



MANOTSAVA


National Mental Health Festival

Programme Schedule

8-9 Nov 2025
The Lalit Ashok, Bengaluru



THE LAWN	KALINGA	GRAND BALLROOM
<p>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</p>	<p>11:00 - 12:00 Panel: Trans Journeys: Thriving, Not Just Surviving Neelam Jain, Periferry Aryan Somaiya, Guftagu Therapy Chandini, Payana Moderator - Tashi Choedup, Yugantar</p>	<p>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</p>
<p>12:15 - 1:15 Panel: Dewaanagi: My Tryst with Madness Aparna Piramal Rajee, 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</p>	<p>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</p>	<p>12:15 - 1:15 Panel: How Movement Shapes The Mind Jalapla Srinivas Nayak, PT MPT, NIMHANS Neeru Khanna, Roundglass Foundation Ankur Paliwal, Queerbeat Moderator - Rohan Pereira, Pro Sport Development</p>
<p>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</p>	<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>	
<p>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</p>	<p>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</p>	<p>4:00 - 5:30 Workshop: Voices of Experience: Shaping Research Through lived Experience Reeteka Sud PhD, NIMHANS Dr Suhas Ganesh, NIMHANS</p>
	<p>5:15 - 6:15 Closing Remarks by Rohini Nilekani, Philanthropist Musical Dialogue by MD Pallavi</p>	

THE IMMERSIVE	THE CIRCLE	THE HUDDLE
<p>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</p>	<p>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</p>	<p>11:00 -12:30 Workshop: Play, Feel, Connect: Kho-Kho Beyond the Game Kushal Agarwal and Tanuja Sahu, MonkeySports</p>
<p>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</p>	<p>1:00 - 2:30 Workshop: A Transient Life: Death Cafe Dr Sneha Rooh and Ayushi Bhatt, The Red Door</p>	<p>1:00 - 2:30 Sharing Circle: Mental Health in a Changing Climate Hemavathi S Shekhar, Lovish Raheja, Diya Kishan Warriar and Ayadi Mishra, ENACT Earth Foundation</p>
<p>3:00 - 4:30 Sharing Circle: In Between: Young Men, Marriage, and Mental Health Dilip Pattubala and Malvika Dang, The Centre For Men & Boys</p>	<p>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</p>	

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

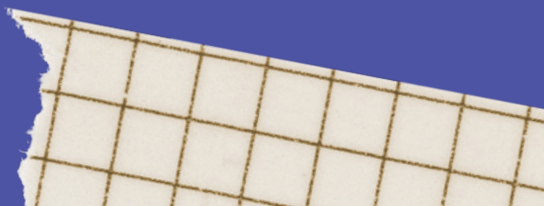
Garima Gupta, Author

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

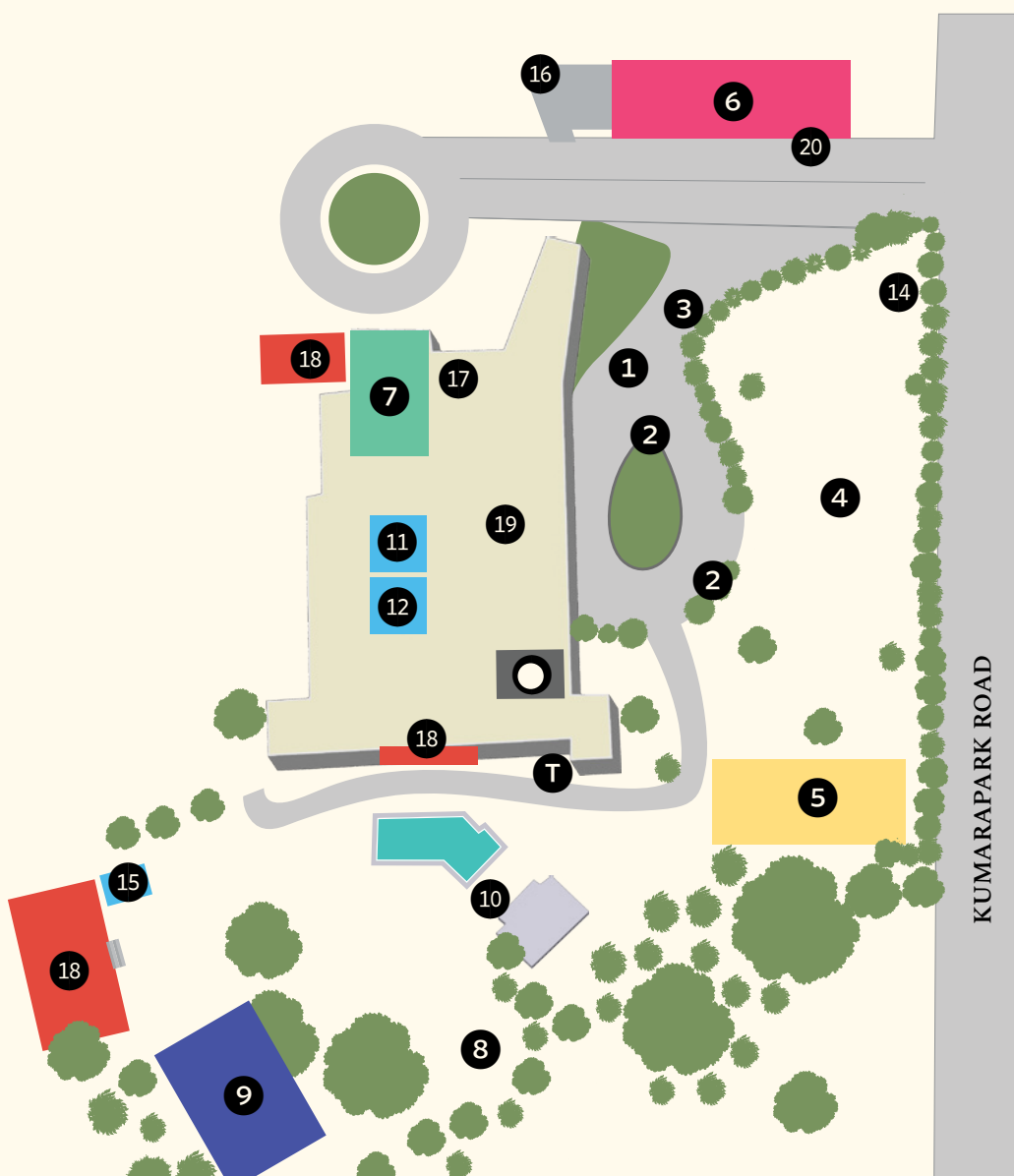
Rohini Nilekani, Philanthropist



Mindfully Mapped

The Field Guide

- | | |
|---------------------------|--|
| 1 REGISTRATION | 11 THE IMMERSIVE (1ST FLOOR) |
| 2 SCHEDULE & VENUE MAP | 12 THE CIRCLE (1ST FLOOR) |
| 3 FRAMES OF FAMILIARITY | 13 SHAHI TUKRA (1ST FLOOR) |
| 4 STALLS & EXHIBITS | 14 SOS ZONE |
| 5 THE LAWN | 15 DIGITAL DETOX ZONE |
| 6 KALINGA | 16 ROHINI NILEKANI CENTRE FOR BRAIN AND MIND |
| 7 GRAND BALLROOM | 17 HUMAN BRAIN BANK, NIMHANS |
| 8 MUSIC STAGE | 18 FOOD COURT |
| 9 BACHPAN MANAO KIDS ZONE | 19 NURSING & PRAYER ROOM (1ST FLOOR) |
| 10 THE HUDDLE | 20 BUS PICKUP/DROP POINT |
| | T TOILETS |



Stalls & Exhibits



brown dot collaborative



Positive Psychology Unit,
NIMHANS



Psychiatric Rehabilitation
Services, NIMHANS

