

# COUNCIL VISION AND MISSION



"MINDSET CORRECTED MENTAL  
HEALTH DIRECTED"

## **DMHC DELHI MENTAL HEALTH COUNCIL**

### **Vision and Mission**

**WICCI- Delhi Mental Health Council are Professionals helping the society and making wellness an essential part of well-being, creating a social platform for preventive mental health services and utilise well being tools, development of strategies to self manage wellbeing. Striving to improve the quality of lives globally get associated with government bodies and coordinate the permitted changes with policies and laws for the betterment of 'Mental Health'. Providing a safe place by being approachable, without being Judgemental. Hoping to play a major role in helping the society overcome and develop the skill of guiding and directing the thoughts which is critical and the first step of mental discipline.**

**MINDSET CORRECTED MENTAL HEALTH DIRECTED**

# COUNCIL MEMBERS OF WICCI -DMHC



*President, Vice President  
and Nominated Council  
Members*

## ALICE PREETHA, STATE PRESIDENT, DELHI MENTAL HEALTH COUNCIL-WICCI

Ms. Alice Preetha is a Counselling Psychologist, with a Human Resources and Leadership background, who is a dedicated and empathetic individual a strong believer of possibilities, and passionate about mental health and well-being. She follows being fair, loyal, transparent and non-judgmental.

She has done her Bachelor of Science in Psychology, Master of Science in Counselling Psychology, Diploma in Human Resources Management, Master Life Coach, Professional Counsellor, Master Mindset Life Coach, Mental Health and Wellbeing Practitioner, and a holder of accredited certifications in ( CBT, NLP, REBT, Emotional Intelligence) to name a few and pursuing her General Psychiatry of Borderline Personality Disorder in Harvard Medical School.

She has about 15+ years of experience in this field and continuing till date.



## DEVYANI SINGHA, STATE VICE PRESIDENT, DELHI MENTAL HEALTH COUNCIL- WICCI

Devyani Singha is a Counselling Psychologist, she has completed her Bachelor's and Masters in Clinical psychology from Amity University Noida and also holds a MSc in child and adolescent mental health from University of Northampton, U.K

She has worked as a counselor at a Drug Rehabilitation centre, a junior psychologist at a leading hospital in Delhi under a renowned clinical psychologist. During her time in Northampton she volunteered for an NGO – Voice that makes a difference which worked with vulnerable children and parents. She also worked as a Youth support staff for 3 months with Action for Children (UK) another NGO which focused on social and emotional needs to children and adolescents and more recently she worked with an online counseling platform as a psychologist providing therapy sessions to college students, working professionals and married couples.

Her area of expertise is in anxiety , stress and time management, relationship counseling , adolescence issues , guidance in career , self esteem and confidence building , academic stress and emotional dys-regulation. She hold certification in CBT , Grief Counseling , REBT and is also a certified Graphologist. Currently she is working on my own venture and have established an online following where she posts relevant mental health topics and have active discussions with her followers.



## COUNCIL MEMBER, AKRITI HUSSAIN, DELHI MENTAL HEALTH COUNCIL-WICCI

Akriti is a well-being therapist specialising in 'Solution Focused Brief Therapy. She finds her work extremely rewarding and is able to bring empathy, flexibility, a deep connection with her clients and a strong belief that each and every person has the ability to make positive changes in their lives. This belief is the guiding force in every therapy session and helps her to steer her questions and conversations accordingly.

She is a mother of two beautiful children and regularly practice and integrate solution focused talk with her 7-year-old and see the power of this transformation in her everyday life. Yes, it's that easy, she believes once you ingrain it within yourself!

She has completed her MSc in Psychological medicine from Cardiff University, trained in solution focused brief therapy by an accredited institute (International Alliance of Solution Focused Teaching Institute – IASTI affiliated with Children First) and has 7 years, experience in this field. She also holds the position of external faculty in Cardiff University for the same Masters programme for the last 9 years. Before moving back to Delhi, she lived in Srinagar (Kashmir) for 10 years and founded and established a psychological clinic there called 'Believe' specialising in cognitive evaluation for children and therapeutic practices for adolescents and adults. This clinic was conceptualized after understanding, imbibing and becoming a part of the culture there as well as following evidence-based practices like conducting a detailed survey to ascertain the needs of the valley. This was a very fruitful venture which provided immense satisfaction and joy to be able to firstly adjust and help empower and make positive changes in the people of Kashmir.



## COUNCIL MEMBER, PUNYA MALHOTRA, DELHI MENTAL HEALTH COUNCIL-WICCI

Punya Malhotra is a compassionate and empathetic person with well-developed listening skills. She is detailed oriented with good personal boundaries, can communicate effectively in a highly emotive and tense atmosphere.

Has pursued her Bachelor of Arts in Applied Psychology from Delhi University and currently pursuing her Masters in the same. She is a non-stop learner and have completed various online courses. She seeks to apply her knowledge to study and build more interventions for mental illness. She aspires to destigmatize mental health counseling and to cultivate and cure minds, and also an avid reader and traveler who values interpersonal relationships highly



## COUNCIL MEMBER, ARCHIE KOHLI, DELHI MENTAL HEALTH COUNCIL-WICCI

Archie Kohli is a Psychologist, her highest educational qualification pertains to Masters degree in psychology from IP College for Women - University of Delhi. She also completed Bachelors in psychology from University of Delhi as well. Her keen interest in psychology emerged from school itself when she developed a curiosity in the area of learning about human behaviour and how mental health can be ameliorated. She expanded her search of psychological fields and experienced many opportunities within psychology, has experience in multiple internships in the field of organizational psychology, consumer psychology, health psychology, child psychology, academic and educational psychology and mental health awareness. Additionally, participated in many workshops and seminar related to biopsychology, therapeutic alliance, gender psychology, child socioemotional development, suicidal intervention, art therapy and many more. She runs a professional page on Instagram and Facebook with the name of 'The Junior's Academy' (self-owned) which caters to counselling and providing intervention activities about overall development of children in various motor, cognitive, psychosocial, socio-emotional domains of progression, and mental health awareness in general.



## COUNCIL MEMBER, SUCHITA THAKKAR, DELHI MENTAL HEALTH COUNCIL-WICCI

Suchita believes in “Experience Prowess, Knowledge, Maturity are not bound by age – it is the learning tendency, caliber, endeavor, zeal, optimism and willingness which lands a person at pinnacle at any age.”

She is a Counselor and Hypnotherapist under the name “ Understanding Minds” and works from her home.

She has done her MA Psychology, from Global Institute of Nagaland, M.S. in Psychotherapy and Counselling, from IPMS Mumbai, Rehabilitation Psychology, from Shanghai University of Manipur and more. She is presently pursuing MA Clinical Psychology in IGNOU.





## COUNCIL MEMBER, ANGELA MATHIAS , DELHI MENTAL HEALTH COUNCIL- WICCI

Angela Mathias is currently pursuing her masters in clinical psychology, and her interest lies in Marine and Forensic Psychology. She is highly motivated with her fast learning capabilities seeking to gain experience and serve the society by learning and sharing. Angela has interned at various online organizations as well as worked onsite at a rehabilitation center. She loves to volunteer with NGO's rendering to children and old-age homes where she has gained experience in catering to their needs and creating mental health awareness. Apart from her love for psychology, she is a food enthusiast who loves to travel and listen to soothing music along with her favorite book.



## COUNCIL MEMBER, ANANYA PANDEY, DELHI MENTAL HEALTH COUNCIL- WICCI

Ananya is a Psychology undergraduate student currently pursuing a BA (Hons) degree from IILM University Gurgaon. I am an aspiring psychologist and I want to pursue graduate studies to gain as much knowledge as I can about this field so I can work towards guiding people through personal challenges, help ease emotional burdens, and empower people to achieve a healthier mind. I have internship experience from United We Care and Happitude Studio which has given me immense exposure into the field of Psychology. I am a trained and certified Bharatanatyam dancer as well. I am extremely passionate about Mental Health and Psychological Well Being.



## COUNCIL MEMBER, JASLEEN KAUR , DELHI MENTAL HEALTH COUNCIL- WICCI

Jasleen is a counselling psychologist with an experience of working with children, adolescents, young adults and mid-aged adults. She has worked with individuals and groups who required counselling, coaching and psychotherapy to meet the true version of themselves. Her approach includes understanding individual trauma responses, childhood behavioral patterns and conditioning, and to help clients re-frame relationship with themselves and changing their narrative about self and others. Her ideologies focus on restoration of self- belief and increasing self-awareness to lay foundations of healing, thereby facilitating with a non- judgmental and collaborative environment. Following the same, her significant contributions to the society include serving as a Emotional Support Provider during pandemic times on pro-bono basis; life skills educator at various charitable schools; and working with juvenile delinquents to become more emotionally intelligent and socially skilled.



## COUNCIL MEMBER, SANIKA RASTOGI , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Sanika Rastogi is a First-Year student of BA (hons) in Applied Psychology at Amity University, Noida. She is deeply passionate about mental health and aims to eradicate the stigma attached to it. Specifically, in psychology her interest lies in organizational and counseling psychology, which are my two chosen majors. As she is an aspiring psychologist, she loves to interact with people around her and hone her interpersonal skills.

She has an eclectic range of interests which include performing arts- Music through which she wishes to spread happiness and watching podcasts where she understands and explores various cultures.

Presently, she is a member and the content writer of the Music Club at both the university and institute level (Amity Institute of Psychology and Allied sciences). She has also volunteered for content writing and fundraising in organizations built for creating awareness related to economic empowerment and financial literacy for women. She wishes to cultivate the right mindset towards mental health and desires to be a flag-bearer of the same.



## COUNCIL MEMBER, SAANCHI KHANNA , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Saanchi Khanna, is a Counselling Psychologist , Psychology Educator and a Cognitive Hypnotic Coach . She follows an eclectic approach to therapy where she derive principles from different therapeutic techniques and focus on conscious and unconscious change processes to create effective and seamless changes in one's life. She holds a Masters degree in Counselling Psychology and Coaching certification as well. She has volunteered, interned and worked at many organizations with an audience of both children and adults ranging from areas of conducting workshops, giving counseling sessions, assessments, observations, been part of many listening circles and also worked as a social and emotional learning facilitator and educator across different age groups , She also writes content and create awareness towards mental health issues. She works towards helping individuals, groups or communities to deal with their issues effectively and make change in one person at a time and also educated senior secondary class.

She is passionate, organized and self-driven individual who wants to keep being in service and helping as many people as she can in her journey while also growing in the process.



## COUNCIL MEMBER, MANYA CHAWLA , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms Manya Chawla is currently pursuing her BA (hons) in Applied psychology from Amity University Noida.

She has Counselling and organisational psychology as her double major. She is the part of anchoring and mailing committee of International students club and health and wellness club of the university.

She is currently working as a volunteer in childrenwise which is a non profit organization and a coordinator in Solace 2.0 which is a non profit event for raising funds. She has taken part in various activities in debates and webinars.

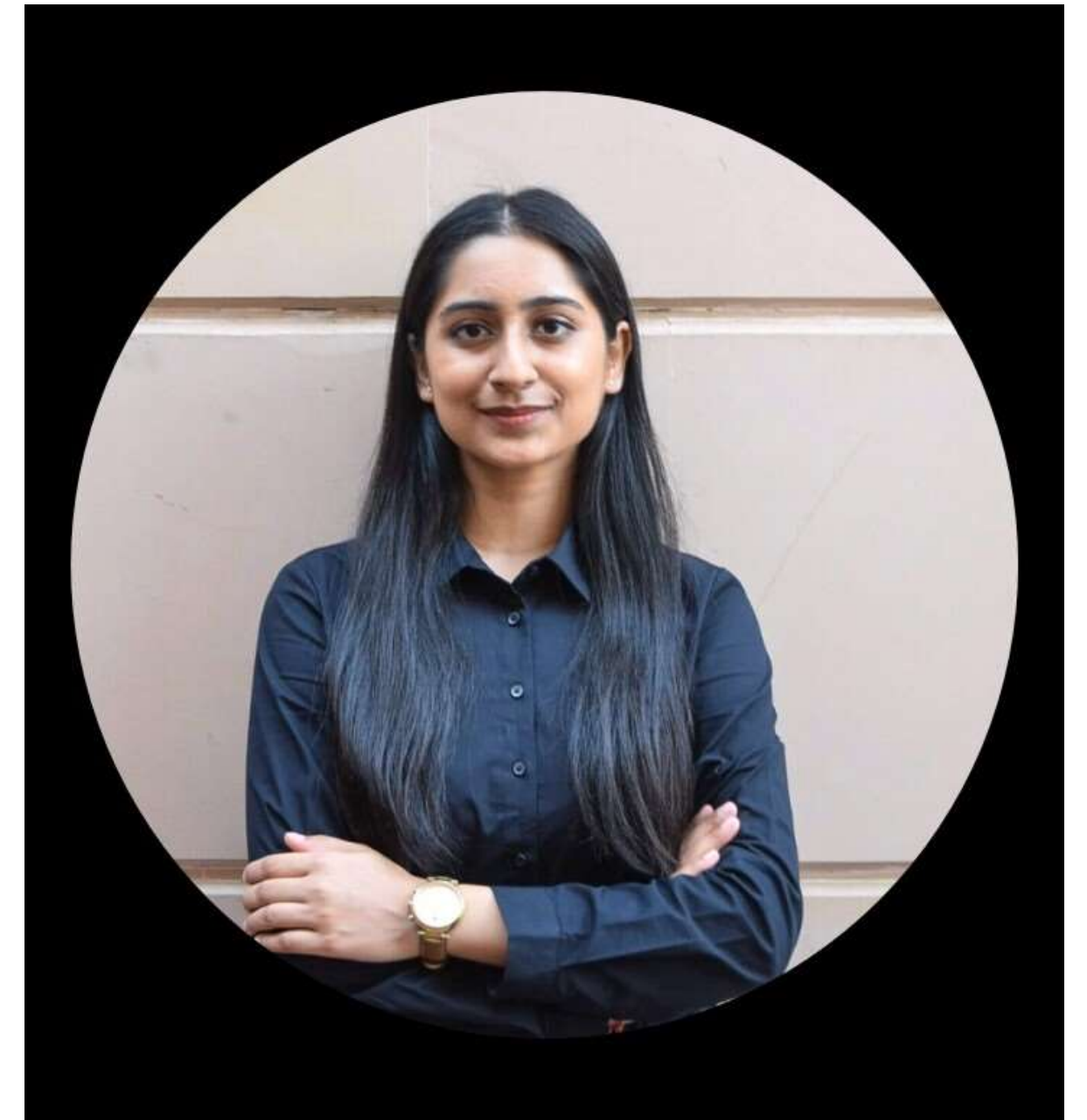


## COUNCIL MEMBER, SANSKRITI KAPOOR , DELHI MENTAL HEALTH COUNCIL- WICCI

Sanskriti is an undergraduate student majoring in Applied Psychology from Amity Institute of Psychology and Applied Sciences, Noida. She is currently in the 5th semester.

She loves having conversations about philosophy and psychology. Writing is her creative outlet and you can find her reading books or dancing during her free time. She writes about psychology for the newsletter at HappeeMindz.

Fueled with ambition (and coffee), she aims to create an impact by spreading awareness about mental well-being and pursuing a career in the field of psychology.



## COUNCIL MEMBER, PAVANI PANJRATH , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms Pavani Panjrath currently in her 3rd year of ba hons applied psychology from Amity University Noida.

She is aspiring to be a counselling psychologist and wants to advocate for mental health.

She is very passionate about this field as it's still viewed as a stigma and a field which is dedicated for women only.

She wants to give out the right information regarding mental health to the world so that more people become aware of it.





## COUNCIL MEMBER, ARUSHI SURI , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Arushi is an undergraduate student, majoring in Applied Psychology from Amity Institute of Psychology and Applied Sciences, Noida. She is a co-author of the newsletter for HappeeMindz. She views herself as a holistic well-being enthusiast. Her brain feeds on intriguing facts about human nature and she is driven by constant improvement as well as curiosity about the universe. Dance, music and nature act as her energizers. She seeks to direct all her energy towards changing how people view mental health and towards gaining the right knowledge and skills for bringing a positive impact in the field.



## COUNCIL MEMBER, ANUPREKSHA BISWAS , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Anupreksha Biswas, Psychologist, a Post Graduate in Clinical Psychology from Amity Institute of Psychological and Allied Sciences, Amity University, Noida.

She also holds an Advanced Diploma in Neuro-Linguistic Programming from Neuro-Linguistic Academy, certified under The American Board of Neuro-Linguistic Programming, The NLP Global Standard, International Association of Professional Coaches, Counselors and Therapists and Continuing Coach Education, International Coach Federation.

Over the tenure of her educational training, she had experiences in interning at Satyam – Rehabilitation and Psychiatric Centre, Delhi; Hope Foundation, New Delhi and Manthan Clinic, Gurgaon where her learnings of professional skills and practical knowledge helped in enhancing her caliber.

Having been intrigued by Forensic Psychology, she had the opportunity to gain knowledge on the Basics of Forensic Psychology where she also got experience in identifying and solving forensic cases under certified guides through Psychoshiksha.

She is also a part of the counselor panel in an NGO, Saday Sadev, as a Counselor.

And currently working as a Consultant Psychologist at YourDost – Online Counseling and Emotional Wellness Coach holding expertise in Mood Disorders, Relationship Counseling, Family Counseling, Neuro-Linguistic Programming, Motivation, Communication and Career Counseling.

Recently, she had the opportunity to be a guest speaker in a podcast, Candid Conversations, on the topic, Goal Setting in 2022, by The Indian Conclave which released on the 31st December 2021 on the leading platforms, Spotify and Youtube.



## COUNCIL MEMBER, SHRUTI JHA , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Shruti Jha is an experienced Clinical Psychologist and Psychotherapist registered and licensed with the Rehabilitation Council of India (RCI) - Government of India, with over 7 years of practice with a demonstrated history of working in the hospital, education and health care industry. She is an expert wellness educator with specializations in child and adolescent psychology, special education, adult psychopathology, marital and family therapy, geriatric counselling, psychological assessments, psychotherapy and wellness management. She is a Gold Medalist in her field of education and her former experience is aligned with the following institutions: National Institute of Mental Health and Neuro Sciences (NIMHANS), Dr. Ram Manohar Lohia (RML) Hospital, Lady Hardinge Medical College, R&R Hospital, Air Force Central Medical Establishment, National Institute for the Empowerment of Persons with Intellectual Disabilities and National Institute of Psychiatry and Drug De addiction Centre. She also has experience in working with school children with special needs, learning difficulties and behavioural problems. She has numerous paper presentations and publications to her credit at National and International conferences. She has also been facilitated with award for research acumen, best in human values and best paper award. She has also conducted and facilitated training programs and workshops in the field of mental health. She practices currently in Delhi NCR with the aim to facilitate holistic understanding, further leading to complete social, emotional and psychological wellbeing for all her clients.



## COUNCIL MEMBER, YASHNA SACHDEVA , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Yashna is an undergraduate student majoring in Applied Psychology from Amity Institute of Psychology and Applied Sciences, Noida. She is currently in the 5th semester.

She is also the class represented, with good communication and management skills . She loves playing badminton and dancing to feel fresh and free , also tries yoga to relax. Intrigued by topics spirituality and psychology She loves cooking and feeding family and friends. She is pursuing a career in the field of psychology and aims of being a child psychologist.

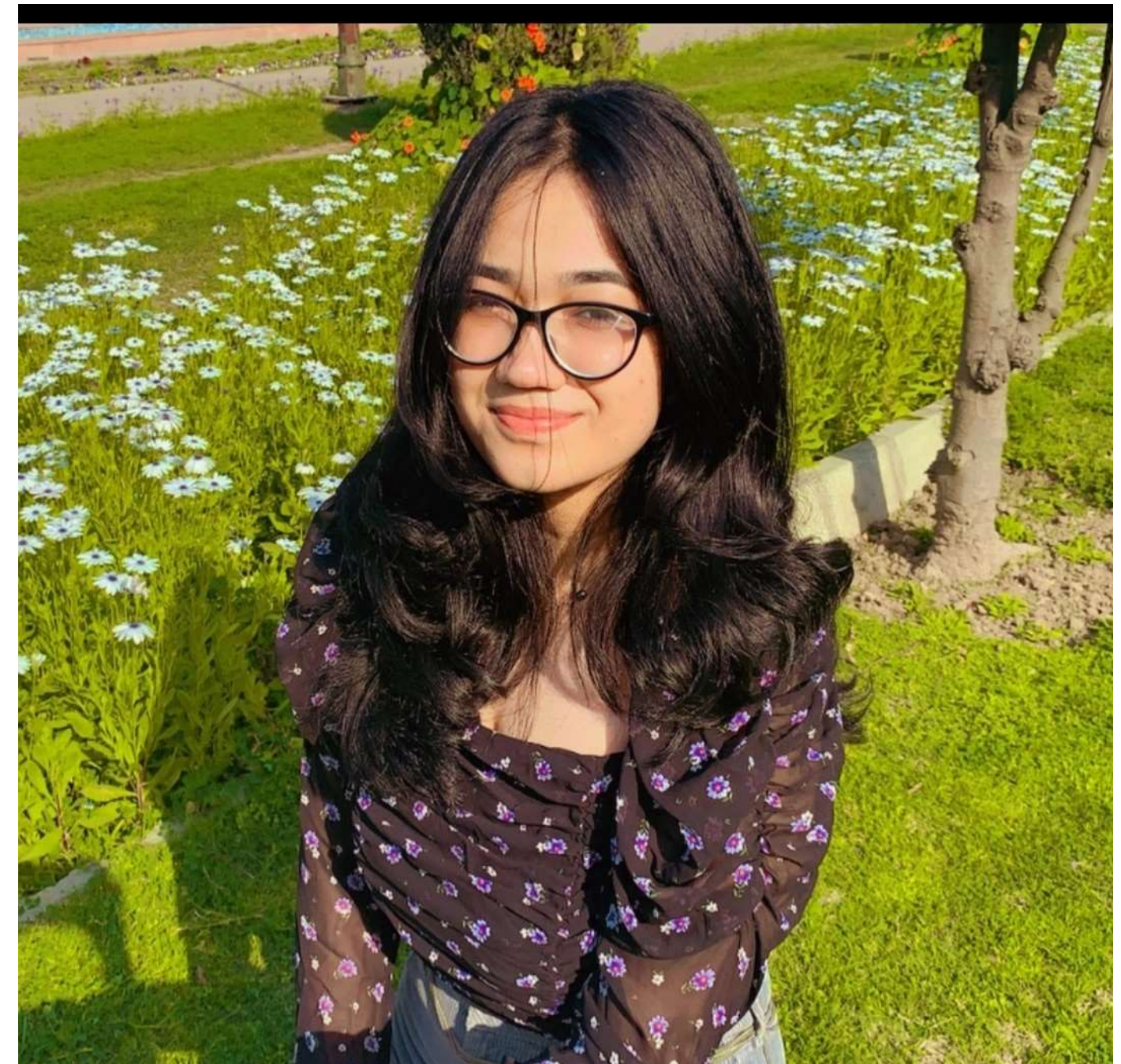


## COUNCIL MEMBER, SOUMYA SARDANA , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Soumya Sardana is pursuing Master's in Psychology from The University of Delhi.

An aspiring Clinical Psychologist with a keen interest in Research and Development Psychology.

Currently interning at QRG Medicare, has previously interned in the fields of clinical, counseling, and child psychology.



## COUNCIL MEMBER, ANUSHKA KHARBANDA , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Anushka Kharbanda is a psychology graduate currently pursuing Masters in Counselling Psychology. She aspires to bring a positive change through her knowledge of psychology and help people with their mental health-related concerns.

She hopes to add more value to DMHC



## COUNCIL MEMBER, Dr. TRIPTI JAISWAL , DELHI MENTAL HEALTH COUNCIL- WICCI

Dr. Tripti jaiswal a psychologist with her specialization in the field of health and positive psychology.

She has done her research on positive psychology on the concept of finding hope in cancer patients. She believes that finding a positive in everyday and having a positive mindset can be one of the best cure even in difficult situations in life.

She is curious and an enthusiast to know how psychology is involved in our everyday life. But somehow we ignore the same fact and even ignore the importance of having positive mindset in our lives.

In her future she wishes to make efforts to spread awareness regarding the importance of studying and applying psychological principles in our everyday lives.



## COUNCIL MEMBER, VANSHIKA NIGAM , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms Vanshika Nigam has always been fascinated by the fact how different people interpret situations in a completely different manner and that was a major reason why she took psychology as a subject in school. She has been studying psychology for over 6 years now and she has seen herself evolve as an individual.

She aspires to become a counselling psychologist and assist individuals in finding solutions to their problems since she believes the answers to an individual's questions lie within themselves and all they need is direction and guidance to find it. She also believes that the root causes of our problems and conflicts are ingrained and date back to our childhood and that's why she wants to become a school counsellor and work with children of all ages. She is passionate about contributing to the field of mental health and bringing a change in the thought process of individuals she comes across.





## COUNCIL MEMBER, TANISHA MAKKAD , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Tanisha Makkad, she is born and brought up in Delhi, currently she is doing her masters in specialisation clinical psychology from Amity University , Noida. She did her bachelors in Applied psychology from Delhi University. In between her bachelor's programe . She did many internships in clinics and hospitals where her role was either an intern or observer. She also volunteered in NGOs for teaching purposes . She presented her research paper in AIIMS and grabbed the best paper award in Gerontology field. Right now she is very passionate and focused about her career in psychology as she has devoted educationally and heartfully more than six years to psychology and she cannot wait to actually work or help people as much as she can and even if anyway she feels stuck she would be happy to learn new techniques and therapies for the same



## COUNCIL MEMBER, AANCHAL PRIYA , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms Aanchal is in her final year of M.A. Clinical Psychology and interning under supervision with Vandrevala foundation- Suicide helpline number from past 6 months. She has done internships in NGO, Clinics in her bachelor's.

She feels "Psychology is food to my brain". She is a passionate Learner, empathetic person with well-developed listening skills, an advocate for mental health and counselling psychologist in training on a mission to break all the misconceptions surrounding around mental health, therapy, psychology and psycho-educate everyone around her ,just like we are given basic education in our schools about everything else.

She creates a knowledgeable and safe space for people to heal. She believes in 'BE THE CHANGE YOU WANT TO SEE' and is working in every possible way for that. Apart from talking about mental health and reading new concepts about psychology she loves travelling, spending time with herself, watching little things around me and make doodles and painting.



## COUNCIL MEMBER, KRISHIKA ARORA , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Krishika Arora, has completed her Bachelor's degree in Commerce, and currently pursuing her Master's degree in Counselling Psychology in Amity University. She has done her Internships in Vaiklavya, Minds healer and True care counselling. She also has experience as a Business development executive as a go to person for queries and customer grievances.

She is a good listener and has many more such skills



## COUNCIL MEMBER, KRITIKA CHHABRA, DELHI MENTAL HEALTH COUNCIL- WICCI

Ms Kritika Chhabra is a Lawyer, pursuing to be a Company Secretary alongside, who has previous experience through Internships in areas such as Intellectual Property Rights, Contracts, Commercial Law, and other Civil laws. She identifies herself as someone who is always up for a healthy discussion and open to different perspectives. She has recently started working as a Legal Analyst at a Corporate.

Apart from her academic interests, she is a chess enthusiast and a reader of non-fiction books. Over the course of the pandemic, her interest have also grown in the fields of neuroscience and psychological.



## COUNCIL MEMBER, ANOUSHKA GUPTA DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Anoushka Gupta is a final year student of Applied Psychology Hons, Amity University Noida. She is a hard-working and creative person. She loves to work both independently and in a team as well. She is quite determined towards finishing her work and achieving the required goals. She tends to stay focused on her work till it's done. Art is a thing that is her favourite hobby and she tries to pursue it whenever it's possible for me. Her other hobbies include helping people, listening to music and dancing.



## COUNCIL MEMBER, MANASI CHAUDHARY , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms Manasi Chaudhary is a Counselling Psychologist by profession and an Army wife by choice. She has completed her Graduation, Master's and Diploma in Psychology from Banaras Hindu University and currently she is pursuing PhD in Psychology from University of Lucknow. She hails from the holy city Varanasi but reside in the city of Metro, Delhi. Working in the field of Psychology has been her lifelong calling and she believes that someday she will win her quest to make people understand that mental health is as important as their physical health.



## COUNCIL MEMBER, PRENI SETHI , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms. Preni Sethi is pursuing BA Hons applied psychology from Amity University Noida . Having a Clinical and developmental psychology as her double major with a Passion of photography.

She has also taken part in various MUNs as a photographer and have won special mention twice. She is fond of travelling and cooking and Aspires to become a clinical psychologist one day.



## COUNCIL MEMBER, JOSHITA SINGH , DELHI MENTAL HEALTH COUNCIL- WICCI

Ms Joshita Singh and currently pursuing BA(hons) Applied Psychology from Amity University, Noida, Uttar Pradesh.

She is a Clinical and Organisational Psychology double major with a passion for globalization and photography. Currently, she is the team leader of the International Student Club's Photography and Videography committee and the team member of the Tiltedtripods- photography committee for the Psychology department.

She has also taken part in various talk shows organized by the institute and has also worked with an NGO - Safar as a Senior Community Builder

Besides academics, she is also fond of traveling, photography, and playing Keyboard as she has been playing it for 2 years.

