



MANOTSAVA

National Mental Health Festival

PROGRAMME SCHEDULE

Day 1 - Saturday, 8th November

TIME	STAGE 1	STAGE 2	STAGE 3
10:00 - 10:30	Inauguration		
11:00 - 12:00	Maternal Health, Unfiltered: Strain, Stories, and Studies Dr Prabha Chandra, NIMHANS Bakul Dua, Mommy Mixed Tapes Poornima Mahindru, GreenOak Moderator - Janhavi Nilekani PhD, Founder Aastrika	Ethical Crossroads of Mental Health and Genetics Dr Suhas Ganesh, NIMHANS Dr Denis Xavier, St Johns Hospital Dr Jayant Mahadevan, NIMHANS Rashmi E, Caregiver Moderator - Meera Purushottam PhD,	
12:15 - 1:30	Keynote Talk: Born to Flourish Prof Richie Davidson, Healthy Minds Innovations, University of Wisconsin-Madison		
2:00 - 3:00	The Pressure Cooker: The Student Experience of Higher Education Prof Suryanarayana Doolla, IIT Bombay Dr Thomas Kishore, NIMHANS Rakesh Mehar, Parivarthan Moderator - Anshu Paliwal PhD, Shiv Nadar University	Who Cares for the Carer? Gargi S Kumar PhD, Vidyashilp University Kalpana Sadasivan, Journalist and Caregiver Moderator - Dr Rajani Bhatt, SPARSH Hospital	Scroll, Click, Cope: Technology & Mental Health Dr Amit Malik, Amaha Health Manaswini Pai, Social Alpha Himani Kashyap PhD, NIMHANS Moderator - Pavitra Jayaram, PARC
3:15 - 4:15	The Future is Ageing: India and the Global Demographic Shift Dr PT Sivakumar, NIMHANS Dr Aravind Kasthuri, St Johns Mrinalini Singh, Tata Trusts Moderator - Vijeth Iyengar PhD, Director of Global Aging, AARP	Pride & Prejudice: Navigating Queer Challenges Dr Souvik Pyne, Restless Development Shruti Chakravarty PhD, Mariwala Health Initiative Sadam Hanjabam, Y'all Moderator - Ami Misra, Dasra	The Gut-Brain Connect Prof Yogesh Shouche, SKAN Research Trust Payal Shah, Kobo Fermentary Megha PhD, The University of Trans-Disciplinary Health Sciences and Technology Moderator - Dr Nandita Iyer,
5:00 - 6:30	Keynote Conversation: Mental Wealth: Balancing People, Profit and Purpose Rohini Nilekani (Rohini Nilekani Philanthropies) in conversation with Kiran Mazumdar-Shaw (Biocon)		
6:45 onwards	Headlining Band Performance: Swarathma		



Scan to
Register





PROGRAMME SCHEDULE

Day 2 - Sunday, 9th November



TIME	STAGE 1	STAGE 2	STAGE 3
11:00 - 12:00	Staying Human in a World at War: Resilience Amid Conflict and Trauma Dr Alok Sarin, Sitaram Bhartia Institute Of Science & Research Aditi Tandon, Mongabay Kaz de Jong PhD, Médecins Sans Frontières Moderator - Shubhra Priyadarshini, Nature India & Science Journalists Association of India	Trans Journeys: Thriving, Not Just Surviving Neelam Jain, Periferry Aryan Somaiayya, Guftagu Therapy Chandini, Payana Moderator - Tashi Choedup, Yugantar	The Overlooked Intersection: Disability & Mental Health Niveditha Krishna, PACTA Laxman Joshi, Ekyam Impact Aishwarya TV, Grailmaker Innovations Moderator - Shruti Pushkarna, Journalist
12:15 - 1:15	Dewaanagi: My Tryst with Madness Aparna Piramal Rajee, Author -Chemical Khichdi Atreyee Majumder, Poet - The Book of Blue Shreevatsa Nevatia, Author - How to Travel Light: My Memories of Madness and Melancholia Moderator - Dr Sanjeev Jain, NIMHANS	Marriage & Intimacy Neha Bhat, Author and Clinical Art-based Sex & Trauma Therapist Dr Sandip Deshpande, Allo Health Shobha Managoli, Clinical Psychologist Moderator - Urvashi Malhotra, Couples Intimacy Therapist	How Movement Shapes The Mind Jaraapla Srinivas Nayak, PT MPT, NIMHANS Neeru Khanna, Roundglass Foundation Ankur Paliwal, Queerbeat Moderator - Rohan Pereira, ProSports Development
1:30 - 2:30	Resilient Teen Parenting in the Digital Age Sujata Kelkar Shetty PhD, Author and Clinical Research Scientist Prof Deepti Navaratna, National Institute of Advanced Studies Angad Singh Malik, 8 Goals One Foundation Moderator - Chitra Iyer, Space2Grow	Clocked In, Checked Out? Workplace Burnout Matangi Jayaram, Live Love Laugh Foundation Aruna Gopakumar, The School of You & Navgati Sailaja Manacha, Psychotherapist and Leadership Coach Moderator - Subramanian Kalpathi, Author	Scaling Mental Health Solutions - A Collaborative Approach Closed Doors: Development Sector Dialogues
2:45 - 3:45	Man Enough: Masculinity and Mental Health Dr Amit Sen, Children First Rahul Roy, Documentary Film Maker Shivam Dutt, Youth Influencer Moderator - Sara Abdullah Pilot, CEQUIN	Suicidality - A Concern for All Dr Naveen Kumar, NIMHANS Arjun Kapoor, Centre for Mental Health Law and Policy Dr Kavita Arora, Children First Moderator - Neha Kirpal, Amaha Health and India Mental Health Alliance	
4:00 - 5:00	Urban Minds: How Our Cities Shape Our Lives Dr Aravind BA, NIMHANS Benson Issac, The Common Ground Project Prof Anitha Suseelan, Christ University Moderator - Sneha Shashidhara PhD, Ashoka University	Psychedelics in Mental Health Treatment Prof Vidita Vaidya, TIFR Mumbai Dr Vivek Benegal, NIMHANS Dr Biju Viswanath, NIMHANS Moderator - Shriya Palchaudhuri PhD, NCBS	
5:15 - 6:15	Closing + Vote of Thanks		

MORE ON WORKSHOPS & DISCUSSION CIRCLES COMING SOON

Check out our line-up of exciting stalls and exhibits [here](#)

