6
CME CREDIT HOURS

WELCOME TO

NATIONAL CONFERENCE ON ADOLESCENT MENTAL HEALTH

Adolescence Reimagined — From Risks to Recovery

NCAMH 2026

13 · 14 · 15 November 2026

CENTRE OF EXCELLENCE BLOCK · GHMC, VISAKHAPATNAM



ORGANISING CHAIRPERSON

Dr. K.V. Rami Reddy

MD, MBA

HOD & Superintendent, Department of Psychiatry, Andhra Medical College, GHMC, Visakhapatnam

ORGANIZED BY

Indian Psychiatric Society

in association with

Child and Adolescent Psychiatry Super Speciality Department
GHMC & Andhra Medical College, Visakhapatnam



ORGANISING SECRETARY

Dr. N. Prasanna Kumar

MD, DM

Professor & HOD, Child and Adolescent Psychiatry Super Speciality Dept, COE-GHMC & AMC

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NCAMH 2026 · THREE DAYS

PROGRAM AT A GLANCE

FRI · 13 NOV — Day 1

09:00 AM – 12:30 PM
Workshops 3 & 4
Life Skills Training · Gate Keepers Training for Suicide Prevention

12:30 – 01:00 PM
INAUGURATION

01:00 – 02:00 PM
LUNCH

02:00 – 05:30 PM
Afternoon Session
ADHD · Gen Z: Relationships & Sexuality · Mentalisation-Based Therapy · Community Consultations · Disruptive Behaviour

02:00 – 05:30 PM · PARALLEL
Workshop 1
Dialectical Behavioural Therapy

SAT · 14 NOV — Day 2

09:00 – 11:00 AM
Morning Session
Childhood Trauma · Autism in Adolescents

11:00 – 11:30 AM
TEA BREAK

11:30 AM – 01:30 PM
Morning Session (cont.)
Promoting Youth Mental Health · Gender Dysphoria

10:30 AM – 01:00 PM · PARALLEL
Workshop 2
Eating Disorders in Adolescents

01:30 – 02:30 PM
LUNCH BREAK

02:30 – 05:15 PM
Adolescent Forensic Psychiatry Conclave
Indian, Australian, UK and US perspectives

02:00 – 05:30 PM · PARALLEL
Workshop 5
Motivational Interviewing for Substance Use

SUN · 15 NOV — Day 3

09:00 – 11:15 AM
Suicidal Behaviour Conclave
Depression & Suicide · Non-suicidal Behaviour · Community Prevention

11:15 – 11:30 AM
TEA BREAK

11:30 AM – 01:00 PM
Psychosis Conclave
Early-onset Schizophrenia · Bipolar Spectrum · Emotional Dysregulation

01:00 – 01:30 PM
LUNCH BREAK

01:30 – 04:30 PM
Addiction Medicine Conclave
Vulnerability · Community Prevention · Screen & Gaming · Social Media

VENUE · **CENTRE OF EXCELLENCE BLOCK, GHMC, VISAKHAPATNAM**

◆ **BEST FREE PAPERS AWARDS** for Postgraduates of Psychiatry & Paediatrics on adolescent mental health — submit to **drprasannakumar1205@gmail.com** on or before **31st October 2026**.



VANJANGI TREK, VISAKHAPATNAM

SCIENTIFIC PROGRAM

DAY 1

Friday, 13 November 2026

Workshops ◆ Inauguration ◆ Afternoon Session

WORKSHOPS

Deep-dive sessions into specialised therapies, interventions and prevention strategies, led by distinguished experts in the field. Workshops run in parallel with the main-hall sessions.

**Please note that workshops will not be streamed online.*

WORKSHOP 3

09:00 AM – 12:30 PM

Life Skills Training in Adolescents

Dr. Srikala Bharat MD, DPM
Former Professor, NIMHANS

Dr. Sugnayani MD, PDF
Child Psychiatrist

FACILITATOR

Dr. M. Prajwala MD · *Assistant Professor, GHMC*

ELIGIBILITY Psychologists, Psychiatrists, Paediatricians, Special Educators and trainees in these fields

WORKSHOP 4

09:00 AM – 12:30 PM

Gate Keepers Training for Suicide Prevention – Master Training (TOT)

Dr. Senthil Kumar Reddi MD
Professor, NIMHANS

Dr. M. Krishna Prasad MD, PDF
Professor, NIMHANS

Dr. Guru S. Gowda MD
Additional Professor, NIMHANS

ELIGIBILITY Psychiatrists, Clinical Psychologists and trainees in these fields

INAUGURATION 12:30 – 01:00 PM

LUNCH 01:00 – 02:00 PM

WORKSHOP 1

02:00 PM – 05:30 PM · PARALLEL TO AFTERNOON SESSION

Dialectical Behavioural Therapy

Dr. M. Manjula MPhil, PhD
Professor of Clinical Psychology, NIMHANS

FACILITATOR

Ms. Diksha Dugar · *PhD Scholar*

ELIGIBILITY Psychiatrists, Clinical Psychologists and trainees in these fields

AFTERNOON SESSION

02:00 PM – 02:45 PM

ADHD in Adolescents — How different is it from Children and Adults: Evaluation & Management Strategies

Dr. Jai Ranjan Ram MD, MRCPsych, CCST
Apollo Gleneagles Hospital, Kolkata

02:45 PM – 03:30 PM

Gen Z: Relationships and Sexuality

Dr. T.S. Satyanarayana Rao MD, DPM
President, IPS

03:30 PM – 04:15 PM

Mentalisation-Based Therapy

Dr. Ashlesha Bagadia MRCPsych, FRANZCP
Director, The Parc, Australia

04:15 PM – 04:45 PM

Innovative Community Consultations to extend the reach of Child and Youth Psychiatrists – Experiences from an Australian service

Dr. Tejas Golhar MD, PDF, FRANZCP, Cert. Child & Adol. Psych
CAMHS, Australia

04:45 PM – 05:30 PM

Disruptive Behaviour in Adolescents – Evaluation & Management

Dr. Jagan K. Chilakamarri MD
Child Psychiatrist, Atlanta, USA



RUSHIKONDA BEACH, VISAKHAPATNAM

SCIENTIFIC PROGRAM

DAY 2

Saturday, 14 November 2026

Morning Session ◆ Workshops ◆ Adolescent Forensic Psychiatry Conclave

WORKSHOPS

Deep-dive sessions into specialised therapies, interventions and prevention strategies, led by distinguished experts in the field. Workshops run in parallel with the main-hall sessions.

**Please note that workshops will not be streamed online.*

WORKSHOP 2

10:30 AM – 01:00 PM

Eating Disorders in Adolescents – Risk Assessment and Management Strategies with focus on Anorexia Nervosa

Dr. Lakshmi Sravanthi MD, DM (CAP)
Assistant Professor, NIMHANS

ELIGIBILITY Psychiatrists and Psychiatry Postgraduates only

WORKSHOP 5

02:00 PM – 05:30 PM

Motivational Interviewing for Substance Use

Dr. Jayanth Mahadevan MD, DM (Addiction Psychiatry)
Associate Professor, NIMHANS

Dr. Venkata Lakshmi Narasimha MD, DM (Addiction Psychiatry)
Assistant Professor, NIMHANS

FACILITATORS

Dr. Vaibhav MD, DM (Addiction Psychiatry)
Dr. Shivam MD, DM (Addiction Psychiatry) · *Senior Resident, NIMHANS*

ELIGIBILITY Psychiatrists, Psychologists and trainees in these fields



DISCOVER VIZAG

Bojjannakonda

Rock-cut Buddhist caves and sculptures near Anakapalli, among the oldest in the region.

MORNING SESSION

09:00 AM – 10:00 AM

Childhood Trauma Surfacing in Adolescence

Dr. Lakshmi Sravanthi MD, DM (CAP)
Assistant Professor, NIMHANS

10:00 AM – 11:00 AM

Complexities in the Management of Autism in Adolescents – Treatment Considerations, Current Facilities of Rehabilitation

Dr. K. Raghavendra Kumar MD, DM, PDF
Consultant Child Psychiatrist, Bengaluru

TEA BREAK 11:00 – 11:30 AM

11:30 AM – 12:30 PM

Promoting Youth Mental Health: From Evidence to Practice

Dr. Vikram Patel MBBS, PhD
Head, Department of Global Health, Harvard Medical School, USA

12:30 PM – 01:30 PM

Gender Dysphoria in Adolescence – Evaluation and Management Strategies

Dr. Jyoti Shetty MD
Professor & HOD, Bharati Vidyapeeth Deemed University Medical College, Pune

LUNCH BREAK 01:30 – 02:30 PM



DISCOVER VIZAG

Thotlakonda

Ancient hilltop Buddhist monastery with stupas overlooking the Bay of Bengal.

ADOLESCENT FORENSIC PSYCHIATRY CONCLAVE

AFTERNOON SESSION

02:30 PM – 03:10 PM

Adolescence with Behavioural Issues and Conduct Behaviour – Current Legal Framework in India and Challenges

Dr. N. Prasanna Kumar MD, DM
Professor, Child Psychiatry, AMC, Vizag

03:10 PM – 03:50 PM

Adolescents in Conflict with Law — What we can take from other countries: an Australian perspective

Prof. Dr. John Kasinathan MBBS, M.Psych, FRANZCP
Cert. Forensic Psych, Sydney, Australia

03:50 PM – 04:30 PM

From UK Perspective: Adolescents in Conflict with Law

Dr. Seshagiri Nimmagadda MBBS, FRCPsych, MMedSc
Forensic Psychiatrist, UK

04:30 PM – 05:15 PM

From US Perspective: Adolescents in Conflict with Law

Dr. Smitha Bhandari MD
Forensic Psychiatrist, Atlanta, USA



KAILASAGIRI GLASS SKYWALK, VISAKHAPATNAM

SCIENTIFIC PROGRAM

DAY 3

Sunday, 15 November 2026

Suicidal Behaviour ◆ Psychosis ◆ Addiction Medicine

SUICIDAL BEHAVIOUR CONCLAVE

09:00 AM – 09:45 AM

Adolescent Depression and Suicide – How different from Adults in Evaluation and Management

Dr. Nishant Goyal MD, DPM
Professor of Psychiatry, VMMC & SJH, New Delhi

09:45 AM – 10:30 AM

Non-suicidal Behaviour – Evaluation and Management Algorithms

Dr. Henal Shah MD, DPM
Professor, BYL Nair Hospital, Mumbai

10:30 AM – 11:15 AM

Adolescent Suicide — Preventive Strategies in the Community

Dr. Lakshmi Vijay Kumar MBBS, DPM, PhD, FRCP, FRCPsych
Hon. Associate Professor, University of Melbourne, Australia

TEA BREAK 11:15 – 11:30 AM



DISCOVER VIZAG

Ross Hill

Hilltop shrines of three faiths — church, dargah and temple — above the harbour.

PSYCHOSIS CONCLAVE

11:30 AM – 12:00 PM

Early-onset Schizophrenia – How to Evaluate and Manage

Dr. Bhagyavathi MD, DM
Professor & HOD, Mandya Medical College

12:00 PM – 12:30 PM

Bipolar Spectrum in Adolescence – How to Evaluate

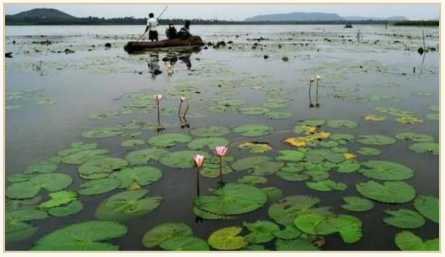
Dr. N. Prasanna Kumar MD, DM
Professor, Child Psychiatry, AMC, Vizag

12:30 PM – 01:00 PM

Emotional Dysregulation in Adolescents – Current Evidence with Medication

Dr. Vishal Indla MD, DNB
Director, Indlas Hospital and ICGC

LUNCH BREAK 01:00 – 01:30 PM



DISCOVER VIZAG

Kondakarla Ava

One of Andhra Pradesh's largest freshwater lakes, rich with lotus and birdlife.

ADDICTION MEDICINE CONCLAVE

01:30 PM – 02:15 PM

Addiction on Adolescent Development – Vulnerability and Management Strategies

Dr. Vivek Benegal MD
Former Professor, NIMHANS, Bengaluru

02:15 PM – 03:00 PM

Strategies to Prevent Addiction among Adolescent Groups in Community Settings

Dr. Biswadip Chatterjee MD
Professor, NDDTC, AIIMS, New Delhi

03:00 PM – 03:45 PM

Excessive Screen Use and Gaming Addiction in Adolescence – Evaluation and Management

Dr. Jayanth Mahadevan MD, DM
Associate Professor, NIMHANS

03:45 PM – 04:30 PM

Pathological Use of Social Media in Adolescence: How to Evaluate and Manage in Clinical Setting

Dr. Venkata Lakshmi Narasimha MD, DM
Assistant Professor, NIMHANS

IMPORTANT ANNOUNCEMENT · BEST FREE PAPERS AWARDS

Best Free Papers Awards for **Postgraduates of Psychiatry and Paediatrics** on adolescent mental health. Papers should be submitted to **drprasannakumar1205@gmail.com** on or before **31st October 2026**.

PLEASE NOTE

**Workshops will not be streamed online.*

REGISTRATION & CONTACT

SCAN TO REGISTER

Dr. N. Prasanna Kumar MD, DM
Professor & HOD, Child and Adolescent Psychiatry Super Speciality Dept, COE-GHMC & AMC

91779 93866 · 97419 66634

WHILE YOU ARE IN THE CITY OF DESTINY

ATTRACTIONS AROUND VIZAG

Between sessions, discover the beaches, hills and ancient Buddhist heritage of Visakhapatnam and its surroundings.



Rushikonda Beach

Golden sands and rolling surf on the scenic Beach Road, north of the city.



Bojjannakonda

Rock-cut Buddhist caves and sculptures near Anakapalli, among the oldest in the region.



Kondakarla Ava

One of Andhra Pradesh's largest freshwater lakes, rich with lotus and birdlife.



Thotlakonda

Ancient hilltop Buddhist monastery with stupas overlooking the Bay of Bengal.



Kailasagiri

Hilltop park with a glass skywalk and panoramic views of the bay.



Vanjangi Trek

Dawn trek near Paderu to watch the sun rise over a sea of clouds — best in winter.



Natural Arch

A rare sea-carved rock arch on the coast, recognised as a geological heritage site.



Ross Hill

Hilltop shrines of three faiths — church, dargah and temple — above the harbour.



CONFERENCE VENUE

Government Hospital for Mental Care

Centre of Excellence Block · GHMC, Visakhapatnam

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