



Manasthali®

Mental Health &
Wellness Services

Presents

on the occasion of

International
Women's Day

मनशक्ति



We for Womenhood

Website

www.manasthali.com

Come join us

**Saturday, March 7, 2026
3:00 PM - 8:00 PM**

**Venue- The Woods,
Sector 46, Gurugram**

**Manasthali's Gift to the
Givers of Community -
We the Women**

**For registration
and Inquiries**

Contact

+91-9958598967

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**QuNeu
Wellness
Experiential
Workshop**

**Manasthali's gift to the Givers
of community-
We the Women**

3pm-5pm

My Wellness - Music & Yoga Integration
Experiential Session by Dr Shambhavi Das
& Ms Ritu Kuhar

Tap to Wellness (EFT Session)
by Dr Richa Dhamija

Art of Healing (Mandala Art Therapy)
Ms Sangeeta & Mr Venkatesh Sharma

Gongs of Heaven (Sound Healing)
Session by Gong Master Mr Sanj Hall
along with Sanae Yamamoto

Organising Committee



Dr. Jyoti Kapoor

Chairperson and Organiser
Founder & Director Manasthali®
Psychiatrist & Mental Health Expert

Programme Coordination



Ms. Ritu Kuhar



Ms. Yashasvi Singla



Ms. Chhaya Sharma



Ms. Santosh

Theme statement

This year MannShakti's theme, 'Give to the Giver', aligns with International women's day theme, "Give to Gain", because at Manasthali we believe, 'Giving to the Giver is a Gain for All'.

Innaugral Event

5pm-6pm

Saraswati Spandan A Sonic Invocation of Light



Dr. Shambhavi Das
Music Therapist



Mr. Sanjay Hallon
Gong Master

Chief Guest

Dr. Shailaja Donempudi
Distinguished Scientist &
Head Business Development
(CSIR)



Guests of Honour



Mrs Vibha Lakhera
Founder Project Empathy



Mrs Tabassum Jamal
Chairperson @ ZSF



Dr. Shradha Malik
Founder & CEO Athena Behavioral Health

Keynote talk Psychosexual Health in Women: Spotlight - Vagnismus

6pm-7pm



Ms. Aishwarya Raj
Clinical Psychologist



Dr Anjali Kumar
Consultant Gynecologist
& Obstetrician



Dr Monica Chib
Senior Psychiatrist

Chairpersons

Panel Discussion Women's Wellness Beyond the Social Media Narrative

7pm-8pm



Dr Sugandha Gupta
Founder-Director, Consultant
Psychiatrist Delhi Mind Clinic



Dr. Savita Chaudhary
Director Shubham Child
Clinic, Pediatrician &
Adolescent medicine
Specialist



Dr Seema Rekha
Founder Antarmanh



Aurushi R Goswami
Founder SheVerses



Manisha Chopra
Founder SeaSoul
Cosmetics

Moderator: Dr. Jyoti Kapoor