



BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE

#19, 3rd Cross, CSI Compound, Mission Road Bangalore - 27

AFFILIATED TO BENGALURU CENTRAL UNIVERSITY | NAAC RE - ACCREDITED

DEPARTMENT OF PSYCHOLOGY

PRESENTS

Mental Health: Surviving or Thriving?

- JOIN US FOR A MENTAL HEALTH SYMPOSIUM ON OCTOBER 10.
- 10:30AM ON MICROSOFT TEAMS
- FOR DETAILS CONTACT:
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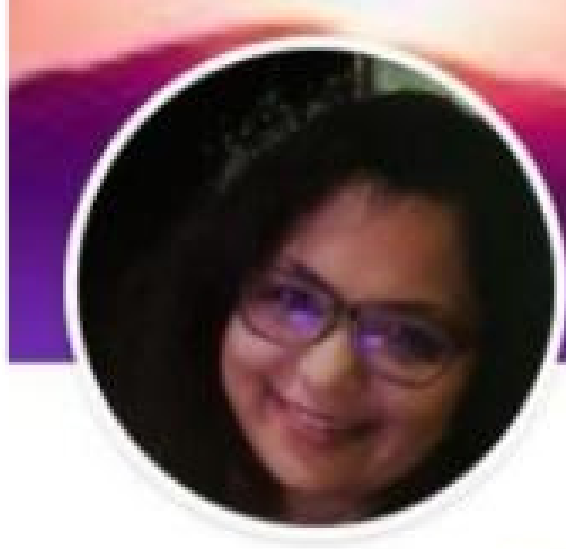
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RESOURCE PERSON



Deepti Jacob 

Founder and Chief Counselor at Sitara Emotional Counselling Center

 <https://www.sitara.biz/>

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With over 20 years of work experience (I started young!) in Market Research, Media, IT Sales, Psychological Counselling, Journalism and Entrepreneurship and a myriad different job roles and functions there is not much that I have not done and done relatively well.

My credo is simple - be the best at what you do - or develop the skills to be the best and if you just can't, move on and find something else that you can be the best at - but do not settle.

Thus far I have proven my mettle in:

- Psychological Counselling
- Qualitative Market Research
- Account Management
- Relationship Management
- Journalism
- Customer management
- Entrepreneurship

Started Sitara Counselling Center – (www.sitara.biz) in January 2019. I have counselled both men and women from myriad different backgrounds including Students (my youngest counselee is 11 years), Judges, Teachers, Software Professionals, Mothers, Artists etc. Handled issues ranging from relationship issues, gender identity issues, sexual issues, professional issues, depression, loneliness, confusion etc. Thus far my counselees hail from all parts of the globe including - Bangalore, Noida, Gurgaon, London, Delhi, Orissa. With online counselling which has proven to be very effective – this has been possible.

Prior to that have been in the field of Qualitative Market Research since January 2002 – having consulted with several companies like – IMRB, Quantum Market Research, AC Nielsen, Milward Brown, Firefly, Third Eye Research, etc...

Was the Director and Qualitative Head for IPSOS (MNC – Market Research)

Worked in Sales at LinkedIn and Akamai Technologies

Worked at Zee as a Journalist

Certified Aerobics instructor by Reebok and Athletics and Fitness Association of America Etc

Also have started ROTN #Anybody, Anywhere, Anytime – a forum of likeminded us women come together to normalize women being wherever and whenever we want to be. And we hope that this normalization – like the way women have now normalized working in every sphere, will also come to fruition – perhaps not in our lifetimes...but we will get there.

We meet once a month between 8pm – 12 am. If you can make the commitment – please join us – and if you can't atleast spread the word – so that we can spark atleast a thought.

MOTIVATIONAL SPEAKER

MY TRYST WITH CANCER



**By:- Swagatika Acharya
Cancer Survivor & Activist
Patron, AwAAken**