

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

Category: Business

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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. Chandrabhug
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
newsth.live/LFL2026
to register for the event.

The all-new
Kia Seltos

Presents



THE HINDU



2026

THE SHARPEST LITERATURE FESTIVAL IN INDIA

In association with



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The all-new
Kia Seltos



Associate Partners



The Hindu Lit For Life, India's sharpest literature festival, returns for its 13th 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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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.

speakers, whose writing and thoughts have inspired many. The festival offers everyone – speakers and the audience – a change 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



Scan to register
for the event.

Scan to register
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 Banu Mushtaq in conversation with Pankaja 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. Ambresh Mittal and Raji Ganpath in conversation with Shivan Vilas
12.20 pm to 1.10 pm	The Sage Who Reimagined Hindus Shashi Tharoor in conversation with L.V. Narasimhan
1.10 pm to 2.00 pm	BREAK
2.00 pm to 2.50 pm	Sex, Sensuality, and Shobhaa De Shobhaa De in conversation with Rosella Stephen
2.55 pm to 3.55 pm	Publishing in the Age of Infinite Voices: Curation or Chaos? Elizabeth Kunwila, Kanchika Gupta and Mansuri Subramanian in conversation with Rosella Stephen
4.00 pm to 4.50 pm	The Secret History of Words Laura Spinney in conversation with Alenia Ozukuru
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 Rupa Dilekar in conversation with Shonali Muthalay
5.55 pm to 6.45 pm	Creating Stories from Life Experiences Mari Selvam in conversation with Stalin Pajangan (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 11.15 am	The Kashmir Connection A.B. Dutta and Ziya us Salam in conversation with Bobhana K. Nair
11.15 am to 12.00 noon	The Chessmaster and His Moves Viswanathan 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 Kutappa, Chef Hussain Shahzad, and Chef Vineesh Johny in conversation with Shonali Muthalay
1.05 pm to 1.45 pm	BREAK
1.45 pm to 2.35 pm	The Piece of Fiction Andstees Wajid and Keshava Guha in conversation with Radhika Samanthanam
2.40 pm to 3.40 pm	Poets on Poets Ashwath Kumar and K. Srivatsa in conversation with Parneet Shah. Prize Giving Ceremony for the Poetry with Praleti Poetry Contest 2026
3.45 pm to 4.35 pm	Resilience and Hope: Women and Their Mental Health Journeys Neeta Kirpal and Dr. Lakshmi Narasimhan in conversation with Soma Basu
4.40 pm to 5.35 pm	Periyar: Icon and Iconoclast A.R. Venkatachalam in conversation with Kavitha Munidhavan
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 11.28 am	Icons Who Helped Build Modern India: M.V. Visvesvaraya and M.S. Swaminathan Aparajith Ramachand and Priyanka Jayakumar in conversation with Ranjna Kannan
11.30 am to 12.28 pm	Are Your Gadgets Bringing You Down?: Back Health in the Workspace Phit Chawla
12.30 pm to 1.20 pm	The Song of the Clay Pot Suman Chandrasekar in conversation with Akhila Krishnamurthy
1.30 pm to 2.00 pm	BREAK
2.00 pm to 3.00 pm	Inside Outside Janice Pariat and Jim Kesani in conversation with Alenia Ozukuru
3.15 pm to 4.05 pm	Re-imagining Stories Deepa Bhathi 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 Gowri Ramamurthy

LADY ANDAL SEMINAR HALL

11.00 am to 12.30 pm & 3.00 pm to 4.00 pm	Screening of Wild Tamil Nada Produced by Sundram Fastems, directed by Kaljan Verma, with music by Ricky Kej and narration by Arvind Swamy
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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, NITTE, 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.

