

9th May 2023

On the first day, the panels will discuss the concept of mental health from the lens of holistic health and wellbeing wherein mental health-wellbeing is seen as essential for living a healthier life despite failures, coping with the regular life stresses, working productively and satisfactorily, with balanced interpersonal relationships with peers, family, and community. The panel discussions will also deliberate the various therapeutic approaches practiced across the globe that have been able to promote mental health-wellbeing in the lives of children, adolescents, and their families. The global therapeutic approaches which will be discussed are Social Casework, Narrative Art therapy, Psycho-social therapy, Non-violent Communication, and Sports & Play.

09:00-9:45am: Registration of participants with Tea

09:45-9:55am: Arrival of Chief Guest

10:00-10:10am: Welcome and inviting all the dignitaries to the podium, lighting of the lamp

10:10-10:20am: Welcome address by Smt. Rita Panicker

10:20-10:35am: Setting the context by the Chair Dr. Nimesh G. Desai (Former Director of IHBAS)

10:35-10:50am: Address by Dr. Ziaul Matin, Representing UNICEF India (Health Specialist)

10:50-11:10am: Inaugural keynote address by the Chief Guest- Smt. Roli Singh, Additional Secretary, Ministry of Health and Family Welfare, Government of India.

11:10-11:20am: Study Release Action Research Studies

11:20-11:25am: Vote of Thanks

11:25-12:00pm: Tea Break

12:00-1:30pm: Panel Discussion- Therapeutic Approaches-Narrative Art Therapy (Rwanda), Psycho-social Therapy (Guyana) and Social Casework (India)

Chair: Dr. Archana Dassi (Professor, Dept. of Social Work, Jamia Millia Islamia)

Panelists:

- a. Mr. Chaste Uwihoreye (Executive Director, UYISENGA NI IMANZI, Rwanda)
- b. Ms. Omattie Madray (Managing Director, CHILD LINK, Guyana)
- c. Smt. Rita Panicker (Director, BUTTERFLIES, India)
 - Q&A concluding remarks by the Chair

1:30-2:30pm: Lunch

2:30-4:00pm: Panel Discussion- Integrative Therapeutic approaches promoting mental health-wellbeing.

Keynote Speaker & Chair: Dr. Archana Dassi (Professor, Dept. of Social Work, Jamia Millia Islamia)

Panelists:

- a. Dr. Mina Chandra (Consultant and HOD of Psychiatry, ABVIMS & Dr. RML Hospital)- Mindfulness Meditation.
- b. Mr. Neel Sood (Sports for Change Manager, Comic Relief, UK)- Sports & play promoting mental health-wellbeing.
- c. Mr. Vivek Kumar Singh (NVC Practitioner and MSSO AIIMS)-Non-Violent Communication promoting mental health-wellbeing.
- Q&A, concluding remarks by the Chair

4:00pm onwards: Poster Presentation, Selection by the Jury and High Tea

10th May 2023

On the second day, panels will discuss the critical issues concerned with the safety and mental health-wellbeing of children, adolescents, and young people. One of the panel discussions will highlight the significant findings of an empirical study on sexual violence against boys carried out in Philippines, Cambodia, Nepal, and India. The panel will share insights on raising awareness, need for accentuating dialogue and advocacy with the key stakeholders, to put in place the programmes and services for boys experiencing sexual violence. Second panel will discuss on the impact of internet, social media, and experiences of online abuse on mental health of children, adolescents and young people and the importance of digital safety. Through the discussion, preventive strategies to strengthen online digital safety and support services for overcoming internet addiction and experiences of abuse on online digital spaces will be emphasized.

09:00-9:45am: Registration and Tea

10:00-10:10am: Welcome

10:10-10:25am: Setting the context by the Chair Dr. Sanjai Bhatt

10:25-10:50am: Inaugural address by the Chief Guest- Honorable Chairman Dr. Rakesh Kumar, Uttarakhand Public Service Commission

10:50-10:55am: Release of Synthesis Report on Boys Affected by Sexual Violence

10:55-11:00am: Vote of Thanks

11:00-11:40am: Tea Break

11:40-1:20pm: Panel Discussion- Mental health of boys affected by sexual violence and national mechanism to prevent and promote mental health-wellbeing for boy survivors.

Keynote Speaker & Chair: Dr. Achal Bhagat (Psychiatrist, Founder-Saarthak)

Panelists:

- a. Ms. Zeny Rosales (Executive Director, CPTCSA, Philippines)
- b. Mr. Yaim-Chamreun (Executive Director, First-Step, Cambodia)
- c. Mr. Krishna Thapa (Director, Voice of Children, Nepal)
- d. Mr. Mohd. Shareef and Ms. Priyanka Lakra (Program Officers, Children Protection and Mental Health Programme Team, Butterflies, India)

- Q&A, concluding remarks by the Chair

1:20-2:20pm: Lunch

2:20-4:00pm: Panel Discussion- Digital safety in navigating internet and social media by adolescent & children to prevent mental health crisis.

Keynote Speaker & Chair: Prof. Manoj Kumar Sharma (Clinical Psychology, NIMHANS)- Internet addiction as mental health concern.

Panelists:

- a. Mr. Kannan Krishnaswamy (Former Communications Manager, George Institute of Global Health, India)- Harmful and age-inappropriate content on internet and social media platforms and its influence on adolescents.
 - b. Ms. Ambika Pandit (Senior Assistant Editor, The Times of India)- Role of mainstream media in promoting mental health.
 - c. Mr. Siddharth Pillai (Co-Founder, Rati Foundation)- Digital safety for children & adolescents using internet and social media.
- Q&A, concluding remarks by the Chair

4:00pm onwards: 'Mime Performance' and High Tea

11th May 2023

On the third day, the panel discussion will elaborate the relation and functions of educational systems vis-à-vis school, family and community in mobilizing efforts in support of mental health of children and adolescents. Highlighting mental health-wellbeing as a public health concern to be addressed through preventive and promotive measures.

09:00-9:45am: Registration and Tea

10:00-10:10am: Welcome

10:10-10:30am: Setting the context by the Chair Dr. Shekhar Seshadri

10:30-10:50am: Keynote address by Dr. Harish Shetty

10:50-10:55am: Vote of Thanks

10:55-11:30am: Tea Break

11:30-1:00pm: Panel Discussion- School as an Educational system, and Mental health-wellbeing concerns of children and adolescents.

Chair: Dr. Harish Shetty (Psychiatrist and Visiting Professor at Symbiosis Law School)

Panelists:

- a. Dr. Annie Koshi (Principal, St. Mary's School)- Common mental health-wellbeing concerns in school.

- b. Dr. Pattie Gonsalves (Project Director-PRIDE, Sangath)- School based interventions promoting mental health-wellbeing.
- c. Dr. Chetna Duggal (Associate Professor, TISS, Head of SIMHA-TISS Action project)- Strategies to promote mental health-wellbeing in educational systems.
- Q&A, concluding remarks by the Chair

1:00-2:00pm: Lunch

2:00-3:30pm: Panel Discussion-Mechanism promoting mental health-wellbeing of children and adolescents at family and community level.

Chair: Prof. Zubair Meenai (Professor, Dept. of Social work, Jamia Millia Islamia)

Keynote Speaker: Dr. Sonia P Deuri (Professor and Head- Psychiatric Social Work Department, LGBRIMH, Tezpur)-Promotive aspects of mental health mechanisms for children-adolescents in India.

Panelists:

- a. Ms. Jennifer Liang (Co-founder, The ANT, Assam)- Community mental healthcare in conflict situation for children and adolescents.
- b. Ms. Sannuthi Suresh (Programme Coordinator, Tulir)- Role of family and community in promoting mental health-wellbeing of children and adolescents.
- c. Dr. Meenu Anand (Assistant Professor, DSSW)- Social work approaches in community mental health.
- Q&A, concluding remarks by the Chair.

3:30-4:00pm: Tea

4:00-4:30pm: Valedictory remarks by Dr. K. Srinath Reddy (Professor, PHFI)

4:30-5:00pm: Poster Presentation Awards and Certificates

5:00-5:10pm: Way Forward

5:10-5:17pm: Vote of Thanks

5:17pm onwards: High Tea