

IPS NATIONAL CONFERENCE ON “COMBAT DEPRESSION” FOR PROFESSIONALS & PUBLIC:

(Organised by departments of Pharmacology and Psychiatry, JSS Medical College, JSSAHER, Mysuru)



The conference on “Combat Depression” was organized by our reputed management at **Sri Rajendra Auditorium** on **22/10/2018 & 23/10/2018**, on the blessings of his holiness Shri Shivaratri Desikendra Mahaswamigalu. A group of 27 students from II, III & IV BNYS led by two faculty members Dr. Selvakumar, BNYS, MD (Naturopathy) & Dr. Amirthavarshini, BNYS reached Mysore on 21st evening. On 22/10/2018 by 8:30 am, the conference started with the registration and a good breakfast as well, the events of DAY 1 are as follows:

Organizing President – Dr Naveen G Halappa

9:30 am to 10:20 am	What is depression? How common is it? Can we prevent depression? Can we reduce suicide?	Dr. Nishanth Goyal, CIP, Ranchi
10:20 am to 11:20 am	INAGURATION Chief guest: Sri Prakash Belawadi- actor, filmmaker, journalist Combat depression- the magic of team work- public & professionals- Dr. Ajith Bhide, IPS president	
11:30 am to 12:10 pm	How do people present in depression? Bio-psycho-social understanding	Dr Nilesh shah, Dr Lakshmi V pandit
12:10 pm to 12:30 pm	Knowing the mimics!! Depression- differential diagnosis- Age & Gender differences	Dr Naresh, AIIMS
12:30 to 1:10 pm	What to look for? Investigations in depression- Basic & advanced	Dr Vikasmenon, JIPMER
2:00 pm to 2:30 pm	Depression particularly in hypertension and diabetes	Dr H Basavanagowdappa, JAASHER

2:30 pm to 3:00 pm	Pharmacological management- depression	Dr Anusha SRMC, Chennai
3:00 pm to 3:30 pm	Yoga in depression- benefits and limitations	Dr Aparna, JSS ayurveda medical college
3:30 pm to 4:00 pm	Psychological therapies in depression	Dr Poulнами, NIMHANS
4:00 pm to 4:45	Panel discussion on modules for training	

Apart from the presentations on allopathic approach to depression, an emphasis was made on the importance of Yoga on Depression and its limitations



DAY 2 (23/10/2018) was scheduled for Panel Discussion on Challenges in Pharmacology & Therapeutic Management of Depression, Quiz Competition, Oral And Paper Presentations, And Workshops & Short Film Competitions. In the parallel workshops for various professionals, of which one session was on “Methods to teach Psychology for students- ensuring understanding and skill developing”. The day ended with a valedictory program and we started our return journey by the same day by 6:00 pm

and we reached JSSINYS by 1:00 am. Thanks to our beloved Principal Dr. Naveen Halappa, JSS Management for the accommodation and travel arrangements and the whole fraternity of JSS Mahavidyapeetha for this wonderful opportunity.