

Personality Care Foundation

Mental Health is Important

- **Overview**

At PCF, we believe in the power of mental well-being and its impact on every aspect of our lives. We are dedicated to providing compassionate mental health services that empower individuals to overcome challenges, cultivate healthy relationships, and discover their full potential. Our team of licensed professionals is committed to guiding you on your journey towards emotional well-being. Registered with MSME Haryana Location (Reg no: UDYAM-HR-02-0011729). PCF a subdivision of Raj Alampur Charitable Trust. DARPAN Unique ID HR/2025/063439 (NITI Aayog - Government of India)

- **Mission & Vision**

We promote mental health and well-being with accessible resources. We empower people to overcome challenges, build resilience, and grow. We raise awareness, reduce stigma, and emphasize self-care. Everyone deserves support on their journey to emotional well-being. We see a world where mental health is vital to overall well-being. We provide mental health resources to everyone, everywhere. We aim for a society that values mental health and offers accessible support. Together, we can make a positive impact by promoting holistic well-being.

- **Achievements**

120+ Webinars on Mental health, life skills and psychology ([Link](#))

1000+ Seminars in 17 States of India ([Reference](#))

12000+ Hours of one-on-one sessions in the field on mental health, career and relationship counseling

- **Projects**

1. **Indian Army** (from May2024 to present)

Individual counseling for soldiers and their families

2. **MNC like:** Asian Paints, Delhivery, JCB, Crown Worldwide Private Limited,
Individual sessions and workshops for employees wellness.
3. **Geeta University:**
Working on Wellness Happiness Center, Assessments, Student Counseling, School Connect Program, Workshops and Seminars
4. **Positron Hospital:**
Mental Health Counselling, Couple-Relationship Counselling, Child Counselling, Substance Abuse Counselling, Chronic Disease Counselling, Stress-Anxiety-Depression Management.
5. **With different organizations like:**
JNV (Jawahar Navodaya Vidyalaya), KVS (Kendriya Vidyalaya Sangathan), 150+ Privates schools for various work like assessments, workshops and counseling
6. **ASSOCIATION WITH GOVT:**
Education department (Govt of Haryana) : As a panelist for teachers training. NCS (Ministry of Labor & Employment Govt of India): As a Motivational Speaker. National career services (Govt of India), DLSA Rohtak | Haryana State Legal Services Authority

- **Team**

RAJ ALAMPUR: Founder PCF, RCI Registered professional, Psychologist, working with Indian Army, Behavior Therapist, PhD Psy (Pursuing), Masters and Bachelors in Psy, PGDCBM & PGDRP

Dr. MS Dhillon: Consultant Clinical Psychologist, MPhil & PhD in Clinical Psychology RCI registered, 8+ years' experience in the field of Clinical Psychology

Dr. Mukesh Kumar: Clinical Psychologist (SIRTAR),
RCI registered 25+ years' Experience (Psychology+Special education)

Dr. Shivani Nagpal: Psychiatrist, MBBS (LHMC), MD Psychiatry (IHBAS)

Chetna Chhikara: RCI registered, M.Ed. spl edu, BEd (Spl), B.Sc., Master's in

Psy

Bharti Gorayana Manager & event Excitative officer (Official Operation handling)

Suman K Dhankhar: Jhajjar Branch: Psychological Counselor, Master's in psychology, 16 years of experience in school health

Adv Virender: Adviser in legal operations, LLB and LLM (KUK campus)

Rajesh Beniwal: Marketing Excitative Manager (20 Years experience)

Mohit Lamba: Counselor, Bachelor & master's in psychology, PGDGC

Diksha: Female Counselor, Bachelor and master's in psy, PGDRP (RCI Reg.)

Prerna: Female Counselor, Bachelor and master's in psy, PhD (Pur)

Sachin Jindal: Hisar Branch: Psychologist Cum Counselor, Master's & Bachelor's in Psychology, PG Diploma in Guidance & Counseling (NCERT)

Khushboo Sharma: Jind Branch: Psychologist Cum Counselor, Bachelor and master's in Psychology

Surender Jangra: Seminar Manager (8 Years experience)

& more than 120 Resource persons for various seminars & webinars

& More than 150 interns from various universities have completed their internships with us.

Services

- Therapeutic Services: CBT, IPT, SFBT, Drugs Aversion,
- Counseling Services: Mental & emotional health
- Psychiatric Services
- Career Counseling & Educational Services
- Population with special needs
- Rehabilitation Services
- Parenting Support and Education
- Employee Wellness Programs (EAP)
- Mindfulness and Meditation Sessions

- Life Skills Training
- Internship Program ([Click here](#))
- Seminars & Webinars ([Click here](#))

Address: PCF, in premise of Positron Hospital, Sector 35, Suncity, Rohtak,

Helpline: 7777000217, Website: <https://www.PersonalityCare.org>

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