

# **The Hindu Lit For Life 2026 Returns to Chennai on January 17 & 18**

Category: Business

written by News Mall | January 14, 2026

# Love every bit of Lit.



Literature isn't bound by the page,  
It finds you in everything you love.

It moves us in the movies we watch,  
hums meaning in the songs we love,  
inspires us in the stories we tell each other,  
and shapes our perspectives every single day.

Literature finds its way into everyday experiences,  
but it's not every day we get to celebrate it.

So come, join the celebration of all things literature  
at *The Hindu Lit for Life 2026*.

**100+ speakers | 50+ sessions**



A.C. Grayling



Banu Mushtaq



D.Y. Chandrachud  
Former Chief Justice of India



Kiran Desai



Laura Spinney



Mari Selvaraj



Megha Majumdar



Satoshi Yagisawa



Shashi Tharoor



Shobhaa De

**January 17 & 18, 2026**  
**9.00 am Onwards**

Sir Mutha Venkatasubba Rao Concert Hall,  
The Hindu Pavilion & The Hindu Showplace,  
Lady Andal School premises, Chennai

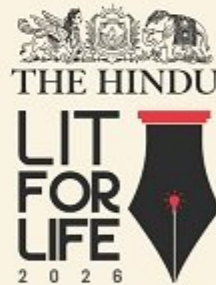


Scan the QR code or visit  
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The Hindu Lit For Life, India's sharpest literature festival, returns for its 13<sup>th</sup> edition on January 17 and 18, 2026, at the Lady Andal School premises, Chennai.

The festival celebrates the many ways literature permeates everyday life shaping ideas, culture, creativity, and

conversations far beyond the written page. This year, over 100 acclaimed voices from India and across the world will come together in more than 50 sessions, conversations, and workshops, offering audiences a rich and immersive literary experience.

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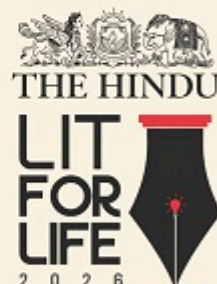


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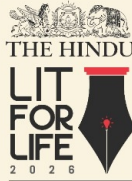


## **The Hindu – Lit for Life 2026**

The 2026 line-up features an exceptional mix of writers, thinkers, journalists, economists, historians, and cultural commentators. From Perumal Murugan and Banu Mushtaq's deeply human narratives and Shobhaa De's sharp cultural observations to Kiran Desai and Satoshi Yagisawa's intimate, borderless storytelling, the festival showcases literature in all its lived forms. Thought leaders such as A.C. Grayling, Shashi Tharoor, and Arvind Subramanian explore ideas around philosophy, democracy, and economics, while Laura Spinney bridges science, history, and narrative.

Lit For Life 2026 has already begun its journey beyond the main festival dates. In November and December 2025, Lit For Life Dialogues and Lit For Life Unplugged have taken the spirit of the festival into cities and communities, extending conversations beyond traditional auditoriums. Chennai, Bengaluru, and Hyderabad witnessed engaging discussions led by voices such as Dr. Ambrish Mithal, Sanjaya Baru, Devina Mehra, Manu Joseph, Manu Pillai, Neha Dixit, and Arundhati Ghosh, spanning themes of health, wealth, power, history, identity, and contemporary relationships. Lit For Life Unplugged brought literature into intimate, vibrant spaces ranging from bookstores to pubs.

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**Programme Day 01** Saturday,  
January 17, 2026

Lady Andal School Premises, Chennai

## SIR MUTHA CONCERT HALL LADY ANDAL SCHOOL, CHENNAI

- 9.30 am to 9.45 am Inauguration  
9.50 am to 10.40 am Why The Constitution Matters  
Former Chief Justice of India D.Y. Chandrachud in conversation with N. Ravi  
10.45 am to 11.35 am The Undying Light: A Personal History of Independent India  
Gopal Krishna Gandhi in conversation with David Davidar  
11.35 am to 11.45 am BREAK  
11.45 am to 12.35 pm The Meaning of (Almost) All Things  
A.C. Grayling in conversation with Chandan Gowda  
12.40 pm to 1.30 pm Skewed Perception: Fighting Bias in Journalism  
Perkai Mishra and Samarjit Subramanian in conversation with N. Ram  
1.30 pm to 2.00 pm BREAK  
2.00 pm to 3.00 pm Unquiet Minds: A Generation in Crisis Conversations  
on building a better world for our children  
Anil Bhatt, Avira Bhatt, and Sheela Sen in conversation  
with Nihanka Kaul Bhattacharya  
3.05 pm to 3.55 pm India's Path to Development  
Arvind Subramanian and Devesh Kapur in conversation with Narendar Pani  
3.55 pm to 4.05 pm BREAK  
4.05 pm to 4.55 pm Days and Nights at the Morisaki Bookshop  
Satoshi Yagisawa in conversation with Rachna Singh Davidar  
5.00 pm to 6.00 pm The Tamils by Nirmala Lakshman: A Theatrical Reading  
Artists: Anila Ratnam, Brahadeeswar C. Chandrasekhar, Nandhini  
Subbaskanthi, Revathy Kumar, Sarvesh Sridhar, and Tehzeeb Katar  
Edited and Directed by Prasanna Ramaswamy  
6.05 pm to 6.55 pm We, The People of India: Decoding a Nation's Symbols  
T.M. Krishna in conversation with Sushrith Parthasarathy

## THE HINDU SHOWPLACE LADY ANDAL SCHOOL, CHENNAI

- 10.00 am to 10.50 am In Bad Faith: Violence Against Women  
Noige Senno in conversation with Priya Ramani  
11.00 am to 11.45 am Nowhere People  
Manoranjan Byapari in conversation with Minakshi Thakur  
12.00 noon to 12.50 pm Life's Fleeting Moments: Poems and Songs  
Ravi Shankar Elbeth  
12.50 pm to 2.00 pm BREAK  
2.00 pm to 2.50 pm Love, Loss and Healing  
Andaleeb Wajid in conversation with Soma Basu  
3.00 pm to 3.50 pm A Woman of No Consequence: Memory, Letters  
and Resistance in Madras  
Kajapana Karunakaran in conversation with Sreemathi Rammiah  
4.00 pm to 5.00 pm Footnotes from the Mahabharata  
K. Srihita in conversation with Nikhila Kesavan, Indrani Krishnasair,  
Geetha Lakshman, Smithi Parameswar, and Mithula Chettur from The Madras  
Players will present a dramatised reading of excerpts from the book.

## THE HINDU PAVILION LADY ANDAL SCHOOL, CHENNAI

- 9.45 am to 10.35 am How to Reclaim India aka Bharat  
Ashutosh and Sobhana K. Nair in conversation with Ziya us Salam  
10.40 am to 11.30 am The Joys and Challenges of Translating Imayam  
Imayam and Prabha Sridevan in conversation  
with Kavitha Murakdharan (Tamil)  
11.35 am to 12.20 pm In the Heart of The Country  
Ghazala Wahab in conversation with Varghese K. George  
12.25 pm to 1.25 pm Diasporic Narratives of Relocation and Belonging  
Amrita Shah, Sarasa Manickam, and Vijai Krishnamoorthy  
in conversation with Radha Hegde  
1.25 pm to 2.00 pm BREAK  
2.00 pm to 2.45 pm Women, Know Your Rights  
Manasi Chaudhuri in conversation with Vidya Singh  
2.50 pm to 3.35 pm Supercop!  
Madhukar Zende in conversation with K.C. Vijaya Kumar  
3.40 pm to 4.40 pm Translation: The Bridge Over Lives and Landscapes  
Chandan Gowda, Gowri Ramnarayan, and Vanamala Viswanatha  
in conversation with Mini Krishnan  
4.45 pm to 5.30 pm A Guardian and A Thief  
Megha Majumdar in conversation with Ranvir Shah  
5.35 pm to 6.25 pm Enter the Arena  
Appusen and Perumal Murugan in conversation  
with Ramya Kannan (Bilingual)  
6.30 pm to 7.15 pm A Thousand Loves: Ways of Being Polyamorous  
Arundhati Ghosh in conversation with Priya Ramani

## WORKSHOPS

### GROUND FLOOR, ANNEXE BUILDING

- 10.30 am to 12.30 pm Beyond the Body: The philosophy of fitness and wholesome living  
Prithi Chawla

### LADY ANDAL SEMINAR HALL

- 10.30 am to 11.30 am &  
3.00 pm to 4.00 pm Owning Your Digital Self in the AI Era  
Shantanu Tungare  
12.30 pm to 1.30 pm The Many Lives of the Lotus: Between Sacred History  
and Contemporary Claims  
Sheran Apparao



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for the event.



Scan to register  
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## The Hindu – Lit for Life 2026 – Schedule – Day 1

Nirmala Lakshman, Curator, The Hindu Lit For Life and Chairperson, The Hindu Group, said, "The festival continues to reiterate that literature can go beyond the pages to light up one's life. As always, we have a scintillating line-up of

*speakers, whose writing and thoughts have inspired many. The festival offers everyone – speakers and the audience – a chance to engage and exchange ideas and experiences not just through the sessions and workshops but also through direct engagement.”*

The festival’s on-ground engagement continues in the weeks leading up to January, with initiatives such as:

- **A mobile library** travelling across Chennai
- **Storytelling sessions** in government and private schools in Chennai
- Interactive formats including **treasure hunts, quizzes, and contests**

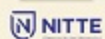
Speaking about the vision behind Lit For Life 2026, **Suresh Balakrishna, Chief Revenue Officer, The Hindu Group**, said, *“Lit For Life has always been more than a festival; it is a cultural platform that brings together ideas, audiences, and partners in meaningful ways. The theme ‘Love Every Bit of Lit’ reflects our belief that literature lives everywhere-in culture, public discourse, and everyday life. We are delighted to see Lit For Life grow beyond two days into a year-round engagement that creates value for communities, partners, and the larger ecosystem.”*

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## Programme

Lady Andal School Premises, Chennai

## Day 02

Sunday, January 18, 2026



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for the workshops.

### SIR MUTHA CONCERT HALL LADY ANDAL SCHOOL, CHENNAI

- 9.30 am to 10.20 am **Heart Lamp: The stories behind the stories**  
International Booker Prize winner Barun Mazumdar in conversation with Parulima Srinivasan
- 10.20 am to 11.15 am **The Loneliness Of Sonia and Sunny**  
Kiran Desai in conversation with Nirmala Lakshman
- 11.15 am to 11.25 am **BREAK**
- 11.25 am to 12.15 pm **The Weight Loss Revolution**  
Dr. Anirban Mithal and Raj Ganpath in conversation with Shivani Vij
- 12.20 pm to 1.10 pm **The Sage Who Reimagined Hinduism**  
Shashi Tharoor in conversation with L.V. Narasimhan
- 1.10 pm to 2.00 pm **BREAK**
- 2.00 pm to 2.50 pm **Sex, Sexuality, and Shobha De**  
Shobha De in conversation with Rosella Stephen
- 2.55 pm to 3.55 pm **Publishing in the Age of Infinite Voices: Curation or Choice?**  
Elizabeth Kuvshinov, Kamalika Gupta and Manasi Subramaniam in conversation with Rosella Stephen
- 4.00 pm to 4.50 pm **The Secret History of Words**  
Laura Spinney in conversation with Alesia Ozkum
- 4.50 pm to 5.00 pm **BREAK**
- 5.00 pm to 5.50 pm **Why Dieting Made Us Fat: On Weight Loss, Metabolism and Why Food is not the Enemy**  
Rajita Deskar in conversation with Shonali Muthalaly
- 5.55 pm to 6.45 pm **Crafting Stories from Life Experiences**  
Mari Selvaraj in conversation with Stalin Rajaguru (Tamil)



### THE HINDU PAVILION LADY ANDAL SCHOOL, CHENNAI

- 9.30 am to 10.15 am **India and Her Futures**  
Gopalakrishna Gandhi in conversation with T.M. Krishna
- 10.20 am to 11.10 am **The Kashmir Connection**  
A.S. Dulat and Ziya ur Salam in conversation with Subhana K. Nair
- 11.15 am to 12.00 noon **The Chessmaster and His Moves**  
Vasanthan Anand in conversation with K.C. Vijaya Kumar
- 12.05 pm to 1.05 pm **The Reservation You'll Never Get: India's Coolest Chefs, the Country's Hardest Tables and Why Everyone Wants In**  
Chef Kavan Kuttappa, Chef Hussain Shahzad, and Chef Vinesh Johny in conversation with Shonali Muthalaly
- 1.05 pm to 1.45 pm **BREAK**
- 1.45 pm to 2.35 pm **The Place of Fiction**  
Andaleeb Wajid and Keshava Guha in conversation with Radhika Samthorom
- 2.40 pm to 3.40 pm **Poets on Poets**  
Ashwini Kumar and K. Sriata in conversation with Parvati Shah. Prize Giving Ceremony for the Poetry with Pratik Poetry Contest 2025
- 3.45 pm to 4.35 pm **Resilience and Hope: Women and Their Mental Health Journeys**  
Neha Kirpal and Dr. Lakshmi Narasimhan in conversation with Soma Basu
- 4.40 pm to 5.25 pm **Periyar: Icon and Iconoclast**  
A.R. Venkatasubramanian in conversation with Kavitha Muralidharan
- 5.30 pm to 6.20 pm **How to Become Wealthy At Any Age**  
Devina Mehra and Rohit Sarin in conversation with Lavanya Mohan
- 6.25 pm to 7.15 pm **The New Laws of Manu: Why The Poor Don't Kill Us**  
Manu Joseph

PROGRAMME SUBJECT TO CHANGE



### THE HINDU SHOWPLACE LADY ANDAL SCHOOL, CHENNAI

- 10.30 am to 11.20 am **Icons Who Helped Build Modern India: M. Visweswaraya and M.S. Swaminathan**  
Aparajith Ramnath and Piyambada Jayakumar in conversation with Ramya Kannan
- 11.30 am to 12.20 pm **Are Your Gadgets Bringing You Down?: Back Health in the Workplace**  
Priti Chavla
- 12.30 pm to 1.20 pm **The Song of the Clay Pot**  
Sumana Chandrasekhar in conversation with Akhila Krishnamoorthy
- 1.30 pm to 2.00 pm **BREAK**
- 2.00 pm to 3.00 pm **Inside Outside**  
Janice Parlat and Jim Kasson in conversation with Alesia Ozkum
- 3.15 pm to 4.05 pm **Re-imagining Stories**  
Deepa Shastri in conversation with Nandini Krishnan



### WORKSHOPS

- GROUND FLOOR, ANNEXE BUILDING
- 10.30 am to 12.30 pm **Unlocking Wealth: Secrets to Getting Rich at Any Age**  
Rohit Sarin
- 2.30 pm to 4.30 pm **From Page to Stage: How to write a play**  
Govind Ramnarayan

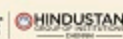
### LADY ANDAL SEMINAR HALL

- 11.00 am to 12.30 pm & 2.00 pm to 4.00 pm **Screening of Wild Tamil Nadas**  
Produced by Sundaram Rasthri, directed by Kalyan Varma, with music by Ricky Raj and narration by Anind Sengupta

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The Hindu Lit For Life 2026 continues to strengthen its position as a platform where literature meets society, culture, and commerce offering brands, institutions, and communities a unique opportunity to engage with informed, discerning audiences.

The Hindu Lit For Life is presented by The all-new Kia Seltos. In association with: Christ University, MITTE, Associate Partners: Orchids- The International School, Hindustan Group of Institutions, State Bank of India, IndianOil, Indian Overseas Bank, New India Assurance, Akshayakalpa, United India, ICFAI Group, Chennai Port Authority and Kamarajar Port Limited, Vajiram & Sons, Life Insurance Corporation of India, Mahindra University, Realty Partner: Casagrand, Education Partner: SSVM Institutions, State Partner: Government of Sikkim, Official Timekeeping Partner: Citizen, Regional Partner: DBS Bank India Ltd, Tourism Partner: Bihar Tourism, Bookstore Partner: Crossword and Water Partner: Repute.

For the detailed agenda, speaker line-up and registration, visit [www.thehindu.com/lit-for-life](http://www.thehindu.com/lit-for-life).

