

AGENDA

09 DECEMBER 2023



Slot	Topic (Each session includes Q & A)	Session / Panel	Speaker
9.00 am onwards	Registration	—	—
9.15 – 9.50 am	Tea/Coffee Break	—	—
9:50 – 10.00 am	Opening & Lamp Lighting Ceremony	—	—
10.00 – 11.00 am	Keynote: Long Covid and its Human Metabolic Reprogram/Neuro-Cognitive Implications	Session including Q&A	Dr AS Narain Naidu Director-General, Mission-COVID, US-based Global Nutrition Healthcare Council
11.00 – 11.45 am	Understanding Mental Health	Session	Dr Vivek Benegal Professor of Psychiatry, NIMHANS, Bengaluru
11.45 am – 12.30 pm	Addiction & Its Treatment	Session	Saul Pereira Psychological Counsellor
12.30 – 1.15 pm	Ethics & Mental Health & Its Treatment	Session	Rajiv Khaitan Partner, Khaitan & Co LLP
1.15 – 2.00 pm	Networking Lunch Break	—	—
2.00 – 2.30 pm	Movement & Mental Health	Experiential Session	Preethi Rajagopalan Dance Movement Therapy Practitioner, Creative Movement Therapy Association of India (CMTAI)

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2.30 – 2.45 pm	Comprehensive Mental Health Services In Karnataka	—	Dr Rajani Deputy Director, Directorate of Health and Family Welfare, Bangalore, Karnataka
2.45 – 3.30 pm	Gentle Approaches to Tackling Depression and Anxiety	Panel	Dr. Shyam Bhat Psychiatrist & Chairperson, LiveLoveLaugh Ameeta Patel Former President & Committee member of Parkinson's Society of Karnataka Dr Sharon Rajkumar - Moderator
3.30 – 4.30 pm	Caregiver Burnout	Session	Ramani Sundaram Deputy Director, Nightingales Medical Trust, Bengaluru.
4.30 – 4.45 pm	Emotional and Mental Health in Aging	—	Dr. Subashini Sargunan Consultant - Dementia Care, Athulya Senior Care
4.45 – 5.30 pm	Workplace Mental Well-being	Panel	Dr Jini Gopinath Consultant Clinical Psychologist & Certified Clinical Hypnotherapist Shirin Salis Vice President Human Resources, Trane Technologies Anisha Padukone Chief Executive Officer, LiveLoveLaugh Foundation Raghu Krishnan Moderator
5.30 – 5.35 pm	Wrap-Up and Closing Remarks	—	—
5.35 – 6.00 pm	Networking Tea/Coffee	—	—

NIMHANS Convention Centre, Bengaluru

Date: Saturday, 9th December, 2023

Theme: Connecting Minds For Change!



**HAPPIEST
HEALTH**

Better Knowledge. Better Health.