

MANOTSAVA

NATIONAL MENTAL HEALTH FESTIVAL

FESTIVAL AGENDA & MAP



FREE & OPEN FOR ALL

NIMHANS CONVENTION CENTRE, BENGALURU

Day 1	Audi 1	Audi 2	Audi 3
10:00-20:00	Public Stalls & Engagement		
10:00-11:00	Inauguration: Chief Guest Ms. Punya Salila Srivastava, Secretary (Ministry of Health and Family Welfare) in the presence of Rohini Nilekani, Chairperson - Rohini Nilekani Philanthropies; Dr Pratima Murthy, Director - NIMHANS and Prof LS Shashidhara (Centre Director, National Centre for Biological Sciences)		
11:15 - 12:15	Prevention is better than Cure Speakers: Nachiket Mor (Visiting Scientist, Banyan Academy of Leadership in Mental Health) & Dr Vidita Vaidya (TIFR) Moderator: Jahnvi Phalkey, Founding Director (Science Gallery Bengaluru)	Understanding ADHD Speakers: Eesha Sharma (NIMHANS) In conversation with Menaka Raman (Author & Podcast Producer)	Press Conference
12:30-13:30	Spotlighting Women's Mental Health Speakers: Dr Prabha Chandra (NIMHANS) & Dr Divya Nallur (AMAHA) Moderator: Amrita Tripathi (author & founder-editor of Health Collective)	Towards a Dementia-friendly society Speakers: Dr Thomas Issac, Centre for Brain Research Dr Sivakumar (NIMHANS), Mr. S. Premkumar Raja (Nightingales Medical Trust) & Dr. Radha S. Murthy (Dementia India Alliance) Moderator: Ramini Sundaram (Dementia India Alliance)	Challenging Norms: Gender Socialization and Mens Mental Health Speakers: Nilotpal Kumar (Azim Premji University) Dhruva Ithal (Amaha Mental Health Centre) Aparna Uppaluri (Gender and Health Expert) Moderator: Shreelatha Rao Seshadri (Public Health Foundation of India)
13:00-15:00	Life Flows On: A film screening on global Dementia Challenge and Elderly care Venue - Screening Room, 1st Floor		
13.45-14:30	Tune into Self: Music and Mental Health Speakers: Dr Shantala Hegde (NIMHANS), Praveen D Rao (Musician), Preema John (Indian Music Experience Museum)	Suicide: Role of lived experience in Changing the Narrative Speakers: Dr. Anish V Cherian (NIMHANS) Nandini Murali (Project SPEAK) Moderator: Nelson Vinod Moses (Suicide Prevention India Foundation)	The Exposome, Brain Development and Vulnerability to Mental Illness Speakers: Dr Vivek Benegal (NIMHANS) In conversation with Vanessa D'souza (CEO, Society for Nutrition, Education Health Action)
14.45-16:00	Understanding Addiction: The Science and Human Stories Behind It Speaker: Dr VL Narasimha (Centre for Addiction Medicine, NIMHANS)	Invisibilisation of Mental Disabilities Speakers: Smriti Rana (Pallium India), Vidya Sasta (Caregiver), Rohan Gupta (IIT Madras Alumni Association) Moderator: Mrinalini Ravi (Aaladamara Foundation & The Banyan)	Living with Pain: Mental Health & Chronic Illness Speakers: Dr Preethi Jain (Accelerate Indian Philanthropy); Dr Narasimhaiah Srinivasaiah (Apollo Hospitals), Dr Vishal Rao (HCG Cancer Center)
16:30-18:00	Keynote: Rohini Nilekani, Chairperson - Rohini Nilekani Philanthropies, Rahul Dravid, Cricketer & Former Coach - Indian National Cricket Team - In conversation with Nikhil Taneja, Co-Founder & Chief, We are Yuva		
18:15 -19:45	Kathi Kathi Kaarana: A film screening & discussion (Varun Kurtkoti & Quicksand)	The Vibes Are Off: What's Plaguing GenZ? Speakers: Anshul Tewari (Youth ki Awaaz), Neeru Malhotra (Pravah), Kevin Lee (We are Yuva)	What does the caregiver need? Perspectives from lived experience Speakers: Pallavi Chander (Foundation for Arts and Health India), Kavya Murthy (Foundation for Arts and Health India), Mohini Singh (Foundation for Arts and Health India), Dr Jayant Mahadevan (NIMHANS) Moderator: Maitri Gopalakrishna (Foundation for Arts and Health India)

Day 2	Audi 2	Audi 3
10:00 - 20:00	Public Stalls & Engagement	
11:00 - 12:00	<p>Campus Cares: Mental Health and Higher Ed</p> <p>Speakers: Manisha Dhawan, (Aikyam Foundation & The Convergence Foundation), Mr. Reddy Subrahmanyam (Former Secretary of Higher Education and Social Justice, GoI) & Dr. Ajit Bhide (Psychiatrist, Psychotherapist), Prof. L S Shashidhara, Director, National Centre for Biological Sciences (NCBS)</p>	<p>Sports, Physical Activity and Mental Health - The Psychology, Physiology and Sociology of Wellbeing</p> <p>Speakers: Dr Hemant Bhargav (Associate Professor of Integrative Medicine at NIMHANS) Swetha Subbiah (Co-founder, Sisters in Sweat), Dr. Veena Mani (UL Research, Kozhikode), Disha Musaddi (Sport & Exercise Psychologist)</p> <p>Moderator: Nandan Kamath (Sports and Society Accelerator)</p>
12:15 - 13:30	<p>Moderator: Dr. Arvinder Singh (Ashoka University's Centre for Well-Being)</p> <p>Digital Mental Health: Hit or Miss?</p> <p>Speaker: Soumya Choudhary (NIMHANS) in conversation with Leena Reghunath (Former Editor-in-Chief, Supreme Court Observer)</p>	<p>Reel vs Real: The Changing Representation of Mental Health in Indian Cinema</p> <p>Speakers: MK Raghavendra (Indian Film and Literary Scholar), Andre Borges (Head of Department, Nutshell, Pocket Aces), & Apoorva Arora (Artist)</p> <p>Moderator - Kashmira Patil (Civic Studios)</p>
13:00 - 15:00	<p>Life Flows On: A film screening on global Dementia Challenge and Elderly care Venue - Screening Room, 1st Floor</p>	
13:45 - 14:45	<p>The Art of Ageing</p> <p>Speakers: Dr Mathew Verghese (Psychiatrist, St John's Hospital), Maitri Gopalkrishna (FAHI), Pallavi Chander (Creative Arts Therapist) Jimmy Xavier (Caregiver, Voice and Theatre Artist)</p> <p>Moderator: Jwala Narayanan (Cognitive Neurology Clinic)</p>	<p>Teen Drama: Adolescents and Parenting</p> <p>Speakers: Dr Ajit Bhide (Psychiatrist, Psychotherapist), Arya Cheruvatath (Student, Xth Std.), Sachit Raman (Student, XIth Std.)</p> <p>Moderator: Vikram Bhat (Bangalore International Centre)</p>
15:00 - 16:00	<p>Mental Health in Humanitarian Crises</p> <p>Speakers: Farhat Mantoo (Médecins Sans Frontières), Kaz de Jong (Médecins Sans Frontières)</p> <p>Moderator: Gautam John (CEO, RNP)</p>	<p>Mental Health and the Margins: Queerness and Systemic Realities</p> <p>Speakers: Ragamalika Karthikeyan (Independent Journalist), Sathiya G (Advocate, Sathiya & Sanjesh Law), Divya Kandukuri (Founder, The Blue Dawn), Bhairavi Prakash (Founder, Mithra Trust)</p> <p>Moderator: Rahel (Mental Health Practitioner, Mithra Trust)</p>
16:15 - 17:15	<p>Does India Need its own Psychotherapeutic Approach? Dr. Shyam Bhat, LiveLoveLaugh Foundation, in conversation with Natasha Joshi, Rohini Nilekani Philanthropies</p>	
17:15 - 17:30	<p>Closing Reflections by Rohini Nilekani, Chairperson - Rohini Nilekani Philanthropies</p>	
18:00 - 19:30	<p>Theatre: Girish Karnad's Hayavadana</p>	

Stalls (Day 1 & 2)

Name	Organisation
Echoes of Youth	Positive Psychology Unit at NIMHANS
Project Sukoon	people+ai
Tobacco and Society	Institute of Public Health, Bengaluru
Shoot the Shame	Sanjog India
LGBTIAQ+ & Mental Health	Solidarity Foundation
Resources on Healthy Ageing, Dementia and Alzheimer's	NIMHANS
Navigating Women's Mental Health	NIMHANS
Tele MANAS - National Tele-Mental Health Programme	NIMHANS
Understanding Tech Addictions	NIMHANS
Tides of Change: Coastal Communities & Mental Health	Dakshin Foundation
Literary Healing: Books on Mental Health	Champaca Bookstore
Little Minds, Big Feelings	Funky Rainbow ~ The Travelling Children's Bookshop
Indu Antony - Namma Katte	Namma Katte
Psychiatric Rehabilitation Services (PRS), NIMHANS	Psychiatric Rehabilitation Services (PRS), NIMHANS

Installations (Day 1 & 2)

Name	Organisation
Nanna Langa	Indu Antony, Namma Katte
Brushed by Hope	Bangalore Creative Circus (BCC)
Bollywood Beats: Mental Health & Cinema	Civic Studios
Art For Thought	Museum of Art and Photography (MAP)
It's Ok To Talk	Sangath India
Hidden in Plain Sight & Mental Health Alphabets	Madhuri Umashankar (Independent Artist)
Paintings by Persons with Disabilities	Psychiatric Rehabilitation Services (PRS), NIMHANS
Tune Into Self - Music & Mental Health	"Music Cognition Lab, NIMHANS and Indian Music Experience Museum (IMEM)"

FESTIVAL LAYOUT

GROUND FLOOR



FIRST FLOOR

