



WPA EDUCATIONAL PROGRAMME
Medical Students Session Lahore, Pakistan
February 21, 2020
Venue: Flatties Hotel, Lahore
Time: 3:00pm-8:30 pm

Organized by

WPA Working Group on Capacity Building 2021-23 Action Plan, Pakistan Psychiatric Research Centre, Department of Psychiatry Sidra Medicine, Weill Cornell Medicine, Doha, Qatar, Psychiatry Wellness Program, Psychiatry Department, Fatima Memorial Medical College, Lahore, Pakistan.

Facilitators: Prof. Dr Afzal Javed, Dr Imran Ijaz Haider & Dr Nazish Imran

Young Doctors & Medical Student Representatives: Dr Ayesha Irfan & Salar Haider (ZHCP, KEMU)

Time	Topics	Facilitated by
2:30pm-3:00 pm	Registration	
3:00pm-3:15 pm	Welcome Objectives of the session Introduction of International & National Facilitators	Prof. Dr Afzal Javed Prof Dr Imran Ijaz Haider.
SESSION 1: 3:15-5:00 (Basic knowledge of Common Psychiatric Disorders.)		
3:15 pm-4:00 pm	Group Work: Participants in groups of 8-10, for interactive discussion with different Facilitators using Case scenarios depicting common Psychiatric illnesses i.e Depression, Anxiety Disorders, Schizophrenia, Bipolar affective disorder, substance abuse and Psychosomatic presentation.	
4:00pm-5:00pm	Panel Discussion: Groups summarize their discussion to all participants/ Panel of Experts	
TEA BREAK 5:00pm -5:30 pm		
SESSION 2: 5:30pm-7:00 pm. Focus on Medical Students		
5:30pm-5:45 pm	Mental Health of Medical Students: Common Issues	
5:45pm-6:00pm	Student Burnout.	
6:00pm-6:20 pm	How to look after Yourself? Stress Management	
6:20pm-6:45 pm	Student wellness policy/ Way forward (Small group work)	
6:45pm-7:15 pm	Panel Discussion/ Question Answer session Psychiatry as a Career/ Psychiatry training in different countries.	
7:15pm-7:30 pm	Concluding session Distribution of shields/ certificates.	
7:30PM-8:30 PM- DINNER		

International Facilitators:

Prof Dr Afzal Javed (President Elect WPA)

Professor Muhammad Waqar Azeem

Chairman, Department of Psychiatry Sidra Medicine
Professor of Psychiatry, Weill Cornell Medicine, Doha, Qatar

Dr. Ahsan Nazeer

Division Chief of Child and Adolescent Psychiatry, Department of Psychiatry Sidra
Medicine, Associate Clinical Professor, Weill Cornell Medicine, Doha, Qatar

Dr. Durre Shahwar

Consultant Child Psychiatrist, CAMHS Lead for Medical Students, Department of
Psychiatry Sidra Medicine, Weill Cornell Medicine, Doha, Qatar

Dr. Muhammad Zeeshan

Consultant Child Psychiatrist, Assistant Professor of Psychiatry
Rutgers University, New Jersey, USA

Dr. Muhammad Ather

Consultant Child Psychiatrist, Co-Lead CAMHS Outpatient, Department of Psychiatry Sidra
Medicine, Weill Cornell Medicine, Doha, Qatar

National Facilitators:

Professor Aftab Asif (Head & Professor of Psychiatry, King Edward Medical University)

Prof Altaf Qadir (Head & Professor of Psychiatry, Amiruddin Medical College)

Dr Sumera Qambar (Head & Associate Professor of Psychiatry, Service Institute of Medical
Sciences)

Dr Ayesha Rasheed (Head & Associate Professor of Psychiatry, Fatima Jinnah Medical
University)

Dr Ali Hashmi.(Associate Professor, KEMU)

Prof Imran Ijaz Haider (Head & Professor of Psychiatry, Fatima Memorial College of Medicine
& Dentistry)

Dr Nazish Imran (Head & Associate Professor of Child Psychiatry, KEMU)