



WOMEN'S INDIAN CHAMBER OF COMMERCE AND INDUSTRY

OUR VISION & MISSION

Vision:

To create remarkable change in the field of mental health by expanding the number of ignited professionals to promote mental health.

Mission:

1. To foster a conducive environment for professionals thru awareness and in-depth training with definitive and streamlined approaches.
2. To develop skilled mental health advocates by encouraging business collaborations for better quality services.



Rachana Awatramani
President

A professional Psychologist of 10+ years practicing, mentoring and guiding successfully to cope with various emotional challenges through her expertise, knowledge standards and learning from her post-graduation in Counseling Psychology. Her additional credentials in the field include certification in "Psychology First Aid", Johns Hopkins Bloomberg School of Public Health and "Happiness Life Coach" Transformation Services, INC (Online). She has recently completed a certificate from Yale on Science of Wellbeing and Managing Covid Anxiety from Toronto University.

Her aggressive contributions, since 2017 for Times of India "Ask the Expert Column", of which we take pride in saying that few of her responses have been translated in various languages like Hindi, Telugu, Indonesian and Croatian-to name a few. The other common platforms that you can read her thoughts are Midday, Mumbai Mirror, New Age Women, Teenager Today etc. She was honored by the "Women of Excellence" award by the Women Economic Forum in 2018.

Her regular clients visit her for consulting services at "Insight Counseling Services LLP (ICS)", under her leadership as a Founder Partner. Under this umbrella, she conducts training programs and workshops on various Psychology/Mental Health-related topics across India. She is also a LGBTQ+ counselor.



Vice President

Namrata Jain

Psychologist & Life Coach

Founder - Out Aloud

Namrata Jain is a TEDx Speaker, Counselling Psychologist, Life Coach, Corporate Trainer, Expressive Arts Therapist & Wellness and Success Coach. Namrata Jain is also a Lead Psychologist with ConfirmU, a Singapore based company where she is designing a psychometric product which assesses a person's loan repayment capacity based on his/her personality.

Namrata has been awarded as the '*Most Promising Counsellor and Psychologist of the Year 2018*'. She has been featured numerous times in *Mumbai Mirror - Times Group* sharing her inputs on Mental and Psychological Wellness. Her sharing in a show on *Sony TV and Radio 98.3* has been appreciated by numerous professionals and individuals across the country. Namrata Jain has also been featured on the Cover of *Brand India Magazine – Healthcare Edition*. She has also been recognized as the Director of Relations, India by *Global Goodwill Ambassadors*, a US based organization.



Council Member

Rimpa

MA (Clinical Psychologist)

Consultant Psychologist (Clinical) | Psychotherapist

Co-founder – Sentier Mind

Sarkar

Rimpa Sarkar holds a Master's in Clinical Psychology and is Cognitive Behavioral Therapist and Neuro – Linguistic Programming practitioner with over 10 years of experience working in different set ups in Mumbai, India.

She is extensively working with many shipping companies for mental wellness of Seafarers in the field of Merchant navy, with that she is also attached as consultant with organisations like Aditya Birla Capital and Tata Institute of Social Science. Apart from working with corporates mental wellness, her specialty includes working with adult individuals with anxiety disorder, mood disorder and self-harming behaviors.

She is also a co-founder of a Psychological firm name Sentier Mind, here they focus on serving corporates with psychological services for their employees & clients. She is also actively working on raising awareness on Mental Health and Suicide Prevention in India.



Council Member

Anupa Mehta

Narrative Therapist

Anupa Mehta is a Narrative Therapist and a published author. She holds a Master's degree in Narrative Therapy and Community Work from the University of Melbourne, Australia/Dulwich Centre, Adelaide. She is an international member of the Australian Counselling Association. She works with adults experiencing anxiety, depression, relationship issues, and other states of unease stemming from deep seated trauma. Her residential and online personal development workshops draw upon Narrative Practice, Expressive Arts, Jungian ideas and esoteric healing practices with a focus on personal storytelling. Based in Mumbai, India, she offers online and offline therapy sessions for individuals, groups, workshops, webinars and corporate training. She has been featured in several Indian newspapers.



Council Member

Raashi Thakran

Mental Health Advocate, Social Activist

Raashi Thakran is a mental health advocate, social activist and an engineer from Bangalore. As a changemaker from Change.org's flagship program – She Creates Change, she has undertaken various projects in order to raise her voice against social injustice within the country. In July last year, she started a petition asking the government to launch a National Helpline Number for Suicide Prevention in India which received more than 3.9 lakh signatures. This led to the creation of the KIRAN mental health rehabilitation helpline number which was launched by the Ministry of Social Justice and Empowerment on 7th September, 2020.

She has been featured on Huffington Post, Sputnik News, Times of India, Hindustan Times, The Hindu, Dainik Jagran and other news portals for her work. As a global volunteer with AIESEC, she went to Egypt for a duration of 6 weeks to work with refugees on their mental and psychological well-being. She also conducts workshops and sessions on mental health and suicide prevention which have impacted 900+ students and professionals. She is currently the marketing executive at YourDost and is also a certified QPR Gatekeeper Instructor.



Council Member

Rashmi Malapur Jaswal

Business blogger, content writer & a poetess

Rashmi Malapur Jaswal is a business blogger, content writer & a poetess with over 12 years experience. She also loves to pen book, film and theatre reviews.

Her book ‘Positive Sutra: Life say, ‘Never give up’ is a collection of poems and prose that reflect her experience of combating mental health issues.

Rashmi has pursued MBA in Marketing, M.A. in English literature and a course known as ‘Modern & Contemporary American Poetry’ or ModPo offered by University of Pennsylvania.

As a crusader for mental health, she works with a vision to create a support system in the society where people can open up about their mental health and emotional issues. In line with this vision she has launched a YouTube channel, ‘On Mental Health.’

Rashmi interviews young entrepreneurs for the Center of Family Managed Business at the S.P. Jain Institute of Management & Research. She also interviews women entrepreneurs for National Women Entrepreneurs Summit (NWES).

As a volunteer at ‘Pasabaan E Adab’, an organization that encourages regional languages & culture, she contributes in curating & editing content.



Council Member

Tejal R. Shah

MA (Industrial & Organizational Psychologist)
Consultant Psychologist (Industrial)

Tejal Shah holds a Master's in Industrial & Organizational, SET qualified, Background of NCC and sports . She is a faculty & visiting faculty in many institutes . She is a practitioner with over 10 years of experience working in this teaching and research field of PHRM & Talent Management.

She is extensively working with SPJAIN School of Global Management - Global Family Business Program. Apart from working with corporates & educational institutes. her specialty includes working with organizational Stress , Anxiety , Depression , beside this she is working on vedanta & Spirituality as way to deal the same.

Her focus is on serving corporates & educational institutions with psychological services for their employees , students & clients. She is also actively working on raising awareness on Stress in family business & Educational institution.

Riddhi Doshi Patel

Child Psychologist, TEDx Speaker, Dance Movement Therapy Practitioner



Council Member

She is the Founder of **LAJA**. She is a **Child Psychologist, Parents Coach and a 3 times TEDx Speaker. She is a Dance Movement Therapy Practitioner and a Performance Skills Trainer.** She is a champion for the empowerment and holistic nurturing of the youth and is the Founder/Director of Rhhyns Academy Pvt Ltd, a training academy for the youth. She has more than 53K hours in Counselling Sessions, has Trained more than 79K+ Students, and 1 lakh+ Women. She has delivered more than 82K+ hours of Talks at various avenues and has conducted more than 4K+ Workshops in schools and colleges. Riddhi has conducted 632 Parenting programs and 280+ Teacher's Training workshops. Her Mental Health sessions and talks are an impressive 780+ in number. She has been a trainer since over a decade and has conducted training workshops for students, individuals, Corporate, Educators, Parents and Influencers as well. She strongly believes in the need for 'continuous learning and upgrading' and is always engaged in learning new skills and upgrading herself when she has free time. She is a champion for the empowerment and holistic nurturing of the youth and is the Founder/Director of Rhhyns Academy to develop and empower the youth of today – the future leaders, with knowledge, awareness, poise and confidence.

Riddhi is also an Advisor at **12 TED-Ed clubs** where students aged between 8 to 15 are mentored and handheld to become Ted Ed Speakers. She is a National Award Recipient as well.



Council Member

Ms. Kajal Makwana

Counseling Psychologist, Queer Affirmative
Therapist, Mental Health First Aid Trainer

Ms. Kajal Makwana is a Counseling Psychologist (M.A. Counseling Psychology), Psychotherapist, Queer Affirmative Therapist, Mental Health First Aid Trainer, and Graphologist, based in Mumbai. She is Founder of **The Giraffe Space** (<https://www.thegiraffespace.com/>) and one of the founding members of the **Volunteer For India** initiative supported by the U.S. Consulate General, Chennai. Kajal is an expert at **Listening Circle** - mental health support group. She is an eclectic practitioner.

She is volunteering with **The Qknit** - LGBTQ+ Collective and leading their mental health support vertical. She regularly conducts workshops for several groups and spaces. Her work involves more than counseling practices, she never misses an opportunity to advocate for mental health, gender, and sexual identity. She often conducts workshops in several communities in Dharavi, Mumbai in collaboration with World Vision India on various topics like understanding study techniques, managing exam stress, etc. Ms. Kajal conducts workshops and training frequently in educational institutes, corporate, and NGOs. Currently she is into corporate counseling and private practices. Presently, she is also leading a volunteers based campaign called **COVID-19 Mitigate Campaign** - to ensure mental wellbeing in COVID -19 pandemic time.



Dr Prabha Acharya M.D (Homeopathy) has been practicing homeopathy for 30+ years at her centre GLOBALHOMOEOPATHY located at Andheri East.

She treats patients from within India & internationally, through online consultation too.and medicines are couriered across the globe.

She has lectured extensively, been recipient of prestigious awards & received 2000+ testimonials from her patients.

Some of the commonly treated ailments are: Migraine, Asthma, Psoriasis, IBD, Autism, ADHD, Childhood diseases, Anxiety, Depression, Alzheimer's, Hypothyroid, PCOS, diabetes, Insomnia to the more serious ones like kidney failure, heartblocks & cancer.

In these difficult times build your immunity. Consult ONLINE and get your medicines couriered.



Dr. Akshari Anchan is a Cosmetic Physician and Surgeon practicing across 4 clinics in Mumbai and leads a team of 18 doctors of all streams working towards the common goal of Aesthetic Medicine.

She gets her clinical skills from the United States and has trained over hundreds of doctors globally on the subject of Medical Cosmetology.

She is a leader in minimally invasive Aesthetic medicine and is renowned for her simplified practice and training skills.



Name: Naina Singhania

I am a Health Coach with more than 7 years of rich experience working with Corporates, Hospitals and Startup's.

A firm believer in a healthy lifestyle, I believe in a holistic approach towards staying fit, thus empowering individuals with best nutrition and lifestyle practices that are sustainable.



Council Member

Saloni Khanna
Actor/Model/Musician/Engineer

Saloni Khanna is an Actor and musician by profession, Having a number of web shows, short films and television commercials to her credit along with a Kannada feature film.

She has a degree in engineering from Delhi and worked with TCS for 2+ years before venturing into the entertainment business. After her corporate stint she started modelling for various brands like SunsilK,Aurelia, Reliance trends and walked the top fashion weeks in India, namely Lakme fashion week, Amazon fashion week and India Couture week. After this she moved on to performing theatre plays and working in front of the camera along with writing for theatre and singing in musicals. She is a trained classical dancer(Kathak) and singer.

She is currently pursuing a postgraduate in psychodrama and music therapy from Chennai, along with a BA in psychology from IGNOU. She also started a charity website for covid relief along with her partner called www.chatforgood.org aimed at helping people face the pandemic.



Surabhi Pranav (Counseling Psychologist, Psychotherapist)

Ms. Surabhi Pranav is Dean Capacity Building at JDCOEM, Nagpur. She is also a mental health professional with more than 14 years of experience. She is a govt certified Counseling Psychologist and leading psychotherapist of Nagpur who primarily focuses on mental health issues and concerns of adolescence and adulthood. Her area of interest is in Therapeutic interventions in the cognitive domain. She is a staunch believer of value based education.

She has developed effective remedial models for holistic health too. She had been instrumental in organizing many workshops on mental health for youth. She has received the prestigious award of The teacher who accomplished most ethical activities in the city by PEACE FOUNDATION.

She has received many certifications from institutions of national and international repute. She is also associated with many national bodies on Psychology.

Council Member



Council Member

Ms. Bharti Gitay

Mental Health & Positive Psychology
Australia.

Ms. Bharti Gitay is a Mental Health professional with more than 15 years of experience. After completing undergraduate from Mumbai, she pursued postgraduate studies in Mental Health & Positive Psychology from Australia.

She has worked have worked with Red Cross, Child Protection, End of life Care, Headspace, to name a few. Her framework largely is based on recovery & understands that one size does not fit all. Having worked in a recovery space for a number of years & worked with people from acute care to community, with severe & persistent mental health challenges. Recently returned back from Australia, currently working at MPower, the Centre.



Council Member

Yesha Mehta

MA - Entertainment, Media & Advertising
Aspiring Psychologist

Yesha Mehta is an aspiring Psychologist from Mumbai. She has completed her post graduation in Master of Arts in Entertainment, Media & Advertising, and has worked in the Public Relations and Marketing industry for 2 years. While working, Yesha has managed esteemed brands in the Lifestyle and Hospitality space.

Yesha holds certifications of Metaphor Therapy and REBT, and is currently pursuing a Masters degree in Psychology from Indira Gandhi National Open University. Presently, Yesha is working under the guidance of Psychologist Namrata Jain, at Out A Loud.



Council Member

Dr Manjiri Deshpande Shenoy
MBBS, DNB Psychiatry

Dr Manjiri Deshpande Shenoy has completed DNB (Psychiatry) after MBBS and also done a Fellowship in Child and Adolescent Psychiatry thereafter.

She heads a chain of Child Guidance Clinics under the name of ICGC ie Indlas Child Guidance Clinics. ICGC has a multidisciplinary team set up to deal with all kinds of problems of children, adolescents and young adults. She has appeared in several news channels and been quoted in many newspapers. She has been invited as a speaker in various conferences. She conducts awareness workshops in schools too.



Council Member

Bhakti Khot

B.E (Industrial & Production), PGD in Innovation Management & Corporate Entrepreneurship
Leadership coach for NGOs

Bhakti is currently the Program Manager for New developments for Automotive market at SKF, based out of Pune.

She mentors girl students (8th-12th grade) & teenage girls (pursuing graduation) from low socio-economic conditions. She guides them for their career path & their emotional & mental well being. She firmly believes that healthy body & healthy mind are inseparable, and that emotional well being precedes both, specially for these kids.

She has worked with oikos, an International NGO as a leadership mentor & steered Entrepreneurship learning circle. Also worked with Akankshka foundation as a mentor. She has hosted an International conference at Switzerland for students from 27 countries.

She is certified for Prince2 methodology, TRIZ -1 (Inventive problem solving technique), LEAP (Advanced leadership), 6 sigma Green belt.

Every problem has a solution in itself! Its all about time to find the solution.



Council Member

Ms Rita Khear

Consulting Psychologist | Mental Health & Life Coach | Family Therapist & Child Management Expert | Corporate Trainer.

Practicing for more than Four Decades, Rita is a post graduation in clinical psychology from University of Bombay & has completed advanced certificate course in REBT from Albert Ellis Institute, (New York, USA) and is certified in Psychological First Aid, John Hopkins, (USA) .

Rita Khear has been the Head of the Department of Psychology of Motibai Theckersy Institute of Research in the field of mental retardation for 7 years. She has co-authored several books in the field of psychology and has been a speaker on various mental health related topics in conferences, CMEs.

She provides individual counselling and therapy sessions for anxiety, depression, anger management, parenting skill training, marriage counselling, work stress related problems & other mental health or life coping issues.

She conducts group workshops in educational and industrial organizations for self–development, personal effectiveness and stress management, overcome personal & professional challenges, team building, etc . Rita also provides crisis intervention and Psychological First Aid .

She also provides several motivational, empowerment and self-growth training programs for various educational and industrial organizations.

Sessions are also conducted for teenager’s problems, premarital counselling and problems of daily living.



Trained over 40000 persons from Oil & Gas, Automobile, Confectionery Industries Toyota, Castrol, Godrej and Boyce, Domino's and Cadburys; Educational Institutes and NGO, **Neha Karia Mody** is a Psychological counselor practicing since 13 years in the field of Mental Health and Training and Development. Her passion for the field and keen interest in empowering people has led her to get trained in Clinical Hypnotherapy and Angel Therapy too.

Currently she is involved in :

- Counseling and empowering people of all age group.
- A personal coach / counselor with Moving Minds company of professionals with strong ethics.
- She is an active member of All Ladies League (ALL) – Mumbai Chapter of Mental Health.
- She is an active support member of Associate Of Trainers (AOT) – helping trainers across India to grow.
- An expert counselor on an online mental health portal – Café Counsel.
- One of the eminent Director of Nurture Your Future (NYF) group active on Facebook – A platform created for women to share her life, express her talents and show herself to the world.

She has proven her ability in coaching people across all ages on various skills enhancement program. REBT and CBT are the cornerstone of her therapies.



Dr Syeda Ruksheda is an eminent Psychiatrist and Psychotherapist and a celebrated speaker on Mental Health, with two Tedx talks to her credit. She serves as Co-Chair of women's mental health specialty section of Indian Psychiatric Society. She has authored many academic articles and chapters and is a keen teacher.

She has a thriving private practice in Lokhandwala, Mumbai, spanning over 20 years, specialising in adolescents, young adults, women and families. A passionate advocate of community mental health, Dr Ruksheda also consults at various centers, in order to bridge the gap and provide quality affordable mental health care to all.

Her warmth and empathetic communication style has made her popular as a mental health expert for TV and electronic media.