



INDIAN ASSOCIATION OF PRIVATE PSYCHIATRY
PUNJAB & CHANDIGARH STATE BRANCH

IAPP PUNJAB & CHANDIGARH

CONFERENCE 2026

Theme : Enhancing Clinical Skills in Private Practice

30th - 31st MAY 2026

Venue : Nirvana Luxury Hotel, Ludhiana



Clock Tower, Ludhiana



CONFERENCE

BROCHURE



Nirvana Luxury Hotel

Message from National President & Secretary, IAPP

Dear Colleagues,

It gives us immense pleasure to extend a warm welcome to all of you to the **IAPP Punjab and Chandigarh State Conference 2026**, to be held in the **vibrant city of Ludhiana—a center of growth**, resilience, and progressive thought.

We are particularly heartened by the enthusiasm of the psychiatric fraternity of Punjab and Chandigarh in coming together in larger numbers under the banner of the Indian Association of Private Psychiatry and reviving the Punjab State Branch during such a challenging period. We are confident that the office-bearers and the Executive Committee, with the active support of the general membership, will effectively address the concerns faced by private psychiatrists—especially in light of recent developments such as the NDPS Act and its impact on clinical practice. We assure you that the national body stands firmly committed to supporting all matters concerning private practitioners in the times ahead.

The theme for this year's conference, **“Enhancing Clinical Skills in Private Practice,”** aptly highlights the evolving demands of psychiatric care in today's dynamic healthcare landscape. As private practitioners, we must continually refine our clinical acumen, integrate emerging evidence into practice, and deliver patient-centered care with precision, empathy, and professionalism. Strengthening our clinical skills is essential not only for improving treatment outcomes but also for sustaining the trust and confidence our patients place in us.

This conference aims to serve as a stimulating academic platform that fosters learning, reflection, and professional growth. Through expert-led sessions, practical case discussions, and interactive exchanges, we hope to generate meaningful insights into contemporary clinical practices and equip participants with tools that can be effectively applied in everyday practice.

We are confident that this gathering will provide an excellent opportunity to enhance our knowledge, sharpen our skills, and strengthen the spirit of collaboration and camaraderie among colleagues. We extend our heartfelt best wishes to the organizing committee for their dedicated efforts and look forward to an enriching, engaging, and successful conference..

Warm Regards



Dr. Mrugesh Vaishnav

Hon. President

Indian Association of Private Psychiatry (IAPP)



Dr. Vipul Tyagi

Hon. Secretary

Indian Association of Private Psychiatry (IAPP)

Message from State President and State Secretary

Indian Association of Private Psychiatry (IAPP), Punjab & Chandigarh State Branch

It is with great pride and enthusiasm that we announce the **Annual Conference 2026** of the **Indian Association of Private Psychiatry, Punjab & Chandigarh State Branch**, to be held on the **30th and 31st of May 2026** at **Ludhiana**.

The theme of this year's conference, "**Enhancing Clinical Skills in Private Practice**," is not just a subject of academic discourse, but a call to continually evolve as clinicians, healers, and advocates for mental health. In a world where the psychological well-being of individuals is increasingly challenged, our role extends beyond treatment—it demands compassion, innovation, and an unwavering commitment to excellence.

This conference is envisioned as more than an academic gathering; it is a platform to inspire, to learn, and to collectively shape the future of psychiatric practice. With an enriching scientific program and distinguished faculty, we aim to foster meaningful dialogue, share practical insights, and empower each other to deliver better care in our daily practice.

We firmly believe that when passionate minds come together, they create not just knowledge, but a lasting impact. Let us use this opportunity to reconnect, rejuvenate our purpose, and reaffirm our dedication to the field of mental health.

We extend our warmest invitation to all delegates to join us in making this conference a truly memorable and transformative experience.

Warm Regards,



Dr Gurpartap Sandhu

State President &
Organizing Chairperson



Dr Ashish Sharma

State Secretary &
Organizing Secretary

Message from the Organising Committee

Dear Delegates,

It gives us immense pleasure to welcome you to the **IAPP Punjab & Chandigarh State Conference 2026**, scheduled to be held on **30th-31st May 2026** at **Nirvana Luxury Hotel, Ludhiana**.

With the theme ***“Enhancing Clinical Skills in Private Practice,”*** this conference aims to provide a focused platform for practical, evidence-based learning relevant to day-to-day psychiatric practice. The scientific program has been thoughtfully curated to encourage meaningful discussions, skill enhancement, and exchange of clinical experiences among peers.

We are confident that the conference will offer valuable academic insights along with opportunities for professional networking in a warm and collegial environment.

We look forward to your active participation and to making this conference a memorable academic experience.

Warm regards,
Organising Committee
IAPP Punjab & Chandigarh Branch Conference 2026



Dr Gurpartap Sandhu
State President &
Organizing Chairperson



Dr Ashish Sharma
State Secretary &
Organizing Secretary



Dr Himanshu Sareen
Vice President &
Co-Organizing-Chairperson



Dr. Abhishek Gupta
Treasurer &
Co-Organizing Secretary



Dr Gourav Monga
Joint Secretary &
Co-organizing-Secretary

IAPP National Leadership



Dr. Mrugesh Vaishnav
National President



Dr Vipul Tyagi
National Secretary



Dr N N Raju
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National Editor



Dr Vijay Nagecha
National Treasurer

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Ludhiana



Dr Rupinder Kapur
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Dr Ashwin Mohan
Chandigarh



Dr JPS Bhatia
Amritsar



Dr Sulakshan Tiwari
Bhatinda



Dr Baljit Saini
Hoshiarpur

Guiding Past Office Bearers



Late Dr. Rajeev Gupta
Ludhiana



Dr. MS. Saini
Jalandhar



Dr. Sandeep Kumar Goyal
Ludhiana



Dr. Purav Midha
Bathinda



Dr. Puneet Kathuria
Ludhiana



Dr. Satyen Sharma
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Registration Committee



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Cultural Committee

Awards Committee



Dr Harmandeep Kaur



Dr Gabby Sethi

Student Coordination Committee



Dr Ribhav Gupta



About Ludhiana



Located in the heart of Punjab, Ludhiana stands as one of North India's most vibrant and rapidly growing cities. Known as the **industrial capital of Punjab**, Ludhiana seamlessly blends economic strength with rich cultural heritage, making it an ideal destination for academic and professional gatherings.

The city is a major hub for **textile manufacturing, hosiery, and bicycle industries**, contributing significantly to India's industrial landscape. Its entrepreneurial spirit and dynamic business environment reflect the progressive mindset of the region.

Beyond its industrial identity, Ludhiana offers a warm glimpse into **Punjabi culture and hospitality**. Visitors can experience traditional cuisine, lively markets, and a welcoming atmosphere that defines the spirit of Punjab. Popular local attractions include the serene Nehru Rose Garden, one of Asia's largest rose gardens, and the culturally rich Punjab Agricultural University Museum, which showcases the region's rural heritage and evolution.

Strategically well-connected by road, rail, and nearby air links, Ludhiana ensures convenient accessibility for delegates traveling from across the country. The city also offers a range of modern hotels, conference venues, and urban amenities, making it well-equipped to host high-quality academic events.

With its unique blend of **progress, tradition, and hospitality**, Ludhiana provides the perfect backdrop for meaningful discussions, knowledge exchange, and professional networking.



Scientific Program

Day-1 | Ballroom | 30th May 2026 | Saturday

Time	Session/Topic	Speakers
02:00-03:00 PM	Registration	
03:00-03:40 PM	Session 1: Role of IAPP in the present difficult times for the Private Psychiatric Practice	Dr Rupinder Kapur, Senior Practicing Consultant, Phagwara
03:40-04:20 PM	Session 2: Disorders of motivation: Pharmacologic options in OPD	Dr Puneet Kathuria, Director, Prem Neuropsychiatry centre, Malerkotla
04:20-05:00 PM	Session 3: CBD in Psychiatric Disorders	Dr Ashwin Mohan Senior Practicing Consultant, Chandigarh
05:00-05:20 PM	High Tea	
05:20-07:00 PM	Inaugural function - Welcome address - Chief guest speech - IAPP President address - IAPP Pb CHD address - Vote of thanks	
07:00- 07:30 PM	IAPP PB-CHD AGBM	
07:30 PM Onwards	GALA DINNER	

Day-2 | Ballroom | 31st May 2026 | Sunday

Time	Session/Topic	Speakers
08:00-08:30 AM	Registration & Breakfast	
08:30-09:10 AM	Session 4: Essay writing Competition for PGs and SRs	Dr Sumeet Kaur Madaan (Coordinator) Asstt Prof of Psychiatry, PIMS Jalandhar
09:10-09:50 AM	Session 5: Q and A with Dr Gaurav Uppal (Trainer for MRCPsych Exam)	Dr Gaurav Uppal, Consultant Psychiatry, Ludhiana
09:50-10:30 AM	Session 6: Addiction Treatment: Why is it so hard to get it right?	Dr Debasish Basu Professor and former HOD Psychiatry PGIMER, Chandigarh

Day-2 | Ballroom | 31st May 2026 | Sunday

Time	Session/Topic	Speakers
10:30-11:00 AM	Session 7: Optimizing Alcohol Withdrawal Management- Chlordiazepoxide Titration Strategies	Dr Raghav Shah, DM Addiction Psychiatry, Rajasthan Hospital, Jaipur
<i>Tea will be served alongside the session</i>		
11:00-11:40 AM	Session 8: Using social media to enhance psychiatric practice: A how-to guide	Dr Vishal Chhabra HOD and Sr Consultant Psychiatrist Fortis Hospital Shalimar Bagh, New Delhi
11:40-12:20 PM	Session 9: Delirium: An update on neurobiology and management	Dr Purav Midha Sr Consultant Psychiatry Midha Neuropsychiatry and Deaddiction Hospital, Bhatinda
12:20-01:00 PM	Session 10: OCD beyond SSRIs: Rationale and evidence	Dr Himanshu Sareen Prof and Head, Department of Psychiatry, PIMS Jalandhar
01:10-01:30 PM	Valedictory Session	
01:30 PM Onwards	Lunch	

Note:

*All scientific content is curated by the organising committee.



Activities for Accompanying Persons & Children

We understand that conferences are not just professional engagements but also an opportunity to travel and spend quality time with family. At IAPP Punjab & Chandigarh Conference 2026, we have thoughtfully curated a range of activities to ensure that accompanying persons and children have a comfortable, engaging, and enjoyable experience throughout the event.

Dedicated Hospitality Desk for assisting accompanying guests with guidance, local information, and support

Curated Leisure Activities including local sightseeing, shopping visits and cultural experiences in Ludhiana

Wellness & Relaxation Options such as spa access and recreational facilities at the venue

Safe & Fun Kids' Zone with supervised activities, games and creative engagement sessions

Family-Friendly Environment ensuring comfort, safety and ease for all age groups

Our goal is to make the conference a wholesome experience— not just for delegates, but for their families as well.





INDIAN ASSOCIATION OF PRIVATE PSYCHIATRY
PUNJAB & CHANDIGARH STATE BRANCH

IAPP PUNJAB & CHANDIGARH CONFERENCE 2026

Theme : Enhancing Clinical Skills in Private Practice

30th - 31st MAY 2026, Nirvana Luxury Hotel, Ludhiana

REGISTRATION FORM

Please Fill in **BLOCK LETTERS**

(*It is important that you provide an email & mobile number so that future communications can be sent to you via SMS/ e-mail)

Title: Prof. Dr. Mr. Ms. Mrs. Gender: Male Female

First Name*: _____ Last Name: _____

Membership No.: _____ Designation: _____

Registration Category : _____

E-mail ID*: _____ Mobile*: _____

Hospital / Institute: _____ Pin Code : _____

Accompanying Person Yes No Number of Accompanying Person (____)

Accompanying Person 1. Name : _____ Designation : _____

Accompanying Person 2. Name : _____ Designation : _____

REGISTRATION FEE DETAILS

Category	Early Bird Till 30th April 2026	Regular	On Spot
IAPP Members	INR 4,000	INR 5,000	INR 6,000
Non-IAPP Members	INR 6,000	INR 7,000	INR 8,000
IAPP Member PGs/Junior Residents*	Free	INR 3,000	INR 8,000
Psychologists and other mental health professionals	INR 3,500	INR 4,500	INR 5,500
Accompanying Person	INR 3,000	INR 3,000	INR 6,000
Psychiatrists above 65 years	Free	INR 3,000	INR 6,000
Corporate Delegate	INR 10,000	INR 12,000	INR 15,000

Please note :

- This conference is compliant to all NMC & PMC Guidelines
- Delegates to ensure they are paying the fee from their own or their hospital/ institution account
- No cancellations will be permitted.
- Conference kit is not guaranteed for on-spot registrations.
- Above amount are excluding 18% gst
- Accompanying person is not entitled for a delegate kit or participation certificate
- There are no couple / group discounts
- *IAPP Student / PG membership is FREE

GST No. : 03AAMF11233R1Z6

PAN No. AAMF11233R

Multiple payment options available
(Credit Card / Debit card/ UPI etc.)

Click Here
to Register



Essay Writing Competition

IAPP Punjab & Chandigarh Branch Conference 2026

The **Indian Association of Private Psychiatry (IAPP), Punjab & Chandigarh Branch** invites submissions for **Essay Writing Competition** as part of upcoming conference.

This initiative aims to encourage thoughtful discussion, practical insights, and innovative approaches in private psychiatric practice.

Guidelines

Open to all PG Residents, Junior Residents, Senior Residents, Tutors, and Demonstrators from Departments of Psychiatry across teaching institutions in Punjab & Chandigarh

Entries will be evaluated in two separate categories:

- Junior Residents
- Senior Residents

Exciting Cash Rewards for the best entry in each category

Topics

- Rational Polypharmacy in Psychiatry: Necessity or Overuse?
- Integrating AI into a Busy Private Psychiatry Clinic: Practical Roadmap
- Social Media and Mental Health: Boon or Bane for Clinical Practice?
- Challenges in Managing Substance Use Disorders (SUD) in Private Practice Settings
- Ethical Dilemmas in Private Psychiatric Practice

Submission Guidelines:

- Word Limit: **1000–1500 words**
- Language: **English only**
- Format: **.doc / .docx file**
- Font: **Times New Roman, Font Size 12, 1.5 spacing**
- The submission must be **original and unpublished**

Evaluation Criteria:

- Relevance to topic
- Originality & innovation
- Practical applicability
- Clarity and structure
- Evidence-based approach

Important Notes:

- Last Date of Submission: **20th May 2026**
- Plagiarism will lead to disqualification
- Decision of the organizing committee will be final
- Top entries will be awarded and may be invited for presentation during the conference

SUBMIT NOW

About the Venue

Nirvana Luxury Hotel, Ludhiana

Welcome to Nirvana Luxury Hotel, one of Ludhiana's premier hospitality destinations, where elegance, comfort, and world-class service come together to create an exceptional experience. Designed to offer a perfect blend of luxury and functionality, the hotel provides an ideal setting for conferences, academic sessions, and networking engagements.

With its sophisticated interiors, well-equipped banquet spaces, and modern amenities, Nirvana Luxury Hotel ensures a seamless and enriching experience for all delegates. The venue is complemented by premium accommodations, fine dining options, and dedicated service, making it a preferred choice for high-profile events in the city.

Connectivity & Accessibility

By Air



- **Sahnewal Airport** (Ludhiana Airport) Located approximately 20 km from Nirvana Luxury Hotel Ludhiana, this airport can be reached within 30–40 minutes. It offers limited domestic connectivity and taxis or app-based cab services are easily available for a convenient transfer to the venue.
- **Chandigarh International Airport** Situated around 120 km from the venue, with a travel time of approximately 2.5–3 hours, this airport is well connected to major Indian cities. Delegates can easily hire taxis, use app-based cab services, or opt for Volvo buses followed by a short cab ride to reach the hotel.
- **Sri Guru Ram Dass Jee International Airport** (Amritsar Airport) Located approximately 155 km away, with a travel time of 3–4 hours, this airport offers both domestic and international connectivity. Taxis and intercity cab services are readily available for a smooth and direct journey to the venue.

By Train



Ludhiana Junction Railway Station is one of the busiest railway stations in North India, with excellent connectivity to cities such as Delhi, Chandigarh, Amritsar, and Mumbai. The venue is located approximately 7–8 km from the railway station, with a travel time of around 15–25 minutes. Delegates can easily reach the hotel via auto-rickshaws, e-rickshaws, or app-based cab services.

By Road



Ludhiana enjoys strong road connectivity via NH44 and NH5, making it easily accessible from nearby cities. The city is approximately 100 km from Chandigarh (2.5–3 hours), 140 km from Amritsar (3–4 hours), and around 300 km from Delhi (5–6 hours). Regular bus services, including state transport and private Volvo coaches, operate frequently to Ludhiana. From the bus stand, the venue can be reached within 20–30 minutes via taxi or cab. Private vehicles and intercity taxis also provide a smooth and convenient travel experience.

Accommodation

Accommodation Guidelines

- The Organizing Committee is pleased to facilitate information; however, all reservations and transactions will be managed directly between the guest and the hotel.
- For your convenience, a list of recommended hotels along with contact details is provided. You may book your accommodation directly with the hotel of your choice.
- Rooms will be allotted on a first-come, first-served basis and are subject to availability. As availability is dynamic, early booking is highly recommended.
- Direct booking ensures better flexibility for guests in selecting room preferences, managing dates, and availing any ongoing hotel offers.
- For any assistance related to booking, modifications, or cancellations, you may directly connect with the respective hotel.

S.No	Hotel Name	Distance from Venue	Travel Time to Venue	Contact Number
1	Nirvana Luxury Hotel	Venue	Venue	91 93153 85605
2	Palm Court Hotel	9.5 kms	20 mins	0161 522 0001
3	Keys Select By Lemon Tree Hotels	10.5 kms	25 mins	0161 660 2100
4	Radisson Blu Hotel	9.5 kms	20 mins	06284 192 159
5	Maharaja Regency Hotel	6.5 kms	15 mins	0161 468 8222
6	Hyatt Regency Hotel	9.5 kms	20 mins	82840 00256
7	Park Plaza Hotel	7 kms	15 mins	91 814 6300323
8	Hotel Onn	6 kms	12 mins	0161 520 2020
9	Baklavi Hotel	5.6 KM	12-15 Min	91 85679 75000

For any accommodation related query, please mail us at
events.iapp.punjab@gmail.com

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Supporters & Exhibitors



Disclosure Statement:

1. Sponsors had no control over speaker selection, scientific content or CME credit decisions.
2. The Organising Committee sincerely acknowledges the support of our sponsors and exhibitors for facilitating conference logistics.
3. All scientific sessions, faculty selection and academic content remain under the independent control of the Organising Committee.



INDIAN ASSOCIATION OF PRIVATE PSYCHIATRY
PUNJAB & CHANDIGARH STATE BRANCH

Conference Secretariat

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State President &
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☎ 9915598282

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Conference Manager



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or mail us at events.iapp.punjab@gmail.com

