



**Pre-Conference Workshops | Monday, 3<sup>rd</sup> November 2025**  
**CME Credits available**

**WORKSHOP 1**  
2-4pm

**Navigating Women and Youth's Mental Health in Changing Climates**  
Learning Space, 1<sup>st</sup> Floor, Princess Zahra Pavilion

*Workshop Facilitators*

Dr Rabeeka Aftab

Senior Instructor, Department of Psychiatry, AKU

Dr Muneeba Amin

Senior Instructor, Department of Psychiatry, AKU

*Workshop Director*

Dr Nargis Asad

Professor & Chair, Department of Psychiatry, AKU

**WORKSHOP 2**  
2-4pm

**Research Re-Invented: The Power of AI in Mental Health Research**  
Learning Space, 1A&1B, 1<sup>st</sup> Floor, CIME Building

*Workshop Facilitator*

Dr Masood Jawaid

Medical Educator, PharmEvo

*Workshop Director*

Dr Shahab Abid

Professor, Department of Medicine, AKU

**WORKSHOP 3**  
2-5pm

**Digital Literacy and Resilience**

Learning Space 2A, 2<sup>nd</sup> Floor, CIME Building

*Workshop Facilitators*

Dr Naznin Virji-Babul (Virtual)

Director, Perception-Action Lab, University of British Columbia

Dr Jasmit Shah

Data Scientist, Brain and Mind Institute (BMI), AKU

Dr Lukoye Atwoli

Deputy Director, BMI, Professor & Dean, Medical College, AKU Kenya

Dr Anam Ali (Virtual)

Executive Director and Founder, DigiWell, USA

*Workshop Director*

Dr Kendi Muchungi

Manager, Education & Technology, BMI, AKU

**WORKSHOP 4**  
2-5pm

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**Resilience Bootcamp**

Multipurpose Hall, CIME Building

*Workshop facilitators*

Waliyah Mughis,

Senior Instructor, Community Health Sciences (CHS) & BMI, AKU

Zara Nizar

Clinical Psychologist & Research Fellow, BMI, AKU

Zarafsheen Veerjee (Virtual)

Clinical Psychologist, Training Consultant, BMI, AKU

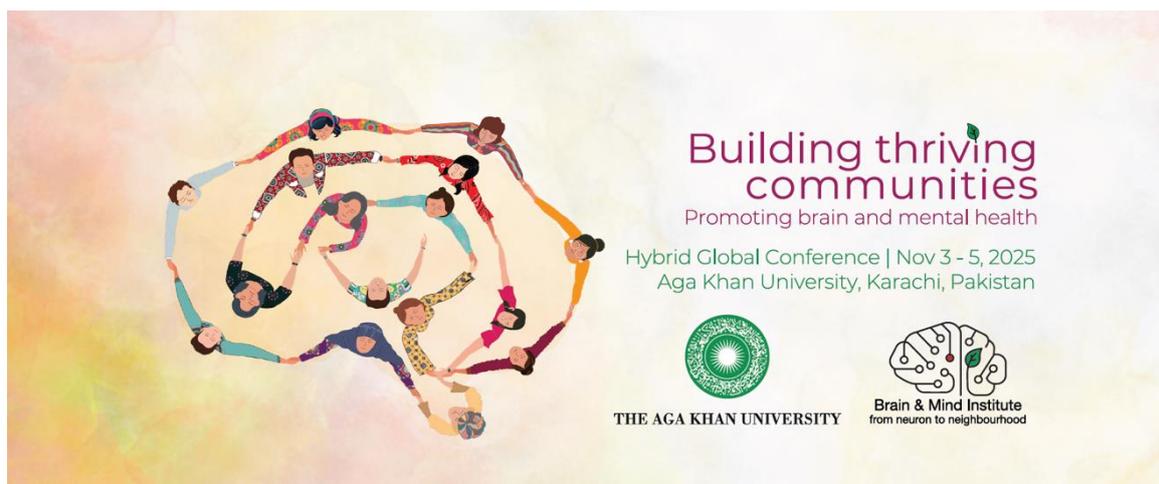
Anam Hossain (Virtual)

Child and Family Specialist, USA

*Workshop Director*

Dr Kendi Muchungi

Manager, Education & Technology, BMI, AKU



**Master of Ceremony: Falak Madhani, Jasmit Shah, Laila Cassum & Aatika Ahmed**

**Conference Day-1 | Tuesday, 4<sup>th</sup> November 2025  
AKU Auditorium**

	<b>Title</b>
08:30 – 9:00 am	Registration
09:00 – 09:05 am	Recitation from the Qur'an <b>Syeda Asifa Ikhlas (BScN Year IV Student)</b>
	<b>Welcome Address</b>
09:05 – 09:15 am	<b>Dr Zul Merali</b> Professor & Founding Director, Brain and Mind Institute (BMI), Aga Khan University (AKU)
	<b>Conference Objectives and Schedule Overview</b>
09:15– 9:25 am	<b>Dr Rozina Karmaliani</b> Associate Director, BMI & Professor, School of Nursing & Midwifery (SONAM) & Community Health Sciences (CHS), AKU
	<b>Setting the Stage for the Panel Discussion</b>
9:25 – 9:35 am	<i>From Fragmentation to Integration: Can Primary Health Care (PHC) Revolutionize Mental Health in Pakistan?</i> <b>Dr Fauziah Rabbani</b> Chief Implementation Scientist, BMI & Professor CHS, AKU
	<b>Inaugural Panel: Policy in Action</b>
	<i>Bringing Together Government, Academia, and Partners for a Dialogue on Integrating Mental Health into Primary Health Care</i>
9:35 – 10:05 am	Moderator: <b>Dr Murad Moosa Khan</b> Senior Scientist, BMI and Professor Emeritus, Department of Psychiatry, AKU  Panellists: 1. <b>Dr Asma Humayun</b> National Advisor on Mental Health Ministry of Planning, Development and Special Initiatives, Pakistan

2. **Dr Karim Ahmed Khawaja**  
Former Senator & Chairman Sindh Mental Health Authority, Pakistan
3. **Dr Atif Rahman**  
Professor, Child Psychiatry & Global Mental Health, University of Liverpool, UK
4. **Syed Nadeem Hussain Abbas**  
CEO, Aga Khan Health Service, Pakistan (AKHSP)
5. **Dr Lukoye Atwoli**  
Deputy Director, BMI, Professor & Dean, AKU Medical College, Kenya
6. **Dr Farhat Abbas**  
Professor & CEO, Aga Khan University Hospital (AKUH), Pakistan
7. **Shadia Abdullah**  
Special secretary development, health department, Sindh
8. **Zafar Waqar Taj**  
Secretary Social Welfare, Women Development, Human Rights, Youth Affairs and Population Welfare, Government of Gilgit-Baltistan

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10:05 – 10:15 am **President's Address (Recorded Session)**  
**Dr Sulaiman Shahabuddin**  
President, Aga Khan University

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10:15 – 10:25 am **Vice Provost's Address**  
**Dr Salim Virani**  
Professor & Vice Provost Research, AKU

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10:25 – 10:35 am **Chief Guest Address (Online)**  
**Minister of State for National Health Services, Regulations & Coordination**  
Dr. Malik Mukhtar Ahmed Bharath

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10:35 – 10:45 am Memento Distribution

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10:45 – 11:00 am Tea break

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**Thematic Session I – Reimagining Brain and Mental Healthcare: Context-sensitive Innovations**  
Chairs: Drs Saara Muddasir & Asad Ali

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11:00 – 11:15 am **Keynote Address**  
*Biomarkers of Transgenerational Trauma in Humans: Just a Matter of Fa(c)T*  
**Dr Ali Jawaid**  
Head, Translational Research Neuropsychiatric Disorders  
Centre for Technology Development, Poland

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11:15 – 11:25 am **Presentation**  
*From Evidence to Action: Integrating Mental Health into Primary Care Practice*  
**Dr Asma Humayun**  
National Advisor on Mental Health  
Ministry of Planning, Development and Special Initiatives, Pakistan

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11:25 – 11:35 am **Presentation**  
*Context-specific Innovations for Perinatal Mental Health in Low- and Middle-Income Countries*  
**Dr Shahirose Sadrudin Premji**  
Professor, Department of Public Health Sciences  
School of Medicine, Queens University, Canada

11:35 – 11:50 am	Q&A
11:50 am – 12:00 pm	Memento Distribution
<b>Thematic Session II – Untangling Ties between Non-Communicable Diseases (NCDs) and Brain Health</b> Chairs: Drs Zainab Samad & Aysha Almas	
<b>Presentation</b>	
12:00 – 12:10 pm	<b><i>Connecting Mental Health and Cardiometabolic Disease</i></b> <b>Dr Unab Khan</b> Professor & Former Chair, Department of Family Medicine, AKU
<b>Keynote Address</b>	
12:10 – 12:25 pm	<b><i>Improving Brain Health in young people with First Episode Psychosis through a holistic approach involving spiritual healers</i></b> <b>Dr Saeed Farooq</b> Global Health Research Professor National Institute of Health & Care Research (NIHR), UK
<b>Presentation</b>	
12:25 – 12:35 pm	<b><i>Cost Effective Approaches to Integrate Mental Health within Primary Health Care</i></b> <b>Dr Shehzad Ali</b> Associate Professor & Canada Research Chair, Public Health Economics Schulich School of Medicine & Dentistry, Western University, Canada
12:35 – 12:50 pm	Q&A
12:50 – 1:00 pm	Memento Distribution
1:00 – 2:00 pm	<b>E-Poster Presentations (schedule attached) &amp; Lunch Break</b>
<b>Thematic Session III – Mental Health Journey of Young Migrants</b> Chairs: Drs Tazeen Ali & Mariam Sabri	
<b>Keynote Address</b>	
02:00 – 02:15 pm	<b><i>Strengthening Health Systems for the Mental Well-Being of Young Migrants: Access, Standards, and Equity</i></b> <b>Claudia Marotta (virtual)</b> Technical Officer, World Health Organization, Geneva, Switzerland
<b>Presentation</b>	
02:15 – 02:25 pm	<b><i>International Migration and Mental Health Issues</i></b> <b>Dr Nasra Shah</b> Professor, Migration and Development, Lahore School of Economics, Pakistan
02:25 – 02:40 pm	Q&A
<b><i>The Quiet Shift – A Live Performance</i></b>	
02:40 – 03:10 pm	<b>Lived Experience of Migration</b> Performance by: Center for Arts-based Methodologies and Wellbeing CFAW (Centre for Arts-Based Methods and Wellbeing)
03:10 – 03:20 pm	Memento Distribution

03:20 – 03:30 pm      Tea break at pool side

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## Thematic Session IV – The Gut-Brain Connection: Resilience from the Inside Out

Chair & Moderator: Dr Shahab Abid

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### Keynote Address

03:30 – 03:45 pm

#### *Gut-Brain Interaction and its Role in Neurodegenerative and Neuropsychiatric Disorders*

**Dr Qasim Aziz**

Professor Neuro-gastroenterology, Director of the Wingate Institute, Barts and The London School of Medicine and Dentistry, Queen Mary University of London, UK

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### Panel Discussion

Moderator: **Dr Shahab Abid**

Professor, Department of Medicine, AKU

Panellists:

03:45 – 04:15 pm

1. **Dr Iqbal Afridi**  
Psychiatrist, HEC Distinguished National Professor, Jinnah Sindh Medical University, Karachi, Pakistan
  2. **Dr Zul Merali**  
Professor & Founding Director, BMI, AKU
  3. **Dr Jawed Akbar Dars**  
Consultant Psychiatrist AKU & Associate Professor of Psychiatry, National Institute of Child Health Pakistan
  4. **Dr Nashiz Inayet**  
Consultant Gastroenterologist, AKU
  5. **Dr Mohammad Wasay**  
Professor, Section of Neurology, Department of Medicine, AKU
  6. **Dr Qasim Aziz**  
Professor Neuro-gastroenterology, Director of the Wingate Institute, Barts and The London School of Medicine and Dentistry, Queen Mary University of London, UK
  7. **Dr Faisal Ismail**  
Associate Professor & Director, Centre for Innovation Medical Education, AKU
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04:15 – 04:30 pm      Q&A

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04:30 – 04:40 pm      Memento Distribution

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## Research to Practice: An Integrated Mental Health Framework | The Aga Khan Development Network Experience

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### Panel Discussion

Moderator: **Dr Zul Merali**

Professor & Founding Director, BMI, AKU

Panellists:

04:40 – 05:25 pm

1. **Dr Salim Virani**  
Professor & Vice Provost, Research, AKU
2. **Dr Karim Damji**  
Dean & Professor, Medical College, AKU
3. **Dr Salimah Walani**  
Dean & Associate Professor, SONAM, AKU
4. **Mr Syed Nadeem Hussain Abbas**

- CEO, AKHS, Pakistan
5. **Ms Nusrat Nasab**  
CEO, Aga Khan Agency for Habitat, Pakistan
  6. **Ms Farida Shah**  
Head of Community Health and Donor-Funded Projects, AKHS, Pakistan
  7. **Ms Khairunnisa Hooda**  
Chief Nursing Officer, AKUH
  8. **Falak Madhani**  
Chief Health Service & Research Liaison, BMI AKU & AKSHP

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05:25 – 06:25 pm	<b>E-Poster Presentation (repeat)</b>
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06:00 – 07:15 pm	<p><b>Film Screening</b>  <i>“Voices from the Roof of the World”</i></p> <p><i>A Cry from the Mountains (31 mins)</i>          Episode Director: Karim Shallwanee</p> <p><i>The Valleys our Ancestors Chose (34 minutes)</i>          Episode Director: Tazeen Bari</p> <p><b>Conversation with the Film Makers (10 minutes)</b></p>
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07:30 – 09:00 pm	<b>Networking Dinner with Conference Delegates (by Invitation only)</b>
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**Conference Day-2 | Wednesday, 5<sup>th</sup> November 2025**  
**AKU Auditorium**

**Title**

09:00 – 9:05 am	Recap of Day 1
09:05 – 09:20 am	<p><b>Keynote Address</b></p> <p><i>Prioritizing Mental Healthcare in Pakistan: Challenges &amp; Opportunities</i></p> <p><b>Dr Asma Humayun</b>  National Advisor on Mental Health  Ministry of Planning, Development and Special Initiatives, Pakistan</p>
09:20 – 09:35 am	<p><b>Keynote Address</b></p> <p><i>Controversy as Advocacy: Progress in Decriminalisation of Suicide Attempts in Kenya</i></p> <p><b>Dr Lukoye Atwoli</b>  Deputy Director, BMI, Professor and Dean, Medical College East Africa</p>
09:35 – 09:50 am	<p><b>Keynote Address</b></p> <p><b>Dr Zafar Mirza</b>  Director School of Universal Health Coverage, Shifa Tameer-e-Millat University, Former State Minister of Health, Government of Pakistan</p>
<p><b>Thematic Session V – Digital Mental Health: Transforming Care, Connecting Communities</b>  Chairs: Dr Saleema Gulzar &amp; Ms. Azra Naseem</p>	
09:35 – 09:50 am	<p><b>Keynote Address</b></p> <p><i>Thriving Together: How Peers and Avatars Are Reimagining Support for Mothers and Families</i></p> <p><b>Dr Atif Rahman</b>  Professor Child Psychiatry &amp; Global Mental Health, University of Liverpool, UK</p>
09:50 – 10:00 am	<p><b>Presentation</b></p> <p><i>Healthy Minds for All: Empowering Frontline Health Workers with Digital Mental health tools</i></p> <p><b>Dr Shariq Khoja</b>  Global CEO &amp; Lead Researcher, Tech4Life Enterprises, Canada and Pakistan</p>

**Panel Discussion**

10:00 – 10:35 am

Moderator: **Dr Jasmit Shah**

Data Scientist, BMI, AKU

Panellists

1. **Dr Fauziah Rabbani**  
Chief Implementation Scientist, BMI & Professor CHS, AKU
2. **Ms Ambareen Thompson**  
CEO, SINA Health, Education & Welfare Trust, Pakistan
3. **Dr Sara Saeed Khurram**  
CEO, Sehat Kahani, Pakistan
4. **Dr Atif Rahman**  
Professor, Child Psychiatry & Global Mental Health, University of Liverpool, UK
5. **Dr Shariq Khoja**  
Global CEO & Lead Researcher, Tech4Life Enterprises, Canada and Pakistan
6. **Dr Rubeena Kidwai**  
CEO, Taskeen
7. **Ms Kamyla Marvi**  
Director, British Asian Trust, Pakistan
8. **Dr Asma Humayun**  
National Advisor on Mental Health  
Ministry of Planning, Development and Special Initiatives, Pakistan

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10:35 – 10:50 am

Q&A

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10:50 – 11:00 am

Memento Distribution

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11:00 – 11:30 am

Tea break at pool side

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## Thematic Session VI – Climate, Crisis & Coping: Mental Health in Uncertain Times

Chairs: Drs Sara Khan & Ambreen Tharani

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11:30 – 11:45 am

### Keynote Address

*Connecting Climate Minds: Synergistic Research and Action for a Safe Climate and Healthy Minds*

**Dr Emma Lawrance**

Imperial College London, UK Lead, Climate Cares Centre & Mental Health, Institute of Global Health Innovation

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11:45 – 11:55 pm

### Presentation

*Examining the Economic Impact of Climate Shocks on Brain Health in the Global South*

**Dr Cyprian M Mostert (virtual)**

Brain Health Economist, BMI, East Africa

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### Panel Discussion

Moderator: **Dr Farid Panjwani**

Dean and Professor, AKU Institute for Educational Development, Pakistan

Panellists

11:55 – 12:25 pm

1. **Ms. Miriam Kugele**  
Director, Environment and Sustainability, AKU
2. **Dr Jai Das**  
Associate Professor, Paediatrics and Child Health & Associate Director, Institute for Global Health & Development, AKU
3. **Dr Zafar Fatmi**

Professor, Environmental, Occupational Health & Climate Change,  
CHS, AKU

4. **Dr Emma Lawrance**  
Lead, Climate Cares Centre & Mental Health, Institute of Global Health  
Innovation, Imperial College London, UK
5. **Ms Nusrat Nasab**  
CEO, Aga Khan Agency for Habitat
6. **Dr Renzo R. Guinto (virtual)**  
Associate Professor of Global and Planetary Health, SingHealth Duke-  
NUS Global Health Institute, Singapore

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12:25 – 12:40 pm Q&A

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12:40 – 12:50 pm Memento Distribution

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12:50 – 01:45 pm Lunch Break

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## **Thematic Session VII – Brain Aging and Dementia: Strategies for Cognitive Longevity**

Chairs: Drs Saniya Sabzwari & Rubina Barolia

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### **Keynote Address**

01:45 – 02:00 pm

#### ***Impact of Comorbidities on Brain Resilience and Blood-based Biomarkers***

**Dr Michelle Mielke**

Professor, Department of Epidemiology and Prevention  
Wake Forest University School of Medicine, USA

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### **Keynote Address**

02:00 – 02:15 pm

#### ***The What, Why, and How of Resilience to Alzheimer's Disease***

**Dr Ozioma Okonkwo**

Professor of Medicine, University of Wisconsin-Madison, USA

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### **Panel discussion**

Moderator: **Dr Zul Merali**

Professor & Founding Director, BMI, AKU

Panellists:

02:15 – 02:45 pm

1. **Dr Ali Jawaid**  
Head, Translational Research Neuropsychiatric Disorders  
Centre for Technology Development, Poland
  2. **Dr Mohammad Wasay**  
Professor, Section of Neurology, Department of Medicine, AKU
  3. **Dr Rozina Karmaliani**  
Professor & Associate Director, BMI, AKU
  4. **Dr Michelle Mielke**  
Professor, Wake Forest University School of Medicine, North Carolina,  
United States
  5. **Dr Ozioma Okonkwo**  
Professor of Medicine, University of Wisconsin–Madison, USA
  6. **Dr Shireen Najam**  
Senior Instructor, Department of Psychiatry, AKU
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02:45 – 03:00 pm Q&A session

03:00 – 03:10 pm Memento Distribution

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03:10 – 03:30 pm Tea break at pool side

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## **Thematic Session VIII – Suicide Prevention: Upstream Approaches to Reducing Risk**

Chairs: Drs Nargis Asad & Falak Madhani

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### **Keynote Address**

03:30 – 03:45 pm

#### ***Suicide Prevention: Prioritising 'Upstream Approaches' to Reducing Risk***

**Dr Ella Arensman (virtual)**

Chief Scientist & Professor Public Mental Health

National Suicide Research Foundation, University College Cork, Ireland

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### **Presentation**

03:45 – 03:55 pm

#### ***A Research Strategy for Suicide Prevention in Pakistan: Evidence, Ethics, and Policy-translation***

**Dr Murad Moosa Khan**

Senior Scientist, BMI and Professor Emeritus, Department of Psychiatry, AKU

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### **Presentation**

03:55 – 04:05 pm

#### ***Adaptation of Mental Health Programs for Youth Suicide Prevention in Pakistan***

**Dr Linda Kaljee**

Henry Ford Global Health Initiative

Professor, Department of Medicine, Michigan State University USA

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## **Recorded Session (*link available on website*)**

### **Dr Brian Ahmedani**

Senior Scientist; Director, Center for Health Policy & Health Services Research (CHPHSR);  
Director of Research, Department of Psychiatry, Henry Ford Health System (HFHS) USA

### **Dr Nazish Imran**

Head & Professor, Department of Child and Family Psychiatry, King Edward Medical University,  
Lahore, Pakistan

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### **Film Screening and Conversation with the Film Maker**

04:05 – 04:50 pm

*“Darya ke iss paar (On this side of the river) (30 minutes)*

**Nighat Akbar Shah**

Executive Producer

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## **Evidence to action: Preventing Suicides in Youth: Integrating Youth Mental Health into PHC in Low-Resource Settings**

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### **Panel Discussion**

Moderator: **Dr Murad Moosa Khan**

Senior Scientist, BMI and Professor Emeritus, Department of Psychiatry, AKU

04:50 – 5:20 pm

#### **Panellists:**

1. **Dr Linda Kaljee**

Henry Ford Global Health Initiative

Professor, Department of Medicine, Michigan State University USA

2. **Dr Saqib Ali Shaikh**

- Director Health Services Karachi
3. **Ms Anamta Ghur**  
Manager, Research Global Health Function, PHC Global, Pakistan
  4. **Dr Rozina Karmaliani**  
Associate Director, BMI & Professor, SONAM & CHS, AKU
  5. **Dr Tania Nadeem**  
Child and Adolescent Psychiatry, AKU
  6. **Syed Jalal Shah**  
Global CEO, Rupani Foundation
  7. **Dr Salman Shahzad**  
Professor, Institute of Clinical Psychology, University of Karachi
  8. **Dr Sadiq Hussain**  
Professor, Head of Social Sciences, Karakoram Int'l University

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05:20 – 05:35 pm	Q&A
05:35 – 05:45 pm	Memento Distribution
05:45 – 05:55 pm	<b>Our Two-Day Learning Journey</b> <b>Falak Madhani</b> Chief Health Service & Research Liaison, BMI AKU & AKSHP
05:55 – 06:05 pm	<b>Call to Action</b> <b>Dr Zul Merali</b> Professor & Founding Director, BMI, AKU
06:05 – 06:20 pm	<b>Poster Presentation Award Distribution</b> <b>Dr Laila Ladak &amp; Dr Jasmit Shah</b>

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- End of the Programme -

## E-poster presentation schedule

TIME SLOTS	Screen 1	Screen 2	Screen 3	Screen 4	Screen 5
<i>THEMES</i>	<i><b>Theme 2- Mental Health &amp; NCDs (Integrated Strategies for Mental and Physical Health Promotion)</b></i>	<i><b>Theme 2- Mental Health &amp; NCDs (Integrated Strategies for Mental and Physical Health Promotion)</b></i>	<i><b>Theme 1- Next-Gen Mental Health (Innovative and Culturally Sensitive Approaches to Mental Health Care-</b></i>	<i><b>Theme 1- Next-Gen Mental Health (Innovative and Culturally Sensitive Approaches to Mental Health Care- AND Theme 5- Digital Mental Health (Technology-Driven Solutions for Accessible Mental Health Care)</b></i>	<i><b>Theme 4- Gut-Brain Axis (Exploring the Role of gut Health in mental health) AND Theme 6 - Climate &amp; mental health (mental health challenges in the face of environmental and humanitarian crises) AND Theme 8 - Suicide Prevention (Community-Based Strategies to Reduce Risk and Build Resilience)</b></i>
13:00-13:15 17:25 – 17:40	<u>Sania Nisar</u> sania.nisar@aku.edu Anxiety and depression as predictors of quality of life in cardiovascular patients PP-1	<u>Sadia Parkar</u> sadia.parkar@aku.edu Associations between maternal psychosocial stressors and breastmilk metabolomic profiles PP-18	<u>Sharifa Lalani</u> sharifa.lalani@aku.edu Individual and collective contribution of antenatal psychosocial distress conditions and preterm birth in Pakistani women PP-16	<u>Rachna Udhister</u> rachna.udhister24@alumni.aku.edu Assessing the relationship between mental health literacy and attitude towards people with mental illness among non-medical university students in Karachi, Pakistan PP-2	<u>Areeba Aftab</u> amnai.twentynine@gmail.com Frequency of gastroesophageal reflux disease and its association with stress among doctors PP-12
13:15-13:30 17:40 – 17:55	<u>Masooma batool</u> Batoolmasooma184@gmail.com Enhancing Well-Being Through Mind-Body Practices and Psychoneuroimmunology: A Cross-Sectional KAP Study Integrating the Health Promotion Model PP-13	<u>Yasmeen Noornabi</u> yasmeen.noornabi@aku.edu Physical inactivity and common mental disorders among middle-income women in Karachi: Implications for brain and community well-being PP-17	<u>Salima kerai</u> salima.kerai@sickkids.ca Measuring Positive Youth Development in Pakistan PP-7	<u>Alvena Noor</u> alvenanoor4@gmail.com Leveraging Digital Platforms to Enhance Mental Health Literacy and Access in Community Settings PP-21	<u>Momina Khabir</u> mominakhabir@gmail.com Evaluating Gaps in Maternal Mental Health Care During Floods in Pakistan: Lessons from 2022 and 2025 PP-19
13:30-13:45 17:55 – 18:10	<u>Ahsan Usman</u> ahsan@sehatkahani.com The Association between Maternal Mental Health and Child Nutritional Status in Rural Sindh: A Cross-sectional Study Utilizing an E-Health Clinical Model PP-10	<u>Laiba khalid</u> laiba.khalid@scholar.aku.edu Patterns of self-harm among adults: Perspective from a low- and middle-income country PP-14	<u>Farzana begum</u> farzana.begum@aku.edu Psychosocial Adversities in children less than 3 years in a peri-urban community of Karachi, Pakistan PP-11	<u>Alwina Ghazi</u> alwina.ghazi@aku.edu Exploring Adolescents' and Teachers' Perceptions on Social Media Use in Relation to Adolescents' Mental Well-Being: A Descriptive Exploratory Qualitative Study in Chitral, Pakistan PP-23	<u>Syed Ali Wijdan</u> ali.wijdan21@nixorcollege.edu.pk Association of Suicidal Ideation with Body Dysmorphic Disorder and Obsessive-Compulsive Disorder in University Students of Pakistan PP-22
13:45-14:00 18:10 – 18:25	<u>Fatima nazir</u> fatima.nazir@aku.edu The impact of prenatal psychological distress on birth weight: A case-control study PP-9		<u>Aisha Chohan</u> hac20.official@gmail.com New anti-epileptic drug use during pregnancy and the risk of attention deficit hyperactivity disorder (ADHD) in offspring PP-3	<u>Muhammad Muzzamil</u> muzzamil@sehatkahani.com Employing Telepsychiatry services to assess the prevalence and identify mental health disorders using the PHQ-9 and GAD-7 in resource-constrained regions of Dadar Mansehra, Pakistan: an observational cross-sectional study PP-24	