

PANCON in BPKIHS after 20 years.....

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7th national conference of Psychiatrists' Association of Nepal (PANCON-7)
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Dear Editor,

It is our pleasure as members of Organizing committee¹ (1. member, 2. convener, Scientific program and Publication committee) to share that Department of Psychiatry, B. P. Koirala Institute of Health Sciences (BPKIHS)², Dharan organized the 7th National Conference of Psychiatrists' Association of Nepal (PANCON-7) on March 7-8, 2019 after 20 years when it hosted the 1st PANCON in November 13-14, 1998.³ The PANCON-1 was remembered as not only the first conference of the PAN but also first such national level academic event of BPKIHS. 'Whole institute took it as a matter of glory and supported the event whole heartedly.', the convener of the PANCON-1, and then HOD, Department of Psychiatry, Prof. Dr. Sudhir Kumar Kandelwal rewinded the memory.

The theme of the PANCON-7 was 'Many faces of psychiatry in the changing world'. In the current context of changing world, there are several new problems being faced by all of us. There are changing life styles, new stressors, unrealistic and unmet needs and demands due to which various new issues and new mental illnesses are emerging. Classification systems (like ICD and DSM) are also being updated with time due to these ongoing changes in disease pattern. There were 60 scientific papers, including: free oral and poster presentations, workshops, thematic and guest lectures and symposiums.

The program was started with guest lecture by Professor Dr. Sudhir Kumar Khandelwal (New Delhi, India) on 'Mental Health in Developing countries'. He highlighted current burden of mental illnesses in India as well as Nepal and our current situation and needs. In subsequent session, Prof. Dr. Shekhar Seshadri (Bengaluru, India) discussed about 'Mental Health of Children and Adolescents in the Changing World'. Also, then PAN president Dr. Arun Raj Kunwar had a presentation on 'Development of Short-Term Psychotherapy and Medication for management of Conversion Disorder in child and adolescent'. Dr. Gunjan Dhonju presented his project work 'Resource Mapping and needs assessment for child and adolescent Mental Health Services in Nepal'.

Faculties from different medical colleges of Nepal presented their oral papers; there were papers related to Depression, Anxiety, Substance, Schizophrenia, suicide, case study, Mental health education in undergraduate medical curricula across Nepalese Universities, Burnout among health professionals in which there were good number of enthusiastic audiences. There were 21 poster presentations on various subject matters. PAN awarded Dr. Pawan Sharma as best paper presenter and Dr. Ajay Risal as author of best published article.

Professor Dr. Indira Sharma (Varanasi, India) discussed about female sexual harassment in workplace. Prof. Dr. Shailendra Raj Adhikari highlighted about dual diagnosis in psychiatry and challenges in diagnosis and the management. Dr. Sulochana Joshi and Dr. Pawan Sharma, in coordination of Prof. Dr. Vidyadev Sharma and Rabi Shakya conducted a workshop on 'Practicing Psychiatry in Nepal: How rewarding economically?' With good discussions on this issue, recommendations were formulated, which are to be forwarded to authority for needful. There was a symposium on Music based interventions in Psychiatry by Prof. Dr. Rabi Shakya and Dr. Suresh Thapaliya.

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Inaugural session was conducted in presence of Honourable State Minister, Social development: Province 1, Mr. Jeewan Ghimire as chief guest who shared the plan of the programs for mentally ill people in the province. PAN felicitated senior-most alive

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psychiatrist of Nepal Prof. Dr. DRB Kunwar and awarded with 'Life Time Achievement Award 2019' for his contributions and continuous dedications in the field of Nepalese Psychiatry. Inaugural session was followed by theme Speech of Prof. Dr. Mohan Isaac (Perth, Australia) who, very interestingly discussed the issues and problems of current changing world along with the highlights of the way out.

Senior Psychiatrist from Nepal, Dr. Kapil Dev Upadhyaya, discussed the importance of Spirituality in mental well being. In a very interesting workshop on Psychosexual disorders, Prof. Dr. T. S. Sathyanarayana Rao (Mysore, India) discussed about how to approach including history taking, examination, evaluation and classification; Dr. Vineet Malhotra (New Delhi, India) highlighted management of male Dysfunctions and Dr. Ajayan Varughese (Kerala, India) discussed about management of female dysfunctions.

Organizing chair, Prof. Dr. Baikuntha Raj Adhikari put welcome speech and Organizing secretary Dr. Rinku Gautam Joshi vote of thanks. In valedictory session, certificate and mementos were distributed. In the closing remark, convener Prof. Dr. Dhana Ratna Shakya extended congratulations to all including the outgoing PAN executive lead by Dr. Arun Raj Kunwar, good luck to new executive lead by Prof. Dr. S. N. Pradhan for successful tenure and good wish to all seniors and PAN members.

Best regards,
SN and DRS.

References-

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