



International Youth-Led Organization for Mental
Health Awareness

TO WHOMSOEVER IT MAY CONCERN

Sakina Bharmal has been an active member of MindChamps over the past one year. She joined us as a writer for the third edition of our e-magazine 'Smash the Stigma'. She contributed to our podcast series 'Yours Mindfully' as a content creator and an interviewer. In addition, she worked as a blog writer during our 'Ataxia' campaign for anxiety awareness.

In October 2020, Sakina joined the core team and took up the additional responsibility of Project Lead for Webinars. In this capacity she initiated and organized a highly successful webinar focused on 'Technology Driven Solutions for Mental Health Challenges' in December 2020. She is currently working on organizing a webinar to discuss the mental health aspects of menstruation, thus creating a space to discuss two topics that are often considered taboo in society.

Sakina displays exemplary dedication towards destigmatizing mental health and making conversations in this space more inclusive. She collaborates well with diverse individuals, brings fresh ideas to the table and is always ready to take on challenging projects.

She is an asset to our team and I wish her all success!

Anagha Rajesh

Co-Founder and CEO

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