

Mrs. Neerja Birla & Renowned Actress Madhuri Dixit Felicitate Mental Health Changemakers at Mpowering Minds Summit 2025

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Mrs. Neerja Birla, Founder & Chairperson of the Aditya Birla Education Trust (ABET), and renowned actress Madhuri Dixit came together to felicitate and recognise individuals and organizations driving change in mental health at the Mpowering Minds Summit 2025, organized by Mpowers under ABET.



Mrs. Neerja Birla, Founder ABET, and Madhuri Dixit felicitate mental health change-makers at Mpowers Mpowering Minds 2025 Mental Health Summit

This year's honorees included Policybazaar (Digital Voice for Change), The Banyan (Impactful Outreach Campaign), Rishab Rikhiram Sharma & Sunny Kumari (Healing through Art), IIT Guwahati & Jaipur Engineering College & Research Centre University (Mental Well-being Educational Institute Champions), and Dr. Sid Warrier & Nikhil Taneja(Yuva Mental Wellness Stars). Their contributions span digital advocacy, grassroots outreach, artistic healing, and institutional mental health initiatives-each playing a vital role in reshaping India's mental health landscape.

Mrs. Neerja Birla expressed gratitude for **Madhuri Dixit's** presence, stating, “Mental health is a fundamental right, not a privilege. The time for conversation is over-the time for action is now. Recognizing these changemakers is crucial, as their work is shaping the future of mental well-being in India. To build a truly '**Viksit Bharat 2047**', mental health must be as much a priority as physical health.”

Madhuri Dixit echoed this sentiment, adding, “It is truly

inspiring to see the incredible work led by Mrs. Neerja Birla in the field of mental health. As we all know, mental well-being is just as important as physical health and deserves the attention it needs. To all the changemakers-congratulations! And to every caregiver, thank you for your compassion, your support, and for being a pillar of strength. A world where everyone has someone who truly listens is a world where no one suffers alone.”

The summit also served as a platform for global experts from Harvard Medical School, the World Economic Forum, and Mental Health First Aid (MHFA) Australia, alongside leading psychiatrists and policymakers, to discuss urgent mental health challenges among India's youth. The event featured the launch of the Mpower Research Report: **“Unveiling the Silent Struggle”**, which revealed alarming trends such as rising academic anxiety, social isolation, and sleep disorders among students. It also marked the introduction of the Global Mental Health Consortium, a cross-sector initiative aimed at systemic policy reform, increased funding, and sustainable mental health frameworks.

By bringing together thought leaders, policymakers, and grassroots advocates, **Mpowering Minds 2025** reinforced a critical message: mental health must no longer be sidelined. This summit was not just a discussion-it was a call to action, ensuring mental well-being remains central to India's development agenda.

About Mpower

Mpower, an initiative of Aditya Birla Education Trust is a pioneering social enterprise dedicated to transforming India's approach to mental health. Founded 8 years ago, Mpower has emerged as a leading force in spreading awareness, reducing stigma, and delivering holistic mental health care. With a robust team of over 200 trained professionals, Mpower impacts more than 121 million lives across seven cities, including Mumbai, Bengaluru, Kolkata, and Pune, as well as in Pilani,

Goa, Kalyan, and Hyderabad. Operating through five key verticals-Movement, Clinical Care, Outreach, Academia, and Mpower 1 on 1-Mpower offers a comprehensive range of services. The Movement focuses on changing cultural perceptions and alleviating stigma. Clinical Care provides world-class mental health services through the Centre, the Foundation, and the Cell, catering to various needs from holistic care to affordable support for the underprivileged. The Outreach vertical drives awareness and capacity-building through IGNITE Programs for schools, colleges, NGOs, and corporates. Academia equips individuals and professionals with skills to handle mental health crises and foster empathy. The Helpline offers 24/7 multilingual support, while special projects like Samvedana enhance mental health care in primary health centers. Mpower's integrated approach and collaboration with government agencies underscore its commitment to creating a supportive and stigma-free mental health landscape.

