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NATIONAL CONSULTATIVE MEETING ON DIGITAL TECHNOLOGIES FOR MENTAL HEALTH

EVOLVING POLICY & REGULATORY RECOMMENDATIONS FOR SAFE USE

DATE : 15 - 17 APRIL, 2026

LOCATION : CONVENTION CENTER, NIMHANS (HYBRID MODE)

Organised by the **ICMR-NIMHANS Centre for Advanced Research** in
Digital Interventions for Mental Health Care



OVERVIEW

15 - 17 APRIL, 2026

The National Institute of Mental Health and Neuro Sciences is organizing a National Level Consultative Meeting on
“Digital Technologies for Mental Health: Evolving Policy and Regulatory Recommendations for Safe Use”

Organized under the ICMR–NIMHANS Centre for Advanced Research on Digital Interventions for Mental Health Care, the meeting will bring together key stakeholders including experts in mental health, digital technologies, public policy, and public health.

The consultation will focus on critical issues such as:

- **Risk based categorisation of digital mental health applications**
- **Privacy and user protection safeguards**
- **Ethical considerations and Standards for quality, transparency & accountability.**
- **How much is too much digital use.**

The meeting will provide a platform for discussions to inform policy and regulatory recommendations for the responsible use of digital technologies in mental health care in India.

A dedicated session will focus on promoting the healthy use of technology, building on ongoing work at NIMHANS under the **SHUT (Services for Healthy Use of Technology)** initiative.



Tentative Meeting Schedule

15 April, 2026

Time	Agenda	Presenter
10:00 AM 10:45 AM	Welcome Note Introductory Remarks	
	Key Note - Digital Technologies and Mental Health; Ethical Tensions and Responsibilities in Practice	Dr Anant Bhan (Sangath)
10:45 AM 11:45 AM	Session 2 • Digital Mental Health: Opportunities and Challenges through a public health lens	Dr. Rachana Parikh (PATH) Dr. Mohan Sunil Kumar (Augmenta Health) Tanya Fernandes (Centre for Mental Health Law & Policy) Moderator: Dr Mohan Issac (UWA, Australia)
11:45 AM 11:55 AM	Tea Break	
11:55 AM 12:25 PM	Session 3 • Digital Mental Health Applications: Regulatory Landscape	Arjun Kapoor (Centre for Mental Health Law & Policy) Moderator: Dr T K Srikanth (IIIT-B)
12:25 PM 01:05 PM	Session 4 • Digital Mental Health: Rights, Responsibilities, and Access	Dr. Pattie Gonsalves (Sangath) Sarah (Mission Accessibility) Srishti Khanna (Advocate - Supreme Court & Delhi High Court) Moderator: Jyothi Ravichandran (UNICEF)
01:05 PM 01:35 PM	Session 5 • AI in Digital Mental Health: Balancing Innovation and Regulation	Dr Tanmoy Chakraborty (IIT Delhi) Moderator: Dr Paulomi Sudhir (NIMHANS)
01:35 PM 02:15 PM	Lunch	
02:15 PM 03:30 PM	Session 6 • Digital Mental Health Applications: Insights from the field	Dr. Prabhat Chand (NIMHANS) Dr. Urvakhsh Mehta (NIMHANS) Tanmoy Goswami (SanitybyTanmoy) Smriti Joshi (Wysa) Moderator: Dr Rajesh Sagar (AIIMS, New Delhi)
03:30 PM 04:00 PM	Session 7 • ICMR-CAR at NIMHANS: Insights	Dr Seema Mehrotra & Team
04:00 AM 04:10 AM	Tea Break	
04:10 PM 05:25 PM	Session 8 • Draft Guidelines & Recommendations: (ICMR-CAR Team) Open Discussion	
05:25 PM 05:30 PM	Closing Remarks	



Tentative Meeting Schedule

16 April, 2026

Time	Agenda	Presenter
10:00 AM 10:30 AM	Session 1 Overview of Pattern, Prevention & Policy of Technology Overuse among Students in India	Dr Nitin Anand (NIMHANS)
10:30 AM 11:15 AM	Session 2 SHUT Clinic Reflections	Dr Manoj Kumar Sharma (NIMHANS) Dr Rajesh Kumar (NIMHANS) & Team
11:15 AM 11:45 AM	Session 3 Through the Lens of Students & Parents: Perspective on Policy and Program for Digital use	Moderator: Dr. John Vijay Sagar (NIMHANS)
11:45 AM 12:00 PM	Tea Break	
12:00 PM 12:30 PM	Session 4 Navigating Digital Space: Cyber Safety, Legal Implications and Impact of AI on Students	Mr. Yashwanth Kumar (DySP - CID, Cyber Cell, Karnataka)
12:30 PM 01:00 PM	Session 5 Social Media and it's impact on students	Dr. Padmashree R P (Department of School Education and Literacy, GoK)
01:00 PM 01:30 PM	Session 6 Karnataka Policy on Responsible Digital Use among Children	Dr. Rajani Parthasarathy (Deputy Director, Mental Health, Department of Health and Family Welfare, GoK)
01:30 PM 02:30 PM	Lunch	
02:30 PM 04:00 PM	Panel Discussion Evolving National Guidelines and Policy Recommendations for Responsible Digital Use for Students	Moderators: Dr. Rajani Parthasarathy & Dr. Girish Rao Representatives from: <ul style="list-style-type: none">• Dept of Child and Adolescent Psychiatry, Clinical Psychology, Epidemiology, Integrative Medicine & Psychiatric Social Work, and Centre for Addiction medicine at NIMHANS.• Indian Pediatric Association• NCERT• Ministry of Health and Family Welfare• Dept of School Education and Literacy• NGOs working in adolescent mental health



Tentative Meeting Schedule

17 April, 2026

Concluding Sessions

Time	Agenda
10:00 AM 10:10 AM	Welcome Note
10:10 AM 10:30 AM	ICMR-NIMHANS Centre for Advanced Research Mandate & Scope Looking Back: An overview of the proceedings of the National Consultative Meeting
10:30 AM 10:45 AM	Guidelines for Safe & Responsible Use of Technology and for Digital Mental Health Applications
10:45 AM 11:05 AM	Key Recommendations: Strengthening Safety and Quality of Digital Mental Health Applications in India
11:05 AM 12:15 PM	Opening Remarks & Reflections on Recommendations
12:15 AM 12:30 PM	Closing Remarks
12:30 PM	Vote of Thanks