



INTERNATIONAL ASSOCIATION FOR  
**WOMEN'S MENTAL HEALTH**  
www.iawmh.org



## **Women's Mental Health in Bloom 2026**

### **24hr Global Webathon**

#### **Saturday 7 March 2026**

#### **Asia**

Time (India Standard Time)	Event
09:00 – 09:05am	<b>Welcome address</b> <i>Dr. Prabha S Chandra, Senior Professor of Psychiatry, NIMHANS, India</i>
09:05 – 09:10am	<b>Opening in Raga: A Flute Meditation</b> <i>Dhenuka Mahesh, Student of Psychology, India</i>
09:10 – 09:15am	<b>Women and Leadership in Mental Health</b> <i>Dr. Savita Malhotra, President, Indian Psychiatric Association</i>
09:15 – 09:35am	<b>Access, Scale, and Care with Technology in Women's Mental Health</b> <i>Pavitra Jayaraman, Co-Founder, The PARC and Smriti Joshi, Wysa, India</i>
09:35 – 09:40am	<b>Peer Support Group for Perinatal Mental Health at MotherHope Indonesia</b> <i>Nur Yanayirah, Founder, MotherHope Indonesia Foundation</i>
09:40 – 10:00am	<b>Personality Disorders in Women: Clinical and Lived Perspectives</b> <i>Dr. Ashlesha Bagadia, Green Oak Initiative and Aditi Surendra, Expert by Experience, India</i>
10:00 – 10:10am	<b>Years in the Room: Trials and Learnings of a Senior Practitioner</b> <i>Dr. Unaiza Niaz, Professor Of Psychiatry, University of Health Sciences, Pakistan</i>
10:10 – 10:15am	<b>From Silence to Structure: Ten Years of Building Culturally-Rooted Perinatal Psychiatry in Malaysia (2015-2025)</b> <i>Dr. Umi Adzlin Silim, Psychiatrist, Hospital Sultan Idris Shah, Malaysia</i>
10:15 – 10:30am	<b>Understanding Perinatal Grief: Loss, Attachment, and Healing</b> <i>Prof. Veena Satyanarayana, NIMHANS, India</i>
10:30 – 10:50am	<b>Interactive Creative: Meeting my Creative Spirit</b> <i>Madhu Smriti Shukla, Foundation for Arts and Health India (FAHI)</i>
10:50 – 11:10am	<b>Sports as an Intervention for Mental Health in Women</b> <i>Nupur Paiva, Clinical Psychologist and Vrinda Samartha, Film Maker, India</i>
11:10 – 11:25am	<b>Homecoming – In the Authors' Own Voices</b> <i>Neha Kirpal, Global Mental Health Ambassador and Co-Founder, India Mental Health Alliance</i>
11:25 – 11:35am	<b>Working With Rural Women on Mental Health: Context, Care, and Community</b> <i>Anisha Padukone, CEO, The Live Love Laugh Foundation, India</i>
11:35 – 11:55am	<b>Suicide Prevention in Women and Girls: Risk, Response, and Care</b> <i>Prof. Prabha S Chandra and Dr. Alexis Palfreyman, CIVAH, Sri Lanka</i>
11:55am – 12:00pm	<b>Closing Remarks</b> <i>Prof. Prabha S Chandra</i>

#### **Regional Partners**



**INDIAN  
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**Canadian Psychiatric Association**  
Association des psychiatres du Canada



**SOUTH AFRICAN SOCIETY  
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