

**Alice Preetha**  
State President, Delhi Mental Health  
Council

Date : 29/11/2021

To,

Mr. Manish Sisodia,

Finance Minister, State of Delhi NCT

Subject: State Level Recommendations for The State of Delhi NCT.

The COVID-19 pandemic has affected the mental health of people all over the country. People from various age groups have suffered from anxiety, stress, fear of loss and emotional agony extensively through the course of the previous couple of years. Despite people struggling and suffering, the stigma around mental health remains unchanged in our society. As per the National Mental Health Survey 2015-16, conducted by the National Institute of Mental Health and Neuroscience, under the purview of the Union Ministry of Health and Family Welfare, it was revealed that 9.8 million teenagers in the age group of 13-17 years suffer depression and other mental health disorders. It's time we bring our attention to this issue.

We at WICCI- Delhi Mental Health Council, which is a part of Women's Indian Chamber of Commerce and Industry, have an aim to contribute towards mentally healthier surroundings. Our Slogan is 'Mindset Corrected Mental Health Directed'. Members of this council are professionals helping the society and making wellness an essential part of wellbeing, creating a social platform for preventive mental health services and utilizing wellbeing tools to self manage wellbeing. We hope to play a major role in helping the society overcome and develop the skill of guiding and directing our thoughts which is critical and the first step of mental discipline.

In our professional and social capacity we would like to lay our sincere emphasis on a few of the measures that we think are the need of the hour to improve the Mental Health issues in the State of Delhi. Implementing these would help the residents of Delhi to live stress free lives and would make for more aware and responsible members of the society.

We would highly recommend the following suggestions to the respectable Finance minister of the State of Delhi:

1. Allocation of funds by the State Government to organise Mental Health Awareness programs, specifically designed for different age groups, helping them to get acquainted with topics like stress, cyber bullying, anxiety, etc.
2. Including Mental Health issues as a part of Delhi Government's health projects such as Health Information Management System (HIMS).
3. Allocation of funds for raising awareness about Mental Health in offline as well as online models such as TV ad campaigns, workshops, webinars, etc, all in collaboration with registered Clinical Psychologists/Counsellors.
4. Grant of funds by the Delhi Government towards the creation of a database containing complete professional information about Clinical Psychologists and Counsellors, working with the State of Delhi, and making that information available Online as well as offline in State funded Hospitals.

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Our Council has put in a lot of thought to all the above mentioned recommendations and hence, Its an honour to introduce you to the Council Members of WICCI - DELHI MENTAL HEALTH COUNCIL :

1. Ms. Alice Preetha (President)- Counselling Psychologist | Consultant Therapist | General Psychiatry BPD
2. Ms. Devyani Singha (Vice President)- Counselling Psychologist | Psychotherapist | Graphologist
3. Ms. Manasi Chaudhary (Council Member)- Counselling Psychologist | PhD candidate
4. Ms. Archie Kohli (Council Member)- Child and Adolescent Psychologist
5. Ms. Akriti Hussain (Council Member)- Counselling Psychologist | Therapist (SFBT)
6. Ms. Akansha Khanna (Council Member)- Counselling Psychologist
7. Ms. Manisha Soni (Council Member)- Counselling Psychologist
8. Ms. Drishti Bhasin (Council Member)- Psychology Professional | Parenting Coach
9. Ms. Parvneet Kaur (Council Member)- Counselling Psychologist
10. Ms. Riya Bhadana (Council Member) Aspirant Medical Health Professional | Masters in Psychology
11. Ms. Riya Mathur (Council Member)- Founder GirlUp Empower | Mental Health Advocate

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12. Ms. Muskan Sharma (Council Member)- MSc Psychology | Research Assistant
13. Ms. Suchita Thakkar (Council Member)- Mental Health Counsellor
14. Ms. Ananya Pandey (Council Member)- B.A Psychology | Aspiring Psychologist
15. Ms. Aditi Gupta (Council Member)- MSc Psychology | Aspiring Organizational Psychologist
16. Ms. Angela Mathias (Council Member)- MSc. Clinical Psychology
17. Ms. Anindita Singh (Council Member)- Psychologist | Research Associate
18. Ms. Anoushka Gupta (Council Member)- M.A. Applied Psychology
19. Ms. Anushka Kharbanda (Council Member)- Psychology Graduate
20. Ms. Himanshi (Council Member)- Masters in Applied Psychology
21. Ms. Kritika Chhabra (Council Member)- B.A. LLB | Lawyer
22. Ms. Krishika Arora (Council Member)- M.A. Counselling Psychology | Practicing Graphologist
23. Ms. Punya Malhotra (Council Member)- M.A. Applied Psychology | Aspiring Mental Health Counsellor
24. Ms. Sanskriti Kapoor (Council Member)- B.A Applied Psychology | Research Assistant
25. Ms. Tanisha Makkad (Council Member)- M.A. Clinical Psychology

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26. Ms. Unsia Naqvi (Council Member)- M.A. Counselling Psychology
27. Ms. Vanshika Nigam (Council Member)- Trainee Psychologist | M.A Psychology
28. Ms. Shagun Bhardwaj (Council Member)- Career Mentor | M.A Psychology
29. Ms. Mehak Chaudhary (Council Member)- M.A Clinical Psychology | Clinical Hypnosis
30. Ms. Aanchal Priya (Council Member)- M.A Clinical Psychology
31. Ms. Yashasvi Sharma (Council Member)- Masters in Applied Psychology | Career Counselor

Hopefully, we can together make a positive change in the State of Delhi. Please let us know if we can assist you in any way possible for the implementation of above mentioned recommendations.

We are highly grateful for your time and consideration.

Regards,

Alice Preetha  
State President  
Wicci - Delhi Mental Health Council  
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