MANOTSAVA

National Mental Health Festival

Day 2
9 November 2025

THE LAWN

11:00 - 12:00 Panel: 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 - Subhra Priyadarshini, Nature India

12:15 - 1:15 Panel: Dewaanagi: My Tryst with Madness
Aparna Piramal Raje, Author, Chemical Khichdi
Atreyee Majumder PhD, Poet, The Book of Blue
Shreevatsa Nevatia, Author, How to Travel Light: My Memories of Madness and Melancholia
Moderator - Dr Sanjeev Jain, NIMHANS

1:30 - 2:30 Panel: Resilient Teen Parenting in the Digital Age
Sujata Kelkar Shetty PhD, Author, Scientist, Resilience Coach
Prof Deepti Navaratna, National Institute of Advanced Studies
Angad Singh Malik, Eight Goals One Foundation (8one)
Moderator - Chitra Iyer, Space2Grow

2:45 - 3:45 The Overlooked Intersection: Disability & Mental Health
Niveditha Krishna, PACTA
Wg Cdr. Laxman Joshi (Rtd), Ekyam Impact Foundation
T.V. Aishwarya, Grailmaker Innovations
Moderator - Shruti Pushkarna, Journalist & Disability Rights Advocate

4:00 - 5:00 Panel: Urban Minds: How Our Cities Shape Our Lives
(Co-Created with Bengaluru Sustainability Forum)
Dr Aravind BA, NIMHANS
Benson Issac, The Common Ground Project
Prof Anitha Suseelan, Christ University
Moderator - Sneha Shashidhara PhD, Centre for Social and Behaviour Change, Ashoka University

KALINGA

11:00 - 12:00 Panel: Trans Journeys: Thriving, Not Just Surviving
Neelam Jain, Periferry
Aryan Somaiya, Guftagu Therapy
Chandini, Payana
Moderator - Tashi Choedup, Yugantar

12:15 - 1:15 Panel: Behind Closed Doors: Marriage, Intimacy and Mental Wellbeing
Neha Bhat ABT, ATR, Sex Therapist & Author
Dr. Sandip Deshpande, Allo Health
Shobha Managoli, Clinical Psychologist
Moderator - Urvashi Malhotra, Clinical Psychologist

1:30 - 2:30 Panel: Clocked In, Checked Out? Workplace Burnout
Matangi Jayaram, Live Love Laugh Foundation
Aruna Gopakumar, The School of You
Sailaja Manacha, Physis
Moderator - Subramanian Kalpathi, Author and Organization Development Professional

2:45 - 3:45 Panel: Suicidality - A Concern for All
Dr Naveen Kumar, NIMHANS
Arjun Kapoor, Centre for Mental Health Law and Policy (CMHLP)
Dr Kavita Arora, Children First India
Moderator - Neha Kirpal, Amaha Health and India Mental Health Alliance

4:00 - 5:00 Panel: Hope or Hype: Psychedelics in Mental Health Treatment
Prof Vidita Vaidya, TIFR Mumbai
Dr Vivek Benegal, NIMHANS
Dr Biju Viswanath, NIMHANS
Moderator - Shriya Palchaudhuri PhD, CBM-NCBS

GRAND BALLROOM

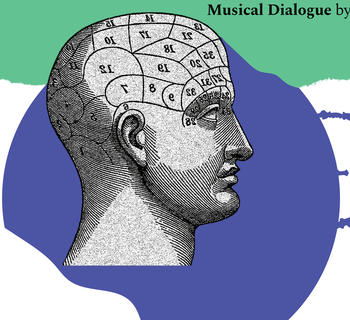
11:00 - 12:00 Panel: Man Enough: Masculinity and Mental Health
Dr Amit Sen, Children First India
Rahul Roy, Documentary Film Maker
Shivam Dutt, Youth Influencer
Moderator - Sara Abdullah Pilot, CEQUIN

12:15 - 1:15 Panel: How Movement Shapes The Mind
Jarapla Srinivas Nayak, PT MPT, NIMHANS
Neeru Khanna, Roundglass Foundation
Ankur Paliwal, Queerbeat
Moderator - Rohan Pereira, Pro Sport Development

1:30 - 3:30 Building Bridges: Pathways to Scalable and Sustainable Mental Health Delivery Models in India
Closed Doors: Development Sector Dialogues with Rohini Nilekani Philanthropies and Ananya Birla Foundation

4:00 - 5:30 Workshop: Voices of Experience: Shaping Research Through lived Experience
Reeteka Sud PhD, NIMHANS
Dr Suhas Ganesh, NIMHANS

5:15 - 6:15 Closing Remarks by Rohini Nilekani, Philanthropist
Musical Dialogue by MD Pallavi



The Immersive: Lalit 1 (1st Floor)

11:00 -12:30
Sharing Circle: The Invisible Decades: Longevity & Life After 50
Ragini Rao, Infinum Growth
Devina S, Zuva Life
Vandana Srivastava, Zuva Life

1:00 - 2:30
Workshop: Living After the Storm: A Toolkit for Adult Survivors of Sexual Abuse
Kirti Pai and Shibili Suhanah, Samuhum Mental Health Clinic and Community Centre
Dr Pavithra Jayasankar, NIMHANS

3:00 - 4:30
Sharing Circle: In Between: Young Men, Marriage, and Mental Health
Dilip Pattubala and Malvika Dang, The Centre For Men & Boys

The Circle: Lalit 2 (1st Floor)

11:00 -12:30
Sharing Circle: Inclusive Duniya Sib-Talks: Exploring Sibling Dynamics
Pooja Sharma, The Sarvodya Collective
Paras Arora, PhD Researcher at Stanford University

1:00 - 2:30
Workshop: A Transient Life: Death Cafe
Dr Sneha Rooh and Ayushi Bhatt, The Red Door

3:00 - 4:30
Sharing Circle: The Invisible Decades: Longevity & Life After 50
Ragini Rao, Infinum Growth
Devina S, Zuva Life
Vandana Srivastava, Zuva Life

Music Stage: Poolside Lawn

11:00 -12:30
Workshop: The Healing Power of the Human Voice
Dalal Abu Amneh PhD, Neuroscientist, Artist, MUSE Initiative, Center for Heathy Minds
Prof Richie Davidson, Healthy Minds Innovations, University of Wisconsin-Madison
Supporting Artist: Swami, Percussionist

1:00 - 2:30
Sharing Circle: In Between: Young Men, Marriage, and Mental Health
Dilip Pattubala and Malvika Dang, The Centre For Men & Boys

3:00 - 4:30
Sharing Circle: Inclusive Duniya Sib-Talks: Exploring Sibling Dynamics
Pooja Sharma, The Sarvodya Collective
Paras Arora, PhD Researcher at

The Huddle: Poolside Lawn

11:00 -12:30
Workshop: Play, Feel, Connect: Kho-Kho Beyond the Game
Kushal Agarwal and Tanuja Sahu,

1:00 - 2:30
Sharing Circle: Mental Health in a Changing Climate
Hemavathi S Shekhar, Lovish Raheja, Diya Kishan Warrier and Ayadi Mishra, ENACT Earth Foundation

3:30 - 5:00
Workshop: Living After the Storm: A Toolkit for Adult Survivors of Sexual Abuse
Kirti Pai and Shibili Suhanah, Samuhum Mental Health Clinic and Community Centre
Dr Pavithra Jayasankar, NIMHANS

BACHPAN MANAO KIDS ZONE

11:00--12:30
Workshop: UnStuck: Stories and Shapes of Our Feelings
Garima Gupta, Author

1:00-2:30
Workshop: Setting Sail: New Ways to Learn
Mariya Wahid and Radhika Ravikumar, Project DEFY

3:30-4:00
Read Aloud with Rohini Nilekani- The Boy Who Was Scared of Balloons
Rohini Nilekani, Philanthropist

ROHINI NILEKANI philanthropies

NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES

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