

MENTAL HEALTH COUNCIL,
KERALA



Dr. Vasanthakumari R – President



Dr. Vasanthakumari R has a Ph.D. in Psychology, an MA, MSC (PSY), MSC in Family Therapy, PGD in counseling, MSW C, M phil.

She has 24 years' experience in personality development, soft skills training , stress management etc. She has done short term courses on Reiki, hypnotism, Abundance ,NLP etc.

She is currently working as a faculty in Eurotech Maritime Academy and IMU Kochi. She is working as a psychologist in Sangeeth Hospital, and Laxmi Hospital Kochi and successfully handling all types of mental and family problems. Believes in Empathy and compassionate approach .

She has many articles published in both National and International magazines. She is also a member of many national and international CLUBS, American Psychological Association, Indian Academy of Applied Psychology, IAHRW(INDIAN ASSOCIATION OF HEALTH RESEARCH AND WELFARE., ALL, SOROPTIMIST International, Bharath Vikas Parishad, Kerala Counsellors' Forum etc.

Ms. Anu Suraj- Vice President



- Mrs. Anu Suraj is a wellness professional and social worker who works towards child empowerment, advocating child rights, safety and protection and mental wellness. She has an MBA and masters in psychology with a PG diploma in clinical counseling from MHRD, Govt of India. A member of Kerala Clinical Counselors Association, she is also a certified yoga instructor, and expressive arts therapy facilitator. She is trained and certified in CBT and REBT therapy modalities.
- She has launched many social initiatives to help children named Swaraksha –An initiative against child abuse, Saukhya- A wellness drive to help people tide over the pandemic through yoga and therapy and Anokha- An all inclusive workshop for neurodiverse and neurotypical children.
- She has been awarded by FSIA start networks for her contribution to mental health and wellness. She has been voted as Bhoomika Iconic women of the year in 2019. She was also selected as one of the 10 changemakers in Kerala by Vanitha magazine in the year 2017. She is a trained Mohiniyattom dancer and self-defense expert in Isralean mode of self-defense called the KRAV MAGA

Dr. Janaki Sankaran



Dr. Janaki Sankaran is a consultant psychiatrist in Prashanthi Clinic, Ernakulam, as well as the Palluruthy Relief Settlement. She is also a therapist for Dil Se – an NGO which works for the prevention and healing of child sexual abuse. Therapy is provided for children who have been sexually abused, juvenile sex offenders and the families of both these groups of children; and she is also a trainer and mentor for the social workers of Rajagiri Hospital.

She was a member of the Child Welfare Committee, Ernakulam District for 6 years, and a school counselor for a little over 20 years.

She is a Psychiatrist – with a post-graduate degree in Psychiatry (in 1983) and a Diploma in Psychological Medicine (in 1981) – both from Christian Medical College, Vellore. She has studied medicine in the same college, graduating in 1976.

Dr. Vandana Yadav



Certified and Licensed Teen Empowerment and Kids playshop workshop facilitator (HIP LLC. USA) .NLP Coach (ICTA Certified). Homeopathic Doctor (Rajiv Gandhi University Of Health Sciences, Bangalore).PG. CGO , A Metaphysical teacher, Bio Energy Healer, Theta Healer, Reiki Grandmaster @ Spanish Alliance , Access Consciousness body processes , Access bars and Access facelift practioner.

She is the Co- founder and owner @ 5 Elements Wellness Clinic ®

She is a professional Life Coach who has been helping people to reinvent themselves and transform their lives by overcoming anxiety, fears , failures ,procrastination and the victim mode.

She believes the power of transformation lies within the individual and healing happens from within. 12 plus year of experience in delivering health healing and happiness through conducting various workshop, webinars and one to one sessions. Specifically worked with last stage cancer patients providing them the mental and emotional support with healing and palliative therapy. Outstanding Women Achiever Awardee 2021 in field of health and wellness (acknowledged and awarded by B N Patel Institutions , Sardar Patel University.)

Dr. Anju Tresa Andrews



Dr. Anju Tresa Andrews is a psychologist and psychotherapist, practicing at her clinic Mastering Mind in Thrissur. She is a certified DBT therapist, also trained in Hypnotherapy, NLP and Life Coaching. In order to reduce stigma associated with mental health illnesses and increase mental health awareness, she has developed a free android app, which provides information on various mental health illnesses and its remedial measures both in Malayalam and English. She also has a youtube channel Mastering Mind - Dr. Anju Tresa, where she regularly uploads videos on relevant mental health topics....

Dr. Anju Tresa Andrews has a BDS and MA in psychology. She also has an MSc in Counselling and Psychotherapy. She is a life coach and Consultant Psychologist @Mastering Mind, Elite Mission Hospital

Ms. Cimona Sebastian



Ms. Cimona Sebastian is a Wellness Coach, Consultant Psychologist, Yoga Instructor, and Content Creator. After completing her graduation (triple BA) from Christ College, Bangalore, she pursued Masters in Mass Communication and Journalism from St. Aloysius College, Mangalore.

She started her career as a Lecturer. Later she completed her Masters in Clinical Psychology and underwent training at Lourdes Hospital, Ernakulam. She has published an article in the Journal of Psychiatry and Psychology Research.

A strong advocate of sustainability goals and compassionate listening, she says, mental health is an experience that requires unashamed conversations and listening without prejudice. Also, experiencing nature helps people rediscover themselves, which is vital for holistic wellness.

Ms. Cini Padmanabhan



Ms. Cini is a practicing behavioral counsellor, career facilitator and wellness/happiness coach with expertise in working with adolescence and families. She has 3 yrs' experience in counseling and training and 18 years experience in corporate (IT industry)

She is also Founder and Chief Psychotherapist, at Sajeewa Counselling and Coaching Centre, a center for reclaiming inner self and Founder Director, Eduvangelists Private Limited (March 2018 – April 2020)

She has done her masters in psychology. She is a Certified Life Skills Trainer (Banjara Academy, Bangalore) , Certified Level 3 Career Development Facilitator (Dheya Career Mentors, Pune) , Certified Level 2 Theatre of the Oppressed (TO) Facilitator (CCDC, Bangalore), Certified NLP Practitioner (ABNLP Approved) , Certified Associate Leadership & Executive Coach (ICF approved) , Certified Wellness Coach (ICF approved) , Certified CBT Therapist and certified Mandala Art therapist.

Ms. Sruthi Prem



Ms. Sruthi Prem has an MSc in Counselling psychology, and M.Phil Rehabilitation Psychology. She is a certified Rehabilitation Psychologist with over 5 years of experience in providing comprehensive and specialized intervention and training for parents, children/adolescents/adults/older adults.

She is also specialized in screening, assessment of children/adults as well as delivering psychological interventions for children with intellectual disabilities, down syndrome, autism spectrum disorders to name a few. She not only emphasizes on skill-based intervention, but also gives importance to the role of parents and parenting and the impact it has on children. She believes psychological well-being as an essential to promoting development in every life domain. Interactive discussions and easily adaptable hands on approaches are what makes sessions with her fruitful.

Dr Ayswaria Deepti



A Neuroscientist by profession, Ayswaria, after finishing her Ph.D. in Neuro-Biochemistry did her Post-doctoral training in Ireland and France. After her successful completion of Post-Doctoral works, she moved back to India and joined Cochin University of Science and Technology as a Research Associate in its Centre for Neuroscience.

She is currently working on projects related to Alzheimer's disease and Autism Spectrum Disorders. Ayswaria is also the project Co-Ordinator of the Udbodh which is Co-organized by Ernakulam District Administration and CUSAT to make Cochin a Dementia-friendly community, the first of its kind in India.

Ayswaria is also a trained Market Research moderator, one among the three in Kerala.

Ms. Anita Eliza Babu



Anita Eliza has been in this field since 2012 and done her Masters in Applied Psychology. She is currently working as an Online Counsellor on YOURDOST platform since 2016 . She has dealt with issues like relationship , anxiety , depression, self esteem issues and everyday life issues.

Due to her passion for teaching, she has guest lectured in a few collages and taught Psychology to Nursing students . She has also been a Kindergarten teacher in her earlier years and immensely enjoyed the interaction with the tiny tots .

She has also been trained as a Remedial educator, wherein she has dealt with students having learning difficulties . Through this organization, she hopes to provide Online counseling sessions to all those who need support and guidance . Her preferred language is English and Malayalam.

Ms. Zinat Jazeel



- Ms. Zinat Jazeel has done her masters in psychology. She is currently pursuing her second postgraduation in applied psychology at Chinmaya Vishwa Vvidyapeeth. She has worked as teacher in Muscat, Oman for 6 years. She has run her own kindergarten at muscat for 2 years. She have also been a project coordinator for a project on dementia by CUSAT. She is also a yoga trainer who is looking forward to derive a link between stress management and influence of yoga. Her area of interest is reinforcement as a part of behavioral psychology.
- She works towards bringing an awareness among people who have least understanding about what is mental health, meaning of freedom, peaceful living and understanding ones strengths and weaknesses. She wants to empower those from sufferings due to mental illness subjectively and collectively. She is effective motivator, communicator and can advocate with inherent ability to manage different types of personalities.

Ms. Sunaina A



Ms. Sunaina A is a consultant clinical psychologist. She is a native of Kozhikode, Kerala with 4-5 years of experience in the field of clinical psychology, both in academics as well as clinical practice

She completed Graduation and Post graduation from Christ University Bangalore, and later completed her MPhil in Clinical psychology from Ranchi University. She has published and presented few research papers.

She has worked as Assistant Professor in various colleges like Jain college Bangalore, St Agnes college, Mangalore, Rajagiri College, Kochi. She also has keen interest in bringing awareness to public about psychology and offer services to the public to the best of her abilities.

Ms. Shibi Anand



Ms Shibi Anand is a Master's degree holder in Information Technology from BITS, Mesra. She is an Educator by vocation & a change enabler by calling, whose passion lies in guiding individuals unleash their inherent potential and live a life of empowered happiness.

Ms. Shibi is currently working as a Programme Co-ordinator and IT ADMIN at Excelsior English School, Kottayam. She is also the Founder of Summer Pebbles, a Learning & Development platform which aims at bringing a paradigm shift in the field of education. She is a book reviewer with Harper and Collins.

She is a member of Toastmasters, Kottayam and currently the Chairperson of All Ladies League, Kottayam. She believes in the power of words and has a podcast (<https://anchor.fm/shibi-anand3>) where she shares her life experiences and stories that would strike a chord with all. She is a passionate human being.

Ms. Aishwarya Rangarajan



Ms. Aishwarya R is a practicing Counselling Psychologist and an Educator. She works as a Teacher at NPS International School, Chennai, Tamil Nadu. She holds a master's degree in Counselling Psychology from Christ University, Bangalore.

She conducts Psychoeducation and Training sessions on Mental Health Awareness and Life skills. She has experience in the areas of rehabilitation and educational counselling. With a year of formal Internship in Psycho-oncological counselling at COPER-HCG, Bangalore, she has worked with cancer patients and their families to build a healthy and positive outlook towards pre, during and post treatment stages.

Ms. Aishwarya currently runs her practice for adolescents and adults with emotional and motivational concerns in both offline and online channels.

Ms. Angira Chakravorty Dasgupta



Angira believes in the power of Empathy. Through her initiative “ Healing Rhythm “ Angira exudes the confidence and joy of being in harmony with oneself and with the environment. Angira is a professional performing artist who continues to perform Odissi (an Indian Classical Dance form) for the past 17 years. Her passion for dance and her zeal to reach out to people to let them know about the healing properties of movement got her into Dance Movement Therapy.

She has an M.Sc (Tech) in Bioinformatics along with Counselling. Angira’s profound knowledge and understanding of the human anatomy and physiology along with human psychology amalgamates beautifully to bring about the body-mind approach carefully designed for each individual.

As an EFT (Emotional freedom technique) and NLP(Neuro-linguistic programming) Master practitioner her grasp over understanding and modelling her sessions with effective method and tools has become her major accreditation.

Facilitating the mind to conquer the insurmountable odds through the power of movements is what her organization, Healing Rhythm, specializes in; to bring Rhythm, Flow, and Mindfulness through the sessions.

Ms. Reshma Murali



Reshma Murali is an experienced educator, consultant and child & adolescent counsellor. She has worked for many institutions like Mitcon, Symbiosis and DPS. Based out of Thrissur, Reshma is a core support member at #timeoutfromplugins.

Reshma is an enthusiastic social worker too. She has more than 17 years of experience in teaching, administration and research. She has worked for many institutions like Anisha Global Pune, Symbiosis School of Economics- Pune, DPS Durg. She has national and international publications to her credit.

She has done her Mcom, B'ed from Pune University, PGDCA from Pune University, and MBA-HR from Pune University. She has done her counseling diploma from Njana Probdini, Pune University.

Ms Poornima Nandagopal



Poornima is a teacher at Gregorian Public School, Cochin, Kerala. She has worked as a teacher in Toc H School, Udhyogamandal earlier. She has done her Msc in Zoology and MA in psychology. She has also completed PGDIT and B.Ed CTET, SET. At present she is also pursuing her diploma from Applied Counselling from State Resource Centre, Kerala.

She has 13 years of experience in the field of education. She is an active leader and motivator in School Eco Club and Sensitivity Club. She is dedicated, committed, eager to help others and accept new challenges enthusiastically.

She is passionate about learning and trying out new things. Her aim is to contribute towards the betterment of the society. She has special compassion for old age people and deprived class.

Ms. Chitra Vinod



Ms. Chitra Vinod is an RCI certified Special Educator (B'Ed in Intellectual disability) RCI certified (A62872). Ms. Chitra Working is at present working as a Special Educator and Facilitator at Tattwa centre of Learning, Kadavanthara, Kochi.

Her educational qualifications include B.Com, PG Diploma in Global sales and Marketing and Computer integrated Management and B'Ed in Intellectual disability) , currently pursuing MA psychology.

Chitra is passionate about guiding students to learn with passion, interest, and creativity and helping parents in early interventions.

Ms. Ramya Iyer



Ms. Ramya believes in the strength of a warm, holding and healing space. She finds herself working towards bringing people closer to themselves and connected to each other through story and expression. She seeks to contribute to help people transform, heal and live fulfilling lives. She is fascinated by the magic that every moment, every day, every person story holds.

Her storytelling initiative is called 'The Bright Lamp Storytells'. Under this initiative – she holds space for 'Healing Hope Heart Story circle', 'Bonding over our stories and songs', 'Story you, story me, story we', (stories for children and families), and 'Light and Joy of storytelling' (sharing and exploring, learning growing through storytelling).

She is an engineer from University of Mumbai with a master of business administration degree from University of British Columbia, Canada. She worked in technology and marketing analytics before moving to Bangalore. She is excited to be discovering life and the world through the lens of its inter-connectedness, stories and am hoping to share it with all, whom she meets on her journey.