INNOVATIONS IN MENTAL HEALTH CARE
MASTER CLASS 2019
FEBRUARY 09–10, 2019
GOLCONDA ROOMS, HOTEL TRIDENT, C-56, G BLOCK, BANDRA KURLA COMPLEX, BANDRA, 400051 MUMBAI

MMC CME Credits: Applied
DAY ONE  
FEBRUARY 09, 2019 11.00 AM TO 07.00 PM

11.00 am Registration (Essential—Complementary)  
12.00 noon Lunch  
01.00 pm Welcome and Introduction Vihang N. Vahia and Adriana Bobinchock

SESSION 1
YOGA IN MENTAL HEALTH  
Speaker: Dr. B. N. Gangadhar  
01.25 pm to 03.00 pm

01.25 pm Introducing the Chairperson: Dr. Malay Dave  
01.30 pm Introducing the Speaker: Dr. B. N. Gangadhar  
01.40 pm Yoga in Mental Health  
02.30 pm Q & A  
03.00 pm Tea Break

SESSION 2
INNOVATIONS IN CHILD PSYCHIATRY  
Speaker: Dr. Mona Potter  
03.30 pm to 05.40 pm

03.30 pm Introducing the Chairperson: Dr. Alka Subramanyam  
03.35 pm Introducing the Speaker: Dr. Mona Potter  
03.40 pm Innovations in Child Psychiatry: Dr. Mona Potter  
04.40 pm Q & A

SESSION 3
BRAINSTORM  
05.20 pm to 7:00 pm

05.20 pm Introducing the Chairperson: Dr. Rashmin Cholera  
05.30 pm Faculty: Dr. B.N. Gangadhar, Dr. Mona Potter, Dr. Malay Dave, Dr. Alka Subramanyam, Dr. Dipti Shah, and Dr. Kersi Chavda  
07.30 pm Dinner
DAY TWO
FEBRUARY 10 09.00 AM TO 02.00 PM

09.00 am  Registration (Essential—Complementary)
Breakfast

SESSION 4
MAHARASHTRA SMHA: ITS MISSION AND VISION
Speaker: Dr. Ajit Dandekar
09:30 am to 10:00 am
09.30 am  Introducing the Chairperson: Dr. Sanjay Kumawat
09.35 pm  Introducing the Speaker: Dr. Ajit Dandekar
09.40 am  Maharashtra SMHA: Its Mission and Vision:
Dr. Ajit Dandekar

SESSION 5
BEYOND DRUG THERAPY
Speaker: Dr. Lois Choi-Kain
10.00 am to 11.40 am
10.00 am  Introducing the Chairperson: Dr. Jayita Deodhar
10.05 pm  Introducing the Speaker: Dr. Lois Choi-Kain
10.10 am  Beyond Drug Therapy: Dr. Lois Choi-Kain
11.10 pm  Q & A
11.40 am  Tea Break

SESSION 6
DIGITAL PSYCHIATRY
Speaker: Dr. Ipsit Vahia
12.00 noon to 01.30 pm
12.00 noon  Introducing the Chairperson: Dr. Kersi Chawda
12.05 pm  Introducing the Speaker: Dr. Ipsit Vahia
12.10 pm  Digital Psychiatry: Dr. Ipsit Vahia
01.30 pm  Q & A
02.00 pm  Concluding Remarks Followed by Lunch
03.15 pm  Open House (on demand of the participants)
Chairpersons: Dr. Jayita Deodhar and
Dr. Malay Dave
DR. B. N. GANGADHAR
Director, National Institute of Mental Health and Neuro Sciences (NIMHANS)

Following graduation from the Bangalore Medical College in 1978, Dr. Gangadhar entered the National Institute of Mental Health and Neuro Sciences (NIMHANS), as a trainee psychiatrist. His exemplary clinical, research, and administrative skills were duly acknowledged by the Government of India when he was appointed as Director of NIMHANS. In addition to holding a medical degree in psychiatry, Dr. Gangadhar has a Doctor of Science degree from University Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), where he specialized in researching yoga and mental health. He is a fellow of the National Academy of Medical Sciences, recipient of the Sir CV Raman Award and the Doctors Day Award from the Karnataka Government. His varied research interests include yoga, schizophrenia, public health, and electroconvulsive therapy. He has published several papers on these subjects and has established the role of yoga—an ancient Indian science—in contemporary psychiatry and in the care of the mentally ill globally.
Dr. Mona Potter is medical director of McLean Hospital's Child and Adolescent Anxiety Program and Outpatient Services. Dr. Potter has particular interest in the treatment of pediatric anxiety disorders, OCD, mood disorders, and borderline personality disorder, with a focus on collaboration with schools. Dr. Potter is extensively trained in a range of evidence-based therapies, including medication evaluation and management, cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and motivational interviewing (MI).
Dr. Lois W. Choi-Kain, MEd, MD, who trained directly under John Gunderson, MD, widely known as the “father of borderline personality disorder,” serves as the director of the Adult Borderline Center and Training Institute at McLean Hospital. In 2009, she developed the Gunderson Residence, an intensive, specialized residential program for adult women with severe personality disorders that uniquely integrates multiple evidence-based treatments for borderline personality disorder (BPD) in a rigorous and scientifically informed way.

Dr. Choi-Kain also developed the McLean BPD Training Institute, which is a major center for teaching evidence-based approaches to treating severe personality disorders including mentalization-based therapy (MBT), general psychiatric management (GPM), and most recently transference-focused psychotherapy (TFP).
IPSIT VAHIA, MD

Medical Director, Geriatric Psychiatry Outpatient Services, McLean Hospital
Medical Director, McLean Institute for Technology in Psychiatry
Assistant Professor of Psychiatry, Harvard Medical School

Ipsit Vahia, MD, is a geriatric psychiatrist, clinician, and researcher. He is medical director of the Geriatric Psychiatry Outpatient Services at McLean Hospital and the McLean Institute for Technology in Psychiatry. His research focuses on the use of technology and informatics in the assessment and management of older adults and currently, he oversees a clinical and research program on aging, behavior, and technology. He has published extensively in major international journals and textbooks.

Dr. Vahia is a recipient of several prestigious awards including the 2016 AAGP Barry Lebowitz Award and the 2014 APA Hartford Jeste Award.

DR. AJIT SHARATCHANDRA DANDEKAR

Dr. Dandekar is a non-government member of the Maharashtra State Mental Health Authority. He is an alumnae of the Topiwala National Medical Center and Nair Hospital Mumbai and a consultant psychiatrist with 40 years of experience in the field. He was twice elected General Secretary of the Bombay Psychiatric Society. He is an astute clinician and a popular speaker on different aspects of the subject of psychiatry. A voracious reader, Dr. Dandekar finds time to pursue his interest in sports, music, psychiatric education, and yoga.
The Dr. N.S. Vahia Foundation is an NGO named after the late Dr. N.S. Vahia (1917-2017). The Foundation endeavors to enhance neuropsychiatry in India. The importance of focusing on mental illness and mental health is underscored by the WHO data that reveals that disability induced by mental illness surpasses disability due to any other physical illness, including cardiac illness or cancer.

The Dr. N.S. Vahia Foundation has been conducting teaching programs for clinicians and students of psychiatry in Maharashtra since the year 2008.

McLean Hospital is the largest psychiatric affiliate of Harvard Medical School and has a longstanding history of delivering unmatched psychiatric care, conducting innovative brain research, and unparalleled professional and public education. Through its three-part mission of clinical care, research, and education, McLean has earned a reputation as a world leader in the field of psychiatry and has consistently been recognized as the best psychiatric hospital in the United States by the international magazine *U.S. News & World Report*.

Bringing the expertise of McLean internationally through public and professional education, the hospital is working toward enhancing the overall knowledge of brain health and encouraging compassion and understanding for individuals living with psychiatric disorders among the public.