

Programme schedule for the virtual symposium on Behavioural Medicine: Understanding relations between health and illness

January 20th and 21st 2023

Behavioural Medicine Unit, Department of Clinical Psychology, NIMHANS (an Institute of National Importance), Bangalore

Day 1: Friday 20th January 2023			
Inaugural program 9.15-10.00am			
20th January 2023	Session	Speakers	Chairperson
10.am-11.00am		Dr. Giridhar Babu, Professor, Head-Lifecourse Epidemiology, PHFI	Dr. Seema Mehrotra, Professor and Head, Department of Clinical Psychology, NIMHANS, Bangalore
Health behaviours and self-regulation	Overview of health behaviours and challenges to behavioural self-regulation	Dr. Paulomi Sudhir , Professor, Department of Clinical Psychology, NIMHANS, Bangalore	
Tea Break (15 minutes)			

<p>11.15-12.45 Obesity and eating disorders: Clinical Challenges and management</p>	<p>Obesity and metabolic syndromes: a growing challenge</p> <p>Eating disorders in the Indian context: Nutrition and beyond</p> <p>Psychological management of eating disorders: Clinical challenges</p>	<p>Dr. Chitra Selvan, Associate Professor Department of Endocrinology, MS Ramaiah Medical College, Bangalore</p> <p>Dr. Manohari S. Professor and Head, Department of Psychiatry, St. John's Medical College, Bangalore</p> <p>Dr. Vijaya Raman, Professor of Clinical Psychology, Department of Psychiatry, St. John's Medical College, Bangalore</p>	<p>Dr. Prabha S. Chandra, Professor of Psychiatry and Dean Behavioural Sciences, NIMHANS</p>
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12.45-1.30Lunch (45 minutes)

<p>1.30pm -3.00pm</p> <p>Psychoneuroimmunology: Stress and the Immune system</p>	Stress and the immune system	Dr. Vineeta Shoba, Professor & Head, Department of Clinical Immunology and Rheumatology St. John's Medical College, Bangalore	Dr. L N Suman, Professor Department of Clinical Psychology, NIMHANS
	Multiple sclerosis: Role of stress and life events in the course of MS	Dr. Netravathi, Professor Department of Neurology, NIMHANS	
	Stress and its impact on mental health	Dr. Manjula M., Professor Department of Clinical Psychology, NIMHANS	

Tea break 3.00-3.15

<p>3.15-5.00pm</p> <p>Sleep and management of sleep disorders</p>	Sleep disorders: Overview of course and management	Dr. Ravi Yadav, Professor Department of Neurology, NIMHANS	Dr. Mathew Varghese, Professor of Psychiatry (Retd), NIMHANS, Adjunct Professor, St. Johns Medical College
	Sleep and health	Dr. Bindu Kutty, Professor of Neurophysiology, Dean Basic Sciences, NIMHANS	
	Cognitive behavioural approaches in managing sleep disorders	Dr. Ajay Kumar, Assoc Professor Department of Clinical Psychology,	

Day 2: Saturday, 21st January 2023

<p>9.30am-11.00am</p> <p>Chronic Pain and Pain management</p>	<p>Headache: Clinical Manifestations and management</p> <p>Psychiatric aspects of pain: Clinical assessment and treatment planning</p> <p>Managing Chronic pain: Cognitive behavioural perspective and third wave approaches</p>	<p>Dr. Girish Baburao Kulkarni, Professor Department of Neurology, NIMHANS, Bangalore</p> <p>Dr. Geeta Desai, Professor of Psychiatry NIMHANS, Bangalore</p> <p>Dr. Mahendra P Sharma, Former Professor of Clinical Psychology, NIMHANS, Bangalore</p>	<p>Dr. S.K. Chaturvedi</p> <p>Former Professor of Psychiatry, and Former Dean, Behavioural Sciences, NIMHANS, Bangalore</p>
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11.00-11.15 (break)			
<p>11.15am-12.45pm</p> <p>Sports Psychology in Sport Medicine: Opportunities and challenges</p>	<p>Sports Medicine: Challenges of sports injury and rehabilitation</p> <p>Sports psychology a clinician's perspective</p> <p>Integrated Approach- the way forward for Applied Sport Psychology"</p>	<p>Dr. Madhu T, National Sports Medicine Center, Chennai</p> <p>Dr. Sebastian P, Assoc Professor and Head, Dept of Clinical Psychologist, MAHE, KMC, Manipal</p> <p>Dr. Chaitanya Sridhar, Sports Psychologist, Bangalore</p>	<p>Dr. Jamuna Rajeswaran, Professor Department of Clinical Psychology, NIMHANS, Bangalore</p>
12.45-1.30 (lunch)			
<p>2.00pm-3.30pm</p>	<p>Psyche and the Skin</p>	<p>Dr. Srinivas Murthy K, Dermatologist, Bangalore</p>	

<p>Psychodermatology: Psyche and the Skin</p>	<p>Psychiatric disorders and Skin: an interface</p> <p>Psychodermatology: Psychological Interventions</p>	<p>Dr. Jaisoorya T. Professor of Psychiatry, NIMHANS, Bangalore</p> <p>Dr. Nitin Anand Additional Professor Department of Clinical Psychology, NIMHANS, Bangalore</p>	<p>Dr. Vidya Sathyanarayanan</p> <p>Consultant Clinical Psychologist, former Professor of Clinical Psychology, St. John's Medical College Bangalore</p>
<p>3.30 pm -4.15 Closing remarks</p>			