



From the desk of  
Founder-Director



**MINU  
BUDHIA**  
Psychotherapist  
& Counselor

## Greetings everyone!

It gives me great pleasure to release this newsletter in the International Women's Day month. While preparing for my various commitments around this celebration I found myself thinking deeply about the role of women as empathetic and caring counterparts who have a responsibility not just towards their own families but towards society at large.

In their own way within their limited means it is possible to affect and change lives for the better. The best place to start is to never consciously demean or belittle any one, especially those with special needs, who are differently abled than others.

Going forward, I envision that Caring Minds and I can Flyy will be the place where people feel comfortable to come and be who they are without feeling any stigma or shame!



## Recent Events

- In the recent past we had the privilege of hosting Consul general of the United States of America Mr. Craig Hall and his wife at our facility.
- Caring Minds and I can Flyy have made their presence felt in various venues across the city including National Institute of Juridical Sciences, Calcutta National Medical College and the U.S. Consulate. The aim, as always, is to spread awareness about mental health.
- Our founder director Minu Budhia was invited as a Guest speaker on the occasion of International Women's Day at Indian Oil Corporation.
- The renowned life-skills educator and TED speaker Deepak Ramola recently conducted a talk and spoken poetry session at Caring Minds for Young President's Organisation (YPO) which was very well-attended and appreciated.
- Preeyam Budhia was a speaker at the recent Sheroes panel discussion organized by the NASSCOM warehouse alongside other female startup founders like Ushoshi Sengupta.



## Announcements

- Our Head, New Initiatives, Preeyam was awarded the Aparajita award in the Young Achievers category for Entrepreneurship for Caring Minds. Since this was an award based on public votes it is all the more special.



## Short Term Courses



A three-day workshop on play therapy was conducted by our in-house psychologists and play therapists at the Caring Minds premises.



The Cognitive Behaviour Therapy workshop was an intensive three day event conducted by our in-house psychologists.

## Workshops



A day long workshop on Stress Management was conducted for about 50 Officers in charge of the Kolkata Police.



The Naval Wives' Welfare Association invited us to present a talk on Marital Harmony for sailors and their wives.



An interactive workshop on Gender Bias was conducted by our trainers for the middle and senior school students of Birla High School for boys.

From the desk of  
The Editor



**PREEYAM  
BUDHIA**

Head of New  
Initiatives

## Hi everyone!

Hope the first few months of the new year have been as kind to you as they have been to us.

I am excited about a lot of new opportunities for Caring Minds and I can fly in the city too. Food products made by our special needs young adults are now being sold in various grocery chains (NikNak near Elgin Road, Krishna Stores in Alipore and in talks to launch with Spencer's retail). It is a big boost in morale for our students and we want to expand more on this going ahead!

Having just attended the Surge Summit in Bangalore, my head is abuzz with networking ideas relating to multiple health-tech startups and exploring potential collaborations such as listing Caring Minds on healthcare apps/e-platforms such as Practo, so that we can spread the message of mental health awareness far and wide at a pan-india level. Our endeavour at all times remains to provide quality services with a humane touch. As well-wishers of ALCM, do let us know if you have any queries, doubts and suggestions on [info@caringminds.co.in](mailto:info@caringminds.co.in)!

### CARING MINDS

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