

AGENDA

Sunday, 2nd Feb 2020 MBM WORKSHOP : INDIAN INNOVATION & PRIDE

Master of ceremony				
Dr. Gagan Priya, Endocrinologist, Chandigarh				
Dr. Arundhati Dasgupta, Endocrinologist, Siliguri				
08.00 - 09.00 am Registrations & Breakfast				
09.00 - 10.40 am	Session 1 : Morning News	SPEAKER	CHAIRPERSON	MODERATORS
09.00 - 09.15 am	Welcome address	Dr. Vaishali Deshmukh Endocrinologist, Pune (Secretary SPHERE)	Prof. Dr. DB Kadam Physician, Pune	Dr. Ameya Joshi Endocrinologist, Mumbai
09.15 - 10.40 am	Mind Body Panchayat -Role of MBM in Endocrinology	Panelists	Prof. Dr. AL Kakrani Physician, Pune	Dr. Yashpal Gogate Endocrinologist, Nashik
	Neuropsychiatric rhythm of life: A female perspective	Prof. Dr. Sarita Bajaj Endocrinologist, Prayagraj	Dr. Shreerang Godbole Endocrinologist, Pune	Dr. Avesh Endocrinologist, Mumbai
		Dr. Bharti Dhorepatil Gynecologist, Pune		
	Stress and depression as endocrine disorder	Dr. Milind Patwardhan Endocrinologist, Miraj		
	Psychological issues in growth and Puberty	Dr. Hemant Phatale Endocrinologist, Aurangabad		
	Psychological issues in PCOS & infertility	Prof. Dr. Vagesh Iyer Endocrinologist, Bangalore		
	Psychological issues in hypertension /Diabetes	Dr. Mangesh Tiwaskar Physician and Diabetologist , Mumbai		
	Psychological issues in Thyroid disorders	Dr. Beena Bansal Endocrinologist, Delhi		
	Chronic pain as a psychosomatic presentation in Metabolic bone disease	Dr. Harish Joshi Endocrinologist, Hubli		
10.40 - 11.15 am	Session 3 : Presidential Oration: GLYCEMIC HAPPINESS	Dr. Sanjay Kalra Endocrinologist, Karnal	Dr. A. G. Unnikrishnan Endocrinologist, Pune	Dr. Kanchan Kewalramani Endocrinologist, Mumbai
11.15 - 11.50 noon	Session 2 : Keynote Address	Professor Dr. A. K. Das Endocrinologist, Pondicherry	Prof. Dr. C. S. Yajnik Physician and Diabetologist , Pune	
11.50 - 12.10 am Tea Break				
12.10 - 12.40 pm	Overview of MBM in Endocrinology and PNIE concept	Dr. Vaishali Deshmukh Endocrinologist, Pune (Secretary SPHERE)	Prof. Dr. Nikhil Bhagwat Endocrinologist, Mumbai	Dr. Sachin mittal Endocrinologist, Chandigarh
12.40 - 01:00 pm	Triologue : Highlighting importance of MBM in Diabetes	Dr. Shehla Shaikh Endocrinologist, Mumbai	Dr. Suresh Shinde Physician, Pune	
			Dr. Shailaja Kale Physician and Diabetologist , Pune	
		Dr. Anita Khandelwal Endocrinologist, Akola		
01.00 - 02.00 pm	Inauguration ceremony At the hands of In the esteem presence of			
All dignitaries	Professor Dr. Norman Sartorius Psychiatrist, Geneva Switzerland (Director mental health,WHO)	INAUGURAL ADDRESS	Dr. Vaishali Deshmukh Endocrinologist, Pune (Secretary SPHERE)	
	"Dr. Dhananjay Kelkar " Oncosurgery, Pune (Director Deenanath Mangeshkar Hospital& Research Center)		Dr. Sanjay Phadke Psychiatrist, Pune (President CBM Trust)	
	Prof. Dr .Ajay Chandanwale Orthopedic Surgeon, Pune (Dean Sassoon General hospital & B.J.M.C)		Prof. Dr. Chetan Deshmukh Medical oncologist, Pune (President SPHERE)	
	Dr. Dilip Sarda Physician , Pune (MMC president)			
	Dr. Sanjay Kalra Endocrinologist, Karnal (ESI President)			
	Prof. Dr. P. K. Dalal Psychiatrist, Lucknow (IPS president)			
	Dr. Mohan Agashe Psychiatrist, Pune (former director MIMH-Filmmaker)			
	Dr. TS Sathyanarayana Rao Psychiatrist, Mysore (Secretory ,Psychiatry and Human sexuality section of world Psychiatry association (WPA))			
	Prof. Reinhard Boegle Yoga Prof, Munich (Director Yoga Munich forum)			
02.00 - 03.00 pm LUNCH				
03.00 - 03.30 pm	RESEARCH IN MBM IN INDIA			
03.00 - 03.15 pm	Neurobiological research in yoga and meditation at NIMHANS	Prof. Dr. Shivrama Psychiatrist, Bangalore (Co-chair, IPS Task Force on Mind-Body Medicine)	Dr. Shripad Bhat Physician, Pune	Dr. Gauri Damle Physician, Pun
03.15 - 03.30 pm	Autonomic neuroscience ,Resilience and New conceptualization of Health	Prof. Dr. Leena Phadke Research Physiologist, Pune	Prof. Dr. Arun Marwale Psychiatrist, Aurangabad	
03.30 - 04.30 pm Mind Body Connections				
03.30 - 03.50 pm	Interference of mind states in endocrine assessments	Dr. Jayashree Shembalkar Endocrinologist, Nagpur	Dr. Abhay Sahoo Endocrinologist, Odisha	Dr. Kirti Samudra Physician, Navi Mumbai
03.50 - 04.10 pm	Keeping the flame alight :Preventing and resolving burnout	Dr. Ajit Bhide Psychiatrist, Bangalore	Prof. Dr. P. K. Dalal Psychiatrist, Lucknow	
04.10 - 04.30 pm	Practical Implementation of MBM in clinics "From 2 minute MBM to 360 degree MBM"	Dr. Sanjay Phadke Psychiatrist, Pune (Chair IPS Task Force on Mind-Body Medicine)	Dr. Vidhydhar watve Psychiatrist, Pune	
04.30 - 04.45 pm Tea Break				
04.45 - 05.25 pm	MBM IN CLINIC			
04:45 - 05.05 pm	Psychoendocrine interactions : Case based disscussion	Dr. Anish Behl Endocrinologist, Mysore	Dr. Bhaskar Harshe Physician pune	Dr. Medha Oak Physician, Navi Mumbai
		Dr. Arti Behl Psychiatrist, Mysore	Prof. Manish Bathla Psychiatrist, Haryana	
05.05 - 05.25 pm	Mindful eating and eating behaviours in medical nutrition therapy	Dr. Geeta Dharmatti Registered dietician ,Pune	Dr. D. M. Dhavle Psychiatrist, Pune	
		Dr. Komal verma Clinical Psychologist, Haryana		
05.25 - 05.55 pm Mind Heart Connections: Dil Ki baat				
05.25 - 05.45 pm	MB Intervention in improving Cardiovascular outcomes in Cardiac disease	Dr. Nitin Patki cardiologist, Pune	Prof. Dr. SS Sangle Physician pune	Dr. Mukund Penurkar Physician, Pune
		Dr. Rajesh Dhopeshwarkar cardiologist, Pune	Dr. RB Kulkarni Physician pune	
05.45 - 05.55 pm	Role of Mind health in Preventive cardiology	Dr. Indranil Basu - Ray preventive cardiologist, USA	Dr. Mohan Magdum Endocrinologist, Pune	
05.55 - 06.25 pm	Session 5 :Motivational interviewing			
	1) Trust building / 2) Empathy / 3) Listening to patient patiently / 4) Assessing patients mindset	Dr. Ashish deshmukh Endocrinologist, Ahmednagar	Dr. Suhas Erande Physician pune	
		Dr. Harshal Ekatpure Endocrinologist, Pune	Dr. Joe George Endocrinologist, Calicut	Dr. Altamash Shaikh Endocrinologist, Mumbai
		Dr. Prashant Kaduskar Endocrinologist, Pune	Dr. Sanjeev Bakshi Endocrinologist, Pune	
06.25 - 06.40 pm	Closing remarks and vote of thanks	Dr. Vaishali deshmukh Endocrinologist, Pune (Secretary SPHERE)		