



MH 360°

India's first Therapeutic Festival
celebrating inclusivity and mental
wellbeing



Beyond Mental Health

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MH 360°

MH 360° is the first mental health festival in India, which will be a rights-based, inclusive and safe celebratory space for people of all hues.

We take a 360 degree approach to emotional healing, acknowledging neurodiversity, social intersectionality & the disability lens. The festival will be a mix of expert panels, therapeutic workshops and cultural events, with a special focus on marginalised voices. Inclusion & diversity define our approach to mental health.



MH 360°



Our understanding of mental health is informed by various influences, including the WHO exposition of mental health, the UNCRPD's recognition of psycho-social disabilities, stories of recovery of those with severe psychiatric diagnoses and ideas around social justice, Eastern philosophy and Resilience Science.

Mental wellbeing is determined by multiple factors and MH360 foregrounds this understanding, while placing the idea of compassionate empowerment and healing at its centre.

Our Cause

To demystify and normalize conversations around mental health, encouraging people to actively nurture their own and their loved ones' emotional needs.

To offer a curated bouquet of resources/recovery choices for people in distress. Knowledge is power.

MH 360°

To encourage the building of solidarities, and a collective safe space where the LGBTQ+ community, and persons with disability can access healing through creative expression.

Why partner with us

MH 360°

MH360 is India's first Therapeutic Festival that celebrates the intersection of diversity/inclusion and mental health.

Over the past few years, we have seen increased awareness on mental health. However, enough is still not known about what to do in times of crises. Our festival initiates that conversation in a very friendly and accessible way.

This idea behind this festival is to reach out to our target demographic of students and young professionals. The venue chosen for this festival is India Habitat Centre. Your support will help us extend our outreach and create awareness on Mental Health for more people.

How you
could
support us

MH 360°

You can provide support in the following ways:

FINANCIAL SPONSORSHIP

- Be a Co-Sponsor or Event Supporter by providing direct financial support either to the entire festival or any one of the specific events.

IN-KIND SPONSORSHIP

- You can partner us by giving us in-kind support.

Festival Highlights



Panels & Talks

Discussions with
experts from across
the world



Workshops

Healing and
empowering the self



Cultural events

Building solidarity and
resilience through
creative expression

Panels

The unbearable lightness of being: Finding meaning in life	Models of Mental Health from across the globe
Emotional Resilience as an Educational Objective	Community Models of Emotional Wellbeing
When there is suffering (dukkha): An interfaith perspective	Pride X Mental Health: Sexual minorities, Bahujan & Adivasi voices
Medical alternates: Tibetan Medicine, Ayurveda, Homeopathy	Finding more empowering ways to look at emotional distress

Workshops/ cultural events

The Monkey Mind

Taming our anxiety



Katharsis

Stories of recovery & resilience



Dance away your blues

Movement therapy for self-image

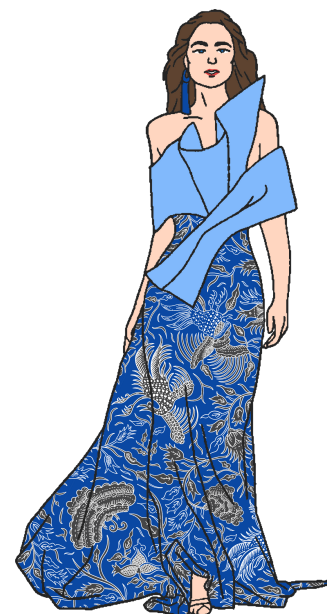
Death Cafe

Making peace with loss



Beautiful

A catwalk by transwomen



Spoken Poetry

People with marginalised identities speak their mind



Shared Consciousness

Tell us your stories, and our artists will bring them alive

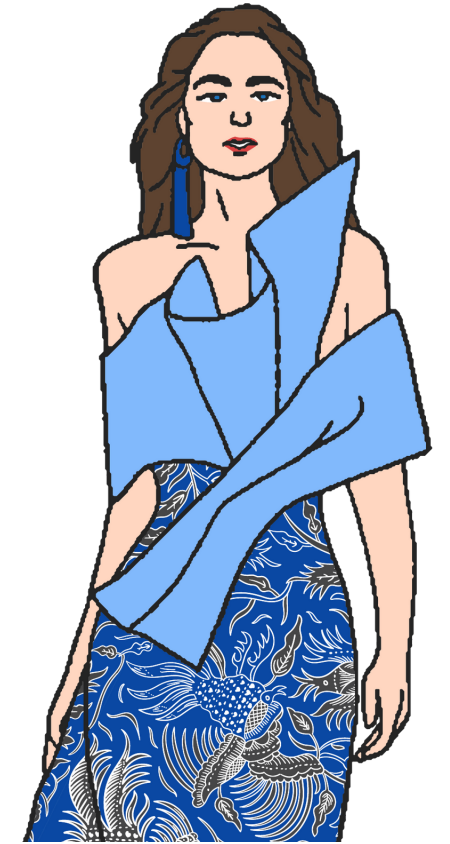


FESTIVAL HIGHLIGHTS



Spoken Poetry

A public call will go out for applications for the Spoken Poetry event. Those selected will be invited to share their musings with the audience at the end of Day 1 of the festival. Themes will include anxiety, loneliness, happiness, strength, forbidden love, loss and marginalised identities.



Beautiful

The festival culminates with a fashion show by Transwomen at the end of Day 2. As a celebration of resilient individuals navigating life through socially debilitating circumstances, we could think of no better way to end the MH 360° Festival.



Contact Us

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