



State level CME

Theme: Behaviour Addiction

“Beyond Substances: The Rising Tide of Behaviour Addictions”

Date: 11th April, 2026

Venue

AIIMS Gorakhpur Auditorium

Department of Psychiatry

All India Institute of Medical Sciences (AIIMS), Gorakhpur

in collaboration with

Indian Psychiatric Society-Uttar Pradesh State Branch

(IPS-UPSB)

WELCOME MESSAGE

Dear Esteemed Colleagues and Friends,

Dear Esteemed Colleagues and Friends,

In today's digital era, gadgets and online platforms have become inseparable from daily life. While technology offers immense benefits, excessive and unsupervised use—especially among children and adolescents—can evolve from a simple habit into a serious behavioural addiction. Behavioural addictions involve compulsive, repetitive behaviours that activate the brain's reward system in ways similar to substance use disorders. Conditions such as gambling disorder, gaming disorder, compulsive buying, and problematic internet use are increasingly recognized as significant public health concerns. These behaviours can lead to psychological distress, impaired functioning, financial loss, and strained relationships.

This CME aims to enhance understanding, improve early identification, and explore multidisciplinary strategies to address the growing challenge of behavioural addictions in the digital age.

The organizing committee under the leadership of Maj Gen (Dr). Vibha Dutta, SM (Retd), Executive Director and CEO, AIIMS Gorakhpur has prepared an excellent academic program with the topic "Beyond Substances: The Rising Tide of Behaviour Addiction". The theme will address the complexities involved with the problem and its management.

National Experts in the field of Behaviour Addiction and allied disciplines will be speaking on the topic. We look forward to the active participation of multidisciplinary professionals related to mental health in the scientific deliberations and foster more collaborations and networking among the professionals in the field. The city of Gorakhpur is widely known for its deep spiritual and cultural heritage. With its blend of spirituality, history, education, and emerging urban development, the city beautifully balances tradition with modern aspirations. And we are sure alongside the science, a glimpse into the culture too will keep you yearning for more. So, do join us on 11th April, 2026 in this holy city.

With Best Wishes

Dr. Manoj Prithviraj M
Organizing Chairperson

Dr. Richa Tripathi
Organizing Secretary

Gorakhpur

A city of Quiet Faith and simple Living

Situated in the culturally vibrant region of Purvanchal in Uttar Pradesh, Gorakhpur is a city deeply rooted in tradition, spirituality, and folklore. The city takes its name from the revered saint Guru Gorakhnath, and the iconic Gorakhnath Temple remains a major spiritual and cultural landmark, drawing devotees and visitors throughout the year. Gorakhpur reflects the rich heritage of eastern Uttar Pradesh through its Bhojpuri language, folk songs, and traditional festivals. The city's fairs (melas) are especially popular, blending spirituality with traditional crafts, local cuisine, and folk performances. The nearby pilgrimage town of Kushinagar, associated with the Mahaparinirvana of Gautama Buddha and Ayodhya, further enriches the spiritual landscape of the area. Local cuisine offers a delightful experience, from traditional Purvanchali dishes and festive sweets to the warmth of shared meals that symbolize the city's hospitality. The rhythm of life in Gorakhpur balances devotion, simplicity, and community spirit. With its deep cultural roots, warm people, and living traditions, Gorakhpur offers more than just a venue—it provides an experience of heritage, harmony, and heartfelt hospitality for all CME delegates.

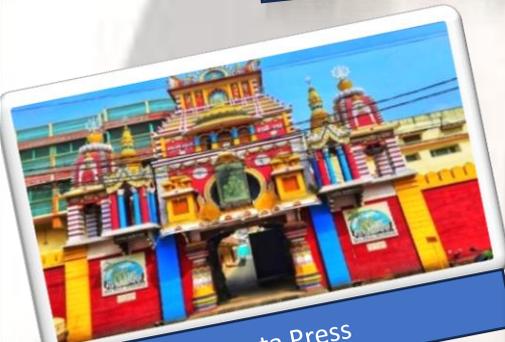
Places to Visit



Gorakhnath Temple



Mahaparinirvana Temple,
Kushinagar



Geeta Press



Ayodhya



Shaheed Ashfaq Ullah Khan
Zoological Park

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Maj Gen. (Dr.) Vibha Dutta, S.M. (Retd.)
Executive Director and CEO, AIIMS Gorakhpur



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Dean Academics
AIIMS, Gorakhpur



Organizing Chairperson

Dr. Manoj Prithviraj M.
Associate Professor & Faculty in Charge
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Dr. Richa Tripathi
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Dr. Tapas Kumar Aich

Organizing Team

Faculty and Residents
Department of Psychiatry,
AIIMS, Gorakhpur

IPS-UPSB Members & Office
Bearers

Scientific Program Schedule

“Beyond Substances: The Rising Tide of Behaviour Addictions”

Timing	Inauguration Ceremony		
8:30 – 9:00 am	Welcome Address by Dr. Manoj Prithviraj M		
	Speech by Executive Director AIIMS, Gorakhpur		
	Speech by President IPS-UPSB		
	Felicitation of the guest speakers		
	Scientific Session	Speakers	Chairperson
9:00 am - 10:30 am	Childhood in Pixels: Health Risks behind the screen	Dr. Manish Kumar Additional Professor Department of Paediatrics AIIMS, Gorakhpur	Dr. Tapas Kumar Aich Dr. C.B. Madhesia
10:30 - 10:45 am	T E A B R E A K		
10:45 am-12:15pm	Behaviour Addictions: Beyond the Obvious	Dr. Yatan Pal Singh Balhara Professor National Drug Dependence Treatment Centre and Department of Psychiatry AIIMS, New Delhi	Dr. Ashok Jahnvi Prasad Dr. U.C. Garg
12:15 pm – 1:30 pm	Research and Remedies for Technology Addiction: An Indian Experience	Dr. Manoj Sharma Professor Department of Clinical Psychology NIMHANS, Bangalore	Dr. Anubhuti Dubey Dr. Pawan Kumar Gupta
1:30 pm - 2:30 pm	L U N C H		
2:30 pm– 4:00 pm	New Age Mahabharata: When Dice Decides Destiny	Dr. Jayant Mahadevan Assistant Professor Centre for Addiction Medicine, Department of Psychiatry NIMHANS, Bangalore	Dr. Anurag Verma Dr. Achyut Kumar Pandey
4:00 pm– 5:15 pm	Dopamine on the Menu: Newer Emerging Behaviour Addictions	Dr. Manoj Prithviraj M Associate Professor Department of Psychiatry AIIMS, Gorakhpur	Dr. Ram Sharan Srivastava Dr. Abhinav Srivastava
5:15 pm-6:15 pm	Panel Discussion		
6:15 pm	Vote of Thanks		

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Esteemed Speakers



Dr. Yatan Pal Singh Balhara
Professor
National Drug Dependence
Treatment Center &
Department of Psychiatry
AIIMS, New Delhi



Dr. Manoj Kumar Sharma
Professor, Department of
Clinical Psychology
NIMHANS, Bangalore



Dr. Jayant Mahadevan
Assistant Professor,
Centre for Addiction
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Dr. Manish Kumar
Additional Professor
Department of
Paediatrics
AIIMS, Gorakhpur



Dr. Manoj Prithviraj M
Associate Professor
Department of
Psychiatry
AIIMS, Gorakhpur

Registration

Registration is mandatory for all participants

Kindly register for the CME programme via registration link given below

<https://forms.gle/YhffHbX7q8MZo1SZA>

Registration Fee Details

Category	Registration Fee
Psychiatrists	Rs. 500
Other Mental Health & Allied Professionals	Rs. 500
Students	Free *

*The students have to upload their student ID card for free registration

Mode of Payment:

Payment can be made via UPI ID: **ronakwahal3@oksbi** or by scanning QR Code below



Last Date for Registration: 08/04/2026. Registration will be confirmed only after receipt of payment. **Contact for Registration Queries:** 9453276300

Way to the Venue

