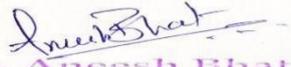


## ACTIVITY REPORT

1.	Name of the activity	Guest Lecture: "Role of Hypnosis & Psychiatry!"
2.	Date & Time	30 <sup>th</sup> July, 2025 9:00am
3.	Venue / Place	Online Dept. Of Psychiatry
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	06
5.	Organizing Faculty / Medical team	Dept. Of Psychiatry
6.	In-charge	Dr. Aneesh Bhat
7.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	Dr. Shishir Kumar Salian's guest lecture on 30/07/2025 highlighted hypnosis as a state of focused attention and heightened suggestibility, distinct from sleep. He discussed its mechanisms, types (traditional and Ericksonian), and clinical uses in anxiety, pain, phobias, and behaviour modification. The lecture emphasized ethical practice, patient consent, and its role as an adjunct to psychotherapy rather than a standalone treatment.
8.	Number of faculties attended (Guest lecture/CME/Workshop/Seminar/Health camps)	-
9.	Number of Students Attended	06

  
**Dr. Aneesh Bhat**  
MBBS, MD (Psychiatry)  
Reg No.: 2005/03/1908  
Professor & Head

