

MANOTSAVA

NATIONAL MENTAL HEALTH FESTIVAL

• OCTOBER 26 & 27, 2024 •

NIMHANS Convention Centre, Bengaluru



Festival Programme

Day 1 - October 26

Day 1	Audi 1	Audi 2	Audi 3	Workshop Timings	Workshop 1 (outdoor)	Workshop 2 (indoor)	Workshop 3 / Seating Lounge
10:00 - 20:00	Public Stalls & Engagement						
10:00 - 11:00	Inauguration						
11:15 - 12:15	Prevention is better than Cure Speakers: Nachiket Mor (Independent scientist) & Dr Vidita Vaidya (TIFR) Moderator: Jahnvi Phalkey, Founding Director (Science Gallery Bengaluru)	Understanding ADHD Speakers: Eesha Sharma (NIMHANS) & TBD Moderator: Menaka Raman (Author & Podcast Producer)		11:15 - 12:45	Nurtured Through Nature [Nature Conservation Foundation + Dakshin Foundation]	Founder Burnout [Project Cocoon & Kohmorehbee]	
12:30 - 13:30	Demystifying Addictions Speakers: Dr VL Narasimha (Centre for Addiction Medicine, NIMHANS)	Spotlighting Women's Mental Health Speakers: Dr Prabha Chandra (NIMHANS) & Dr Divya Nallur (Psychiatrist) Moderator: Amrita Tripathi (author & founder-editor of Health Collective)	A session by The Dementia India Alliance	13:00 - 14:30	Theatre and Mental Health [Aagaaz Theatre Trust]	Public-Patient Involvement in Research [NIMHANS]	
13.45 - 14:30	Tune into Yourself: Music and Mental Health Speakers: Dr Shantala Hedge (NIMHANS)		Adversity and childhood: poverty, pollution and family stress Speakers: Dr Vivek Benegal (NIMHANS)				
14.45 - 16:00	Mental Health and the Margins: Queerness and Systemic Realities Speakers: Ragamalika Karthikeyan (a queer journalist), Sathiya G (a queer lawyer), Bhairavi Prakash, Founder - Mithra Trust Moderator: Rahel (a queer mental health practitioner)	Invisibility: Living with Mental Illness Speakers: The Banyan (NGO)	Healing Through Movement: Physical & Mental Health Speakers: Dr Hemant Bhargav (NIMHANS), Swetha Subbaiah (Sisters in Sweat), Dr Sanjeev Jain (NIMHANS) Moderator: Nandan Kamath (GoSports Foundation)	14:45 - 16:15	Clownsellers [Medical Clowning]	Fostering Mental Health in the City [Vidhi Center for Legal Policy]	The Sandwiched Generation [Pooja Pande, Ruchita Shah & Swaati Chattopadhyay]
16:30 - 18:00	Keynote: Rohini Nilekani + Rahul Dravid + Nikhil Taneja						
18:15 - 20:00	Kathi Kathi Kaarana: A film screening [Quicksand]	The Vibes Are Off - What's plaguing Gen Z? Speakers: Anshu Tewari (Youth ki Awaaz), Neeru Mulhotra (Pravah), Kevin Lee (Weareyuvaa)	Manasu Mathu: About Caregivers Speakers: Pallavi Chander (FAHI), Kavita Murthy (FAHI), Mohini Singh (FAHI), Dr. Jayant Mahadevan (NIMHANS) Moderator: Dr Maitri Gopalkrishna (FAHI)	18:15 - 19:45			

Festival Programme

Day 2 - October 27

Day 2	Audi 1	Audi 2	Audi 3	Workshop Timings	Workshop 1 (outdoor)	Workshop 2 (indoor)	Workshop 3 / Seating Lounge	
10:00 - 20:00	Public Stalls & Engagement							
10:00 - 11:00	Inauguration							
11:00 - 12:00		Campus Cares: Mental Health and Higher Ed Speakers: Dr Ajit Bhide (Psychiatrist, Psychotherapist), Arvinder Singh, Ashoka University	Living with Pain: Mental Health and Chronic Illness Speakers: Dr Preethi Jain	11:00 - 12:30	Poetry and Mental Health [SlamOutLoud + Anjuman]	Enzo Art [Artist: Sarika Gulati]		
12:15 - 13:30		Mental Health & Bollywood Speakers: TBC	Digital mental health: Hit or Miss? Speakers: Dr Soumya Choudhary (NIMHANS)	12:45 - 14:15	Clay Modelling and Storytelling [Artist: Rucha Dhayarkar]			
13:45 - 14:45		Silver Lining : Healthy Ageing Speakers: Dr Mathew Verghese (St John's Hospital), Dr Maitri Gopalkrishna (FAHI), Ms Pallavi Chander (Visual Artist, Co), Mr Jimmy Xavier (Caregiver, Voice and Theatre Artist) Moderator: Jwala Narayanan (Consultant Neuropsychologist)	Teen Drama: Adolescents and Parenting Speakers: Dr Ajit Bhide (Psychiatrist, Psychotherapist)					
15:00 - 16:00		Frontline Workers Speakers: Farhat Mantoo (Médecins Sans Frontières), Kaz de Jong (Médecins Sans Frontières) Moderator: Gautam John (CEO, RNP)	Men's Mental Health Speakers: TBC	14:30 - 16:00		Outlive - Suicide Prevention [Sangath]		
16:15 - 17:15		Closing panel: Dr. Shyam Bhatt						
17:15 - 17:30		Closing Reflections by Rohini Nilekani, Chairperson - Rohini Nilekani Philanthropies						
18:00 - 19:30		Theatre: Girish Karnad's Hayavadana						

