



NATIONAL MID CONFERENCE OF  
INDIAN ASSOCIATION FOR SOCIAL PSYCHIATRY 2024

MIDCON IASP 2024

SCIENTIFIC PROGRAMME

*‘Changing Lifestyles and Mental Health’*

**Srinagar, J&K**

**Day 1: Saturday, 20<sup>th</sup> April 2024**

<b>Time</b>	<b>Hall A      <b>Registration</b></b> <b>03.00 PM - 4.00 PM</b>
<b>04.00 PM - 04.30 PM</b>	<b>INAUGURATION</b>
<b>4.30 PM – 5.00 PM</b>	<b>Presidential Address</b> <b>Chair: Pratap Sharan, D Basu</b> <b>U C Garg</b> <b>‘Therapeutic lifestyle changes’</b>
<b>05.00 PM – 06.15PM</b> <i>(15 Minutes to each Speaker)</i>	<b>Theme symposium: ‘Changing Lifestyles and Mental Health’</b> <b>Chair: Mamta Sood, Muhammed Maqbool</b> <b>Pratap Sharan- ‘Relationship and service to others’</b> <b>Smitha Ramadas- ‘Exercise and Nutrition’</b> <b>Mushtaq Margoob- ‘Relaxation and stress management’</b> <b>Varghese P Punnoose- ‘Involvement with Spirituality and Nature’</b>

06.15 PM- 06.45 PM	<b>Invited Lecture 1</b> <b>Chair: G S Kaloiya, Abdul Majid</b> <b>Mohan K Issac</b> <b>‘Mental Health Consequences of Rapid Lifestyle Changes’</b>
06.45PM – 07.15PM	<b>Invited Lecture 2</b> <b>Chair: Vivek Agarwal, Jagdish Thappa</b> <b>IRS Reddy</b> <b>‘Creativity and Insanity: Two sides of the same coin!’</b>
07.15 PM – 08.00 PM	<b>Executive Committee Meeting</b>
8.00 PM	<b>Dinner</b>

**Day 2: Sunday, 21<sup>st</sup> April 2024**

Time	
09.00 AM – 10.00 AM	<b>Free papers/E Posters</b>
10.00 AM- 11.15 AM <i>(15 Minutes to each Speaker)</i>	<b>Symposium: ‘Urbanization and Mental Health’</b> <b>Chair: Varghese P Punnoose, Rachna Bhargava</b>  <b>Debasish Basu- ‘Urbanisation and Mental Health- Setting the backdrop’</b> <b>Debanjan Banerjee- ‘Impact of urbanisation on mental health of older adults’</b> <b>Aravind K- ‘Designing for well-being: Urban Planning and Mental Health’</b> <b>Kashypi Garg- ‘Lifestyle Enhancements for Mental Health in Urban Settings’</b>
11.15 AM -11.45 AM	<b>Invited Lecture 3</b> <b>Chair: Sandeep Kumar Goyal, Yasir H Rather</b> <b>Rakesh K Chadda</b> <b>‘Psychoactive Substances: An unrecognized Pandemic’</b>

11.45 AM- 12.15 PM	<p><b>Invited Lecture 4</b>  <b>Chair: K K Mishra, Zaid A Wani</b></p> <p><b>R Srinivasa Murthy</b>  <b>‘Evidence for the importance of lifestyles in mental health care’</b></p>
12.15 PM- 01.30 PM <i>(15 Minutes to each Speaker)</i>	<p><b>Panel Discussion: ‘Changing Life Styles and Women’s Mental Health’</b>  <b>Moderators: Sandeep Grover, Joice Geo</b></p> <p><b>Indira Sharma- ‘Changing life of women, from home-makers to working career women: Impact on mental health’</b>  <b>Iqra Rasheed Shah – ‘Lifestyle changes, PCOS and Mental Health’</b>  <b>Abhishek Chawhan- ‘Societal Expectations and their Impact on Women's Mental Well-being’</b>  <b>Ganga G Kaimal- ‘Lifestyle changes: Challenges in Perinatal Mental Health’</b></p>
1.30 PM – 2.00 PM	<p><b>Invited Lecture 5</b>  <b>Chair: Jaimon P M, Manmeet Singh</b></p> <p><b>Christina George</b>  <b>‘Task shifting in Mental Health Care: Gains and possible Pitfalls’</b></p>
2.00 PM – 2.15 PM	<b>VALEDICTORY FUNCTION</b>
02.15 PM Onwards	<b>LUNCH</b>