3rd Catholic Mental Health Conference 2026

Breaking Barriers · Building Hope

5 – 6 November 2026 · NEDSSS, Kharghuli, Guwahati, Assam

Prayer & Liturgy · Talks & Sessions · Ceremonies · Breaks & Meals

DAY 1 · THURSDAY, 5 NOVEMBER 2026

Opening · Regional Mental Health Context · Pastoral Understanding

TIME	PROGRAMME & SPEAKERS
6:30 – 6:45 AM	**Morning Prayers**
6:45 – 7:45 AM	**Holy Eucharist** Archbishop Thomas Netto, Archdiocese of Trivandrum — Chairman of the CBCI Office for Healthcare
7:45 – 8:45 AM	**Breakfast**
9:00 – 9:50 AM	**Inaugural Ceremony** 1. Scripture Reading and Prayer 2. Lighting of the Lamp 3. Prayer Dance by WDC Students 4. Welcome Address — **Fr. Esack Rayappan** (5 mins) 5. Presidential Address — **Archbishop Thomas Netto** (10 mins) 6. Inaugural Message — **Archbishop John Moolachira** (10 mins) 7. Message by **Fr. Mathew Koyickal**, Deputy Secretary, CBCI (5 mins) 8. Vote of Thanks — **Sr. Theresa Joseph, MSMHC** (5 mins) 9. Video Message — **Mar Thomas Tharayil** (5 mins), Metropolitan Archbishop of Changanassery & CMHM India Ecclesiastical Advisor
9:50 – 10:35 AM	**Talk 1 — Church's Response to the Mental Health Crisis** Mental Health Support Initiative by the CBCI Office for Healthcare **Fr. Santhosh Dias**, National Secretary
10:35 – 10:50 AM	**Tea Break and Photo Session**
10:50 – 11:50 AM	**Talk 2 — State of Mental Health in North East India** Statistics, Trends & Regional Perspectives — professional and pastoral perspectives on: Adolescents, Teens & Youth · Family & Marriages · Elder Mental Health · Pastoral Perspective **Dr. (Ms) Isabella Shadap · Fr. George S. Lyngkhoi · Dr. Steve Cherak · Sir Jose Vigil Khardewsaw**
11:50 – 11:55 AM	**Audio-Visual Presentation** Regional Work
11:55 AM – 12:55 PM	**Talk 3 — Mental Health & Spirituality** Mental Health Problem vs. Spiritual Problem · Spiritual Direction vs. Therapy & Treatment **Sr. Dr. Joan Chunkapura, MMS · Rev. Dr. Kurien Puramadom**, Diocese of Thamarassery
12:55 – 1:00 PM	**Silent Reflection**
1:00 – 2:30 PM	**Lunch & Break**
2:30 – 3:15 PM	**Group Discussion — Case Study** Groups: Healthcare · Education · Pastoral · Social
3:15 – 4:15 PM	**Talk 4 — Mental Health in North East India** Cultural Stigma, Misunderstandings & Myths **Representatives** from different parts of North East India
4:15 – 4:25 PM	**Video Message by Deacon Ed Shoener**
4:25 – 5:00 PM	**Tea Break**
5:00 – 5:30 PM	**Evening Prayer and Benediction**
5:30 – 6:30 PM	**Break and Networking**
6:30 PM onwards	**Programme Closure, Cultural Programme & Networking Dinner** At Don Bosco Institute

3rd Catholic Mental Health Conference 2026

Programme Schedule · 5 – 6 November 2026 · NEDSSS, Kharghuli, Guwahati, Assam

DAY 2 · FRIDAY, 6 NOVEMBER 2026

Clergy Wellness · Ministry Development · Collaborative Action

TIME	PROGRAMME & SPEAKERS
6:30 – 6:45 AM	**Morning Prayers**
6:45 – 7:45 AM	**Holy Mass** Main Celebrant: **Archbishop John Moolachira**, Guwahati
7:45 – 8:45 AM	**Breakfast**
8:45 – 9:45 AM	**Talk 5 — Clergy & Religious Mental Health** 1. **Fr. Chilton Fernandez** — CMHM Kerala (15 mins) 2. **Sr. Emilia, HM** — Odisha (15 mins) 3. **Sr. Mary Thadavanal, MSMHC** (15 mins) 4. **Fr. Shinto Mathew, OCD** (15 mins)
9:45 – 10:30 AM	**Talk 6 — CMHM India: Vision, Mission & Collaborating with Other Commissions** 1. **Sr. Rani** (15 mins) 2. **Sr. Virginia** (15 mins) 3. **Dr. Ida Menezes** (15 mins)
10:30 – 10:45 AM	**Tea Break and Networking**
10:45 – 11:30 AM	**Talk 7 — Case Study** 1. **CMHM Odisha** (20 mins) 2. **CMHM Kerala** (20 mins) 3. Other Region Audio-Video Presentation (10 mins) 4. Q&A (5 mins)
11:30 AM – 12:15 PM	**Talk 8 — Navigating Holistic Wellness: Skills Development** **Sr. Dr. Joan Chunkapura, MMS**
12:15 – 1:00 PM	**Talk 9 — Basics of Suicide & Suicide Prevention Steps** **Edwin Walker**
1:00 – 2:00 PM	**Lunch**
2:00 – 3:15 PM	**Talk 10 — Community Mental Health Session** 1. **SH Hospital**, Kerala (12 mins) 2. **Kusumagiri Hospital**, Kerala (12 mins) 3. **VG Hospital**, Assam (12 mins) 4. **KIMS Hospital**, West Bengal (12 mins) 5. **Fr. Dr. Nelson**, Tamil Nadu (12 mins) 6. **Dr. Mary Dcruz**, Archdiocese of Kolkata (12 mins)
3:15 – 4:15 PM	**Regional Planning: Next Steps**
4:15 – 4:30 PM	**Tea Break**
4:30 – 5:15 PM	**Talk 11 — Importance of Partnership & Collaboration** **Fr. Santhosh Dias**, National Secretary, CBCI Healthcare Commission
5:15 – 5:45 PM	**Q & A**
5:45 – 6:00 PM	**Conclusion & Final Blessings**

Both days begin with Morning Prayers at 6:30 AM — delegates are encouraged to arrive early.
This is the proposed conference agenda; minor refinements may be announced closer to the event.