go blank. Please come prepared to finish the presentation within allocated time only
5. The presentation will have to be in Windows Power Point format (PPT) with the required photographs, tables and graphs that should be very unambiguous and legible.

E-Poster Presentation Specifications

1. The screen time provided to a particular poster would be a maximum of 1 hour. The presenting author is requested to make it convenient to remain at the site of his / her poster presentation throughout that stipulated time.
2. The E-poster will be displayed on standard 42" (Diagonal) LCD.
3. File format should be PowerPoint (.PPT).
4. Total size of the presentation should not exceed 10- 20 MB.
5. Maximum number of slides per E-poster: 3 (Three).
6. All slides should be in landscape format preferably in 16:9 orientation.
7. Animation / movies / sounds will not be supported; please submit in a static PPT format only.
8. The E-poster needs to be created as per the example format which can be downloaded from the website.
9. Each slide title should be placed in a title placeholder.
10. The text should include (most likely as separate elements of the poster) Introduction, Aim, Methods, Results, Conclusion and Acknowledgments.
11. The poster should be self-explanatory. Text should be brief and well organized.
12. It is suggested that font size of the text should be at least 26 to 36 points. The typeface chosen should be a simple and clear one (e.g. Helvetica).
13. The correct font size depends greatly on the fonts used in the ppt and the thumb rule should be that if its visible well on the computer screen it shall be visible on the E-Poster Display Screen.
14. Color suggestions: a. When using light backgrounds (white, yellow, light blue) we suggest using dark fonts (black, navy blue, dark green). b. When using dark backgrounds (blue, purple) we suggest using light fonts (white, yellow, cyan). c. Avoid using red or green in any fonts or backgrounds as they are colors that are difficult to read.
15. Illustrations / images / photographs used in the E-poster should be enlarged enough to show relevant details

Registration:

Category	Up to sept 15th 2021		Sept 16th2021- on spot.	
	Single	With Spouse	Single	With Spouse
Nepalese Psychiatrists and mental health professionals	NRs 10000	+NRs 5000	NRs 12000	+NRs 6000
Resident, Nursing Psychologist etc.	NRs 5000	+NRs 2500	NRs 6000	+NRs 3000
Non-SAARC	USD 200$	+USD 80$	USD 220$	USD 100$
SAARC	USD 180$	+USD 50$	USD 200$	USD 70$
Other accompanying person	Nepalese: NRs. 5000, SAARC: USD 50$, Non-SAARC: USD 100$			

Registration after Sept16th2021 and On-spot registration will be charged the same as above but the Registration Kit and other conference materials cannot be guaranteed.