Welcome to the first educational collaboration between McLean Hospital (USA), the Dr. N.S. Vahia Foundation, and the Nehru Science Center.

Through this exhibit, we are working together to improve understanding about the brain and compassion about mental illness.

Our exhibit is divided into three components.

**McLean Hospital** is the largest psychiatric affiliate of Harvard Medical School and has a longstanding history of delivering psychiatric care, conducting innovative brain research, and providing professional and public education. Bringing the expertise of McLean internationally through public and professional education, the hospital is working toward enhancing the overall knowledge of brain health and encouraging compassion and for individuals living with psychiatric disorders.

**Nehru Science Center** is one of four national science centers in India, and as a part of its activities, the center organizes regular extensive science education programs. It is visited by more than 700,000 people annually. Close to 1.2 million school children alone have participated in the activities of the center. The NSC incorporates innovative ways to communicate science to enhance public understanding of science and spread scientific literacy.

The **Dr. N.S. Vahia Foundation** is an NGO named after the late Dr. N.S. Vahia (1917-2017). The Foundation endeavors to enhance neuropsychiatry in India. The importance of focusing on mental illness and mental health is underscored by the WHO data that reveals that disability induced by mental illness surpasses disability due to any other physical illness, including cardiac illness or cancer.

The Dr. N.S. Vahia Foundation has been conducting teaching programs for clinicians and students of psychiatry in Maharashtra since the year 2008.
There should be no shame in having a mental illness, but the stigma that surrounds these conditions contributes to the fear and isolation that individuals and their families feel far too often.

—Scott L. Rauch, MD, president and psychiatrist in chief, McLean Hospital
In this portion of our exhibit, you will be introduced to people from around the world who have mental illness but are bravely telling their stories publicly in an effort to reduce the shame that is often associated with these disorders. Developed as part of McLean Hospital’s award-winning international public education campaign, it features larger-than-life photographs and interviews with people living with mental illness.

**LEFT**
Dimple talks about losing her mom to suicide and opens up about her own experience with anxiety.

**OPPOSITE TOP**
Ivy talks about living with depression and not being afraid to seek help.

**OPPOSITE BOTTOM**
In Asian culture, it is common to ignore mental illness. Leonard talks about living with depression and suicidal thoughts and his desire to help others recognize that it is okay to ask for help.

“In the South Asian culture, we simply don’t talk about mental health issues.”
Dimple
Student

“Therapy truly saved my life.”
Ivy
Project Manager

“I’m telling my story to others in the medical community so they know it’s okay to talk about their problems.”
Leonard
Surgeon
told through the eyes of its participants, this exhibit challenges the misconceptions of what those with mental illness look like. The volunteers in this project—including those from India—are more than just statistics or nameless faces. They are mothers, fathers, wives, husbands, lawyers, doctors, engineers, musicians, and more. Each one has been affected by mental illness, and each one has also faced stigma.

As you explore this exhibit, we hope you will recognize the courage of every person. After seeing this exhibit, we hope that you will reconsider not only how you think about those who live with psychiatric conditions but also understand that these issues affect us all.

Maurice has lived with bipolar disorder for more than 30 years. It hasn't stopped him from being an American movie star.

"Having bipolar disorder or another mental illness doesn't mean you can't be successful."

Maurice Actor

DeconstructingStigma.org
Among the activities at the NSC, visitors will have opportunities to hold and look inside a real human brain, compare the differences between human and animal brains, build neurons, and test their own brain function.

The brain is the most complex organ in the human body. It controls memory and learning, hearing, sight, smell, taste, and touch, and emotion. It also controls other parts of the body, including muscles, organs, and blood vessels.

The brain contains billions of nerve cells—called neurons—that must communicate and work together for the body to function normally. The neurons communicate through electrical signals. Special chemicals, called neurotransmitters, help move these electrical messages from neuron to neuron.

Just as there are different types of neurons, there are also different types of chemical neurotransmitters. Researchers studying mental illness believe that abnormalities in how particular brain circuits function contribute to the development of many mental illnesses. Connections between nerve cells along certain pathways or circuits in the brain can lead to problems with how the brain processes information and may result in abnormal mood, thinking, perception, or behavior.

Join our scientists for hands-on activities, where you can hold real brains and models to learn more about the complexity of the brain.
We welcome you to the Brain and Mental Health University, where you can learn from more than 50 international and local brain and mental health experts. Among the topics they will cover are bullying, depression, mindfulness, anxiety, and child and adolescent mental health.
### DAY 3 | FEBRUARY 14 | THURSDAY

<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
<th>SPEAKER</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
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<tr>
<td>11:30-12:30</td>
<td>Accepting Change and Embracing Differences in Adolescents</td>
<td>Dr. Rashmin Cholera</td>
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<tr>
<td>12:30-1:30</td>
<td>How and When to Say “NO”</td>
<td>Dr. Neena Sawant</td>
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<tr>
<td><strong>Afternoon</strong></td>
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<tr>
<td>1:30-2:30</td>
<td>When to Have “the Talk”</td>
<td>Dr. Kirti Tandel</td>
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<tr>
<td>2:30-3:30</td>
<td>Dating and Relationships</td>
<td>Dr. V. K. Mundra</td>
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<tr>
<td>3:30-4:30</td>
<td>What Is a Healthy Relationship</td>
<td>Dr. Anuradha Sovani</td>
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<tr>
<td><strong>Evening</strong></td>
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<tr>
<td>4:30-5:30</td>
<td>Understanding Dementia</td>
<td>Dr. Bharat Shah</td>
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<tr>
<td>5:30-6:30</td>
<td>Children and Parents—the Sandwiched Adults</td>
<td>Dr. S. R. Parkar</td>
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### DAY 4 | FEBRUARY 15 | FRIDAY

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<tr>
<th>TIME</th>
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<tr>
<td><strong>Morning</strong></td>
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<tr>
<td>11:30-12:30</td>
<td>Managing ADHD</td>
<td>Dr. Sagar Mundada</td>
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<tr>
<td>12:30-1:30</td>
<td>Internet and Social Media Safety</td>
<td>Sonali Patankar</td>
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<tr>
<td><strong>Afternoon</strong></td>
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<tr>
<td>1:30-2:30</td>
<td>Somatic Illnesses in Children</td>
<td>Dr. Anaita Udwadia</td>
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<td>2:30-3:30</td>
<td>Mental Health in Women</td>
<td>Dr. Jayita Deodhar</td>
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<td>3:30-4:30</td>
<td>Impact of Social Media on Lifestyle and Communication</td>
<td>Dr. Shailesh Umate</td>
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<td><strong>Evening</strong></td>
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<tr>
<td>4:30-5:30</td>
<td>Coping With Burnout and Work Stress</td>
<td>Dr. V. N. Vahia</td>
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<tr>
<td>5:30-6:30</td>
<td>Optimizing Productivity at Work</td>
<td>Dr. Ashutosh Shah</td>
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### DAY 5 | FEBRUARY 16 | SATURDAY

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<tr>
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<tr>
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<tr>
<td>11:30-12:30</td>
<td>Cyberbullying</td>
<td>Sonali Patankar</td>
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<tr>
<td>12:30-1:30</td>
<td>Coping With Peer Pressure</td>
<td>Dr. Fabian Almeida</td>
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<tr>
<td><strong>Afternoon</strong></td>
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<tr>
<td>1:30-2:30</td>
<td>Busting Adolescent Myths</td>
<td>Sharmila Banwat</td>
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<tr>
<td>2:30-3:30</td>
<td>Understanding Suicide and Depression</td>
<td>Dr. Anjali Chhabria</td>
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<td>3:30-4:30</td>
<td>The Psychopath Next Door—Understanding the Dark Triad</td>
<td>Dr. Suyog Jaiswal</td>
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<td><strong>Evening</strong></td>
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<tr>
<td>4:30-5:30</td>
<td>Emotional Issues Related to Menopause</td>
<td>Dr. Maithili Umate</td>
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<tr>
<td>5:30-6:30</td>
<td>Dealing With Substance Addiction—for Caregivers</td>
<td>Dr. Ashish Deshpande</td>
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### DAY 6 | FEBRUARY 17 | SUNDAY

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<thead>
<tr>
<th>TIME</th>
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<tr>
<td><strong>Morning</strong></td>
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<tr>
<td>11:30-12:30</td>
<td>Mindfulness for Children</td>
<td>Arti Shroff</td>
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<tr>
<td>12:30-1:30</td>
<td>Shyness and Social Anxiety in Children</td>
<td>Dr. Pervin Dadachanji</td>
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<tr>
<td><strong>Afternoon</strong></td>
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<tr>
<td>1:30-2:30</td>
<td>Pornography and Adolescents</td>
<td>Dr. Sonakshi Jyrwa</td>
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<td>2:30-3:30</td>
<td>Managing Parasuicidal Behavior in Adolescents and Borderline Personality</td>
<td>Dr. Pervin Dadachanji</td>
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<tr>
<td>3:30-4:30</td>
<td>Depression and Suicide in Older Adults</td>
<td>Dr. Jahnavi Redare</td>
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<tr>
<td>4:30-5:30</td>
<td>Sleep Hygiene</td>
<td>Dr. Sreelakshmi V.</td>
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<tr>
<td>5:30-6:30</td>
<td>Mental Health and the Law</td>
<td>Dr. Sanjay Kumawat</td>
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MENTAL ILLNESS: WE ARE ALL AFFECTED