

WORKSHOPS

Deep-dive sessions into specialised therapies, interventions and prevention strategies, led by distinguished experts in the field. Workshops run in parallel with the main-hall sessions.

**Please note that workshops will not be streamed online.*

WORKSHOP

3

09:00 AM – 12:30 PM

Life Skills Training in Adolescents**Dr. Srikala Bharat MD, DPM***Former Professor, NIMHANS***Dr. Sugnayani MD, PDF***Child Psychiatrist*

FACILITATOR

Dr. M. Prajwala MD · Assistant Professor, GHMC

ELIGIBILITY Psychologists, Psychiatrists, Paediatricians, Special Educators and trainees in these fields

WORKSHOP

4

09:00 AM – 12:30 PM

Gate Keepers Training for Suicide Prevention – Master Training (TOT)**Dr. Senthil Kumar Reddi MD***Professor, NIMHANS***Dr. M. Krishna Prasad MD, PDF***Professor, NIMHANS***Dr. Guru S. Gowda MD***Additional Professor, NIMHANS*

ELIGIBILITY Psychiatrists, Clinical Psychologists and trainees in these fields

**INAUGURATION** 12:30 – 01:00 PM**LUNCH** 01:00 – 02:00 PM

WORKSHOP

1

02:00 PM – 05:30 PM · PARALLEL TO AFTERNOON SESSION

Dialectical Behavioural Therapy**Dr. M. Manjula MPhil, PhD***Professor of Clinical Psychology, NIMHANS*

FACILITATOR

Ms. Diksha Dugar · PhD Scholar

ELIGIBILITY Psychiatrists, Clinical Psychologists and trainees in these fields

AFTERNOON SESSION

02:00 PM – 02:45 PM

ADHD in Adolescents — How different is it from Children and Adults: Evaluation & Management Strategies

Dr. Jai Ranjan Ram MD, MRCPsych, CCST
Apollo Gleneagles Hospital, Kolkata

02:45 PM – 03:30 PM

Gen Z: Relationships and Sexuality

Dr. T.S. Satyanarayana Rao MD, DPM
President, IPS

03:30 PM – 04:15 PM

Mentalisation-Based Therapy

Dr. Ashlesha Bagadia MRCPsych, FRANZCP
Director, The Parc, Australia

04:15 PM – 04:45 PM

Innovative Community Consultations to extend the reach of Child and Youth Psychiatrists – Experiences from an Australian service

Dr. Tejas Golhar MD, PDF, FRANZCP, Cert. Child & Adol. Psych
CAMHS, Australia

04:45 PM – 05:30 PM

Disruptive Behaviour in Adolescents – Evaluation & Management

Dr. Jagan K. Chilakamarri MD
Child Psychiatrist, Atlanta, USA

SCIENTIFIC PROGRAM

DAY 2

Saturday, 14 November 2026



Morning Session ♦ Workshops ♦ Adolescent Forensic Psychiatry Conclave

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WORKSHOP

2

10:30 AM – 01:00 PM

Eating Disorders in Adolescents – Risk Assessment and Management Strategies with focus on Anorexia Nervosa

Dr. Lakshmi Sravanthi MD, DM (CAP)
Assistant Professor, NIMHANS

ELIGIBILITY Psychiatrists and Psychiatry Postgraduates only

WORKSHOP

5

02:00 PM – 05:30 PM

Motivational Interviewing for Substance Use

Dr. Jayanth Mahadevan MD, DM (Addiction Psychiatry)
Associate Professor, NIMHANS

Dr. Venkata Lakshmi Narasimha MD, DM (Addiction Psychiatry)
Assistant Professor, NIMHANS

FACILITATORS

Dr. Vaibhav MD, DM (Addiction Psychiatry)

Dr. Shivam MD, DM (Addiction Psychiatry) · Senior Resident, NIMHANS

ELIGIBILITY Psychiatrists, Psychologists and trainees in these fields



DISCOVER VIZAG

Bojjannakonda

Rock-cut Buddhist caves and sculptures near Anakapalli, among the oldest in the region.

MORNING SESSION

09:00 AM – 10:00 AM

Childhood Trauma Surfacing in Adolescence

Dr. Lakshmi Sravanthi MD, DM (CAP)

Assistant Professor, NIMHANS

10:00 AM – 11:00 AM

Complexities in the Management of Autism in Adolescents – Treatment Considerations, Current Facilities of Rehabilitation

Dr. K. Raghavendra Kumar MD, DM, PDF

Consultant Child Psychiatrist, Bengaluru



TEA BREAK 11:00 – 11:30 AM

11:30 AM – 12:30 PM

Promoting Youth Mental Health: From Evidence to Practice

Dr. Vikram Patel MBBS, PhD

Head, Department of Global Health, Harvard Medical School, USA

12:30 PM – 01:30 PM

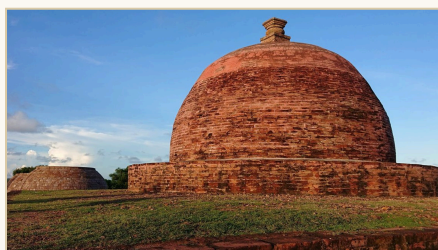
Gender Dysphoria in Adolescence – Evaluation and Management Strategies

Dr. Jyoti Shetty MD

Professor & HOD, Bharati Vidyapeeth Deemed University Medical College, Pune



LUNCH BREAK 01:30 – 02:30 PM



DISCOVER VIZAG

Thotlakonda

Ancient hilltop Buddhist monastery with stupas overlooking the Bay of Bengal.

ADOLESCENT FORENSIC PSYCHIATRY CONCLAVE



AFTERNOON SESSION

02:30 PM – 03:10 PM

Adolescence with Behavioural Issues and Conduct Behaviour – Current Legal Framework in India and Challenges

Dr. N. Prasanna Kumar MD, DM
Professor, Child Psychiatry, AMC, Vizag

03:10 PM – 03:50 PM

Adolescents in Conflict with Law — What we can take from other countries: an Australian perspective

Prof. Dr. John Kasinathan MBBS, M.Psych, FRANZCP
Cert. Forensic Psych, Sydney, Australia

03:50 PM – 04:30 PM

From UK Perspective: Adolescents in Conflict with Law

Dr. Seshagiri Nimmagadda MBBS, FRCPsych, MMedSc
Forensic Psychiatrist, UK

04:30 PM – 05:15 PM

From US Perspective: Adolescents in Conflict with Law

Dr. Smitha Bhandari MD
Forensic Psychiatrist, Atlanta, USA



SCIENTIFIC PROGRAM

DAY 3

Sunday, 15 November 2026



Suicidal Behaviour ♦ Psychosis ♦ Addiction Medicine

SUICIDAL BEHAVIOUR CONCLAVE

09:00 AM – 09:45 AM

Adolescent Depression and Suicide – How different from Adults in Evaluation and Management

Dr. Nishant Goyal MD, DPM

Professor of Psychiatry, VMMC & SJH, New Delhi

09:45 AM – 10:30 AM

Non-suicidal Behaviour – Evaluation and Management Algorithms

Dr. Henal Shah MD, DPM

Professor, BYL Nair Hospital, Mumbai

10:30 AM – 11:15 AM

Adolescent Suicide – Preventive Strategies in the Community

Dr. Lakshmi Vijay Kumar MBBS, DPM, PhD, FRCP, FRCPsych

Hon. Associate Professor, University of Melbourne, Australia



TEA BREAK 11:15 – 11:30 AM



DISCOVER VIZAG

Ross Hill

Hilltop shrines of three faiths – church, dargah and temple – above the harbour.

PSYCHOSIS CONCLAVE

11:30 AM – 12:00 PM

Early-onset Schizophrenia – How to Evaluate and Manage

Dr. Bhagyavathi MD, DM

Professor & HOD, Mandya Medical College

12:00 PM – 12:30 PM

Bipolar Spectrum in Adolescence – How to Evaluate

Dr. N. Prasanna Kumar MD, DM

Professor, Child Psychiatry, AMC, Vizag

12:30 PM – 01:00 PM

Emotional Dysregulation in Adolescents – Current Evidence with Medication

Dr. Vishal Indla MD, DNB

Director, Indlas Hospital and ICGC



LUNCH BREAK 01:00 – 01:30 PM



DISCOVER VIZAG

Kondakarla Ava

One of Andhra Pradesh's largest freshwater lakes, rich with lotus and birdlife.

ADDICTION MEDICINE CONCLAVE

01:30 PM – 02:15 PM

Addiction on Adolescent Development – Vulnerability and Management Strategies

Dr. Vivek Benegal MD

Former Professor, NIMHANS, Bengaluru

02:15 PM – 03:00 PM

Strategies to Prevent Addiction among Adolescent Groups in Community Settings

Dr. Biswadip Chatterjee MD

Professor, NDDTC, AIIMS, New Delhi

03:00 PM – 03:45 PM

Excessive Screen Use and Gaming Addiction in Adolescence – Evaluation and Management

Dr. Jayanth Mahadevan MD, DM

Associate Professor, NIMHANS

03:45 PM – 04:30 PM

Pathological Use of Social Media in Adolescence: How to Evaluate and Manage in Clinical Setting

Dr. Venkata Lakshmi Narasimha MD, DM

Assistant Professor, NIMHANS

IMPORTANT ANNOUNCEMENT · BEST FREE PAPERS AWARDS

Best Free Papers Awards for **Postgraduates of Psychiatry and Paediatrics** on adolescent mental health. Papers should be submitted to **drprasannakumar1205@gmail.com** on or before **31st October 2026**.

PLEASE NOTE

**Workshops will not be streamed online.*

REGISTRATION & CONTACT



SCAN TO
REGISTER

Dr. N. Prasanna Kumar MD, DM

*Professor & HOD, Child and Adolescent
Psychiatry Super Speciality Dept, COE-
GHMC & AMC*

91779 93866 · 97419 66634