



CLOSURE 2026

Mental Health For a Resilient Future From Awareness to Action

Time:

1.00 PM - 6.00 PM

Dates:

April 11-12, 2026

Saturday- Sunday

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ABOUT CLOSURE

CLOSURE is APARA's flagship annual international online conference, a dedicated space where practitioners, thinkers, and changemakers converge to explore the multifaceted dimensions of trauma and preventive mental health. For over half a decade, **CLOSURE** has served as a vital platform for deepening understanding and fostering dialogue.

In 2026, **CLOSURE** invites you to explore the theme **Mental Health for a Resilient Future**. As rapid societal shifts, uncertainties, and emerging challenges test our inner and outer worlds, resilience becomes not just a personal strength but a shared societal imperative.

This two-day event brings together eminent voices from mental health, education, public policy, and allied fields—practicing doctors, therapists, psychologists, educators, social workers, and policymakers—who share lived wisdom, evidence-informed perspectives, and innovative approaches through thoughtful presentations and discussions.

What makes **CLOSURE** truly transformative is its spirit of collaboration: professionals from diverse disciplines join hands with curious, committed minds who believe that preventive mental health is everyone's responsibility. Together, we move beyond awareness and strive to equip individuals and communities to thrive amid change.

By participating, you become part of a growing movement that bridges hearts and minds, honours the human spirit, and actively co-creates a future where mental well-being is the foundation of true progress and harmony.

Presenters



Dr. Michaela Glockler

Pediatrician & President,
ELIANT, Germany

Health Experts, Parents and
Educators- An Essential Alliance
For a Healthy Future

Dr. Lakshmi Prasanna

Pediatrician & Neonatal Specialist,
Founder- Ira Institute of Learning

Sense and Sensibility - Nurturing
Senses for Healthy Future



Sucheta Garud

Waldorf early Childhood Educator,
IASWECE Counsel Member,
Co founder- Sadhana National
Kindergarten Association

Story Telling -A tool for Parents

Sven Saar

Co-director- The Modern
Teacher: Education as Art

Relationship Education :
Humanity, Identity , Sexuality



Karl Heinz Finke

Trainer & Consultant in
Holistic Biography Work

Aging - Preparing for Changes,
Gifts and Challenges

Parimal Pandit

Psychotherapist,
Director- APARA INDIA

Protecting Thought & Thinking
in Children



Presenters



Dr. Avinash De Sousa

Consultant Psychiatrist &
Psychotherapist

Sleep- To be Alive & Awake
for the Future



Bindu Chowdary

Founder- Inodai School, Mumbai
Teacher trainer

Changing Landscape of
Education -Expected issues in
Future



Rupa Chaubal

Clinical Psychologist & Trauma Therapist,
Founder of Aantarleen Mental Health Centre
Co-Founder- Psychologists Collective

Future of Psychology Licensing -
Future of the Profession



Suchitra Inamdar

Psychotherapist,
Director- APARA INDIA

AI - Boon or Bane for
Therapeutic Work



Dr. Sanjay Ranade

Founder and former Head of
Department of Communication and
Journalism, University of Mumbai
Director- APARA INDIA

Mental Health & its Impact on
Economic Future of the Society

WHO CAN ATTEND

- Psychotherapists/
Counsellors
- Psychologists
- Educators
- Biography
Practitioners
- Artists
- Art Therapists
- Life Coaches
- Parents
- Anthroposophic
Professionals
- Occupational
Therapists
- Special Educators
- Rehabilitation
Therapists
- External Therapists
- Students of Psychology
(Masters and above)

Recording will be available for all participants (Limited Time Period)

Platform for conference : Zoom

Contact Details: APARA (Ms. Leena Kasat)



+91 8657389785



contact@aparaindia.org

To know more about registration, early bird discounts and other details

Visit www.aparaindia.org



APARA
INDIA
Association of Psychology
And Research Association

Our highest endeavor must be to develop free human beings who are able of themselves to impart purpose and direction to their lives.

The need for imagination, a sense of truth, and a feeling of responsibility—these three forces are the very nerve of education.

Rudolf Steiner