

# IPS-KC PG CME 2025

ANNUAL PSYCHIATRY POST GRADUATE RESIDENTS' CME  
ORGANIZED BY  
INDIAN PSYCHIATRIC SOCIETY KARNATAKA CHAPTER  
IN ASSOCIATION WITH BMCRI BENGALURU

2 ND  
ANNOUNCEMENT



KARNATAKA CHAPTER



## THEME:

# EVIDENCE BASE FOR MANAGING CLINICAL CHALLENGES IN PSYCHIATRY

21st & 22nd February 2025

## Venue:

6th Floor Auditorium  
Bangalore Medical College  
& Research Institute,  
Bengaluru, Karnataka

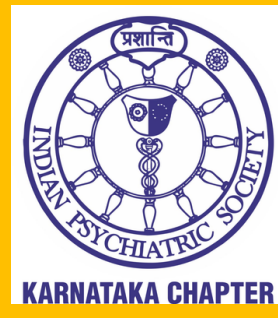


APPLIED FOR KMC CME CREDIT HOURS  
CME, WORKSHOPS, QUIZ,  
ORAL PAPERS & E-POSTER PRESENTATIONS

## ORGANISED BY:

Department of Psychiatry,  
Bangalore Medical College & Research Institute,  
Bengaluru

Under the aegis of Indian Psychiatric Society Karnataka Chapter



Dear Post graduate Residents...

The Department of Psychiatry, Bangalore Medical College & Research Institute (BMCRI), Bengaluru and Indian Psychiatric Society Karnataka Chapter (IPS-KC) welcomes you all to its annual continued medical education programme for psychiatry post graduate residents "IPS-KC: PG CME 2025" which will be held on Friday the 21st February and Saturday 22nd February of 2025 at 6th Floor auditorium of BMCRI, Fort, Bengaluru.

Evidence based practice (EBP) plays a vital role in clinical psychiatry, as it emphasizes the integration of the best available research evidence with clinical expertise and patient values to optimize patient care. EBP helps to identify the most effective interventions; ensuring patients receive treatments backed by robust research, encouraging clinicians to balance research evidence with patient preferences, cultural values, and individual circumstances, leading to more personalized, acceptable treatment and better clinical outcomes, rather than solely on expert opinion. It reinforces psychiatry as a rigorous, science-based medical discipline, helping to combat the stigma often associated with mental health conditions. Diverse clinical presentations and subjective symptoms make research application challenging in psychiatry. We hope this CME will address this gap to help postgraduates apply evidence base in challenging clinical scenarios. Eminent academicians and researchers from Karnataka and neighboring states will be participating as resource persons.

This CME also provides an opportunity to present research activities of budding psychiatric professionals.

As a tradition along with the PG CME, The IPS-KC's Sahyadri Silver Jubilee KANCIPS Psychiatry quiz 2025 for post graduate students will be taking place which carries cash prizes and merit certificates.

All the PG residents who are IPS, IPSSZB and IPSKC members will be provided with free accommodation (On prior intimation, in view of limited accommodations) and those from Karnataka will get free Non AC Sleeper travel expenses (subject to the production of valid tickets).

We invite you all to participate in the programme and to utilise the academic feast and our hospitality.

**Dr Somashekhar Bijjal**  
Prof & Head,  
Dept of Psychiatry,  
GIMS, Gadag  
President,  
IPSKC

**Dr Prashanth N R**  
Prof & Head,  
Dept of Psychiatry,  
BMCRI, Bengaluru  
Organizing Chairman,  
IPSKC PG CME 2024

# Academic Programme Schedule : Day 1: Friday : 21st February 2025

Time	Topic	Speaker	Chairpersons / Moderators
08.30 AM to 9.30 AM	Registration		
09.30 AM to 10.15 AM	Evidence Based Practice in Psychiatry- Evolution, current status, limitations and future directions	Dr Prathap Tharyan, Adjunct Professor, Clinical Epidemiology Unit, Christian Medical College, Vellore	Dr Sudhir Hebbar, MVJ MC Bengaluru  Dr G Vishnuvardhan R R MC, Bengaluru
10.15 AM to 11.00 AM	Conundrums in Recognition and management of early stages of Schizophrenia- Current status of research	Dr G Venkatasubramanian, Professor, Department of Psychiatry, NIMHANS, Bengaluru	Dr Sudharshan CY, JJMMC Davanagere  Dr Anilkumar M N, KMC Manipal
11.00 AM to 11.45 AM	Inauguration		
11.45 AM to 12.00 PM	Tea break		
12.00 PM to 12.45 PM	Contemporary approaches in conceptualisation and Management of Compulsive sexual behaviors in adolescents- A review of current literature	Dr S. M Manohari, Professor and Head, Ramaiah Medical College, Bengaluru	Dr M T Satyanarayan, SSMC, SSU, Tumkuru  Dr Bhagyavathi HD, MIMS Mandya
12.45 PM to 01.30 PM	Suicidal spectrum behaviors- Evidence based approaches across life span.	Dr Priya Sreedaran, Professor of Psychiatry, St John's Medical College, Bengaluru	Dr Harisha Delanthabettu, Subbaih IMS & RC, Shivamogga  Dr Sharanabasappa Alagoodakar Sapthagiri IMS&RC, Bengaluru
01.30 PM to 02.15 PM	Lunch break		
02.15 PM to 04.00 PM	Workshop : Mindfulness Based Approaches in Psychotherapy for psychiatrists and a review of evidence.	Dr Sharon Ruth, Clinical Psychologist, BMCRI, Bengaluru  Dr Shankar K, Assistant Professor, BMCRI, Bengaluru	Dr Chandrashekhar H, ESI MC Bengaluru  Dr G P Gururaj, East Point CMS & RC, Bengaluru
04.00 PM to 05.30 PM	Sahyadri Silver Jubilee KANCIPS Psychiatry PG Quiz : <b>Preliminary Round</b>	Dr Shankar K, BMCRI Bengaluru Dr Gopal Das CM, Dr Chandramma Dayananda Sagar I M E & R, Bengaluru Dr Sneha V, Aadya Clinic, Bengaluru	
05.30 PM to 06.00 PM	High Tea		

# Academic Programme Schedule : Day 2: Saturday : 22 nd February 2025

Time	Topic	Speaker	Chairpersons / Moderators
08.00 AM to 09.00 AM Parallel Sessions	Free Papers : Main Hall	Dr Bhavana, Shridevi IMS&RH, Tumakuru Dr Kshama HG, KIMS Bengaluru	
	Free Papers : Hall A	Dr Narendra, MMCRI Mysuru Dr Chetan B, NIMHANS, Bengaluru	
	E- Poster : Hall B	Dr Keya Das, PESUIMSR, Bengaluru Dr Preeti V Reddy, NIMHANS, Bengaluru	
09.00 AM to 09.45 AM	OSCE – A Primer for postgraduates	Dr Satish Ramaiah, Executive Director of Psychiatric Services & Centre Head, Sukoon Healthcare, Bangalore	Dr Ranganath Kulkarni Professor, Dept of Psychiatry, DIMHANS Dharwad  Dr Vinay H R, Professor & Head, Dept of Psychiatry, AIMS, Bellur
09.45 AM to 10.30 AM	School Refusal in children- A common yet complex clinical encounter- Current status of research	Dr Satish Girimaji Consultant Child and Adolescent Psychiatrist, Bengaluru	Dr Mohan Reddy M Professor & Head, Dept of Psychiatry, Sri Devaraj Urs Medical College, Kolar  Dr. Keertish N Professor and Head Department of Psychiatry BGS Global Institute of Medical Sciences, Bengaluru
10:30 AM to 11.15 AM	Deprescribing in clinical psychiatry- Relevance and an evidence based approach	Dr Anil Kakunje, Professor and Head, Department of Psychiatry, Yenepoya Medical College, Mangalore.	Dr Swapna Bondade, Professor & Head Dept of Psychiatry, Oxford Medical College, Bengaluru  Dr G Sunil Patil Professor & Head Dept of Psychiatry, SSMC, SSU, T, Begur, Bengaluru
11.15 AM to 11.30 AM	Tea Break		
11.30 AM to 12.15 PM	Evidence based approaches for management of personality disorders with complex presentations	Dr Shahul Ameen, Consultant Psychiatrist, St. Thomas Hospital, Chethipuzha, Kerala	Dr Raghavendra B Nayak, Professor & Head Dept of Psychiatry DIMHANS, Dharwad  Dr Kiran Kumar K Professor & Head, Dept of Psychiatry, Vydehi I M S & R C, Bengaluru
12.15 PM to 01.45 PM	Workshop: Non-invasive brain stimulation techniques in clinical psychiatry (rTMS, TCDS, Biofeedback)	Dr Shivanand B Hiremath, Assistant Professor, Dept of Psychiatry, Karnataka Medical College & Research Institute, Hubballi.	Dr Mahesh R Gouda, Director, Spandana Health Care, Bengaluru  Dr Lakshmi S, Consultant Psychiatrist, Aasare Neuropsychiatric Centre, Bengaluru
01.45 PM to 02.15 PM	Lunch break		
02.15 PM to 04.15 PM	Sahyadri Silver Jubilee KANCIPS Psychiatry PG Quiz : <b>Final Round</b>	Dr Shankar K, BMCRI Bengaluru Dr Gopal Das CM, Dr Chandramma Dayananda Sagar I M E & R, Bengaluru Dr Sneha V, Aadya Clinic, Bengaluru	
04.15 PM to 04.45 PM	Valedictory Function		
04.45 PM to 05.00 PM	High Tea		

# ORGANIZING COMMITTEE

## PATRONS

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Department of Medical Education  
Government of Karnataka, Bengaluru

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Dr Gopal Das CM

Dr Sharon Ruth  
Dr Sneha V

## Organizing Committee Members

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Dr Ashok Kumar      Sri Umesh

Staff and Post Graduate Residents  
Dept of Psychiatry, BMCRI Bengaluru

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Dr Sudharshan C Y      Dr Sameer Praharaj      Dr Raghavendra BN  
Chairman      Member      Member

Dr Suresh VC  
IPSKC Joint Secretary & Programme Co-Ordinator

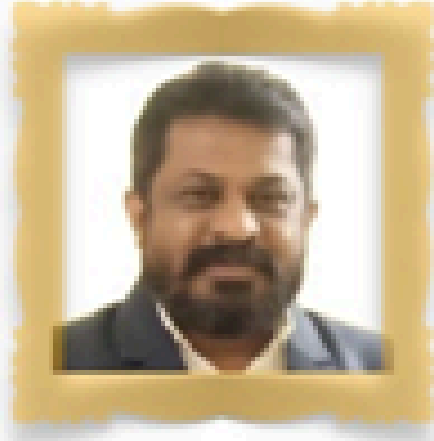
# IPSKC Executive Committee



KARNATAKA CHAPTER

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Indian Psychiatric Society- Karnataka Chapter  
Office Bearers-2024-25



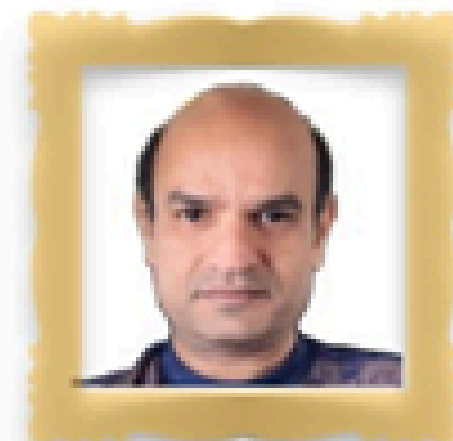
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Dr Vijaykumar S Harbishettar  
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Hon. Joint Secretary



Dr Murali Thyloth  
Imm. Past President

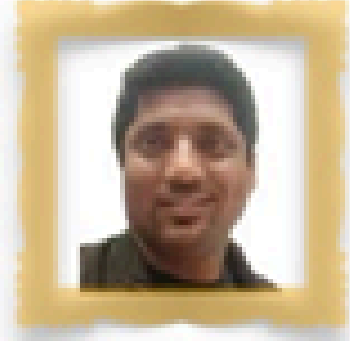


Dr Harsha G T  
Imm. Past Secretary

## Executive Committee Members



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Bilagi



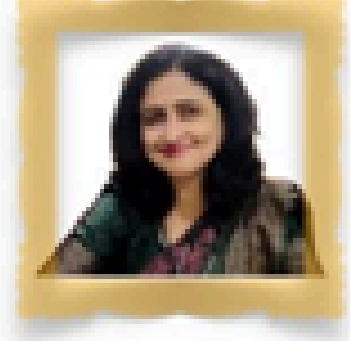
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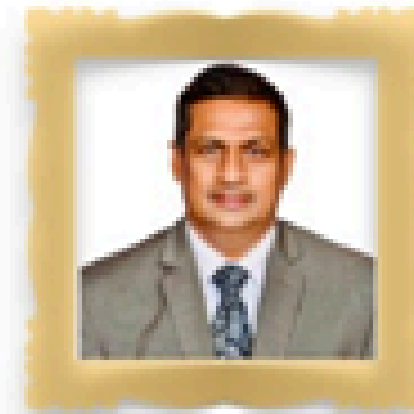
Dr Ravindra Munoli  
IPSKC Rep. to SZ



Dr M Chandrashekar  
Co-Opted member



Dr Preethi V Reddy  
Co-Opted member



Dr Harisha Delanthabettu  
Protocol Officer



Dr Chethan B  
Web Master

# Oral Scientific Paper Presentation

## Rules

1. Prior Registration is mandatory for scientific presentations.
2. Membership to the IPS & any state or zonal branches is mandatory.
3. Those pursuing post graduation in Karnataka, IPS, IPSSZB and IPSKC membership is mandatory.
4. Those who have applied and not yet received confirmation have to produce valid document of applying for memberships of above societies.
5. **If not a member, we will help in applying for memberships to the societies, for which contact the below mentioned before 31/01/2025: Dr Somshekhar Bijjal: 9448333173**
6. Along with the paper, the student has to enclose the pdf copy of bonafied certificate from the department/institute head.
7. Abstract of the scientific paper (250 words) has to be submitted before 9 pm of 10/02/2025 to the [ipskcpgcme2025@gmail.com](mailto:ipskcpgcme2025@gmail.com) along with the details of the presenters like, name, mobile, e mail id, institute and registration details.
8. Original research work will be considered for oral presentations. The abstract shall be in the following format: Title, Background/Introduction, Methodology, Results & Conclusions.
9. Abstracts previously presented or published in any format either in any state/zonal/national/international CME/Conferences / journals are not permitted.
10. The scientific committee will review the abstract and acceptance will be communicated 5 days prior to the CME.
11. The right of selection of abstract lies with the scientific committee and it has right to reject without providing any intimations/reasons.
12. The accepted papers need to be sent by mail in PPT format (maximum 10 slides) 2 days before the CME, save the file in ppt format with title, your name, PGCME 2025 without any special characteristics with a size of less than 5mb.
13. The student need to carry the same in a pen drive also on the day of presentation.
14. The PPT must be with light background with dark and readable fonts (more than 20 size either with Ariel, Calibri or Times New Roman) with minimum animations.
15. Avoid animated images, videos or hyperlinks in the slides.
16. Use good quality images with more than 200 dpi resolutions.
17. Tables need to be created rather than pasting them as images.
18. Time allotted for oral presentation is 6 minutes and 2 minutes for discussions.
19. All presentations will get participation certificates and the best 3 papers will be honored with certificates and prize.
20. For more details kindly contact **Dr Shankar : 6361471364**

# E-Poster Presentation

## Rules

1. Prior Registration is mandatory for e-poster presentations.
2. Membership to the IPS & any state or zonal branches is mandatory.
3. Those pursuing post graduation in Karnataka, IPS, IPSSZB and IPSKC membership is mandatory.
4. Those who have applied and not yet received confirmation have to produce valid document of applied for memberships of above societies.
5. **If not a member, we will help in applying for memberships to the societies, for which contact the below mentioned before 31/01/2025: Dr Somshekhar Bijjal: 9448333173**
6. Along with the e-poster, the student has to enclose the pdf copy of bonafied certificate from the department/institute head.
7. Abstract of the e-poster (200 words) has to be submitted before 9 pm of 10/02/2025 to the [ipskcpgcme2025@gmail.com](mailto:ipskcpgcme2025@gmail.com) along with the details of the presenters like, name, mobile, e mail id, institute and registration details.
8. Only case reports & case series will be considered for E-posters. The abstract shall be in the following format: Title, Background/Introduction, Methodology, Results & Conclusions.
9. Abstracts previously presented or published in any format either in any state/zonal/national/international CME/Conferences / journals are not permitted.
10. The scientific committee will review the abstract and acceptance will be communicated 5 days prior to the CME.
11. The right of selection of e-poster abstract lies with the scientific committee and it has right to reject without providing any intimations/reasons.
12. The accepted e-posters need to be created one page image (jpg/png) and one slide ppt.
13. The PPT/image must be with readable font and contrast background (more than 12 size either with Ariel, Calibri or Times New Roman).
14. Orientation has to be land scape layout with size of 16\*9 for your slide in power point.
15. Avoid animated images, videos or hyperlinks in the slides.
16. Use good quality images with more than 200 dpi resolutions.
17. Tables /graphs need to be created rather than pasting them as images.
18. Use the e-poster template which has been provided in the IPSKC website <https://ipskc.com/>
19. The e-poster need to be sent by mail in PPT format (single slides) and jpg image file 2 days before the CME, save the file with title, your name, PGCME 2025 without any special characteristics with a size of less than 5mb.
20. The student need to carry the same in a pen drive also on the day of presentation.
21. Time allotted for e-poster presentation is 4 minutes and 2 minutes for discussions.
22. All presentations will get participation certificates and the best 3 posters will be honored with certificates and prize.
23. For more details kindly contact **Dr Shankar K : 6361471364**



# Sahyadri Silver Jubilee KANCIPS Psychiatry PG Quiz Programme -2025

## Rules

1. Prior Registration is mandatory to participate in the quiz programme.
2. PG quiz programme is open only for students pursuing their PG in Karnataka.
3. Membership to IPS, IPSSZB and IPSKC societies is mandatory.
4. Those who have applied and not yet received confirmation have to produce valid document of applied for memberships of above societies.
- 5. If not a member, we will help in applying for memberships to the societies, for which contact the below mentioned before 31/01/2025: Dr Somshekhar Bijjal: 9448333173**
6. Each team consists of 2 members and both the members must be from same institute.
7. Any number of teams can participate from one institute.
8. Those wish to participate in the quiz programme has to register with the registration desk before 11 am on 21/02/2025 (Name of the team members, institute, year of PG, mobile and email id).
9. The quiz has 2 rounds : Preliminary and final one.
10. Preliminary round will be in written MCQ format and will be held on day 1 between 4.30 pm to 5.50 pm (Venue will be the same hall of CME).
11. Each question will appear for a duration of 1.5 minutes with multiple choice answers after which it will disappear and the next question will appear on the screen.
12. Each question carries 4 marks, with maximum of 50 questions (75 minutes with 5 minutes grace period).
13. The students should mark the correct answers in the answers sheets provided to them.
14. There will be 1 negative marking for wrong answers.
15. If any foul play like using mobile, copying, discussion is observed the team will be disqualified.
16. Top 6 teams who will qualify in preliminary round will go to final round, in case of tie, those who have made less negatives and if again tie occurs those in higher years of PG will be selected.
17. The final round will have 6 rounds including rapid fire. Rules and other details will be intimated earlier.
18. All 6 teams will receive the participation certificates and 3 winning teams will be awarded with Rs 5 K, Rs 3 K and Rs 2 K as prize money.
19. The decisions of the quiz master is final.
20. For more details feel free to contact the organizing team.

## Registration Details

- a) Registration fee includes 18 % of GST.
- b) Registration fee covers delegate folder, access and participation to academic sessions and hospitality (Breakfast and working lunch only).
- c) There is no cancellation policy.
- d) All registered out station PG delegates will be provided with free basic accommodation (On prior intimation, in view of limited accommodations).
- e) Travel expenses incurred from the place of PG pursuing educational institute to Bengaluru either non AC sleeper bus or 2nd Class Non AC train fares will be reimbursed subject to the production of valid ticket and compulsory participation in all the academic sessions of the CME (Only to registered delegates of Karnataka), at the end of each session e-attendance will be taken.
- f) Registration fee will not be reimbursed.
- g) Registration charges can be paid through UPI/NEFT/RTGS to the below mentioned bank details:  
Name of the Account: Indian Psychiatric Society Karnataka Chapter  
Account Number: 54016692946  
Bank Name: State Bank of India, Nandini Layout Branch, Benagluru, IFSC Code: SBIN0011288
- h) Registration has to be done through the google form: with uploading of the screen shot of payment details.
- i) For more details feel free to contact: Dr Guruprasad C: 8660720883  
/ 9060787166

Category	Early up to 31/01/2025	Late Up to 10/02/2024	Spot After 11/02/2024
PG with IPSKC Membership	1000.00	1500.00	2000.00
PG With only IPS South Zonal Membership	1500.00	1750.00	2000.00
PG With IPS other Zonal Membership	1500.00	1750.00	2000.00
PG With only IPS Membership	1750.00	2000.00	2500.00
PG without IPS membership	2000.00	3000.00	4000.00

## Registration Link

[https://docs.google.com/forms/d/1ecmx9V3-AAn2fsMfqGhgZIRrgZWrFVCloC23Gotd5Cw/edit?pli=1&pli=1&pli=1&pli=1&edit\\_requested=true](https://docs.google.com/forms/d/1ecmx9V3-AAn2fsMfqGhgZIRrgZWrFVCloC23Gotd5Cw/edit?pli=1&pli=1&pli=1&pli=1&edit_requested=true)

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# BMCRI



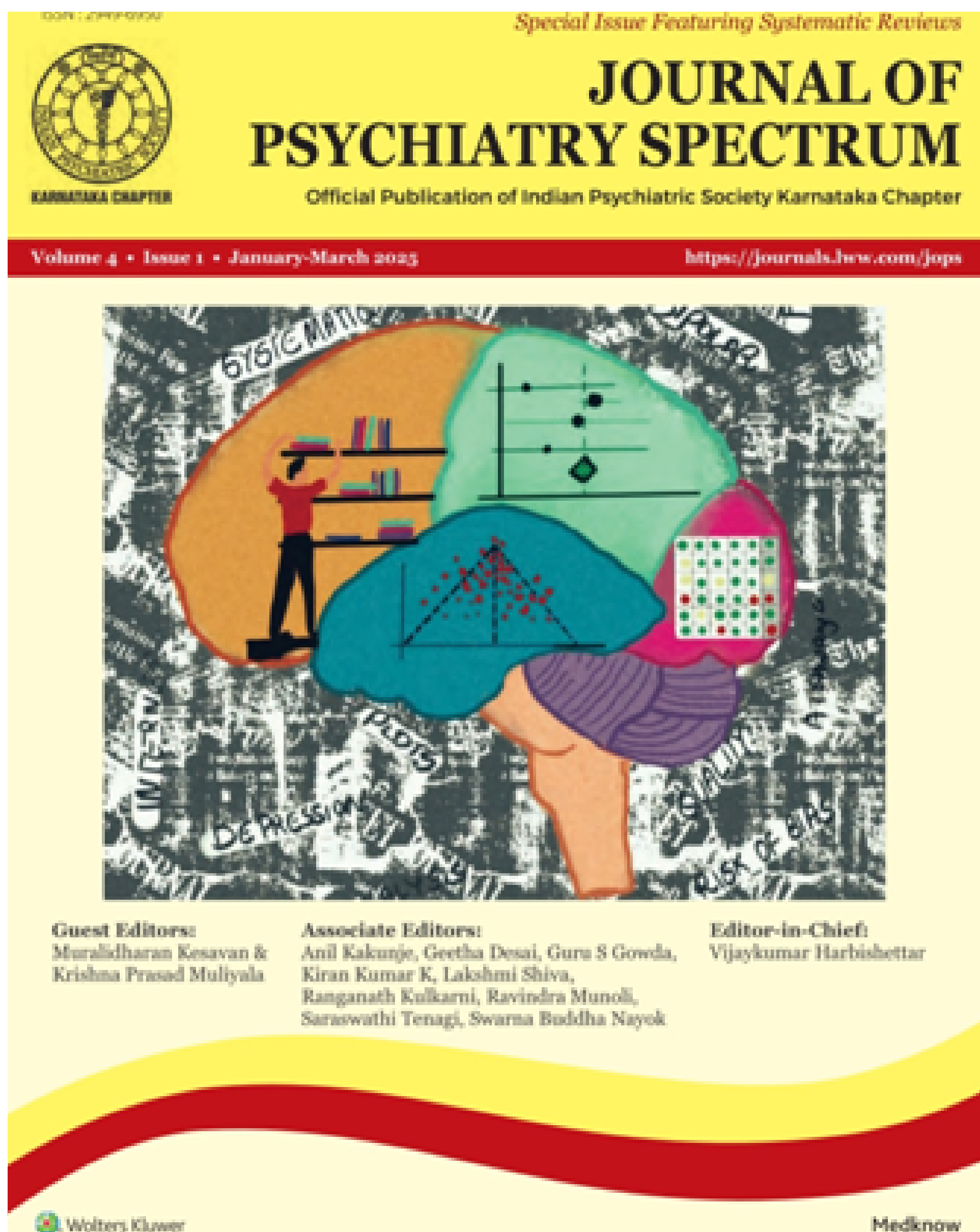
# Journal of Psychiatry Spectrum

An official publication of IPS-KC

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## Abstracts Invited



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IPS-KC



**KARNATAKA CHAPTER**

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