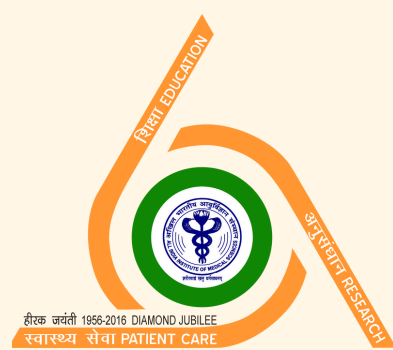




Global Centre for Integrative Health, AIIMS, Delhi



**MENTAL HEALTH
FOUNDATION (INDIA)**
HEALTHY MINDS BUILD HEALTHY NATIONS



12TH EDITION OF
INDIA'S BIGGEST

MENTAL HEALTH FESTIVAL

SUNDAY, 5 OCTOBER 2025

9AM – 6PM



ABOUT THE FESTIVAL

Since 2013, the Mental Health Foundation India (MHFI) in collaboration with the Department of Psychiatry has proudly collaborated with diverse organisations, leading mental health professionals and diverse youth forums of colleges across the nation bringing together over 1,000 participants from across India at AIIMS, New Delhi, for the nation's biggest Mental Health Festival. Since 2024, it has been under the leadership of Global Centre for Integrative Health (GCIH), AIIMS, New Delhi.

This year, on Sunday, October 5, 2025, we invite you to our 12th annual festival, centred on “Community well-being and Project MATE” — highlighting peer support, youth involvement, and community-driven mental health solutions. Because mental well-being isn't a solo journey — it's something we build together. In a connected community, we listen, support, and remind each other that no one must struggle alone. When we create safe spaces to talk about mental health, healing begins. Together, we nurture resilience, empathy, and strength that lasts.



In 2025, we are transforming the entire festival into an immersive experience — one you can enjoy, engage with, and leave carrying meaningful insights and takeaways.



Mental Health Foundation India (MHFI) is a registered non-profit organization committed to promoting mental health and well-being for all, aiming to create a mentally healthy nation where proactive care, social inclusion, and personal resilience are central to every community. Since its establishment, MHFI has worked tirelessly to raise mental health awareness, reduce stigma, and make high-quality mental health care accessible and affordable throughout India



Mental Health Foundation India (MHFI)

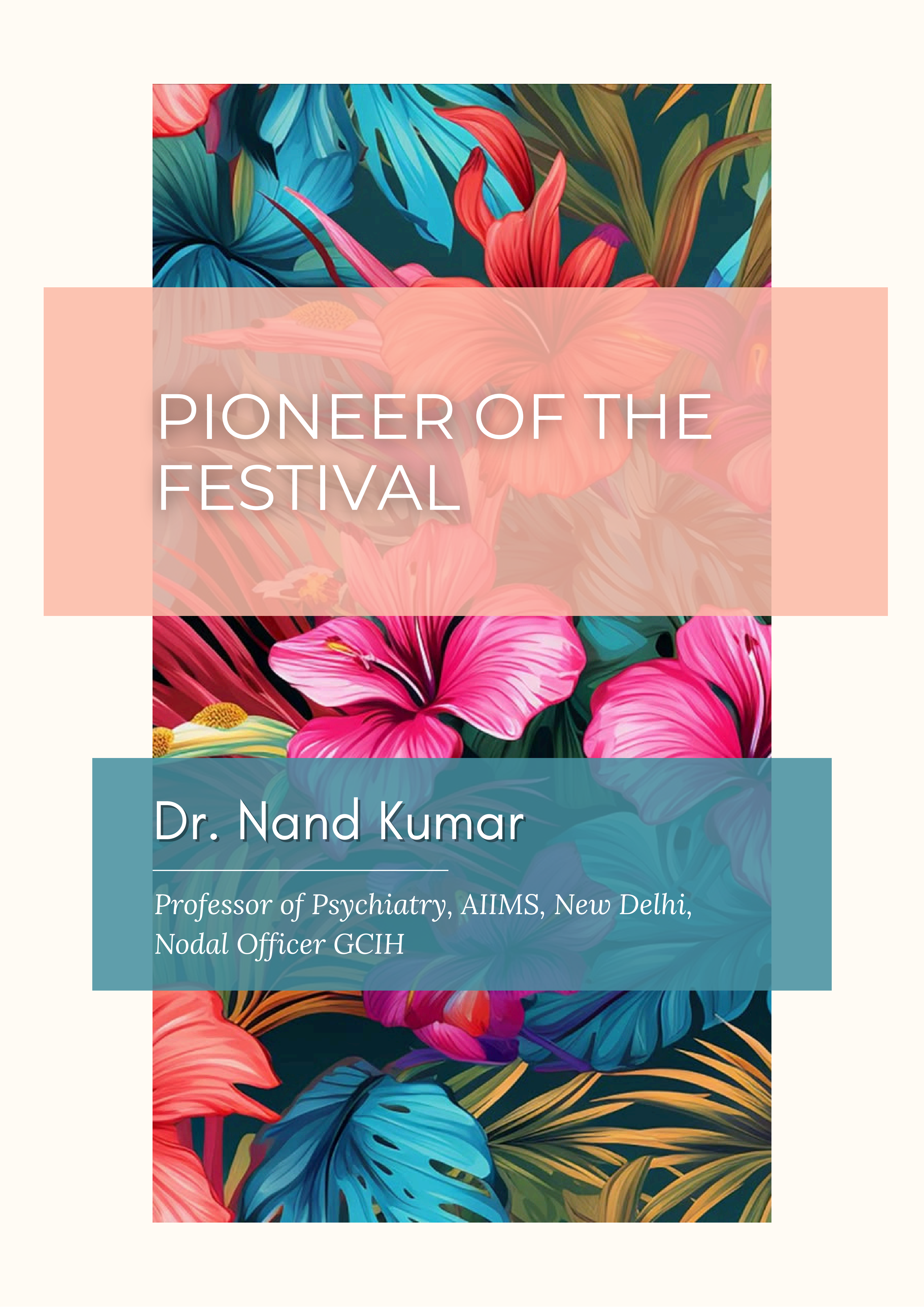
Achievements

Innovative Programs: Initiatives such as the SATYAM Project along with the Psychological First-Aid Program (PFA) for the prisoners and facilitators of Tihar Jail

Large-Scale Workshops: Conducted psychoeducation workshops in multiple educational institutes across Rajasthan, impacting more than 10,000 individuals with improved mental health literacy.

Community Projects: Launched and expanded community-based mental health projects since 2015, addressing local needs and increasing outreach

Legal Advocacy: Filed the first Public Interest Litigation for the decriminalization of suicide in 2008 and advocated through RTIs for policy reform



PIONEER OF THE FESTIVAL

Dr. Nand Kumar

*Professor of Psychiatry, AIIMS, New Delhi,
Nodal Officer GCIH*

Dr. Nand Kumar

Professor of Psychiatry, AIIMS, New Delhi,
Nodal Officer, GCIH



Dr. Nand Kumar is a distinguished psychiatrist and professor at the All India Institute of Medical Sciences (AIIMS), New Delhi, whose vision and dedication have significantly shaped mental health advocacy in India. Recognizing the urgent need to break stigma, foster dialogue, and build community support around mental health, Dr. Kumar pioneered the Biggest Mental Health Festival in the country. He came up with the vision of the Mental Health Festival, inspired by the harmony and togetherness celebrated in Hindu mythology. This festival honours balanced personalities and channels positive energy, fostering a community of support and emotional well-being.

What began as his innovative idea to take mental health conversations beyond clinical spaces has grown into a widespread movement that brings together the larger community. His pioneering leadership established the festival as a safe, creative, and inclusive platform— to spread awareness, weave connected communities and empower institutions to take charge of adolescent mental well-being.

In addition to the festival, Dr. Kumar has spearheaded several groundbreaking initiatives. The “Never Alone” project was launched to address isolation, raise hope, and ensure that no individual feels left behind in their mental health journey. With the MATE initiative (Mind Activation Through Education), he has created a powerful model to spread awareness, educate communities, and empower individuals to take charge of their mental well-being.

Through these efforts, Dr. Kumar has not only nurtured a culture of openness but also inspired generations of mental health professionals, advocates, and volunteers to carry the movement forward. The Mental Health Festival and allied projects like Never Alone and MATE stand as a testament to his vision: a future where mental health is understood, respected, and supported by all.



OUR PROJECTS



Never Alone is an AI-driven mental health platform providing early diagnosis and 24/7 support via chatbots and WhatsApp, blending technology with empathy for mental well-being. It empowers healthcare providers to create comprehensive medical histories and deliver highly personalized care plans tailored to each patient's unique needs.

Mind Activation Through Education (MATE) is an adolescent wellness initiative developed by Prof. Dr. Nand Kumar and his team at AIIMS Delhi. It blends health and education to strengthen young minds by enhancing resilience, emotional regulation, and psychosocial development.

MATE goes beyond individual well-being—it nurtures compassionate, connected communities. By equipping adolescents with tools like breathing games and emotional awareness, it empowers them to handle everyday stress and support one another meaningfully.



The Mind Healthcare Online Program & Education (MiHOPE) delivers inclusive tele-psychiatry, counseling, and awareness services, operating through centers in Delhi, Rajasthan, Jharkhand, and Uttar Pradesh. MiHOPE since 2020 has catered to more than 4000 patients with crossing 8000+ consultations with either psychiatrists or clinical psychologists.



The Mental Health Foundation India received a DBT-BIRAC Grant-in-Aid under the Amrit Grand Challenge – JanCARE for a digital mental health project in Jharkhand, led by Mr. Abhinav Singh Katiyar. Through its MiHOPE platform, MHFI reached 500 patients, established a hybrid care center, and trained field workers to deliver community-based mental health services.



Committed partners in preserving Nature and enriching Human Connections



Mr. Ajay Sinha

Chairperson | Family Tree India

The Mental Health Foundation is proud to partner with the Family Tree Foundation for the 12th Mental Health Festival 2025, centered around the vital theme of Community Well-Being. Together, we celebrate the profound connection between nature and mental health, underscoring the power of green spaces in fostering resilience and healing within our communities.

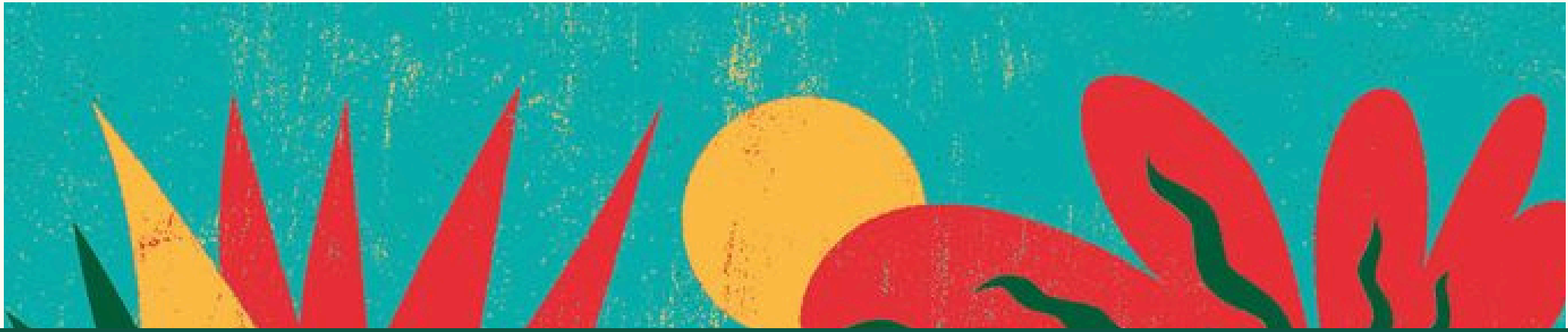
Modern science validates what ancient Indian wisdom has long embraced—nature heals both the earth and the mind. Research highlights that spending at least 120 minutes a week in natural environments significantly boosts well-being and life satisfaction (Scientific Reports, 2019). Even brief encounters with greenery, as short as 20–30 minutes, have been shown to reduce stress hormones like cortisol, restoring mental balance (Frontiers in Psychology, 2019). Remarkably, a randomized trial in Philadelphia demonstrated that transforming vacant lots into green spaces led to notable decreases in depression among local residents (JAMA Network Open, 2018).

In alignment with these insights, the Family Tree Foundation's flagship program “बचपन संग हरियाली” is bringing saplings and conservation education to Bihar's government schools, nurturing young minds with lessons from leading environmentalists.

Through this meaningful partnership, the Mental Health Foundation and Family Tree Foundation strive to cultivate not only greener landscapes but also healthier, happier communities, where nature and mental well-being grow hand in hand.

FAMILY
TREE
INDIA





OUR CHIEF GUEST



Mr. Amarjeet Sinha

Former Secretary,
Govt. Of India



Mr. Amarjeet Sinha

Former Secretary, Govt. Of India

Mr. Amarjeet Sinha, is among India's most distinguished civil servants known for his transformative contributions to public policy, social development, and human well-being over four decades. A 1983 IAS officer of the Bihar Cadre, he retired as Secretary, Department of Rural Development, Government of India, in 2019 and served as Advisor to the Prime Minister and Member of the Public Enterprises Selection Board. Currently, he is a Senior Fellow at the Centre for Social and Economic Progress, influencing national governance and grassroots initiatives.

Mr. Sinha played a vital role in designing major programs such as Sarva Shiksha Abhiyan for universal education and the National Rural Health Mission, foundational to community health and mental well-being. He led reforms in rural employment (MGNREGA), housing, social security, and skills, and successfully implemented the Gram Swaraj Abhiyan, delivering multiple welfare services to nearly 64,000 villages.

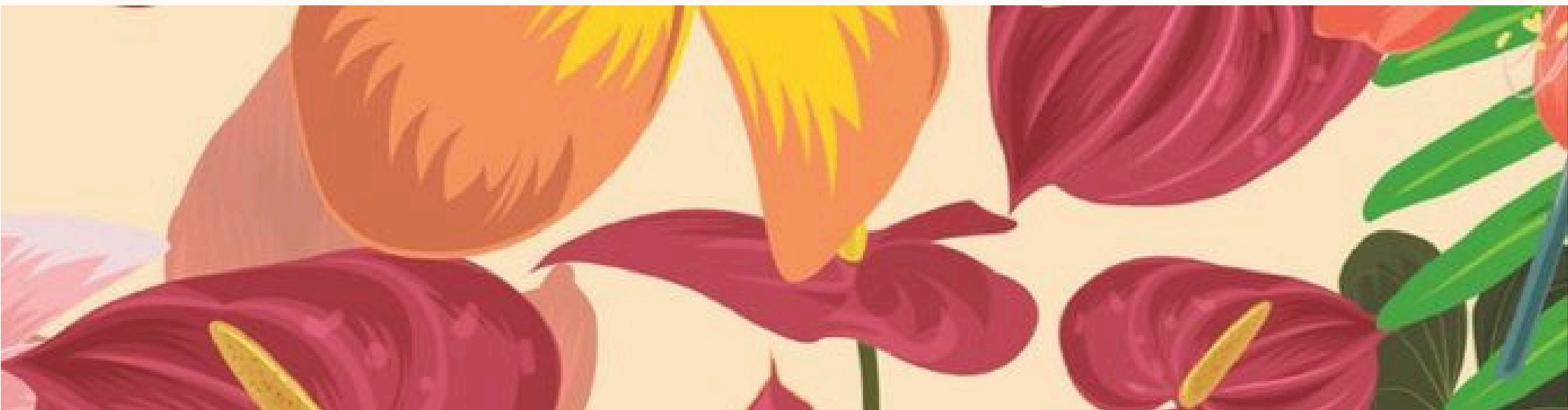
He currently serves as a Senior Fellow at the Centre for Social and Economic Progress and holds honorary and visiting academic positions, including Distinguished Professor at Chanakya National Law University, Patna, and faculty roles at ISB, Ashoka University, IRMA, Azim Premji University, IIM Kolkata, and LBSNAA Mussoorie.



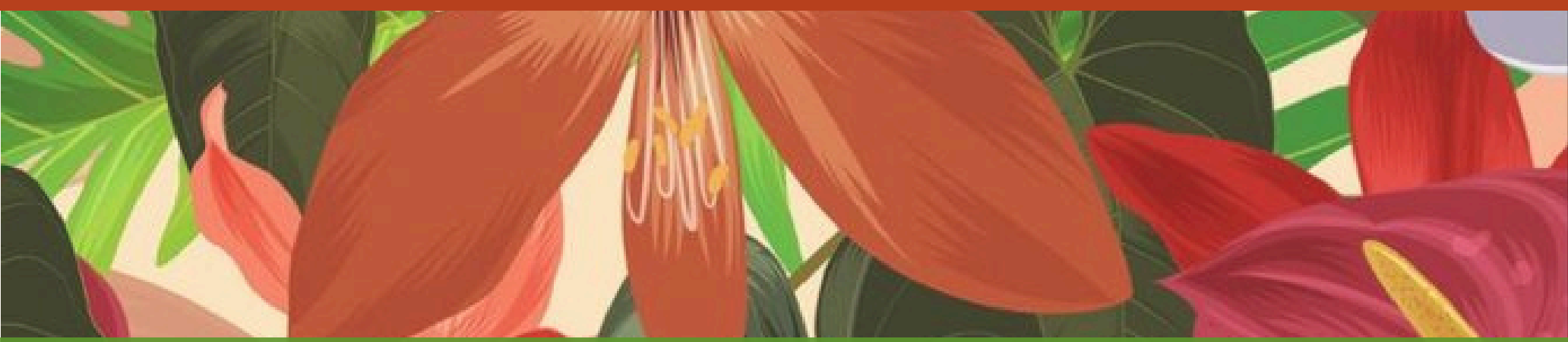
A champion of inclusive policy, he worked in challenging tribal and Naxal-affected districts, promoting participatory development. His expertise extends internationally with advisory roles at UNICEF, UNDP, DFID, WHO, and GAVI. A lifelong educator, he has trained IAS officers at the Lal Bahadur Shastri National Academy of Administration, authored eight books, and written extensively on public policy.

Mr. Sinha's legacy is marked by his visionary leadership and dedication to bridging policy with community needs, making him a profound influence in India's social sector.





GUEST OF HONOUR



Mr. Jatinder Kumar

Energy Consulting Company Executive,
Philanthropist,
and Mental Health Advocate



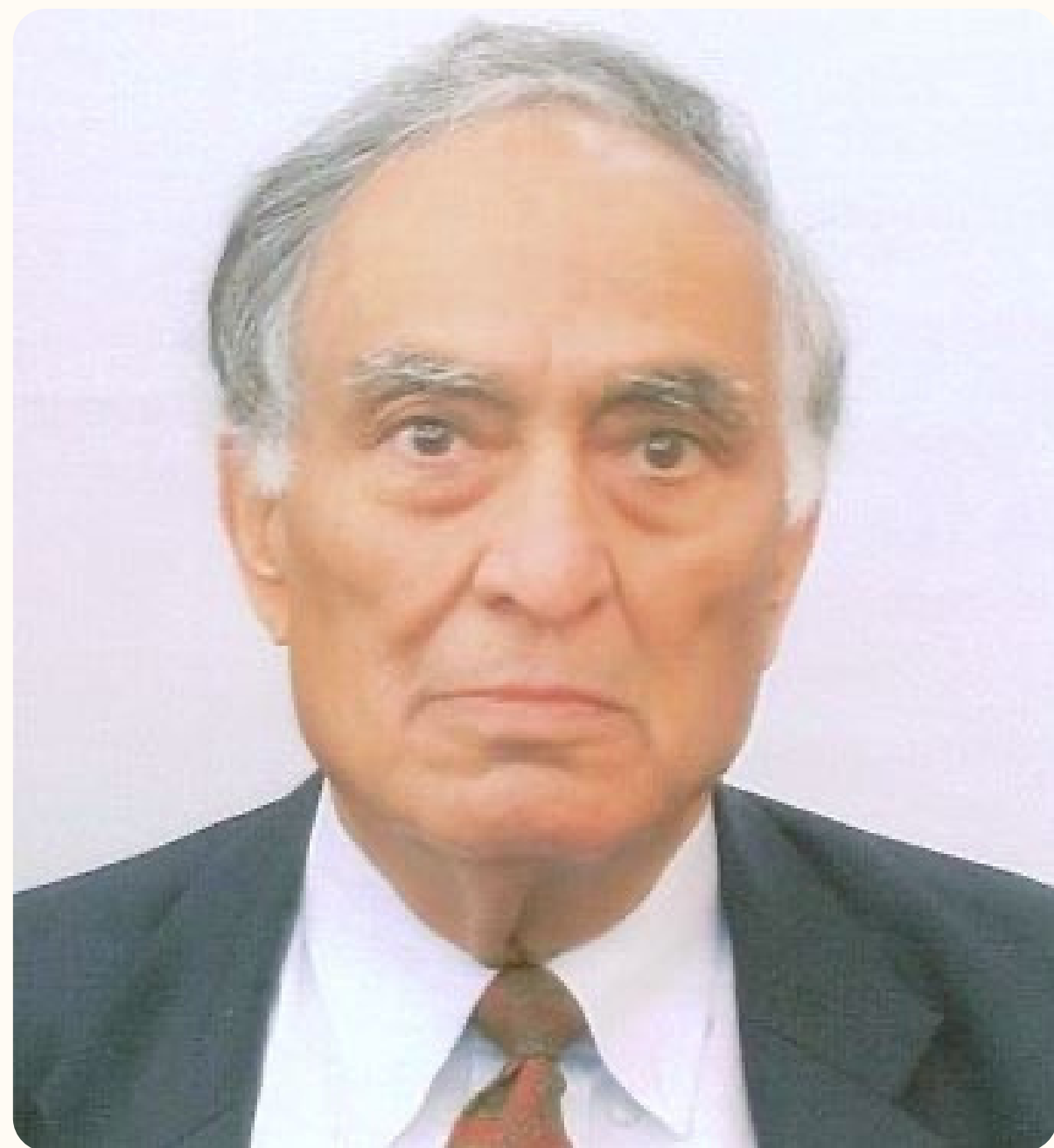
Mr. Jatinder Kumar

Energy Consulting Company Executive, Philanthropist,
and Mental Health Advocate

Mr. Jatinder Kumar is a renowned energy consultant, philanthropist, and global advocate for mental health whose multifaceted career is characterized by innovation, leadership, and social responsibility. Born in Rawalpindi in 1940 and relocating to India in the wake of Partition, Mr. Kumar pursued an exceptional education at the Indian School of Mines, Dhanbad, Besançon University in France, the French Petroleum Institute, and the University of California, Berkeley—establishing a solid foundation in both engineering and the sciences.

Following early success in California's energy sector, Mr. Kumar founded his own Energy Consulting Company in the Washington DC Metro area in 1973, quickly becoming a respected authority on energy policy and technology. His expertise led to prominent advisory roles for President Carter and the US Senate Energy Committee, where he helped shape strategy during a period of global transition in energy markets.

Mr. Kumar is a prolific author, credited with dozens of technical papers—including ground-breaking research applying Nuclear Magnetic Resonance (NMR) technology to measure blood velocity in vivo—and insightful articles on politics and society published in leading Indian newspapers. His writing reflects a deep commitment to bridging scientific innovation with practical social impact.



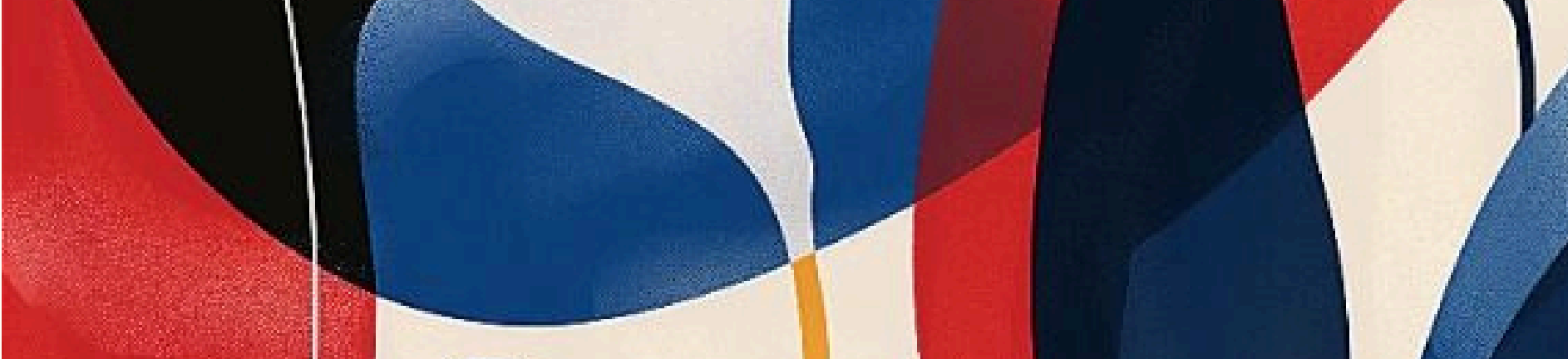
Beyond professional achievement, Mr. Kumar's broad philanthropic legacy spans the USA, India, Pakistan, and Bangladesh, focusing on healthcare access and mental wellness. He finances two free mental health clinics and supports the Mental Health Foundation in Delhi, ensuring essential care for vulnerable populations. Through community engagement and advocacy, he raises awareness and inspires others to champion mental health initiatives.

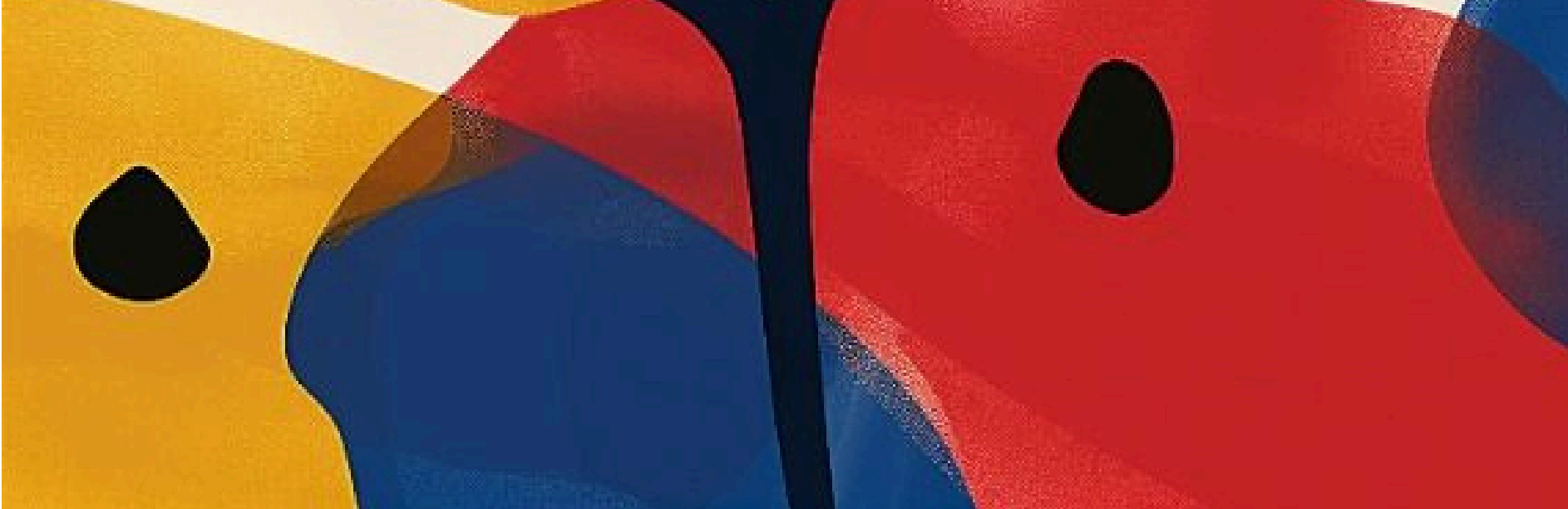
His worldview is shaped by travel to 95 countries, including the Arctic and Antarctica—cultivating a rare appreciation for global diversity and interconnection. Mr. Jatinder Kumar's life and work exemplify vision, compassion, and a steadfast commitment to building healthier, more resilient communities.





OUR EMINENT SPEAKERS

- 
- Mr. Shrenik Shah

- 
- Mr. Brij Bakshi
- 

Mr. Shrenik Shah

Shrenik Shah's journey is a living testament to the triumph of the human spirit over silence, suffering, and despair. Diagnosed with stage IV vocal cord cancer in 1997, He underwent a total laryngectomy, losing his natural voice forever. What could have been a moment of collapse became the beginning of his life's most powerful chapter.

Learning to speak again with an electrolarynx, he emerged not just as a survivor but as a voice of hope for thousands. Today, Shrenik Shah is a globally renowned motivational speaker, TEDx presenter, and mentor who has addressed over a thousand audiences across India and abroad, clocking 9,000+ hours of talks that center healing, resilience, and the will to live. As an eminent speaker at the SPEAK event, he's inspiring courage in every conversation.

He has been featured twice at the Times Square, is the finalist for the Community Cultivator Award by 'Health Union' (World's largest Healthcare Social Advocacy platform in the USA) and is the National Patient Ambassador at the Indian Cancer Society – Delhi.

*“You are not alone.
Your story is not over”*



As an Eminent Speaker, Shrenik Shah's life reminds us that even in the face of unimaginable adversity, healing is possible. He advocates for emotional openness, community care, and the importance of reaching out offering not just inspiration, but actionable empathy.

Featured by BBC, CNN, Brut India, and recognized as a Global Goodwill Ambassador and World Super Hero, Shrenik Shah is not just a speaker, he is a reminder that hope does not die, even when voices fall silent. His presence at this moment invites us all to listen deeper, reach further, and remind those in pain:

Mr. Brij Bakshi

Brij Bakshi, former Additional Director General of Doordarshan & Visiting Professor at esteemed universities and institutions stands as one of the most influential figures in India's public broadcasting landscape, particularly in the domain of socially responsive media.

Over his distinguished career spanning more than three decades, Brij Bakshi shaped the vision of Doordarshan not just as a broadcaster, but as a powerful vehicle for public education and emotional engagement. Under his leadership, Doordarshan became a pioneer in using television to address mental health, an area long stigmatized and neglected in mainstream media.

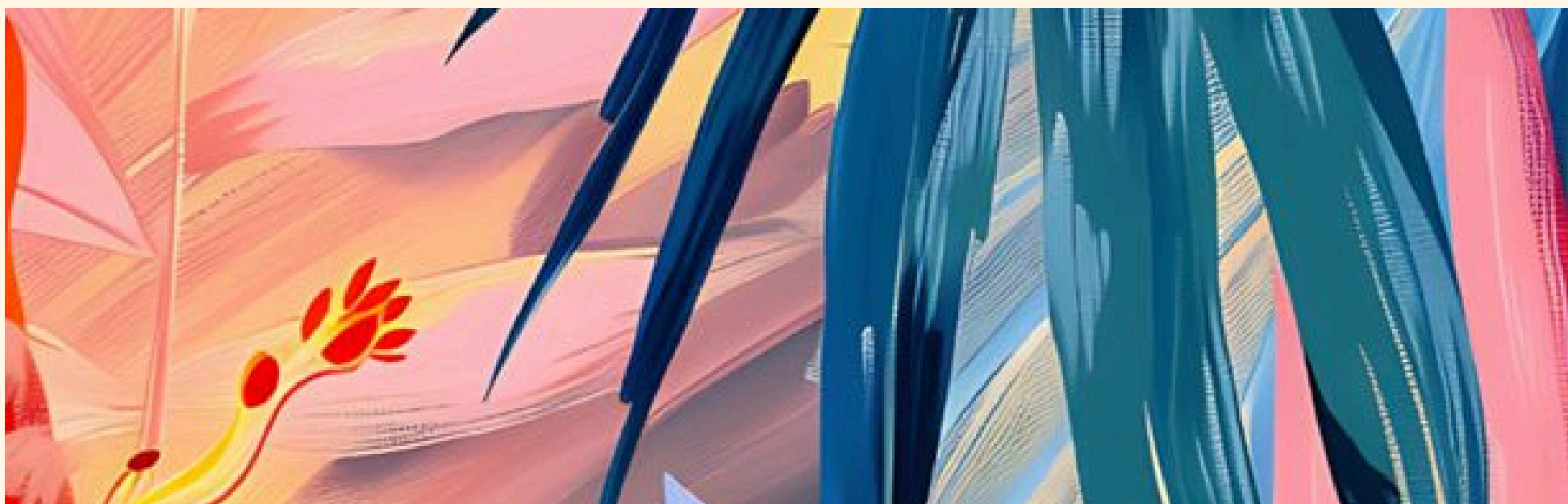
Shows like Mind Your Mind and Mann Ki Baat, which aired during his tenure, courageously tackled issues such as depression, suicide, adolescent stress, and emotional resilience, offering both expert insight and empathetic storytelling. He championed programming that gave space to mental health professionals, real-life narratives, and culturally grounded discussions, thereby dismantling taboos and promoting open dialogue.

Beyond mental health, his stewardship extended to rural health, gender justice, HIV awareness, and child rights programming, always with a core commitment to credibility, compassion, and community-centered messaging.

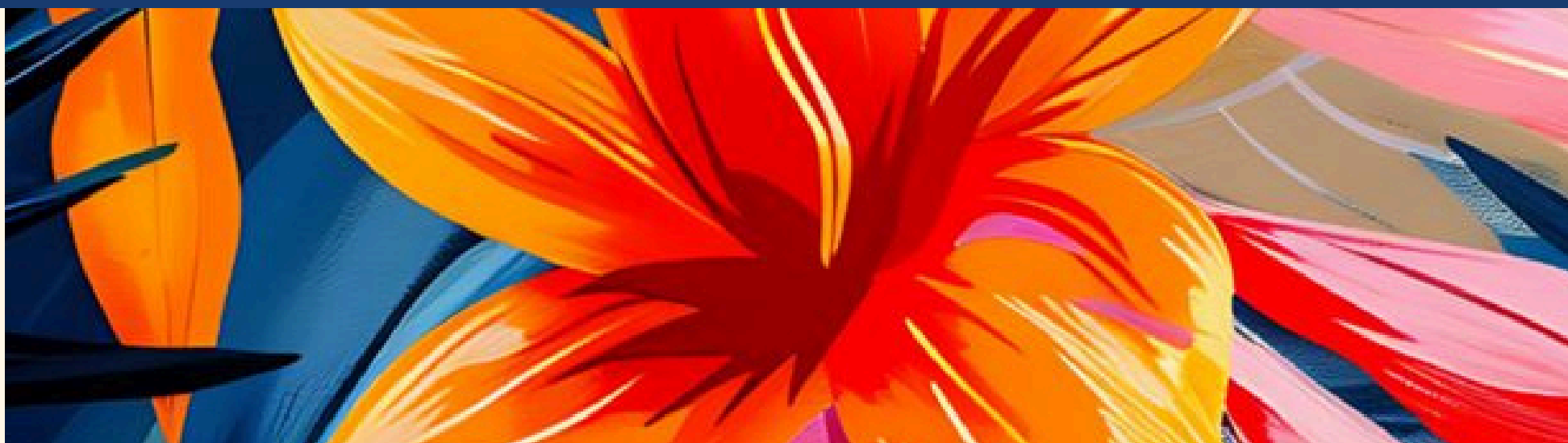


In an era before social media and digital wellness campaigns, He was already laying the foundation for what we now recognize as mental health literacy.

His support for the MATE project has been transformative, especially as his felicitation brought in much-needed clarity and direction to its goals, and his presence as an eminent speaker at the SPEAK event added a valuable layer of warmth and openness, helping participants navigate sensitive and complex mental health conversations with greater ease.

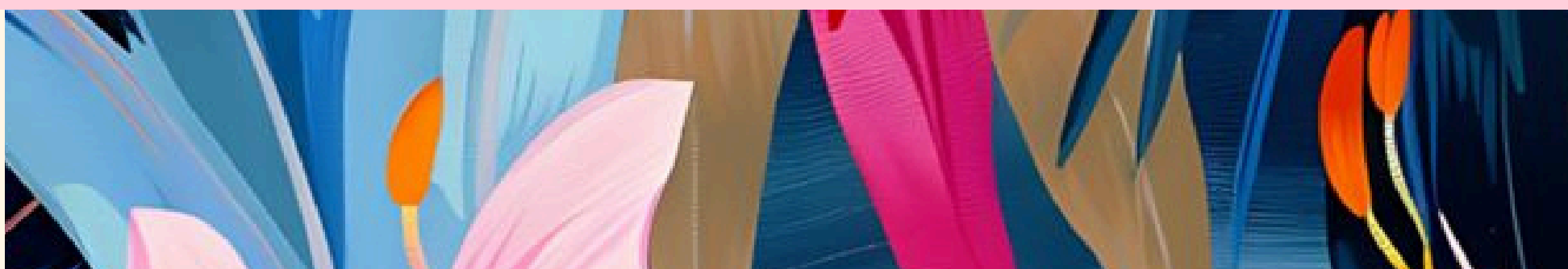


OUR ACTIVITY FACILITATORS



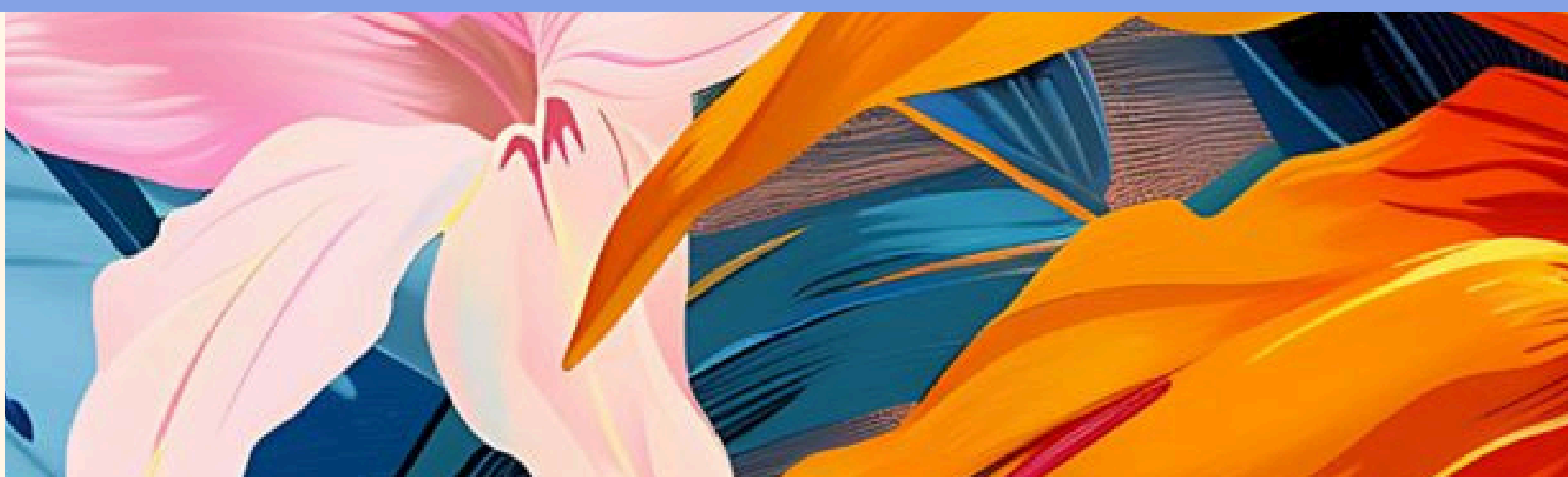
Ms. Bhavya Raj Sirohi

Breath Work Session



Ms. Tripura Kashyap

Dance Movement Therapy Session



Ms. Bhavya Raj Sirohi

Breath Work Session

Bhavya Raj Sirohi is a therapist and entrepreneur, best known as the founder of New Thought Therapist, an initiative mentoring India's next generation of trauma-informed professionals. With a vision to bridge the gap between academic theory and real-world practice, she equips aspiring therapists with the skills, confidence, and sensitivity needed to work effectively with clients.

Her approach integrates somatic, spiritual, and scientific frameworks, offering a holistic model of healing that addresses the mind, body, and inner self. Through workshops, mentorship, and community-building, Bhavya continues to nurture young professionals.



By combining expertise with innovation, she is contributing significantly to India's therapeutic community and the larger mission of making mental health support accessible and transformative.

Ms. Tripura Kashyap

DANCE MOVEMENT THERAPY SESSION

Tripura Kashyap, trained in Bharatanatyam at Kalakshetra and in Dance/Movement Therapy at the Hancock Center, USA, is a pioneer of Dance Movement Therapy in India. Over the past three decades, she has worked with children, individuals with mental health challenges, senior citizens, trauma survivors, and many others—using movement as a medium for healing and growth.



She co-founded the Creative Movement Therapy Association of India (CMTAI), building a community of practitioners who integrate DMT into health and education.

Author of *My Body, My Wisdom* and *Contemporary Dance*, her work blends creativity, psychology, and spirituality, positioning Indian DMT on the global stage.

Event Rundown

1

WELCOME THE GUESTS AND ADDRESS BY DR. DEEPAK CHOPRA

9:00-9:05 AM

2

GANESH VANDANA

9:05-9:15 AM

Lasya Dance Group

3

INAUGRAL CEREMONY: LAMP LIGHTING AND FELICITATION

9:15-9:30 AM

4

SPECIAL SCREENING: "MATE PROJECT" VIDEO OPENING ADDRESS

9:30-9:45 AM

Prof. Nand Kumar

5

ADDRESS BY DIGNITARIES

9:45-10:00 AM

6

BREATH WORK SESSION

10:00-10:15 AM

Ms. Bhavya Raj Sirohi

7

PANEL 1 - HOW CAN SCHOOLS, WORKPLACES AND FAMILIES BECOME FIRST RESPONDERS?
-SCHOOL COUNSELLORS AND PARENTS

10:15-11:00 AM

Ms. Kanika Khandelwal

8

DANCE MOVEMENT THERAPY

11:00-11:15 AM

Ms. Tripura Kashyap

9

EMINENT SPEAKER

11:15-11:45 AM

Mr. Brij Bakshi

10

NUKAD NATAK

11:45-12:30 PM

Sukhmanch Theatre

ART THERAPY BASED ACTIVITY

11

12:30-12:45PM

Ms. Varsha Punarvasu

MOMENTO DISTRIBUTION

12

12:45-1:00 PM

ACTIVITY TIME

13

1:00-1:15 PM

Mr. Arjun Gupta

LUNCH BREAK/FOYER TIME

14

1:15-2:15 PM

FOYER ENGAGEMENT TIME

15

2:15-2:40 PM

SINGING PERFORMANCE

16

2:40-2:50 PM

Mr. Devansh Chandraa

17

EMINENT SPEAKER

2:50-3:20 PM

Mr. Shrenik Shah

18

DANCE PERFORMANCE

3:20-3:30 PM

Verve Dance Group

19

YOUTH PANEL - BALANCING ACADEMIC
PRESSURE, SOCIAL LIFE, AND MENTAL
WELL BEING

3:30-4:10 PM

Mr. Abhinav Singh Katiyar

20

VOTE OF THANKS

4:10-4:20 PM

Ms. Meeta Mishra

21

MUSICAL EVENING

4:20-5:00 PM

Mr. Sohil

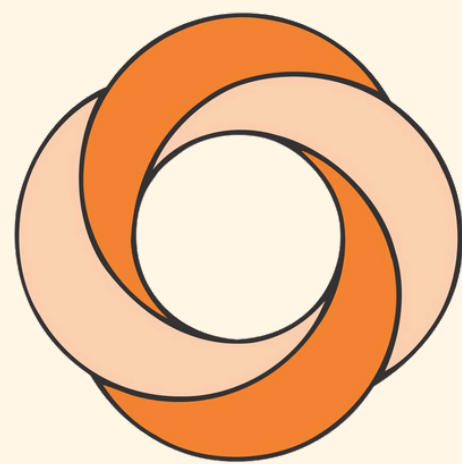
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Festival 2025



A MAHARATNA COMPANY



5 DECADES OF UNEARTHING ENERGY



SUN
PHARMA



Cipla



Honorary Chairperson

Dr. Nand Kumar

Coordinator, GCIH

Dr. Nishat Ahmad

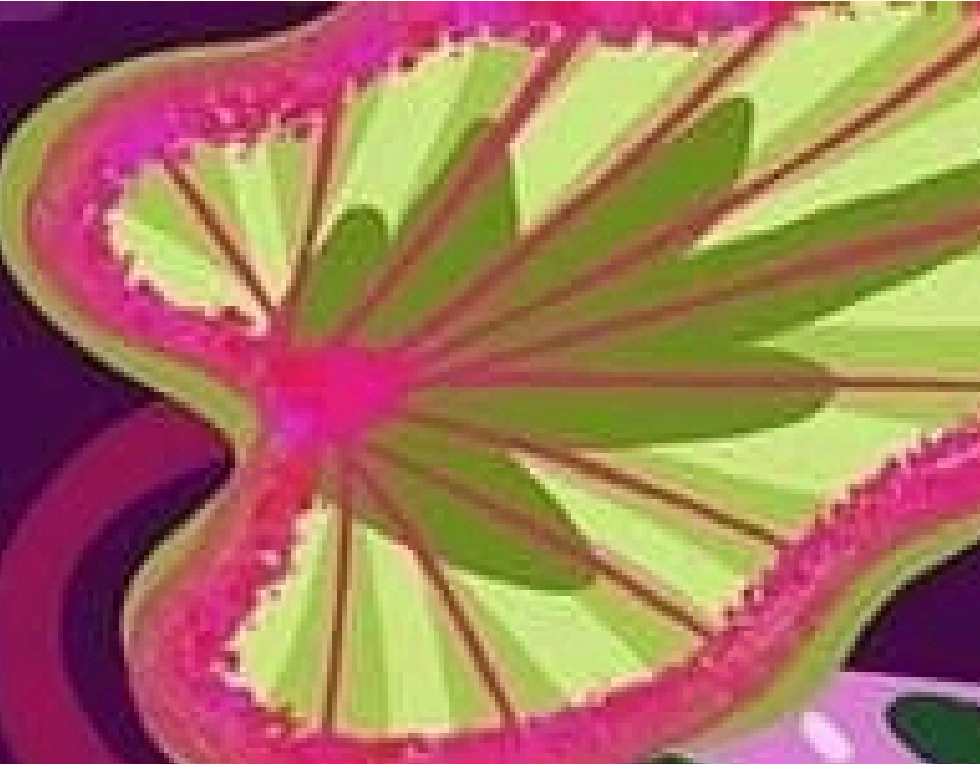
Organizing Committee

Dr. Sanjay Kumar

Ms. Meeta Mishra

Dr. Deepika Dahima

Mr. Sant Lal



ORGANIZING COMMITTEE

Advisors

Ms. Srishti Asthna Bisht

Ms. Bhavya Raj Sirohi

Ms. Chahat Sharma

Working Committee

Coordinated By:

Ms. Diksha Sharma

Mr. Harshul Arora

Assisted By:

Mr. Prakhar Chawla

Ms. Anushtha Acharya

Mr. Kapish Dixit

Ms. Shreya Sawarn

