

**Sri C Achuthamenon Government College,  
Thrissur**



**RESEARCH & POSTGRADUATE  
DEPARTMENT OF PSYCHOLOGY**

**ENTREPRENEURSHIP  
IN MENTAL HEALTH**



**3rd October 2024**



**9: 30 am - 12: 30 pm**



**Seminar Hall, Science Block**



**Vyshnav P G**

**Founder & CEO , Psycholab**

**PRINCIPAL**

**Dr. P. S. Manoj Kumar**

**HOD**

**Dr. Sujisha T.G**

**Sri C Achutha Menon Government College**  
**Department of Psychology**  
**Entrepreneurship in Mental Health**

**Date:** October 3, 2024

**Time:** 9:30 AM to 12:30 PM

**Venue:** Seminar Hall, Science Block

**Organized by:** Research and Post Graduate Department of Psychology, Sri C Achuthamenon College, Thrissur

**Resource Person:** Vyshnav P.G., Founder and CEO of Psycholab

On October 3, 2024, the Research and Post Graduate Department of Psychology at Sri C Achuthamenon College hosted an enlightening talk on "Entrepreneurship in Mental Health." The event took place in the Seminar Hall of the Science Block from 9:30 AM to 12:30 PM and was attended by the entire department's students. The session aimed to foster understanding and encourage discussions around the integration of entrepreneurship within the mental health sector, a vital and often overlooked area of public health.



The talk commenced with a warm welcome by Dr. Sujisha T.J., the Head of the Department of Psychology. Dr. Sujisha emphasized the importance of mental health entrepreneurship and its potential to make a significant impact in the field, particularly given the rising rates of mental illness globally. Vyshnav P.G., the keynote speaker, is the Founder and CEO of Psycholab, a mental health services company that focuses on providing innovative psychological assessments and interventions. Psycholab aims to bridge the gap between mental health needs and accessible, quality care through a combination of technology and personalized service.

Vyshnav's presentation covered several critical aspects of entrepreneurship in mental health, including:

**1. The Need for Mental Health Initiatives:**

Vyshnav highlighted that 1 in 8 people worldwide suffers from mental health issues, underscoring the urgency for innovative solutions and support systems.

**2. HAMM (Healing of Million Minds):**

This initiative aims to create awareness and promote healing strategies that are accessible and effective for diverse populations. Vyshnav discussed how entrepreneurship can drive these initiatives.



☐ **Sustainable Development Goals (SDGs):**

He linked mental health to the SDGs, emphasizing the role of mental health entrepreneurship in achieving global targets related to health and well-being.

☐ **Funding Resources:**

Vyshnav provided valuable information on various funding opportunities available for mental health initiatives, including:

- **NIMHANS, Bangalore:** Known for its research and treatment in mental health.
- **Kerala Startup Mission:** A government initiative supporting startups across various sectors.
- **Solace:** An organization focused on mental health and wellness.

☐ **Addressing Stigma in Mental Health:**

The talk also addressed the pervasive stigma surrounding mental health issues, encouraging students to become advocates for change and to create supportive environments for individuals seeking help.



The session concluded with a heartfelt vote of thanks from Anuradha, a third-year graduate student. She expressed gratitude to Vyshnav for sharing his insights and inspiring the students to consider entrepreneurship as a viable and impactful avenue in the mental health sector. The event was a resounding success, promoting engagement and dialogue among students and faculty, and laying the groundwork for future initiatives in mental health entrepreneurship.