

# CARING MINDS

## diploma, certificate to get JU recognition

*These courses would equip the students with essential counseling skills and techniques, needed to work effectively in the field of mental health*

**OUR CORRESPONDENT**

Caring Minds and Jadavpur University signed an MOU to recognise the one-year Diploma in Psychological Counseling and the six-month Certificate Course in Psychotherapy offered by Caring Minds. The session for these courses will begin in April 2019 and the classes will be held at Caring Minds, Sarat Bose Road, Kolkata.

The MOU was signed between Professor Suranjan Das - VC, Jadavpur University and Minu Budhia, Psychotherapist and Counselor, Founder and Director of Caring Minds for Counseling and Psychotherapy Courses in the presence of Dr P K Ghosh, Pro-VC; Dr Snehamanju Basu, Registrar; Dr P P Lahiri, Jt Registrar; Dr Sanjay Gopal Sarkar - Jt Registrar; Dr Mukti Pada Sinha, Joint Co-ordinator, Centre for Disability Studies; Dr Manojit Mandal, Joint Co-ordinator, Centre for Disability Studies; Professor Subrata Konar-Dean, Faculty of Science; Professor Gupinath Bhandari, Department of Civil Engineering and G K Pattanayak, Finance Officer of Jadavpur University.

The one-year Diploma in Psychological Counseling aims to provide in-depth knowledge of counseling skills and techniques to handle psychological problems through both theory and practice. It covers an introduction to counseling, psychological disorders, counseling methods, and counseling techniques.

The curriculum shall include an in-depth knowledge of counseling skills and techniques to handle psychological problems through both theory and practice.

The six-month Certificate Course in Psychotherapy provides education and training in an integrative approach to psychotherapeutic modalities to a level appropriate for safe, ethical and effective practice. It covers psychodynamic therapy, behavior therapy, cognitive behavior therapy, interpersonal therapy, and more.

The curriculum shall provide education



Professor Suranjan Das, VC, Jadavpur University with Minu Budhia, Psychotherapist and Counselor, Founder and Director of Caring Minds, signing MOU between JU and Caring Minds

and training in an integrative approach to psychotherapeutic modalities to a level appropriate for safe, ethical and effective practice.

These courses would impart and equip the students with essential counseling skills and techniques, needed to work effectively in the field of mental health. Mental health problems are on the rise and these courses in this respect would equip the students to heal people in meaningful ways and contribute to the society as it would reduce suffering, increase coping skills and create an atmosphere of positive and productive mental health.

Minimum eligibility for Diploma in Counseling course will be Class XII pass and the minimum eligibility for Certificate Course in Psychotherapy will be graduation in any

stream, with either Psychology as one of the subjects or having undertaken a course in basic counseling.

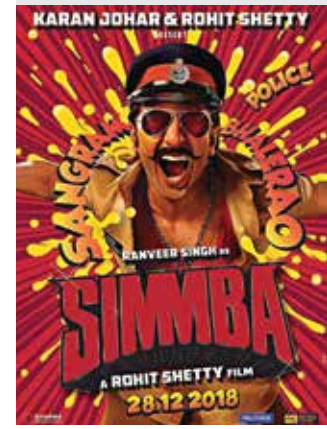
Caring Minds, established under the leadership of its Founder-Director, Minu Budhia, is a psychological wellness center that aims to help people who are in need of a guiding hand for their overall emotional well-being. With a team of Psychiatrists, Psychologists, Developmental Paediatricians, Neurologists, Speech and Occupational Therapists, Gynaecologists, and Nutritionists all under one roof, this center is the first of its kind in Kolkata. An ISO 9001-2008 certified organization, it offers services for children, adolescents, adults, and geriatric individuals.

**MOVIE OF THE WEEK**

## Ranveer Singh roars in this masala entertainer

**SIMMBA**

**Director:** Rohit Shetty;  
**Cast:** Ranveer Singh, Sara Ali Khan, Sonu Sood, Ajay Devgan, Ashutosh Rana, Siddharth Jadhav;  
**Rating:** ★★★★★



Critical opinion on a Rohit Shetty film may vary wildly, simply because it is an entertainer where one expects the magic on screen, the magic of entertainment, albeit, sans rationality, and that is where the opinions differ.

Some may find *Simmba* silly to a point but overall, most would agree that this film is pretty good, artistic and a bonafide comedic masterpiece; produced as a matter of form but not without its innovations and pleasures. The film is about a cocky, orphan Sangram Bhalerao (Ranveer Singh) from Shivgad, who grows up to be a corrupt police officer. It is his journey from being a bad man-of-the-law to a good one.

Picking up nuggets from real life events, the film mirrors society. If the first half is light and frothy that evokes constant laughter, the second half is equally intense and serious. It delivers middle-class life lessons in a blatantly

effective manner.

What really engages you in this over-stretched film are Rohit Shetty's characteristic melodrama and over-the-top comedy, fast-paced action sequences, witty dialogues replete with puns and spontaneous performances by its ace cast.

Ranveer Singh as Sangram Bhalerao aka Simmba is the lifeline of the film. He carries the burden of being the corrupt police officer squarely on his shoulders and he portrays Sangram effortlessly. He is charismatic and charming as he forges new relationships or draws horns with the antagonist Dhruva Ranade (Sonu Sood). His cockiness hits an all-time high when he tells Dhruva, "Je mala

mahit nahin, te mala sangh," which means, tell me something, I don't know.

Sonu Sood as Dhruva Ranade is formidable. He has his moments when he shines but is not outstanding. With a minuscule role as Simmba's love interest, Sara Ali Khan is lost in the narrative. Ashutosh Rana as the righteous head constable Mohile is intense and Siddharth Jadhav with an expressive visage as Constable Santosh Tawde is comical. The rest of the supporting cast deliver sincerely.

The script loosely adapted from the Telugu film *Temper*, is actually a spin-off of Shetty's previous franchise, *Singham*. The film has ace technical values with excellent production values, brilliant cinematography, skillfully choreographed action sequences, fine editing and intensely dazzling background score. The songs mesh seamlessly into the narrative. They are melodious with catchy tunes and are well picturised.

While the film ends on a high note with the criminals being condemned, no matter how sentimental and selfless the reasons behind it, a crime is a crime, and covering it up implicates everybody in the corruption and that's where the thinking classes' opinion differ - *Singham* appears flawed.

But overall, *Simmba* shines and the film is worth your ticket price. **10/10**

## DAY IN DAY OUT

### What's on Around Town



**LECTURE BY HELEN WATANABE-O'KELLY**

Don't forget to mark your calendar for a lecture on 'From the Legion of Honour to the Star of India: New Nineteenth-Century Emperors and their Orders of Chivalry'. The main speaker will be Helen Watanabe-O'Kelly, Professor of German Literature, University of Oxford (currently Fellow of the Institute of Advanced Study, Paris)

**WHEN:** January 3

**WHERE:** Conference Hall, New Library Building, Victoria Memorial Hall

**TIMINGS:** 4 pm onwards

## 17-year old teenager makes India proud

**OUR CORRESPONDENT**

**MAHUM SIDDIQI**, a 17-year-old Indian-American teenager recently competed in the 'Digital Transformation Hackathon! Changing Business, Changing Education, Changing Lives' competition at the prestigious Ivy League, Cornell University and won the first prize.

She was the only non-graduate/graduate student competing with her team of MBA students. They together progressed towards her grand prize winning idea.

Mahum's aim was to cure the problem of the 'pain diagnosis process' subjectivity.



Elaborating more on her idea, Mahum said, "It's incredibly upsetting and problematic how hypothetical the concept of pain diagnostics is. Doctors have no way of knowing how little or how much pain someone is truly experiencing when they go in to be diagnosed". Together

with her team, Mahum designed a pain detecting device that will use the neurological activity occurring in one's brain to help doctors more efficiently determine someone's pain levels.

Mahum and her team are now working with representatives from companies such

as Microsoft to produce prototypes of their pain detecting device. "We need to design a system where patients are looked at as a whole, and doctors are able to know for sure, using our device/pure science, how much pain a patient is experiencing instead of just their personal description/perception of their own pain".

Mahum's plan for the coming next few years is to attend university to study the incredibly important organ - brain, and on the side continue to further progress her innovation with her team to change the lives of millions of people that all experience the same thing, pain.

## TN Governor inaugurates 101st annual conference of IEA



**OUR CORRESPONDENT**

The Centenary Second Conference and the 101st Annual Conference of Indian Economic Association - one of the most prestigious organisations working towards the economic growth of India began at Vellore Institute of Technology.

Banwarilal Purohit, Governor of Tamil Nadu, was the Chief Guest and inaugurated the conference. He also released a special souvenir on the occasion and the first copy was received by Dr G Viswanathan, Founder and Chancellor of VIT and President of the Centenary Second Conference. The three-day Conference is being organised by the Department of Commerce of School of Social Sciences and Languages, VIT.

Over 1,700 noted economists, academicians, experts in the field, research scholars and young researchers and students are taking part in this conference. Dr Sekar Viswanathan, Vice President of VIT, welcomed the gathering at the inaugural function held at Anna Auditorium whereas Mahendra Dev, President of IEA,

outlined the objectives of the conference.

In his Presidential Address, Dr G Viswanathan, Conference President, said that he was immensely pleased that people from over 22 States of India associated with the field of the economy were taking part in this conference. The participation of this delegation of economists will pave the way for economic growth and development.

Viswanathan further added, "With a population of 136 crores, India's share of the world population was 18 percent, occupying just 2.5 percent of the world's area and having only 4 percent of world's total freshwater resources." He feels that India is now at a stage when land and water resources have to be conserved.

On the occasion, Purohit also released a book 'Trade-Led Economic Growth' which was received by Tanya Sharma and Professor Tapan Kumar Shandilya. Later, the Governor handed over the Second Kautilya award to Professor A Kanagaraj, Founder and Chairman Jaya group of Institution, Professor Brahmanand Academic Excellence award to Dr Swargesh Kumar, NSE award for best thesis in Financial Economics to Dr Pratap Chandra Pati and

Lifetime Achievement award to Dr Anil Kumar Thakur, General Secretary and Treasurer, IEA.

In his address, Purohit said that he was happy to be taking part in the 101st Annual Conference of IEA at VIT. For the past 100 years, IEA has rendered tremendous contribution to the country. He said India had the largest and most advanced economy between the 1st and 18th centuries while being economically integrated with the world, with high levels of trade, investment, and migration. The decades after Independence witnessed the transformation of India into an economic power and the first four decades after independence saw industrialisation focused on self-sufficiency and import substitution. He said the deliberations will go a long way in guiding the formulation of economic policy for the coming years.

Sankar Viswanathan, Vice President, Pro Vice-Chancellor Dr S Narayanan, Dean of School of Social Science and Languages Professor Velmurugan were among others who took part in the inaugural function. Anil Kumar Thakur, General Secretary of IEA, delivered the vote of thanks.

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