



“KARUNA” Improving Mental Health

Facebook Live Sessions Expert List



S.No.	Name	Designation	Topic	Date
1.	Dr. Santosh Vishvakarma	Coordinator, Dept of Psychology, DSVV, Haridwar, Bharat	Mental Health in Yogic Perspective	16 May, 2020, 3 PM IST
2.	Miss. Surbhi Gautam	Assistant Professor, Ramanujan College, Delhi, Bharat	Dangers of A Down Economy: Psychological Perspective	22May, 2020, 3 PM IST
3.	Mr. Sanjay Saxena	Counseling Psychologist, Bharat	Think! If fear and anxiety get out From life.	26 May, 2020, 3 PM IST
4.	Dr. Vaishali Gaur	HOD, Dept of Psychology, University of Patanjali, Haridwar, Bharat	Easy ways to Regulate Emotions	28 May, 2020, 4 PM IST
5.	Dr. Sanjay Singh	HOD, Dept of Yoga, University of Patanjali, Haridwar, Bharat	Bhagvad Geeta in Psychological Perspective	1 June, 2020, 4 PM IST
6.	Dr. Pradeep Dagur	Psychiatrist, Director, PD Hospital, Bharatpur, Bharat	Holistic Approaches of Mental Health	4 June, 2020, 7 PM IST
7.	Mr. Pushpendra Sharma	Clinical Psychologist, Bharat	Substance use Disorders: Psychoeducation	6 June, 2020, 7 PM IST
8.	Dr. Vandana Srivastava	Head, Dept of HHM, DSVV, Haridwar, Bharat	Yagyopathy Why & How?	7 June, 2020, 4 PM IST
9.	Dr. Mrignayni Agrawal	Clinical Psychologist, Bharat	Understanding ADHD in Children	9 June, 2020, 7 PM IST
10.	Dr. Priti Singh	Clinical Psychologist, Bharat	CBT for Conversion Disorders	10 June, 2020, 7 PM IST
11.	Miss. Radha	Clinical Psychologist, Bharat	Suicide: Assessment & Management	11 June, 2020, 6 PM IST
12.	Mrs. Mohini Gupta	Clinical Psychologist, Bharat	Mood Disorders	12 June, 2020, 6PM
13.	Miss Simran Dalal	Psychologist, Bharat	Interpersonal Relationship During COVID-19	13 June, 2020, 5 PM IST



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14.	Dr. Nikhil Kumar Das	Clinical Psychologist, Bharat	Depression	14 June, 2020,
15.	Dr. Ram Kumar Gupta	Assistant Professor and Scientist, Bharat	Evidence based yogic Management of Stress	14 June, 2020, 7 PM IST
16.	Miss. Tarana Jain	Clinical Psychologist, Bharat	De-stressing Mindfully Amidst Lockdown	15 June, 2020, 11 AM IST
17.	Miss. Purnima Chauhan	Psychologist & Founder (Agmya), Bharat	OCD	16 June, 2020, 4 PM IST
18.	Miss. Sumaiya khan	Clinical Psychologist, Bharat	Psychological First AID	17June, 2020, 4 PM IST
19.	Dr. Manish Gupta	Psychologist & Assistant Professor, DSVV, Bharat	Golden Path of long & Meaningful life in Present Scenario	18 June, 2020, 5 PM IST
20.	Mr. Navneet Singh	Counseling Psychologist, Bharat	Pandemic Anxiety & Coping tips	19 June, 2020, 5:30 PM IST
21.	Mr. Mit Prasanna	Yoga Teacher, Bharat	Time, Mind & Yoga	20 June, 2020, 6PM IST
22.	Swami Parmarthdevji	Administrator at Patanjali Vaidik Gurukulam, Bharat	Jeevan Darshan (Philosophy of life)	21 June, 2020, 11AM IST
23.	Mr. Ravi Shankar Raina	Clinical Psychologist, Bharat	Social Skills & Mental Health	23 June, 2020, 4PM IST
24.	Mr. Rakesh Jaiswal	Pranic Chikitsa Expert, Bharat	Panic Healing and Mental Health	25 June, 2020 5 PM IST
25.	Mr. Pavan Rajoriya	Assistant Professor Dept. Of Education, DSVV, Haridwar , Bharat	Swadhyaya Psychoimmunity Booster	27 June, 2020 2PM IST
26.	Dr. Lalit	Clinical Psychologist Assistant professor, Lucknow University, Bharat	Anxiety Management During COVID-19	29 June, 2020 2PM IST
27.	Dr. Harsha Khandelwal	Psychologist Founder (Corporate Parijat), Bharat	Expressive Therapies For Self Management	1 July, 2020 4PM IST
28.	Miss. Richa Verma	Clinical Psychologist, Bharat	Mental Health Stigma	3 July, 2020 4PM IST
29.	Dr. Ashwini Kumar	Assistant Professor Dept. of Applied Psychology, Ramanujan College, University Of Delhi, Bharat	Fear, Blessing Or Curse	5 July, 2020 11 AM IST



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30.	Dr. Kamata Prasad Sahu	Assistant Professor Dept. Of Yoga, DSVV, Haridwar, Bharat	Yoga (Asanas) & Mental Health	7 July, 2020 2 PM IST
31.	Miss. Noor Shabina	Clinical Psychologist , Bharat	Personality Disorder	9 July, 2020 11 AM IST
32.	Dr. Barry Rathner	Certified Homa Therapy Teacher (USA), Bhruhu Aranya, Poland	Homa Therapy	11 July, 2020 4 PM IST
33.	Mr. Pradeep Gupta	Clinical Psychologist, Scientist 'B' DRDO, Bharat	Modern Technology And Its Impact On Psychological Well- being	13 July, 2020 4PM IST
34.	Mr. Ajay Bharadwaj	Life Management Coach & Lecturer, DSVV, Haridwar, Bharat	Role Of Positive Thinking & Mental Health	15 July, 2020 4.30 PM IST
35.	Dr. Vikas Sharma	Assistant Professor & Clinical Hypnotherapist, DIT University, Dehradun , Bharat	Understanding Hypnotherapy Does It Really Work ?	17 July, 2020 7 PM IST
36.	Mr. Abhishek Tiwari	Psychologist & Lecturer Swami Satyamitranand PG College, Raibarelli , U.P , Bharat	Counseling : Why & How ?	19 July, 2020 5 PM IST
37.	Dr. Dhiraj Sharma	Medical & Health Officer ,Dept of Psychiatry, Bharat	Ancient Concepts related to Mental Illness and Psychotherapy	23 July, 2020 7 PM IST
38.	Mr. Ben Bharat Berwing	Founder of the School of Simple Living, Germany	Mantra Power of Words and Sound Vibrations	26 July, 2020 2 PM IST
39.	Prof. S.T. Janetius	Psychologist, Researcher, Author, Educationist, Bangalore, Bharat	Communication in Marriage Relationship	29 July, 2020 5 PM IST
40.	Dr. Dipti Joshi	Psychologist , Level 3 Therapist Certified by Feeling Good Institute, California, Bharat	Communication Skill	2 August, 2020 10 AM IST
41.	Mr. Abhishek Mahobiya	Psychologist, Bharat	Media Influence & Mental Health	6 August, 2020 7 PM IST
42.	Mr. Bill Bekunda	Recovery coach - Safe place Uganda treatment center , East Africa	Substance Abuse and Mental Health	9 august, 2020 5:30 PM IST
43.	Dr.(Prof.) G.D. Sharma	Chairman, Dept of Yogic Studies, HP University, Shimla, Bharat	Holistic Wellbeing Antahkaran Chatushtay and Mental Health	14 August, 2020 10 AM IST
44.	Sri V.V. Brahman	President, Bhagvan Sri Raman Maharshi Ashram Trust, Tadipatri, Andra Pradesh, Bharat	Art of Happiness : How to be Happy ?	19 August, 2020 10 PM IST



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45.	Swami Yagyadev	Yagya Researcher, Patanjali Yogpeeth, Haridwar, Uttarakhand, Bharat	Psychological effect of Agnihotra	4 September, 2020 05 PM IST
46.	Mr. Akshara Damle	Celebrity Psychologist Bharat	Mental wellness formula	6 September, 2020 11 AM IST
47.	Dr. Mini Rao	Psychologist, Therapist, Writer, Speaker Tamil Nadu, Bharat	Psychoimmunity during Pandemic	14 September, 2020 04 PM IST
48.	Shri Lokesh Choudhary	SRF Yoga, Sanchi University, Madhya Pradesh, Bharat	Secrets of Happy life	27 September, 2020 04 PM IST
49.	Shri Nilachal Padmashanti	Founder, Live Holistic Wellness, Jharkhand, Bharat	Nutrition Psychiatry: Our Food on Mind	1 st October, 2020 03 PM IST
50.	Dr. Mohsin Garana	Asst. Professor, ILSASS, CVM University , Gujarat, Bharat.	Pandemic & Mental Health	01 st December, 2020 04 PM IST



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