

<b>Program Schedule:</b>	
<b>International Mental Health Conference Nepal 2018 (IMHCN2018)</b>	
<b>Day 1: 16<sup>th</sup> February 2018</b>	
8:15 - 09:00	Registration and Tea
9:00 - 10:00	Opening Ceremony
	<p>Dias seating:</p> <ol style="list-style-type: none"> <li>1. Chief guest: Honorable Minister, Deepak Bohara, Ministry of Health</li> <li>2. Chair of Conference: Secretary, Dr. Puspa Chaudhary, Ministry of Health</li> <li>3. Guest : Honorable Member, Mohana Ansari, National Human Rights Commission</li> <li>4. Guest: HE Peter Budd, Australian Ambassador to Nepal</li> <li>5. Guest: HE Lasse Bjørn Johannessen, Norwegian Ambassador to Nepal</li> <li>6. Guest: Dr. Jos Vandelaer, Country Representative WHO</li> <li>7. Guest: Mr. Sushil Raj Pyakurel, Chief Specialist, MoH</li> <li>8. Guest: Mr. Binod Man Shrestha: Chief Specialist, MoH</li> <li>9. Conference Organizing Committee Chair: Mr. Bhogendra Raj Dotel, PHCRD Director</li> </ol> <p>Inauguration proceedings:</p> <ol style="list-style-type: none"> <li>I. National Anthem</li> <li>II. Song: Right Holders</li> <li>III. Welcome Remarks with Reflection on Conference Objectives: Mr. Bhogendra Raj Dotel (Chair: Organizing Committee &amp; Director: PHCRD)</li> <li>IV. Key Note Address on "Mental Health and Psychosocial situation in Nepal": <ol style="list-style-type: none"> <li>a. Dr. Arun Kunwar</li> <li>b. Dr. Shishir Subba</li> </ol> </li> <li>V. Remarks by: <ol style="list-style-type: none"> <li>a. His Excellency Mr. Peter Budd, Australian Ambassador to Nepal</li> <li>b. His Excellency Mr. Lasse Bjørn Johannessen, Norwegian Ambassador to Nepal</li> </ol> </li> <li>VI. Remarks by: Honorable Member, Mohana Ansari, National Human Rights Commission</li> <li>VII. Inaugural Remarks by: Chief Guest</li> <li>VIII. Remarks by: Chair of Inauguration program</li> </ol> <p>Handover to General Secretary, IMHCN2018 for the continuation of Conference proceedings</p>
10:00 - 10:30	TEA BREAK
10:30 - 12:00	<p style="text-align: center;">Presentation on "Current Updates on Mental Health Policy" Discourse on Mental Health Act Draft and Policy Implementation: (Moderator, Dr. Kedar Marahatta)</p> <p>Presentation by PHCRD Director on the policy and legislation in Nepal</p> <p><b>Panelists:</b></p> <ol style="list-style-type: none"> <li>1) Dr. Shree Krishna Giri, PPICD Chief, Ministry of Health</li> <li>2) Honorable Member Mohana Ansari, National Human Right Commission</li> <li>3) Dr. Saroj P. Ojha, Head, Department of Psychiatry &amp; Mental health,</li> </ol>

	Institute of Medicine 4) Mr. Matrika Devkota, People with mental health and psychosocial disability and right activist	
12:00 - 12:30	Presentation and Call for "English Mental Health Terminology Translation and Validation into Nepali" Dr. Rishav Koirala	
12:30 – 13:30	LUNCH	
<b>MENTAL HEALTH PROMOTION</b>		
13:30 - 14:00	Keynote Lecture: Dr. Suraj B. Thapa	
14:00 - 14:20	Invited speaker: Dr. Patrice Moulton "The Status of Mental Health as a Profession in Nepal"	
14:20 - 14:30	Break	
	Parallel Session 1 Moderator: Prof.Dr. Mahendra K. Nepal	Parallel Session 2 Moderator : Dr. Arun Kunwar
14:30 – 14:45	Comparison between contents of Mental Health Act 1987 with that of Mental Health Care Act 2017  (Dr. Vaishali Dinesh Tendolkar)	School Based TeacherCorps Program for Children's Mental Health Promotion in Arghakhanchi District of Nepal  (Mahesh Prasad Joshi)
14:45 – 15: 00	The effectiveness of mental health services in primary care in Nepal: Results from PRIME studies  (Prasansa Subba)	Anxiety and Depression in Parents of Children with Childhood Disorders  (Dr. Jaisri Moothedath)
15:00 – 15:15	Challenges and strategies for integrated mental health system processes in Nepal  (Ruja Pokhrel)	Understanding psychosocial and mental health needs of Harwa and Charuwa bonded labourers in South-Eastern Nepal  (Dr. Pashupati Mahat)
15:15 – 15:30	Tea Break	
15:30 – 16:00	Special Talk by Right Holders on "Emerging out of Mental Illness" Ms. Nirmala Pariyar and Ms. Urmila Bhyad	
	Parallel Session 1 Moderator: Ms. Pradipta Kadambari	Parallel session 2 Moderator: Dr. Nimisha Kumar
16:00 – 16:15	Improving detection and treatment of persons with mental disorders in community settings: development, validation and evaluation of Community Informant Detection Tool in Nepal  (Pitambar Koirala)	Taking What Is Broken and Becoming Whole Again: Four Steps to Fierce Resilience  (Lynette Johnson)
16:15 – 16:30	The Role of Social Health Insurance in Mental Health Protection and Promotion in Low- and Middle-Income Countries: a Comparative Analysis of Ghana and India	Integration of Mental Health & Psychosocial Support Services (MHPSS) in the Existing Health Care System and Community Settings in the Post-Earthquake Context of Nepal: A Program Description

	(Dr. Arun Kumar Tiwari)	(Dr. Kamal Gautam)
16:30 - 16:45	Understanding social dimensions of mental health in Nepal: situation, demands and challenges  (Bidya Maharjan)	Feasibility, Acceptability and Utility of Mental Health Indicators in Existing Health System  (Upasana Regmi)

<b>Day 2: 17<sup>th</sup> February 2018</b>		
<b>MENTAL HEALTH PREVENTION</b>		
9:00 – 9:30	Keynote Lecture: Prof. Joop de Jong	
09:30 - 09:50	Invited speaker, Ingunn Dreyer Ødegaard: "Salutogenesis: What is health and unhealthy?"	
9:50 – 10:00	TEA BREAK	
	Parallel Session 1 Moderator : Prof. Dr. Saroj P. Ojha	Parallel Session 2 Prof. Dr. Sabitri Sthapit
10:00 – 10:15	Relationship between Intelligence and Impulse control among new entrants of health professional courses (Dr. Rupali Sarode)	Mental health resources and financing mechanisms in Nepal: identification and assessment of needs and strategies (Ruja Pokhrel)
10:15 – 10:30	Burnout, its associated factors and job satisfaction among female teachers in Southern Sri Lanka (Prof. Vijita De Silva)	Depressive Symptoms and Perceived Stress among Estate Rubber Tappers in Southern Sri Lanka (Hemajith Tharindra)
10:30 - 10:45	Association of Internet Addiction and Alexithymia: A systematic Review (Dr. Pawan Sharma)	Patterns of Coping Strategies and coping style among school adolescents of Kathmandu: A Cross sectional Study (Anup Raj Bhandari)
10:45 - 11:00	A retrospective study of EEG findings from a tertiary care center (Dr. Sulochana Joshi)	A study of emotional well-being and coping of adolescents living in child care homes of Kathmandu Valley (Sujan Shrestha)
11:00 – 11:10	Tea Break	
11:10 – 11:40	Slam Poetry	
<b>MENTAL HEALTH TREATMENT</b>		
11:40 – 12:10	Keynote Lecture: Dr. Peter Norton	
12: 10 – 12:30	Invited Speaker, Dr. Nimisha Kumar: "CBT for Anxiety and Depression"	

12:30 – 13:30	LUNCH	
	Parallel Session 1 Moderator : Assoc. Prof. Dr. Suraj B. Thapa	Parallel Session 2 Moderator: Prof.Dr. Rabi Shakya
13:30 – 13:45	Prevalence of Depression among Imprisoned Women at a Central Jail (Leela Khanal)	A Comparative Study on Automatic Thoughts and Hopelessness among Depressive and Anxiety Disorder. (Pratibha Maharjan)
13:45 - 14:00	Opioid Substitution Therapy in Nepal: Ten years of country experience. (Dr. Sagun Ballav Pant)	Emotional reactivity and activity and positive mood regulation in bipolar disorder (Magdalena Nowicka, Małgorzata Hanć)
14:00 - 14:15	Understanding barriers to help-seeking and developing innovative strategies for perinatal depression in Chitwan (Prasansa Subba)	A phenomenological study of Mania (Dr. Suman Prasad Adhikari)
14:15 - 14:30	Feasibility and acceptability of home-based m-Health sensing technologies to improve early child development interventions in Nepal (Shristi Rijal)	Personality Disorders among Psychiatric patients at tertiary level hospital in Kathmandu (Monalisha Pradhan)
14:30 – 15:00	Symposium: Depression Let's talk ( Moderator: Dr. Mita Rana) Panelist: <ol style="list-style-type: none"> <li>1. Dr. Arju Rana Deuba, Former Member of Parliament, Govt. of Nepal.</li> <li>2. Dr. Kapil Dev Upadhyaya, Senior Psychiatrist, CMC-Nepal</li> <li>3. Mrs. Laxmi Maya Tamang : Psychosocial Counselor, Sindhuli District Hospital, OCMC</li> <li>4. Mrs. Padmaha Bhattarai: Senior AHW, Health Post: Megauli, Chitwan</li> <li>5. Mrs. Sharada Bhandari: Bagarkot Self Help Group, Dadeldhura and Secretary of District mental health network</li> </ol>	
15:00 – 15:15	Best Poster Presentation/ Tea Break	
<b>MENTAL HEALTH REHABILITATION</b>		
15:15 – 15:45	Keynote Lecture: Prof. Sekhar Seshadri	
15:45 – 16:05	Invited speaker, Dr. James Courtney: "Emergence of trauma-related mental health needs in the years following natural disaster."	
	Parallel Session 1 Prof. Dr. Lochana Shrestha	Parallel Session 2 Prof. Chandrakala Sharma
16:05 - 16:20	Psychosocial support and maternal mental health: an evaluation from FUSAM project. (Karine Le Roch)	Who seeks treatment and rehabilitation care for alcohol problems in Nepal? A descriptive clinico-epidemiological study. (Mr. Bishnu Fueal Sharma)
16:20 - 16:35	Mental health and Psychosocial Problems after Eighteen Months from the Earthquake in Nepal (Damodar Rimal)	Prevalence of depression among haemodialysis patients at Human Organ Transplant Center, Bhaktapur (Prabina Karki)
16:35 – 16: 50	Knowledge of schizophrenia and perception towards the stigma of schizophrenia among general population and caregiver in Kathmandu valley (Stela Shakya)	Psychological well-being among persons with spinal cord injury in Nepal (Muna Bhattarai)
16:50 - 17:30		

	Drama on Mental Health
17:30 – 18:15	CLOSING and DISSEMINATION of CONFERENCE OUTCOMES
	<ul style="list-style-type: none"> <li>• Chaired by: Secretary, Ministry of Health, Dr. Puspa Chaudhary, Government of Nepal</li> <li>• Guest – Director General, Dr. Tara Nath Paudel, Department of Health Service</li> <li>• Guest - His Excellency: Her Excellency Elisabeth von Capeller, Swiss Ambassador to Nepal</li> <li>• Proceeding shared by: Co-chair of the conference</li> <li>• Declaration launch by: Health Secretary</li> <li>• Dissemination by: General Secretary of the conference</li> <li>• Reflection on the conference by: Foreign and Nepali Delegate</li> <li>• Remarks by <ul style="list-style-type: none"> <li>Swiss Ambassador to Nepal</li> <li>Director General, DoHS</li> </ul> </li> <li>• Vote of thanks by: Conference Chair</li> <li>• Concluding remarks and closing by: Health Secretary</li> </ul>
18: 15 onwards	DINNER



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