



Virtual symposium on

Behavioural Medicine: Understanding relationships between health and illness
20th and 21st January 2023

**Organized by the Behavioural Medicine Unit, Department of Clinical
Psychology, National Institute of Mental Health and Neurosciences
(An Institute of National Importance)
Bangalore**

About the Symposium

The Behavioural Medicine Unit, Department of Clinical Psychology is pleased to announce a two-day virtual symposium on Behavioural Medicine: Understanding relationships between health and illness, on 20th and 21st January 2023.

The Behavioural Medicine Unit is a clinical unit committed to providing clinical services to patients with psychiatric and medical disorders. The unit is known for its training and research activities in the areas of cognitive behaviour therapies and third-wave therapies and their applications to health.

Behavioural Medicine is an interdisciplinary field involving applications of psychological principles to the understanding and management of health and health behaviours, disease, and their management.

With the increasing rates in the prevalence of lifestyle disorders, clinicians are facing newer challenges in the management of patients with lifestyle disorders and in sustaining change in health behaviours. COVID-19 has reemphasized the need for an interface between health and illness, the importance of lifestyle patterns as protective factors for health and challenges to the regulation of health behaviours. Keeping recent trends in mind, this two-day virtual symposium will bring together topics that are of increasing relevance in the current times. The symposium will include scientific deliberations by experts on obesity, sleep, immune functions and stress, pain and its management, psychodermatology and recent trends in the area of sports medicine.

Overview of topics

- Obesity and eating disorders
- Psychoneuroimmunology: Stress and health interface
- Sleep: An overview of sleep disorders and their clinical management
- Chronic Pain: current perspectives in clinical management
- Sports medicine and Sports Psychology
- Psychodermatology- Stress and the skin

When and where: 20th and 21st January 2023 in a virtual mode

Who can attend the symposium?

- Clinicians from the fields of mental health, medicine, nutrition, nursing and other health care professionals.
- Postgraduate students in mental health, medicine, nutrition, nursing and other allied health care specialties
- Individuals associated with NGOs/private organizations in the field of health care.

Registration

To register for this symposium, complete the registration form using the link given below. You may **copy and paste the link into your browser.**

<https://forms.gle/FYcfVbMfmWx2gR1h9>

Registration Fees

Professionals	Rs.2000/-
Students	Rs.1500

Mode of payment:

The registration fee must be paid using the Online- SBI collect. All payments should be made online using the following link (see details below).

Copy and paste the link given to the browser, in drop-down options select “**Seminar registration fees**” and in the remarks/note section mention “**Behavioural Medicine Symposium**”

<https://www.onlinesbi.com/sbicollect/icollecthome.htm?corpID=215458>

SB Collect through NIMHANS Website <https://nimhans.ac.in/>

Click on **PAYMENTS** link in home page,

E.g.

- Select State ‘**Karnataka**’,
- Type of Institution “**Educational**”,
- search and select the Institution “**THE DIRECTOR, NIMHANS**”,
- Select Category “**Seminar Registration Fee**”
- Fill Registration **FORM**
- Make **Payment**
- Print **Acknowledgement**

Please complete the registration form using the google form link given and include details of your payment along with qualifications and reasons for attending this symposium.

Last date for registration: 15th January 2023

Kindly mail details of your registration to:

symposiumbehaviouralmedicine@gmail.com

Symposium coordinator:

Dr. Paulomi M. Sudhir, Professor, Department of Clinical Psychology, NIMHANS, Hosur Road, Bangalore-560029.

Contact details:

91-80-26995184/5177;91-94480-83521;

Email: symposiumbehaviouralmedicine@gmail.com

Co-Coordiators:

Dr. Manjula M., Professor, Department of Clinical Psychology, NIMHANS

Dr. Ajay Kumar, Associate Professor, Department of Clinical Psychology, NIMHANS.

How to make Payment through SB Collect.

1. The payers can go to **NIMHANS website**, www.nimhans.ac.in, click **Payments** Tab to reach 'SB Collect' or
2. Click or copy paste to browser the link below for directly connecting to NIMHANS-SB collect.
<https://www.onlinesbi.com/sbicollect/icollecthome.htm?corpID=215458>
3. One can also Select SB Collect from the Online banking page of SBI, www.onlinesbi.com, Select State 'Karnataka', Type of Institution "Educational", search and select the Institution "**THE DIRECTOR, NIMHANS**"
4. Reads Disclaimer Clause and clicks on check box to proceed for payment.
5. Select Payment Category from the drop down menu, Click the Submit button.
6. The State Bank Collect Payment page of the Corporate/Institution will appear. Payer inputs the **data**, Click the Submit button.
7. The State Bank Collect payment verification page will appear where the payer has to click on the 'Confirm' button after verifying the payment details to proceed further.
8. The SBMOPS (State Bank Multiple Option Payment System) page is displayed with following options for payments.
 - a. Net Banking State Bank of India. Other Banks including Associate Banks.
 - b. Card Payments State Bank ATM-cum- Debit Card Other Banks Debit Cards. Credit Cards
 - c. Other Payment Modes - SBI Branch.
9. Choose the desired option and makes the payment.
10. **Print/Save the receipt online for your reference.** (Submit to the respective sections, as required)

Subsequent Generation of payment receipt in SB Collect Page:

Login to OnlineSBI, Select SB Collect' link on the home page, Accept the 'terms and conditions' by clicking on the box. Click on 'proceed' button. Select Payment History on the left side. Two options i.e. date range for previous payments (if you do not remember reference number) or remembered reference number. Enter the date of birth and mobile no. in boxes provided will appear. Enter the 'Start Date and End Date', Enter the text as shown in the message. Click on 'Go' button.

The Payment status 'Paid' will be displayed. Click on 'PRINT'
Payment receipt will be displayed - Click on 'PRINT'

Note.

- Mandatory fields are marked with an asterisk (*)
- The payment structure document if available will contain detailed instructions about the online payment process.
- Date specified (if any) should be in the format of 'ddmmyyyy'. Eg., 02082008
- For Amount fields, only numbers are allowed (fill not applicable fields with 0 (zero) and for free text fields (mandatory), following special characters are allowed: **./@-_&**