



Scientific Session 5th ICMH 2019

Date Time	Topic	Presenter	Institution	Country
Day 1 (25 th Oct. 2019) - Pre Conference Workshop from 10:00 AM – 1:00 PM. Inaugural Ceremony at 4:00 PM and Reception Dinner				
Day 2 (26 th Oct. 2019)	0800 – 0830 Hrs : Registration of Participants			
	SUB THEME 1: Emerging Mental Health Issues Chair: Dr. Chencho Dorjee, Dean Co-Chair: Dr. Dambar Kumar Nirola, Psychiatrist			
0830 – 1015 Hrs				
0830 - 0850	Invited speaker (topic TBA)	Director , Ministry of Health	DoPH, Ministry of Health	Bhutan
0855 – 0910	Influence of family dynamics on prevalence of substance use among emerging adults in Bhutan.	Ms. Tenzing Choden Counselor	Royal Thimphu College	Bhutan
0915 – 0930	The relationships between protective factors and mental health	Mr. Pema Wangchuk Clinical Nurse	Eastern Regional Referral Hospital, Mongar	Bhutan
0935 – 0950	Prevalence and determinants of Domestic Violence on Mental Health	Dr. Nazmul Alam Associate Professor	Asian University for Women	Bangladesh
0955 – 1010	Understanding health related quality of life (HRQOL) among elderly in an urban setting in India	Prof. Gajendra Kumar Medhi Professor	North Eastern Indira Gandhi Regional Institute Of Health & Medical Sciences (NEIGRIHMS), Shillong	India
1015 - 1045	TEA BREAK			
1045-1230 Hrs	SUB THEME 2: Health System Approach towards promoting Mental Health Chair: Dr. Pandup Tshering, DG, MoH Co-Chair: Dr. Sonam Tobgay, Psychiatrist			
1045 - 1105	Post Disaster Mental Health: Health Systems Strengthening Support (further refinement required)	Mr. Kozo Watanabe	JICA	Japan
1110 - 1125	Mental Health and the health system in Bangladesh - A Public Health Challenge	Dr. Abir Shaqran Mahmood Lecturer	American International University, Dhaka	Bangladesh
1130 - 1145	Prevalence and factors associated with depression among adult HIV patients attending ART clinics: a cross-sectional study in Western Bhutan	Mr. Kezang Tshering Clinical Pharmacist	JDWNRH, Thimphu	Bhutan
1150 - 1205	Alcohol and substance use disorders and the current scenario in Bhutan	Dr. Damber Kumar Nirola Psychiatrist	JDWNRH, Thimphu	Bhutan
1210 - 1225	Addiction Psychiatry Training in South Asia: An Update	Dr. Roshan Bhad Assistant Professor	AIIMS, New Delhi	India
1230 – 1330 Hrs	LUNCH			



1330 – 1515 Hrs	SUB THEME 3: Translating Research into Action Chair: Dr. Sithar Dorjee, Director, KGUMSB Co-Chair: Mr. Tandin Dorji, CPO, MoH			
1330 – 1350	Mental health capacity building in low-income countries: lessons from a mental health literacy survey in Kenya.	Dr. Elijah Muthomi Marangu	Deakin University	Australia
1355 – 1410	Blood Lead Levels in children 2 through 59 months-old in Thimphu & Phuentsholing	Ms. Deki Pem Assistant Professor	Faculty of Nursing and Public Health, KGUMSB	Bhutan
1415 – 1430	Epidemiological Characteristics of Attempted Suicide Patients Admitted in National Referral Hospital, Bhutan	Mr. Zimba Letho Clinical Nurse	JDWNRH, Thimphu	Bhutan
1435 – 1450	Statistical Modelling and Forecasting of Reported Suicidal Cases in Sikkim	Dr. Rajkumari Sanatombi Devi Assistant Professor	Sikkim Manipal Institute of Medical Sciences	India
1455 - 1510	De-mythifying” mental health taboo: Can an educational programme in combination with workshops change the perspective towards mental health and help seeking behavior among university students in Hong Kong?	Dr. Dalinda Isabel Sanchez Vidana Postdoctoral Fellow	University of Gothenburg	Sweden
1515 – 1545	HEALTH BREAK			
1545 – 1715 Hrs	SUB THEME 4: Novel Approaches in Mental Health Care Chair: Dr. Chencho Dorji, Psychiatrist, JDWNRH Co-Chair: Mrs. Barbara Jayson			
1545 - 1605	Big Data Meets Mental Health	Dr. Leo Anthony Celi	Massachusetts Institute of Technology (MIT), USA	USA
1610 - 1630	Contemplative therapy	Dasho Pema Thinley Former Vice Chancellor	Institute of Wellbeing	Bhutan
1635 - 1650	ICDP (International Child Development Programme) used as parental guidance with caregivers of special needs children (age 0-5).	Mrs. Anne Karine RÅymunddal Kippenes Music Therapist/Consultant Special Needs	Early Education Resource Center, Gamle Oslo	Norway
1655 - 1710	Environmental Conscious design for better health and wellbeing	Mr. Deependra Poured Founder/Architect	DESIGN Studio, Thimphu	Bhutan
Day 3 27th Oct.)	SUB THEME 5: Understanding Mental Health Issues in Mother and Child Chair: Dr. Sonam Jamtsho, Gynaecologist, JDWNRH			



0830 – 0940 Hrs	Co-Chair: Dr. Ugyen Dem, Psychiatrist, JDWRH			
0830 - 0850	Invited speaker (topic TBA)	Resident Representative	UNICEF	Bhutan
0855 - 0910	“Voices of the unheard”: Perceptions of motherhood and experience with health-care providers in mothers with severe mental illness- a qualitative perspective	Dr. Debanjan Banerjee Psychiatrist	National Institute of Mental Health and Neurosciences, Bangalore	India
0915 - 0930	Perinatal Positivity	Mrs. Barbara Jayson Founder/Co-Chair	The Foundation for Mother & Child Health, UK	United Kingdom
0940 - 1045	SUB THEME 6: Clinical Medicine Chair: Dr. Gosar Pemba, MS, JDWRH Co-Chair: Dr. D B Subba, Medical Specialist, MH			
0940 - 1000	Awareness among Adolescent about Physical, Mental and Sexual abuse in Selected Educational Institute of Dhaka City	Ms. Monidipa Saha Lecturer	American International University-Bangladesh	Bangladesh
1005 - 1020	Interaction between Disulfiram and Betel Quid among Patients Admitted For Alcohol Detoxification in Psychiatric Ward, National Referral Hospital, Bhutan	Dr. Ugyen Dem Psychiatrist	JDWRH, Thimphu	Bhutan
1025 - 1040	Infantile Beriberi presenting as Acute Infantile Encephalopathy in children admitted to PICU of JDWRH	Dr. Dinesh Pradhan Pediatrician	Central Regional Referral Hospital, Gelephu	Bhutan
1045 - 1115	BREAK			
1115 – 1240 Hrs	SUB THEME 7: Complementary and Alternative Medicine (CAM) Chair: Dr. Tashi Tenzin, Dean, FoPGM Co-Chair: Drungtsho Karma Gaylek, NTMH			
1115 - 1135	TBA (Invited Speaker)	Lopen Lungten Gamtsho President	Collage of Language and Culture Studies	Bhutan
1140 - 1155	Mental Health: Sowa-rigpa and Buddhist Perspective	Mr. Kezang Tshering Lecturer	Faculty of Traditional Medicine, KGUMSB	Bhutan
1200 - 1215	Antibacterial activity of alcohol extracts of Bhutanese Traditional Medicine <i>khyung-linga</i> against <i>Staphylococcus aureus</i> : an in-vitro study	Drg. Jigme Singye Drungtsho	Lhuentse General Hospital	Bhutan



1220 - 1235	Benefits of Bloodletting procedure among <i>Bed-mKhris-mGo-Nad</i> patients. A prospective observational study.	Drg. Karma Ugyen Drungtsho	National Traditional Medicine Hospital, Kawangjangsa	Bhutan
1240 - 1340	LUNCH			
1340 - 1540 Hrs	<p>Quiz and Experience sharing</p> <p>Total time allotted for Quiz : 30 mins</p> <p>Moderator - Ms. Namgay Zam, Executive Director, Journalists Association of Bhutan</p> <p>Dr. Chench Dorji's experience sharing: 30 mins, rest of the sharing will be allotted 10 mins each.</p> <p>Panel Discussion on experience sharing:</p> <ul style="list-style-type: none"> Mental illness Recovering SUD Cancer survivor Suicide survivor 			
	POSTER EVALUATION			
1545 – 1615 Hrs	TEA BREAK			
1615 Hrs ---	VALEDICTORY and CLOSING CEREMONY			