

An **IMPACT** Presentation

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WOMEN OF SUBSTANCE

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BUILDING FAMILIES, RESTORING HOPE: THE STORY OF DR. NEHA AGRAWAL

In the silent, often agonising struggle of infertility, where hope can feel fragile, doctors stand as architects of possibility. They are more than medical professionals; they are custodians of dreams. At the forefront of this transformative field in Western Rajasthan is Dr. Neha Agrawal, a dynamic Obstetrician, Gynaecologist, and fertility specialist whose career is a compelling narrative of rigorous training, profound empathy, and an unwavering commitment to turning the dream of parenthood into reality. Based at Vasundhara IVF, Jodhpur, Dr. Agrawal's journey is a testament to how advanced science, precision care, and human compassion can redefine destinies.

Roots of Compassion and Diligence

Born into a family in Indore where values were carved from experience, Dr. Neha Agrawal's worldview was shaped early. Her father, Mr. Babulal Agrawal, and mother, Smt. Rukmani Devi Agrawal, built a successful business from a small shop, imparting lessons not just in enterprise but in ethics.

"They taught us that the best way to help others is to heal their pains," she recalls. The household ethos emphasised that while intelligence is valuable, the true pillars of success are relentless hard work and sincerity. As the eldest sibling, she naturally assumed a guiding role, a trait that now defines her patient care. Her younger siblings—Dr. Dipty Agrawal (Dermatologist), Yogesh Agrawal (Entre-

DR. NEHA AGRAWAL

Obstetrician and Gynaecologist, MBBS, MD, DNB, FMIG, FMAS
Consultant ART and Gynae Endoscopy. Vasundhara IVF, Jodhpur





preneur), and Shubham Gupta (VP at Oaktree International)—followed paths of excellence, each nurtured in that same environment of support and aspiration. This strong foundation is complemented by her personal life, being married to Dr. Pawan Garg, an Interventional Radiologist and Additional Professor at AIIMS Jodhpur, forming a partnership rooted in mutual dedication to medicine.

The Catalysing Moment: From Theory to Calling

Dr. Agrawal's academic path was distinguished from the start. After her schooling in Indore, she pursued MBBS and then a coveted M.D. in Obstetrics and Gynaecology from Gandhi

Medical College, Bhopal, followed by a DNB. However, it was during her residency that patient care transcended textbook learning. She encountered Asha, a patient whose successful treatment led to a long-awaited baby. The profound gratitude in Asha's smile was powerful, but the backdrop was heart-wrenching. Dr. Agrawal witnessed firsthand the social ostracisation, the stigma of being labelled "cursed," that childless women faced, particularly in rural settings. This dichotomy—the joy of creation against the pain of societal prejudice—cemented her resolve. Infertility medicine was no longer just a specialty; it was a mission to restore dignity as much as to enable conception.





Forging Expertise: A Scholar's Pursuit

Determined to equip herself with the finest tools for this mission, Dr. Agrawal embarked on an exceptional journey of super-specialisation. She began her formal training in Assisted Reproductive Techniques (ART) and endoscopy at Delhi's prestigious Apollo Hospital under Dr. Sohani Verma and Dr. Sushma Sinha. This was followed by a laparoscopic training course at AIIMS Delhi and collaborative work with Dr. Priya Bhave Chitawar in Bhopal. Her move to Jodhpur marked a pivotal chapter. A three-month fellowship in Minimally Invasive Gynaecology at Vasundhara Hospital was just the beginning. Under the mentorship of the renowned Dr. Sanjay Makwana, she spent three formative years (2016-2019) as a

Consultant in ART. Here, she immersed herself in every facet—from patient counselling and specialised ultrasounds to performing IUI, IVE, and ICSI procedures, and assisting in complex surgeries. This hands-on experience was balanced with academic rigour; she successfully cleared her FMAS (Fellowship in Minimal Access Surgery) and completed skill courses in basic laparoscopic gynaecology surgeries. Seeking to hone her skills further, she undertook a Senior Residency and later a prestigious one-year Post-Doctoral Fellowship in Minimally Invasive Gynaecology at AIIMS Jodhpur. This period was transformative, allowing her to deeply understand evidence based medicine, multidisciplinary approach and independently perform advanced procedures like laparoscopic

hysterectomies, myomectomies, and intricate hysteroscopic surgeries for conditions like endometriosis and uterine septum. Today, with over a decade of post-MD experience, she brings this wealth of knowledge to her role as a Consultant in ART and Gynae Laparoscopy at Vasundhara IVE, Jodhpur.

Academic Pursuits and Sharing Knowledge

Dr. Agrawal's profile is not that of a clinician in isolation. She is an active academician and researcher with numerous publications in pubmed indexed national and international journals and she also, serves as a reviewer for several including American and European journal of obstetrics and gynaecology. Her passion for teaching, cultivated during her stints at AIIMS Jodhpur and other institutions, continues as she guides future generations of doctors. Her scholarly work has been recognised on prestigious platforms. She has won awards for paper presentations at Yuva ISAR (2022) on the quality of life of infertile couples and at Yuva FOGSI (2021), among others. As the Organizing Secretary for the national infertility conference 'CONCEIVE 2025', a moderator for the webinar series 'Gyan Samwardhan', and a frequent faculty at conferences, she is a committed contributor to the collective knowledge of her field.

The Heart Beyond the Clinic

What truly distinguishes Dr. Agrawal is her holistic approach to healing. She carries her family's lesson of service into extensive social work. She has organised free medical camps in villages around Jodhpur, participated in radio talks for social awareness, and conducted

hygiene orientation classes in schools for the mentally challenged and hearing-impaired. This outreach is a conscious effort to bridge the gap between advanced medical care and community needs, especially in combating the stigma she once witnessed. For this she has been felicitated by Dainik Bhaskar for her outstanding performances in health care.

Her personality sparkles with diverse hues. An accomplished artist in her student days, winning prizes in drawing and debates, she also has special interest in mehndi design, stitching, and painting. She is also an avid swimmer and has even showcased dance performances at major medical conferences, revealing a vibrant spirit that balances the intense demands of her profession.

A Philosophy of Care

For Dr. Neha Agrawal, each patient is a unique story. "It's not just about protocols and success rates," she explains. "It's about listening, understanding the unspoken anxiety, and walking the path with the couple. The journey of infertility is arduous; our role is to be a steady, informed, and compassionate guide."

Her memberships in premier bodies like FOGSI, ISAR, IFS, IAGE, and AMASI keep her at the cutting edge, but it is her human touch that leaves a lasting impact. In the quiet corridors of Vasundhara IVE, she is more than a doctor with impressive credentials—MBBS, MD, DNB, FMIG, FMAS. She is a builder of families, a restorer of hope, and a shining example of how medical excellence, when fused with genuine empathy, can create miracles, one precious life at a time. In the vast landscape of Rajasthan, Dr. Neha Agrawal stands as a true beacon of hope, lighting the path to parenthood.



ARADHANA KAUL KATHJU

ROOTED IN MOVEMENT, ANCHORED IN PURPOSE: A CHILDHOOD SHAPED BY SERVICE AND STRUCTURE

Some childhoods are rooted in one place. Hers was rooted in movement. Born into a defence services family with generations proudly associated with the Armoured Corps, Aradhana Kaul Kathju's formative years were shaped not by geography, but by discipline, structure, and service. Growing up across cantonments and cities throughout India meant that permanence was rare. Every few years brought a new school, a new peer circle, sometimes a new language, and always a new cultural landscape.

What could have been disruptive became transformative.

Frequent relocations cultivated in her an instinctive ability to observe before responding, to listen carefully, and to adapt without losing identity. Stability did not come from surroundings – it came from values. She learned early that people behave differently depending on environment, expectations, and social pressures. Long before she formally studied psychology, she was absorbing it – watching how children adjusted to new classrooms, how adults navigated hierarchy, how families rebuilt routines in unfamiliar cities. Growing up in a defence household also meant understanding responsibility and collective functioning. The armed forces operate on structured, coordinated systems where individual strength contributes to institutional stability. That worldview shaped her thinking deeply. Adaptation, she learned, is not about surrendering identity – it is about evolving while remaining anchored.

Those early lessons in resilience and contextual sensitivity would later become the foundation of her professional philosophy.

From Corporate Corridors to Counselling Chambers

Today, she is an RCI Registered Rehabilitation Psychologist with over 25 years of experience across counselling, academic design, corporate training, and institutional mental health development.

Her academic credentials reflect intellectual depth and multidimensional learning:

■ Her academic journey includes a Master's in Psychology, a Postgraduate Diploma in Guidance and Counselling, and Rehabilitation psychology, certification in Special Education and Neuropsychology from the UK, an MBA in Corporate Training, and is currently pursuing a PhD in Psychology.

■ Her career began in the corporate sector, designing communication and behavioural modules for organizations such as InterGlobe Aviation (IndiGo), IBM Daksh, and Hero MindMine Ltd. Working within aviation and corporate ecosystems offered invaluable insight into performance culture, leadership psychology, and stress management. It became evident that emotional intelligence was not merely a soft skill – it was a strategic asset.

■ In high-pressure professional environments, productivity and psychological health are deeply intertwined. Burnout, communication breakdown, and emotional fatigue are rarely discussed openly, yet they influence performance outcomes significantly. Designing behavioural training modules allowed her to see how structured interventions could enhance not just efficiency, but wellbeing.

■ Over time, her work expanded beyond corporate boardrooms into therapy spaces. She transitioned more fully into developmental and counselling psychology, working with children, adolescents, adults, couples, families, and geriatric populations. From metropolitan cities such as Mumbai, Bengaluru, Chennai, and Delhi NCR to emerging urban centres, she engaged with individuals across diverse socio-economic and cultural contexts.

Across two and a half decades, she has facilitated emotional growth and behavioural change in over 10,000 individuals.

What remains central to her work is customization. No two individuals experience stress, trauma, or aspiration in the same way. Her therapeutic framework integrates Cognitive Behaviour Therapy, Rational Emotive Behaviour Therapy, Child and Adolescent Counselling, Art-Based Therapy, Neuro-Linguistic Programming, and Psycho-oncology – but technique is always secondary to context. A

method that works for one client may not resonate with another. Flexibility is not optional in psychology; it is essential.

Today, India stands at a complex psychological crossroads. Rapid digitization, academic competitiveness, evolving gender roles, and shifting family structures are reshaping emotional realities. Adolescents struggle with anxiety and identity confusion in an era of constant comparison. Corporate professionals battle burnout and blurred work-life boundaries. Families experience communication gaps despite technological connectivity.

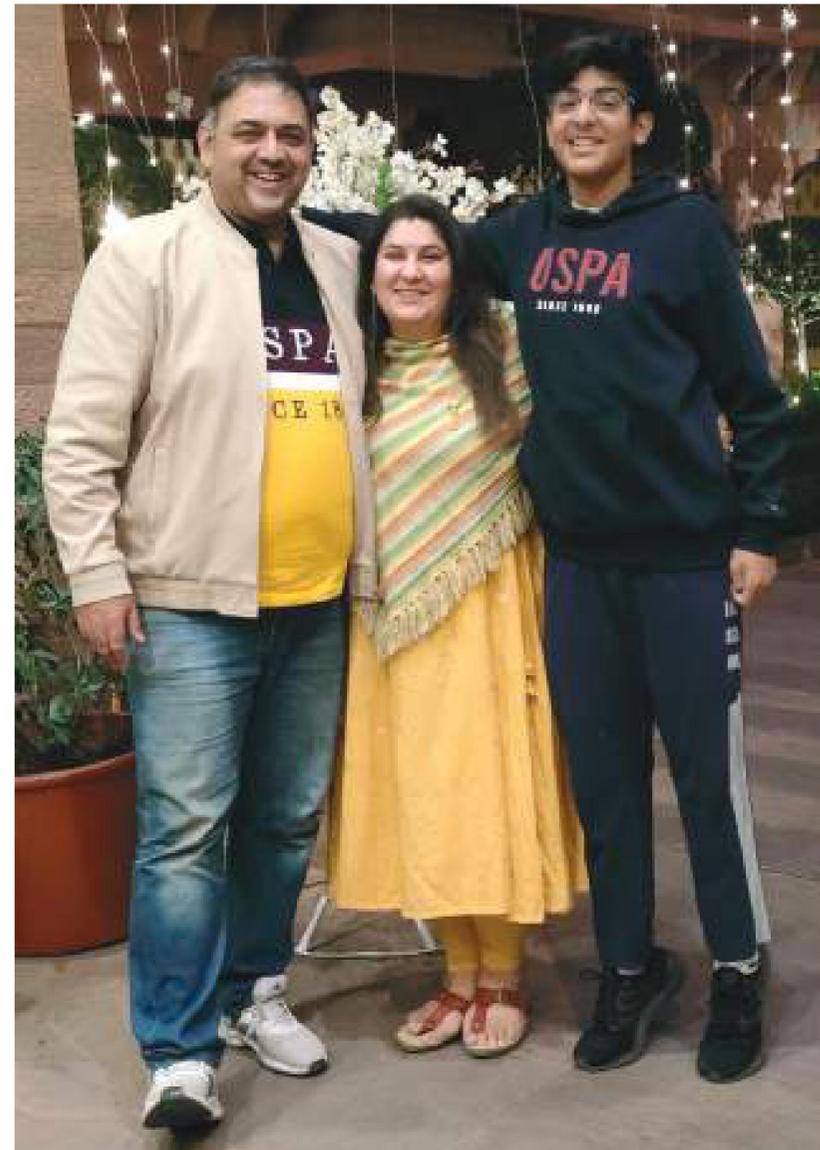
Mental health challenges are no longer isolated concerns; they are structural realities.

This recognition shaped her doctoral research, which examines how emotional intelligence predicts adaptation and resilience among Indian adolescents. In a country where academic pressure often defines self-worth, resilience cannot be romanticized as silent endurance. It must be understood as adaptive flexibility – the ability to respond thoughtfully to changing demands without internal collapse.

If her childhood taught her adaptation, her professional life has been about systematizing it – helping individuals build resilience not as reaction, but as infrastructure.

Building Systems of Care in Jodhpur

While her journey has spanned multiple cities, Jodhpur has become a deeply meaningful chapter. Hailing from a family of defence and education, she married into a family of doctors and academicians. This transition, although smooth, helped her navigate through life with her constant anchor in her husband, Vaibhav Kathju. He has been an



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inspiration, a teacher, a guide and a perpetual motivator. His support and encouragement has helped her keep focus and develop working philosophies galore. Another anchor in her journey have been her children, Vidur is a bright spark who's innovative and a thinker, while Vidushi constantly presents a fresh perspective on counselling and parenting. In 2020, she founded Mind Matters Asia, creating a platform that integrates counselling, academic design, and corporate mental health training under one umbrella. Shortly thereafter, she co-founded Sambhav Rehabilitation Clinic in Jodhpur, with a focus on psychological assessment, therapy, and mentoring emerging psychologists. These moves were deeply inspired by close quarters with cases of Cerebral Palsy that truly inspired her to move heavily into the field of psychological health, and mental well-being.

Jodhpur presented both opportunity and responsibility. With the city well known for its Manohaar, it welcomed her with love and warmth. While in emerging urban centres, mental health awareness is growing, yet stigma and structural gaps persist. The need is not only for therapy, but for frameworks – standardized protocols, trained professionals, accessible services, and institutional integration. With state-of-the-art modalities and therapeutic approach, a city which was struggling with limited access, was exposed to newer possibilities in psycho-education, therapy, counselling, training and much more.

Her role expanded further when she began consulting with Vasundhara Hospital Ltd., Jodhpur. Here, the work extended beyond individual counselling to systemic impact: design-

ing employee wellness programs, supervising psychologists, conducting on-site psychological research, and aligning mental health initiatives with hospital functioning.

Simultaneously, coordinating with an NGO in Jodhpur allowed her to engage at the grass-roots level – developing structured protocols, organizing training modules for interns and psychologists, and strengthening community mental health frameworks. Working across hospitals, clinics, universities, and non-profit sectors reinforced one central belief: mental health must move beyond isolated sessions into embedded systems.

As Guest Faculty at Jai Narayan Vyas University, she contributed to academic development by designing specialized, activity-based modules tailored to diverse learning styles. Engaging with students – future psychologists – is particularly meaningful. Building the

next generation of mental health professionals ensures sustainability.

If there is a thread connecting her work in Jodhpur, it is integration.

Mental health cannot remain confined to therapy rooms. It must be woven into schools, hospitals, corporate offices, and community organizations. Emotional literacy must become as fundamental as academic literacy. Training programs must address not only skill acquisition but emotional sustainability.

Growing up in a defence household instilled in her service-oriented thinking. In Jodhpur, that value translates into building coordinated psychological systems – much like the structured units she observed in her childhood. Individual strength matters, but institutional resilience creates lasting impact.

Today, as she continues her doctoral research

and expands mental health initiatives across institutional and community spaces, be it in training rooms or while consulting at Vasundhara Hospital Ltd., CHB, her vision remains clear: to bridge the gap between psychological theory and lived experiences. To design systems that are humane as well as efficient. To ensure resilience is understood not as silent suffering, but as adaptive strength.

From cantonments across India to counselling rooms, corporate training halls, hospitals, and universities – her journey has been shaped by movement, geographical, professional, and intellectual.

And through it all, one principle remains constant:

Adaptability is strength. Awareness is power. And resilience, when nurtured intentionally, becomes the foundation for meaningful growth.

