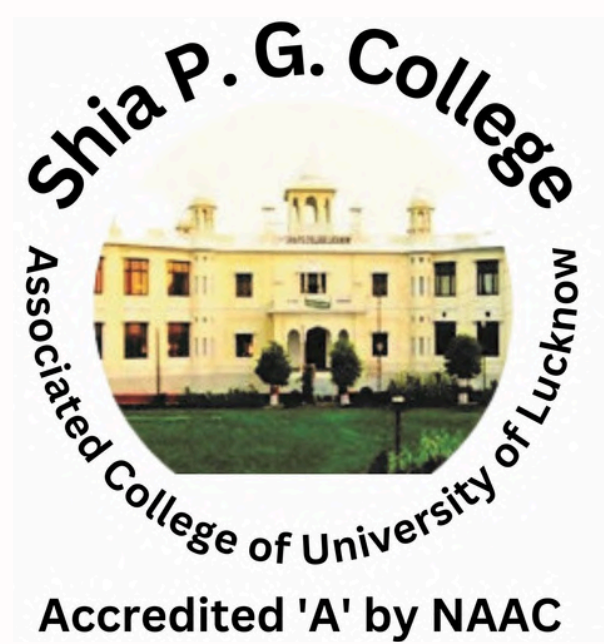




INDIAN MENTAL HEALTH &
RESEARCH CENTRE, LUCKNOW



भारतीय पुनर्वास परिषद्



6TH INTERNATIONAL CONFERENCE “MENTAL HEALTHCARE IN INDIA: BASICS AND BEYOND”

CRE Status Accredited by the Rehabilitation Council of India (RCI)

 **05-06 OCTOBER 2024**

 **SHIA P.G. COLLEGE, KHADRA,
SITAPUR ROAD, LUCKNOW, U.P.**

 **Hybrid Mode (Physical & Online)**

 Participation in Physical mode is mandatory for CRE points as per RCI guidelines.

All RCI registered Professionals with CRR are eligible for 12 CRE points.

SCOPE OF CONFERENCE

The Conference aims to explore various aspects of mental healthcare in the Indian context and cover range of topics such as the current state of mental health services in India, challenges faced in delivering effective care, innovative approaches to addressing mental health issues and strategies for promoting mental health and well-being across different sectors of society.

REGISTRATIONS OPEN

Last Date of Registration: 20.09.2024

Last Date of Abstract Submission: 20.09.2024

In association with



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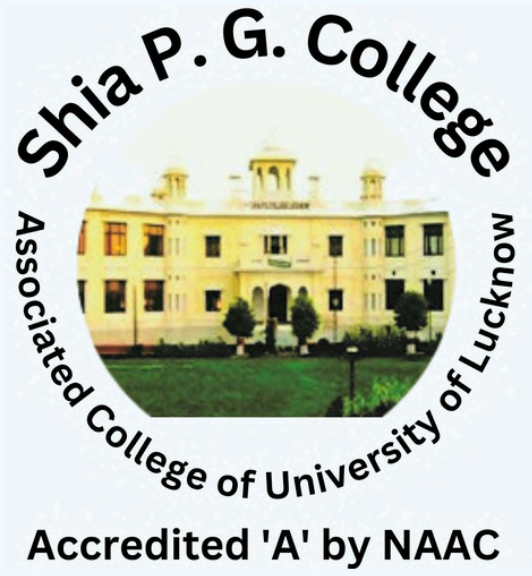
6TH INTERNATIONAL CONFERENCE “MENTAL HEALTHCARE IN INDIA: BASICS AND BEYOND”

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05-06 October 2024



INDIAN MENTAL HEALTH &
RESEARCH CENTRE, LUCKNOW



Accredited 'A' by NAAC

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Principal
Shia P.G. College Lucknow

Conference Chairperson



Prof. S. Z. H. Zaidi
Director AIBAS & AIRS
Amity University Lucknow

Guest of Honour



Dr. B. P. Singh Kalyani
Director (Health)
Government of Uttar Pradesh



Mr. Tanuj Punia
Hon'ble Member of Parliament
Barabanki (Uttar Pradesh), India



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Prof. (Dr.) Ajay K. Mishra
Vice Chancellor
Sikkim Skill University

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Head, Dept. of Clinical Psychology
Era University, Lucknow



Prof. (Dr.) Gauri Shanker Kaloiya
All India Institute of Medical Sciences
(AIIMS), New Delhi



Col. (Dr.) Shahbaz Khan
Head, Dept. of Psychiatry
Command Hospital Lucknow



Prof. (Dr.) Aleem Siddiqui
Professor of Psychiatry & HOD
Era University Lucknow



Prof. (Dr.) Devvarta Kumar
Professor of Clinical Psychology
NIMHANS Bengaluru



Prof. (Dr.) Zeba Aqil
Head Humanities & Social Sciences,
Integral University Lucknow



Prof. (Dr.) Rakesh Tripathi
Dept. of Geriatric Mental Health
King George's Medical University



Dr. Archana Shukla
Head, Department of Psychology
University of Lucknow



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Eminent Speakers

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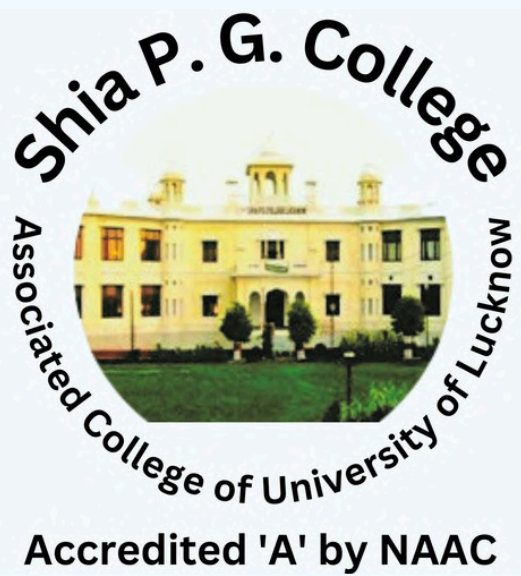
Dr. Nadeem Kirmani
Head, Dept. of Clinical Psychology
Amity University Gurugram



Dr. Vijay Shankar Sharma
Head, Dept. of Special Education (VI)
Dr. Shakuntala Misra Rehabilitation
University Lucknow



Dr. Divya Prasad
Clinical Psychologist
Divy-Manas, Lucknow



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Dept. of Special Education (HI)
Dr. Shakuntala Misra Rehabilitation
University Lucknow



Dr. Shazia Veqar Siddiqui
Consultant Clinical Psychologist
HealthyMinds, Lucknow



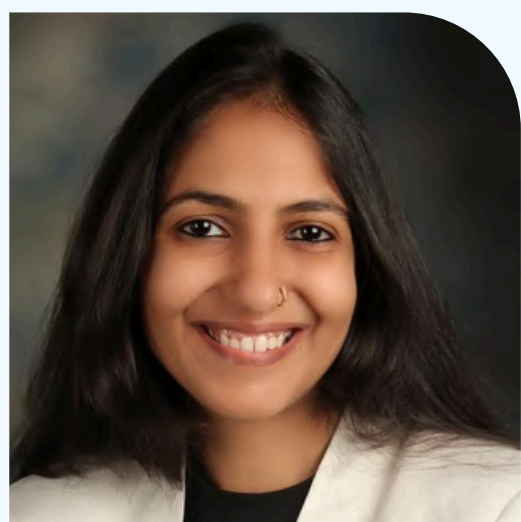
Dr. Vasudha Singh
Consultant Clinical Psychologist
Vikalp Psychotherapy Centre NCR



Dr. Mehfooz Ahmad
Dept. of Clinical Psychology
Amity University Gurugram



Dr. Sanjay Kumar
Dept. of Special Education (ID)
Dr. Shakuntala Misra Rehabilitation
University Lucknow



Dr. Shikha Soni
Clinical Psychologist
DocVita and Mindhouse
Bangalore



Ms. Sajna Sajan
Adult Mental Health Coordinator,
Essex County Council, United Kingdom



Dr. Geeta Singh
Clinical Psychologist
Director Research IMHRC



Dr. Shweta Sharma
Clinical Psychologist
Manipal Hospital Gurugram



Mr. Nagesh Kumar
Composite Regional Centre, Lucknow



Ms. Preeti Pandey
Clinical Psychologist
Life Care Hospital Noida
Certified EMDR Therapist

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Dr. Abhay Singh, Psychiatrist Balrampur Hospital Lucknow
Mr. Nagesh Kumar Pandey, Composite Regional Center for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities (CRC) Lucknow
Dr. Arbab Husain, Mangalayatan University

CONFERENCE SUB-THEMES

- Child and Adolescent Mental Health
- Technology and Mental health
- Policies and Advocacy in Mental Healthcare
- Gender Psychology
- Behavioral Medicine
- Forensic, Criminal and Military Psychology
- Suicide Risk Assessment and Management
- Evidence based Psychotherapies, Research Advancements & Current trends in Mental Healthcare
- Disability and Rehabilitation
- Trauma Informed & Trauma focused Interventions
- Substance Use Disorders and, its Management
- Socio-Cultural Determinants of Mental Health
- Opportunities and Challenges in Mental Healthcare in India
- Educational Psychology
- Interdisciplinary Approaches (Special Education, Speech Therapy, Occupational Therapy, Yoga, Expressive Art Therapy etc.) in Mental Healthcare

ABOUT THE ORGANISERS

ABOUT IMHRC



The **Indian Mental Health and Research Centre** (unit of IPYF, registered under Indian Trusts Act, 1882 and Divyangjan Sashaktikaran Vibhag, Uttar Pradesh under RPwD Act, 2016) is an institution dedicated to advancement of mental health in India. Founded in 2015, with a commitment to addressing the mental health challenges faced by the country's diverse population, IMHRC serves as a hub for comprehensive research, education, and clinical services.

IMHRC is member of MHIN-World Health Organisation and Academic Partner of Sikkim Skill University and offers highly specialised P.G. Diploma Psycho Oncology, P.G. Diploma Clinical Neuropsychology, P.G. Diploma Child & Adolescent Psychology & Ph.D in Psychology and other streams. IMHRC publishes **Journal of Advance Research in Science and Social Science** (JARSSC), a peer reviewed, indexed, multidisciplinary international journal.

ABOUT SHIA P.G. COLLEGE



Shia P.G. College Lucknow is a 100 year old associated college of University of Lucknow with NAAC 'A' accreditation. Shia College started as a school in 1919 and rose to the status of an intermediate college in 1922. Established with lofty ideals, Shia College has grown from a School to a Post Graduate College within nine decades enrolling about 10,000 students per academic session in U.G. and P.G. courses across Arts, Science and Commerce domains.

There are five units of National Service Scheme (N.S.S.) working effectively and efficiently in the College. The Scheme was launched in 1969 by the Ministry of Education and Youth Welfare, Government of India, for undergraduate students to give practical training in Social Service and to familiarize them with the needs and problems of the society. The College has Army and Naval Wings of National Cadet Corps (N.C.C.).

CONFERENCE FEATURES

- National & International Speakers
- Keynote & Invited Lectures
- Plenary Sessions & Scientific Sessions
- Research Presentations (Oral & Poster)
- Symposium presentation
- Best Paper Awards & Cash Prizes
- Book of Abstract & Conference Proceeding
- Full Paper Publication opportunities in Scopus indexed Journal, Edited Book with ISBN & Peer Reviewed Journal

CONFERENCE MODE

DAY 1

- Date: 05 October 2024
- Mode: Hybrid Mode (Physical & Online)
- Participation in Physical mode is mandatory for CRE points as per RCI guidelines.

DAY 2

- Date: 06 October 2024
- Mode: Hybrid Mode (Physical & Online)
- Participation in Physical mode is mandatory for CRE points as per RCI guidelines.

GUIDELINES FOR ABSTRACT SUBMISSION

Participants can send their Abstracts on any of the Sub-themes of the Conference.

Format of Abstract:

Abstract must include the following-

- i) Title of the Paper (Times New Roman, font size 14)
- ii) Name(s), Designation, Affiliation and E-mail id. of Author(s). Mention the corresponding author by an asterisk (*).
- iii) Abstract should be in English Language, Times New Roman, font size 12.
- iv) Word limit: 300 words including the keywords.
- v) Abstract should have atleast 05 keywords.

ORAL & SYMPOSIUM PRESENTATIONS

Abstracts submitted by the participants will be screened and shortlisted by the Scientific Committee.

Decisions on acceptance of abstracts will be communicated to participants by IMHRC Secretariat through email no later than 25th September 2024.

Participants whose abstract has been accepted, will receive a separate email with guidelines for PPT and oral presentations.

Note: All the Author(s) and Co-author(s) have to register in order to get the Certificate.

IMPORTANT DATES

Abstract Submission Dates-

- **Last Date for Abstract submission: 20.09.2024**
- **Communication about Abstract Acceptance: 25.09.2024**

Registration Dates-

- **Last Date for Registration: 20.09.2024**

GUIDELINES FOR POSTER PRESENTATION

- **Poster Submission Deadline: 25.09.2024**
- The Poster must have following details:**
- Title of Poster
 - Author Name(s), Designation & Affiliation
 - Poster should be written in the English Language, Times New Roman, (For Hindi Language use Kruti font).
 - References in APA Format 7th Edition

Content of the poster:

- Background, Methods, Results & Conclusion.

Poster Size:

- For presentation in physical mode, the Poster should be 36" tall x 48" wide.
- For presentation in virtual mode, the poster should be created as one slide in PowerPoint.

RESEARCH AND BEST PAPER AWARDS

1. **Dr. A. P. J. Abdul Kalam Award for Excellence in Research:** ₹ 2500 Cash Prize
2. **Dr. Kalbe Sadiq Award for Outstanding Research:** ₹ 2100 Cash Prize
3. **Mrs. Shahida Khatoon Memorial Best Paper Award:** ₹ 2000 Cash Prize
4. **Prof. Mahdi Hasan Best Paper Award (Theme based):** ₹ 1500 Cash Prize
5. **Dr. Agha Hadi Masih Best Paper Award (Theme based):** ₹ 1500 Cash Prize
6. **Nadeem Azam Memorial Award for Emerging Researcher:** ₹ 1500 Cash Prize
7. **Sushobhit Yadav Young Clinical Psychologist Award (age limit 35 years):** ₹ 1500 Cash Prize

ELIGIBILITY FOR AWARDS

1. All the Authors/Participants must be registered for the Conference.
2. Abstract and Full Paper alongwith all the mentioned attachments should be submitted to the conference secretariat on the email id: **imhrconference@gmail.com** latest by 05:00 PM on **20/09/2024**.
3. Mention the 'category of award' for which application is being submitted.
4. Attach a 'cover letter' mentioning nature of research, its applicability, relevance and justification for consideration for the award.
5. Attach 'updated brief profile' of all the participants of research work.

CONFERENCE REGISTRATION FEE

| Participant Category | Conference Registration Fee |
|--------------------------------------|-----------------------------|
| Working Professionals & Academicians | ₹ 2500 |
| Ph.D/M.Phil Research Scholars | ₹ 2100 |
| U.G. & P.G. Students | ₹ 1800 |
| International Delegates | \$ 60 |

Note: Participants having IMHRC Fellowship are eligible for 10% concession in registration fee.

CONFERENCE FEE PAYMENT

Account Name:

Indian Mental Health and Research Centre (IMHARC)

Current Account Number: 50200036376324

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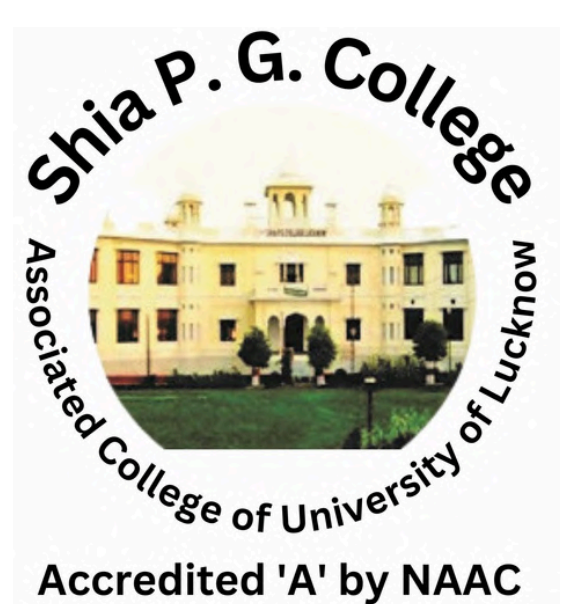




INDIAN MENTAL HEALTH &
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6TH INTERNATIONAL CONFERENCE “MENTAL HEALTHCARE IN INDIA: BASICS AND BEYOND”

PRE CONFERENCE WORKSHOP

ACCEPTANCE AND COMMITMENT THERAPY (ACT) *The Application for Personal & Professional Growth*

04 OCTOBER 2024

10:00 AM – 01:00 PM

Venue: Shia P.G. College Lucknow

What is ACT ?

Acceptance and Commitment Therapy or ACT is not just a therapy but a process of self-discovery. It follows value based creative approach. ACT is not limited to therapeutic settings with clients; it is also valuable for individual's personal growth and development. ACT aims to enhance the human potential for a rich, fulfilling, and meaningful life through fostering mindfulness, values-driven activities, and acceptance.

Chairperson



Dr. Archana Shukla

Head,
Department of Psychology
University of Lucknow

Resource Person



Dr. Geeta Singh

Clinical Psychologist
RCI registered (CRR: A43781)
PhD-AIIMS Delhi, M.Phil-CIP
Certified ACT Therapist
(Trained by Dr. Russ Harris-Australia)
Director Research, IMHRC

What you'll explore:

- How to conduct ACT sessions with clients
- Connecting with personal values
- Enhancing psychological acceptance
- Recognizing and dealing with Cognitive fusion
- Cultivating focus, flexibility, and satisfaction by engaging with the present moment
- Strengthening empowerment through acceptance and self-awareness
- Mastering mindfulness techniques beyond traditional meditation approaches

Discover:

- Practical ways to engage in experiential learning during sessions
- Applying ACT effectively across a diverse range of clinical issues
- Use of metaphor and paradox
- Applying ACT principles to enhance personal growth, and meaning in life

Who can attend: The workshop will be beneficial to Psychologists, Psychiatrists, Psychiatric Nurses, Social Workers, Healthcare & Mental Healthcare Professionals M.Phil, PDCP and P.G. students from different streams.

Accreditation: Certificate of Participation will be issued to the participants.

Workshop Fees:

₹ 1000/-

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More Info:

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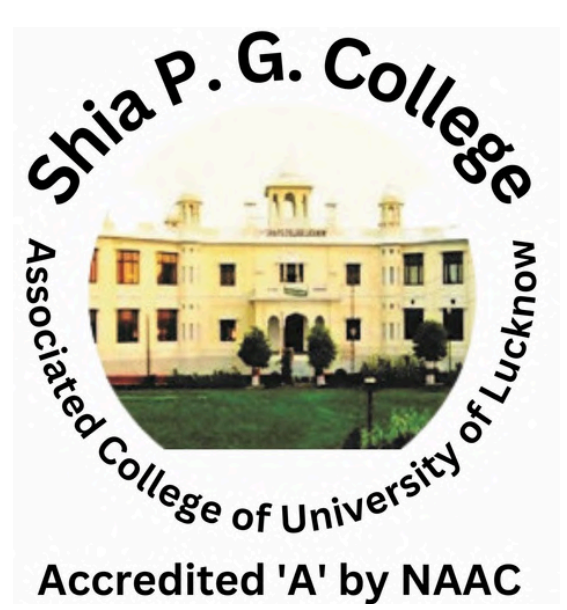




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6TH INTERNATIONAL CONFERENCE “MENTAL HEALTHCARE IN INDIA: BASICS AND BEYOND”

PRE CONFERENCE WORKSHOP EYE MOVEMENT DESENSITIZATION & REPROCESSING (EMDR) IN NUTSHELL

04 OCTOBER 2024

02:00 PM – 05:00 PM

Venue: Shia P.G. College Lucknow

What is EMDR ?

The phrase "past becomes present" is widely used in psychological trauma research to describe how current distress often stems from unresolved issues from past experiences that repeatedly resurface. This phenomenon is especially notable in PTSD. Eye Movement Desensitization and Reprocessing (EMDR) is a trauma-focused psychotherapy that aims to help individuals recover from such distressing events and associated problems, including flashbacks, disturbing thoughts or images, depression and anxiety, thereby optimizing overall well-being.

What you'll explore:

- Connection between psychological trauma and psychopathology.
- Trauma focused approaches for healing trauma and promoting personal transformation.
- EMDR: its relationship with brain and memory processes.
- When and where is EMDR applicable.
- Assessing the readiness of client for EMDR work.
- The eight phases of EMDR work.
- EMDR and PTSD- A case study.
- Training and accreditation in EMDR: What steps are needed to become a certified EMDR therapist in India?

Discover:

- Practical ways to engage in experiential learning during sessions.
- Using stabilization and resource tapping techniques.

Who can attend: The workshop will be beneficial to Psychologists, Psychiatrists, Psychiatric Nurses, Social Workers, Healthcare & Mental Healthcare Professionals M.Phil, PDCP and P.G. students from different streams.

Accreditation: Certificate of Participation will be issued to the participants.

Workshop Fees:
₹ 1000/-

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Registration



Chairperson



Prof. Krishna Dutt

Head,

Dept. of Clinical Psychology
Era University, Lucknow

Resource Person



Preeti Pandey

Certified EMDR Therapist

(Trained by EMDR Association, India)

Clinical Psychologist

RCI registered (CRR No. A54342)

M.Phil Clinical Psychology-CIP Ranchi

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