

DEPARTMENT OF PSYCHIATRY
MES PSYCON-2026
Annual Psychiatry CME



21st June 2026

MES MEDICAL COLLEGE AUDITORIUM



MES

MEDICAL COLLEGE HOSPITAL
PERINTHALMANNA

Greetings from MES Psychiatry

Let's set the ball rolling as we gear up for yet another insightful annual CME program!

You are cordially invited to an enriching academic event proudly organized by the Department of Psychiatry, MES Medical College.

The CME is meticulously designed to provide evidence based insights, clinical updates and interactive discussions aimed at enhancing patient care.

We look forward to your gracious presence and active participation.

With warm regards,

Dr. Ajitha C.
Professor & HOD
Department of Psychiatry
MES MCH

CHIEF PATRON

Dr. P.A. FAZAL GHAFOOR
 Director, MES Medical College

PATRONS

Dr. Girish Raj
 Dean, MES Medical College

Dr. Ashokan. N
 Associate Dean
 MES Medical College

Dr. V. Ramachandran
 Associate Dean
 MES Medical College

Dr. Sheela Sivan
 Vice Principal
 MES Medical College

Dr. Muhammed Sajid
 Medical Superintendent
 MES Medical College Hospital

Dr. Hameed Fazal
 Deputy Medical Superintendent
 MES Medical College Hospital

ORGANIZING COMMITTEE

Organizing Chairman:
 Dr. Ajitha. C
 Professor and HOD of Psychiatry
 MES Medical College

Organizing Secretary:
 Dr. Ajith Premnath
 Associate Professor

Scientific Committee :
 Dr. Aswin Sasidharan
 Assistant Professor
 Dr. Zulfath Moideen
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Finance Committee:
 Dr. Aleesha Saif N
 Senior Resident

Food Committee:
 Jimshil. K
 Dr. Sreerag

Transportation:

Dr. Sreerag
 Dr. Zameen

Reception and registration:

Dr. Varada
 Dr. Archana

Audio visual and venue:

Suni. M. S
 Dr. Akhil
 Dr. Aravind

PROGRAMME SCHEDULE

Time	Topic	Speaker	Chairperson
8:30 AM	REGISTRATION		
9:30 - 10:30 AM	Optimizing Treatment of Schizophrenia	Dr. Vidhukumar. K Professor & HOD Department of Psychiatry Govt T D Medical College, Alappuzha	Dr. Raghuram. T M Professor Emeritus MES medical College, Perinthalmanna
10:30 - 11:00 AM	Flute Recital	Dr. Raghuram. T M Professor Emeritus MES Medical College, Perinthalmanna	
11:00 - 11:30 AM	INAUGURATION CEREMONY		
11:30 - 12:30 PM	Evidence Based Clinical Approach to Obsessive Compulsive Spectrum Disorders	Dr. T.S. Jaisoorya MD, FRCPPsych, PhD Professor, Department of Psychiatry, NIMHANS	Dr. A.M. Kunhikoyamu Professor Emeritus Malabar Medical College, Kozhikode
12:30 - 01:30 PM	Thought Disorders - Emphasis on Stream and Form	Dr. Indu V. Nair Consultant Psychiatrist, Mental Health Centre, Trivandrum	Dr. Dayal Narayan Professor & HOD, Psychiatry Government Medical College, Manjeri
01:30 - 02:00 PM	LUNCH & CULTURAL PROGRAMS		
02:00 - 04:00 PM	Mindfulness in Psychotherapy	Dr. Krishnan. S Professor & HOD, Psychiatry, Government Medical College, Trivandrum	Dr. Ajitha. C Professor & HOD, Psychiatry, MES medical College, Perinthalmanna
04:00 - 4:30 PM	Valedictory Function		

OUR EMINENT SPEAKERS



Dr. VIDHUKUMAR. K
MBBS, MD(Psy), M Phil(Clin Epid)
PROFESSOR & HOD, DEPARTMENT OF PSYCHIATRY
Govt TD Medical College, Alappuzha



Dr. T.S. JAISOORYA
MD, FRCPPsych, PhD, PROFESSOR
Department of Psychiatry, NIMHANS



Dr. INDU V. NAIR
MBBS, DPM, DNB(Psy)
CONSULTANT PSYCHIATRIST
Mental Health Centre, Trivandrum



Dr. KRISHNAN. S
PROFESSOR & HOD OF PSYCHIATRY
Government Medical College, Trivandrum

PAYMENT DETAILS:-

ACC NO 11280200008659
MES MEDICAL COLLEGE HOSPITAL

FEDERAL BANK ANGADIPPURAM BR.
IFSC FDRL 0001128

**FOR PAYMENT
SCAN ME****REGISTRATION FEE DETAILS:-**

DELEGATES : RS.750/-
RESIDENTS : RS.500/-
INTERNS : RS.250/-

**FOR REGISTRATION
SCAN ME****For more info & Registration:-**

Dr. Shubin. S. N:- +91 9074 508 194
Dr. Archana :- +91 8075 639 468

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