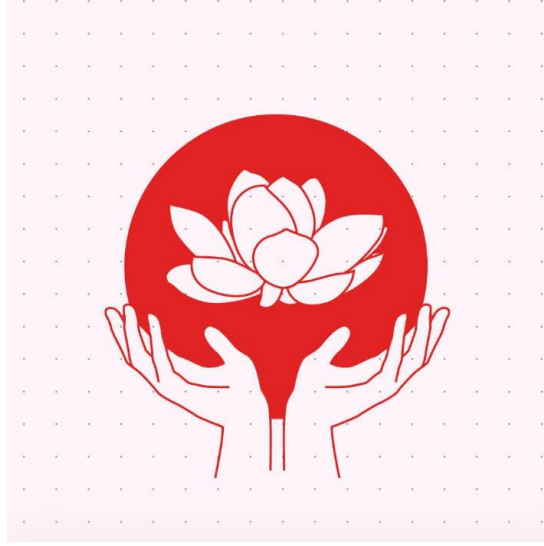




Medha: Path to Wisdom

**An Online Space for Mental Health Counselling and Services, Registered
under MSME GOI, Registration number: UDYAM-MH-19-0271551**

*“bandhur ātmātmanas tasya yenātmaivātmanā jitah
anātmanas tu śhatrutve vartetātmaiva śhatru-vat”*

*“For those who have conquered the mind, it is their friend. For those who have
failed to do so, the mind works like an enemy”*

- Srimad Bhagavad Gita

Medha: Path to Wisdom was *founded by Parvathy Ramakrishnan, a Counselling Psychologist & Psychotherapist* to provide an ethical and non judgemental space for individuals seeking help for various psychological concerns and challenges.

Medha: Path to Wisdom is in its early stages of growth and also aims to reach its full potential by providing knowledge, training and guidance to psychologists and early career therapists.

The online space was launched on 24th February, 2024.

Medha in Sanskrit refers to Goddess Saraswati and symbolizes knowledge, mental vigour and inner calm.

The main **objectives of Medha** are:-

- To provide mental health counselling and serve humanity at large.
- To create a safe and secure space for individuals seeking professional help.
- To adhere to ethical norms established for MHPs.
- To break the stigma around mental health.
- To create awareness and promote mental health and wellbeing.
- To provide training and guidance to psychologists and early career therapists.

ABOUT THE FOUNDER



Parvathy Ramakrishnan is a Counselling Psychologist and Psychotherapist. She holds a Master's degree in Clinical Psychology from Maniben Nanavati Women's College, Affiliated to S.N.D.T. University, Mumbai. She has also earned a Diploma in Community Mental Health (DCMH) from NIMHANS, Bangalore and has qualified the UGC NET with a percentile score of 97.23.

Parvathy underwent intensive basic and advanced training in Cognitive Behavioural Therapy (CBT) at Atha Centre for Psychotherapy and Training, Mumbai. Additionally, She completed 500+ hours of intensive training in Gestalt Psychotherapy under the guidance and supervision of Dr. Sam Sudheer Manickam, Prof. of Clinical Psychology, Gestalt Psychotherapy Trainer and founder of the IPN website. In addition to the above qualifications, she is also an ICF Certified Positive Psychology Coach and a Certified Career Counsellor accredited by Niti Ayog, GOI.

With 5 years of experience in mental health counselling, Parvathy has successfully guided more than 2000+ clients. She follows an ethical based approach and provides an empathetic, safe and non-judgemental space for clients seeking help and guidance.

Her **area of expertise** includes -

- anxiety disorders (panic disorder, social anxiety disorder, phobias, generalized anxiety disorder)
- adjustment disorder
- depression
- stress and anger management
- performance anxiety
- relationship and couples counselling
- low self esteem and self confidence
- personal growth and self awareness
- career guidance and counselling

Parvathy adopts an integrative approach tailored to the individual needs of her clients and provides counselling under the supervision of a renowned Clinical Psychologist. Since 2024, she has been volunteering with IPN, taking responsibility for managing emails, curating the job and events sections, formatting content, and coordinating with fellow professionals.

Parvathy combines insights from ancient Indian wisdom with modern psychological methods to foster inner balance and mental clarity. She is an active listener, compassionate and well versed in psychological theories and concepts. Having gained valuable experience, Parvathy is currently appointed as a Counsellor at the Bombay High Court. With a unique perspective rooted in Indian Psychology, she aims to bridge the gap between traditional Indian Psychology and modern practices to provide mental clarity and balance in her clients.