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Introduction

Psychiatry a discipline that strives to strike a balance between its psycho-bio-social framework, often finds itself getting polarised to a one viewpoint than the other. The role of a creative lens is to magnify the perspective of this framework, identifying the lacunae and fill it innovative solutions rooted in philosophy, culture, literature and art. Art and psychiatry intersect in fascinating ways to explore the depths of the human mind and emotions. The concept of Psychartica arose from the need for creating a platform for fostering dialogue across all humanities sub-disciplines, with human creativity being the central focus.

Through this conference we tried to a) understanding creative pursuits for mental health promotion b) the role of medical humanities in education and training c) Identifying the role of music, poetry, dance and art in therapeutic practices d) Resilience, growth and meaning through anecdotes from lived experiences and its implications in developing coping strategies

Layout and details of the event

Psychartica 2025, was a collaborative effort of the Art and Psychiatry section of WPA and the coordination committee of WPA Zone 15. It was an international interdisciplinary conference that took place from 4th to 6th December 2025 at Clarks Amer Jaipur, India. A unique event that brought together psychiatric professionals, researchers, clinicians, artists, and advocates to explore how creative arts intersect with mental health. The sessions ranged from music and dance to visual arts, literature, workshops, performances and cultural events.

Highlights

Over three days, more than 25 sessions engaged over 200 delegates from around the globe. Our discussions embraced all art forms including music, literature, theatre, and cinema while honouring scientific foundations and ensuring humanities perspectives were never marginalised. We are heartened by feedback from delegates that the event nourished not only the intellect but also the emotional spirit

1.The academic gathering included international distinguished faculties Prof Femi Oyebode, Professor Salman Akhtar Professor Dinesh Bhugra, Professor Hans-Otto Thomashoff , Professor Sanjeev Jain, Professor Vivek Benegal , Professor Pratap Sharan , Dr Mrugesh Vaishnav, Dr Ananta Dave ,Dr Rahul Bhattacharya and Dr Tiago Inacio

2.An interactive leadership session for early career psychiatrist of South-asia

by Professor Thomas Schulze (WPA President Elect), Professor Subodh Dave (Dean RCPsych UK), and current and past Presidents of the Royal Australia and New Zealand College of Psychiatry Dr Astha Tomar and Dr Vinay Lakra

3. Three concurrent workshops on Poetry, Dance and Movement and Art Therapy
4. An evening with creative personalities- A special session with creative personalities: the internationally famous painter Akhilesh, multiple award-winning novelist Manisha Kulshreshtha, disability activist and author Abhishek Anicca.
5. An art gallery celebrating the artwork, paintings, poetry and books by passionate psychiatrists across the globe.

The conference was held under the visionary leadership of Dr Vinay Kumar, Board Member WPA Zone 15 and Professor Jennifer Harrison, Chair Art and Psychiatry Section WPA. Professor Ekaterina Sukhanov, Professor O P Singh, Dr Jamuna Krishnan chaired the scientific committee. Organising secretary Dr K S Pavitra, Treasurer Dr Archana Singh Program Coordinator Dr Astha and Logistics chair Dr N G Nihal and Dr Kashypi Garg played an important role in successful execution.