



MIDCIPS NZ - 2025



Department of Psychiatry
GMC Amritsar
Venue: Auditorium

Theme: Mental Health Issues in Digital Era

20th April 2025





MESSAGE FROM PRESIDENT IPS-NZ



Dear respected members,

It is a matter of great joy that the **MIDCIPS NZ-2025** is going to be held on **20th April 2025** at **GMC Amritsar**, which is my alma mater.

I appreciate the way the organizing committee team, under the dynamic leadership of organizing chairperson Prof (Dr) Neeru Bala, is putting their sincere efforts into this mega event. The land of the Great Gurus, Sri Amritsar, is known for its wonderful hospitality, and the theme of MIDCIPS-NZ 2025 Mental health issues in the Digital Era suits the current clinical practice.

I wish the MIDCIPS-NZ 2025 a grand success and request esteemed members to join in large numbers.

Long Live-IPS(NZ)!



Prof.(Dr.) Gurvinder Pal Singh
President IPS-NZ
Prof and Head,
Department of Psychiatry,
AIIMS, Bathinda



MESSAGE FROM THE HONORARY GENERAL SECRETARY



It is a matter of great pleasure that the holy city of Amritsar is playing host to the Mid Year Conference of the Indian Psychiatric Society – North Zone. This also happens to be the first event of 2025.

I have been following up on the preparations of the organizing team under the able stewardship of Dr Neeru Bala, and I must place on record, my appreciation of the hard work done by the entire team at the Government Medical College, Amritsar.

The theme for the conference is very apt as digitization has swept into both our personal and professional lives in myriad ways and has almost changed the paradigm of our day-to-day practice. Hence, there is an urgent need to be acquainted with the different aspects of digitization and how this affects the mental health of the community.

I wish the entire organizing team great success and look forward to being enriched by the proceedings of the conference.



Dr. Deepali Gul
Honorary General Secretary
IPS – North Zone.



MESSAGE FROM ORGANIZING COMMITTEE



Dear All,

In today's fast-paced digital world, mental health is being shaped by ever-evolving technologies, social media, and online interactions. While these advancements offer numerous benefits, they also pose significant challenges that require deeper understanding and strategic interventions.

It is with immense pleasure and enthusiasm that we welcome you to **MIDCIPS NZ 2025**, scheduled to take place on **20th April 2025 at Government Medical College, Amritsar**. This prestigious conference brings together leading experts, academicians, and professionals in the field of psychiatry to deliberate on the theme, "Mental Health Issues in the Digital Era."

MIDCIPS NZ 2025 aims to provide a dynamic **platform for insightful discussions, innovative research presentations, and meaningful collaborations** to address these pressing concerns.

Adding to the significance of this conference is its setting—Amritsar, a city renowned for its rich history, spiritual significance, and vibrant culture. Home to the **Golden Temple**, the holiest shrine of Sikhism, and the historic **Jallianwala Bagh**, Amritsar is a city that beautifully blends heritage with modernity. As you immerse yourself in the academic discussions at the conference, we encourage you to **explore the city's iconic landmarks**, savor its famous Punjabi cuisine, and experience the warmth of its people.

With a carefully curated scientific program and the presence of distinguished speakers, this conference promises to be an enriching experience for all attendees. **We are committed to fostering a space for knowledge exchange, professional growth, and collective efforts toward advancing mental health care in this digital age.**

We look forward to your participation and contributions in making MIDCIPS NZ 2025 a resounding success. Let us come together to shape the future of psychiatry in the digital era while experiencing the charm and hospitality of Amritsar.

Dr. Neeru Bala
Organizing Chairperson

Dr. Rajiv Arora
Organizing Secretary



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IPS - NZ 2024 - 25



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MIDCIPS NZ 2025



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MIDCIPS – NZ 2025 SCIENTIFIC PROGRAM



Mental Health Issues in Digital Era

Time	Topic
08.00 am – 9.00 am	Registration & PG Quiz (Preliminary Rounds)
09.00 am – 10.00 am	Inaugural Function
10.00 am – 10.40 am	Body Image Distortions in Adolescence: Is Social Media Responsible or Social Transformation?
10.40 am – 11.20 am	Impact of Digitization on Research Methodology in Psychiatry
11.20 am – 12 noon	High Tea
12 noon – 12.40 pm	Digital-based Interventions in Mental Health
12.40 pm – 1.40 pm	Free Paper Presentations
01.40 pm – 2.20 pm	Lunch Poster Presentations
02.20 pm – 3.00 pm	Neuromodulation: The Future
03.00 pm – 3.40 pm	Public & Individual Policies for Digital Detoxification
03.40 pm – 4.20 pm	Panel Discussion Ethics of Professional Conduct on Social Media for the Professionals
04.20 pm – 5.00 pm	PG Quiz Final Rounds
05.00 pm – 5.30 pm	Valedictory Function



MIDCIPS NZ - 2025



Registration Form

Title: Prof./Dr./Mr./Ms./Mrs.

Full Name: Age/Sex:

Address:

City: State:

Postal Code: Contact Number:

Email Address:

CATEGORY	EARLY BIRD (Upto 20 th March 2025)	REGULAR (After 20 th March 2025)	ON SPOT (On 20 th April 2025)
IPS - NZ Members	Rs. 2000	Rs. 2500	Rs. 3000
Non - Members	Rs. 2500	Rs. 3000	Rs. 3500
PG Students	Rs. 1000	Rs. 1500	Rs. 2000
Accompanying Person	Rs. 2000	Rs. 2500	Rs. 3000
Senior Citizen	Delegates above 65 years of age are required to register for the conference; however, their registration will be free of charge. https://midcipsnizamritsar.com/registration/		

Affiliation/Org/Institute:

Designation:

Membership Number (IPS): State Council/Reg.No:

Accompanying Person Details:

1. Name: Relation with Delegate:

2. Name: Relation with Delegate:

Payment Transaction No.: Mode of Transaction:

Date of Transaction:

Signature of Applicant



REGISTRATION DETAILS



Registration Form

Email scanned copy of the duly filled form (attached on next page) along with payment proof on midcipsnz2025@outlook.com

Payment Options

Online - NEFT, IMPS, Bank transfer on given account details

IMPORTANT POINTS

- Registration is non-transferable.
- All Remittance / Bank charges / Online Transaction fees are to be borne by the registrant.
- Letter from HOD is mandatory for Post Graduate Student registration.
- Conference registration is mandatory for presenting award paper, oral paper, poster and symposia in the conference, and participation in workshops.
- The organizing committee is not responsible for payments made in any form without registration form and details of payment. Organizing committee will not entertain requests to refund the same.
- If any form is submitted without attaching correct payment proof, the registration will not be accepted by the organizing committee.
- **For spot registrations:** payment will be accepted only by mode of Cash/UPI.

Online Registration Link: <https://midcipsnzamritsar.com/registration/>



IPS - NORTH ZONE

MID YEAR CONFERENCE MIDCIPS NZ 2025

PMC Credit Hours - 4 (No. PMC/CME/2025/12513)



Free Paper/ Poster Abstract Submission Guidelines

Last Date: 25th March 2025

ABSTRACT GUIDELINES FOR FREE PAPER/POSTER (MIDCIPS NZ 2025)

Each registrant may submit abstract/s of his or her work for presentation during the IPS-North Zone MIDCIPS NZ 2025

It is expected that the abstract will include original data not previously published in a peer-reviewed journal or the proceedings of a national meeting or presented in a scientific conference.

ABSTRACT SUBMISSION GUIDELINES

- ✓ The length of the abstract body should not exceed 300 words.
- ✓ All abstracts must be submitted in Times New Roman Font.
- ✓ The abstract should have 3-5 keywords.
- ✓ Indicate your presentation preference (oral paper/ poster) when submitting your abstract. The final decision about oral paper/ poster presentation will stay with the scientific committee, though attempts will be made to honor your choice.
- ✓ **Last Date for Submission of Abstract:** 25th March 2025
- ✓ Abstract to be mailed to the President IPS NZ, Dr. Gurvinder Pal Singh at the email ID gpsluthra@gmail.com and CC to midcipsnz2025@outlook.com

Abstract should cover the following headings:

- ✓ **Objectives:** Indicate the purpose of the study or hypothesis that was tested.
- ✓ **Methods:** Include the setting for the study, the study design, the subjects, and the type of statistical analysis.
- ✓ **Results:** Present as clearly as possible the outcome of the study and statistical significance as appropriate.
- ✓ **Conclusion:** Briefly discuss the data and emphasize the significance of the results.



IPS - NORTH ZONE

MID YEAR CONFERENCE MIDCIPS NZ 2025



IMPORTANT INFORMATION

- ✓ **Registration is mandatory for the presenting author to present the paper.**
- ✓ All submissions will go through the peer review process.
- ✓ Peer review shall be single-blind with adequate safeguards to reduce the conflict of interest.
- ✓ The decisions of the Scientific Committee shall be final and binding.
- ✓ Authors selected for oral paper and poster presentations will be informed by 9th April 2025.
- ✓ Notices and instructions regarding acceptance of the abstract and presentation guidelines will be sent to the presenting author's e-mail address provided at the time of abstract submission.
- ✓ Abstracts must be original and must not be published or presented at any other meeting.
- ✓ Abstracts selected for presentation during the conference will be printed from the electronically submitted material. Every effort will be made to reproduce the content of the abstracts as submitted. The Scientific Committee does not proof-read or correct spelling, typographical, grammatical, or scientific errors, nor can changes be made once the abstract is submitted. Minor formatting changes may be made by the Abstract Review Committee before publication.
- ✓ Detailed information on the presentation format and submission procedures (i.e. duration and timing of the presentation, size of poster) will be emailed to all delegates whose abstracts have been accepted by the Scientific Committee.

REJECTION CRITERIA

The Scientific Committee reserves the right to reject abstracts based on the following criteria:

- ✗ Abstracts do not comply with guidelines; including excessive length.
- ✗ Abstracts contain inappropriate content.
- ✗ Abstracts fall outside of the topical scope of the theme.
- ✗ Abstracts don't meet ethical or scientific standards set by the Scientific Committee.

Submit to the President, IPS NZ Dr. Gurvinder Pal Singh at the email ID gpsluthra@gmail.com

- ▶ **Subject:** MIDCIPSNZ25 Abstract
- ▶ **CC:** midcipsnz2025@outlook.com
- ▶ The conference registration number should be included with the abstract
- ▶ **LAST DATE:** 25th March 2025



MIDCIPS-NZ 2025

POSTGRADUATE PSYCHIATRY QUIZ



Postgraduate Psychiatry Quiz being held on the occasion of Indian Psychiatric Society- North Zone Mid Year Conference 2025, organized by the Department of Psychiatry, Government Medical College, Amritsar in collaboration with Indian Psychiatric Society North Zone.

Venue: Auditorium, **Government Medical College, Amritsar**

Eligibility: Open to students currently pursuing MD/DNB/DPM in one of the states/UT included in North Zone (i.e., Kashmir, Jammu, Ladakh, Himachal Pradesh, Punjab, Haryana, Chandigarh, Delhi, Rajasthan)

Eligibility for Current PG Residents: Participants currently pursuing MD/DNB/Diploma in Psychiatry must upload a letter of recommendation from their Head of Department (HOD), clearly mentioning their current year of training.

Team Composition: Participants in teams of two from the same medical college required.

Registration Process: Click on the link below to Register for both team members, including letter of recommendation upload.

Registration Deadline: 31st March, 2025 (10:00 pm)

Screening Round: Scheduled on 20th April 2025, from 8AM to 9AM for all the registered teams at the venue of conference.

Finalists: Top 5 teams to enter the final round.

Final Round: 20th April 2025 (4-5 PM), MIDCIPS-NZ Conference venue in Amritsar.

Expenses: Participants shall be responsible for arranging their own travel and accommodation.

Further Information: Screening round details to be emailed post-registration deadline.

For More Info Visit: <https://midcipsnzamritsar.com/postgraduate-psychiatry-quiz/>



AMRITSAR



The Glorious Amritsar !

Golden Temple

The holiest Sikh shrine, known for its stunning architecture and peaceful ambiance.

Durgiana Temple

A Hindu temple resembling the Golden Temple, dedicated to Goddess Durga.

Ram Tirath Temple

A historic temple believed to be the birthplace of Lord Rama's sons, Luv and Kush.



Jallianwala Bagh

A memorial for the tragic massacre of 1919, with a museum and preserved bullet marks.

Gobindgarh Fort

A historic fort with light & sound shows, museums, and cultural performances.



Wagah Border

Witness the electrifying Beating Retreat ceremony between India and Pakistan.



Kesar Da Dhaba

Famous for its dal makhani, lachha paratha, and phirni.



Kulcha Land

One of the best places for crispy, buttery Amritsari kulchas.



Beera Chicken House

Famous for its juicy tandoori chicken and butter chicken.



AMRITSAR



Places to Stay in Amritsar

Luxury & Business Hotels:

5 ★★★★★

- Taj Swarna - (1.5 km From GMC Amritsar)
- Hyatt - (4.5 km From GMC Amritsar)
- Sarovar Portico Premiere - (3 km From GMC Amritsar)
- Le Meridien - (11.5 km From GMC Amritsar)
- Courtyard By Marriot - (1.8 km From GMC Amritsar)
- Radisson Blu - (11.1 km From GMC Amritsar)
- Welcome Hotel by ITC - (13.5 km From GMC Amritsar)



4 ★★★★★

- Holiday Inn - (3.5 km From GMC Amritsar)
- Best Western Swaran - (8.6 km From GMC Amritsar)
- Best Western Plus - (3.4 km From GMC Amritsar)
- Park Inn by Radisson - (10.8 km From GMC Amritsar)
- Ramada Encore - (7.9 km From GMC Amritsar)
- Golden Sarovar Portico - (2.8 km From GMC Amritsar)
- Fairfield by Marriott - (3.3 km From GMC Amritsar)
- MK Hotel - (2.8 km From GMC Amritsar)
- Bloom Boutique - (3.4 km From GMC Amritsar)
- HK Clarks Inn - (3 km From GMC Amritsar)
- Regenta Place - (3.9 km From GMC Amritsar)



3 ★★★

- Regenta Central - (4.2 km From GMC Amritsar)
- Best Western AH1 - (7.2 km From GMC Amritsar)
- Fern Residency - (2.7 km From GMC Amritsar)
- PR Residency - (3 km From GMC Amritsar)
- Ritz Plaza - (2.7 km From GMC Amritsar)
- Surestay by Best Western - (3.7 km From GMC Amritsar)





CME Secretariat
Department of Psychiatry
Government Medical College, Amritsar

Website: midcipsnizamritsar.com

Email: midcipsnz2025@outlook.com

Phone No: 9914890089, 7973859155