



**Priyanka Joshi – Mental Health Advocate**  
Founder of Sanity Daily  
[www.sanitydaily.com](http://www.sanitydaily.com)

**A mental health blogger spreading humanity :My journey from an amateur blogger to a mental health advocate**

Priyanka Joshi has been working in the field of Blogging for the last four years and has been promoting mental health awareness through her blogs and videos.

Priyanka Joshi is listed under the top 15 mental health bloggers and among 200 Compelling Female bloggers worldwide in 2020. She is on a mission to spread mental health awareness and help her readers prioritize their mental health. She is a SHEROES champion, Amazon approved Influencer, social influencer, poetess, and mother to a 8-year-old lovely girl.

Founder of Sanity Daily. Spreading Mental Health Awareness through her blogs, podcasts, and YouTube Channel. She started her journey as a personal blogger with her first blog Virtual Siyahi when she was diagnosed with Lymph Node Tubercular and dealt with mental health issues for the first time. With the popularity of her personal blog in two years, she came up with her own venture Sanity Daily where she helps women to forge her own path and make mental health a priority in life.

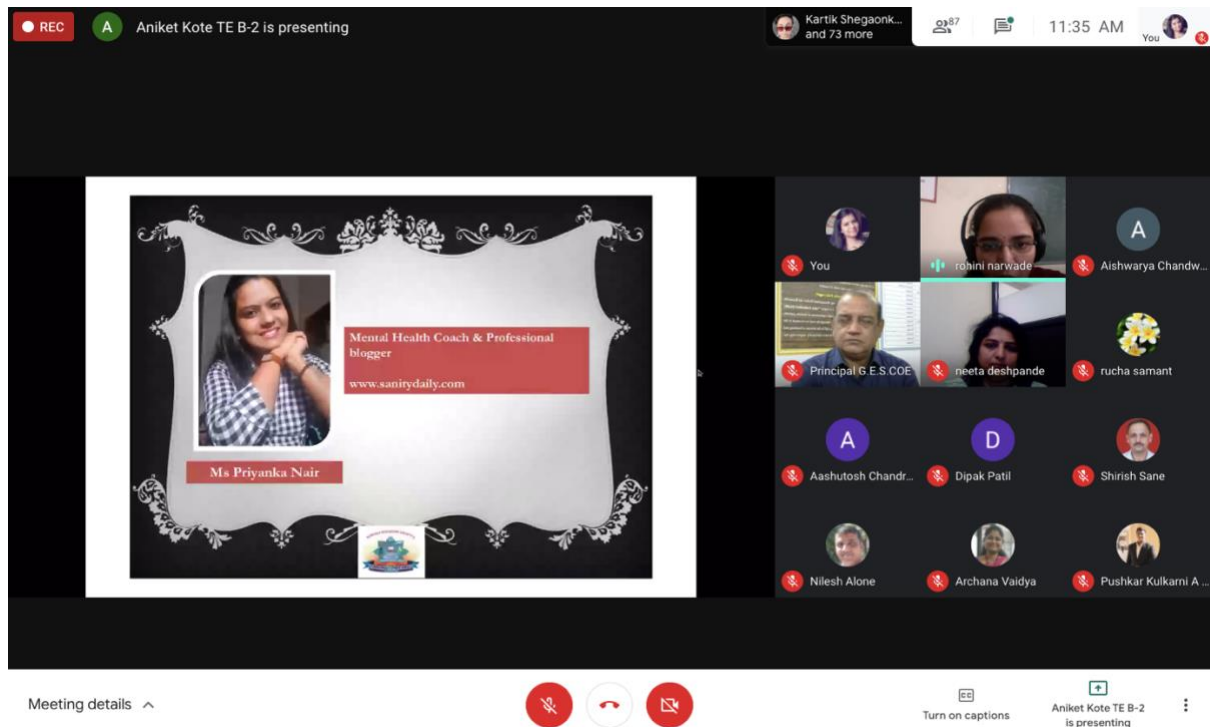


She has won awards for her first eBook ["26 Days 26 Ways for a Happier You"](#) and then she made it free to download on her website Sanity Daily. This book was among the top non-fiction list of [Women's Web in 2019](#). She conducts independent workshops on stress management.

Priyanka started with three initiatives in past 3 years. First named, ["Humanity Ki Chain"](#) A mental health awareness video series on her YouTube Channel where she invites guests to share their views/personal stories on mental illness. Aim: to enable people to talk and raise awareness.

Second initiative ["Letters of Compassion"](#) where she sends handwritten written letters to a few people every month (based on the request) who are connected to her in the virtual world or who wants a letter from her as a reminder of self-worth and self-awareness. Aim: to bring back lost personal touch and spread humanity.

Third Initiative ["VOICES"](#) wherein she allows people from different walks of life to contribute their stories and views about mental health.



She is an MBA with 6 years of full-time work experience, she found her ikigai in blogging when she received her calling as a medium to spread mental health awareness she decided to upgrade herself in this field, hence she did few certification courses. She is a certified NLP Practitioner. With the help of Mindfulness and talk therapy, she conducts stress management sessions and workshops with teachers, youths, and women.

#### **Mentions and Features:**

Her work has been featured at esteemed platforms like SHEROES, YourStory, Women's Web, Different truths, Eat My News, Sharing Stories, Humans of Community, People of India, Desh Ka Gourav, Humans of Community, Health Heroes of Bombay and Youth ki Awaaz. She has been recognized as a SHEROES champion, where she tries to inspire thousands of women.

#### **Awarded with:**

- “Best Debut Author Award”, 2019
- “Humanitarian Award” by I Can Foundation in 2020.
- “Women Achiever’s Award”, Arya college, 2021
- “Mental health blogger of the year award,2021. INMO

# Mental wellbeing in focus at event organised by ICAI

The Doha chapter of the Institute of Chartered Accountants of India (ICAI) recently organised a session to celebrate International Day of Yoga under 'Aazadi Ka Amrut Mahotsav', which is a series of events to commemorate the 75th year of Independence of India. The event was organised on virtual platform and saw over 50 participants from the ICAI Doha chapter. The event was opened by Arun Somanath, executive committee member.

Nirlep Bhatt, chapter chairperson, welcomed the audience and introduced the chief guest and guest of honour, while giving an outline of the chapter's activity.

Chief guest T Angaline Premalatha, counsellor (political & commerce) embassy of India, spoke on the importance of yoga in life. She stressed on mental wellness and requested all not to ignore stress and take good care of themselves. Angeline appreciated the role of women members in organising the event. Guest of honour Kemisha Soni, chairperson CPE and Women Members Empowerment Committee, ICAI, spoke on the importance of continuing professional education and upskilling for members.

Priyanka Bajaj introduced first speaker Priyanka Joshi and also moderated the question and answer session. Joshi, prominent mental wellness expert and among the top 200 bloggers, spoke on maintaining mental wellness. She kept the session interactive and asked members to identify various aspects that cause stress. She also highlighted the concept of digital detox, i.e.



use of social media in a moderate manner.

Joshi also highlighted the importance of sound sleep to achieve mental peace and a healthy body. Sweta Anjara introduced second speaker Riya Bhansali and also moderated the question and answer session.

Bhansali conducted yoga session for the members and performed some breathing exercises. She shared how her life changed after starting yoga on a daily basis. Dewaki Nandan Tibrewal, executive committee member, proposed the vote of thanks.

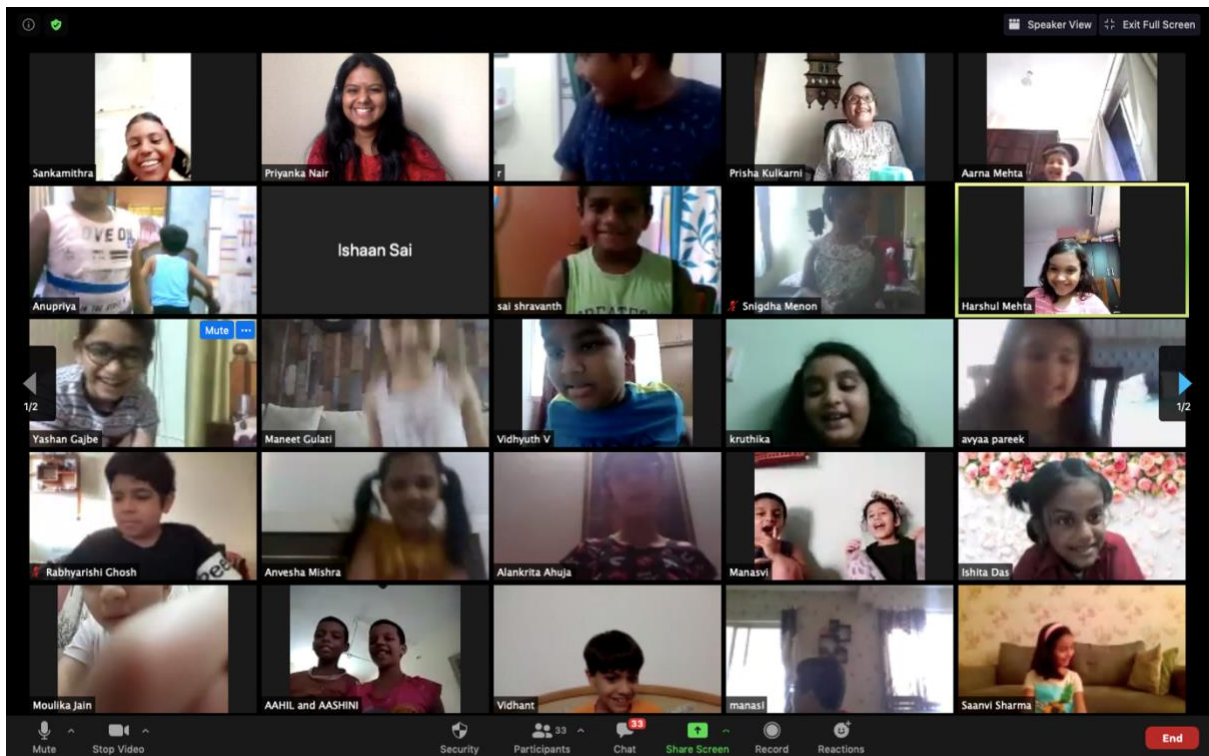
## Published Books:

- 1.) 26 Days 26 Ways for a Happier You
- 2.) Women Are Roses
- 3.) Ardhaviram
- 4.) Broken And Beautiful
- 5.) Biography

She is slowly embarking on her journey from a blogger to an entrepreneur.







Website: [www.sanitydaily.com](http://www.sanitydaily.com)

Personal Blog: [www.priyankaspen.com](http://www.priyankaspen.com)

YouTube Channel: <https://www.youtube.com/rebelpoet>

Instagram: [https://www.instagram.com/priyankaj\\_blogger](https://www.instagram.com/priyankaj_blogger)

Thank you!



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