



74th Annual National Conference of Indian Psychiatric Society 2023

2nd - 5th February, 2023

Mayfair Lagoon & Convention, Bhubaneswar, Odisha



First Announcement



सन्देश



Dr. N N Raju
President
Indian Psychiatric Society

Dear Colleagues,

It is time once again to come together to discuss and deliberate on issues related to a broad range of current and emerging subjects of behavioural sciences. The canvas will obviously be wide as we know psychiatry itself is an overarching subject of medical sciences.

Indian Psychiatric Society crossed many milestones in its march towards progress and history paused in the years 1989 and 1999 at the capital of Odisha, Bhubaneswar, and again meeting in the Temple City in 2023. The serene, sublime and scenic surroundings make it one of the most beautiful cities in India. Bhubaneswar though a modern planned city has history dates back to 7th Century BC with rich culture and heritage, offers illimitable opportunities to explore and savour.

Professional conferences do not just serve as a forum of interaction for delegates but also help to generate scientific fervour and interest in recent developments. The theme "Changing Landscapes in Mental Health Care" is chosen to highlight the ever-changing scientific understanding of psychiatry and how this knowledge gets translated into discovery and delivery of mental health needs of the community from time to time. An emphasis on scientific basis should help to dispel misconceptions in psychiatry and reduce stigma to a substantial degree.

It is heartening to note that the Organising Committee with Dr. Tophan Pati as Chairperson and Dr. Amrit Patojoshi as Organizing Secretary are sparing no efforts to present a rich scientific and gastronomic repast in spite of hurdles beyond one's anticipation. In addition, the cuisine of Odisha is to be experienced and enjoyed. All that they need is your enthusiastic participation in the scientific deliberations and at enchanting locales of city temples and blue sea at the abode of Lord Jagannath in Puri. We are looking forward to an enriching, enlightening and a thoroughly enjoyable experience.

Let us all join together along with our families and carry forward our society to cross yet another significant milestone.

Long live Indian Psychiatric Society!

Welcome to ANCIPS 2023.



ମେସାସ୍ପେ



Dr. Arabinda Brahma
Hon. General Secretary
Indian Psychiatric Society

Dear Esteemed Colleagues,

It is time for us to look forward to congregating once again at Annual National Conference of IPS (ANCIPS) that is being held at Bhubaneswar, Odisha in 2023.

Odisha, an eastern Indian state on the Bay of Bengal, is known for its tribal cultures and its many ancient Hindu temples. The capital, Bhubaneswar, is home to hundreds of temples.

Post pandemic, ANCIPS 2023 will give a chance to make us come together seeking the warmth of professional exchanges with kindred souls from across the world. It will also give us an opportunity to share our thoughts to march ahead with firm steps in tandem to deliver quality mental health service to our people.

The organising committee headed by Dr Tophan Pati and Dr. Amrit Pattojoshi is working hard to make ANCIPS 2023 an unforgettable aesthetic and intellectual experience for us all.

WELCOME TO ANCIPS 2023

LONG LIVE INDIAN PSYCHIATRIC SOCIETY





INDIAN
PSYCHIATRIC
SOCIETY

invitation

Dear Friends,

Greetings to all the members of the Indian Psychiatric Society on behalf of the organizing committee of ANCIPS 2023.

We sincerely thank Indian Psychiatric Society for conferring on us the responsibility to organise the prestigious ANCIPS 2023 in Bhubaneswar, Odisha, the beautiful temple city.

The theme of this annual conference is "Changing Landscapes in Mental Health Care". Over the ages Mental Health Care has taken long strides. The understanding of dynamics of mental illnesses at molecular levels, increasing importance of multidisciplinary care, constantly ongoing research revealing newer dimensions has resulted in ever-evolving landscapes in mental health care.

The logo of the conference represents various facets of Odisha. The A of ANCIPS displays the famous arch of Mukteshwar Temple; N displays intricacies Pattachitra; C houses the Chariot Wheel of Konark Sun Temple; I towers up as a symbol of progress; P exhibits intricate applique craft; S represents the blue sea waves and the flying birds stand for rising beyond the sky signifying perpetual advancement.

Odisha always plays the perfect host; the Olive Ridley turtles endure thousands of miles of journey for nesting in the welcoming sands of Odisha's coast. The migratory birds from freezing Siberia seek warmth in Chilika, the second largest brackish water lake in the world. Odisha hosted ANCIPS in 1989, 1999 and now again in 2023. Odisha with the vast coastline, architectural marvels, nature's bounty, woods, hills and footprints of history down the ages has always been scenic, serene and sublime.

Team ANCIPS 2023 is striving hard to make the conference academically enlightening, enjoyable and memorable welcomes you all, dear friends, to the 74th ANCIPS to be held at Mayfair Convention Centre & Mayfair Lagoon on 2nd to 5th February, 2023.



Dr. Tophan Pati
Organizing Chairman
ANCIPS 2023



Dr. Amrit Pattojoshi
Organizing Secretary
ANCIPS 2023



<https://ancips2023.com/>

Indian Psychiatric Society

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Dr. N. N. Raju



Vice-President
Dr. Vinay Kumar



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Dr. Arabinda Brahma



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INDIAN
PSYCHIATRIC
SOCIETY

Indian Psychiatric Society

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	Dr. Snehanshu Dey Representative to IPS Eastern Zone		

Organizing Committee

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Dr. Tophan Pati

Organizing Secretary



Dr. Amrit Pattojoshi

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Dr. Tanmaini Das

Organizing Committee Members

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Dr. Nibedita Mohanty

Dr. Swayam Prava Baral

Call for Abstracts

Abstracts for Free Papers, E-posters & Proposal for Symposia and Workshops are invited from the members of the society.

All abstracts are to be submitted online through abstract portal only. For more details, please log onto <https://ancips2023.com/>

Abstracts of Free Papers, E Posters not to contest for awards, proposals for symposia and workshops should be uploaded via the abstract submission portal available on <https://ancips2023.com> in adherence to the cut off dates mentioned below.

Submissions for different awards in the form of full papers or proposals or abstracts should be sent as per cut-off dates mentioned below to Dr T. V. Asokan, Chairman, awards Committee as per the address given below.

Please specify Free Papers / Symposia / Work Shops / E-Posters in your communication and the topic number in the appropriate box from the list specified below.

List of Topics

- | | |
|---|---|
| 1. Addiction | 35. Internet and New Communication modes |
| 2. Aggression: Basic | 36. Methodology |
| 3. Aggression: Clinical | 37. Mental Health Economics |
| 4. Aging | 38. Migraine |
| 5. AIDS and HIV Related Disorders | 39. Mind & Society |
| 6. AIDS Effects on the CNS | 40. Mood Disorders |
| 7. Alcohol and Substance Abuse Disorders | 41. Neuroendocrinology |
| 8. Alzheimer's Disease: Basic | 42. Neuroimaging |
| 9. Alzheimer's Disease: Clinical | 43. Neuroimmunology |
| 10. Anxiety disorders | 44. Obsessive Compulsive Disorders |
| 11. Attention Deficit Hyperactivity Disorder | 45. Organic Mental Disorders |
| 12. Autistic Disorders | 46. Panic Disorder |
| 13. Biological Correlates of Mental Disorders | 47. Posttraumatic Stress Disorder |
| 14. Biological Markers | 48. Premenstrual Syndrome |
| 15. Child and Adolescent Psychiatry | 49. Prevention of Psychiatric Illness |
| 16. Childhood Disorders | 50. Psychiatric Education |
| 17. Cognitive Neuroscience | 51. Psychiatric Rehabilitation |
| 18. Comorbidity in Psychiatry | 52. Psychogeriatrics |
| 19. Cost Issues in Psychiatry | 53. Psychoneuroendocrinology |
| 20. Dementia | 54. Psychoneuroimmunology |
| 21. Depression | 55. Schizophrenia |
| 22. Developmental Disorders | 56. Sexual Disorders |
| 23. Developmental Psychiatry | 57. Side Effects of Antidepressants and Antipsychotics |
| 24. Dissociative Disorders | 58. Sleep Disorders |
| 25. Eating Disorders | 59. Somatic Disorders |
| 26. Electro Convulsive Treatment (ECT) | 60. Somatoform Disorders |
| 27. Emergency Psychiatry | 61. Stress |
| 28. Epidemiology of Mental Disorders | 62. Suicide |
| 29. Ethics of Psychiatric Practice and Research | 63. Tribal Mental Health |
| 30. Forensic Psychiatry | 64. Spirituality and yoga |
| 31. Geriatric Psychiatry | 65. Traditional and Alternative Treatment in Psychiatry |
| 32. History of Psychiatry | 66. Other Psychiatric Disorders |
| 33. Hospital Psychiatry | 67. Miscellaneous |
| 34. Human Rights Issue | |



Submissions for Different Awards

List of Awards

Proposals sought for the following awards

D.L.N. Murthy Rao Oration award
Tilak Venkoba Rao Oration Award
Dr. JK Trivedi Life time Achievement Award
Indian Psychiatric Society Young Psychiatrists Award
Shridhar Sharma Psychiatric Education Award
A.V. Shah Community Psychiatry Award

Full papers to be submitted for the following awards

- Marfatia Award
- Bhagwat Award
- Col. Kirpal Singh Award for Military / Industrial Psychiatry
- The Poona Psychiatrists Association Awards I
- The Poona Psychiatrists Association Awards II
- The Bombay Psychiatric Society Silver Jubilee Year Award

Abstracts to be sent for the following awards

Professor K.C. Dube Poster Session I award
Professor M. Murugappan Poster Session II award

The Chairman, awards Committee will intimate the shortlisted entries for oral presentation with due guidelines to the selected entries after due evaluation.

For further details please refer to relevant pages of IPS constitution.

This year, two new awards are added as specified above. The following two awards are intended for senior members of the society who made significant contributions in their respective fields. The awardees are not required to present any paper or deliver an Oration.

For more details, log on to <https://ancips2023.com/IPS-Awards.php>

CUT OFF DATES & Submission Details

Abstracts to be submitted only via the Online Submission Portal on ANCIPS 2023 Website.

Categories	Cut Off Dates	Details
Abstracts of Free Papers & E Posters not to contest or awards	30/09/2022	<i>To be submitted only via the Online Abstract Submission Portal on ANCIPS 2023 website.</i>
Proposals for Symposia & Workshops	30/11/2022	
Full Papers / Proposals / Abstracts for different awards as specified above except full papers for BPSS Awards	30/09/2022	<i>To be sent via Registered Post to: Dr. T. V. Asokan Chairman, Awards Committee, Indian Psychiatric Society. Mobile: 9444018060 Address: 4B First Block, Indus Amber Apartment, 73, West Jones Road, Saidapet, Chennai TamilNadu 600015</i>
BPSS Award	30/11/2022	

The Chairman, Awards Committee shall evaluate the written submissions and intimate those who are selected for Oral Presentation.

Guidelines for Abstract Submission

- Only IPS members, who have been registered as delegates for ANCIPS 2023 are allowed to submit the abstract for paper or poster.
- The abstract for the paper/poster needs to be structured (background, aims, methods, results, and conclusion) and within 250 words.
- The presenting author (or the author who submits the abstract in case of symposia/workshop) will be the contact person for all the correspondence about the presentation.
- All abstracts are to be submitted in English, Times New Roman font.
- Please choose appropriate category related to your presentation. Do not submit the same abstract to multiple categories.
- All abstracts must be submitted via the conference website ONLY.
- The title should be short and concise & must not be written in capital letters.
- The abstract should not contain broad statements like "The results will be discussed".
- You may use standard abbreviations, however, mention unusual abbreviations in brackets after the full word, when it appears for the first time.
- Use numerals to indicate numbers, except at the beginning of a sentence.
- All submissions will be acknowledged by email only. Please provide your current working E mail ID along with Mobile number.
- The Scientific Committee reserves the right to allocate a session time or change the presentation type.
- Please do not submit the same abstract under more than one category.
- Details of the programme shall be duly uploaded and updated on the website <https://ancips2023.com/>

General Instructions

- Registration is mandatory for the presenting authors at the time of presentation in categories of Specialty Section Presentations/ Task Force Presentations/ Workshop & Symposium Presentations/ Free paper / E-Poster Presentations.
- All presentations should be made in MS Office latest version.
- A preview room shall be operational in the conference area.
- All presentations of respective halls shall be centrally coordinated from this preview room.
- The presenter must submit his/her PowerPoint/ audio/video in preview room, at least 24 hours before his/her scheduled presentation.
- The preview room shall be equipped with enough desktops/laptops.
- The presenter can preview/modify his/her presentation in the preview room well in advance.
- If any presenter wishes to present the paper through personal laptop, it is mandatory that the compatibility of personal laptop with our audio-visual system should be checked in preview room.
- Any Fonts and Animations if used which are not a part of the standard MS Office pack should be included with the Presentation Pen drive and this should be specified to the Audio Visual in charge at the Preview Room well in advance.
- Videos when included should be ideally in VLC/MP4 or mpeg and if any other format is used its codecs should also be included.
- If any other format is used which deviates from the above-mentioned format, the same should be informed at least one week before the conference so that alternative arrangements can be made if possible.
- The medium of storage used by the presenters should be Flash Drive, USB HDD.
- All speakers using MAC Laptops and those requiring a MAC Laptop should inform us at least a week in advance.

Instructions for Content of Abstract

- Figures, tables, and graphs should not be included.
- Use generic names of drugs only.
- In original research the results must be submitted with the abstract.
- No references are needed with abstract submission.
- By submission of an abstract, the author transfers copyright ownership to the organizing committee for publications. The organizing committee reserves the right to reproduce the abstract/presentation made in conference in print or electronic media.
- Abstracts/papers previously published or presented at any national or international meeting are not permitted.
- Abstracts/papers previously published or presented at local, or state levels are permitted, but the details need to be mentioned in the submission.



- The specific date and time of the presentation along with the location will be shared with you shortly and will also be updated on the website. All are kindly requested to visit the website for details of the Scientific Programme on regular basis for latest updates.

Award Paper Submission Specifications

- Name
- Age (with age proof)
- Sex
- Designation
- Place of work
- Title of the paper
- Summary of the paper
- Individual/group work
- Presented earlier/not presented
- The participant should be a member of IPS (to be verified by the Honorary Treasurer of IPS)

Guidelines for Oral Presentation of Award papers

- Text, photo, and table slides by power point presentation only.
- The name of the institution / affiliations, co-authors and guides are strictly not to be displayed during the presentation.
- Each slide ideally should not contain more than eight lines enabling the audience to read it.
- The presentation should be clear and audible.

Guidelines for Workshop / Symposia / Free paper Presentation

1. Workshops and Symposia would be of 60 Minutes (Sixty minutes) duration which also includes the time for discussion.
2. For Free-paper Presentation speaker will be provided 10 minutes for the presentation. The slot for the same is divided into 8 minutes for Presentation and 2 minutes for Discussion.
3. Please strictly adhere to the time.
4. There shall be a system of auto-cut of presentations after allocated time. A reminder will appear on the screen 2 minutes before the stipulated time. At the onset of auto-cut all the screens will go blank. Please come prepared to finish the presentation within allocated time only.
5. The presentation will have to be in Windows PowerPoint format (PPT) with the required photographs, tables and graphs that should be very unambiguous and legible.

E-Poster Presentation Specifications

1. The screen time provided to a particular poster would be a maximum of one hour. The presenting author is requested to make it convenient to remain at the site of his/her poster presentation throughout that stipulated time.
2. The E-poster will be displayed on standard 42" (Diagonal) LCD.
3. File format should be PowerPoint (PPT).
4. Total size of the presentation should not exceed 10-20 MB.
5. Maximum number of slides per E-poster:3 (Three).
6. All slides should be in landscape format preferably in 16:9 orientation.
7. Animation/movies/sounds will not be supported; please submit in a static PPT format only.
8. Each slide title should be placed in a title placeholder.
9. The text should include (most likely as separate elements of the poster) Introduction, Aim, Methods, Results, Conclusion and Acknowledgments.
10. The poster should be self-explanatory. Text should be brief and well organized.
11. It is suggested that font size of the text should be at least 26 to 36 points. The typeface chosen should be a simple and clear one (e.g. Helvetica).
12. The correct font size depends greatly on the fonts used in the ppt and the thumb rule should be that if its visible well on the computer screen it shall be visible on the E-Poster Display Screen.
13. Color suggestions:
 - a. When using light backgrounds (white, yellow, light blue) we suggest using dark fonts (black, navy blue, dark green).
 - b. When using dark backgrounds (blue, purple) we suggest using light fonts (white, yellow, cyan).
 - c. Avoid using red or green in any fonts or backgrounds as they are colors that are difficult to read.
14. Illustrations / images / photographs used in the E-poster should be enlarged enough to show relevant details.



74th Annual National Conference of Indian Psychiatric Society 2023

2nd - 5th February, 2023

Mayfair Lagoon & Convention, Bhubaneswar, Odisha



Photo

REGISTRATION FORM

Name

(As needed on Certificate & Badge)

Date of Birth

Sex M ☐ F ☐

Address

City

State Postal code

Mobile Residence/Office

E-Mail

Qualification Year

State Council Reg. No.

Membership No (IPS / WPA / BIPA / IAPA)

Accompanying Person

1) Name Relationship Age Gender

2) Name Relationship Age Gender

3) Name Relationship Age Gender

All fields are mandatory

Registration Fee Details

Registration Fees shall be charged in INR and no other currency.

Category	Early Bird Up to 20.06.2022	Standard Up to 31.08.2022	Regular Up to 30.11.2022	Spot From 01.12.2022
IPS / SAARC / BIPA / IAPA / ICPA Members	INR 7,000	INR 8,500	INR 10,000	INR 13,500
IPS Senior Members (65 years and above)	Complimentary	Complimentary	Complimentary	INR 13,500
Non-Member	INR 9,000	INR 11,000	INR 12,000	INR 15,000
PG Student	INR 4,000	INR 4,500	INR 5,500	INR 6,500
Accompanying Person (Family Member Only)	INR 4,500	INR 5,500	INR 6,500	INR 7,500
Indian Corporate	INR 14,500	INR 16,000	INR 18,000	INR 21,000
WPA Member	INR 12,500	INR 17,500	INR 23,000	INR 27,000
International Delegate	INR 27,000	INR 29,000	INR 33,000	INR 39,000
International Accompanying Person	INR 8,000	INR 10,000	INR 13,000	INR 16,500

**The above mentioned registration fees are inclusive of 18% GST.*

Payments to be Drawn on

Account Name : **ANCIPS2023**
Account Number : **033321010000041**
Bank Name : **Union Bank of India**
Branch & Address : **Plot No.121 122 Gr.Flr, Unit III, Kharvel Nagar,
Station Square, Bhubaneswar - 751001**
RTGS/NEFT IFSC MICR : **UBIN0903337**

Payment Details

Duly filled form along with the payment details/cheque/DD should be sent to Conference Secretariat address.

Cheque / DD / NEFT / UTR / Transaction No:

Bank: Date:

Amount: (In number & words)

For Registration, please visit <https://ancips2023.com/>



Entitlements

Delegates attending physically

- Delegate Kit
- Scientific sessions & Social Evenings
- Lunches & Dinner during the conference
- Exhibition Area
- Souvenir
- Odisha Medical Council certificate of attendance

Accompanying persons attending physically

- Social Evenings
- Lunches & Dinner during the conference
- Spouse gift
- Participation in spouse & children's programs

Terms & Conditions*

Mandatory Requirements

- ◆ Recent passport size colour photo
- ◆ Photo ID Proof (valid Driving License/Passport/Election Card/Aadhar Card)
- ◆ E mail ID & Mobile No
- ◆ Others: First name, Last name, Address, State, Pin code, Institute/Hospitals

Registration Guidelines

- ◆ Above fees is inclusive of Goods & Service Tax.
- ◆ Payment Options
 - Online – NEFT, IMPS, Bank transfers & Debit or Credit cards
 - Offline – Cheque & Demand Drafts
- ◆ Online payments via Credit or Debit Cards will attract bank charges at scheduled rates.
- ◆ All Remittance/Bank charges/Online transaction fees are to be borne by the registrant.
- ◆ Letter from HOD is mandatory for Post graduate residents for registration
- ◆ Conference registration is mandatory for presenting paper in CME, symposia & workshops
- ◆ Registration is mandatory for all delegates including children 5 Years and above
- ◆ Bonafide Senior Members of 65 years and above are exempted from the Registration Fees, if registered before 30th November 2022
- ◆ Photo ID is mandatory for all delegates for security reasons to enter the conference area

- ◆ Please ensure to wear registration badge all the time (Bar Coded) during the conference
- Entry for accompanying persons may be restricted to certain areas including Scientific Halls
- ◆ No credit policy for registration fees. Registration fees mentioned is non-negotiable
- ◆ Registration is non-transferable.
- ◆ Kindly do not post / courier any registration form after 1st January 2023
- ◆ The organizing committee is not responsible for payments made in any form without registration form and details of payment. Organizing committee will not entertain requests to refund the same
- ◆ Delegate must bring the acknowledgement letter / payment receipt with registration number during the conference for badge collection.
- ◆ Conference kit would be handed over only to the registered delegate with photo id
- ◆ For spot registrations: payment will be accepted only by mode of Cash, Debit/Credit Card
- ◆ Conference kit will not be guaranteed for registration done after 31st December 2022

Cancellation and Refund Policy

- ◆ Upto 31st August 2022 : 20 % + GST amount
- ◆ From 1st Sep. to 31st Dec. 2022 : 50 % + GST amount
- ◆ From 1st January 2023 : No refund
- ◆ Please note that GST is non refundable
- ◆ Refund will be solely at the discretion of the organiser and will made after the conference.

Duly filled forms along with the payment details/cheque/DD should be sent to Conference Secretariat address,
ANCIPS 2023 Office
C/O Dr Tophan Pati
Matrunilay, Das Lane, Chandnichowk,
Cuttack, Odisha, Pin - 753002

Contact us

For registration, accommodation & other queries:

Mob. **7738797810**
Email: **registration@ancips2023.com**

For office related general queries:

Mob. **9030695668**
Email: **secretariat@ancips2023.com**

Incase you have further queries:

Execution Partner



Dr. Tophan Pati
Org. Chairman
9437064922

Dr. Amrit Pattojoshi
Org. Secretary
9438148100

Secretariat Manager



For Registration, please visit <https://ancips2023.com/>

ANCIPS 2023 Committee at Work



Conference Venue



Mayfair Lagoon is a marvelous property and one of the best luxury hotels in Bhubaneswar. It offers lavish luxury as well as wonderful service.

Mayfair Lagoon is a 5 Star Deluxe Hotel that is spread out across 10 acres in the heart of the capital city of Odisha. There are various categories of luxury accommodation available to suit everyone's needs from the opulent lagoon side villas to family friendly suites and cottages to comfortable well-appointed club rooms. There are state-of-the-art conference rooms, banquet halls and lush outdoor venues to host meetings, seminars and weddings.



There are several restaurants and dining options here which are some of the best restaurants in Bhubaneswar including a multi-cuisine restaurant, an authentic North Indian restaurant, an excellent South Indian restaurant, an Italian cafe, a Scottish themed bar, a Chinese restaurant, a happening discotheque and a traditional Odia eatery. The hotel is also home to MAYFAIR Spa, one of the best spas in Bhubaneswar offering a wide range of holistic spa

treatments and therapies. MAYFAIR Lagoon is one of the best luxury hotels close to tourist attractions in Bhubaneswar like Khandagiri, Udaigiri and Lingaraj Temple. All these combine to make a stay here a truly memorable experience.

Mayfair Convention is a highly preferred event and conference venue is located conveniently right across from Mayfair Lagoon. It has state of the art conference rooms with progressive facilities as well as some of the best banquet halls in Eastern India.



Welcome to Temple city of Odisha, Bhubaneswar

Bhubaneswar, popularly known as the city of temples, is an ancient city of Odisha with a rich history that stretches to over 2000 years. Odisha, the very name depicts a beautiful scenic picture of greeneries, mountains, hills, stone walls, dry lands, productive fields, rivers, springs and fountains- "Diversity in Oneness." The name Odisha is derived from the word "Udra" the old form of Odiya language. In the past this state was also known as Kalinga and the adjoining Bay of Bengal was called Kalinga Sagara (Sea of Kalinga) . The name and fame of this land was widespread for its spiritualism, peace and non- violence.

In the past, during the reign of different dynasties like Somabanshi's, Gangabanshi's and "Mukundadeva", Cuttack was the capital. After Odisha was declared separate province, it was found that the oldest city Cuttack couldn't be expanded as it is situated between two important rivers, Mahanadi and Kathjori. That's when Bhubaneswar was considered the next capital as it satisfied all the needs of being a state capital.

Bhubaneswar is also known as the temple city as number of beautiful and attractive temples are adorning the city. The art and architecture of these temples easily attracts large number of tourists from all over the World. Bhubaneswar is also famous for its historical caves like Khandagiri and Udaygiri which are the epitome of historical achievement of King Kharavela. Among these caves Ranigumpha and Hatigumpha are the leading names. In Hatigumpha stone inscriptions, the language used was Udra- bibhasa, the old form of Odia language citing various preaching of Jainism. In contrast to this, the Buddhist message of peace and non- violence is being spread from Shanti Stupa located in Dhauligiri, on the bank of River Daya. Other tourist attractions include wildlife sanctuaries, historic monuments, and picturesque beaches. Not just that, Manglajodi and Chilika Lake here are ultimate paradise for birds.

To add feathers to its hat, Hockey India and the Odisha government are gearing up to host the 2023 Men's Hockey World Cup. In 2023, India will host the competition for a record fourth time since its inception in 1971. The tournament is slated to be held in Bhubaneswar and Rourkela from January 13 to 29, 2023.

This is Odisha, fusion of different religions, languages, beliefs, giving an enchanting and mesmerizing feeling as if it is being showered upon the a as blessings from those two magical eyes and a smile of Lord Jagannath, spreading the message of communal harmony and peace.



In and Around Bhubaneswar

Temples and Monuments:

Bhubaneswar is known as the Abode of Gods because of the many magnificent temples spread across the city. It's said that thousands of temples once existed there, although only a fraction of them still remain. Most of the temples in Odisha and Bhubaneswar are of an architectural design that's a sub-style of the Nagara-style of north Indian temples. Apart from temples, the caves are also of great historical and archeological importance. The twin hills of Khandagiri and Udaygiri, also known as Kumargiri and Kumarigiri, are renowned for their rock-cut caves, that were built for Jain monks sometime during 1st and 2nd centuries BC.



Beaches:

If you want to get away from the hustle and bustle of city life and enjoy a break from your everyday tasks, Bhubaneswar beach holidays are the perfect getaway option for you. The picturesque view of turquoise waters lapping over the passive shores and breathtaking sight of the sun setting below the horizon will take away all the stress and rejuvenate you.

Ecotourism & Wildlife:

One of the greatest benefits of Odisha's vast expanses of the unspoiled natural landscape has been its ability to offer a protected yet natural habitat to the state's incredible wildlife. Apart from the Nandankanan Zoo and sanctuary and Similipal National Park, there are at least eighteen smaller sanctuaries that are home to a wide variety of flora and fauna, birdlife reptiles and water creatures. This gives the tourists an excellent opportunity to see nature's bounty, propagated in an environment that is as healthy as it is beautiful.





Cultural Heritage:

Odisha has a unique culture and Odias call it Jagannath Sanskruti as most of them revolve around Lord Jagannath. The old customs and traditions bind the Odias together in a cultural cocoon where each and every festival is celebrated with equal enthusiasm and gaiety. Jagannatha Temple in Puri, known for its annual Rath Yatra or Car Festival is a unique cultural attraction while the Sun Temple at Konark is also famous for its architectural splendor. Through the paintings of folklore or the handloom weaver's magic, Odisha speaks eloquently of a living past continuing present and prospective future.

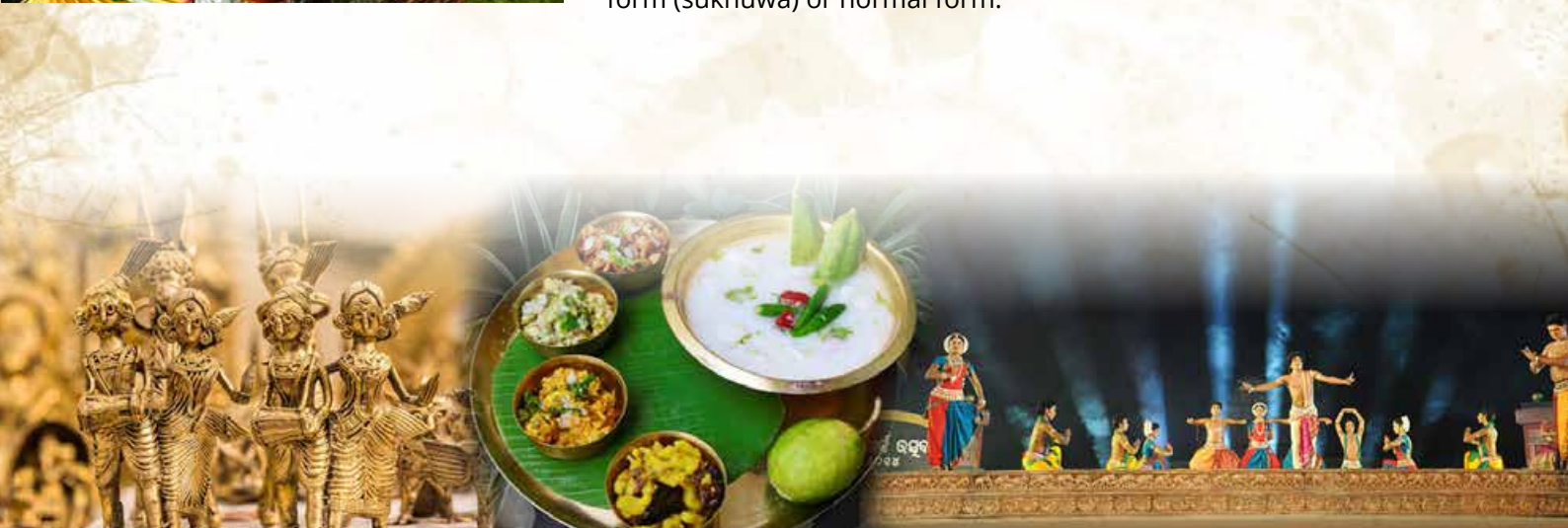
Arts and Crafts:

Diverse, vibrant and utilitarian the art and craft of Odisha range from -stone work, silver filigree, wood craft, appliqué work, brass and bell metal work, dhokra castings, horn work, pattachitra, paper mache, terracotta, tie & dye textile in cotton, tassar and silk to name a few.



Odisha Cuisine:

The food here is worth mentioning due to its uniqueness with less oil and less spicy. It was in the 11th century when the 56 bhogs (also known as Chappan Bhog) was offered to Lord Jagannath, and food had a new meaning. Chhena (a form of cottage cheese) is used in many sweet dishes like Chhena Poda, Dalma, Rasgulla, Besara, Chhena Muduki, etc. Proximity to the beach has further enhanced the exotic list of food items available in Odisha which ranges from Prawns, Crabs to Lobsters. Orissa fish, crabs, and prawns are also very famous. People here just love to eat their quota of "Fish", in dry form (sukhuwa) or normal form.





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