

FESTIVAL PARTNERS

OUTREACH PARTNERS



The Red Door in collaboration with
the India Habitat Centre
presents

MH360°

A Mental Health Festival celebrating
**Diversity, Empathy and
Collective Well-being**

Amphitheatre, India Habitat
Centre, New Delhi - 110003

8th & 9th October, 2022



EVENT PARTNERS



HOSPITALITY PARTNER

8TH OCTOBER, 2022

11:00AM

Drum Circle | Festival Opening

11:30AM

Katharsis: Stories of Recovery & Resilience | Special

Featuring: Aparna Piramal Raje | Olga Runciman | Prateeksha Sharma | Daniel Mackler

12:15PM

Where there is Dukkha: A Spiritual Perspective on Mental Health | Panel

Featuring: Rajiv Mehrotra | Basit Jamal
Moderator: Pankaj Suneja

1:30PM-2:00PM

Lunch

2:00PM

Love, Actually | Workshop

Featuring: Dr Itisha Nagar | Assistant Professor, DU

2:45PM

Well-being in Corporate Spaces | Panel

Featuring: Aparna Piramal Raje | Priti Sridhar
Moderator: Seema Chowdhry

3:30PM

Exploring the Self [Part 1] | Workshop

Featuring: Shruti Garg | Drama & Movement Therapist

4:15PM

Psychiatric Labels and Legal Rights: The UNCRPD View | Panel

Featuring: Tina Minkowitz | Amita Dhanda | Prateeksha Sharma
Moderator: Aparna Sanyal

5:00PM

Creating stories with Clay | Workshop

Featuring: Suvajit Mondal |
Artist & Founder, The Potter's Life Clay Studio

5:45PM

PRIDE X: Centering the Marginalised Voice | Panel

Featuring: Divya Kandukuri | Shivangi Agrawal | Vikramaditya Sahai
Moderator: Abhishek Anicca

6:45PM

Chemical Imbalance: Truth or Myth? | Special

Featuring: Joanna Moncrieff

7:30PM

PRIDE X: Open Mic | Gala Event

9TH OCTOBER, 2022

11:00AM

Exploring the Self [Part 2] | Workshop

Featuring: Shruti Garg | Drama and Movement Therapist

12:00PM

The Unbearable Lightness of Being: Finding Meaning in Life | Panel

Featuring: Emmy Van Deurzen | Nidhi Rastogi | Paul Wong | Rajiv Mehrotra
Moderator: Aparna Sanyal

12:45PM

The Story Prism | Workshop

Featuring: Rituparna Ghosh |
Founder, Your Story Bag

1:30PM-2:00PM

Lunch

2:00PM

Better Mental Health as an Educational Objective | Panel

Featuring: Nandini Chatterjee | Amit Sen | Shilpa Tayal
Moderator: Pranami Tamuli

2:45PM

Death Cafe | Workshop

Featuring: Sneha Rooh | Palliative Physician, Somatic & Art Therapist

3:00PM

Community Models of MH: Blueprint for the Future | Panel

Featuring: Yana Jacobs | Manoj Kumar | Riya Biswas
Moderator: Reshma Jose

3:45PM

The Monkey Mind - Taming our Anxieties | Workshop

Featuring: Shelja Sen | Narrative Therapist, TED Speaker & Author

4:30PM

Alternative Medicinal Systems and Mental Health | Panel

Featuring: Tenzin Choying | Sugeeta Mutreja | Aditya Tiwari | Aruna Tummala
Moderator cum panelist: Sneha Rooh

5:30PM

Drum Circle | Special

Featuring: DODC

7:00PM

Come As You Are | Finale

Featuring: Rudrani Chettri and her team at the Bold Transgender Modeling Agency

ALL DAY EVENTS :

- **Clay Station | Play With Clay**
Featuring: Suvajit Mondal
- **Shared Consciousness | Collaborate with artists to bring your stories alive**
Featuring: Himanshi Siddharth | Parth Pawar | Ratyaditya | Vatsalya Goyal
- **The Listening Booth | Experience non-judgemental active listening**
Featuring: Mantavya

MH360°

MH 360° is a mental-health festival conceptualised by The Red Door as a rights-based, inclusive and safe celebratory space for people with diverse identities. We take a 360 degree approach to emotional healing, acknowledging neuro-diversity, social intersectionality & the disability lens. The festival is a mix of expert panels, therapeutic workshops and cultural events, with a special focus on marginalised voices.



Register Now!
www.threddoor.co.in



About | The Red Door

The Red Door [TRD] is a mental health initiative founded in 2011, that advocates a person-centric, intersectional and integrative approach to conversations around mental health, with an emphasis on creating communities of care through peer support.

Following the UNCRPD motto of 'Nothing about us without us,' TRD includes core team members who are now living functional and fulfilling lives despite being given debilitating psychiatric diagnoses. Central to our understanding of mental health are stories of recovery of 'experts by experience', Resilience Science, the Social Justice lens, Existential Psychology & Eastern Philosophy.

PROFILES

Abhishek Anicca - Writer | Poet | Performer | Disability Rights Advocate

Dr Aditya Tiwary – Psychiatrist | Homeopath | Psychotherapist | Arts Based Therapist

Dr Amita Dhanda – Professor Emerita at NALSAR University | Author

Dr Amit Sen – Psychiatrist | Co-founder, Children First

Aparna Piramal Raje - Author | Columnist | Educator | Motivational Speaker

Aparna Sanyal – Co-founder, The Red Door India | Filmmaker

Dr Aruna Tummala – Integrative Psychiatrist | Founder, Trinergy Health, USA

Basit Jamal – Ashoka Fellow [Peace-building through Religion] | Cinematographer

Daniel Mackler – Psychotherapist | Author | Filmmaker

Divya Kandukuri - Founder, Blue Dawn | Journalist

Dr Emmy van Deurzen – Philosopher | Psychologist | Existential Therapist

Himanshi Siddharth - Artist

Dr Itisha Nagar - Asst Professor, Psychology, University of Delhi

Dr Joanna Moncrieff - Psychiatrist | Professor, Critical and Social Psychiatry, University College London

Dr Manoj Kumar – Psychiatrist | Founder, Mental Health Action Trust

Mantavya - A community and strengths based Mental Health initiative in Delhi

Dr Nandini Chatterjee – Cognitive Neuroscientist | Lead, Rethinking Learning at UNESCO MGIEP

Dr Nidhi Rastogi – International AUM Leader from Humaniversity, Netherlands | Life Coach

Olga Runciman – Psychologist | Expert by Experience | Founder, Psycovey, Denmark

Pankaj Suneja – Psychologist, Shiv Nadar University

Parth Pawar - Co-founder, The Phosphene Magazine | Illustrator | NFT Artist

Dr Paul TP Wong – Founder-President, International Network on Personal Meaning | Editor-in-Chief, International Journal of Existential Psychology and Psychotherapy | Professor Emeritus

Pranami Tamuli – Program Director (Resilience), The Red Door India

Dr Prateeksha Sharma – Psychotherapist | Expert by Experience | Musicologist | Author

Priti Sridhar – CEO, Mariwala Health Initiative

Rajiv Mehrotra - Managing Trustee, Foundation for Universal Responsibility of HH The Dalai Lama | Filmmaker

Ratyaditya - Artist

Reshma Jose - Asst Professor, Psychology, University of Delhi

Rituparna Ghosh - Professional Story-teller | Founder, Your Story Bag

Riya Biswas - Founder, Mantavya Foundation for Mental Health

Rudrani Chettri - Founder, Mitr Trust & Bold Transgender Modeling Agency

Seema Chowdhry - Editor | Educator | Design Innovator

Dr Shelja Sen – Narrative Therapist | Co-founder, Children First | TED Speaker | Author

Shilpa Tayal - Director-cum-Principal at Prakriti School, Noida

Shivangi Agrawal – Queer and Disability Rights Advocate | Artist

Shruti Garg - Drama & Movement Therapist

Dr Sneha Rooh - Palliative Physician | Somatic & Arts based Therapist

Dr Sugeeta Mutreja – Ayurveda Doctor | Diet and Nutrition Specialist

Suvajit Mondal - Artist | Founder, The Potter's Life Clay Studio

Dr Tenzin Choying - Tibetan Medicine Specialist | HoD of Mental Health, Tibetan Medical and Astro Institute, Dharamshala

Tina Minkowitz – Founder-President, Center for the Human Rights of Users and Survivors of Psychiatry | Attorney | Member, Drafting Committee of the UNCRPD

Vatsalya Goyal - Illustrator | Graphic Designer

Vikram Aditya Sahai [Vqueeram] - Queer Activist | Researcher | Writer

Yana Jacobs – Veteran Mental Health Advocate | Foundation for Excellence in Mental Health Care, USA