

MANN-THANN



What is Mann-Thann?

Mann-Thann is not just a program – it's a pause.

A space carved out just for you – to breathe, feel, explore, and rediscover yourself.

Curated and crafted by the mental health professionals at MHAI, **Mann-Thann** is a customized, experiential program designed to help individuals reconnect with their inner selves in a natural, creative, and safe environment.

Whether you're seeking clarity, healing, reflection, or simply a refreshing break –


Mann-Thann invites you to discover yourself differently.








What to Expect?


A holistic blend of:


 **Eco Therapy** – Grounding through nature connection and mindful time outdoors

 **Music & Sound** – Explore rhythm, release, and inner harmony

 **Theatre & Expression** – Use stories and movement to access emotions

 **Art for Insight** – Create with intention and reflect through colour

 **Bibliotherapy** – Let words heal, guide, and expand your mind

 **Sunset Walk by the Lake** – A gentle closure to each day's journey

and activities on **critical thinking, Self awareness** and more...

Facilitators

By MHAI



Ranjitha Raj is a mental health educator, Counselor, writer, and founder of **MHAI**, passionate about making emotional well-being accessible through creative and experiential methods.

Panini Deraje is a theatre artist, musician, and mental health professional who brings stories to life, blending art and psychology to foster healing and connection.



Program Format

You can choose between:

- 1-Day Experience
- 2-Day Deep-Dive Journey

Both formats are facilitated by trained mental health professionals and are curated to include a blend of:

🎨 Art & Imagery | 🎭 Theatre-Based Activities | 🎵 Live Music & Sound Work | 🌳 Nature Connection | 📖 Reflective Writing & Bibliotherapy | 🏃 Creative Movement

🕒 Timings:

Full-day sessions | 10:00 AM – 6:00 PM

📁 Inclusions:

- Nutritious meals, snacks, and herbal tea
- All session materials and activity resources
- A quiet, natural setting to unwind and reflect

🏠 Accommodation can be arranged on request for participants opting for the 2-day experience.

Contact Us

For Whom?

Mann-Thann is available for:

- **Individuals** seeking personal growth or emotional clarity
- **Groups** looking to deepen connection and self-awareness
- **Corporate teams** aiming to recharge, reconnect, and build well-being at work

Whether you're coming alone or with a team, the experience will be tailored to your context.

Want to Customise Your Mann-Thann Journey?

Every individual is different – and so is every session. Contact us to co-create a journey that truly reflects your needs.

 Venue: MHAI, Bangalore

 Email: info@mhai.in

 Call/WhatsApp: 9880651010