



National Conference on Motherhood and Mental Health
31st October, 2015

National Institute of Mental Health and Neurosciences
(An Institute of National Importance)
Bangalore 560029



Programme Schedule

Time	Program	Speaker
8.00 - 9.00 AM	Registration and Breakfast	
9.00 - 9.20 AM	Inauguration	
9.20 - 10.00 AM	Plenary I Improving mental health and resilience in Perinatal mental health	Prof. Helen Herrman
10.00 - 10.45 AM	Plenary II What were we thinking, a new psycho-educational program for couples ad their first babies to prevent postpartum common mental disorders	Prof. Jane Fisher
10.45 - 11.00 AM	Tea Break	
11.00 AM - 12 PM	Symposium I: Intervention Psychopharmacology in pregnancy Psychological Interventions during pregnancy	Dr. Kristina Hofberg <i>Discussant:</i> Dr. Girish Babu Dr. Veena Satyanarayana <i>Discussant:</i> Dr. Eesha Sharma
12.00 - 1 PM	Symposium II: Recent Advances Understanding Biological underpinnings of postpartum psychiatric disorders Impact of perinatal mental health on fetal and infant outcomes	Harish, T. <i>Discussant:</i> Dr. Balaji Bharadwaj Prof. Prabha Chandra <i>Discussant:</i> Dr. Sundarnag Ganjekar
1-2 PM	Lunch & Poster session	
2- 3.45 PM	Workshop I: Decision Making about Psychotropics in pregnancy Workshop II: Mother Infant Bonding- assessments and interventions Workshop III: Anxiety Disorders in the perinatal period Workshop IV: Working with Fathers Workshop V: Infants of mothers with mental health problems Workshop VI: Mothers with Personality Disorders	Dr. Geetha Desai Dr. Harish, T. Dr. Paulomi Sudheer Dr. Kavita Jangam & Mr. G. Ragesh Prof. Prabha Chandra & Dr. M. Thomas Kishore Dr. Veena Satyanarayana & Ms. Poornima Mahendru
3.45 - 4.00 PM	Tea Break	
4- 5 PM	Panel Discussion Multidisciplinary Approach to Perinatal Depression	Dr. Jane Fisher Dr. Geetha Desai Dr. Aruna Muralidhar Dr. Shoiaba Saldhana Dr. Kavita Jangam
5-5.30 PM	Dreams and Aspirations for Perinatal Psychiatry in India	Crowd Funding of Ideas

Organized by:
The Perinatal Psychiatry Unit
Department of Psychiatry
NIMHANS, Bangalore
[For more details, please see the brochure](#)

