

# 48<sup>th</sup> Conference of Eastern Zonal Branch of Indian Psychiatric Society

Theme: *The Art of Psychopharmacology* 

Venue: Sikkim Manipal Institute of Medical Sciences, Gangtok, Sikkim



Organised by





SIKKIM MANIPAL UNIVERSITY





Welcome Message

from IPS Eastern Zonal Branch

Dear Esteemed Colleagues,

We are thrilled to extend our heartfelt welcome to all distinguished delegates, esteemed members, and esteemed guests to the upcoming **48<sup>th</sup> Annual Conference of Indian Psychiatric Society, Eastern Zonal Branch (CEZIPS),** scheduled to take place in the enchanting city of Gangtok from 23<sup>rd</sup> to 25<sup>th</sup> November 2023.

This year's conference theme, "**The Art of Psychopharmacology**," embodies the essence of precision and expertise in the field of Psychiatry. We believe that understanding the artistry behind psychopharmacology is crucial to providing comprehensive and compassionate care to our patients. We aim to explore the intricacies of psychiatric medications, their optimal usage, and their integration with psychotherapy and other treatment modalities.

With a carefully curated scientific program, our conference will feature a diverse range of sessions, workshops, and keynote addresses by prominent experts in the field of Psychopharmacology. Gangtok, nestled in the lap of the Himalayas, will provide a serene and inspiring backdrop to our scientific discussions. We encourage all attendees to take some time to immerse themselves in the natural beauty and tranquility of this captivating destination.

Together, let us embark on a journey to unravel "**The Art of Psychopharmacology**" and enrich our practice to better serve those in need. We eagerly await your esteemed presence at the **48<sup>th</sup> Annual Conference of Indian Psychiatric Society, Eastern Zonal Branch (CEZIPS), in Gangtok.** 

See you there!



Invitation

## from the desk of Organizing Chairperson

### Dear colleagues!

Once again it gives me plentiful of joy and happiness to extend a warm and cordial invitation to you all and your family, to the **48<sup>th</sup>** edition of the Conference of Eastern Zonal Branch of Indian Psychiatric Society (CEZIPS).

This mega event is being organised by the young energetic and enthusiastic members of the Sikkim State Branch of Indian Psychiatric Society. The beautiful campus of Sikkim Manipal Institute of Medical Sciences is the venue. Many of you would have fond memories of the campus, which had already hosted two earlier editions of CEZIPS, once in 2009 and another in 2017.

It will be the endeavour and untiring effort of all of us from Sikkim to offer you a memorable fiesta of academics, Sikkimese hospitality, and it's vast array of art, culture and cusine.

Late Autumn is a wonderful time to be in Sikkim and its capital Gangtok. Winter would have set in but it would still be pleasant. The azure blue sky, greenary all around and the soothing warmth of the sun of early winter will be egarly waiting to receive you all here.

Block your dates from 23<sup>rd</sup> to 25<sup>th</sup> of November 2023 for this memorable event.

Once again a hearty welcome to you all and your family to Sikkim, Gangtok and of course CEZIPS 2023.

Namaste, Tashi Delek.

**Dr. Sanjiba Dutta** Organizing Chairperson CEZIPS 2023

Invitation

## from the desk of Organizing Secretary

Dear Friends,

It is indeed an immense pleasure and my proud privilege to welcome you all to the

# 48<sup>th</sup> Annual Conference of Indian Psychiatric Society, Eastern Zonal Branch to be held in the serene State of Sikkim, Gangtok from 23<sup>rd</sup> to 25<sup>th</sup> November, 2023.

Sikkim is a beautiful State in North-Eastern part of India, bordered by Tibet in the North East, Bhutan in the East, Nepal in the West and West Bengal in the South. A part of Eastern Himalayas, Sikkim is notable for its biodiversity, subtropical climates as well as being the host to Mt. Kangchenjunga, the third highest mountain in the World. Gangtok is the capital city of Sikkim and heart of all the business hubs.

Mental health conditions are increasing worldwide, as 10.7% of world population suffers from some form of mental illness. People with severe mental health conditions die prematurely. Despite progress in rapidly developing countries, people with mental health conditions often experience severe human rights violation, discrimination and stigma. Mental health plays an important role in achieving Global Development Goals. The efforts to increase access to quality of mental health care and effective treatment and also a research to identify new system of treatment and also the Art of Improving existing treatments of Mental disorder ensuring quality and affordability of Mental Health Care through our proposed theme **"The Art of Psychopharmacotherapy"** appears relevant. I hope the deliberation on theme by the experts will explore pragmatic ways of enriching scientific advances in dealing with the mental health menace.

Hope this conference will be an enjoyable one, despite updating the knowledge of delegates. You will feel the traditional warmth of Sikkimese hospitality experiencing the scenic beauty of Sikkim during your stay and carry back unforgettable memories.

My best wishes for the success of this conference.

With warm regards!

**Dr. C.L. Pradhan** Organizing Secretary- CEZIPS 2023 President, Sikkim State Branch, IPS





## **Executive Members**

## Sikkim State Branch Indian Psychiatric Society

**Chief Patron** Dr. C. S. Sharma

Chief Advisor Dr. S. Dutta

**Advisor** Dr. Netra Thapa

**President** Dr. C. L. Pradhan

Vice President Dr. P. Somany

Hon. Secretary Dr. Satish Rasaily

**Joint Secretary** Dr. Bibhusan Dahal

**Joint Secretary II** Dr. Kunzang O. Bhutia

**Hon. Treasurer** Dr. Bishnu Sharma

Asst Treasurer Mr. Anand Khatiwora Hon. Editor Dr. Harshavardhan Sampath

Scientific Secretary Dr. Geeta Soohinda

**Spokesperson** Dr. Geeta Gurung

Joint Spokesperson Dr. Upashna Gurung

**State representative** Dr. Samrat Singh Bhandari

Liaison Secretary Dr. Sonam Lassopa

Executive Council Members Dr. Shetal Chettri Dr. Shikha Sharma Dr. Anmol Pradhan Dr. Rajiv Gurung Dr. Kunzang O. Bhutia Dr. Tsephel E. Bhutia Dr. Yangtsela Dorjee Mrs. Nancy Chankapa





# Organizing Committee

**Patron** Dr. C. S. Sharma

**Advisor** Dr. N. Thapa

**Organizing Chairperson** Dr. Sanjiba Dutta

Organizing Secretary Dr. C. L. Pradhan

**Joint Secretary** Dr. Satish Rasaily

**Treasurer** Dr. Bishnu Sharma

**Editor** Dr. Harshavardhan Sampath & Dr. Sonam Lassopa

**CME/ Scientific Committee** Dr. Samrat Singh Bhandari

Souvenir Committee/ Award Committee Dr. Harshavardhan Sampath, Dr. Geeta Soohinda, Mrs. Archana Chettri

**Registration Committee** Dr Shetal Chettri & Ms. Sangela Dorjee

**Reception Committee** Dr. Geeta Gurung, Dr. Praveen Somani, Dr. Upashna Gurung, Ms. Tsephel E Bhutia, Ms. Kiden

**Cultural Committee** Dr. Upashna Gurung, Dr Kunzang O. Bhutia





## **48<sup>th</sup> Conference of Eastern Zonal Branch of Indian Psychiatric Society**

## Theme: The Art of Psychopharmacology

Date: 23<sup>rd</sup>-25<sup>th</sup> November 2023. Venue: Sikkim Manipal Institute of Medical Sciences, Gangtok, Sikkim.

## **REGISTRATION FORM**

Name																																	
(As needed on Cert	tificate	& Bad	ge)																										-				
Date of Birth	n										-	Sex	Μ				F		01	ther	s												
Address																																	
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Contact nun	nbers	s (wi	th S	STD	Co	des	)																										
*Mobile						Residence/Office																											
*E-Mail																																	
*Qualification																									] Ye	ear							
*State Council Reg. No.																																	
Membership No (IPSSZ/IPS)																																	
Accompany	ing P	erso	ons																														
1) Name –															Rel	ati	onsl	hip								Ag	e —		_ (	Geno	ler		
2) Name ————— Relationship —————													- Age ———			_ (	Gender ———																
3) Name –															Rel	ati	onsl	hip								Ag	e —		_ (	Geno	ler		

\*Details mandatory

### Registration mandatory for all

Category	Up To 30 <sup>th</sup> September 2023 (INR)	Up To 30 <sup>th</sup> October 2023 (INR)	Spot (INR)
IPS Members	6500	7800	9000
IPS Member with the outstanding Zonal dues (Registration fee incudes conference registration registration plus Zonal Life Member fee)	9000	10400	11700
IPS NON Members	10400	11700	13000
Accompanying Persons	4500	4500	4500
Post Graduate Students	3200	3900	4500
Corporates	11700	13000	14300

#### Payments to be Drawn on

Account Name: Sikkim State Branch of Indian<br/>Psychiatry SocietyAccount Number: 919010033586652Bank Name: AXIS BANK LTDBranch & Address: Gangtok (SK), Gangtok Pin 737101RTGS/NEFT - IFSC: UTIB0000112



#### **Payment Details**

Duly filled form along with the payment details/cheque/DD should be sent to Conference Secretariat address

Cheque / DD / NEFT / UTR / Transaction No:

Bank: \_\_\_ Date: \_\_\_

Amount: (In number& words) \_

(Fill in Capital Letter)

Photo

## Entitlements

#### **Delegates attending physically**

- Delegate Kit
- Inaugural function, Scientific sessions & Social Evenings
- Lunches & Dinner during the conference
- Exhibition Area
- Souvenir
- Sikkim Medical Council Certificate of attendance

#### Accompanying persons attending physically

- Inaugural function & Social Evenings
- Lunches & Dinner during the conference
- Spouse gift (If any)
- Participation in spouse & children's programs

## **Terms & Conditions\***

#### **Mandatory Requirements**

- · Recent passport size colour photo
- Photo ID Proof (valid Driving License/Passport/Election Card/Aadhar Card)
- E mail ID & Mobile No
- Others: First name, Last name, Address, State, Pin code, Institute/Hospitals

#### **Registration Guidelines**

- Above fees is inclusive of Goods & Service Tax
- Payment Options
  - Online NEFT, IMPS, Bank transfers & Debit or Credit cards
  - Offline Cheque & Demand Drafts
- Online payments via Credit or Debit Cards will attract bank charges at scheduled rates
- All Remittance/Bank charges/Online transaction fees are to be borne by the registrant.
- Letter from HOD is mandatory for Post graduate residents for registration
- Conference registration is mandatory for presenting paper in CME, symposia & workshops
- Registration is mandatory for all delegates including children 5 Years and above
- Bonafide Senior Members of 65 years and above are exempted from the Registration Fees
- Photo ID is mandatory for all delegates for security reasons to enter the conference area
- Please ensure to wear registration badge all the time (Bar Coded) during the conference

- Entry for accompanying persons may be restricted to certain areas including Scientific Halls
- No credit policy for registration fees. Registration fees mentioned is nonnegotiable
- Registration is non-transferable
- Kindly do not post/courier any registration form after 23<sup>th</sup> October 2023
- 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
- Delegate must bring the acknowledgment letter/payment receipt with registration number during the conference for badge collection
- Conference kit would be handed over only to the registered delegate with photo id
- For spot registrations: payment will be accepted only by mode of Cash, Debit/Credit Card & UPI Payment
- While sending Offline Registration Via courier if you are making payment via UPI payment kindly attach UPI payment bank transfer details along with Filled Registration form.
- Conference kit will not be guaranteed for registration done after  $1^{\mbox{\tiny ST}}$  November 2023

#### **Cancellation and Refund Policy**

- Upto 31<sup>st</sup> August 2023 : 20 %
- From 1<sup>st</sup> September to 30<sup>th</sup> September 2023: 50 %
- From 1<sup>st</sup> October 2023 : No refund
- Refund will be solely at the discretion of the organiser and will made after the conference

## Duly filled forms along with the payment details/cheque/DD should be sent to Conference Secretariat address, Secretariat CEZIPS 2023



1001, 10<sup>th</sup> Floor, Sunteck Grandeur, SV Road, Andheri West, Mumbai, Maharashtra 400058, India.

#### For any correspondence

www.medisquire.com · admin@medisquire.com · +91 86 5786 4615

**Important Contacts** 

#### Organising Chairperson Dr. Sanjiba Dutta +91 9434356197

#### **Organising Secretary** Dr. C.L. Pradhan

Dr. C.L. Pradhan [ +91 8906070997

#### Joint Secretary Dr. Satish Rasaily +91 8348406355

Treasurer Dr. Bishnu Sharma +91 9735833367



# Tentative Scientific Programme

23 November 2023



	HALL A	HALL B
9:00 AM onwards	Registration	
9:30 – 11:00 AM	Workshop I	
11:00 AM – 1:00 PM	Workshop 2	
1:00 – 2:00 PM	Lunch	
2:00 – 2:15 PM	CME Inauguration	
2:15 – 2:45 PM	CME Lecture I	
2:45 – 3:15 PM	CME Lecture 2	
3:15 – 3:45 PM	High Tea	
3:45 – 4:15 PM	CME Lecture 3	
4:15 – 4:45 PM	CME Lecture 4	
4:45 – 5:15 PM	CME Lecture 5	
5:15 – 5:45 PM	CME Lecture 6	
5:45 – 6:45 PM	Executive Committee Meeting	
7:30 PM onwards	Welcome Dinner and Cultural Program	



# Tentative Scientific Programme

# 24 November 2023

	HALL A	HALL B
9:00 AM onwards	Registration	
9:30 – 10:00 AM	CME Lecture 7	
10:00 – 10:30 AM	CME Lecture 8	
10:30 – 11:15 AM	Presidential Address	
11:15 – 11:45 AM	Conference Inauguration	
11:45 – 12:00 PM	Tea Break	
12:00 – 12:45 PM	LP Verma Oration	
12:45 – 1:00 PM	<b>RB</b> Davies Oration	
1:00 PM – 2:00 PM	Lunch	
2:00 – 2:45 PM	Invited lecture I	Symposium I
2:45 – 3:30 PM	Invited Lecture 2	Symposium 2
3:30 – 3:45 PM	Tea Break	
3:45 – 4:30 PM	Invited lecture 3	Symposium 3
4:30 – 5:15 PM	Invited Lecture 4	Symposium 4
5:15 – 6:15 PM	Annual General Body Meeting	
7:30 PM onwards	Dinner	



Tentative Scientific Programme

25 November 2023

	HALL A	HALL B	HALL C		
9:00 AM – 12:00 PM	Award paper session: Leelabati Bholanath Siddhartha	Free Papers	9:00 – 9:45 AM	Symposium 5	
	Memorial BPSS		9:45 – 10:30 AM	Symposium 6	
			Теа		
			10:45 – 11:30 AM	Symposium 7	
			11:30 – 12:15 AM	Symposium 8	
12:15 - 1:00	QUIZ				
I:00 – 2:00 PM	Lunch				

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2:00 – 2:30 PM Valedictory Function





# INVITATION

## For Orations, Awards, Free Papers & Posters

Scientific papers and scientific posters are invited under the following categories. Please note that all the authors of the papers and the posters must be registered for the Conference under appropriate categories.

## AWARDS PAPERS

5.

- Bombay Psychiatric Society Silver Jubilee Award (BPSS): Best Paper will be forwarded to the ANCIPS 2024 as nomination from East Zone to contest for the BPSS Award. It is open to all members of IPS, East Zone.
- 2. Leelabati Bholanath Award: Any Members of IPS Eastern Zonal Branch can send their papers for this Award.
- 3. Siddharatha Memorial Award: This award is open to the Post-Graduate Trainees of Medical Colleges and Institutes situated within the jurisdiction of the Eastern Zonal Branch. Contestants should enclose a certificate of eligibility from their respective H.O.D.

### **Rules For Award Papers are as follows**

 Members willing to contest for any of these awards are required to send soft copy to the email id and WhatsApp account of The Chairman, Awards Committee, IPS, East Zone, Dr. Rajesh Kumar, email id - kartavyarajesh2003@gmail.com • +91 9871554629

Last date of submission - 15th September 2023

All articles should be accompanied by a forwarding letter by the author stating for:

A. Which category the article is submitted.

- B. Mobile number and email id should be properly mentioned.
- C. Along with the article, abstract of the article should also be send.

The participant must confirm the receipt of their article over telephone to The Chairman, Award Committee, IPS, EAST ZONE

- 2. The first page should contain only the title of the paper, authors name and the place of research. These particulars except the title should not appear anywhere else in the paper.
- 3. The oral presentation has to be done by the author or any one of the authors, all of whom must be members of IPS Eastern Zonal Branch. Time allowed for presentation will be 8 minutes to be followed by 2 minutes of discussion.
- 4. The paper should be prepared as per guidelines laid for preparing a research paper in Indian Journal of Psychiatry (www.indianjpsychiatry.org) the official publication of the Indian Psychiatric Society.

The participant should be registered for the conference under appropriate categories.



### ORATIONS

## DR. L. P. VERMA ORATION AWARD

This oration award is instituted in memory of the Late Dr. L. P. Verma, a senior fellow of the society. The oration will be delivered at the Annual Conference of the IPS-Eastern Zonal Branch.

#### Rules for the Oration award are as follows

- I. The Oration will be declared one year in advance at the Annual Conference of IPS Eastern Zonal Branch (CEZIPS) and will be delivered at the subsequent CEZIPS.
- II. Any Life Fellow of IPS Eastern Zonal Branch can propose the name of any other Life Fellow of the Society, who is above 45 years of age on the 30th June of the year of nomination, for the Oration Award
- III. The proposal including age proof and soft copies of the bio data of the nominee must be submitted send to the email id and WhatsApp account of The Chairman, Awards Committee, IPS, East Zone, Dr. Rajesh Kumar, email id - kartavyarajesh2003@gmail.com • +91 9871554629

Last date of submission – **15<sup>th</sup> September 2023**. The participant must confirm the receipt of the content over telephone to The Chairman, Award Committee, IPS, EAST ZONE. The nomination must be accompanied by written consent of the nominee.

- IV. Assessment Criteria:
  - a) Seniority, Recognition and Standing amongst Fellow Psychiatrists in Eastern Zone.
  - b) Contribution to Research, Training and Teaching in Psychiatry.
  - c) Contribution in the Organization of the Eastern Zonal Branch of Indian Psychiatric Society
  - d) Contribution to the Service and Development of the fraternity.
- V. A panel consisting of three judges will assess the nominations. The nomination securing the highest total marks shall win the oration award, subject to ratification by the Awards Committee and the Executive Committee of the Eastern Zonal Branch of Indian Psychiatric Society. The decision of the panel of judges will be final.
- VI. The oration paper will become the property of the IPS-Eastern Zonal Branch and shall be published in the Eastern Journal of Psychiatry with editorial correction, if required.
- VII. The speaker has the liberty to choose the topic in consultation with the Chairperson, Award Committee and the President of the Society. He/ She shall intimate the title of the Oration with a brief summary to the Chairperson, Award Committee and President, at least three months before the delivery of the oration.
- VIII. No person shall be nominated for the Award after once winning the Award.
- IX. If no nomination is received by the stipulated date, the Executive Committee of IPS, Eastern Zone will have the power to nominate any Life Fellow of the society above the age of 45 years for the oration.

### DR. R. B. DAVIS ORATION AWARD

This Oration Award is instituted in memory of late Dr. R. B. Davis, a senior fellow of the society. Name of any Life Fellow of the Society who is not over 45 years of age on 30th June of the year of nomination may be proposed by any Life Fellow of the Society.



#### Rules for the Oration award are as follows

- i. Any Life Fellow of the Society can propose the name of any other Life Fellow of the Society who is not over 45 years of age on 30th June of the year.
- ii. The Oration will be declared one year in advance at every Annual Conference. The oration is to be presented at the subsequent Annual Conference of the IPS Eastern Zonal Branch.
- iii. No fellow of the Society who is over 45 years of age on the stipulated date can be nominated for the Award.
- iv. The proposal including age proof and soft copies of the bio data of the nominee must be submitted send to the email id and WhatsApp account of The Chairman, Awards Committee, IPS, East Zone, Dr. Rajesh Kumar, email id - kartavyarajesh2003@gmail.com • +91 9871554629

Last date of submission – 15<sup>th</sup> September 2023

The nomination must be accompanied by written consent of the nominee.

- v. Assessment Criteria:
  - a) Recognition and standing amongst Fellow Psychiatrist in Eastern Zone
  - b) Contribution to Research, Training and Teaching in Psychiatry
  - c) Contribution in the organization of the Eastern Zonal branch of Indian Psychiatric Society.
  - d) Contribution to the service and development in the fraternity
- vi. A panel of three judges shall rate the nominations. The nomination securing the highest total marks (out of 50) shall be eligible for presentation, subject to ratification by the Awards Committee and the Executive Committee of the Eastern Zonal Branch of Indian Psychiatric Society. The decision of the panel of judges will be final.
- vii. The oration paper will become the property of the IPS-Eastern Zonal Branch and shall be published in the Eastern Journal of Psychiatry with editorial corrections, if required.
- viii. If no nomination is received by the stipulated date, the Executive Committee of IPS, Eastern Zone will have the power to nominate any Life Fellow of the society below the age of 45 years for the oration.
- ix. No person shall be nominated for the Award after once winning the Award.

## CALL FOR ABSTRACTS

Abstracts for Free Papers, E-posters & Proposal for Symposiums and Workshops are invited from the members

of the society.

All abstracts are to be submitted online through abstract portal only. For more details, please log onto **http://sikkim-ips.in** 

Abstracts of Free Papers, E Posters, proposals for symposia and workshops should be uploaded via the abstract submission portal available on **http://sikkim-ips.in** in adherence to the cut off dates mentioned below.

Last date of submission – 30<sup>th</sup> September 2023



#### **Rules for the Free Papers are as follows**

- 1. If there is more than one author, the name of the presenter should be clearly mentioned. Mobile number and email id should be properly mentioned.
- 2. The content of abstract for the free papers should be described under the headings of Introduction, Aims and Objectives, Methodology, Results and Conclusion
- 3. Time allowed for presentation will be 8 minutes to be followed by 2 minutes of discussion.
- 4. Presenter of the paper and at least 50 percent of the authors of the paper should be the member of IPS Eastern Zonal Branch.
- 5. The participants must register for the conference as per laid down criteria.

#### Rules for the e - Poster Presentation are as follows

- I. Poster needs to be presented in E-Poster format only.
- 2. File format should be PowerPoint (.PPT).
- 3. Total size of the presentation should not exceed IOMB.
- 4. Maximum number of slides per E-poster: 3 (Three).
- 5. All slides should be in landscape format preferably in 16:9 orientation.
- 6. Animation/movies/sounds will not be supported; please submit a static PPT format only.
- 7. The presenting author should report at the venue in time and must be present throughout the specified duration of the poster session.
- 8. Time allowed for presentation will be 3 minutes to be followed by 2 minutes of discussion.
- 9. The participants must be registered with Indian Psychiatric Society and register in the conference as per laid down criteria.

#### CALL FOR ABSTRACTS FOR SYMPOSIUM

Interested members of Indian Psychiatric Society can apply for presenting of symposium.

There shall be approximately 10 slots (45 min each for symposiums). The symposium shall have 3 (three) speakers and each speaker shall get 12 min for presentations and 9 min for final discussions.

The applicants must register for the conference and apply for membership of Zonal body (if not yet member)

The selection of symposiums will be based on relevance of theme and of current significance. First come serve basis will be encouraged.

Those who are interested to present Symposium are requested to send the following details.....

- I. Topic of the Symposium.
- 2. Sub-topics of the Symposium
- 3. Respective speakers of each Sub-topic
- 4. Name and contact (phone number & email id) details of the Authors.



# About Gangtok

Perched on the ridge of a hill at an altitude of 1700 mt, the town is famous for its scenic beauty and spectacular views of the Kanchenjunga, the highest mountain in the world. This hill resort is 110 km from Siliguri and well connected with other major places in the region. The town offers a mild temperate climate with a temperature of around 23 degrees centigrade in summer and around 6 degrees centigrade during winter. Gangtok's serene environment, hospitable people, and rich cultural heritage make it an ideal destination for travelers seeking tranquility and an opportunity to immerse themselves in nature's beauty. Whether it's exploring monasteries, enjoying the scenic vistas, or indulging in local delicacies, Gangtok offers an unforgettable experience for visitors from all walks of life.

ABOUT VENUE

The Sikkim Manipal Institute of Medical Sciences is among the premium colleges of Sikkim Manipal University. The college is beautifully made, combining Sikkim's style with the modern style of architecture and spreading over 25 acres of green land.



## PLACES TO VISIT IN AND AROUND GANGTOK



#### Tsomgo Lake (Changu Lake):

A glacial lake located about 40 kilometers from Gangtok, Tsomgo Lake is known for its breathtaking beauty, especially during the winter when it is frozen. Visitors can enjoy yak rides and take in the stunning views of the surrounding mountains.

#### Nathula Pass:

Situated at an altitude of 4,310 meters, Nathula Pass is a historic trading route between India and Tibet. It offers panoramic views of the Himalayas and is an important border crossing between India and China (permit required).





#### **Rumtek Monastery:**

One of the most important and largest monasteries in Sikkim, Rumtek Monastery is home to a rich collection of religious artifacts, ancient manuscripts, and intricate murals.

#### **Enchey Monastery:**

Located near Gangtok, this 200-year-old monastery is known for its religious significance and traditional architecture.







## Ganesh Tok and Hanuman Tok:

These two viewpoints offer stunning vistas of the surrounding mountains and the Gangtok town.

### Tashi Viewpoint:

Another vantage point to witness the breathtaking sunrise over the Kanchenjunga range and the Himalayas.





### **Yumthang - The Gorgeous Flower Valley:**

Surrounded by snow-capped mountains, Yumthang valley is a natural habitat for exotic & rare species of wildflowers like cobra lilies, primrose, and louseworts.

## **Do Drul Chorten Stupa:**

A significant Buddhist stupa with 108 prayer wheels, it is a popular religious site for both locals and visitors.







## Hanuman Tok Ropeway:

A cable car ride offering stunning aerial views of Gangtok and its surroundings.

## Himalayan Zoological Park:

Located in Bulbulay, this zoo houses various endangered species, including the Red Panda and Snow Leopard.





#### **Flower Exhibition Center:**

Gangtok hosts a beautiful flower exhibition showcasing various species of flowers and orchids.

## Banjhakri Falls and Energy Park:

A recreational park with waterfalls, sculptures, and lush greenery, perfect for picnics and relaxation.



## **CONFERENCE HIGHLIGHTS:**

- Keynote presentations from renowned experts in psychopharmacology
- Plenary sessions on the latest developments in psychiatric research and treatment
- Engaging workshops and interactive sessions
- Poster presentations showcasing cutting-edge research.
- Special sessions for young psychiatrists and trainees
- Opportunities to explore the mesmerizing beauty of Gangtok and Sikkim

Conference Secretariat & Correspondence

medisquire

#### Medisquire Global Education Resources Pvt. Ltd.

Sunteck Grandeur, 10<sup>th</sup> Floor SV Road, opp. Andheri Subway, Amboli, Andheri West, Mumbai, Maharashtra 400058

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