

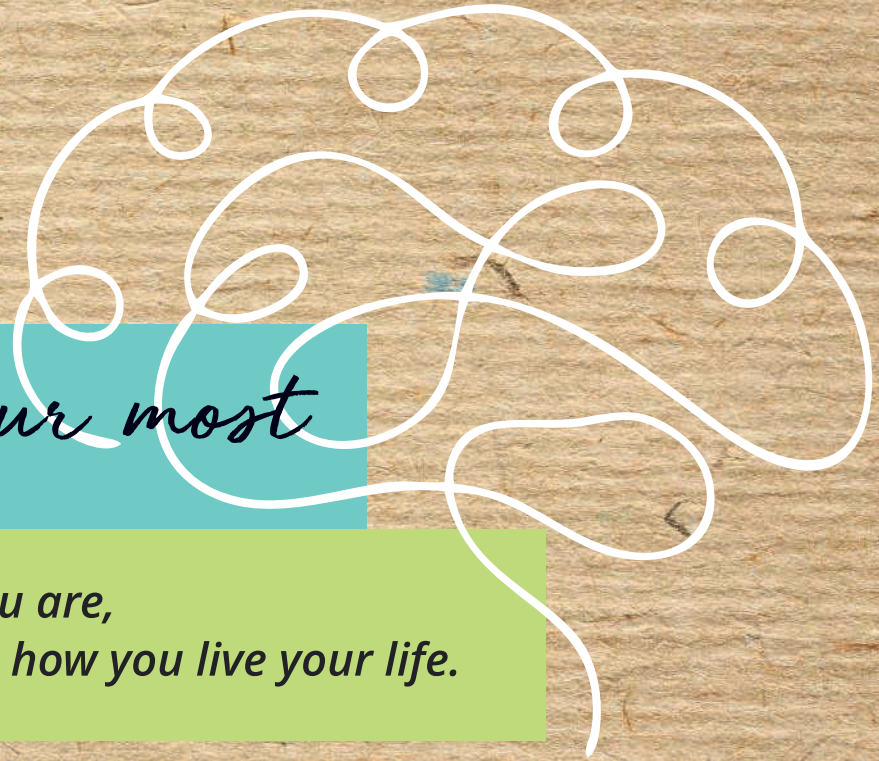


At RC AGARWAL MULTI SPECIALITY HOSPITAL

*Loving hearts
Beautiful
minds*

*Your mind is your most
valuable asset*

*It defines who you are,
how you feel and how you live your life.*



Our Inspiration

Prachi, Minu Budhia's younger daughter, is the inspiration behind Caring Minds – an Institute of Mental Health.

Diagnosed with ADHD, low IQ, and Bipolar Disorder, Prachi was having a difficult time settling in at a regular school. As a mother, Minu was not only concerned about her daughter's time at school, but also her future. Looking for answers, she travelled the world and educated herself in the field of psychology and special education.

Realizing the need for a single psychological wellness centre where one could avail multiple therapies under a single roof, and wanting to apply the expertise she gained while training her daughter, Minu Budhia started Caring Minds.





*Imperfection
is Beauty*

Founder-Director
MINU BUDHIA

Psychotherapist, Counselor

A Cognitive Behavior Therapist (London), she has completed a course on Child Brain Development from Philadelphia and is a member of the Indian Psychiatric Society. Minu is also the Founder-Director of ICanFlyy, Founder of Café ICanFlyy, and the Director of Add Life Fitness & Spa.

“ Growing up in Tinsukia, Assam, my dreams of joining the medical profession went unfulfilled as girls mainly went into the humanities stream. Many years later, when I discovered that my younger daughter is a special child, it prompted me to learn more about Psychology as a mother and as a caregiver.

This is when I travelled abroad and armed myself with knowledge from multiple courses which I felt were important for me to manage my daughter and my own self. I also worked as a student counselor in JD Birla School and St. Xavier's School and as a therapist at Belle Vue Clinic in order to reach out and help others. While practising, I felt that there was a dearth of well-equipped facilities where individuals and families in need of mental health care could go to without feeling judged.

Caring Minds is the culmination of my dreams and my unwavering dedication to bring something unique and much-needed to the field of mental health care and wellness in Kolkata.

Over the years, this dream grew - I wanted to break stigmas & geographical barriers too. In 2021, we started our first outstation cell in same place I started my journey - Tinsukia.

From its inception, Caring Minds has come a long way in just 8 years. It gives me great pride and joy to share that both our CLINICAL and our OUTREACH & AWARENESS wings have been very well-received. We have our third wing - AKADEMIA - where courses on Counseling and certain aspects in the field of Psychology are taught. My other initiative that initially began as a part of Caring Minds, ICanFlyy - Institute for Special Needs - has completed 6 years. It is now located on 4B Valmikee Street, near Maddox Square.

Patton Group of Industries, our family business, has enabled me to shape Caring Minds and helped it grow manifold.

”



im

possible



PREEYAM BUDHIA

Head, New Initiatives

“We aspire to make state-of-the-art mental health facilities accessible across India and make Caring Minds synonymous with Mental Healthcare.”

Preeyam completed her graduation in Management Studies from the University of Nottingham, UK, and pursued Executive Management & Entrepreneurship courses from the London School of Economics & Political Sciences thereafter. She has professional experience working with Lehman Brothers and Barclays Capital in London, UK.

President, Business Development at Patton Group, Preeyam uses her passion for innovation to further the Caring Minds mission.

Carpe Omnia!





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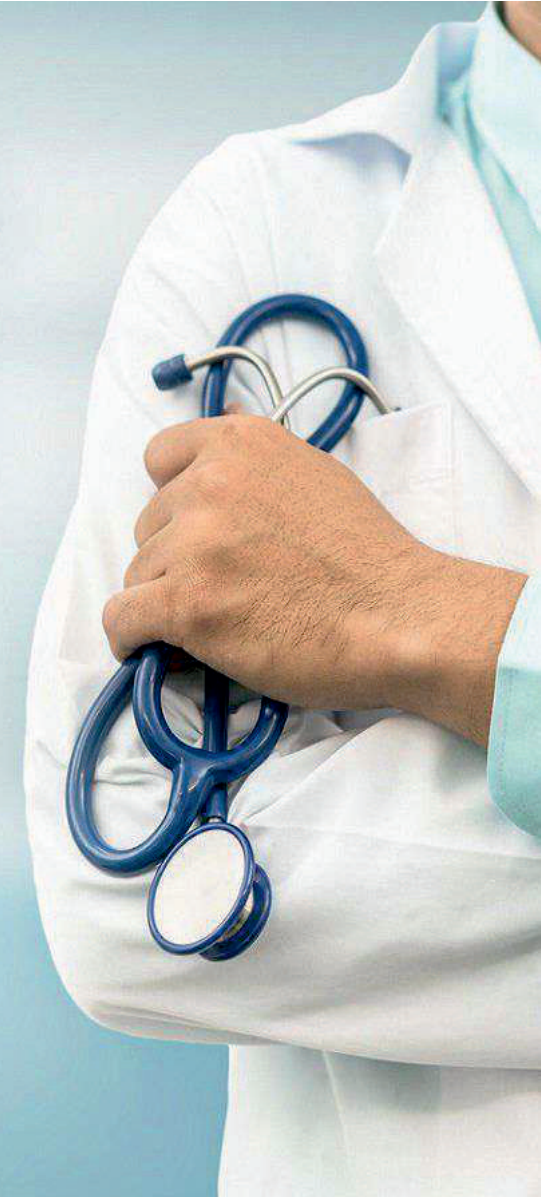
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WINGS

CLINICAL

Healthy Communities,
Healthy Minds



akademia

Workshops & Courses

OUTREACH & AWARENESS

Breaking the Stigma



CLINICAL WING

PSYCHOTHERAPY/ COUNSELING

ONLINE
+
IN-CLINIC

- Anxiety & Depression
- Anger & Stress Management
- Eating Disorders
- Substance Abuse
- Family Counseling
- Relationship Counseling
- Grief Therapy
- Low Self-Esteem
- Elder/Geriatric Care
- Counseling for the Terminally Ill
- IVF Counseling
- Sports Psychotherapy
- Personality
- Adapting to the new normal

▪ CLINICAL WING



PSYCHIATRIC UNIT

- In-depth Psychiatric Assessment and Evaluation
- Psychopharmacology & Diagnosis
- Neuropsychiatry

**ONLINE
ONLY**

Enquire at: www.caringminds.co.in



▪CLINICAL WING

SPECIAL EDUCATION

Special education caters to individuals with learning difficulties, intellectual challenges, physical challenges and behavioural challenges.

REMEDIAL EDUCATION

Remedial education caters to special needs students (who may not necessarily have a low IQ) with learning difficulties, attention deficit hyperactivity disorder and autism.

**ONLINE
ONLY**

Enquire at: www.caringminds.co.in



We
CHANGE
Lives



Akademia is our training academy that develops and delivers short and long-term psychology related courses. Completely operating online, it is available to students pan-India and across the globe.

SHORT-TERM WORKSHOPS

- Cognitive Behaviour Therapy
- Play Therapy
- Thematic Apperception Test
- Experimental Workshops on Relaxation Techniques
- Elder Care
- Behaviour Modification
- Rorschach Inkblot Test
- Intelligence Test
- Managing a Hyperactive Child
- Puberty in Children with Special Needs
- Specific Learning Disability and ADHD Screening
- Autism

LONG-TERM COURSES

- 1-year PG Diploma in Psychological Counselling
(Recognised by Jadavpur University)
- 6-month Certificate Course in Psychotherapy
(Recognised by Jadavpur University)
- Family & Couples Therapy





1. Personal Growth

We conduct workshops on pertinent topics for everyone - parents, students, homemakers, teachers, special educators and professionals. These workshops help in spreading mental health awareness. Personal growth is an ongoing process, and it is the foundation of physical, emotional, intellectual and spiritual health.

2. Training for Schools

Caring Minds helps educational institutions organise customised workshops and skill enhancement programmes for:

- Students
- Parents/Caregivers
- Teachers/Administrators

3. Soft Skills Training

- Work - life balance
- Art of negotiation
- Business etiquette
- Time, stress and anger management
- Employee motivation and more...



OUTREACH AND AWARENESS

Our Outreach and Awareness Wing focuses on breaking the stigma surrounding mental health issues. We initiate dialogues to normalise discussions on mental health.

Our Mental Health Awareness initiatives include:

- **'Death of a Caterpillar' - Our Founder's Story**
- **Mental Health 360 & Doctor Speak**
- **Complimentary Counselling Camps**
- **Free Mental Health Helpline**



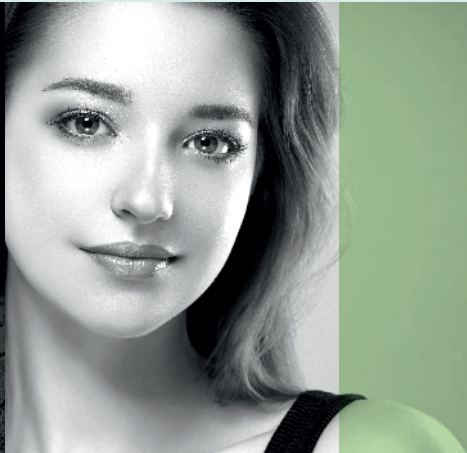
▪ AWARENESS WING



OUTREACH AND AWARENESS

Our Founder-Director Minu Budhia & Head-New Initiatives, Preeyam Budhia frequently share their mental health impact journey on international & national platforms.

Follow us on      for more



Beautiful minds
inspire each other



Call us
to speak with our mental health experts

Free Helpline:

1800 891 3021

7 DAYS A WEEK | 9AM - 9PM



At RC AGARWAL MULTI SPECIALITY HOSPITAL

TINSUKIA: Makum Road, Tinsukia 786146, Assam, India
+91 70990 06661 | 0374 2352594 | tinsukia@caringminds.co.in

Timing: 9am - 6pm. Sunday closed.

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www.caringminds.co.in

Caring Minds     

An ISO 9001:2015 CERTIFIED ORGANISATION