



5 KARNATAKA STATE CONFERENCE

IAPSM-KARCON 2025

Theme

LIFESTYLE FOR HOLISTIC HEALTH

Integrating Nutrition Physical Activity and Mental Well-being

Pre conference: 11th September 2025
Conference: 12th & 13th September 2025

ORGANISED BY

Department of Community Medicine
Sri Madhusudan Sai Institute of Medical Sciences & Research (SMSIMSR)
Muddenahalli, Chikkaballapur, Near Bangalore Airport

Pre Conference workshops

Workshop 1: Vital Choices: Eating Right for every age
Workshop 2: Meta-analysis-Evidence Synthesis skills



Last date for

Registration: 15 July 2025

Abstract submission: 15 July 2025



The participants will be awarded credit points, as per Karnataka Medical Council guidelines



5th KARNATAKA STATE CONFERENCE IAPSM-KARCON 2025



INVITATION

Dear friends and Colleagues,

Greetings from the Department of Community Medicine, Sri Madhusudan Sai Institute of Medical Sciences & Research (SMSIMSR), Muddenahalli, Chikkaballapur. We are delighted to invite you to the 5th Karnataka State Conference of the Indian Association of Preventive and Social Medicine (IAPSM), held on 12 and 13 September 2025 at our institute. The conference will be preceded by Pre-Conference Workshops on 11 September 2025. With the theme 'Lifestyle for Holistic Health', this conference promises to be a vibrant platform for professionals, academicians, and students to exchange ideas and practices that promote holistic well-being. We cordially welcome you to this enriching experience and look forward to your enthusiastic participation and support.

ORGANISING DEPARTMENT

The Department of Community Medicine at Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) is dedicated to promoting preventive, promotive, and community-based healthcare with a strong focus on rural and underserved populations. The department actively engages in public health research, outreach programs, health education, and implementation of national health initiatives. It plays a pivotal role in training undergraduate medical students in social accountability and holistic healthcare, while also collaborating with government agencies and NGOs to address pressing health challenges. With its innovative programs in maternal and child health, nutrition, non-communicable diseases, and school health, the department is at the forefront of transforming community health through grassroots engagement and evidence-based practices.





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INVITATION

Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR), located in the serene environs of Muddenahalli, Chikkaballapur District, Karnataka, is a unique, charitable, and completely free-of-charge medical college and hospital. Established with the vision of providing holistic and value-based medical education, SMSIMSR is committed to nurturing compassionate, competent, and community-oriented healthcare professionals. The institute operates under the Sri Sathya Sai University for Human Excellence and is guided by the principles of selfless service and human values. What sets SMSIMSR apart is its steadfast commitment to offer world-class medical education and healthcare services entirely free-of-charge—ensuring that economic barriers do not hinder access to quality health education or treatment. The associated 360-bedded hospital provides comprehensive healthcare services and serves as a rich learning environment for students. SMSIMSR focuses not only on clinical and academic excellence but also on instilling in its students a deep sense of social responsibility and empathy towards underserved populations. Its departments are actively involved in various public health initiatives, community-based screening programs, and preventive health campaigns across rural Karnataka. The institute regularly hosts workshops, conferences, and outreach programs aimed at capacity-building among medical, nursing, and allied health professionals. With a mission to redefine rural healthcare and produce medical graduates who are both technically sound and ethically grounded, SMSIMSR stands as a beacon of innovation and compassion in the field of medical education. We are proud to host this state-level conference at SMSIMSR, bringing together experts, academicians, and frontline workers from across Karnataka to deliberate on pressing public health issues and collaboratively advance the cause of equitable and effective healthcare for all.





THE CONFERENCE

Theme:

Lifestyle for Holistic Health

Integrating Nutrition, Physical Activity, and Mental Well-being

Lifestyle for Holistic Health-Integrating Nutrition, Physical Activity, and Mental Wellbeing in today's rapidly changing world, the burden of non-communicable diseases (NCDs), mental health disorders, and lifestyle-related health issues is rising at an alarming rate— often affecting individuals across all age groups and socioeconomic strata. The root causes are largely preventable and stem from unhealthy dietary patterns, sedentary behaviour, chronic stress, and inadequate health awareness. There is an urgent need to shift the paradigm of healthcare from disease treatment to health promotion and disease prevention. In line with this pressing need, the theme of the conference – "Lifestyle for Holistic Health" – underscores the critical importance of integrating nutrition, physical activity, and mental well-being into daily life as key determinants of health. The focus is not just on individual behaviour change, but also on public health education, and community engagement to create an enabling environment for people to lead healthier lives. This conference serves as a vibrant platform for healthcare professionals, researchers, policymakers, and students to exchange knowledge and collaborate on promoting holistic health and preventive care. It will explore evidence-based strategies for dietary diversity, accessible nutrition, physical activity, stress management, and the role of socio-cultural practices in metabolic health and well-being.

PRE CONFERENCE WORKSHOP

Workshop 1: "Vital Choices: Eating Right for Every Age" by Dr Rupal Dalal and Dr Devaji Patil

This workshop helps the participants to unlearn and relearn the concepts of nutrition in metabolic health for a healthy beginning and hopeful future by understanding the lifestyle interventions for prevention, reversal/remission of metabolic health conditions and hands on skills on effective breast feeding and complementary feeding skills also.

Workshop 2: "Meta-Analysis-Evidence Synthesis Skills" by Dr Sachin Mumbare

This workshop empowers the participants with Evidence Synthesis Skills through hands-on session on meta analysis using open source free website developed by Dr Sachin Mumbare. By the end of the session, participants will be better prepared to critically appraise published literature and independently undertake meta-analyses for their dissertations, publications, and evidence-based clinical decisions.



IAPSM-KARCON 2025



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5th KARNATAKA STATE CONFERENCE

IAPSM-KARCON 2025



DRESS CODE

To maintain the decorum of the conference, all participants are kindly requested to adhere to the following dress code:

For Men:

- Light-colored formal shirts with trousers.
- Avoid jeans or casual wear.

For Women:

- Saree or Chudidar (with appropriate dupatta).
- Avoid leggings.

Reach out us at: commed.events@smsimsr.org

REGISTRATION DETAILS

Free registration

Scan the QR code to register for both conference and preconference workshops

Last day for registration:

15 July 2025 (Pre-Conference and Conference Workshops)



Registration



SCIENTIFIC SESSIONS

Abstract submission Deadline – 15 July 2025

Registration is compulsory for Abstract submission

Mode of presentation – Oral & E-poster

Abstract submission by using the QR code

Full paper for Award (theme based) under Faculty & PG category

Best ORAL & Best E-POSTER presentation will be awarded

under Faculty & Student category

Guidelines for abstract submission will be sent via mail



Abstract submission

SCIENTIFIC SESSIONS

Thematic

Integrative and Preventive Approaches

Public Health Policies & Advocacies

Social & Behavioral Sciences

Non Thematic

Communicable Diseases Including Tropical Diseases

Disaster Preparedness

Environmental Sustainability, Sanitation And Hygiene

Gender In Public Health

Geriatric Health

Health Financing And Health Systems

Medical Education, Humanities And Ethics

Non-Communicable Diseases Including Road Traffic Accidents

Occupational Health

Reproductive, Maternal And Child Health

Substance Use And Tobacco Control

Technology And Health Care

PG QUIZ

Prelims

Day 1 (12 Sep 2025)

Finals

Day 2 (13 Sep 2025)

A team of 2 post graduate students of the same institution should register their details using the qr code.

LAST DATE TO REGISTER FOR PG QUIZ: 30 AUGUST 2025



Registration for PG Quiz



ACCOMMODATION DETAILS

Within 7 kms		More than 7 kms	
Hotel Name	Contact Number	Hotel Name	Contact Number
Srisierra	6362465959	Cube Stop	+91 11 4898 6010
Sanju Lodge & Hotel	9008550603	Capital O Hotel Nandi Gateway	+91 12 4433 0591
Sai Regency Lodge	9880682793		
Mayuga Hotel	9964635507		
Golden Nest	6360479199		
Green Chilli	9108336655		
Mulberry Shades, Bengaluru Nandi Hills	9108336655		

CONTACT DETAILS

Organising team	Phone number
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Ms Lavanaya B S	77607 09661



PLACES TO VISIT



Adiyogi



Nandi Hills



Bhoga Nandeewara Temple



Skandagiri



Chennagiri Terk



Avathi Hill Top



Fort Gudibande



Srinivasa Sagara



Sir M Visvesvaraya Memorial



Kethenahalli Falls