**MAM University Mental Health and Wellness Cell (MAMU-MWC)**

**Meet Our Expert Panel**

The MAM University Mental Health and Wellness Cell is guided by a team of highly experienced and compassionate professionals dedicated to your well-being.

**Cell Guide**

**MR. ANUP DESAI +91 9825160843**

* (Secretary, Mahagujarat Medical Society, Motivational Trainer)

Mr. Desai serves as our guide, providing visionary leadership and expert insights. A renowned motivational trainer and the respected Secretary of Mahagujarat Medical Society, his unique counselling techniques and inspirational approach are a cornerstone of our cell's mission to empower students.

**Cell Advisor**

**DR. BHAVIK SHELAT +91 8487015255**

* (MBBS, Campus Director, Mahagujarat Medical Society)

A distinguished medical professional and the Campus Director, Dr.Shelat is a dedicated advisor to our cell. With extensive experience in counselling students and the wider community, he brings a deep understanding of the challenges you face and offers invaluable guidance rooted in his vast experience.

**Cell Psychologist**

**DR. ASHAL PARIKH +91 9723706361**

(MBBS, M.D. Psychiatry)

Dr. Parikh is our dedicated psychologist, offering professional and compassionate mental health support. With his specialized expertise in psychiatry, he provides comprehensive assessments, counselling, and therapeutic interventions to help students navigate personal and academic challenges.