

# WICCI WELLNESS & WELLBEING COUNCIL, Karnataka



**WOMEN'S INDIAN CHAMBER  
OF COMMERCE AND INDUSTRY**  
[www.wicci.in](http://www.wicci.in)

# Council Vision & Mission

To empower women entrepreneurs and business leaders in Wellness & Wellbeing Sector with policy making & equal opportunity for women through representation in WICCI - Women's Indian Chamber of Commerce & Industry.

***Welcoming***

***Council Members to WICCI***

***WELLNESS & WELLBEING***

***Karnataka***

***President, Vice President  
and 23 Nominated Council  
Members***

## **Dr Suchitra Kaul Misra**

**President, WICCI WELLNESS & WELLBEING Council, Karnataka**

Dr Suchitra Kaul Misra is a holistic healer, specializing in mental and emotional well-being, with therapeutic humour and laughter therapy. Founder of 'The Healing Garden' in north Bengaluru, she offers wellness services to a large network, ranging from corporates, hospitals, educational institutions & NGO's to disabled and underprivileged groups.



# Neha Ravichandran

**VICE PRESIDENT  
WICCI WELLNESS & WELLBEING COUNCIL, Karnataka**

Counsellor for 6 years, Neha started her own practice, Athreyaa Wellness (refine mind and image) paving her own career path, and growing at various medical practitioner platforms like Practo, Doctiva and Bajajfiserive. She is active in forums such as Psychology India , CCI, and is Mentor for Diploma in counselling and Family Therapy for students at Asha The Hope. Her Academic qualifications include – Masters in Psychology IGNOU, MBA Lucknow university and Post Graduate Diploma in Counselling Psychology, Banjara Academy, Bengaluru.



**Sowmya, GS**

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

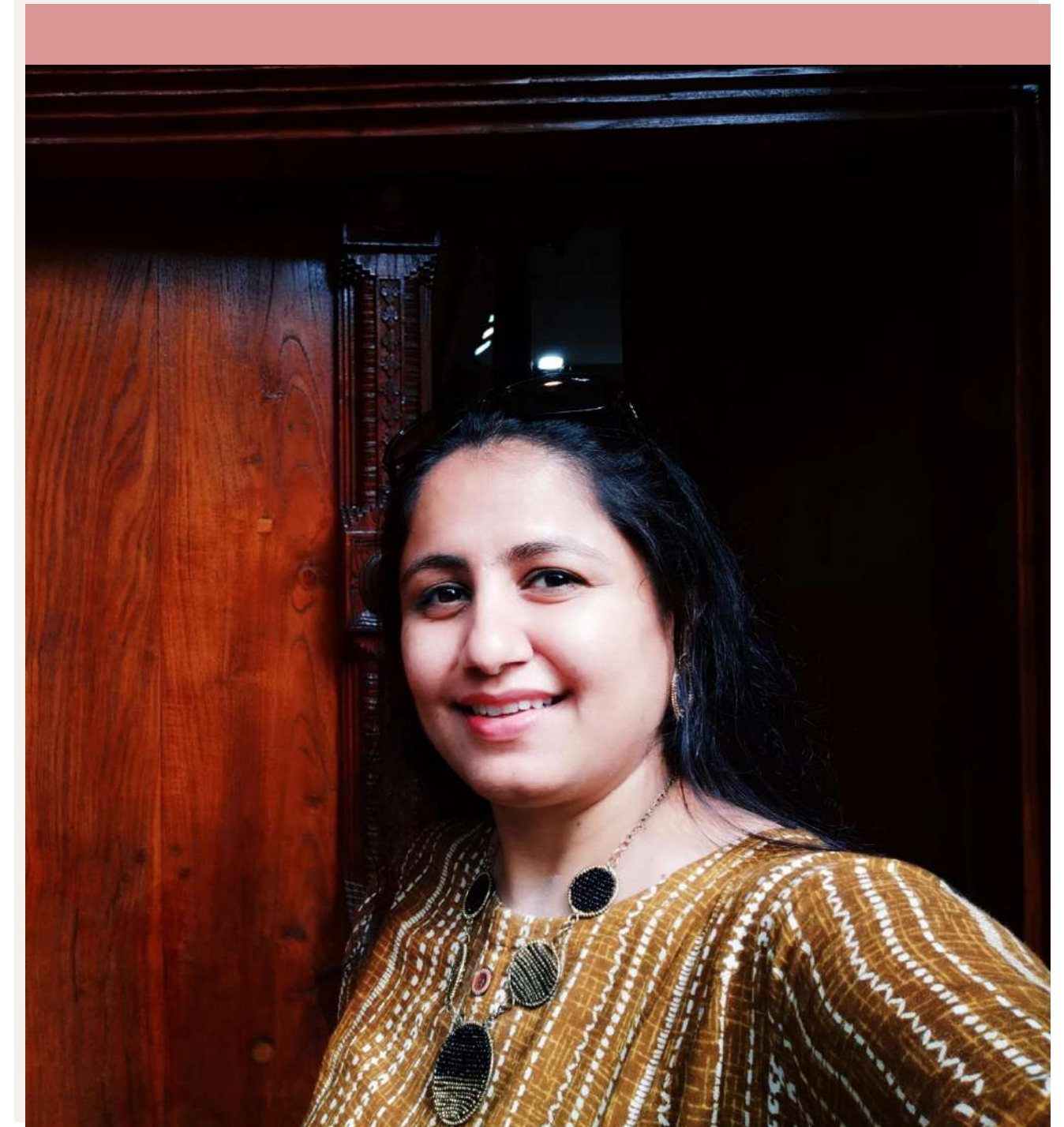
Sowmya is the Founder at 'Kyts-Empowering you' a mental health organization. She is a counseling psychologist and a Research Scholar in the area of health psychology. She provides interventions of psychotherapy to individuals with Chronic stress, depression, anxiety and other Axis-I mental illnesses. Sowmya approaches her work with the perspective that mental health enhanced at the individual level, can have a ripple effect on the family and ultimately at the community level.



# Poonam Thakkar

**COUNCIL MEMBER  
WICCI WELLNESS & WELLBEING, KARNATAKA**

Poonam is an entrepreneur artist designer and certified nutritionist who believes that health is a conscious lifestyle. She has displayed her artworks in various national and international art exhibition and her work has won many accolades. She serves as Chairperson at All Ladies League for Gadag Chapter, Karnataka and is the honorary member of international art galleries, world academy of arts, peace and human rights - USA, International Frontiers for peace and humanitarian organization - United Nations.



# Vasumathi Srisailam B.Tech, MBA

**COUNCIL MEMBER**

**WICCI WELLNESS & WELLBEING, Karnataka**

- Internationally Certified Yoga ,Pranayama Meditation & Therapy Teacher.
- Practicing Yoga since 12yrs .
- Played a significant role in the Research Thesis : Importance Of Yoga , Pranayama and Meditation for old age people by Satyam Project (Department of Science and Technology (Government Of India).
- Did project on Diabetes control with the help of Yoga.
- Pursuing course in Ayurveda Diet & Nutrition for Balanced Lifestyle.



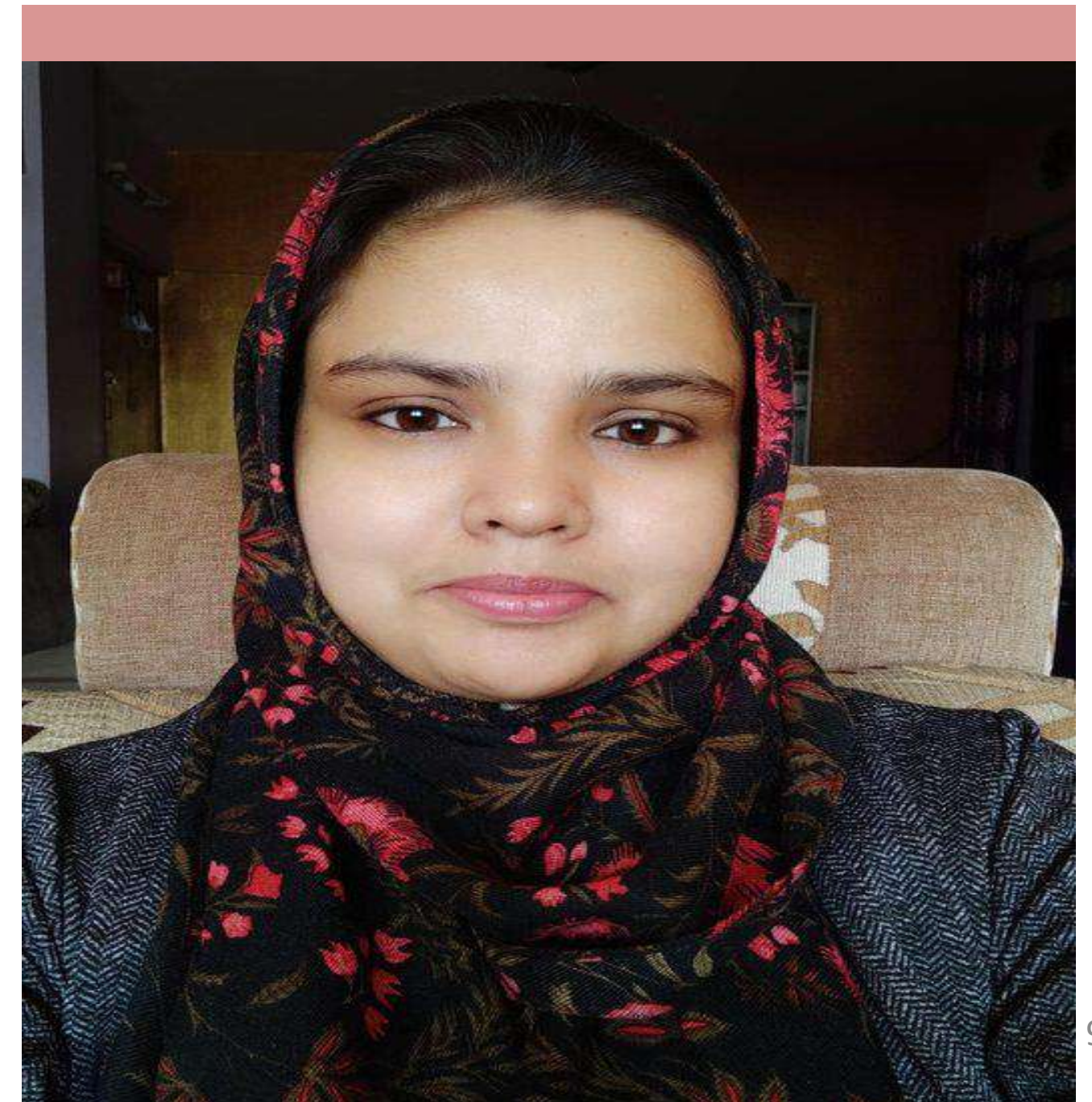


## Zeba Mujib

COUNCIL MEMBER, WICCI WELLNESS & WELLBEING,

### Karnataka

Zeba is a Certified Nutritionist, Female Hormonal Health Consultant and Holistic Lifestyle Coach. She helps women reverse PCOS/PCOD symptoms naturally. As a sustainable Weight Loss Expert, she conducts webinars on Hormonal Imbalance and Good Health Practices for various health clubs. She is a fitness enthusiast and proud member of PCOS Society, India.



## Jonaki Ghosh Thomas

COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, KARNATAKA

Jonaki is a Professional Counsellor, Psychologist, NLP Associate Coach and a 'Breath-Mindfulness' Practitioner. She consults with Narayan Hrudulaya Group of Clinics in Bangalore, many educational institutions, and has a thriving private practice. Her experience spans over 20 years of expediting change by helping people to identify, address and solve any personal dilemma.



## Shaila Sudeep Kumar

**COUNCIL MEMBER  
WICCI WELLNESS & WELLBEING, Karnataka**

Shaila is a Spiritual Mentor, with a mission to make a positive impact on the world. Over the past 5 years, she has transformed many individuals lives through workshops and therapy sessions conducted across India. She is an international certified Heal Your Life Workshop Leader, as well as a facilitator of Redikall Crystalline Mind Workshops and Essential Redikall Insights Workshops. She has also conceptualized Shirdi Shri Sai Baba Self - Healing Workshops.



## APARNA MAHESH

COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka

Aparna is a Counseling Psychologist and Psychotherapist. She is Certified by NIMHANS – National Institute for Mental Health and NeuroSciences for Drug Addiction and Alcoholics Management. She is the Founder of ‘Shreya Centre For Well Being’, a healthcare centre associated with Nimhans Vkn. She is also a visiting psychologist at 2 private hospitals and 2 old-age homes in Bengaluru.



## **Prof. Veena Tirlapur**

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

Veena is a gold-medalist who topped Home Science in her post-graduation from Bangalore University. She has a strong experience of 15 years in teaching field at the prestigious KLEAC College. She is a BOS & BOAE member of Karnataka University, Dharwad and Bangalore University, Bangalore and BOAE of KSRDPRU. She has published many research papers in UGC PEER and reviewed International Journals in her field.



## **Dr Uma Devi Karunakaran**

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

One of the most renowned gynaecologist & obstetrician doctors in Bengaluru, Dr. Uma Devi has been serving to offer end-to-end gynaecological treatments to women. She is the Senior Consultant OBGYN and visiting Professor at MS Ramaiah hospital. From treating various gynaecological conditions in women to conducting periodical check-ups to keep a track of health, she provides complete care and treatment.



## Veena Jain

### COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka

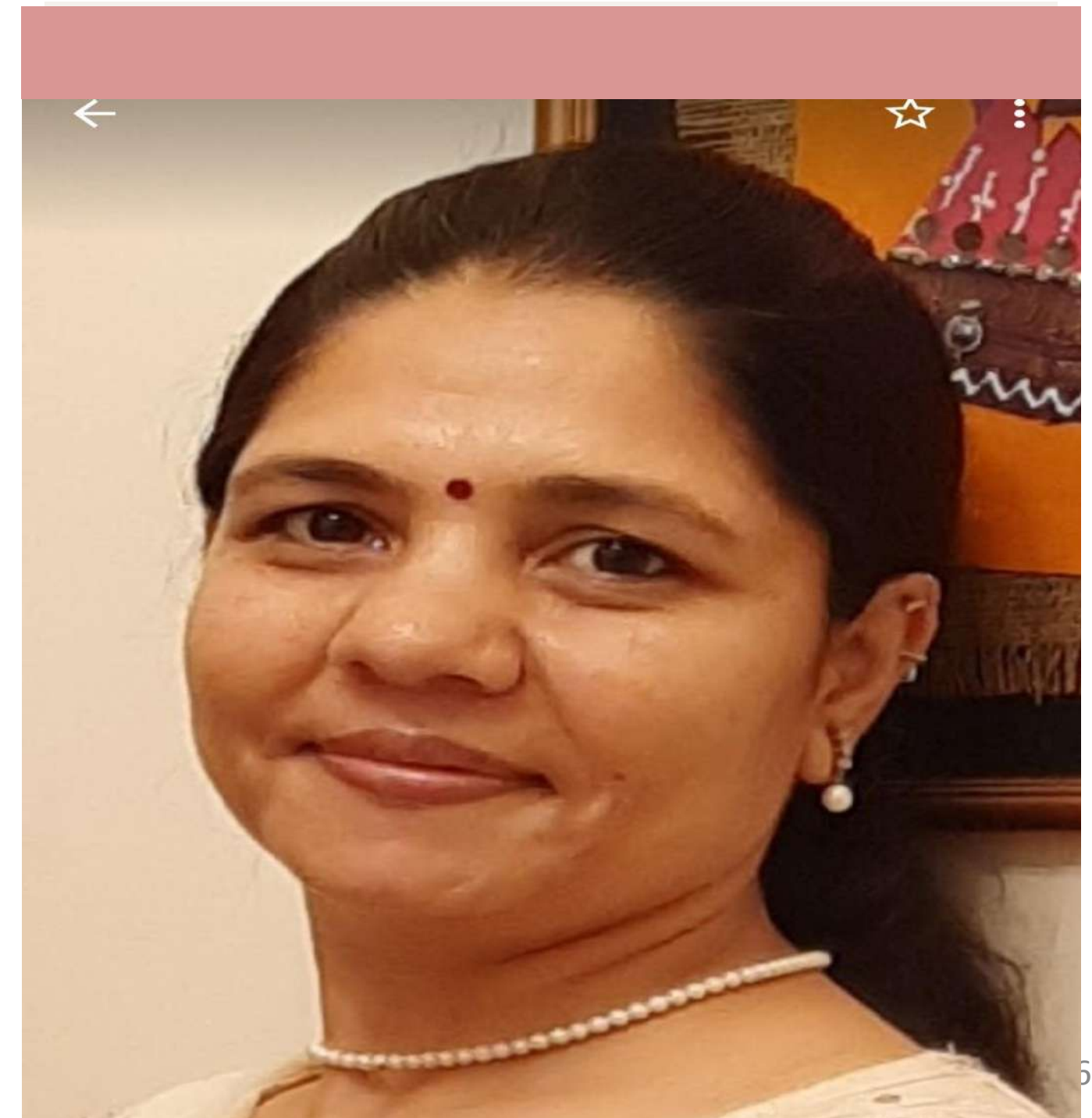
Veena Jain is a counseling Psychologist employed with Indian Airforce Yelahanka and is also a founder of an Initiative called 'Jagruth', a unique online platform to train and empower and promote positive mental well-being. She has trained at various units of Airforce, Indian Army, DTRTI (Direct Taxes Regional Training Institute), IT professionals and teachers of various Educational Institutes. She is a Practitioner of CBT, Mindfulness, Gratitude and Various healing modalities like EFT, Inner Child Healing and Reiki She is also certified Relationship coach and 7 Habits Trainer .



## Swetal Patel

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

Swetal is a Yoga teacher in Hubli, Karnataka. She has her own Yoga studio called 'OM Yoga'. Passionate and adaptable, she is able to thrive in teaching Yoga in any setting while simultaneously managing a private studio. She is adept at instructing students of all age groups and all experience levels.





## Dr. Swarnalatha Chandhran

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

Swarna is a Medical Graduate in Ayurvedic Medicine and Surgery [BAMS] and a Post Graduate in Nutrition & Dietetics [MSc] with 18 years of experience in Ayurvedic Nutrition. She is the founder of 'Swarayu Wellness', an authentic Ayurvedic, Nutrition and Yoga clinic that treats and cures various health conditions the authentic way. She has also co-founded Fembuddy, a digital venture whose vision is to manage Women related health conditions primarily through Mind-Body Healing, through 'Food as Medicine.'



## Chitra Sen

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

Chitra is a proficient Teacher, certified Trainer, Counsellor, Motivational Speaker and a Transformational Coach, also associated with NGO 'Samadhan' for the cause of prevention of suicide. She has been in the field of the training and counselling for more than 40 years in various schools, colleges and institutions. Having interacted with various age groups, she has developed an acute insight into the psychology of mental perceptions and perspectives.



## Fatema Zavery

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

Fatema is an EFT- Emotional Freedom Technique practitioner with an in-depth experience in variety of conditions, both emotional and physical, and has worked with hundreds of people with conditions such as fear, anxiety, depression, migraine, body aches, Parkinson's, cancer, not being able to conceive, relationship and suicide issues.



## Dr Jazzy Eldieta Nepram

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

Dr Jazzy is a Naturopathy doctor, Reiki coach, Angel card reader and crystal healer. She has been practicing healing modalities for 23 years. Currently, she is working as Director of Spa and Health Club of Hotel Shangri-La in Bengaluru. She has an abiding passion for assisting people to find joy and fulfillment in their lives.



## Dr Ravneet Grewal

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

Dr Ravneet is an international trained and certified Teacher Trainer in Nuad Bo-Rarn therapies and Reflexology with individuals and groups. The focus of her practice has been helping people to recover from physical pain and body image problems. Founder of 'Proflex Services', Bengaluru, she is known for her authentic Foot Reflexology, Back Reflexology and Facial Lymphatic drainage.



## Dr Chaya Nair

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING COUNCIL, Karnataka**

Dr Chaya is a leading paediatrician, adolescent health consultant and a counsellor. An MBBS topper, she is a member of the Indian Academy of Paediatrics. She has treated, counselled, mentored, guided and coached many adolescents and young adults. She is an NLP trainer and conducted NLP workshops for teens and adults.



## K. Sunitaa

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

Sunitaa is an international coach – parent, teen and voice coach. With strong strengths in social, emotional and spiritual dimensions, she has helped nurture extensive expertise in psychological coaching. Delving deep into the behavior aspects, she is successfully able to transform the human personality.



## Deepthi Babu

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING COUNCIL, Karnataka**

Deepthi founded Salt World ([www.saltworld.in](http://www.saltworld.in)) in 2017 with the aim to revolutionize the wellness and drug-less therapy space in India. Salt world is a wellness center that deals with therapies using salt. Her focus on health care sector impacts people in positive way with zero adverse effects on their health. She is a Member of Salt Therapy Association USA; and also the only maker of halogenerator (device used in Salt Therapy) in India.

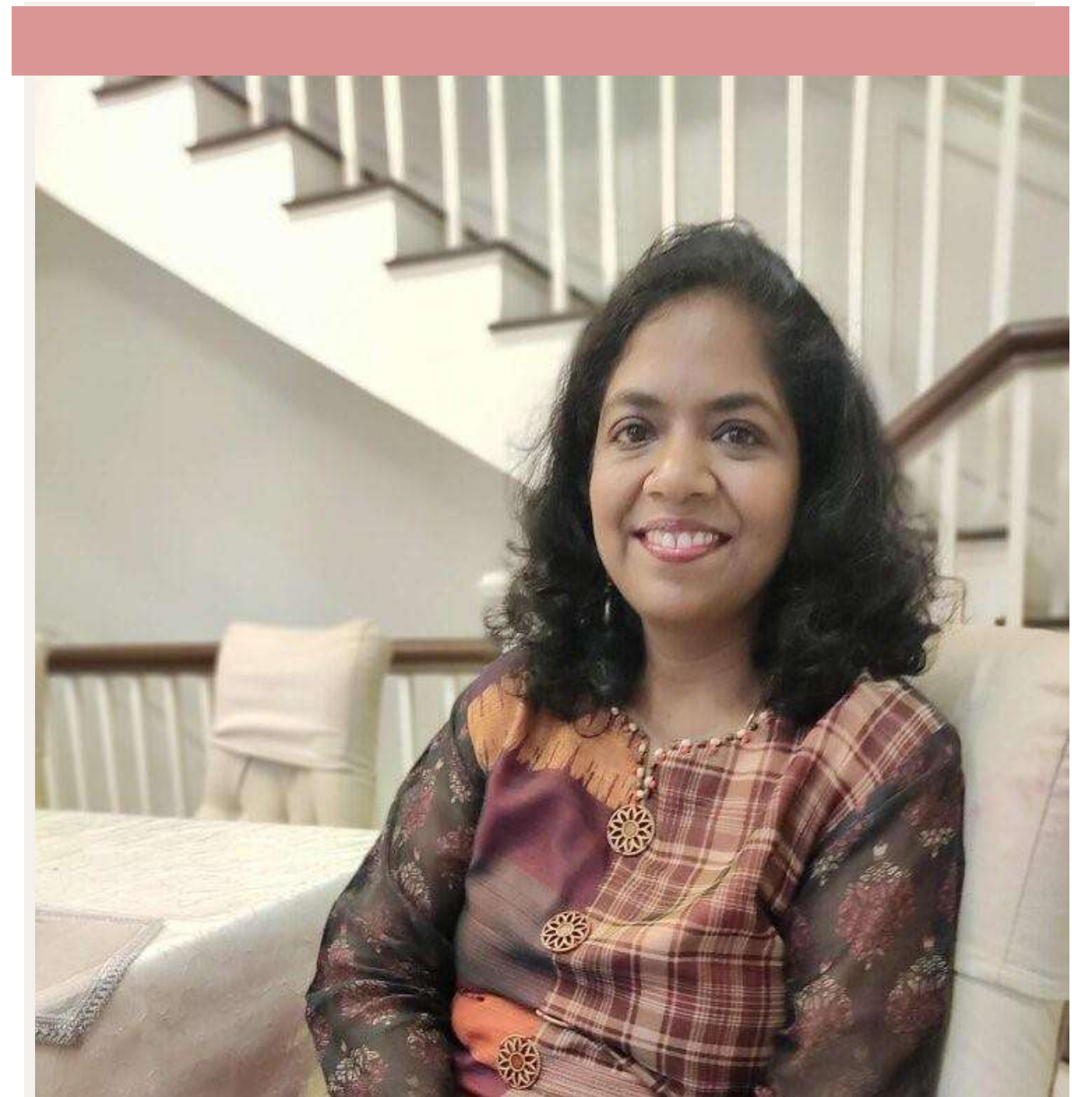




## Joyce Prabhu

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

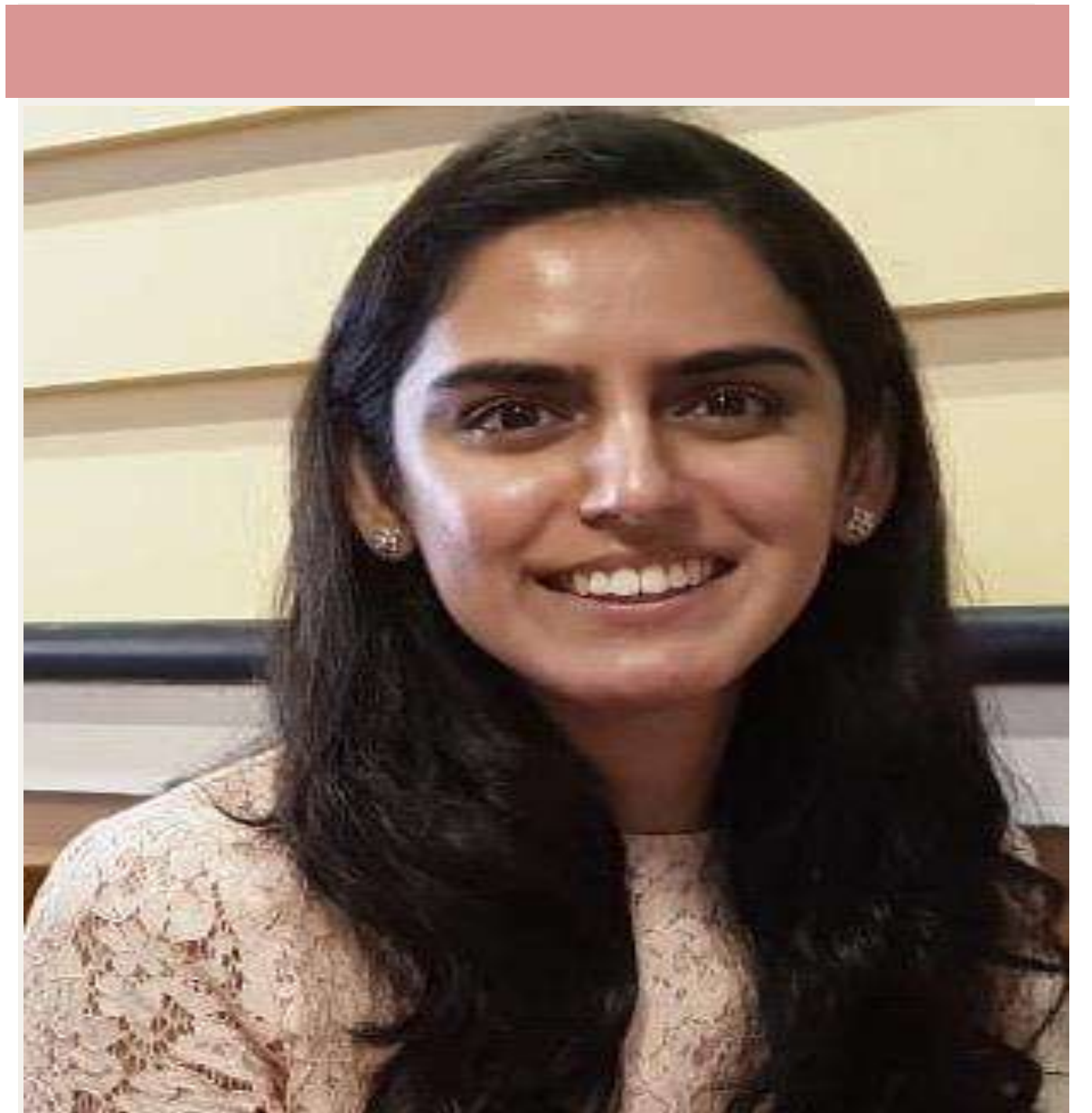
Joyce is a Wellness Coach who specializes in Wellness quotient that helps people understand health conditions and difference between prevention and cure. She adds value to people's lives by guiding them with appropriate lifestyle changes which in turn helps them to overcome health challenges.



## Kanika Sharma

### COUNCIL MEMBER, WICCI WELLNESS & WELLBEING

Kanika is a management professional with experience in Technology companies HCL, HP Inc. and NASSCOM. She holds a MBA degree from Welingkar Institute, Mumbai, Bsc statistics from Lady Shri Ram college for Women, Delhi and has completed Yoga Teachers' Training Course from Sivananda Yoga Vedanta Centre.



## Sukrutha Balaji

**COUNCIL MEMBER, WICCI WELLNESS & WELLBEING, Karnataka**

Sukrutha is an Msc in Psychology from IGNOU. She is dedicated to provide mental support through various innovative treatments for those with mental struggles. She has completed Healing with Arts course from University of California and Mental Health Workshops with Fortis Mental Healthcare. She is a Podcast speaker at Creative Artscape and a Listener on 7 cups, Bengaluru.



# SUPPORTED BY

WICCI is supported by the massive global networks of ALL Ladies League (ALL), Women Economic Forum (WEF), and SHEconomy.

ALL is a movement of 'Sisters Beyond Borders.'

WEF is a platform for 'Business Beyond Borders.' SHEconomy is e-commerce for women worldwide in Goods & Services for 'Commerce Beyond Borders'



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[www.aall.in](http://www.aall.in)



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**SHECONOMY**

# COUNTRIES REPRESENTED

Albania, Angola, Armenia, Argentina, Australia, Azerbaijan, Bangladesh, Brazil, Burundi, Cameroon, Canada, Chad, China, Costa Rica, Croatia, Cyprus, Czech Republic, Colombia, Ecuador, Egypt, Ghana, Germany, Greece, Guatemala, Hong Kong, Hungary, India, Italy, Israel, Ireland, Japan, Kazakhstan, Kenya, Kyrgyzstan, Lesotho, Luxembourg, Malawi, Malaysia, Mexico, Moldova, Monaco, Montenegro, Morocco, Mozambique, Malta, Netherlands, Nigeria, Nepal, New Zealand, North Macedonia, Norway, Paraguay, Portugal, Peru, Puerto Rico, Philippines, Qatar, Romania, Russia, Rwanda, Serbia, Singapore, Slovenia, Spain, South Africa, South Korea, Suriname, Sweden, Switzerland, Syria, Tunisia, Turkey, Uganda, Ukraine, UK, Uruguay, Venezuela, Vietnam, Virgin Islands (US), UAE, USA, Uzbekistan, Zimbabwe



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