



# National Summit on Mental Health, Digital Health & Human Rights



**19<sup>th</sup> September 2025 | 12:00 PM – 6:00 PM**

**Venue:** 206 A, Jio World Convention Centre, Mumbai  
**Chief Guest:** Shri Bharat Lal, Secretary General, NHRC  
**Co-Chairs:** Dr. Nimesh G. Desai and Dr. Narendranath V

Supported by National Human Rights Commission  
& Health Parliament

## Agenda

**12.00 PM - 12.05 PM**    **Opening Address**  
Dr. Rajendra Pratap Gupta, Founder, Health Parliament &  
Former Advisor to Union Health Minister

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**12.05 PM - 12.20 PM**    **Keynote Address by Co-Chair**  
Dr. Nimesh G. Desai  
Former Director, Institute of Human Behaviour and  
Allied Sciences (IHBAS)

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**12.20 PM - 1.05 PM**    **Session 1**  
**Expanding Horizons of Mental Health:**  
New Realities, Emerging Disorders, and  
the Double-Edged Role of Technology

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**1.05 PM - 2.00 PM**    **Lunch Break**

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**2.00 PM - 3.00 PM**    **Session 2**  
**Mapping the Missing Links:**  
Understanding Systemic Gaps in Mental Health  
Diagnosis, Treatment, and Rehabilitation

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**3.00 PM - 3.15 PM**    **Special Address by Chief Guest**  
Shri Bharat Lal, Secretary General,  
National Human Rights Commission

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**3.15 PM - 4.15 PM**    **Session 3**  
**Where to Invest:**  
Promising Technologies and Scientific Frontiers in Mental Health



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**4:15 PM – 4:30 PM**    **Tea Break**

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**4:30 PM – 5:30 PM**    **Session 4**  
**The Mental Health Ecosystem We Need:**  
Funding, Ethics, and Innovation That Works

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**5:30 PM – 5:50 PM**    **Open Discussion Session**

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**5:50 PM – 6.00 PM**    **Closing Address by Co-Chair**  
Dr. Narendranath V, President, Disease Management  
Association of India



# Session Briefs



## Session 1

### **Expanding Horizons of Mental Health: New Realities, Emerging Disorders, and the Double-Edged Role of Technology**

Mental health is no longer a fringe concern—it is becoming one of the most urgent and complex challenges facing healthcare today. Over the last five years, the range and intensity of mental health conditions have expanded dramatically. Clinicians are now encountering disorders and behaviors—across all age groups—that were rarely seen or discussed just a few years ago.

Why is this happening? Have our social, emotional, and psychological thresholds changed? And what part is technology playing in all of this?

This session goes beyond clinical definitions to explore the real-world drivers of this shift—digital lifestyles, social media pressures, changing family dynamics, and rising isolation, especially among children and the elderly. It also asks a hard question: Is technology making us mentally fragile, or can it be the key to scalable, accessible care?

Leaders will explore:

- The new patterns in mental illness emerging post-pandemic
- How tech is both a cause of mental distress and a tool for early intervention
- The growing burden on primary care systems and why India cannot wait for decades to train enough specialists
- What general practitioners, digital health innovators, and policymakers must do to adapt
- Mental health as a shared responsibility across the entire healthcare ecosystem—not just psychiatry

Join leading mental health professionals, researchers, and public health experts for this critical conversation that will reshape how we think about mental health—and how we prepare to respond.



# Session Briefs



## Session 2

### **Mapping the Missing Links: Understanding Systemic Gaps in Mental Health Diagnosis, Treatment, and Rehabilitation**

Mental health care is only as strong as the systems that support it. Yes, awareness is rising, but many individuals still go years without a diagnosis, struggle to access consistent treatment, and find little to no support for rehabilitation or reintegration—especially when it comes to employment.

This session takes a step back to critically examine where and why the system is failing.

From the shortage of trained professionals to the absence of reliable diagnostic tools and referral networks, the discussion will trace the full continuum of care:

1. Diagnosis – Why are delays so common, and what tools or protocols are missing?
2. Treatment – Where does the system fall short in capacity, reach, and continuity?
3. Rehabilitation – What structures exist—or don't—for helping individuals return to work, education, and daily life?

Leaders will explore:

- The human cost of diagnostic delays and unclear care pathways
- Infrastructure and workforce gaps across primary and specialist care
- Lack of integration between mental health and employment, education, and disability systems
- Gaps in public and private sector accountability for long-term patient outcomes
- The need for coordinated frameworks that span health, social justice, labour, and skilling

Rather than seeking quick fixes, this session will offer a grounded, sector-wide understanding of the structural issues holding back mental health care in India.



# Session Briefs



## Session 3

### Where to Invest: Promising Technologies and Scientific Frontiers in Mental Health

The mental health burden is growing faster than systems can respond.

Across the continuum care of mental health starting with screening, diagnostics, treatment and rehabilitation- this session explores the scientific and technological frontiers that have the potential to transform mental health care in the coming years—from diagnosis to self-management to recovery.

From biomarkers that detect disorders before symptoms appear, to AI-powered psychometric analysis, to gamified digital tools that help people build emotional resilience—this session will map the emerging landscape of innovation, separating hype from real, evidence-based promise.

Leaders will explore:

- Biomarkers for early detection and real-time monitoring of mental health conditions
- Psychometric and AI-based assessment tools for personalized mental health screening
- Digital coping strategies including therapeutic gaming and mobile-based behavior change
- Culturally adaptive mental health tech that works for diverse, underserved populations
- What funders, policymakers, and health innovators should prioritize over the next 3–5 years

We invite startup founders, CEOs, and health-tech entrepreneurs working in this space to share their innovations—tools, platforms, or services that have the potential to redefine how we detect, treat, or manage mental health. This is a platform to showcase bold ideas, attract partnerships, and be part of shaping the next wave of scalable mental health solutions.



# Session Briefs



## Session 4

### **The Mental Health Ecosystem We Need: Funding, Ethics, and Innovation That Works**

Innovation in mental health can only go as far as the ecosystem supports it. To address the growing complexity and urgency of mental health needs, we must now ask: what does a sustainable, ethical, and scalable mental health ecosystem look like—and how do we build it?

This session brings together voices from across the spectrum—startups, policymakers, funders, researchers, and lived experience leaders—to define the key enablers of system-level change.

It also puts a spotlight on an urgent ethical dilemma:

Do we need a dedicated framework for ethical AI in mental health? As AI tools become more deeply embedded in diagnosis, self-help platforms, and predictive care, the stakes around privacy, bias, and trust are high when dealing with vulnerable populations.

Leaders will explore:

- Whether mental health demands its own ethical standards for AI and digital innovation
- The case for establishing a national or institutional mental health fund
- How to build a collaborative, inclusive ecosystem that supports innovators, implementers, and users
- What success looks like—featuring real-world models and breakthrough innovations from India and beyond

This final session will help distil key takeaways from across the summit and invite participants to help shape a collective roadmap for scaling mental health solutions responsibly and effectively.

**The deliberation of this Summit will be submitted to the Ministry of Health and the National Human Rights Commission.**