



Prachi Agrawal Agnihotri

**Founder & Senior Psychologist, Disha Mental Health & Wellness | Clinical Psychologist
| Psychotherapist | Executive Coach | TEDx Speaker**

Prachi Agrawal Agnihotri is a Clinical Psychologist, Psychotherapist, Executive Coach, **TEDx Speaker**, and the Founder of **Disha Mental Health & Wellness**. Over the past **12 years**, she has worked extensively with adults, couples, and families, helping them navigate emotional challenges, strengthen relationships, and build greater resilience.

Her work is guided by the belief that mental health is not merely the absence of illness, but the presence of emotional fitness. She is passionate about helping people build healthy self-worth, emotional resilience, and practical psychological skills that enable them to navigate life's challenges with greater confidence and well-being. She also strongly advocates the importance of Emotional First Aid—addressing emotional pain early, with the same care and attention we give to physical health.

Prachi's interest in supporting caregivers is shaped by both academic and lived experience. Her postgraduate dissertation focused on the psychological well-being of caregivers, and living with a congenital physical disability has given her a deep appreciation of the resilience, sacrifices, and emotional realities that often accompany caregiving. These experiences have strengthened her belief that caregivers deserve care, support, and spaces where they can prioritise their own well-being without guilt.

Her therapeutic approach combines evidence-based practices with warmth, empathy, and genuine human connection. She strives to create a psychologically safe space where individuals feel heard, understood, and empowered—not only to heal from life's challenges, but also to develop the mental and emotional fitness to flourish long after therapy has ended.