

AN INTRODUCTION TO

# PRATINAVA



**“UNTIL YOU MAKE THE UNCONSCIOUS  
CONSCIOUS, IT WILL DIRECT YOUR LIFE AND  
YOU WILL CALL IT FATE.”  
— CARL JUNG**

Churchill attributed a healthy citizenry as the greatest asset of the country, and we couldn't agree more. In today's fast-paced world, people often tend to sideline their mental and emotional health. We still live in a society where people approach doctors as soon as they get a bruise but hesitate to visit a therapist even after facing major emotional trauma. It's important to understand that mental health is as crucial as physical health and that they together constitute an individual's well-being.



**Pratinava** is a Sanskrit word meaning 'new', 'young' or 'fresh' which resonates with our approach and perspective towards mental healthcare and well-being. Project Pratinava, an initiative of Ishan Foundation Trust, aims to bring a change in people's outlook towards mental health, it aims to crush the stigma surrounding mental illnesses and encourage people to take help when dealing with related issues. We, at Pratinava, try to bridge the gap between people and mental healthcare by providing individuals a gateway to connect with professionals as per their convenience.

Our health-tech approach towards mental health aims to make mental healthcare accessible to all irrespective of their demographic differences. To ensure effective reach of mental healthcare, we offer services through offline as well as online medium. Our aim is to approach mental health through a people based movement and develop a community of mindful citizens who are sensitive towards mental health and well being.



Just how people visit gyms to ensure physical health to counter disease and effectively facilitate recovery, likewise, we believe that it's important not only to eliminate mental ailments but also encourage a positive approach towards mental health in day-to-day affairs. Hence, we use our social media handles, to spread awareness and post content that apprise people about self care practices and build qualities of positive mental health like resilience, hope & optimism.



# OUR TEAM

## CO - FOUNDERS:



### VISHWAS FATEHPURIA

Vishwas is a lawyer and already half a jurist, a psychology student, and an entrepreneur. He is from Jaipur, but is always ready with a backpack to take unplanned trips and also has a very well thought-out list of countries he'll live in, in a chronological order. He is a constant learner, a Musafir, he reads people better than books, and has the skills of talking about Bukowski and Bentham in the same conversation and still make absolute sense out of it.

Vishwas is the self-acclaimed oldest 23 year old person, eligible to be termed as the 'OG Dreamer', is thinking of some new start-up idea at any given moment. Ishan Foundation is his social entrepreneurial venture, wherein he does almost everything under the sun, from open mics to menstrual awareness drives. He is the Jack of many trades, and the personification of the lesser known (but the better) second half of the proverb.



### SHIVALIKA GOYAL

Shivalika is a PhD Scholar at CSIR-CSIO, Chandigarh. She completed her master's degree in Cognitive Neuroscience (M. Tech), and has also worked as a Research Analyst in Pune.

Shivalika is a 26 year old, who speaks like a 66 year old but lives like she's just 13. She's an empath to the core, but with a slight reservation too. She's highly skilled in Yoga, Mediation as well as Kathak, and loves to be the center of attraction in every room. She is passionate about solving the never-ending challenge of human mind and behavioral awareness integrating a variety of brain-related med-tech modalities from the medical device industry. She enjoys meeting new people to gain different perspectives in addition to her academic work. She is a curator of KADAMS art studio with the motto 'Initiating steps towards art'. Long story short, she's just like the girl next door, except that she's quirky, rare, and talented like no other!

## TEAM

### NIVEDITA RAJAWAT



Filled with the feeling of love, kindness and empathy, she is a woman whose existence makes this world a better place. Her warm personality, eagerness to help those in need, and determination to achieve her goals, makes Nivedita stand out of the crowd. She hails from MGD Girls' School, Jaipur, where she completed her education till 12th standard and also realised her love for psychology. Pursuing her passion for psychology, she received her bachelor's degree from Maharani College, Jaipur. Apart from being a kind soul, she is a disciplined and determined individual as she has been a part of NCC during her college days. She is currently pursuing her Masters in Psychology from University of Rajasthan, while also working towards spreading awareness regarding mental health & well being.

### SUPARNA GLADWIN

Suparna stands out from the crowd because of her kind attitude, passion to serve those in need, and commitment to attain her goals. She attended BVB Vidhyashram School in Jaipur, where she received her education till 12th grade. She is an outgoing girl who enjoys meeting new people and is currently pursuing her bachelor's degree in mass media at Wilson College in Mumbai. She is a person who enjoys taking charge and is quite socially active.



### MANAN MENDIRATTA

Manan is one of the happy and chirpy members of the team you would always see smiling and laughing. He is an enthusiastic member of the team filled with love and empathy. Always there to listen and support you in anyway he can. He has completed his education from St. Xavier's Sr. Sec. School and is currently now studying Bsc. Psychology (Hons.) from Christ (Deemed to be) University, Bangalore.





## ◆ ABOUT ISHAN FOUNDATION ◆

**Ishan Foundation** is registered under the Indian Trust Act, 1882 at Jaipur, Rajasthan in the year 2018. We work for mobilizing support for social change in this time of ever-changing socio-political landscape.

We have our presence in social development, public policy, research & advocacy, mental health care & awareness, education, art & cultural space across the state of Rajasthan with the presence of RCTS (Rajasthan Commerce Teachers' Syndicate) Project Pratinava & Think Atal under the aegis of the Trust. We also have our chapters in Mumbai, Delhi-NCR & Utrakhand (North) and Uttar Pradesh.



JAIPUR | MUMBAI | DELHI-NCR | UTTAR PRADESH

| Intesaab Fest | Rajasthan Commerce Teachers Syndicate |

| Project Pratinava | Think Atal |



# ◆ INITIATIVES OF PROJECT PRATINAVA ◆

## Individual Therapy Sessions

Individual therapy refers to treatment of psychological problems, conducted on a one-to-one basis, between one therapist who sees one client at a time, tailoring the process to suit his or her unique needs. It is an effective treatment for a variety of emotional difficulties and mental illnesses. Project Pratinava aims to build a safe space for individuals to pursue and actualise holistic well-being, and in this quest, has a team of dedicated and specialized professionals committed to work for creating a society of mindful and sensitive citizens. Project Pratinava is working with a motive of making mental health and wellbeing accessible to and inclusive of different parts of the populace, and therefore, we offer individual therapy sessions, personalized to cater to the needs of each client, in physical as well as virtual mode.



# Sharing Circles

A sharing circle is a collaborative activity, with the intention of creating a safe and inclusive space, which provides an individual to be heard without the fear of judgment, to freely share their thoughts, feelings and experiences, while the others members of the circle actively listen. Project Pratinava curates and conducts sharing circles for people coming from different walks of life, to promote inclusivity, to celebrate differences and diversity, so as to destigmatize mental health at large.





# WHY PROJECT PRATINAVA? AN ASSOCIATION TO REMEMBER

## 1 Large Audience

Project Pratinava, as a supporter of mental healthcare and wellbeing being accessible to everyone, is working relentlessly to cater to different needs of multifarious demographic groups. An association with us would bring to table for you a substantial and diverse audience. Further, to ensure utmost accessibility and inclusivity, Project Pratinava offers its services through various channels like B2B, B2C, D2C etc. Therefore, by associating with us, you'll be interacting and working with diverse demographic groups.



## 2 Innovative Initiatives

Project Pratinava is working on spreading awareness about mental health, encouraging holistic wellbeing and destigmatising mental health issues. To achieve the aforementioned, Pratinava undertakes various initiatives like conducting sharing circles, running campaigns on various social issues affecting mental health, collaborating with various organizations etc. We believe in constantly learning and changing so that we can cater to the dynamic needs in the future, which is why innovation is one of the core values of Project Pratinava.



## 3 Digital Media

Project Pratinava and Ishan Foundation Trust operate across various social media platforms. With a view to make mental wellbeing accessible to a greater extent, and especially considering the impact of Covid-19 pandemic, we're offering our services in physical as well as virtual mode to incorporate modern technology. Therefore, working with us would imply an integration with all of our media platforms as well.



## 4 Contributing to Social Causes

An association with Project Pratinava will ensure that your work acts as a contribution to promoting holistic wellbeing of individuals. Apart from focusing on mental health issues in a strict sense, we focus on various social factors that have an indirect but significant impact on mental wellbeing.



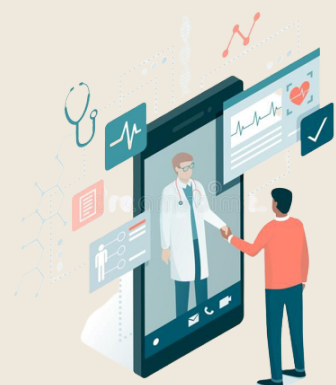
## 5 Sustainability

One of the few silver linings of the Covid-19 pandemic is that it has made all of us introspect and realize that the only way forward is by the way of sustainable coexistence. By associating with Pratinava, you will be working on the UN Sustainable Development Goals 3, 4, 5, 10, 16 & 17 at a grass-root level by focusing on extensive research, human rights, laws and various socio-psychological approaches.



## 6 One-stop Solution

To promote and encourage holistic wellbeing of the individual, Project Pratinava apart from providing conventional counseling sessions to people in different areas (career counseling, couples counseling, individual counseling etc.), also plans to offer services in the fields of mindfulness, spirituality and meditation etc., to name a few.



## 7 HealthTech Approach

Given the technological advancements of contemporary times as well as the physical shutdown owing to the Covid-19 Pandemic, we believe it's the need of the hour to use the virtual space to encourage mental health and wellbeing. To inculcate a HealthTech approach, we offer our services virtually. Therefore, we give you the freedom to book, accept and manage track your bookings on the website. We are keen to come up with more tech-drive advancements like a mobile application and a dedicated website for professionals working with us.



## 8 Personal Connect

At Pratinava, we ensure that we keep a proactive approach to reach out to individuals to make mental healthcare accessible. Working with us gives you an opportunity to connect with individuals who resonate with the goal of encouraging holistic wellbeing and be a part of a community of mindful and aware citizens.



## 9 Fair Pay

We, at Pratinava, firmly believe in fairness and complete authenticity pertaining to commission/remuneration. All of the money transfers are conducted via RazorPay, thereby ensuring authenticity and transparency. We ensure flexible monthly payments to the professionals engaged with us. Further, a contribution to Pratinava by working with us is a contribution to the society at large, as we ensure that a part of our inflow is used by our Care Partner 'Ishan Foundation' to mobilize support for social change.

## OUR COLLABORATORS

The  
**KADAMS**  
STUDIO



*Bottled Up*

LET GO OF EVERYTHING BOTTLED UP

 healing  
**anonymously**



*Project Pratinava*  
The Unbridled Journey



# JOIN OUR TEAM

At Project Pratinava, we're constantly striving towards building a community of citizens aware and sensitive towards mental healthcare and wellbeing. If you resonate with our aim to encourage and promote holistic wellbeing, we'd love to have you with us at Pratinava. If working in, and contributing to the field of mental healthcare and wellbeing, is something that excites you, then we believe that you would be a perfect fit for Project Pratinava. If you are an empathic and caring person and believe that helping others in their journey of mental wellbeing is your calling, then we'd love to call you and welcome you in our family at Project Pratinava!

