

# MANOTSAVA

NATIONAL MENTAL HEALTH FESTIVAL

• OCTOBER 26 & 27, 2024 •

NIMHANS Convention Centre, Bengaluru



## *Festival Report* November 2024

**Prepared by:  
Rohini Nilekani Philanthropies**

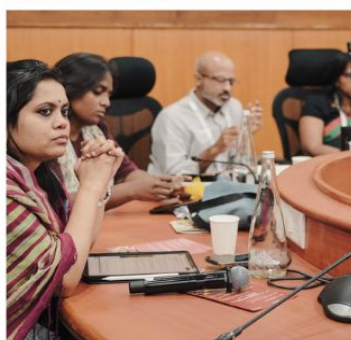
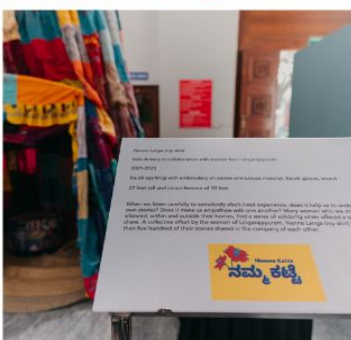
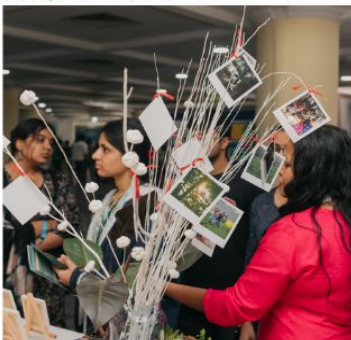


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# Festival Playback





# Acknowledgements

**We extend our sincere gratitude to NIMHANS and NCBS for their steadfast partnership throughout this journey. A special thanks to Dr. Pratima Murthy, Dr. L.S. Shashidhara, Dr. Biju Vishwanath, Dr. Raghu Padinjat, Dr. Y.C. Reddy, Dr. Sanjeev Jain, Anushka Banerjee, Kadambari Patil and Rupsy Khurana for their invaluable collaboration in shaping and executing the festival.**

**To our speakers, facilitators, partners, and volunteers—thank you for embracing this festival as your own. Your expertise, dedication, and spirit helped create a vibrant, connected community. To all our attendees—this festival would not have been possible without you. Thank you for dedicating your weekend to being part of this larger movement, shifting the mental health narrative from self to community. Your vulnerability, patience, and kindness were integral to the festival's success. We are truly grateful for your presence.**

**A big thank you to Rohini Nilekani, for her unwavering support, zealous vision and enthusiastic participation. We are thankful to team RNPF for their commitment to ensuring every aspect of this festival was thoughtfully executed.**

**Last but not the least, thank you to Next Level Experiences, our event management partners, for being the unwavering force behind bringing this festival to life.**





**“Manotsava felt like opening the pages of an inspiring book, with each event, workshop, and installation unfolding as a new chapter, bringing fresh perspectives to light.**

**The festival told a story through themes of resilience, empathy, community, and self-discovery—each ‘chapter’ inviting us into a world where mental health is destigmatized, dignified, and deeply valued.”**

**- Workshop Facilitator, Manotsava**





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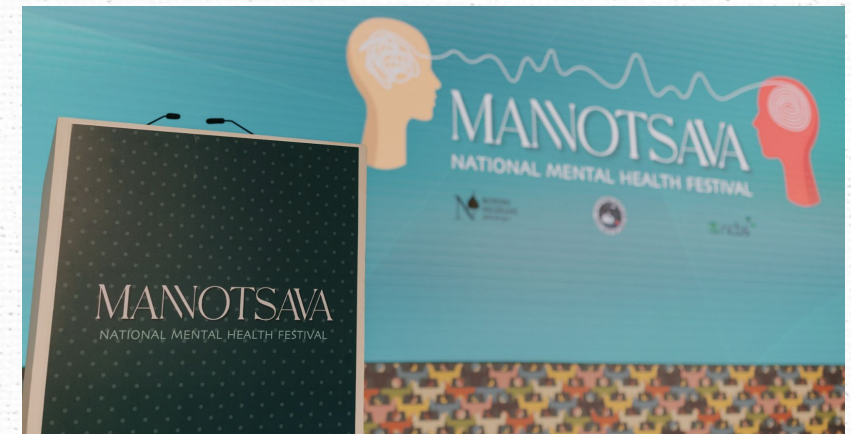


# Why Manotsava?



July 2023 marked the launch of the **Rohini Nilekani Centre for Brain and Mind**, an outcome of the **INR 100 Crores** grant given to **NCBS and NIMHANS** to further long-term research and build capacity for both research and practice in the mental health field.

Through the process, both the philanthropy and scientific institutions recognized the **need for a platform to bridge the gap between science and society**, with an aim to make **mental health research more community-focused and accessible** to the general public. To further this vision, RNP, NIMHANS & NCBS came together to co-host **Manotsava, a National Mental Health Festival**.





# Our Approach

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To foster focused scientific discussions, a separate symposium was organized exclusively for researchers and scientists to explore advancements in neuroscience research, interventions, and technologies. While the **symposium targeted the scientific community**, the **festival's programming was carefully tailored for a wider, non-specialist public audience**, prioritizing community engagement and participatory dialogue.

**This approach ensured meaningful connections across diverse audiences & stakeholders.**





# Neuroscience Research Symposium At A Glance

*From neuroscience research to solutions for severe mental illnesses in humans*



**October 25, 2024**



**National Centre for Biological Sciences (NCBS)**



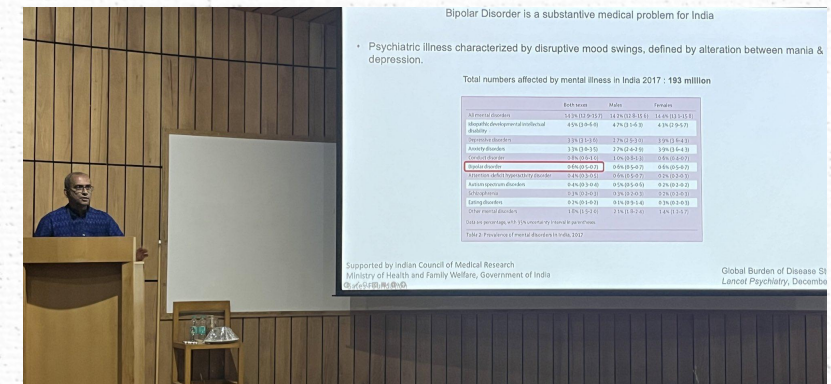
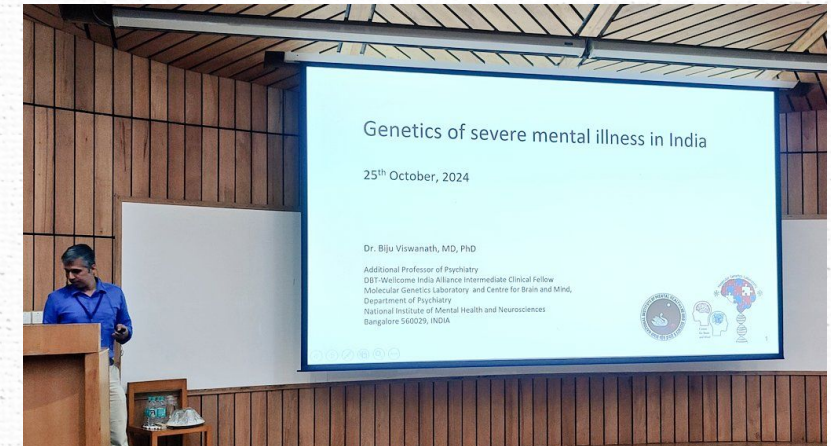
**15 talks by experts from NIMHANS, NCBS, CCMB, Amsterdam University Medical Center & Virginia Commonwealth University**



**150 Attendees**



**Themes like genetics of severe mental illnesses, personalised psychiatry, the Genome India project, CALM-BRAIN, amongst others...**



**Dr Biju Vishwanath, NIMHANS (top) on the genetics of severe mental illnesses in India and Prof Raghu Padinjat, NCBS (bottom) on personalised medicine-cellular mechanism in Li responsiveness**



# Festival At a Glance



**Festival Inauguration in the presence of Rohini Nilekani, Chairperson - Rohini Nilekani Philanthropies; Dr Pratima Murthy, Director - NIMHANS and Prof LS Shashidhara, Centre Director - National Centre for Biological Sciences, providing rich insights about research being conducted at NIMHANS & NCBS.**



**October 26 & 27, 2024**



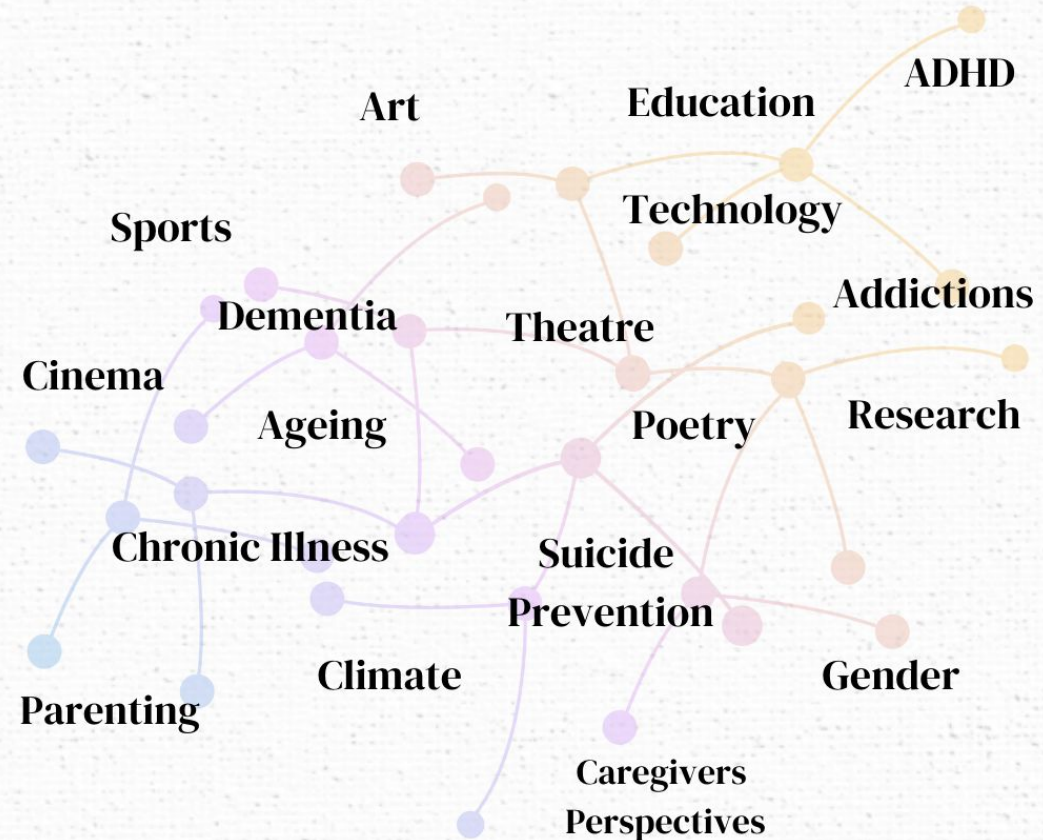
**NIMHANS Convention Centre,  
Bengaluru**



**120+ Speakers &  
Facilitators**



**2300+ Attendees**





# *Festival At A Glance*



**25 Expert-Led Panels**



**13 Immersive Workshops**



**4 Development Sector Focussed Roundtables**



**22 Stalls & Installations**




**Girish Karnad's *Hayavadana*:  
A Theatre Performance**



**2 Film Screenings**



A photograph of three women seated on a stage for a panel discussion. The woman on the left, wearing a light blue shirt, is speaking into a microphone. The woman in the center, wearing a blue patterned top, is smiling and looking towards the speaker. The woman on the right, wearing a green and yellow sari, is looking towards the camera with a slight smile. In the foreground, there is a wooden table with several glass bottles and a small terrarium. The background features a pink wall and a white air conditioner.

**“The festival was thoughtfully curated and graciously executed. I really appreciated how you crafted the offerings. Each speaker and organisation seemed rigorous, which is tough in this time of noise. It is not often that the general public has access to the credible information, individuals and discourses at the forefront of practice and research in mental health.”**

**- Festival Speaker**



# Community-Driven Programming

In July 2024, a call for proposals to shape the festival's programming was launched within the RNP and NIMHANS networks. The response was remarkable, with over 250 submissions received, of which 55 proposals were shortlisted based on thematic alignment and expert inputs. Through the invaluable prowess and collaborative efforts of our partners, we co-curated a program designed to ensure depth, inclusivity, and meaningful engagement.



..and more!



# Keynote Sessions

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**Cricketer and coach, Rahul Dravid & Rohini Nilekani, Chairperson - Rohini Nilekani Philanthropies in conversation with Nikhil Taneja, Co-Founder - We Are Yuva, in a riveting conversation on mental health, sports, stigma, engaging with young people and more...**




**Dr Shyam Bhat, Psychiatrist - LiveLoveLaugh Foundation, in a freewheeling conversation with Natasha Joshi, Associate Director - Rohini Nilekani Philanthropies on the influences of the West on mental health research & support practices in India, highlighting India's need for its own Psychotherapeutic Approach...**



**Rohini Nilekani, Chairperson - Rohini Nilekani Philanthropies, on the need for more platforms to bring together communities to share, explore & celebrate the various facets of mental health in unison with the needs of the Samaaj, Sarkaar and Baazaar.**



A photograph of a diverse audience seated in a theater with red upholstered chairs. In the foreground, a young woman with long dark hair and glasses, wearing a white shirt and blue jeans, is clapping. Next to her is a man with a beard and glasses, also clapping. In the center, a man with grey hair and a light blue shirt is clapping. To his right, an older man with white hair is smiling and clapping. Further right, an older woman with white hair is also visible. The background shows more rows of the audience, mostly women, all looking towards the front of the theater.

**“The auditorium sessions overall offered a blend of perspectives: mainstream mental health models, like those represented by NIMHANS, alongside community-focused, non-traditional approaches.”**

**- Festival Speaker**



# Development Sector Dialogues

Four roundtables were convened to bring together diverse voices from philanthropy, civil society organizations, NGOs, and the medical community. These discussions focused on addressing mental health challenges at systemic and institutional levels.



## Philanthropy in Mental Health



## Monitoring & Evaluation in Mental Health



## Community Mental Health



## Integration of Mental Health in Education and Healthcare



# Festival Playback

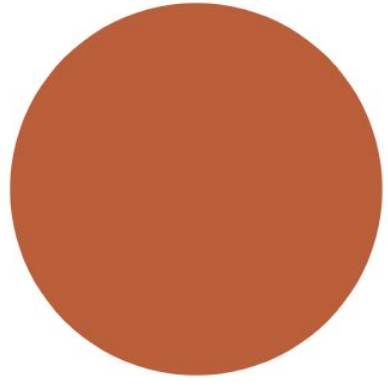




# Festival Impact



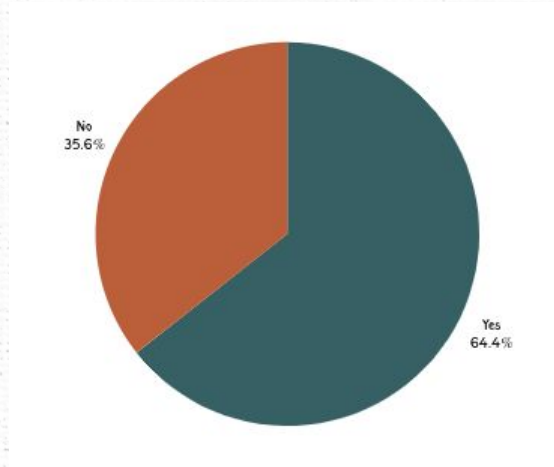
**Speakers rated the festival an average of 4.6 out of 5 on their overall experience\***



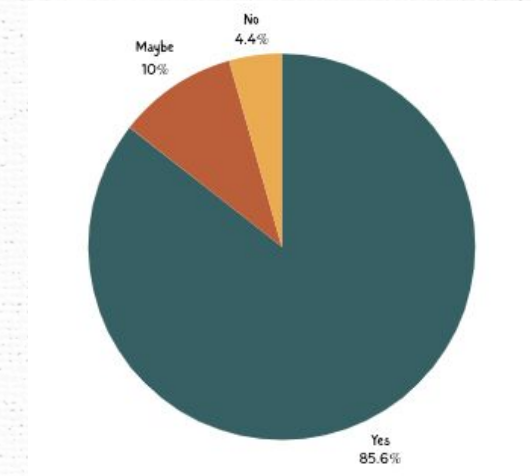
**100% of our speaker respondents would recommend Manotsava to others**



**Attendees rated the festival an average of 4.33 out of 5 on their overall experience**



**64.4% of our attendee respondents marked Manotsava as their first experience attending an event focused on mental health**



**Attending Manotsava deepened interest in mental health for 85.6% of our audience respondents**





**“It was a phenomenal to see the kind of interest that the festival garnered. It shows the increasing interest and need for mental health understanding and support. The festival can continue to enhance and deepen this engagement. The sessions were curated well and had a good balance of theoretical and practical experiences. ”**

**- Festival Attendee**



# Festival Promotions

MANOTSAVA

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OCTOBER 26 & 27, 2024

NIMHANS Convention Centre, Bengaluru

FEATURING



DR MATHEW VARGHESE  
DEputy Director  
NIMHANS



DR RACHIT BHAT  
HOD, Psychiatry  
NIMHANS



DR PRASHANT CHANDRA  
NIMHANS



RAHUL DAVID  
FOUNDER, NIMHANS  
NATIONAL MENTAL HEALTH FESTIVAL



ROHINI NILEKANI  
Philanthropist



DR SANYAL  
Psychiatrist



DR SANYAL  
Psychiatrist

UNDERSTANDING ADHD | DEMYSTIFYING ADDICTIONS |  
PARENTING | HEALTHY AGEING | WOMEN'S MENTAL HEALTH |  
ART, MUSIC, CINEMA & THE MIND | AND MORE...

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WWW.NATIONALMENTALHEALTHFESTIVAL.COM



In the Deccan Herald

03 Mental health fest

Explore the many dimensions of mental health, featuring talks, interactive workshops, and expert panels that cover themes from society, technology, philanthropy, childhood, ageing, parenthood, gender, art, and more at 'Mannotsava—A National Mental Health Festival.' Hosted by NIMHANS, NCBS, and Rohini Nilekani Philanthropies, this event aims to bring together the public, healthcare professionals, researchers, artists, and community advocates on a common platform. Where: NIMHANS Convention Centre, Bengaluru When: October 26-27, 10:45 am onwards



Event listing in the Bangalore Mirror

Interview in The New Indian Express



Interview in The New Indian Express

All set for Mannotsava, national mental health festival in Bengaluru this weekend

The festival, a collaboration between RNPF, NIMHANS and NCBS, will explore multiple facets of mental health October 26 and 27

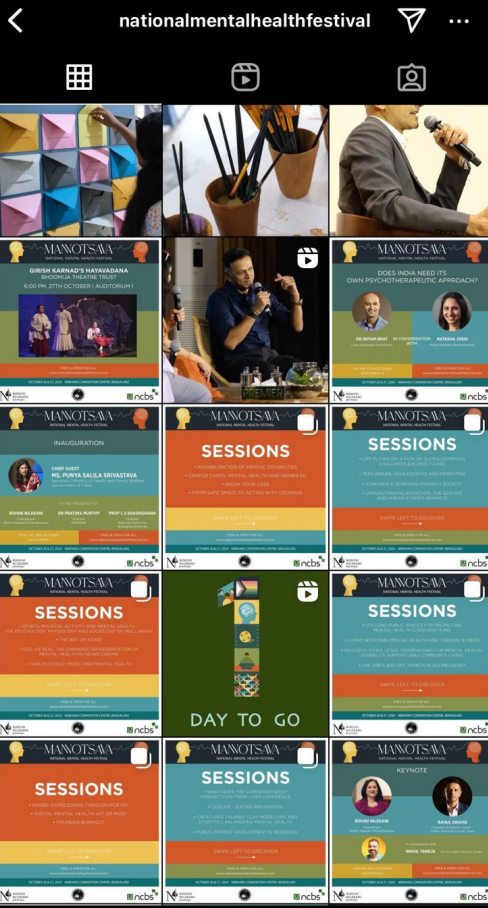
Published - October 25, 2024 09:00 am IST - Bengaluru

PREETI ZACHARIAH



Interview in The Hindu

nationalmentalhealthfestival



Social Media Announcements



On-Ground Branding Across Locations in B'Luru

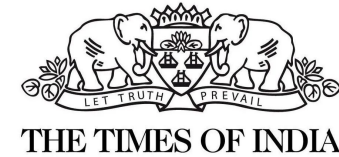


Radio Advertisement



# Media Mentions

- [APN news](#) | [India Education Diary](#) | Manotsava kicks off in Bengaluru championing mental health conversations
- [Deccan Herald](#) | 2-Day Festival on mental health this weekend
- [Bangalore Mirror](#) (Online & Print) | Things to do this weekend in Bangalore
- [NewsTrail India](#) | Shaping future of mental health conversations in B'luru
- [The Hindu](#) | All set for Manotsava, national mental health festival in Bengaluru this weekend
- [The Hindu \(Mangalore\)](#) | National mental health fest begins in B'luru
- [The Hindu \(Bangalore\)](#) | National mental health festival kicks off in Bengaluru
- [Times of India](#) | Mental health festival in NIMHANS begins today
- [Times of India](#) | Failures shaped my career: Rahul Dravid
- [The Print](#) | ADHD to anxiety—Bengaluru's mental health festival destigmatizes disorders, diseases
- The New Indian Express | Voices Unbound (Interview with Rohini Nilekani and Dr Pratima Murthy)
- [Praja Maarga](#) | ಇದು ಬರಿ ಹುಚ್ಚಾಸ್ಪತ್ರೆ ಅಲ್ಲ! ಅಸಲಿ ವಿಷಯ ಇಲ್ಲಿದೆ! | Nimhans Hospital Bangalore | Dr.Pratima Murthy
- [Medgate Today](#) | Manotsava Kicks Off in Bengaluru, Championing Mental Health Conversations
- [Money Control](#) | 1st National Mental Health Festival - by NIMHANS, NCBS, Rohini Nilekani Philanthropies - starts in Bengaluru today
- [SoftBoil - Newsworthy Studio](#) | Climate Change & Mental Health







**“The festival was very well organised. It was very accessible to the public and lightened the mood around mental health. It was also a very enriching experience for experts to learn about the various initiatives across the country!”**

**- Festival Speaker**



# *Festival Playback*

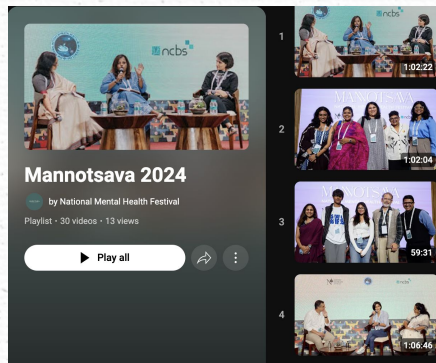
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## **Manotsava - Festival Highlights**



## **Highlights from Day 1**



## **Session recordings on YouTube**



## **Highlights from Day 2**



# *Moving Forward: Continuing the Dialogue*

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**The success of our first mental health festival stands as a significant milestone—not only as a reflection of the collective efforts of our community but also as a step toward bridging the gap between science and society. Our aim has always been to make mental health discussions more accessible, inclusive, and rooted in celebration and community.**

**We believe this festival has sparked meaningful conversations that will create lasting ripples, and we are hopeful this impact will resonate for years to come. With the continued support of our partners and the public, we envision Manotsava becoming a shared platform—a space that inspires more events, conversations, festivals, and initiatives centered around mental health.**

**Together, we aim to build a future where these conversations are integral to our collective well-being.**



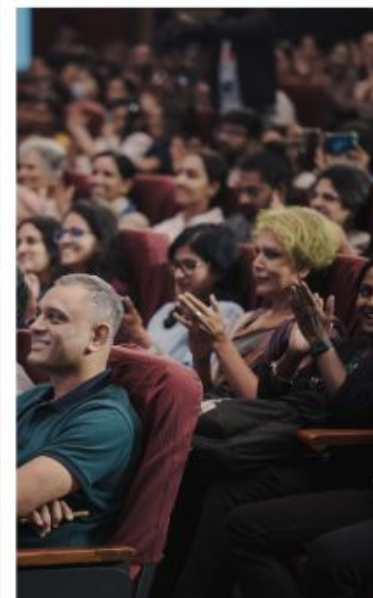


**“I loved the way the festival stood up to its name ! It was celebratory, colourful and creative..”**

**- Festival Attendee**



# Festival Playback





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## *Connect with Us*



<https://www.nationalmentalhealthfestival.com/>



<https://www.instagram.com/nationalmentalhealthfestival/>



<https://x.com/manotsava>



[manotsava@rohininilekaniphilanthropies.org](mailto:manotsava@rohininilekaniphilanthropies.org)