



# MANOTSAVA

National Mental Health Festival

*Programme Schedule*

**8-9 Nov 2025**

*The Lalit Ashok, Bengaluru*





## 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 Deepthi 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

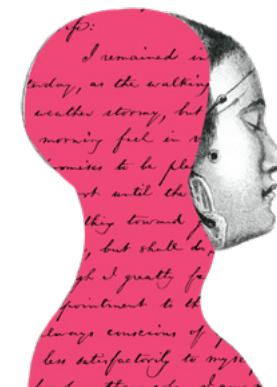
**5:15 - 6:15 Closing Remarks by Rohini Nilekani, Philanthropist**  
**Musical Dialogue by MD Pallavi**

## 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



## THE IMMERSIVE

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

**1:00 - 2:30 Workshop: Living After the Storm: A Toolkit for Adult Survivors of Sexual Abuse**  
 Kirti Pai and Shibili Suhana, 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

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

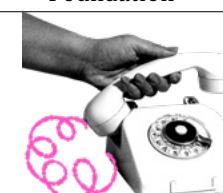
**1:00 - 2:30 Workshop: A Transient Life: Death Cafe** Dr Sneha Rooh and Ayushi Bhatt, The Red Door

**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

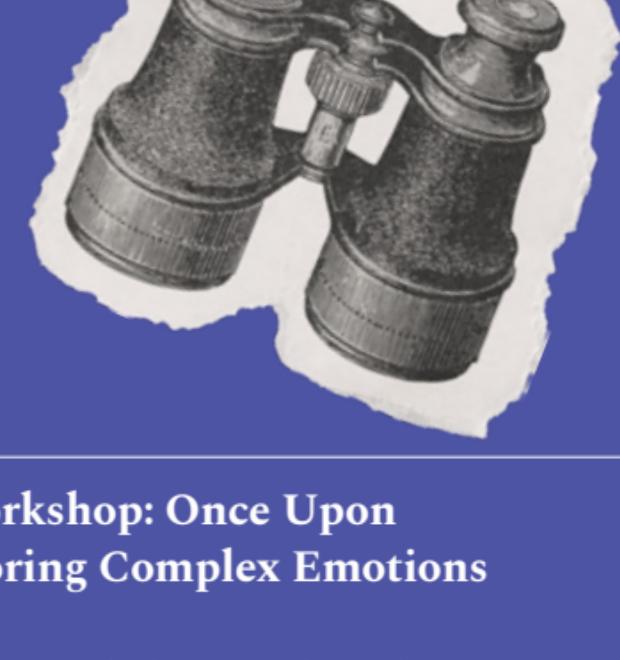
## THE HUDDLE

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

**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



# Bachpan Manao Kids Zone



## DAY 1

### 11:00 - 12:30 Workshop: Once Upon a Feeling - Exploring Complex Emotions with Kids

Nita Luthria Row, Apeksha Harsh and Nirupama Kaushik, Librarians of India and Bachpan Manao

### 1:30 - 3:00 Little Stories for Big Feelings: A Joyful Kannada Read-Aloud

Dr K.S. Chaitra, Author and Psychological Counsellor

Event Co-Created with Pratham Books

### 3:30 - 5:00 Read Aloud with Bookworm

Sinead Vaz, Bookworm



## DAY 2

### 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

# Mindfully Mapped

## The Field Guide

1 REGISTRATION

2 SCHEDULE & VENUE MAP

3 FRAMES OF FAMILIARITY

4 STALLS & EXHIBITS

5 THE LAWN

6 KALINGA

7 GRAND BALLROOM

8 MUSIC STAGE

9 BACHPAN MANAO KIDS ZONE

10 THE HUDDLE

11 THE IMMERSIVE (1ST FLOOR)

12 THE CIRCLE (1ST FLOOR)

13 SHAHI TUKRA (1ST FLOOR)

14 SOS ZONE

15 DIGITAL DETOX ZONE

16 ROHINI NILEKANI CENTRE  
FOR BRAIN AND MIND

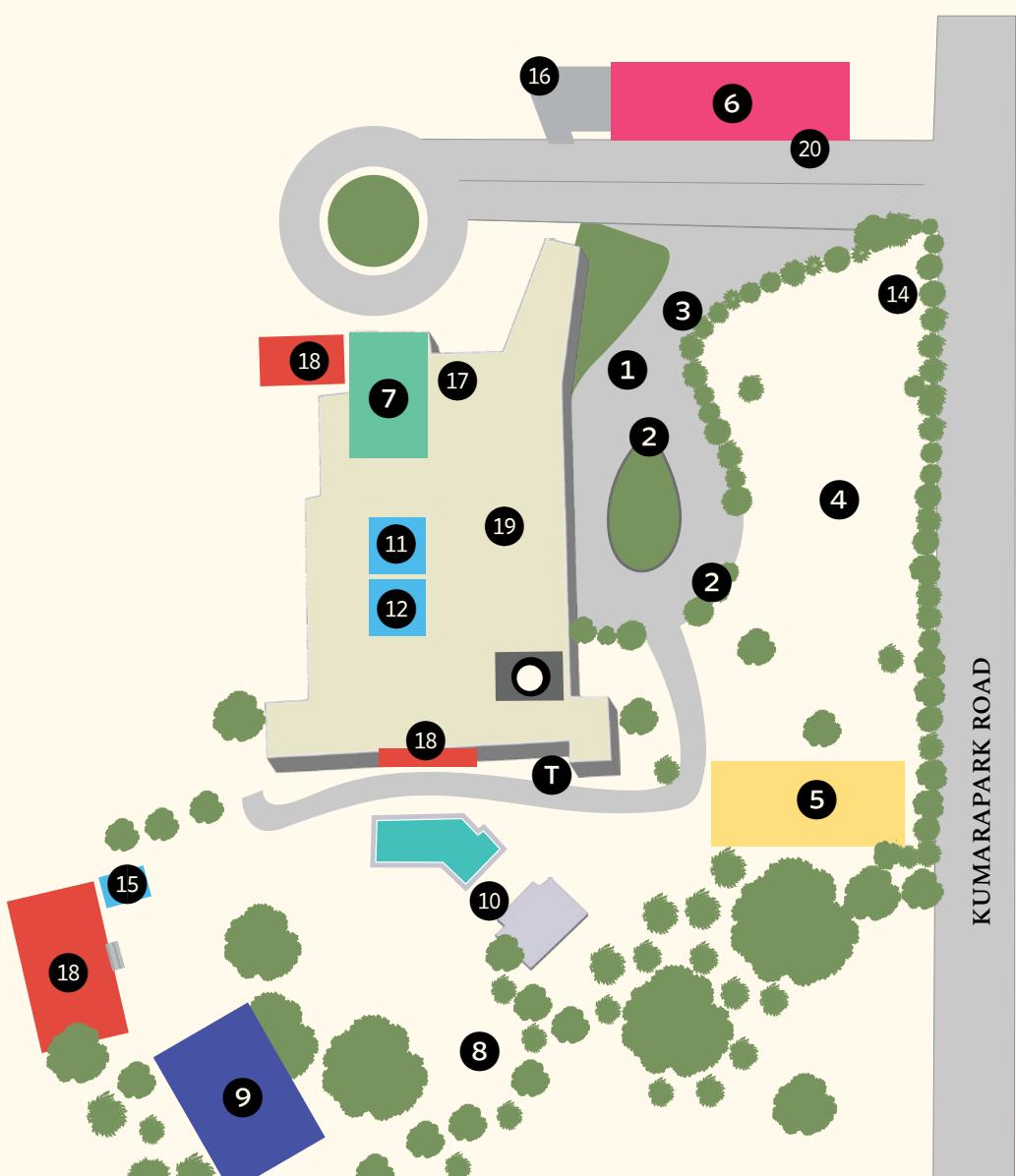
17 HUMAN BRAIN BANK,  
NIMHANS

18 FOOD COURT

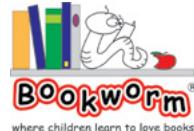
19 NURSING & PRAYER ROOM  
(1ST FLOOR)

20 BUS PICKUP/DROP POINT

T TOILETS



# Stalls & Exhibits



Positive Psychology Unit,  
NIMHANS



Psychiatric Rehabilitation  
Services, NIMHANS

