

Day 1 (12th November 2026)

Time	Session
8:00 am onwards	Registration
9:00 to 10:00	**Welcome session:** **Room: JLN Main Auditorium** 1. **Welcome address – Prof. Rajesh Sagar, AIIMS** 2. **Lighting of the lamp** 3. **An introduction to History of TAS and WPA – Prof. Norman Sartorius, President, Association for the Improvement of Mental Health Programmes, Geneva** 4. **Address by Prof. Nicolas Rüsch**, WPA Stigma Section Chair 5. **Address by Prof. R. Chaddha**, President WASP 6. **Address by Prof. Radhika Tandon**, Dean Research, AIIMS 7. **Address by Dr. Jesper Moller, Deputy Representative, UNICEF India** 8. **Address by Prof. Pallab Maulik**, Director of Research, The George Institute for Global Health, India – Outlining an overview of the conference 9. **Keynote address: Dr. Srinivas, Honourable Member NITI Aayog** 10. **Vote of thanks by Dr. Y.K. Sandhya**, The George Institute for Global Health, India
10:00 to 11:00	*Tea break*
11:00 -12:00	**Plenary 1 – Fireside chat** **Room: JLN Main Auditorium** **Moderator** – Dr. Y.K. Sandhya, Program Lead – Mental Health, The George Institute for Global Health, India **Speakers:** • Prof. Sir Graham Thornicroft, King's College, London • Prof. Norman Sartorius, President, Association for the Improvement of Mental Health Programmes, Geneva • Dr. Dinesh C Sharma, Science Journalist and Author
12:00 – 1:00	**Parallel Session 1** **Symposia** 1. **Symposium 1**: *From Reluctance to Refill: Tracking Stigma along the course of pharmacological treatment* **Room**: **Education Hall, CMET building** **Speakers**: i) Dr. Adit Verma, All India Institute of Medical Sciences (AIIMS) ii) Dr. Hemant Choudhary, AIIMS iii) Dr. Shubha Bagri, AIIMS **Chair: Prof. Pratap Sharan** 2. **Symposium 2:** *360-degree approach to improve care seeking for Mental Health: Public & Private* **Room: JLN Main Auditorium**

Chair: Dr Nande Putta, Chief Health, UNICEF India Country Office, New Delhi
Co chair: Patricia Landínez González
Mental Health and Psychosocial Support Specialist, UNICEF - Global Education Practice - Consultant

Moderator: Dr Syed Hubbe Ali, Health Specialist (RMNCHA), UNICEF India Country Office
Panelist:

1. Ms. Aruna Tripathy (IAS), Deputy Secretary, Dept. of Health and Family Welfare, Government of Odisha
2. Dr Zoya Ali Rizvi, Dyp. Commissioner Adolescent Health and Nutrition, Ministry of Health and Family Welfare, Gov. of India
3. Dr Pradeep B S, Dy Superintendent, National Institute of Mental Health and Neurosciences
4. Dr. Madhuri Patel, President (Elect) Federation of Obstetrics and Gynecological Society of India (FOGSI)
5. Ms. Nahid Afrin, UNICEF India Youth Advocate

Release of the "Voices of the Youth and Experts" document

3. **Symposium 3:** *Addressing Mental Health Stigma in Integration of Mental Health and Substance Use Screening in Primary Care in India*
   Room: Technology Hall, CMET building
   Speakers:
   i) Dr. Abhishek Ghosh, PGIMER, Chandigarh
   ii) Mrs. Blessy B. George, PGIMER, Chandigarh
   iii) Dr. Sakshi Setia, PGIMER, Chandigarh
   iv) Dr. Kshitiz Sharma, PGIMER, Chandigarh
   Chair: Prof. Rajesh Sagar and Prof. Rachna Bhargava

Oral Presentations

4. **Oral presentation 1: Self-Stigma and Stigma Reduction**
   Room: Studio III, Convergence Block (SET- 2nd Floor)
   Chair: Dr. Ankita Mukherjee

i) Athel Jenell Hu Jiamin - *The Social Construction of Mental Illness Stigma amongst Asians: A systematic review and meta-ethnography*

ii) Ziyan Xu - *Self-stigma, stigma stress, shame, and recovery: A longitudinal study*

iii) Anaf Kololichalil - *Internalised Stigma, Discrimination, and Quality of Life Among Patients With Bodily Distress Disorder in India: An Ongoing Cross-Sectional Study*

iv) Arnab Datta - *Effect of Internalized Stigma on Disability in Individuals with Schizophrenia and Bipolar Disorder: A Comparative Study*

	v) Shyamashree Biswas- *Inclusion of socially marginalized and stigmatized populations in clinical research in India* vi) DMC Representative - Legal Issues in Medical Practice: Current Perspectives **5. Oral presentation 2: Gender, Sexual Minority and Intersectional Stigma:** **Chairs: Parth Sharma and Dr. Sudha Kallakuri** **Room: Studio II, Convergence Block (SET- 2nd Floor)** i) Sarah M. Murray - *Identifying Modifiable Potential Pathways to Suicidal Ideation among Transmasculine Adults: The Role of Intersectional Discrimination, Pride, Depression, and Hopelessness in rural America* ii) Manmeet Kaur Bhatia - *Reducing Mental Health Stigma and Promoting Help-Seeking among Transgender Persons in Delhi NCR: Evidence from Manthan Peer-Led and Digital Interventions* iii) Clifton R Emery - *Mental Health Effects of Traumatic Victimization of Girls in India: A 3-D Theory Study* iv) Rimjhim Sharma - *Project Humjoli: The Formation of a Lived Experience Advisory Group (LEAG) with Adolescent Girls in Rural Uttar Pradesh, India* **6. Oral presentation 3: Youth, Schools and Help-Seeking** **Room: Studio I, Convergence Block (SET- 2nd Floor)** **Chairs: Dr. Pattie Gonsalves and Dr. Meena Som** i) Melissa J DuPont-Reyes – *Modified Labeling Theory in the Digital World: How Mental Illness Stigmatization on Social Media Influences Youth Mental Health via Coping Behaviors and Social Network Quality* ii) Arundhathi Girli Kumari and Shravani Sandepudi - *Musical Theatre for Reducing Mental Health Stigma among Adolescents* iii) Ojas Krishnani - Mukti: *A student-led model to increase awareness, care-seeking, and reduce stigma around substance use in India* iv) Phillip Yang - *Centering Youth Voices to Reduce Mental Health Stigma: A Community-Based Participatory Study of School-Based Mental Health Supports* **7. Oral presentation 4: Workplace and Institutional Stigma:** **Room: Conference Hall, (JLN Auditorium-1st Floor)** **Chair: Dr. Srilatha Paslawar** i) Sreedevi Malappurath - *Algorithmic Surveillance, Strain, and Hidden Burnout: Unpacking Structural Workplace Stigma and Help-Seeking Barriers Among Tech-Tracked Corporate Workers*

	ii) Susan Solomon - *Speaking Up About Workplace Racism: Anticipated Discrediting & Silence* iii) Amanda Maranzan - *Unpacking Structural Stigma in Work Injury and Disability: Results of a Systematic Scoping Review* iv) Anjali Marar - *Baatein, an open space to destigmatize mental health disorders* v) Nitika (Rewari) Chunilall - *When Stigmas Intersect: Understanding overlapping systems of exclusion in health care and pathways for action* vi) Jaswant Jangra - *A Comparative Study of Problematic Internet Use and Psychosocial Morbidity Among Indian Engineering and Medical Students: Implications for Mental Health Stigma*
1:00 to 2:00	*LUNCH*
2:00 – 3:00	**Plenary 2** – India focused specific interventions/policies and programmes **Room: JLN Main Auditorium** **Chairs: Ms. Jyothi Ravichandran & Dr. Raman Deep** **1.** Stigma related research activities of George Institute over the past decades **Speakers: Prof. Pallab Maulik, Dr. Mercian Daniel, Dr. Y.K. Sandhya** **2.** Stigma reduction policies and programmes in India • "Cultural concepts related to stigma of mental disorders in traditional societies." **Prof. Pratap Sharan** • "Government led initiatives to reduce stigma and ways forward - **Prof. Rajesh Sagar**
3:00 – 3:30	*Tea break (For poster presentation - from 3 to 4:30 posters on display)*
3:30 - 4:30	**Parallel Session 2** **Symposia** **1. Symposium 4:** *Connecting Global Knowledge and tools to support action and advocacy on mental health stigma* **Room: JLN Main Auditorium** **Speakers:** i) Dr. Sue Baker, Changing Minds Globally ii) Dr. Judy Kariuki, Changing Minds Globally iii) Dr. Kunwar Inayat, Youth for Mental Health, India **Chair: Prof. Pallab Maulik and Prof. Nicolas Rüsch** **2. Symposium 5:** *When Treatment Becomes a Label: Stigma Towards Agonist Maintenance Treatment* **Room: Technology Hall, CMET building** **Speakers:** i) Dr. Anaf Kololichalil, AIIMS, New Delhi ii) Dr. Nileswar Das, AIIMS, Raipur

	iii) Prof. Atul Ambekar, AIIMS, New Delhi **Chair: Dr. Abhishek Ghosh** 3. **Symposium 6:** *Meaningful Engagement for Mental Health Equity in Multiple Long-Term Conditions: From Lived Experience to Health System Transformation* **Room: Studio III, Convergence Block (SET- 2nd Floor)** **Speakers:** i) Ms. Radhika Shrivastav- Senior Director, HRIDAY, New Delhi ii) Dr. Mohan Bairwa- Additional Professor, Centre for Community Medicine, AIIMS New Delhi iii) Dr Mansi Chopra, HRIDAY iv) Dr. Priya Parmar, Director Operations, Indian Cancer Society, New Delhi v) Ms. Yangchen Dolma, Lived Experience Representative vi) Ms Sunita Kumari, Lived experience champion **Chairs: Ms. Mona Sharma and Dr Syed Hubbe Ali**
3:30 – 5:30	**Workshops (Parallel Session 2 & 3)** **Workshop 1:** *Designing Safe Conversations: Demonstrating Student–Teacher Meetings™ (STM) to Reduce Mental Health Stigma through Human Factors* **Room: Conference Hall, (JLN Auditorium-1st Floor)** **Facilitators:** i) Ms. Astha Gill, Astha Setu - Teacher Training and Development i) ii) Ms. Mannat Gill, SGT University **Coordinator: AIIMS volunteer (Dr. Pinki Sevda, Dr. Mahesh)** **Workshop 2:** *Shifting the Norm: An Ecosystem Approach to Workforce Sustainability and Structural Safety* **Room: Education Hall, CMET building** **Facilitators:** i) Shatarupa, The YP Foundation ii) Madhu, The YP Foundation iii) Devanshi, The YP Foundation **Coordinator: AIIMS volunteer (Dr. Omar Afroz, Dr. Jayalakshmi A S)** **Workshop 3:** *The Space Between Theory and Everyday Practice: What Lived Experiences Continue to Teach Us* **Room: Studio II, Convergence Block (SET- 2nd Floor)** **Facilitators:** i) Dr. Aparajita Basu Roy, Independent Researchers ii) Mrs. Aditi Basu Roy, Educator and CBSE Resource Person **Coordinator: AIIMS volunteer (Dr. Diveesha M, Dr. Hema Rajarapu)** **Workshop 4:** *Beyond Words- Art Therapy as a Pathway through Mental Health Stigma* **Room: Studio I, Convergence Block (SET- 2nd Floor)**

	Facilitators: i) Dr. Akanksha Rani, Christ University, Bangalore ii) Dr. Lekshmi Vimala **Coordinator: AIIMS volunteer (Dr. Merlin Mathew, Dr. Ajay Kumar)**
4:30 – 5:30	**Parallel Session 3** **Symposia** 1. **Symposium 7:** *From lived experience to intervention: Youth participation, intersectionality, and storytelling to address mental health stigma in India* **Room: JLN Main Auditorium** **Speakers:** i) Dr. Pattie Gonsalves, Sangath ii) Sweta Pal, Sangath iii) Parth Sharma, Sangath iv) Bhavya Malhotra, Sangath v) Dhriti Mittal, Sangath **Chairs: Dr. Kaaren Mathias and Dr. Meena Som** 2. **Symposium 8:** *Reducing stigma around mental illness – Global Stigma Reduction Programme* **Room: Studio III, Convergence Block (SET- 2nd Floor)** **Speakers:** i) Bridey Rudd, GASA ii) Ryan McLaughlin, GASA iii) Nitika (Rewari) Chunilall/ Susan Solomon **Chair: Prof. Pallab Maulik or Prof. Sir Graham Thornicroft** 3. **Symposium 9:** *From Silence to Solidarity – A community led lived experience model to reduce diabetes related stigma and protect mental wellbeing in India* **Room: Technology Hall, CMET building** **Speakers:** i) Ms. Radhika Shrivastav- Senior Director, HRIDAY, New Delhi ii) Dr Archana Sarda- Global Metabolic Health Alliance iii) Dr. Mansi Chopra - HRIDAY iv) Ms. Riddhi Modi - Lived Experience Champion, Grassroots to Global Initiative v) Ms. Bhumika Khurana - Lived Experience Ambassador, Yog Dhyan Foundation (YDF) **Chairs: Prof. Mamta Sood and Prof. Rachna Bhargava**
7:30 onwards	**Dinner and Networking** **Venue:** Silver Oak, India Habitat Centre, Lodhi Road, New Delhi, Delhi- 110003. **Note:** A bus is arranged from the conference venue to drop off at the dinner venue.

The 11th Together Against Stigma Conference

Addressing Stigma Related to Child and Adolescent Mental Illness and Promoting Mental Health

The George Institute for Global Health

unicef for every child

WORLD PSYCHIATRIC ASSOCIATION
Advance Psychiatry and Mental Health Across the World

World Association of Social Psychiatry

The 11th Together Against Stigma Conference

Addressing Stigma Related to Child and Adolescent Mental Illness and Promoting Mental Health

Day 2 (13th November 2026)

Time	Session
8:00 am onwards	Registration
8:00 - 9:00am	**Symposium 10: Mental Health in the WHO South-East Asia Region: a human rights-oriented approach** **Room: Conference Hall, (JLN Auditorium-1st Floor)** **Speakers: Dr. Andrea (pre-recorded video)** **Chairs: Prof. Pallab Maulik**
	Early Career Researcher presentations: **BLOCK 1** **Room: Education Hall, CMET Building** **Judge: Dr. Sudha Kallakuri & Dr Mercian Daniel** i) Amal Khanolkar - Sexual Identity Inequalities in the impact of bullying-victimisation across adolescence on mental health in early adulthood – A national cohort study ii) Vanshika Nigam - Perceived Stigma and Mental Health Outcomes among LGBTQIA+ Emerging Adults in India: A Narrative Review iii) Verena Marschin - Honest, Open, Proud for Adolescents with Mental Illness: Evidence for a Peer-Led Anti-Stigma Intervention iv) Mayank Sharma - How People with Epilepsy in India Experience and Manage Stigma - A Qualitative Study v) Sarah Shabbir Suwasrawala- Mapping the Pathways of Intersectional Stigma: A Multilevel Conceptual Framework Linking Structural Systems to Health Outcomes **BLOCK 2** **Room: Technology Hall, CMET Building** **Judge: Dr. Abhishek Ghosh & Dr. Srilatha Paslawar/ Dr. Y.K. Sandhya** i) Anand Narayan - Exploring Parents' Perceptions Regarding Bullying Interventions ii) Madhvi Lahri - Stigma, Illness Experiences and Help-Seeking in Dissociative Disorders: Perspectives from Multiple Stakeholders iii) Anjali Singh - Feasibility of Using Social Contact in Reducing Stigma Associated with Receiving Electroconvulsive Therapy: An Exploratory Study among Service Users and Families iv) Moona Queen - Development of a Culturally based Digital Cognitive Screening Tool for the Indian Population: A DSM-5-Aligned Domain and Task-Selection Framework v) Anushka Pandey - Workplace Gender Microaggressions and Women's Well-Being: Mapping Psychological and Work-Related Outcomes Through a Stigma Lens
9:00 - 10:15	**Plenary 3 – BRICS High level Panel Discussion** **Room: JLN Main Auditorium** **Chair: Prof. Sir Graham Thornicroft** **Moderator: Dr. Nande Putta**, Chief of Health, UNICEF India Speakers – i) Dr. Y. C. Janardhan Reddy, Director, NIMHANS

	ii) Dr. Sanghamitra Barik, Additional Director, Child Protection (CP), Savitribai Phule National Institute of Women and Child Development, Ministry of Women and Child Development iii) Dr Dudu Shiba, Director of Mental Health and Substance Abuse, National Department of Health, Pretoria, South Africa iv) Dr. Khassanova Mariyam, Head of the Information and Analytical Monitoring Center, Psychiatrist, Republican Scientific and Practical Center for Mental Health of the Ministry of Health, Kazakhstan v) Mr. Syed Mohd Hamzah Bin Syed Ab Hamid, Senior Deputy Director, Institute Pendidikan Guru Malaysia vi) Child Mind Institute representing Brazil
10:15 - 10:30	*Tea break (For poster presentation - from 10: 15 to 11:30 posters on display)*
10:30 -11:30	**Workshops (Parallel Session 4)** **Workshop 5**: *Pictures that Speak: Using Photovoice to Understand and Address Mental Health Stigma* **Room**: **Studio I, Convergence Block (SET- 2nd Floor)** **Facilitators**: i) Dr. Sudha Kallakuri ii) Dr. Mercian Daniel **Coordinator: AIIMS volunteer ((Dr. Merlin Mathew, Dr. Ajay Kumar)** **Workshop 6:** *"Love, Your Mind": Transferable Lessons from a Mental Health Destigmatization Campaign* **Room: Education Hall, CMET building** **Facilitator:** Glen Kreiner, University of Utah **Coordinator: AIIMS volunteer (Dr. Omar Afroz, Dr. Jayalakshmi A S)** **Workshop 7:** *Beyond Consultation: Co-cReating IntEractive Anti-STigma matErials with Adolescents (CREATE) – Lessons from the ARTEMIS Study* **Room: JLN Main Auditorium** **Facilitators:** i) Naushad Alam Khan, George Institute for Global Health ii) Dr. Srilatha Paslawar, George Institute for Global Health iii) Dr. Y.K.Sandhya, George Institute for Global Health **Coordinator: AIIMS volunteer (Dr. Mukul Kumar, Dr. Jay Malya Banerjee)**

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10:30 -12:30	**Workshops (Parallel Session 4 & 5)** **Workshop 8:** *LEAP (Lived Experience Alliance Project): A Youth Co-Design Collective Addressing Personality Disorder Stigma in India* **Room: Conference Hall, (JLN Auditorium-1st Floor)** **Facilitators:** i) Ms. Varsha R, Vidyashilp University, Bangaluru ii) Dr. Sheetal Lakhani, Vidyashilp University, Bangaluru **Coordinator: AIIMS volunteer (Dr. Pinki Sevda, Dr. Mahesh)** **Workshop 9:** *From Awareness to Help-Seeking: Navigating Mental Health Stigma and Family Barriers in Rural India* **Room: Technology Hall, CMET building** **Facilitators:** i) Dr. Asmita Naik Africawala, Ambuja Foundation ii) Dr. Vinayak Sonawane, Ambuja Foundation **Coordinator: AIIMS volunteer (Dr. Vipindeep Kaur Sandhu, Jayalakshmi A S)** **Workshop 10**: *From Theory to Practice: Reducing Stigma in Mental Health Crisis Response Through Traditional Indian Practices in Bystander Systems* **Room**: **Studio III, Convergence Block (SET- 2nd Floor)** **Facilitators**: i) Dr. Aparna Raghavan, Krea University & Christ University ii) Dr. Zahida Ishq War, Krea University **Coordinator: AIIMS volunteer (Dr. Anureet Kaur Chandi, Dr. Ajay Kumar)** **Workshop 11:** *Meeting Stigma Differently: An experiential exploration of how peer support spaces shape the experience of mental health stigma* **Room**: **Studio II, Convergence Block (SET- 2nd Floor)** **Facilitators:** i) Ms. Mona Sharma Rana, Manorathi Foundation ii) Udisha Maurya, Manorathi Foundation **iii)** Himanshu Kulkarni, Manorathi Foundation **Coordinator: AIIMS volunteer (Dr. Diveesha M, Dr. Hema Rajarap)**
11:30 – 12:30	**Parallel Session 5** **Symposia** 1. **Symposium 11:** *Breaking Social Stigma and Barriers among youth: A community centered intervention for mental wellbeing* **Room: Education Hall, CMET building** **Speakers:** i) Adithya M R, Trust For Youth And Child Leadership ii) CT Meenakshi Sundaram, Trust For Youth And Child Leadership iii) Lokitha Kamachi, Trust For Youth And Child Leadership iv) Francis Kulandai Raj, Trust For Youth And Child Leadership **Chairs: Dr. Sugata Roy and Dr. Meena Som**

	2. **Symposium 12:** *Stigma surrounding psychiatric treatment and anti-depression misuse: the potential role of treatment avoidance of label prescribing and non-psychiatrist care* **Room: Studio I, Convergence Block (SET- 2nd Floor)** **Speakers:** i) Dr. Jaswant Jangra, AIIMS, CAPFIMS ii) Dr. Durgeshwari Sharma, AIIMS, CAPFIMS iii) Dr. Vijendra Anand, AIIMS, CAPFIMS iv) Dr. Harsha, AIIMS, CAPFIMS **Chair: Prof. Atul Ambekar or Prof. Rachna Bhargava** 3. **Symposium 13:** *Breaking the Silence, Saving Futures: Tackling Stigma in Childhood Chronic Diseases / Conditions – through lived experience* **Room: JLN Main Auditorium** **Moderator: Dr Vivek Virendra Singh, Health Specialist, UNICEF India Country Office** **Panelist:** i) Ms. Astha Arora, Public Health Expert at the Asian Development Bank (ADB) ii) Mr. Gautam Dongre, Member Secretary, National Alliance of Sickle Cell Organization (NASCO) India iii) Ms. Toufiq Rashid, Independent Journalist, former deputy managing editor-digital@OutlookIndia iv) Ms. Nupur Lalwani, Youth Advocate for NCDs
12:30 – 1:30	**Parallel Session 6** **Symposia** 1. **Symposium 14:** *Drawing lessons from other health conditions to inform mental health stigma* **Room: Education Hall, CMET building** **Speakers:** i) Dr. Snehil Gupta, AIIMS Bhopal ii) Prof. Vijender Singh, AIIMS Bhopal iii) Dr. Ashish Pakhre, AIIMS Bhopal iv) Dr. Akash Kumar, AIIMS Raebareli **Chair: Dr. Raman Deep or Mr. Subhojit Goswami** 2. **Symposium 15:** *Unhappy mothers – learning from a psycho-social intervention for perinatal depression in central India* **Room: Technology Hall, CMET building** **Speakers:** i) Dr. Rohit Shah, Sangath ii) Simran Agrawal, Sangath iii) Sandhya Pillai, Sangath **Chair: Dr. Gracy Andrew** 3. **Symposium 16:** *Addressing Mental, Neurological and Substance Use (MNS) Disorders: Reducing Stigma and Promoting Well-being Among Underserved Populations in India*

Room: Conference Hall, (JLN Auditorium-1st Floor)
Speakers:
i) Dr. Srilatha Paslawar, The George Institute for Global Health, India
ii) Dr. Sudha Kallakuri, The George Institute for Global Health, India
iii) Dr. Mercian Daniel, The George Institute for Global Health, India
iv) Dr. Y.K. Sandhya, The George Institute for Global Health, India
v) Dr. Usha Khanapur, The George Institute for Global Health, India
Chair: Dr. Petra Gronholm

4. **Symposium 17:** *From Lived Experience to Peer Leadership: A Student-Led Approach to Reducing Mental Health Stigma Across Indian Campuses*
Room: Studio II, Convergence Block (SET- 2nd Floor)
Speakers:
i) Mr. Hitesh Sanwal, Youth for Mental Health, India
ii) Ms. Kunwar Inayat, Youth for Mental Health, India
iii) Ms. Tiya Sharma, Youth for Mental Health, India
Chair: Dr. Ojas Krishnani and Dr. Sugata Roy

Oral Presentations

5. **Oral presentation 5: Lived Experience and Co-production**
Room: Studio I, Convergence Block (SET- 2nd Floor)
Chairs: Dr. Rahul Mathur or Dr. Yogender Malik

i) Kaaren Mathias- *Developing relevant community mental health programmes in North India: five questions we ask when co-producing knowledge with experts by experience*

ii) Udisha Maurya - *When Stigma Is Met with Acceptance: A Practice-Informed Perspective from a Peer Support Community*

iii) Chetana Iyer - *From Attitudes to Action: Building Helping Competencies to Reduce Stigma and Harm and Enable Trauma-Informed Practice in Child Protection Systems in India*

iv) Sachin Barbde - *Reclaiming Identity Through Social Contact: A Qualitative Recovery Study of Psychosis in Ho Adivasi Communities, Jharkhand, India*

v) Shreya Varier - *Addressing the Roots of Stigma: Life Skills and Mental Health Literacy for Adolescent Wellbeing*

6. **Oral presentation 6: Systems, Policy and Global Programs**
Room: JLN Main Auditorium
Chairs: Dr. Nicolas Rüsch or Dr. Preethy Kathiresan

i) Nitika (Rewari) Chunilall - *Learning Together for Systems Change: A national structural stigma-reduction initiative*
ii) Richa Gupta - *Universal Prevention as a Pathway to Subvert Mental Health Stigma: Evidence from a Government-Implemented Large-Scale Randomized Controlled Trial*

	iii) Glen Kreiner - *A Model of "Community Weaving": Lessons from A U.S. Grand Challenge Initiative to Eliminate Mental Illness Stigma* iv) Astha Gill - *From Silence to Safety: Human Factors Approaches to Reducing Mental Health Stigma in High-Stakes Systems* v) Niveditha P. Joy- *Project SURAKSHA: A Community-Based Surveillance and Suicide Prevention Model from Rural Karnataka - Lessons for Reducing Stigma and Saving Lives* **7. Oral presentation 7: Gender, Reproductive Health and Mental Health:** **Room: Studio III, Convergence Block (SET- 2nd Floor)** **Chairs: Dr. Lekshmi Vimala and Dr. Ashish Pundhir** i) Divya Kumar - *When Destigmatisation Becomes an Inherent Function: Resetting the Default Response to Child Sexual Abuse within Child Protection and Mental Health Systems* ii) Aakanksha Shukla - *Stigma-driven reproductive gatekeeping among women living with severe mental illness: a rapid scoping review of reproductive autonomy* iii) Mangesh Arun Gadhari - *Addressing Multi-Level Barriers to Perinatal Mental Healthcare Through Routine Maternal Health Services: An Implementation Experience from Maharashtra, India* iv) Mukkamala N.S Bhargavi - *Can Discussions Around a Stigmatized Health Topic Create Opportunities for Mental Health Help-Seeking? Lessons from a Community-Based Menstrual Health Programme in Tribal Communities of Andhra Pradesh, India* v) Sarah Shabbir Suwasrawala - *Co-designing a Culturally Adapted Psychological Intervention for Women Living with Endometriosis in India: Integrating Lived Experience into Mental Health Care*
1:30 - 2:30	*LUNCH*
2:30 – 3:30	**Parallel Session 7** **Symposia** **1. Symposium 18:** *The INDIGO Partnership research programme: a multi-level strategy to reduce mental health stigma* **Room: Studio I, Convergence Block (SET- 2nd Floor)** **Speakers:** i) Prof. Sir Graham Thornicroft, King's College, London ii) Dr. Petra Gronholm, London School of Hygiene and Tropical Medicine, London iii) Dr. Mercian Daniel, The George Institute for Global Health, India iv) Dr. Sudha Kallakuri, The George Institute for Global Health, India **Chair: Dr. Bridey Rudd or Dr. Sue Baker**

2. **Symposium 19:** *Narrative Enhancement and Cognitive Therapy (NECT) for self-stigma and improving early intervention: Update on Adaptations for Young Adults*
   Room: Studio III, Convergence Block (SET- 2nd Floor)
   Speakers:
   i) Mr. Philip Yanos, John Jay College, City University of New York
   ii) Ms. Victoria Shepard, Cuny Graduate Center
   iii) Mrs. Madison Barber, John Jay College of Criminal Justice, The Graduate Center, CUNY
   Chairs: Ms. Mona Sharma Rana and Prof. Pratap Sharan

3. **Symposium 20:** *Culturally integrated intervention for intimate partner violence: addressing structural stigma and social exclusion among female survivors*
   Room: Studio II, Convergence Block (SET- 2nd Floor)
   Speakers:
   i) Dr. Akanksha Rani, Christ University, Bangalore
   ii) Dr. Cicil R. Vasanthra, Institute of Human Behaviour and Allied Science (IHBAS), Delhi
   iii) Dr. Lekshmi Vimala, Psychotherapist
   Chair: Prof Mamta Sood or Rahul Mathur

4. **Symposium 21**: *Beyond Stigma: A multidisciplinary approach to understanding and reducing mental health stigma*
   Room: Education Hall, CMET building
   Speakers:
   i) Dr. Sucharita Mandal, AIIMS Kalyani
   ii) Dr. Ashish Pundhir, AIIMS Kalyani
   iii) Ms. Betsy Chakraborty, AIIMS Kalyani
   Chair: Dr. Bichitra Nanda Patra and Ojas Krishnani

5. **Symposium 22:** *Addressing Mental Health Care: A cultural comparison on perception and stigma*
   Room: Technology Hall, CMET building
   Speakers:
   i) Dr. Yogender Malik, PGIMS, Rohtak
   ii) Dr. Adwitiya Ray, PGIMS, Rohtak
   iii) Dr. Monika Ayushi, PGIMS, Rohtak
   iv) Dr. Sujata Sethi, PGIMS, Rohtak
   Chair: Dr. Ankita Mukherjee

Oral Presentations

6. **Oral presentation 8: Prevention, Innovation and Inclusion:**
   Room: Conference Hall, (JLN Auditorium-1st Floor)
   Chairs: Dr. Anne-Claire or Dr. Snehil Gupta

i) Kaaren Mathias- *Community action and inclusive storytelling - Nōku te Ao national stigma reduction programme in Aotearoa New Zealand*

	ii) Wenhua Lu - *Feasibility, Acceptability, and Preliminary Outcomes of BC2M-AAPI: A Culturally Adapted School-Based Mental Health Anti-Stigma Program* iii) Vaishnabi Paty & Dr. Meena Som - *Adolescent voices against stigma* iv) Syed Hubbe Ali - *Young volunteers led community based mental health programme in Chhattisgarh State of India* **7. Oral presentation 9: Community engagement, Media and Innovation** **Room: JLN Main Auditorium** **Chairs: Dr Nitika (Rewari) Chunilall and Dr. Sachin Barbde** i) Ankita Kohirkar – *Addressing Stigma and Social Exclusion: Community based MHPSS Pathways for Children and Caregivers in Jalna* ii) Zoya Choudhary – *Can AI Mental-Health Chatbots Reduce or Reproduce Stigma? A Preliminary Framework for Safe Digital Mental-Health Support* iii) Veda Siddharth RG – *Stigmatising and Counter-Stigmatising Portrayals of Mental Health Professionals in Contemporary Indian Cinema: A Cross-Linguistic Content Analysis* iv) Srilatha Paslawar – *Measuring Stigma Change in Community-Based Anti-Stigma Programmes: Lessons from SMART Mental Health and ARTEMIS in India*
3:30 – 4:00	*Tea break*
4:00 - 5:00	**Parallel Session 8** **Symposia** **1. Symposium 23**: *When care itself becomes stigmatizing: stigma within psychiatric services* **Room: Studio III, Convergence Block (SET- 2nd Floor)** **Speakers**: i) Dr. Rahul Mathur, AIIMS New Delhi ii) Dr. Merlin Mathew, AIIMS New Delhi iii) Dr. Diveesha Munipati, AIIMS New Delhi iv) Dr. Sarthak Kukreja, AIIMS New Delhi **Chair: Prof Pratap Sharan or Prof. Abhishek Ghosh** **2. Symposium 24:** *From Stigma to Strength* **Room: Studio I, Convergence Block (SET- 2nd Floor)** **Speakers:** i) Mr. Suresh Dhondge, Person with Lived Experience, The Leprosy Mission Trust India ii) Ms. Sangita Bawane, Person with Lived Experience, The Leprosy Mission Trust India iii) Mr. James George, The Leprosy Mission Trust India iv) Dr. Karthik Govindasamy, The Leprosy Mission Trust India

v) Mr. Subhojit Goswami, The Leprosy Mission Trust India

Chair: Prof. Dr. Raman Deep and Prof. Atul Ambekar

3. **Symposium 25:** *Stigma, Gender and Access to Mental Healthcare: From Global Barriers to Community-Based Solutions*
   Room: Studio II, Convergence Block (SET- 2nd Floor)
   Speakers:
   i) Dr. Jagriti Yadav, AIIMS- CAPFIMS, New Delhi
   ii) Dr. Sunila Rathee, University of Health Sciences (UHS), Rohtak
   iii) Dr. Priti Singh, University of Health Sciences (UHS), Rohtak
   Chair: Dr. Ankita Mukherjee

4. **Symposium 26:** *Mental Health in later life: from stigma to dignity*
   Room: Education Hall, CMET building
   Speakers:
   i) Dr. Vipindeep Kaur Sandhu, AIIMS New Delhi
   ii) Dr. Pinki Sevda, AIIMS New Delhi
   iii) Jay Malya Banerjee, AIIMS New Delhi
   iv) Preethy Kathiresan, AIIMS New Delhi
   Chair: Dr. Rachna Bhargava or Dr. Bichitra Nanda Patra

5. **Symposium 27:** *Courtesy Stigma: When Care Becomes a Source of Shame*
   Room: Technology Hall, CMET building
   Speakers:
   i) Gracy Andrew
   ii) Percy Cardozo
   iii) Dr. Gauri Divan
   iv) Ms. Mona Sharma Rana
   Chair: Dr. Judy Kariuki or Dr Glen Kreiner

Oral Presentations

6. **Oral presentation 10: Caregiver, Family and Associate Stigma:**
   Room: Conference Hall, (JLN Auditorium-1st Floor)
   Chair: Prof. Vijender Singh or Dr. Sudha Kallakuri

i) Dinusha Jayawardene - *Empowering & Uplifting Persons with Mental Health Conditions & Caregivers in families with Persons with Mental Health Conditions*

ii) Bridey Rudd - *You must be as crazy as the patients" - experiences of stigma by association in mental health nursing*

iii) Ojas Krishnani & Chaitanya Krishnani - *The Cost of Competitive Exams: Dual Perspective Autoethnography on Caregiver Stigma, Care-seeking Experience, and Coaching Industry Dynamics*

iv) Syed Hubbe Ali - *Unpacking youth voices to alleviate stigma related to mental health care seeking*

	7. Oral presentation 11: Health Services, Social Contact and Inclusion: **Room: JLN Main Auditorium** **Chairs: Dr. Ashish Pakhre and Dr. Srilatha Paslawar** i) Ashish Pundhir - *Attitudes and stigma towards Mental Health Illness among medical students in a medical college of West Bengal: Sequential Explanatory Mixed Study Design* ii) Prateek Barge - *Effectiveness of Training Hospital Staff in Responding to Experienced and Anticipated Mental Health Related Discrimination (READ-MH): A Feasibility Study* iii) Tanushree Gaur - *Exploring the Feasibility of Social Contact Strategies to Address Mental Health Stigma: Insights from Mental Health Professionals in a Tertiary Care Centre in India* iv) Sheetal Lakhani - *Why Aren't Students Seeking Help? Youth Voices on Stigma and Help-Seeking in India* v) Moona Queen - *Using Psychoeducation to Reduce Stigma Toward Menstruation-Related Mental Health Issues in Low- and Middle-Income Countries: A Scoping Review*
5:00 – 6:00	**Closing session:** **Room: JLN Main Auditorium** **Anchoring the session**: Prof. Pallab Maulik Prize distribution ceremony for: • Best poster • Best oral presentation by ECRs **Call to Action:** Joint Release of The Legacy Statement (stigma and discrimination included in mental health policies) **Vote of thanks**: **Dr. Mercian Daniel** – Secretary WPA, Stigma Division & Senior Research Fellow, The George Institute for Global Health

The 11th Together Against Stigma Conference

Addressing Stigma Related to Child and Adolescent Mental Illness and Promoting Mental Health

POSTER PRESENTATION

Day 1 (12th November 2026)
Time that posters are on display: 3:30 – 5:15
Judge: Dr. Petra Gronholm + Ms. Jyothi Ravichandran
Time for authors to be by their posters: 3:30 – 4:15

1. Sandugash Kudaibergenova - *Suicide Stigma in Kazakhstan: Psychological and Sociodemographic Correlates*
2. Suman Gahlot - *School-Based Psychoeducational Intervention to Improve Knowledge Regarding the Hazards of Alcohol Consumption Among Adolescents: A Quasi-Experimental Study*
3. Himanshu Kulkarni - *From Difference to Belonging: Understanding Mental Health Stigma Through Young Adults' Lived Experiences in Peer Support Groups*
4. Tanisha Shukla- When Mental Health Is Accepted in Theory but Resisted in Practice: A Case of Self-Stigma, Minimisation, and Psychoeducation
5. Navika Bansal - *Stigma Toward Intimate Partner Violence Survivors Among Legal Professionals: The Role of Hostile Sexism and IPV Myth Acceptance*
6. Hardik Bendale - *A Critical Review of Concepts, Interventions, And the Indian Perspective*
7. Anusha Thakur - *Pathways of Help Seeking among Children with Specific Learning Disorder*
8. Abhishek Verma - *Multi-level stigma and the mental health of children with autism-a qualitative study of caregiver experiences in North India*

Judge: Dr. Nicolas Rüsch + Dr. Ankita Mukherjee
Time for authors to be by their posters: 4:30 – 5:15

1. Kush Chopra - Understanding Shame and Stigma among Indian Minorities
2. Anureet Kaur Chandi - Can Biological Correlates of Stigma Become Therapeutic Targets?
3. Fasiha Tahiniyath - *MAP OF MIND: A Mental Health Literacy and Anti-Stigma Initiative to Promote Help-Seeking Among Students in Telangana, India*
4. Angel Mary Bobby - *Understanding Experiences of Trauma, Recovery and Posttraumatic Growth among Male Survivors of Intimate Partner Violence: A Qualitative Study*
5. Jay Malya Banerjee - *Unintended consequences associated with anti-stigma interventions for mental illness: A narrative review*
6. Anne-Claire - *Structural Stigma as a Barrier to Mental Health Innovation in South and Southeast Asia: Findings from a Regional Landscape Assessment*
7. Kashish Janiani - *From pilot evaluation to scale-up planning: Strengthening 'It's Ok To Talk', a digital mental health storytelling intervention for Indian university students*
8. Aaheli Sen - *Homelessness, Stigma, and Mental Health: Exploring Psychosocial Challenges - Reflections from practice*
9. Vignesh Kuppusamy - *Sociocultural Appearances Pressure and Disordered Eating Attitudes Among Female Medical Students - Associations with Body Image*

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Day 2 (13th November)
Time that posters are on display: 10:30 – 12:15
Dr. Petra Gronholm + Ms. Jyothi Ravichandran
Time for authors to be by their posters: 10:30 – 11:15

1. Yogender Malik - *Double Stigma in persons with Epilepsy with comorbid mental disorders*
2. Alina Abdusalyamova - *Stigmatizing attitudes toward mental illness among mental health professionals in Kazakhstan: A cross-sectional study*
3. Akanksha Rani - Integrating Trauma-Focused, Somatic, Compassion and Mindfulness-Based Approaches to address Structural Stigma Experienced by Gay Men
4. Bhuvana M - *Bengaluru Urban Mental Health Initiative (BUMHI): A Community-Based Approach to Mental Health Promotion and Help-Seeking in Urban Slums*
5. Gouri Kumari - *Reinterpreting 'Possession' through a Neuropsychological Lens: A Study of Misunderstood Mental Health Conditions*
6. Varsha R - *Stigma Related Experiences Emerging from Cultural Formulation Interviews of Individuals with Borderline Personality Disorder*
7. Kanupriya Mahajan - *Understanding the perceptions of patriarchy of women working in low-wage and service sector occupations in Sonipat*
8. Mannat Gill - *Rape Myth Acceptance Among Transgender Women: Implications for Gender-Based Violence-Related Stigma*
9. Sheetal Lakhani - *The Classroom as the First De-Stigmatized Space: An Experiential Account of Using Evidence-Based Pedagogies for Teaching Personality Disorders and Reducing Mental Health Stigma*
10. Tavishi Sharan - *Factors associated with help-seeking intention for mental health problems among medical students*

Judge: Dr. Nicolas Rüsch + Dr. Ankita Mukherjee
Time for authors to be by their posters: 11:30 – 12:15

1. Deepali Negi - *Intelligent Kindness as an Antidote to Stigma in Addiction Care*
2. Ritika Tejwani - *The Unseen Cost of Caregiving: Affiliate Stigma and Burnout Among Parents of Adults with Severe Mental Illness*
3. Aparajita Basu Roy - *The Many Faces of ADHD in Indian Women: An Intergenerational Perspective*
4. Kashish Janiani- *Assessing minority stress among young people with diverse identities in India: Scale development and cognitive interviewing*
5. Sekhar Amba - *Recognize–Listen–Support: An Educator-Led Early Response Framework for Student Distress, Stigma Reduction and Help-Seeking*
6. Meghana S.A - *Enhancing Help-Seeking for Suicide and Gambling Prevention Among Youth of Mulabagilu Taluk, Karnataka: A Study Protocol*

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