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A Mental Health and Well-being Festival

19-20 Oct, 2024

Crafts Museum and
Hastkala Academy, Delhi

[CLICK FOR FESTIVAL DETAILS & TICKETS](#)

Holistic Wellness, Therapeutic Workshops, Immersive Sessions,
Experiential Stalls, Stories of Hope, Sustainable Brands and Enriching Performances

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A reminder to honor ourselves.
A moment to pause and embrace each other.
And a space to surrender and just be.

Aham: Celebrating Self is a campaign for exploration of Mental Health and Well-being in a way that feels authentic and deeply comforting. It is a space where we come together to nurture our inner selves, uplift each other, and find strength in our shared experiences. Join us as we gently reshape the way we view Mental Health, one step at a time.

Festival Schedule



Day 1 - Saturday
19th October, 2024



11:00 AM - 12:00 PM	OPENING HEARTS ~ MOVING BODIES with The MoveVent Project					
12:00 - 02:00 PM	DANCES OF UNIVERSAL PEACE with Yogesh <i>*Pre-registration required</i>	DHEEME DHEEME Deliberate. Unhurried. Slothful. with Jyotsna R <i>*Pre-registration required</i>	SELF & CREATIVITY with Tanvi (Rasikaa) <i>*Pre-registration required</i>	PLAYGROUND	EXPERIENTIAL STALLS	GAMES ZONE with Brijesh (South Delhi Meetup Community)
02:00 - 04:00 PM	LEARNING THROUGH MUSIC with Anurag (Manzil Mystics) <i>*Pre-registration required</i>	दस्तक A Collective Pause to Listen with Mayuree & Tejal <i>*Pre-registration required</i>	THE WRITER'S LAB with Youth Alliance <i>*Pre-registration required</i>			
04:00 - 06:00 PM	EARTH BASED MOVEMENT with Rahul (Swacardz) <i>*Pre-registration required</i>	THREADS OF CONNECTION Grief, Community & Ritual with Rakshita (Tap to Heal) <i>*Pre-registration required</i>	A SHIFT WITHIN - WITHOUT with Angira (Healing Rhythim) <i>*Pre-registration required</i>			
06:00 - 07:00 PM	STORIES OF HOPE A space to listen & get inspired from lived experiences					
07:00 - 08:00 PM	AFRO-BRAZILIAN RING Integrating the day with Casa de Capoeira					
08:00 - 09:00 PM	PERFORMANCES Creative expressions of music, dance and literature					

Immersive Sessions
(Limited slots. Pre-registration required)

Day Long Experiences

Immerse as an Audience



Day 2 - Sunday

20th October, 2024



11:00 AM - 12:00 PM	OPENING HEARTS ~ MOVING BODIES with The MoveVent Project					
12:00 - 02:00 PM	TAPPING INTO OUR COLLECTIVE BODY WISDOM with Vibhuti (Youth Alliance) <i>*Pre-registration required</i>	EARTH BASED MOVEMENT with Rahul (Swacardz) <i>*Pre-registration required</i>	A SHIFT WITHIN - WITHOUT with Angira (Healing Rhythim) <i>*Pre-registration required</i>	PLAYGROUND	EXPERIENTIAL STALLS	GAMES ZONE with Brijesh (South Delhi Meetup Community)
02:00 - 04:00 PM	EXPLORING LOVE with Satya (Taking Up Space) <i>*Pre-registration required</i>	दृसक A Collective Pause to Listen with Mayuree & Tejal <i>*Pre-registration required</i>	EMPOWERMENT IN ACTION: Theatre for Transformation with Shrikant (Draamebaaz) <i>*Pre-registration required</i>			
04:00 - 06:00 PM	SOUND MEDITATION with Neha (Naad Sparsh) <i>*Pre-registration required</i>		FALLING IN LOVE WITH MYSELF Sheetal (Clownselors) <i>*Pre-registration required</i>			
06:00 - 07:00 PM	PANEL DISCUSSION To understand the interconnectedness of SELF - COMMUNITY - COLLECTIVE from diverse perspectives.					
07:00 - 08:00 PM	UPCYCLE DRUM JAM Integrating the day with Roy					
08:00 - 09:00 PM	DANCES OF UNIVERSAL PEACE A space for sacred songs, live music & meditative movement! We celebrate oneness & love whilst praying for peace within simply come with open hearts!					

Immersive Sessions
(Limited slots. Pre-registration required)

Day Long Experiences

Immerse as an Audience



Day 1 & 2 - Saturday & Sunday

EXPERIENTIAL STALLS 12:00 - 07:00 PM



YARN THERAPY Unwind with Crochet with Manisha	PAPER CRANES Origami with Tanya	QUILLING with Craftkari	AABHAR KONA with Anupama	ME AND MY PORTRAIT with Shivanika (only on 19th October)
POTTERY with Shivangi	MINDFULNESS MANN SE with Mann Talks	UNDERSTANDING SEEDS with Karm Marg	RELAXATION MASSAGE with Blind Relief Association	THE COLLECTIVE FIELD with Youth Alliance (only on 19th October)