

Manah Wellness Launches Emotional Health Sensitization drive on World Mental Health Day 2022

Manah Wellness, a leading workplace emotional health support platform has launched a nationwide campaign to train 10,000 individuals on managing their own emotional wellbeing and supporting others.



Pune, Maharashtra Oct 8, 2022 ([Issuewire.com](https://www.issuewire.com)) - [Manah Wellness](https://www.manahwellness.com), a leading employee emotional health, and wellbeing company is celebrating world mental health day on Oct 10th, 2022 by hosting a day-long event to bring important workplace mental health issues to the forefront and also launching two

initiatives to make Mental Health and Wellbeing a Global Priority.

With partners like CollPoll, Catalyst 2030, White Swan Foundation, Arogya World, and Synergy Marine, Manah Wellness will bring together speakers, leaders, influencers, people with lived experiences, mental health advocates, and practitioners for a day of Deliberation, Solidarity, and Action.

The World Mental Health Day Celebrations kick off on Oct 10th at 11:00 AM India Standard Time.

AGENDA

11:00 AM Opening Ceremony

11:00 AM - 11:45 AM Keynote by Abhijit Bhaduri

11:45 AM - 12:00 PM Launch of Mental Health Report

Panel Discussions 12:00 PM - 2:30 PM

12:15 PM to 1:00 PM: Generation in Making: A discussion on prioritising wellbeing for young adults

Moderator: *Shazil Ahmed, AVP, CollPoll*

Panelist: *Sahil Aggarwal, Co-Founder & CEO, Rishihood University*

Panelist: *Dr. Rupa Murghai, Senior Counsellor, BML Munjal University*

Panelist: *Dhammaratna Jawale, YouthLead Ambassador, USAID & Making Cents International*

Panelist: *Richa Sharma, Counselling Psychologist, Manah Wellness*

1:00 PM to 1:45 PM: The Grass-root Perspective: A discussion on prioritising well-being for social sector professionals

Moderator: *Dr. Shelly Batra, CEO, Every Infant Matters*

Panelist: *Leena Dandekar, Founder, Raintree Foundation*

Panelist: *Sohini Bhattacharya, CEO, Breakthrough India*

Panelist: *Priya Agrawal, Founder-Director, Antarang Foundation*

Panelist: *Dr. Amrita Panda, Founder & Managing Director, DeepRanjani Foundation*

1:45 PM to 2:30 PM: Businesses and People: A discussion on prioritising wellbeing for corporate professionals

Moderator: *Manoj Chandran, CEO, White Swan Foundation*

Panelist: *Lt. Col. Ramesh Menon, Director, GAR Corporation*

Panelist: *Rama Shankar Pandey, Managing Director, Hella*

Panelist: *Debasmita Sinha, Clinical Director & Senior Psychologist, Manah Wellness*

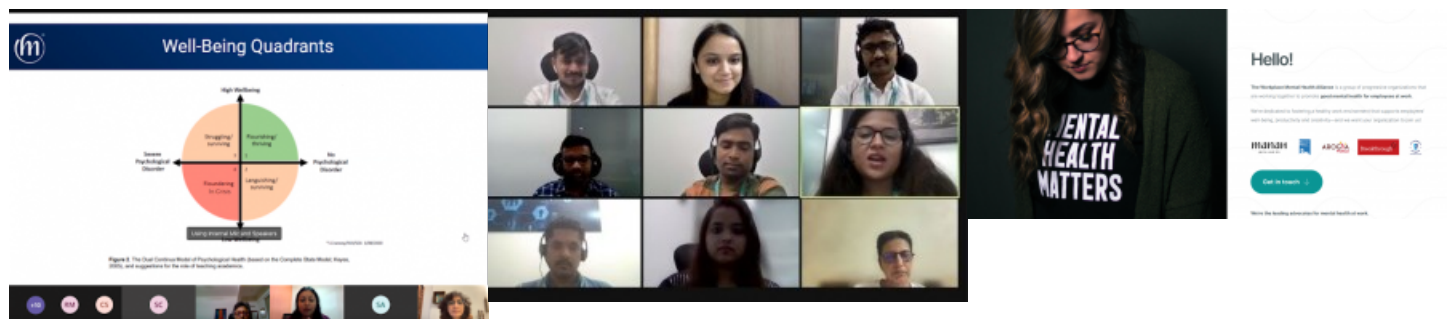
3:30 PM to 4:00 PM: Recognitions for Champions of Wellbeing:

4:30 PM: Closing Ceremony

Register at [Manah Wellness World Mental Health Day](#)

In addition to hosting world mental health day 2022, Manah Wellness is also launching a nationwide campaign to sensitize employees and individuals on emotional health and wellbeing. Having trained 1000+ individuals over the last 40 days, the target is to reach 10,000 individuals and equip them with basic tools and knowledge to support each other and themselves.

To make Mental Health and Wellbeing truly a global priority for all, particularly for business, it is important for all stakeholders to come together. To enable this, Manah Wellness is also launching a [Workplace Mental Health Alliance](#) that will focus on empowering people, organizations, and employers to engage in meaningful conversations about mental health and well-being at work. This alliance will include a network of leaders, determined to create safe workplaces. Workplace Mental Health Alliance will promote good mental health through education, support, and a framework of shared information and best practices.



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