

# WICCI COUNCIL NAME (TYPE TEXT)



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

# Council Vision & Mission

- The underlying guiding principle for the WICCI Mental Health council is - **'Mental Health Matters For All'**
- The vision and advocacy pillars and action plan is based on the council's **'Vision 2030 - Building Hope & Changing Mindsets'**
- The pillars are built upon **'Advocacy Prevention Education Intervention Outreach'** (A.P.E.I.O) of mental health. The **APEIO model** is unique to WICCI



*Welcoming  
Council Members to  
WICCI*

*President, Vice President  
and 20+ Nominated  
Council Members*

**DR. SAUMYA GOYAL** - PRESIDENT, (NATIONAL MENTAL HEALTH) COUNCIL  
WICCI

**BIO :-**

**Dr. Saumya Goyal is an emotional wellness guide/ counselling psychologist who focuses on the importance of emotional health across generations and genders. She is also an organizational psychologist who uses psychological principles and research to analyze and solve workplace issues. Dr. Goyal holds a PhD in psychology and is a three-gold medal awardee with dual master's degree in management (MBA from IBS) and psychology (Clinical & Organizational), post her bachelor's in engineering (Computers). She has been in various corporate roles in organizations like Genpact, UBS, Deloitte & erstwhile Satyam. She is an award-winning author and has published her work in leading national and international journals. She regularly writes articles, blogs and poems on women's issues, parenting and emotional health.**



**DR. SHAMBHAVI SAMIR ALVE** – VICE PRESIDENT, (NATIONAL MENTAL HEALTH) COUNCIL  
WICCI

**BIO :-**

Dr. Shambhavi is the Co-Founder of EmptyMyndscape LLP and Creatrix of 'Uurja Manifest The Light Within', a virtual holistic studio promoting mental health through sustainable methods. With a Ph.D. in Psychology, an MBA in HR, and 13 years of trauma-informed, queer-affirmative practice, she specializes in diverse therapies, mindfulness, and corporate wellness. A former counselor at Indian military bases and schools, she's also WICCI's National Mental Health Council Vice-President. Off-roading, pistol shooting, and resin art fuel her creative spirit.



**SMRITI JOSHI**, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
WICCI

**BIO :-**

Smriti Joshi is a licensed clinical psychologist and one of the first psychologists in India to receive formal training in telemental health. With over 21 years of experience in mental health care, Smriti has been at the forefront of transforming how mental health services are delivered in India and globally. Smriti was instrumental in developing the first set of tele-counseling guidelines for counselors and psychologists in India, ensuring ethical and effective delivery of care. In her current role as Chief Psychologist at Wysa, Smriti continues to innovate by designing AI-driven mental health interventions that are inclusive, ethically grounded, and tailored to diverse populations. Smriti also serves as Vice President (North Zone) for the Clinical Psychology Society of India and is a member of esteemed organizations including the APA, the BPS, and the Telemedicine Society of India.



**PRIYA BHARGAVA** - COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
WICCI

**BIO :-**

Priya Bhargava is the world's first women wheelchair user with the maximum number of Pageant Titles. She is a counselling psychologist where she integrates several principles and models customised according to the needs of her clients. The eclectic approach is the most used approach by her. She is an Ambassador of WishMaker UAE, Miss Wheelchair World, FOGSI - Save Girl Child and Women Empowerment along with TEDx Speaker, Motivational Speaker, Actor, Model, Fine Artist, Educationist, YouTuber and an Author. She is a proud receiver of several prestigious awards from Govt. of India and several National and International NGOs for her achievements and resilience. Motivating people to find their purpose in life is her Motto.



**DR. SONIA DAVID**, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
WICCI

### **BIO :-**

**Dr. Sonia David is an Assistant Professor and an Entrepreneur. She is the founder of Mindful Mesmerisms, a mental health initiative in Bangalore, and a practicing Counseling Psychologist and Psychotherapist, certified in Acceptance and Commitment Therapy (ACT). She holds a pioneering PhD in Film Therapy, the first in India to explore films as a therapeutic intervention. Her research interests include Developmental Psychology, Film Therapy, Trauma-Focused Therapy, Adolescent Research, Social Psychology, Body Image Concerns, Emotional Intelligence, Media Psychology, and Child Psychology.**





**CHETNA SINGHANIA, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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**BIO :-**

Chetna Singhania is a psychologist and social entrepreneur. She is the founder of a non-profit mental health organization, Vartamaan Care Network Foundation, which is working to make quality mental health care accessible to youth in North East India. She is also the lead psychologist at the Healing Studio, a counselling and therapy centre in Tinsukia, Assam. She has been serving in the field of mental health for the past 6 years. She has directly counselled 100 + people and has conducted wellbeing sessions for 2000+ youth.



**CHHAVI PANT PANDE, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
WICCI**

**BIO :-**

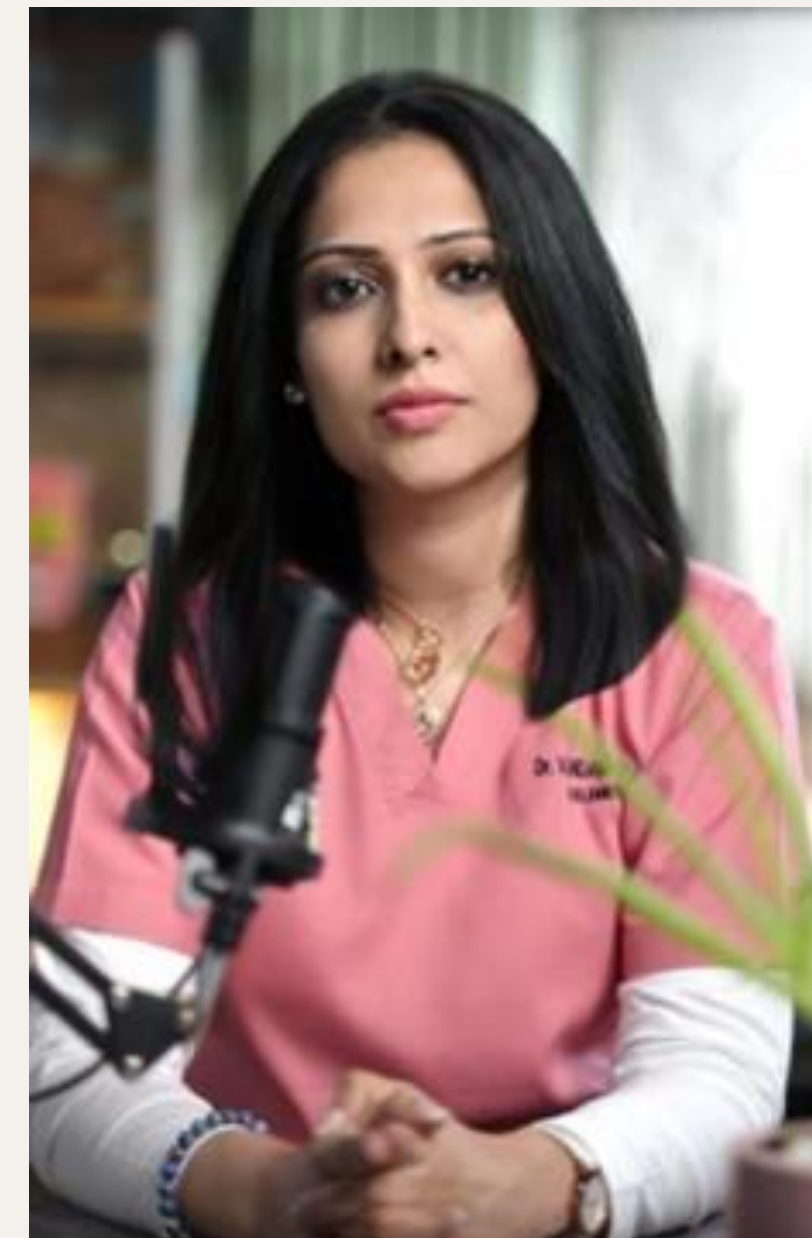
Chhavi is a professional counsellor based in Singapore. A member of the Association of Psychotherapists and Counsellors Singapore (APACS), she has worked with children, adults as well as the elderly of diverse cultures with issues like depression, anxiety, low self-esteem, stress and relationships. Chhavi has founded 'The Counselling Cove' an online platform that aims to bring about a positive change in peoples' lives through implementation of various counselling approaches to facilitate healing, personal growth and transformation.



**DR. VANDANA YADAV**, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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### **BIO :-**

**Dr. Vandana Yadav is an Internationally Certified and Licensed Heal your life workshop leader, Teen Empowerment and Kids playshop facilitator authorized by Hay House (USA). A Mindvalley Certified Life Coach, An ICTA Certified NLP Coach practitioner. She is a practicing Homeopathic Doctor graduated from Rajiv Gandhi University Of Health Sciences, Bangalore. A Psychology Counsellor, a Cognitive behavioral therapist and also a Child and adolescent Counsellor. A meditative movement facilitator, Bio Energy and Theta Healer® A Reiki Grandmaster @Spanish Alliance. An Access Consciousness MTVSS body processes practitioner. Access Bars and Energetic facelift practitioner. Certified and Licensed Emotional Intelligence Coach (ICF & IAPCCT approved). She is the Co-founder and owner at 5 Elements Wellness Clinic.**



**SHEEBA VINAY, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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**BIO :-**

Sheeba Vinay is a literary agent, publishing consultant, and a final year law student. A seasoned writer, her articles have been featured in esteemed publications such as Lokmat Times and The Times of India, as well as various online platforms. Founder of WeTalk Literary Agency, Sheeba fosters a community of budding writers and authors. She has authored a children's ebook with Storyweaver, Pratham Publication, and co-authored several anthologies. Her compilations under WeTalk are available on Amazon and Flipkart. Committed to giving back, Sheeba is passionate about volunteering. As Co-Founder of WeTalk Legal Rights, she advocates for gender-based violence and juvenile justice. Sheeba also serves as a brand ambassador for Apni Shala, promoting mental health awareness among children. Previously, she led the V-Force initiative in Hyderabad as part of the United Nations Volunteers program.



**DR. KETOKI MAZUMDAR, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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**BIO :-**

Dr. Ketoki Mazumdar, PhD is an Assistant Professor, at the Department of Psychological Sciences, at the FLAME University, India. Her research interests predominantly lie at the intersection of gender and mental health, specifically maternal mental health, mothering practices across cultures, work-family interface, and women's mental health. Her clinical work is oriented towards feminist, relational, and somatic therapies, with a particular emphasis on the embodiment of trauma. She is currently exploring the phenomenon of matrescence, maternal rage, and the intersection of social isolation and PMADS. Previously, she has led two nationwide funded projects on Mothering and its different correlates. She has received grants from ICSSR, American Psychological Association, Maynooth University, IACCP, Post Partum Support International for her scholarship in the field of maternal mental health.



**SHUBHANGI MORE, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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**BIO :-**

Shubhangi (she/her) is a Counseling Psychologist, founder of Unbottled Emotions an online mental health platform. She is trained to work with individuals, couples, family and LGBTQ clientele. Her core values are love, justice, compassion and feminism. Shubhangi is passionately working towards de-stigmatizing mental health in the rural population. Outside of work, you will find her around water, art, cycling and Netflix.



**PRERNA SAXENA, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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**BIO :-**

Prerna Saxena is a Psychotherapist providing mental health support to South Asians globally through Therapeutically Yours - her private practice. She's passionate about supporting people, facilitating change, helping people find their authentic self, and advocating for mental health and wellness using her Instagram page @therapeuticallyyours. She lives in New Delhi, India and leads a minimalist and essentialist lifestyle. She's a multi-passionate person and approaches life with a sense of humour. She carries her kindle (almost) everywhere and enjoys learning about different cultures and the world.



**NAVROOP SOOD**, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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**BIO :-**

Navroop Sood is an Integrative Somatic Psychotherapist known for her transformative approach to trauma healing and education. With a deep mastery of Somatic Experiencing, Polyvagal Theory, attachment-focused EMDR, and Ego State Work, she bridges the gap between cutting-edge neuroscience and embodied therapeutic practice. Her work isn't just about addressing trauma—it's about rewiring the nervous system, restoring inner equilibrium, and cultivating profound resilience. As the founder of Heal with Nav, she has shaped a space where therapists, counselors, psychologists, coaches, and seekers of trauma wisdom come to expand their knowledge and refine their skills. Through trainings, keynote speaking, retreats, workshops, supervisions, and intensives, she delivers a depth of learning that shifts not just practice, but perspective.





**SWEETIE JAIN BIRLA, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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**BIO :-**

Sweetie Jain Birla is a Psychologist and a Counselor for 15 years and has been working as a School Counselor for 11 years. She at present is a mentor for a team of school counselors in her organisation. She conduct Webinars and Workshops for students, parents, teachers and staff both for school and college. She also conducts workshops for corporates and other institutions as she believes that mental health is important in all fields and in all aspects. She is also a remedial educator working with children with specific learning disability. She has been on National Television many times speaking on various psychological issues. She has also been awarded the Best Paper for the study conducted on Domestic Violence During COVID 19 and their Mental Health. She mentors and provides internships to the aspiring students who want to pursue their career as a school counselor.



**SHRIYA SHRIVASTAVA**, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
WICCI

**BIO :-**

A trained psychotherapist with seven years of experience, including three in corporate settings, Shriya has led mental health programs for Fortune 500 companies like, Bytedance, Amazon and Meta. Now a full-time spiritual healer, she integrates astrology, Reiki, tarot, and crystal healing to address well-being beyond the physical and emotional—embracing spiritual health as the foundation of true healing. She believes healing is multidimensional; when individuals align their mind, body, and soul, they experience clarity, purpose, and empowerment. Her work helps people release energetic blockages, guides people through life challenges, cultivate inner strength, and transform their lives by fostering holistic balance and deep spiritual well-being.



**TANVI MALLYA, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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**BIO :-**

Tanvi Mallya is a Neuropsychologist, and the Founder of Tanvi Mallya's ElderCare Services. She is a Visiting-Faculty member for the Masters' programme at St. Xavier's College, Mumbai. She is also the co-founder of Mannmitr – an upcoming digital content platform devoted to making accurate mental health information, contextualized for Indian culture, accessible to all. She has worked in the elderly mental health space, with her team, in Mumbai since 2014 and is a well-known expert in the field, often quoted in media for her expertise. Over the past 8 years, Tanvi has worked extensively with people diagnosed with various neurodegenerative disorders and their families, aiding better management and improving their quality of life. She is the recipient of many awards including Mayor of Mumbai award, Digital Women Award for Disruption, Most Inspiring Entrepreneur etc.



**CHARVI JAIN, COUNCIL MEMBER, (NATIONAL MENTAL HEALTH) COUNCIL  
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**BIO :-**

Charvi Jain is a Counselling Psychologist and Psychotherapist in Kolkata. She has an experience of 6 years in this field. Ms. Charvi Jain practices at Over A Cup Of Tea in Kolkata. She has attained her Master's degree in Counselling Psychology from Tata Institute of Social Sciences (TISS), Mumbai. She is also a certified CBT (Cognitive Behaviour Therapy) practitioner and has in-depth knowledge of other schools of therapy.



# 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.'

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



[www.wef.org.in](http://www.wef.org.in)

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**SHECONOMY**

A photograph of three women in a professional setting. The woman on the left is laughing joyfully, her mouth wide open. The woman in the center is smiling and looking towards the other two. The woman on the right is also smiling and has her hand raised to high-five the woman on the left. They are all wearing business-casual attire. The background is slightly blurred, showing what appears to be a meeting room or office environment.

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

