









FESTIVAL PARTNERS

OUTREACH PARTNERS



Amphitheatre, India Habitat Centre, New Delhi - 110003

8th & 9th October, 2022











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



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

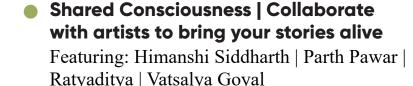
Come As You Are | Finale

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



ALL DAY EVENTS:

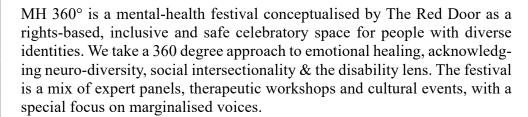
Clay Station | Play With Clay Featuring: Suvajit Mondal



 The Listening Booth | Experience non-judgemental active listening
Featuring: Mantavya



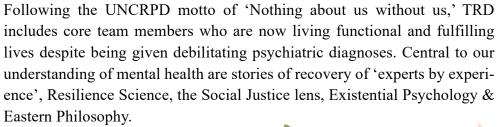






About | The Red Door

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.





Register Now! www.thereddoor.co.in



PROFILÉS

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, Psycovery, 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



