

Brain Awareness Week 2019 at Nehru Science Centre - Schedule of Lectures

Day 1 - 12th February			
Slots	Time	Topic	Speaker
Morning	11.30 - 12.30	Body Image and Eating disorders - Effects of Media	Dr. Rukhsada Syeda
	12.30 - 1.30	How much importance should you give to academics	Simran Suchdev
Afternoon	1.30 - 2.30	Dealing with gender dysphoria and sexual orientation	Dr. Kersi Chavda
	2.30 - 3.30	New age addictions - Smartphone, Internet, Streaming	Dr. Avinash Desousa
	3.30 - 4.30	Managing Psychiatric Emergencies	Dr. Y. A Matcheswalla
Evening	4.30 - 5.30	Roots, Causation & Development of Mental Illness	Dr. Amit Kulkarni
	5.30 - 6.30	A topic of his choosing	Dr. Bharat Shah
Day 2 - 13th February			
Slots	Time	Topic	Speaker
Morning	11.30 - 12.30	Anxiety Disorders in Children	Dr. Nilesh Shah
	12.30 - 1.30	Sexual abuse - Insights & Prevention	Dr. Armaan Pandey
Afternoon	1.30 - 2.30	Work-Life Balance	Dr. Mansi Somaiya
	2.30 - 3.30	Effective Parenting Techniques	Dr. Cicilia Chettiar
	3.30 - 4.30	Beyond stress, when do you know it is depression	Dr. Pervin Dadachanji
Evening	4.30 - 5.30	Cognitive abilities and growing age	Dr. Urvashi Shah
	5.30 - 6.30	Understanding Brain Health	Dr. Malay Dave
Day 3 - 14th February			
Slots	Time	Topic	Speaker
Morning	11.30 - 12.30	Accepting change and embracing differences in adolescent	Dr. Rashmin Cholera
	12.30 - 1.30	How and when to say NO	Dr. Neena Sawant
Afternoon	1.30 - 2.30	When to have "the talk"	Dr. Kirti Tandel
	2.30 - 3.30	Dating & Relationships - theme, aspects,	Dr. V. K. Mundra
	3.30 - 4.30	What is a healthy relationship	Dr. Anuradha Sovani
Evening	4.30 - 5.30	Love, Attraction, Dating & Dealing with Break ups	Dr. Matcheswalla
	5.30 - 6.30	Children & Parents - The Sandwiched adults	Dr. S. R. Parkar
Day 4 - 15th February			
Slots	Time	Topic	Speaker
Morning	11.30 - 12.30	Managing ADHD	Dr. Sagar Mundada
	12.30 - 1.30	Internet and Social Media Safety	Sonali Patankar
Afternoon	1.30 - 2.30	Somatic illnesses in children	Dr. Anaita Udawadia - Hedge
	2.30 - 3.30	Mental Health in Women	Dr. Jayita Deodhar
	3.30 - 4.30	Impact of social media on lifestyle and communication	Dr. Shailesh Umate
Evening	4.30 - 5.30	Coping with Burnout and Workstress	Dr. V. N. Vahia
	5.30 - 6.30	Optimizing productivity at work	Dr. Ashutosh Shah
Day 5 - 16th February			
Slots	Time	Topic	Speaker
Morning	11.30 - 12.30	Cyber Bullying	Sonali Patankar
	12.30 - 1.30	Coping with Peer Pressure	Dr. Fabian Almeida
Afternoon	1.30 - 2.30	Busting Adolescent Myths	Sharmila Banwat, Phd
	2.30 - 3.30	Undersanding suicide and depression	Dr. Anjali Chhabria
	3.30 - 4.30	The psychopath next door - Understanding the dark triad	Dr. Suyog Jaiswal
Evening	4.30 - 5.30	Emotional issues related to Menopause	Dr. Maithili Umate
	5.30 - 6.30	Dealing with substance addiction - for caregivers	Dr. Ashish Deshpande
Day 6 - 17th February			
Slots	Time	Topic	Speaker
Morning	11.30 - 12.30	Mindfulness for Children	Arti Shroff
	12.30 - 1.30	Shyness and Social Anxiety in Children	Dr. Pervin Dadachanji
Afternoon	1.30 - 2.30	Pornography & Adolescents	Dr. Sonakshi Jyrwa - Nair
	2.30 - 3.30	Managing parasuicidal behavior in Adolescents & Borderlin	Dr. Pervin Dadachanji
	3.30 - 4.30	Depression & suicide in older adults	Dr. Jahnavi Kedare
Evening	4.30 - 5.30	Sleep Hygiene	Dr. Sreelakshmi V.
	5.30 - 6.30	Mental Health & the Law	Dr. Sanjay Kumawat