

MANOTSAVA

NATIONAL MENTAL HEALTH FESTIVAL

• OCTOBER 26 & 27, 2024 •

NIMHANS Convention Centre, Bengaluru



Festival Agenda

Day 1, 26th October

10:00 AM – 11:00 AM	Auditorium 1
Inauguration: <u>Chief Guest:</u> Ms. Punya Salila Srivastava, (Secretary, Ministry of Health and Family Welfare, Govt. of India) In the presence of: 1. Rohini Nilekani (Chairperson, Rohini Nilekani Philanthropies) 2. Dr Pratima Murthy (Director, NIMHANS) 3. Prof LS Shashidhara (Centre Director, National Centre for Biological Sciences)	
11:15 AM to 12:15 PM	Auditorium 1
Prevention is Better Than Cure Speakers: 1. Nachiket Mor (Banyan Academy of Leadership in Mental Health) 2. Dr Vidita Vaidya (Tata Institute of Fundamental Research) <u>Moderator:</u> Jahnavi Phalkey (Science Gallery Bengaluru)	
11:15 AM to 12:15 PM	Auditorium 2
Understanding ADHD Speakers: 1. Dr Eesha Sharma (NIMHANS) 2. Dr Divya Nallur (Amaha Mental Health Centre) <u>In conversation with:</u> Menaka Raman (Author & Podcast Producer)	
11:15 AM – 12:45 PM Workshop	Workshop Space 1
Nurtured Through Nature <u>Facilitators:</u> 1. Priyanka Prakash (Nature Conservation Foundation) 2. Suhirtha Muhil (Nature Conservation Foundation) 3. Pavitra Vasudevan (Dakshin Foundation) Register Here	
11:15 AM – 12:45 PM Workshop	Workshop Space 2
Founder Burnout <u>Facilitators:</u> 1. Rishabh Lalani (Kohmorehbee) 2. Vishal Talreja (The Cocoon Initiative) Register Here	
12:30 PM – 1:30 PM	Auditorium 1
Spotlighting Women’s Mental Health Speakers: 1. Dr Prabha Chandra (NIMHANS) 2. Dr Divya Nallur (Amaha Mental Health Centre) <u>Moderator:</u> Amrita Tripathi (The Health Collective India)	
12:30 PM – 1:30 PM	Auditorium 2
Towards a Dementia-Friendly Society Speakers: 1. Dr Thomas Issac (Centre for Brain Research, IISc) 2. Dr Sivakumar (NIMHANS) 3. S. Sivakumar Raja (Nightingales Medical Trust) 4. Dr Radha S. Murthy (Dementia India Alliance) <u>Moderator:</u> Ramini Sundaram (Dementia India Alliance)	
12:30 PM – 1:30 PM	Auditorium 3
Challenging Norms: Gender Socialisation and Men’s Mental Health Speakers: 1. Nilotpall Kumar (Azim Premji University) 2. Dhruva Ithal (Amaha Mental Health Centre) 3. Aparna Uppaluri (Gender and Health Expert) <u>Moderator:</u> Shreelatha Rao Seshadri (Public Health Foundation of India)	
1:00 PM – 2:00 PM Workshop	Workshop Space 2
Creating an Ensō <u>Facilitator:</u> Sarika Gulati (Arts Based and Dance Movement Therapy Practitioner)	
1:00 PM – 3:00 PM	Screening Room, 1st Floor
Life Flows On - A film screening on Global Dementia Challenge and Elderly care	
1:45 PM – 2:30 PM	Auditorium 1
Tune into Self: Music and Mental Health Speakers: 1. Dr Shantala Hegde (NIMHANS) 2. Praveen D Rao (Musician) 3. Preema John (Indian Music Experience Museum)	
1:45 PM – 2:30 PM	Auditorium 2
Suicide: Role of Lived Experience in Changing the Narrative Speakers: 1. Dr Anish V Cherian (NIMHANS) 2. Dr Nandini Murali (Project SPEAK) <u>Moderator:</u> Nelson Vinod Moses (Suicide Prevention India Foundation)	
1:45 PM – 2:30 PM	Auditorium 3
The Exosome, Brain Development and Vulnerability to Mental Illness Speaker: Dr Vivek Benegal (NIMHANS) <u>In Conversation with:</u> Vanessa D’souza (SNEHA)	
2:00 PM – 3:00 PM Workshop	Workshop Space 1
Utilising Public Spaces for Promoting Mental Health Conversations <u>Facilitators:</u> 1. Dr Meena K S (Mental Health Education Department, NIMHANS) 2. Dr Mohan Sunil Kumar (Augmenta Health) 3. Dr Sharmitha Krishnamurthy (Augmenta Health)	
2:00 PM – 3:00 PM Workshop	Workshop Space 2
The Sandwiched Generation <u>Facilitators:</u> 1. Pooja Pande (Writer) 2. Ruchita Shah (Fabulous Midlife Club) Register Here	
2:45 PM – 4:00 PM	Auditorium 1
Understanding Addiction: The Science and Human Stories Behind It (Performance and Expert Interaction) Speakers: 1. Dr Narasimha (NIMHANS) 2. Dr Nandhini (NIMHANS) 3. Ms Ashwathy (NIMHANS) 4. Dr Gitanjali (NIMHANS) 5. Dr Shreedevi (NIMHANS) 6. Dr Arun Kandasamy (NIMHANS) 7. Dr Eesha Sharma (NIMHANS) 8. Ms Bala Chauhan, (Journalist, The New Indian Express) 9. Ms. Shalini, (IT Professional) And team (NIMHANS)	
2:45 PM – 4:00 PM	Auditorium 2
Invisibilisation of Mental Disabilities Speakers: 1. Smriti Rana (Pallium India) 2. Vidya Sastry (Caregiver) 3. Rohan Gupta (IIT Madras Alumni Association) 4. Prasanna Shirol (ORD India) <u>Moderator:</u> Mrinalini Ravi (Aaladamara Foundation & The Banyan)	
2:45 PM – 4:00 PM	Auditorium 3
Living with Pain: Mental Health and Chronic Illness Speakers: 1. Dr Preethi Jain 2. Dr Vishal Rao (HCG Cancer Center) 3. Dr Narasimhaiah Srinivasalah (Apollo Hospitals)	
3:00 PM – 4:15 PM Workshop	Workshop Space 1
Laugh, Heal, Repeat: The Art of Medical Clowning <u>Facilitator:</u> Sheetal Agarwal (Clownselors)	
3:00 PM – 4:15 PM Workshop	Workshop Space 2
Inclusive Cities: Legal Frameworks for Mental Health, Disability Support and Community Living <u>Facilitator:</u> Manmayi Sharma (Vidhi Center for Legal Policy)	
4:30 PM – 6:00 PM	Auditorium 1
Keynote: 1. Rohini Nilekani (Chairperson, Rohini Nilekani Philanthropies) 2. Rahul Dravid (Cricketer & Former Coach - Indian National Cricket Team) In conversation with: Nikhil Taneja (Co-Founder, We Are Yuvaa)	
6:15 PM – 7:45 PM	Auditorium 1
Kathi Kathi Kaarana: A Film Screening & Discussion	
6:15 PM – 7:45 PM	Auditorium 2
The Vibes Are Off: What's Plaguig Gen Z? Speakers: 1. Anshul Tewari (Youth Ki Awaaz) 2. Neeru Malhotra (Pravah) 3. Kevin Lee (We Are Yuvaa)	
6:15 PM – 7:45 PM	Auditorium 3
What Does the Caregiver Need? Perspectives from Lived Experience Speakers: 1. Pallavi Chander (Foundation for Arts and Health India) 2. Kavya Murty (Foundation for Arts and Health India) 3. Mohini Singh (Foundation for Arts and Health India) 4. Dr Jayant Mahadevan (NIMHANS) <u>Moderator:</u> Maitri Gopalakrishna (Foundation for Arts and Health India)	

Festival Agenda

Day 2, 27th October

11.00 AM – 12.00 PM	Auditorium 2
Campus Cares: Mental Health and Higher Ed Speakers: 1. Manisha Dhawan (Alkyam Foundation & The Convergence Foundation) 2. Reddy Subrahmanyam (Former Secretary of Higher Education and Social Justice, GoI) 3. Dr Ajit V Bhide (Psychiatrist) 4. Prof L S Shashidhara (National Centre for Biological Sciences) Moderator: Dr Arvinder Singh (Ashoka Centre for Well-Being, Ashoka University)	
11.00 AM – 12.00 PM	Auditorium 3
Sports, Physical Activity and Mental Health - The Psychology, Physiology and Sociology of Wellbeing Speakers: 1. Dr Hemant Bhargav (NIMHANS) 2. Swetha Subbiah (Sisters in Sweat) 3. Dr Veena Mani (UL Research) 4. Disha Musaddi (Sport and Exercise Psychologist) Moderator: Nandan Kamath (Sports and Society Accelerator)	
11:00 AM – 12:30 PM Workshop	Workshop Space 1
Shabd: Expressions through Poetry Facilitators: 1. Pragnya Nagarhalli (Slam Out Loud) 2. Sourav Roy (Anjuman)	
11:00 AM – 12:30 PM Workshop	Workshop Space 2
Outlive - Suicide Prevention Facilitator: Sanjana Jain (Sangath)	
12:15 PM – 1:30 PM	Auditorium 2
Digital Mental Health: Hit or Miss? Speaker: Soumya Choudhary (NIMHANS) In conversation with: Leena Reghunath (Senior Journalist)	
12:15 PM – 1:30 PM	Auditorium 3
Reel vs Real: The Changing Representation of Mental Health in Indian Cinema Speakers: 1. MK Raghavendra (Freelance Film Critic) 2. Andre Jaime Borges (Pocket Aces) 3. Apoorva Arora (Artist) Moderator: Kashmira Patil (Civic Studios)	
12:45 PM – 2:15 PM Workshop	Workshop Space 1
Creatures Talking: Clay Modelling and Storytelling Around Mental Health Facilitator: Rucha Dhayarkar (Artist)	
12:45 PM – 2:15 PM Workshop	Workshop Space 2
Know Your Case Facilitators: 1. Dr Shilpa Karvande (Foundation for Medical Research & KEM Hospital Research Centre, Pune) 2. Dr Vasudeo Paralikar (Foundation for Medical Research & KEM Hospital Research Centre, Pune) 3. Vidula Purohit (Foundation for Medical Research & KEM Hospital Research Centre, Pune) 4. Dr Shalaka Chatorikar (Foundation for Medical Research & KEM Hospital Research Centre, Pune) 5. Dr Manjiri Datar (Foundation for Medical Research & KEM Hospital Research Centre, Pune) Register Here	
1:45 PM – 2:45 PM	Auditorium 2
The Art of Ageing Speakers: 1. Dr Mathew Varghese (St John's Hospital) 2. Maitri Gopalakrishna (Foundation for Arts and Health India) 3. Pallavi Chander (Creative Arts Therapist) 4. Jimmy Xavier (Caregiver, Voice and Theatre Artist) Moderator: Jwala Narayanan (Cognitive Neurology Clinic)	
1:45 PM – 2:45 PM	Auditorium 3
Teen Drama: Adolescents and Parenting Speakers: 1. Dr Ajit V Bhide (Psychiatrist) 2. Arya Cheruvatath (Student, Xth Std.) 3. Sachit Anand (Student, XIth Std.) Moderator: Vikram Bhat (Bangalore International Centre)	
2:00 PM – 4:00 PM	Screening Room, 1st Floor
Life Flows On - A film screening on Global Dementia Challenge and Elderly care	
3:00 PM – 4:00 PM	Auditorium 2
Mental Health in Humanitarian Crises Speaker: Farhat Mantoo (Médecins Sans Frontières) In conversation with: Gautam John (Rohini Nilekani Philanthropies)	
3:00 PM – 4:00 PM	Auditorium 3
Mental Health and the Margins: Queerness and Systemic Realities Speakers: 1. Ragamalika Karthikeyan (Queer Journalist) 2. Sathiya G (Queer Lawyer) 3. Divya Kandukuri (The Blue Dawn) 4. Bhairavi Prakash (Mithra Trust) Moderator: Rahel (Queer Mental Health Practitioner)	
2:30 PM – 4:00 PM Workshop	Workshop Space 1
From Safe Space to Acting with Courage Facilitators: 1. Sanyukta Saha (Agaaz Theatre Trust) 2. Jasmine (Agaaz Theatre Trust)	
2:30 PM – 4:00 PM Workshop	Workshop Space 2
Public-Patient Involvement in Research Facilitators: 1. Anushka Banerjee (Rohini Nilekani Centre for Brain & Mind, NIMHANS) 2. Kadambari Patil (Rohini Nilekani Centre for Brain & Mind, NIMHANS) 3. Dr Reeteka Sud (Rohini Nilekani Centre for Brain & Mind, NIMHANS) Register Here	
4:15 PM – 5:15 PM	
Does India Need its own Psychotherapeutic Approach? Dr Shyam Bhat (LiveLoveLaugh Foundation) In conversation with: Natasha Joshi (Rohini Nilekani Philanthropies)	
5:15 PM – 5:30 PM	
Reflections by: Rohini Nilekani (Chairperson, Rohini Nilekani Philanthropies)	
6:00 PM – 7:30 PM	
Theatre: Girish Karnad's Hayavadana (Bhoomija Theatre Trust)	

Stalls and Installations

Stalls



Echoes of Youth

Positive Psychology Unit, Department of Clinical Psychology at NIMHANS

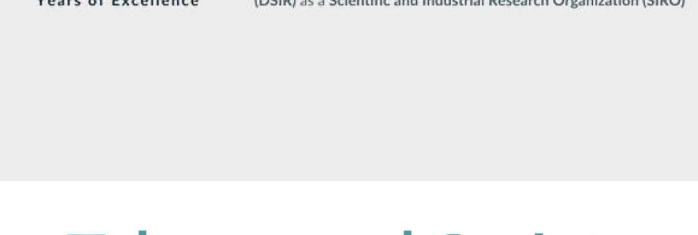
Echoes of Youth showcases the creative expressions of students across India, highlighting their perspectives on mental health through posters, videos, letters and products. Curated by the Positive Psychology Unit at NIMHANS, this display fosters dialogue and awareness around mental well-being.

people+ai

Project Sukoon

people+ai

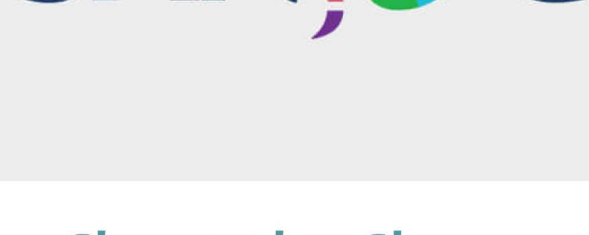
Experience Project Sukoon by people+ai, where you can interact with a live mental health chatbot and discover how technology is transforming mental healthcare!



Tobacco and Society

Institute of Public Health Bengaluru

Tobacco & Society is a thought-provoking art exhibit by the Indian Institute of Public Health, showcasing six intricate pencil-on-paper drawings that explore the deep historical, social and cultural complexities surrounding tobacco in India.



Shoot the Shame

Sanjog India

Explore Shoot the Shame, a poignant photographic exhibition showcasing the journeys of survivors of sex trafficking and gender-based violence. Organised by Sanjog, this collection of powerful photographs transforms spaces of trauma into symbols of resilience and empowerment.



Resources on Healthy Ageing, Dementia, and Alzheimer's

Geriatric Psychiatry Unit, NIMHANS



LGBTIAQ+ & Mental Health

Solidarity Foundation

LGBTIAQ+ & Mental Health stall by Solidarity Foundation, promotes mental well-being through engaging activities and discussions. Discover their resources and witness the impact of their work through inspiring documentaries and advocacy campaigns, all aimed at fostering inclusivity and understanding in the community.



Little Minds, Big Feelings

Funky Rainbow - The Travelling Children's Bookshop

Discover a delightful selection of Indian children's books at Little Minds, Big Feelings, curated by Funky Rainbow - Bangalore's beloved independent children's bookshop. Explore stories that inspire imagination, empathy and emotional growth in young readers.



Navigating Women's Mental Health

NIMHANS



Understanding Tech Addictions

Service for Healthy Use of Technology (SHUT) Clinic NIMHANS

Understanding Tech Addictions, explores the impact of technology addiction on our lives. Discover informative insights, assess your own technology use and learn practical strategies to foster screen-free activities in your daily routine.



Literary Healing: Books on Mental Health

Champaca Bookstore

Literary Healing: Books on Mental Health stall organised by Champaca Bookstore features titles that inspire mental well-being and foster healing through the transformative power of literature.



Tides of Change: Coastal Communities and Mental Health

Dakshin Foundation

Explore - Tides of Change: Coastal Communities and Mental Health, an interactive stall by Dakshin Foundation that highlights the lived experiences of marginalised coastal communities. Discover how social determinants and environmental factors intertwine to impact mental health and well-being through engaging games and insightful outreach materials.



TeleMANAS - National Tele-Mental Health Programme

NIMHANS

TeleMANAS - National Tele-Mental Health Programme stall offers an interactive space where visitors can learn about mental health support services through engaging games and activities. With expert guidance from the NIMHANS team, attendees can gain practical self-care tips, explore mental health resources and have open discussions aimed at breaking the stigma surrounding mental health.



Indu Antony - Namma Katte



Psychiatric Rehabilitation Services (PRS), NIMHANS

NIMHANS

Installations



Hidden in Plain Sight & Mental Health Alphabets

Madhuri Umashankar

Hidden in Plain Sight & Mental Health Alphabets by Madhuri Umashankar features three immersive installations. Hidden in Plain Sight reveals how the masks we wear affect our perceptions of mental health, the Mental Health Alphabet uses each letter to spark dialogue around common disorders often overlooked. Lastly, the Morse Code Portrait invites viewers to decode a message, highlighting the challenges individuals face in seeking help and the importance of understanding their struggles.



Nanna Langa

Indu Antony - Namma Katte

Nanna Langa is a monumental 23-foot skirt woven with the intimate stories of 547 women, created as part of the Mindscape project. This powerful installation, organised by Indu Antony of Namma Katte, celebrates the voices and experiences of women, inviting visitors to connect with their narratives.



Brushed by Hope

Bangalore Creative Circus x Madhuri Umashankar

Brushed by Hope, invites you to co-create a vibrant installation where your brushstrokes will uncover hidden words of inspiration. Join us in transforming an empty canvas into a collective masterpiece that celebrates hope and community.



Reel vs Real: The Changing Representation of Mental Health in Indian Cinema

Civic Studios



Art For Thought

Museum of Art & Photography

A set of creative exercises in English and Kannada that bring together art and themes of mental health care, with the aim to gently aid exploration into the ways we relate to ourselves, our bodies and our surroundings.



Outlive - It's Okay to Talk

Sangath



Tune Into Self : Music and Mental Health

Music Cognition Lab, NIMHANS & Indian Music Experience Museum



Paintings by Persons with Disabilities

Psychiatric Rehabilitation Services (PRS), NIMHANS