



**SILVER
JUBILEE**
Conference of Psychiatry
THE ROYAL PALACE, SUKKUR | 10th - 12th November 2023



Changing the Dynamics of Mental Health in Rural Areas: Challenges and Opportunities



The Pakistan Psychiatric Society is organizing the Silver Jubilee Conference of Psychiatry from 10th to 12th November and extend a gracious invitation to your esteemed self.

Participate in this auspicious occasion to gain valuable perspectives from distinguished speakers and contribute towards the development of mental healthcare. We anticipate your attendance to this significant event eagerly.

Inauguration Ceremony:

10th November 2023, 6.30 pm to 8.30 pm.
Guest of Honour: Dr. Nafisa Shah (Former MNA)
Guest of Honour: Prof. Gulshan Ali Memon
(Vice Chancellor PUMHSW-SBA)

Closing Ceremony:

12th November 2023, 12:30pm to 1:30pm.
Guest of Honour: Syed Khursheed Ahmed Shah.

Inaugural Dinner:

10th November 2023, 8:30pm to 11:30pm
(Sajjad Restaurant Sukkur)

Gala Dinner:

11th November 2023, 8:30pm to 11pm
(Royal Palace Sukkur)

With heartfelt regards,
Dr. Haresh Kumar Makhija
Chairman of the Organizing Committee.





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10-Nov-2023 Friday Hall A

Sr.	Time	Speaker	Topic	Duration	Moderator	Chairperson	
1	09:00 am to 10:00 am	Dr Masood Jawaid	Research Reinvented - The Power of Artificial Intelligence	60 Mins	Dr. Mahnoor Irshad		
2	10:00 am to 10:15 am	Dr Syed Azhar Ali Kazmi	COMPARISON OF SEXUAL FUNCTION IN PREGNANT WOMEN IN DIFFERENT TRIMESTERS.	15 Mins	Dr. Gordhan Das		
3	10:15 am to 10:30 am	Prof. Ayesha Rashid	Psychiatry and Sexuality interference.	15 Mins			
	10:30 am to 11:00 am	Prof. Usman Hotiana	Biologys hidden codes : The unique language of disorders	30 Mins			
4	11:00 am to 11:25 am	Break (25 Mins)					
5	11:25 am To 11:50 am	Dr. Kartal Lal	Understanding ADHD	25 Mins	Dr. Rashpal Das Lund		
6	11:50 am to 12:05 pm	Dr. Sahar Rameez	Engaging Students in Health Research Activities leading to community service project: A promising Approach for enhanced civic engagement and social impact.	15 Mins			
7	12:05 pm to 12:15 pm	Dr Mahnoor Irshad	MONITORING OF PHYSICAL HEALTH PARAMETERS FOR INPATIENTS RECEIVING ANTIPSYCHOTIC THERAPY: A CLINICAL AUDIT	10 Mins			
8	12:15 pm to 12:25 pm	Aqsa Kalhoro	The Relationship between Social Support, Gender difference and Loneliness among University Students in Sindh Province.	10 Mins	Bilal Ahmed KMC, Sumayya KMC		
9	12:25 pm to 12:35 pm	Sehrish Irshad	Feasibility, Acceptability, and Preliminary Outcomes of a Culturally Adapted School-Based Suicide Prevention Program for Pakistani Adolescents	10 Mins			
10	12:35 pm to 12:45 pm	Sehrish Tofique	Emerging evidence for self-harm and suicide prevention in young people: A Multicenter Randomised controlled trial from Pakistan	10 Mins			
11	12:45 pm to 12:55 pm	Saleem Abbas	STIGMATIZATION, DEPRESSION, ANXIETY, STRESS AND LONELINESS AMONG PATIENTS WITH SUBSTANCE USE DISORDER	10 Mins			
12	12:55 pm to 01:05 pm	Samia Nasir	Parenting styles influence social, emotional and cognitive development of adolescents and young adult individuals in Pakistan.	10 Mins			
13	01:05 pm to 01:15 pm	Dr. Tuba Khan, Dr. Muhammad Khalid	Exploring Drug Addiction Screening Prevalence and Associated Factors among Security Guards in a Tertiary Care Hospital: A Cross-Sectional Study	10 Mins			

14	01:15 pm to 02:30 pm	Lunch (75 Mins)				
	02:30 pm to 02:50 pm	Prof. Unaiza Niaz	Women Mental Health Dilemma's in Digital age; Challenges and Opportunities	20 Mins	Dr. Bharat Kumar	
15	02:50 pm to 03:20 pm	Muhammad Iqbal Afridi	ORAL NANO-KETAMINE FORMULATIONS FOR EFFECTIVE TREATMENT OF DEPRESSION	30 Mins		
16	03:20 pm to 04:00 pm	Farhana Tabassum Siddique	Empowering Healthcare Professionals for Rural Mental Health Care in the Context of Diabetes and Non-Communicable Diseases (NCDs)"	40 Mins	Mehmona KMC	



10-Nov-2023 Friday Hall B

Sr.	Time	Speaker	Topic	Duration	Moderator	Chairperson	
1	09:00 am to 09:50 am	Muhammad Ahmad	Implications of Smartphone Addiction on Mental Health and Academic Performance of Medical Students	10 Mins each	Dr. Eshwar Lal (Larkana)		
2		Mohsin Hassan Alvi	Making a balance, Happiness Vs High Achievement's?				
3		Zaib-un-Nisa	Integrated Psychological Intervention for depressed and or anxious breast cancer survivors in Pakistan: A Randomized Controlled Trial				
5		Dr. Danish Anwar	ENHANCING PATIENT SAFETY: A CLINICAL AUDIT ON RISK ASSESSMENT IN PSYCHIATRIC CARE				
6		Manahil Rehan	to evaluate strategies of psychosocial support that have a supportive impact on the management of depression in women experiencing postpartum in resource-constrained settings.				
7		09:50 am to 10:30 am	Dr. Khadija Masood			Assessment of Spirituality needs of patients in clinical setting	40 Mins
8	10:30 am to 11:00 am	Paper Competition	Shark Tank Psychiatry, Transforming Research in Psychiatry	30 Mins	PharmEvo		
9	11:00 am to 11:25 am	Break (25 Mins)					
10	11:25 am To 11:45 am	Amna Asad, Saima Akhtar	Screening of Informal Caregivers of Patients with Schizophrenia for Common Mental Disorders according to ICD.	20 Mins	Dr Syeda Tehreem Fatima		
11	11:45 am to 12:00 pm	Kheenpal Das	Post-traumatic growth among frontline doctors fighting against COVID-19 at a tertiary care public hospital in Karachi, Pakistan	15 Mins			
12	12:00 pm to 12:20 pm	Farhana Tabassum Siddique	Empowering Community Health Nurses (CHNs) to Revolutionize Rural Mental Health Care related to DM & Non-Communicable Diseases (NCDs) in Primary Healthcare Settings"	20 Mins			
13	12:20 pm to 12:35 pm	Dr. Fahad UL Zain	Post Retirement Syndrome	15 Mins	Dr. Rahmat Ali Wagan		
14	12:35 pm to 12:55 pm	Saima Akhtar, Amna Asad, Muhammad Iqbal Afridi, Samnia Bano	BIOCHEMICAL MARKERS BEFORE AND AFTER TREATMENT OF DEPRESSIVE DISORDER AMONG ADULTS	20 Mins		Badaruddin Junejo	

	12:55 pm to 01:15 pm	Prof. Muhammad Iqbal Afridi	Robust Ideas for Research & Publication	20 Mins	Dr. Rahmat Ali Wagan		
15	01:15 pm to 02:30 pm	Lunch (75 Mins)					
16	02:30 pm To 03:00 pm	Shakeel ahmed khan	From Silent Hills to Speaking Valleys: Crossroads in Addressing Communication Disorders in Rural Pakistan	30 Mins	Dr. Fayyaz Somroo		
17	03:00 pm to 3:30 pm	Noorulain Aqeel MD	Anxiety Disorders "Unveiling the Invisible."	30 Mins			
18	03:30 pm to 03:45 pm	MS. FOUZIA NAZ	HAVING A CHILD WITH DISORDER OF SEX DEVELOPMENT: PARENT'S PERSPECTIVE	15 Mins			



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11-Nov-2023 Saturday Hall A

Sr.	Time	Speaker	Topic	Duration	Moderator	Chairperson	
1	09:00 am to 09:45 am	Dr. Aneel Keswani / Mr. Shoaib ahmed	Team Building and Cohesion	45 Mins	Anoop Kumar		
2	09:45 am to 10:30 am	Dr. Muhammad Azeem Rao / Prof. Usman Amin Hotiana	Making a balance, Happiness Vs High Achievement's?	45 Mins	Maheen Altaf		
3	10:30 am to 11:00 am	Prof. Naeem Ullah Laghari	Grief, suffering and Moonj in Indus valley Civilization	30 mins	Dr. Ghulam Rasool Rind		
4	11:00 am to 11:20 am	Break (20 Mins)					
5	11:20 am To 12:20 pm	Dr. Shahab Muhammad Khan Prof. Mowadat Hussain rana Prof. Raza ur rehman Prof. Nasar Sayed Khan Dr. Muhammad Zeshan Prof. Muhammad Iqbal Afirdi	Joker The Making of a Mismatch Unlocking the Enigma of a Journey from Play Ground to Prison	60 Mins	Dr. Aneel Keswani		
6	12:20 pm to 12:45 pm	Prof. Raza ur rehman	Dynamics of Mental Health in Rural Areas of Pakistan as Reflected in Preliminary Data of National Psychiatric Morbidity Survey.	25 Mins	Dr. Amjad Baloch		
7	12:45 pm to 01:10 pm	Prof. Shehla Alvi	Why Love Matters ?	25 Mins			
8	01:10 pm to 01:30 pm	Prof. Asad Tameezuddin	Mental health care facilities in a developing country: opportunities & challenges	20 Mins			
9	01:30 pm to 02:15 pm	Lunch (45 Mins)					
10	02:15 pm to 02:35 pm	Lt Col Inam Ul Haque Masood (Retd)	Evaluating the Effectiveness of Integrated Care/ Interventions for Children and Adults with Psychiatric & Brain Disorders in Outreach Financially Deprived district in South Punjab-Pakistan.	20 Mins	Dr. Ali Arsalan Memon		
12	02:35 pm to 03:00 pm	Prof. Muhammad Nasar Sayeed Khan	Music and Mood Regulation	25 Mins			
13	03:00 pm To 03:40 pm	Dr. Muhammad Iqbal Afridi Prof. Mowadat Hussain Rana Prof. Saeed Farooq Prof. Muhammad Irfan Dr. Mukhtar Azeemi	Research, Publication and Journal of Pakistan Psychiatric Society.	40 Mins	Dr. Aneel Wadhvani		
14	03:45 pm to 4:15 pm	Mowadat Hussain Rana, Tariq Mehmood Hassan , Ali Burhan Mustafa, Ali Madeeh Hashmi, Urooj Zafar	The Progressive Evolution of Forensic Psychiatry in Pakistan: Historical Milestones, Pioneering Leaders, and the Quest for Modern Integration	30 Mins			



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11-Nov-2023 Saturday Hall B

Sr.	Time	Speaker	Topic	Duration	Moderator	Chairperson	
1	09:00 am to 09:40 am	Dr. Imran Khan	Effective Communication by Active Listening	40 mins	Dr. Daulat Ram		
2	09:40 am to 10:20 am	Prof. Dr. Bashir Ahmad	Life is a journey, not a race: The Time Matrix	40 mins	Dr. Zoobia Ramzan		
3	10:20 am to 11:00 am	Prof. Saeed Farooque Dr. Mukhtar Azeemi Dr. M Firaz	Workshop: Guidelines to manage young onset First episode Psychosis	40 mins	Dr. Rashpal Das		
4	11:00 am to 11:20 am	Break (20 Mins)					
5	11:20 Am To 11:35	Dr Usama Bin Zubair	Dialectal Behavioural Therapy: is it answer to difficult questions posted on mental health professional by Gen Z?	15 Mins	Dr. Aatir Rajput / Dr. Bhaktawar		
6	11:35 am to 11:50 am	Prof. Naim siddiqi	Mental health is a universal human right: A recipe for further mystification?	15 Mins			
7	11:50 am to 12:05 pm	Prof. Imtiaz Dogar	Novel antipsychotic / Psychiatric Comorbidity in medically ill patients / The case of research in Pakistan	15 Mins			
8	12:05 pm to 12:25 pm	Professor Dr Saeed Farooq	Establishing Early intervention services in psychosis in low- and Lower-middle-income countries: The evidence and implementation	20 Mins			
9	12:25 pm to 12:45 pm	Rakesh Kumar (2 Topics)	How psychiatry evolved! Flashback video, Medical Students' Attitudes towards Profession of Psychiatry	20 Mins			
10	12:45 pm to 01:00 pm	GETZ	Launch of Patient registry follow up App	15 Mins			
11	01:00 pm to 01:15 pm	Mehwish Tariq	Removing the Barriers through Collaborative Platform for Humanity.	15 Mins			
12	01:15 pm to 01:30 pm	Dr. Almas Qazi	Mental Health and Surgical Implication in relation to Psychiatric Disorders.	15 Mins			
13	01:30 pm to 02:15 pm	Lunch (45 Mins)					
14	02:15 pm to 03:00 pm	Prof. Wajid Ali Akhonzada	Workshop of ethical use of AI in Psychiatric Research.	45 Mins	Dr. Talal Somroo		
15	03:00 pm to 03:20 pm	Dr. Abdul Aziz Memon	Centennial Centre for Mental Health & Brain Injury, Ponoka, Canada	20 Mins	Dr. Fahad ul Zain		
16	03:20 pm To 03:35 pm	Dr. Atif Saeed Anjum	Issues of Rural Sindh Clients Visiting Mental Health Urban Setups	15 Mins			

17	03:35 pm to 4:15 pm	Dr Zoobia Ramzan / Dr Wajeha Zainab	The Art of Emotional Intelligence: Transforming Conflicts into Connections	40 Mins	Dr. Ghulam Rasool Rind	
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12-Nov-2023 Sunday Hall A

Sr.	Time	Speaker	Topic	Duration	Moderator	Chairperson	
1	09:00 am to 10:00 am	Prof. Asad Tamiz uddin (Dean CPSP)	Session with Dean understanding CPSP Exam-	60 Mins	Dr. Ali Mufti		
2	10:00 am to 10:15 am	Dr. Bashir Ahmed Soomro	Epilepsy and it's stigma	15 Mins	Dr. Aatir Rajput / Dr. Bhaktawar		
3	10:15 am to 10:30 am	Dr. Chooni lal	Adherence : Patients and Psychiatrists perspective.	15 Mins			
4	10:30 am to 11:00 am	Dr. Muhammad Irfan	Culture, Community and Coping: Understanding Rural Mental Health	30 Mins			
5	11:00 am to 11:20 am	Break (20 Mins)					
6	11:20 am To 12:20 pm	Dr. Muhammad Zeshan	"Raising Future Leaders: Equipping Your Child with Problem-Solving Skills, Modern Parenting, Screen Addiction, Drug use: What Parents Can Do	60 Mins	Dr. Ravi Kumar		
7	12:20 pm to 01:30 pm	Closing Ceremony	Mental health is a universal human right: A recipe for further mystification?	70 Mins			
8	01:30 pm to 02:30 pm	Lunch					



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12-Nov-2023 Sunday Hall B

Sr.	Time	Speaker	Topic	Duration	Moderator	Chairperson
1	09:00 am to 09:20 am	DR. SALMA KHALIL	APER: THE RISING INCIDENCE OF AUTISM AND RELATED NEURODEVELOPMENTAL DISORDERS IN PAKISTAN	20 Mins	Dr. Dost Muhammad Bozdar	
2	09:20 am to 09:45 am	Dr.Zaib un nisa	CHALLENGES OF MENTAL HEALTH IN RURAL AREAS:AN EVIDENCE BASED PERSPECTIVE OF PAKISTAN	25 Mins		
3	09:45 am to 10:35 am	Prof Dr Mowadat hussain rana Prof Dr Nadeem Ahmed Bajwa	From loneliness to solitude	50 Mins	Dr. Ramesh Kumar	
4	10:35 am to 11:00 am			25 Mins		
5	11:00 am to 11:20 am	Break (20 Mins)				
6	11:20 am to 12:20 pm	Prof. Nasar Sayed Khan Noorulain Aqeel Dr. Kartar Lal Irshad Ahmed Prof. Imtiaz Dogar Prof. Raza ur Rehman Dr Ajmal Mughal Brig. Shoaib Ahmed Rtd. Dr. Abdul Aziz memon	"Psychiatric disparities between Pakistan and other countries."	60 Mins	Dr. Rizwan Mushtaq	
7	12:20 pm to 01:30 pm	Closing Ceremony in Hall A				
8	01:30 pm to 02:30 pm	Lunch				