SCIENTIFIC PROGRAMME

27th Annual National Conference of Indian Association of Private Psychiatry

SKICC, Dal Lake
Srinagar, Jammu & Kashmir

19th to 22nd
November 2026

anciap 2026



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DAY 01

TIME	HALL 1	HALL 2	HALL 3	HALL 4
08:30 – 09:30	OPENING / REGISTRATION			
09:30 – 10:15	PLENARY - DR. MICHAEL BERK (Online) Australia – The parallel process of neuroprogression and somatoprogression: Implications for clinical care. Suzi.may@deakin.edu.au, Michael.berk@deakin.edu.au,			
10:15 – 11:00	Global Mental Health Shifts: Emerging Addictions and Digital Burnout – Dr. Sujit Sarkhel	Bipolar Disorder: Beyond Mood Stabilization • Bipolar depression – Dr. Amarjeet Popli • Mixed states – Dr. Sanjay Barot • Maintenance and relapse prevention – Dr. Anweshak Das	The Human Prescription: What Patients Need Beyond Diagnosis – Dr. Amar Shinde	**Case Discussion 1:** Managing Ultra-Rapid Cycling Bipolar Disorder with Novel Synthetic Substance Abuse Presenter – Dr. Dhruv Parmar Panellist: Dr. Debashis Ray, Dr. Umesh Nagapurkar, Dr. Manu Tiwari
11:00 – 11:45	Dr. Sandeep Grover – Newer Pharmacological Agents for the Management of Dementia		Addressing Negative & Cognitive Symptoms: Novel Molecular Targets – Dr. Vijay Nagecha	
11:45 – 12:30	Dr. O P Singh –	Dr. Vikas Menon - Suicide crisis syndrome: Overview, validity, and utility of a suicide-specific diagnostic construct	My Most Challenging Clinical Case – Lessons Learned – Dr. Mahesh Gowda	Dr. P V Bhandary – Clinic or Polyclinic or mental health Establishment? Challenges in Changing Era
12:30 – 13:30	Lunch Break			
13:30 – 14:15	Schizophrenia: From Symptom Control to Recovery • Negative symptoms – Dr.	Rational Psychopharmacology • Choosing medicines - Dr. Mohan Sunil Kumar	"Child & Adolescent Mental Health in the Screen Age" 1. Screen Time & the	**CONTROVERSY:** Antidepressants – Overprescribed or
14:15 – 15:00				

	Arabinda Brahma • Cognition – Dr. Archana Singh • Clozapine and LAIs – Dr. Arun Marwale • Functional recovery- Dr. Gautam Amin	• Drug interactions – Dr. Kshirod Mishra • Monitoring – Dr. Sanjay Garg • Deprescribing – Dr. Sanjay Saha	Developing Brain: Impact on Cognition, Behaviour & Emotional Development – Dr. Syed Karar 2. Social Media & Adolescent Mental Health: Anxiety, Depression, Body Image & Self-Esteem – Dr. Smit Parmar Digital Parenting: Practical Strategies for Healthy Screen Use & Family Well-being – Dr. Manasa Kaja	Underutilized? Moderator – Dr. Prabhat Sood Overprescribed – Dr. Manik Bhise Underutilized – Dr. Manaswi Gautam
15:00 – 15:45	Dr Anil Kumar MN Mangalore Topic: Suicides in the changing era: Challenges and Prevention strategies	Dr Pallavi Joshi, Bengaluru Mobile: 974-007-5275 Topic: Challenges for lady psychiatrists in the changing era	Dr Lokesh Babu, Tumakuru Mobile: +91 99002 17078 Topic: Incorporating AI in EHR	Dr Hema Tharoor, Chennai +91 95000 80741 Topic: Evolving landscape of managing personality disorders
15:45 – 16:30 16:30 – 17:15	Private Psychiatric Practice 2035 • Telepsychiatry – Dr. Deepak Raheja • Documentation – Dr. Nimesh Desai • Insurance – Dr. Jayanta Das	CRISES MANAGAMENT IN DEMENTIA CRISES OF CONFUSION & Delirium – Dr. S C TIWARI FALLS & WANDERING – Dr. A JAGADISH BEHAVIOURAL & SEXUAL CRISES – Dr. NILANJANA	CAREER PATHWAYS IN PSYCHIATRY: BUILDING A SUCCESSFUL PROFESSIONAL JOURNEY ACROSS PRACTICE SETTINGS Dr Himanshu Sareen, Dr B.K. Waraich, Dr Abhishek Gupta,	Is Polypharmacy the Problem or the Solution? Moderator - Dr. Vipul Mehrotra Problem – Dr. Tushar Jagawat Solution – Dr. Dhananjay Ashturkar

	• Medicolegal readiness – Dr. C L Narayan	PAUL	Dr Sumeet Madaan	
17:15 – 18:00	INAUGURATION			

DAY 02

TIME	HALL 1	HALL 2	HALL 3	HALL 4
08:30 – 09:30	Correlation of Vitamin B12, homocysteine, and folate with sleep quality in obsessive-compulsive disorder: A cross-sectional study – Dr. Sunny Gidwani Dr. Meghma Bera - BRIDGING THE GAP: PHYSICIANS' PERSPECTIVES ON BARRIERS TO PSYCHIATRIC CARE IN ADOLESCENTS WITH SELF-HARM	Dr. Rajnish Raj - Role of Oral Ketamine in Treatment-Resistant Obsessive-Compulsive Disorder Dr. Burhan Bashir Lone - Referral Trends and Psychiatric Diagnostic Spectrum in Consultation-Liaison Psychiatry-A cross-sectional study Dr. Mohd. Yoonus Dar - Urdu Ghazal and Mental Health: A Psychological View Through the Verses of Ghalib, Iqbal, Faiz, and Mir Taqi Mir	Dr. Aaliya Khanam - MIND AND METABOLISM : ASSOCIATION OF CLINICAL CHARACTERISTICS, PSYCHOTROPIC MEDICATIONS, ELECTROCONVULSIVE THERAPY AND METABOLIC SYNDROME IN PATIENTS WITH BIPOLAR DISORDER-A CROSS-SECTIONAL STUDY Dr. Pankaj Sharma - EVALUATING THE INTERPLAY BETWEEN MIGRAINE TRIGGERS AND MOOD DISORDERS IN RURAL CLINICAL POPULATIONS	Poster Presentation

			Dr. Devanshu Goyal - PREVALENCE OF DEPRESSION, ANXIETY, AND STRESS USING DASS-21 IN PATIENTS WITH PSORIASIS AND THEIR CORRELATION WITH DISEASE SEVERITY (PASI SCORE): A CROSS-SECTIONAL STUDY	
09:30 – 10:15	Plenary Session – Presidential Address - Dr. Mrugesh Vaishnav			
10:15 – 11:00	Plenary Session - Psychiatry at a Crossroads: What Must We Redefine? - Dr. Mohan Isaac (Australia)			
11:00 – 11:15	Tea break			
11:15 – 12:00	Plenary Session - Prof. Manjunatha N (NIMHANS) – Clinicopathological framework of Anxiety Disorders			
12:00 – 12:45	Dr. Vipul Tyagi -	Managing Ethical Dilemmas and Conflicts in Contemporary Outpatient Settings - Dr. N N Raju	The Vanishing Clinical Eye: Rediscovering Bedside Signs in Psychiatry Through Video – Dr Shobit Garg	Dr. Astha Tomar – President, RANZCP (Online) president@ranzcp.org Minimizing restrictive practices in the Changing World
12:45 – 13:45	LUNCH BREAK			
13:45 – 14:30	Public Mental Health Literacy: Collaborative Role of Digital and Print Media - Dr. Vinay Kumar	Lecture – Female Sexual Dysfunction – Dr TSS Rao.	Dr. V K ARAVIND – Brain Health and Dementia in an ageing world.	Should Every Patient With Depression Receive Medication? Moderator – Dr. Vineet Gupta Yes – Dr. Heena Merchant No – Dr. Sonali Shinde Tesia
14:30 – 15:15	The Future of Psychiatric Diagnosis • Dimensional vs categorical diagnosis – Dr. Shahul Ameen • Research Domain Criteria	Depression Beyond Antidepressants • Treatment resistance – P. Kishan • Augmentation and combination strategies –	Working Safely and Effectively in De-Addiction Centres: Clinical, Legal and Professional Essentials for Young Psychiatrists (what no books will teach)	
15:15 – 16:00				Dr Jithu P, Prof and HOD, Kozhikode Mobile: +91 98477 02813

	(RDoC), Hierarchical Taxonomy of Psychopathology (HiTOP) and clinical utility –Dr. Sameer Praharaj • Beyond DSM/ICD checklists - Dr. Ravindra Munoli	George Reddy • Psychotherapy and lifestyle – Vishal Akula	Dr RUPINDER KAPUR, Dr ASHWIN MOHAN, Dr ASHISH SHARMA, Dr. Vishal Chhabra Moderator - Dr. Gurpartap Sandhu	Topic: "Beyond ERP and SSRIs: Redefining OCD Treatment in the Era of Precision Psychiatry
16:00	AGBM 2026			

DAY 03

TIME	HALL 1	HALL 2	HALL 3	HALL 4
08:30 – 09:30	Dr. Mohd. Yoonus Dar - A Qualitative Study on Coping Mechanisms Utilized by Women Dealing with Subfertility Dr. Rajnish Raj – 1. Understanding Psychiatric Service Providers' Attitudes Towards Borderline Personality Disorder: Findings from Jammu and Kashmir 2. Occupational Fatigue and Sleep Quality Among Healthcare Professionals in a Tertiary Care Hospital	Dr. Burhan Bashir Lone - Prevalence of Depression and Anxiety in Mothers of Children with Intellectual Disability: Findings from an Outpatient Child Psychiatry Clinic Dr. Burhan Bashir Lone - Lipid Metabolism and Major Depressive Disorder: A Case-Control Comparison of Serum Parameters Dr. Madhavi Ganapathi - Bridging Mind, Brain, and	Dr. Athiya Fahiem Khan - SELF-INFLICTED DERMATOSIS IN BORDERLINE PERSONALITY DISORDER — NAVIGATING THE DERMATITIS ARTEFACTA/DELIBERATE SELF HARM DIAGNOSTIC SPECTRUM Dr. Athiya Fahiem Khan - SOMATIC IDIOMS OF DISTRESS: PSYCHIATRIC DIAGNOSES AND NONPATHOLOGICAL LEUKORRHEA AMONG	Poster CLINICAL CORRELATES OF SERUM URIC ACID IN BIPOLAR DISORDER: A CROSS SECTIONAL STUDY FROM NORTH INDIA – Dr. Aaliya Khanam Dr. Farhana Bashir - Beyond the Psychiatric Label: Graves' Disease Masquerading as Treatment-Resistant Mood Disorder

		Society: Integrating Mental Health and Criminology for Systemic Reform	WOMEN ATTENDING A PSYCHIATRY OUTPATIENT CLINIC	
09:30 – 10:15	Plenary Session Dr. Renuka Prasad Mysore – Canada (online) Non-Substance addiction in the older adults			
10:15 – 11:00	Dr. Roop Sidana - Evidence-Based Opioid Agonist Treatment in India: International Lessons, Punjab Experience and a Regulated Public–Private Pathway	Challenges in the Clinical Evaluation and Management of Insomnia in Changing World Dr. Sai Krishna P. kannap103@gmail.com 98495 29800	Understanding a Calendar Day as Only 12 Hours — A Practical Framework for QOL, Psychiatric Assessment and Treatment Dr. Yerra Sridhar Raju ysraju.dr@gmail.com 98494 55564	Dr. Heena Merchant - When the Biological Clock Goes Wrong: Implications for Psychiatric Disorders
11:00 – 11:45	Legends of IAPP Award (3 Awards)			
11:45 – 12:30	N.K Bohra Oration Award	VK Razdan Oration Award	IRS Reddy Best Paper Award	ANCIAPP Varanasi Best Paper	Samvedana Womens Awards
12:30 – 13:30	LUNCH			
13:30 – 14:15	Right to marriage: I will not take medicines, I want to get married -Dr. Indira Sharma	Mind Body Medicine – Workshop Dr. Sanjay Phadke Dr. Sonali Shinde Tesia Dr. Nikhil Gupta	**Debate:** "Disclosure vs. Privacy: Navigating Stigma in Chronic Mental Illness" Moderator - Ramkrishna Krishnan Disclosure – C.Panneer Selvan Privacy – Dr. Deepak Rathod	From Gut to Mind: Deciphering the Gut-Brain Axis, Inflammation, and Nutritional Interventions in Depression Dr. Anita Gautam, Dr. Shruti Shrivastava, Dr. Mamta Singla
14:15 – 15:00	DREAMS IN GENERAL PSYCHIATRIC PRACTICE – Dr. MSVK Raju			
15:00 – 15:45	Lecture - Dr. Vinay Lakra (Australia)- Psychiatric Models of Care	Dr. Kapila Ranasinghe (SriLanka) - Redefining the Evidence	Dr. Taiwo Lateef Sheikh (Nigeria) -	International speaker

		Base in Asia: Data, AI and Diagnosis in Psychiatry		
15:45 – 16:30	Dr. U C Garg – Preventive Psychiatry in a Changing World: From Risk Identification to Resilience Building	Neuromodulation in Psychiatry: Redefining Treatment Beyond Pharmacotherapy – Prof. Mohammad Zia ul Haq Katshu (ONLINE)- Neuromodulation in Psychiatry: Current Evidence, Clinical Applications and Future Directions Dr Shazia Kouser, - Beyond ECT: Emerging Neuromodulation Techniques and Their Role in the Future of Psychiatric Treatment Dr Nelofar & Dr Syed Mehwish - Neuromodulation for Treatment-Resistant Depression and Suicidality: Where Do ECT and Newer Approaches Fit?	Dr. Gulbahar Sidhu & Dr. Dipali Gul – Accepted Symposium KASHMIR AND KASHMIRIYAT: LESSONS FOR MENTAL HEALTH	New Horizons in Psychiatry - Optogenetics and beyond Dr Abhay De - what is optogenetis & other research Dr. Sonalika Mondal - Opsins delivery and other clinical applications DR. UDAY CHAUDHURI - The Bioethical Boundaries of Direct Optical Mind-Modulation
16:30 – 17:15	Will Technology Transform Psychiatry – Or Dehumanize It? Moderator – Dr. Ram Gulam Razdan Transform – Dr. N Murali Krishna Dehumanize – Dr. Pankaj Kumar		Dr. Ganesh Shanker Dr. Aman Naqvi "Psychiatry in the Era of Social Media: A Critical Analysis"	
17:15 – 18:00		Dr Arul Saravanan, Chennai Mobile: +91 9500116003 Topic: The Future-Ready Psychiatrist: Incorporating Integrative Medicine into Modern Practice.	Dr. Manmeet Singh – Can Tramadol Find a Place in the Treatment of Opioid Use Disorder? Revisiting an Old Drug for a New Challenge	Andhra Pradesh Dr Rohith Vaddi, Vizag Mob +91 97036 68968 Topic: Ketamine in treatment of neurotic disorders

DAY 04

TIME	HALL 1	HALL 2	HALL 3	HALL 4
8:30 – 9:30 Free paper & poster	Dr. Rajnish Raj - The Protective Role of Spiritual Well-Being and Psychological Resilience Against Death Anxiety in Cancer Patients Dr. Rajnish Raj - Understanding Psychiatric Service Providers' Attitudes Towards Borderline Personality Disorder: Findings from Jammu and Kashmir			
09:30 – 10:15	Dr. Mushtaq A Margoob – Healing the Mind in a Changing World: Integrating Brain, Biography and the Human Condition	Borderline Personality Disorder: Diagnosis and Management 1. Is It Really BPD? Diagnostic Overlap and Clinical Formulation - Dr. Mansoor Ahmad, Professor & Head Department of Psychiatry, GMC Anantnag,	Rational Polypharmacy • When combinations make sense – Dr. Mahesh Desai • Interactions – Dr. G Ramana Rao • Prescribing cascades – Dr. Y Sai Sudhir • Deprescribing – Dr. Veda Shetagiri	Precision Prescribing in Private Practice • Measurement-based care – Dr. V A Malipatil • Side-effect tracking – Dr. Vidyadhar Meel • Shared decision-making – Dr. Rajesh Ram
10:15 – 11:00	Dr. Jyotik Bhachech - THE MINDFUL LENS: A PSYCHIATRIST'S JOURNEY THROUGH STREET			

	PHOTOGRAPHY, BIOPSYCHOSOCIAL RESILIENCE, AND ACTIVE MINDFULNESS	2. Interventions in Recurrent Crisis: Self-Harm and Suicidality - Dr. Rehana Amin, Assistant Professor, Department of Psychiatry GMC Anantnag, 3. Evidence for Psychotherapy and Pharmacotherapy in BPD - Dr. Munnaza Aziz, PGDNB Resident, GMC Anantnag Proposed by: Dr. Rehana Amin		
11:00 – 11:45	Dr. Maqbool Ahmed – Spirituality and Psychiatry	Dr. Tajamul Hussain - Psychological autopsy	Dr. Maqbool Ahmed – Spirituality and Psychiatry	Dr. Mansoor Ahmad Dar - **The Autonomic Signature of Mental Illness: Understanding Heart Rate Variability in Psychiatry**
11:45 – 12:30	Dr. R N Sahu - Alcohol Withdrawal Syndrome: From Conventional Detoxification to Precision Care	Dr. Achyut Trivedi – Naltrexone in Addiction Psychiatry: Beyond Craving Reduction	Dr. Nikhil Patel - Spirituality in Psychiatry: Bridging Science, Meaning and Mental Health	International Speaker
12:30 – 13:30	Valedictory & Lunch			