



## The Core Team

**SerenityWell Educational MindSphere (OPC) Pvt. Ltd.**

[www.serenitywell.in](http://www.serenitywell.in)

Meet Mr. Sarav Shakti, born in brought up in a town Gurdaspur (Punjab) and the visionary Founder and Director of SerenityWell Educational MindSphere (OPC) Pvt. Ltd., a pioneering endeavor dedicated to counseling and consulting services in the education domain. Mr. Sarav embarked on his journey in Psychology during his undergraduate studies at Guru Nanak Dev University. Continuing his academic pursuit, he attained his postgraduate degree in Psychology from Chandigarh University.

Endowed with accreditation as a Psychology counselor from the Counselors Council of India, Mr. Sarav has augmented his expertise through specialized training in Mental Status Examination, Art Therapy, and Psycho-Oncology at the esteemed Department of Mental Health and Behavioral Sciences within Fortis Healthcare Limited.

During the tumultuous period of the COVID-19 pandemic, Mr. Sarav devoted his efforts to safeguarding the mental well-being of children, adhering to the direct guidelines set forth by SAMVAD, a national initiative supported by Integrated Resource for Child Protection, Mental Health & Psychosocial Care by the National Institute of Mental Health & Neurosciences, Bangalore, under the aegis of the Ministry of Women & Child Development, Government of India.

With over a decade of experience in mental health services, Mr. Sarav's core competencies encompass Mental Status Examination, Child Psychology, Individual Care Plans and Psychometric Testing (Screening Tests). He has lent his expertise to individual counseling sessions to various esteemed organizations, including the DLSA (District Legal Services Authority), Children Home for Boys (Govt. aided Child Care Institution), closely worked with CWC (Child Welfare Committee), MRops Inc. (a Hongkong based MNC), Princeton IT America (a USA-based MNC), numerous NGOs, and other reputable institutions utilizing & upskilling counseling and managerial skills.

Driven by a passion to champion mental health advocacy and awareness, Mr. Sarav has embarked on his latest venture, SerenityWell Educational MindSphere (OPC) Pvt. Ltd., with a mission to provide invaluable mental health services to school-going children.

Experience the transformative impact of SerenityWell Educational MindSphere under the guidance of Mr. Sarav Shakti, where every child's mental health journey is nurtured with compassion and expertise.