



S M I L Y
Academy

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S.M.I.L.Y. Academy is a special program borned in the heart of the **Indian based NGO Indigenous People's Climate Justice Forum (Assam, India)**.

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I am the Planet, the Planet is me - Indigenous wisdom and feminist leadership as catalysts for Planetary Mental Health

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Background: As humanity faces an unprecedented *poly-crisis* - a convergence of economic, climatic, and social disruptions - the interconnectedness of human and planetary health has never been more apparent. Indigenous wisdom and intersectional feminist leadership offer profound insights to dismantle power inequality dynamics and foster balance and resilience, particularly in the context of mental health and the needs of vulnerable communities in the post-pandemic world. This happens with a 4D model: decentralization, decolonization, decarbonization and democratization.

Objectives: This Masterclass critiques the prevailing "One Health" paradigm and revisits Brundtland's definition of sustainability. It advocates for a transformative fourth dimension: the integration of inner development with Indigenous wisdom and a shift in the patriarchal-capitalist value paradigm promoted by the feminist intersection movement. This perspective deepens the relevance of the Sustainable Development Goals (SDGs) and unlocks systemic health and mental health solutions.

Methods : The S.M.I.L.Y. Toolkit employs a reverse-engineering approach, placing the most fragile individuals at the center of health strategies. By combining medical, spiritual, social and cultural expertise, the methodology fosters interdisciplinary collaboration among practitioners and rights holders. This enables community-driven, systemic transformations in health and mental health practices, grounded in respect for cultural and ecological diversity.

Results : The Masterclass reveals a necessary shift from vertical, siloed strategies to horizontal, integrative approaches. Key highlights include:

- Nature-based solutions as central to sustainable practices.
- The pivotal role of Indigenous knowledge and feminist leadership in advancing health and mental health outcomes.
- Harnessing emerging technologies to enhance resilience in vulnerable communities.

Conclusion : This framework celebrates the sacred interconnectedness of life, emphasizing the importance of sustainable and integrative living and healing practices. By aligning with Agenda 2030's Goal 16, it calls for a collective commitment to peace, holistic well-being, and respect for the Earth. Indigenous wisdom and feminist leadership emerge as indispensable catalysts for achieving planetary mental health and resilience in the face of global challenges.