



Mann Changa

~•~ Wounds to Wisdom ~•~

Dr. Krishna's Wellness Centre & Mental Health Training Institute

Moving Towards Being Happier & More Productive

MISSION

I am a Holistic Psychologist with experience of conducting 15,000+ one-on-one sessions across hospitals, academic institutions, and corporates for clients aged 13-55. I design customized treatment plans using psychometric assessments and individual/group therapies to address anxiety, anger, addiction, sleep issues, negative thoughts, and emotional well-being.

I also provide coaching, training, and consulting in mental health awareness, helping individuals rebuild self-esteem, confidence, and overall health. Through my mission "Mann Changa - Wounds to Wisdom," I aim to make mental health a priority for 100,000 one & all.

EXPERTISE

- Adolescent Mental Health
- Child & Adolescent well-being Mentorship Packages
- Pre-Teen Tune Mentoring Sessions.
- Parental Psycho-Education Sessions(Customized)
- Stress | Anxiety | Depressions | Addictions
- Corporate Emotional Well-being (Group / Individual)

ASSESSMENT

- Psychological Disorders
- Anxiety
- Depression
- OCD & More
- Neurodevelopmental Evaluations
- Intellectual Disability
- ADHD
- Autism (ASD)
- Social Communication Difficulties.

CLINIC TIMINGS:

🕒 TUESDAY TO SUNDAY: 10:30 AM - 6:30 PM
MONDAY : CLOSED

ONLINE / OFFLINE

PRE-SCHEDULED APPOINTMENT ONLY

BOOK APPOINTMENT



+91 9560136999



Dr. Archana Krishna PhD

Chief Psychologist | RCI Licensed

21+ Years Experience

Clinical / Organisational / Rehabilitation Psychologist

Founder Director - Manchanga Foundation (Section 8 NGO working in the field of Child, adolescent & family Mental health focusing on preventice and applied psychological services)

Trained at King George's Medical College, Department of Psychiatry, Lucknow)

www.drarchanapsychologist.com

THERAPY & TREATMENT PACKAGES

- CBT
- NLP
- Advanced Breathing Techniques
- Chakra Healing
- Hypnotherapy
- & More

LOCATION



DR KRISHNA'S WELLNESS CENTRE & MENTAL HEALTH TRAINING INSTITUTE
DR ARCHANA KRISHNA
H#71 SECTOR 15 PART 1
GURGAON -122001
HARYANA INDIA





Mann Changa

--- Wounds to Wisdom ---

THREE PILLARS OF MANNCHANGA INTERNSHIP TRAINING

COMPREHENSIVE • PRACTICAL • IMPACTFUL

1

PSYCHOLOGICAL COUNSELING



- One-on-one counseling sessions
- Active listening & empathetic understanding
- Mental health assessment & support
- Case conceptualization & care planning
- Ethical, confidential & client-centered approach

2

STRUCTURED COUNSELING SKILLS TRAINING



- Evidence-based counseling frameworks
- Role-plays & supervised practice
- Feedback & skill enhancement
- Building confidence & competence
- Client-centered & ethical approach

3

SOCIAL IMPACT WITH NGO ACTIVITIES



- Community outreach & awareness
- Mental health education programs
- Collaboration on impactful projects
- Develop empathy & social responsibility
- Creating meaningful change together



LEARN • GROW • SERVE • TRANSFORM

Building skilled professionals. Creating compassionate communities.

INTERNSHIP INFORMATION

Duration: 4 - 6 Weeks

Mode: Hybrid- 70% Offline & 30% Online

Seat Available: Limited (FCFS)

ADDITIONAL BENEFITS

- MannChanga internship certificate.
- Senior expert Psychologist to take the internship classes.
- LOR based on performance.
- Practical skill development & career clarity.
- Network building with specialist.
- Practising Mental Health Experts.

REGISTRATION DETAILS

Scan This Qr Code to fill the Internship Registration Form





INTERNSHIP FEE

- Individual: 4999/-
- Group of 3: 4499/-
- Group of 5: 3999/-

PAYMENT DETAILS

Dr. KRISHNA'S WELLNESS CENTRE & MENTAL HEALTH TRAINING INSTITUTE

Account Holder Name: Dr. Archana Krishna

Account no. : 41859197379

IFSC Code : SBIN0060414

upi id : drkrishnaswellnesscentrementalhealth@sbi

SCAN ME AND PAY



anga

om ~~~