



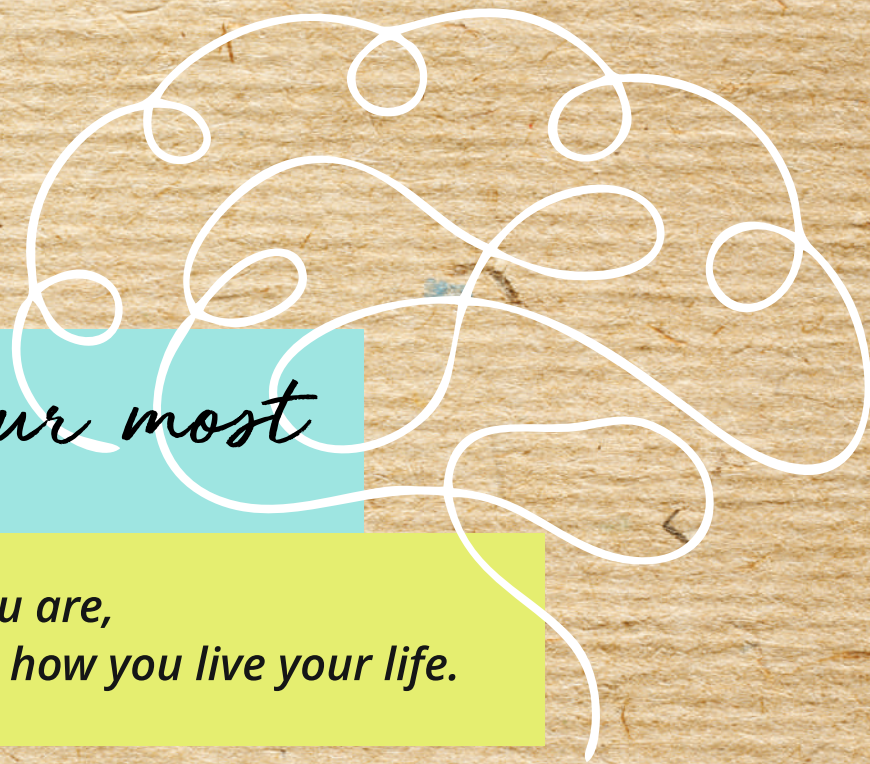
*Loving hearts  
Beautiful  
minds*



Institute of Mental Health  
*OPD Mental Health Clinic*

*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.

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.

# 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 ICanFly International School, Founder of Café ICanFlyy, and the Director of Addlife Fitness & Spa.

*Imperfection  
is Beauty*



“ 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 myself. I also worked as a student counselor at J.D. Birla Institute and St. Xavier's College 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 healthcare 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 healthcare 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 the same place I started my journey - Tinsukia, Assam.**

From its inception, Caring Minds has come a long way in just 10+ 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 Psychology and certain aspects in the field of Psychology are taught. My other initiative that initially began as a part of Caring Minds - ICanFlyy International School - has completed 8 years. It is now located at 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.



# WINGS

## **CLINICAL**

OPD Clinic by  
Doctors & Mental  
Health Professionals

**akademia**

Workshops & Courses

## **OUTREACH & AWARENESS**

Breaking the Stigma

## BOARD OF ADVISORS

### **Dr. Manoj R Shah**

Child & Adolescent Psychiatrist, USA

### **Dr. Sudha Kaul**

Ph.D (Augmentative & Alternative Communication), UK  
Founder, Indian Institute of Cerebral Palsy (IICP)

### **Mr. Rudra Chatterjee**

Managing Director, Luxmi Group

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Resident Director, Swarnim International School

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Mechanical Engineer, MBA  
ICCC Certified Career Coach

### **Dr. Prerna Shah**

Neuropsychologist, USA

### **Mr. Sanjay Budhia**

Managing Director, Patton Group

### **Mr. Debanjan Mandal**

Partner, Fox & Mandal

### **Ms. Rinu Agarwal Manga**

Business Technology Strategist  
Serial Entrepreneur

### **Ms. Preeyam Budhia**

President, Patton Group  
Co-Founder, Café ICanFly



Nobody is in charge of your

**Happiness**

except you.

*Celebrate & Embrace Life!*



## DOCTORS

**Dr. Om Prakash Singh**

Consultant Neuropsychiatrist

**Dr. Prathama Chaudhuri**

Consultant Neuropsychiatrist

**Dr. Rajarshi Neogi**

Consultant Neuropsychiatrist

**Dr. Ranjan Bhattacharya**

Consultant Neuropsychiatrist

**Dr. Anirban Ray**

Consultant Neuropsychiatrist  
Child & Adolescent Psychiatrist

**Dr. Rajesh Singhal**

General Physician

## ALLIED THERAPISTS

**Kazi Arafat Basir**

Paediatric & Developmental Physiotherapist

**Chandrima Bhattacharyya**

Audiologist & Speech-Language Pathologist

**Arunima Roy**

Audiologist & Speech-Language Pathologist

**Sayani Bari**

Speech Therapist

**Avishek Sengupta**

Speech Therapist

**Aparajita Bhattacharjee**

Occupational Therapist

**Arpita Das**

Occupational Therapist

**Dipanjana Dutta**

Genetic Counselor

**Juhi Mimani**

Clinical Nutritionist



## CLINICAL WING



# WHAT WE DO

- Step I: Psychometric Assessment & Diagnosis
- Step II: Client Psychoeducation
- Step III: Therapy & Counseling
- Step IV: Booster Sessions

## OUR EXPERTS

- Clinical Psychologists (RCI Registered)
- Child & Adolescent Psychologists (RCI Registered)
- Special Educators (RCI Registered)
- AKADEMIA Faculty (RCI Registered)
- Counselors & Psychotherapists
- Voice & Hearing Experts
- Paediatric Physiotherapists
- Occupational Therapists
- Clinical Nutritionists
- Play Therapists
- Speech-Language Therapists
- Soft Skills Trainers

## CORE SERVICES

- Psychometry
- Psychotherapy / Counseling
- Children's Unit
- Psychiatric Unit
- Nutrition
- Relaxation Techniques
- Play Therapy
- Special Education

The image features a stylized illustration of a human head in profile, facing right. The head is filled with a vibrant orange-red color. Inside the head, a brain is depicted with various shades of pink, orange, and white, showing a network of connections. A prominent white EEG-like waveform runs horizontally across the top of the head. Below it, a brown waveform and another white waveform are visible. The background is a light teal color with a faint grid pattern and a bar chart at the bottom. The text 'CLINICAL WING' is positioned in the upper left corner.

**CLINICAL WING**

## **PSYCHOMETRY**

- Intelligence Quotient (IQ)
- Tests for Developmental Disorders (ADHD, Dyslexia etc.)
- Personality Testing
- Neuropsychological Testing
- Career Counseling Test
- Recruitment & Placement Screening

CLINICAL WING

## PSYCHOTHERAPY/ COUNSELING

- 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

and more...

ONLINE  
and  
OFFLINE



CLINICAL WING

## SPEECH & HEARING CLINIC

This clinic treats issues associated with speech and language, like stuttering, learning disabilities, delayed speech and language development, autism, intellectual challenges, hearing impairment, and more. The treatments are available for individuals of all age groups.

**ONLINE**  
and  
**OFFLINE**

## SPECIAL EDUCATION

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

## REMEDIAL EDUCATION

It caters to school-going children who need extra support after school hours.

## CIRCLE TIME (Group Sessions)

To enhance social skills, turn taking, communication, problem solving and sharing.

Enquire at: [www.caringminds.co.in](http://www.caringminds.co.in)

ONLINE  
and  
OFFLINE



## **Caring Minds IS?**

- ✔ **An OPD mental health clinic**
- ✔ **We have doctors, psychiatrists, psychologists, occupational therapists, speech therapists, paediatric physiotherapists, special educators, and more who hold OPD chambers**
- ✔ **Catering to all age groups from children to adults to the elderly**
- ✔ **A place where you book your session, visit for a consultation and then leave**





## **Caring Minds IS NOT:**

- ⊗ **Only for children or special needs individuals**
- ⊗ **A school or centre where children get admitted**
- ⊗ **An NGO or a charitable institution**



## CLINICAL WING

# PAEDIATRIC PHYSIOTHERAPY

Paediatric physiotherapy is used to treat children with movement dysfunction and motor skill issues, enabling them to improve their quality of life by enhancing their existing capabilities. **Caring Minds has a state-of-the-art multisensory room.**



OFFLINE

ONLINE  
and  
OFFLINE



# OCCUPATIONAL THERAPY

The focus of occupational therapy is to help children with physical, sensory, or cognitive disabilities to be as independent as possible in all areas of their lives.

**CLINICAL WING**

## **PSYCHIATRIC UNIT**

- Diagnosis & Evaluation
- Psychiatric Medication (Adults/Children)
- Neuropsychiatry

**ONLINE  
and  
OFFLINE**

**CLINICAL WING**



**ELDER CARE**

- Dementia
- Alzheimer's / Parkinson's Disease
- Chronic Headaches
- Neuropsychological Testing
- Caregiver Training

## RELAXATION TECHNIQUES

### JPMR & Biofeedback

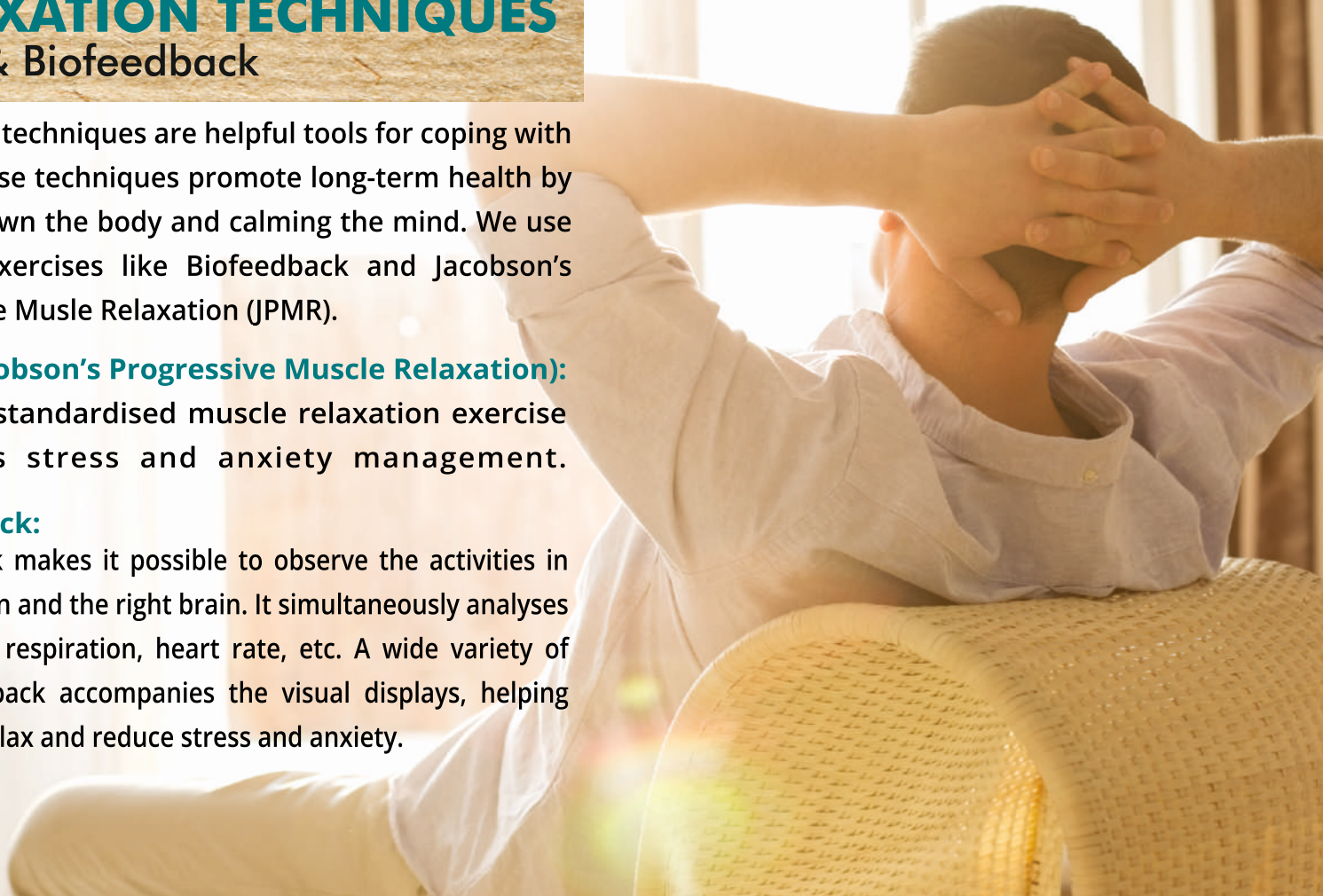
Relaxation techniques are helpful tools for coping with stress. These techniques promote long-term health by slowing down the body and calming the mind. We use efficient exercises like Biofeedback and Jacobson's Progressive Muscle Relaxation (JPMR).

#### **JPMR (Jacobson's Progressive Muscle Relaxation):**

Clinically standardised muscle relaxation exercise that aids stress and anxiety management.

#### **Biofeedback:**

Biofeedback makes it possible to observe the activities in the left brain and the right brain. It simultaneously analyses blood flow, respiration, heart rate, etc. A wide variety of audio feedback accompanies the visual displays, helping the client relax and reduce stress and anxiety.



**CLINICAL WING**



## **NUTRITION**

- Lifestyle Disorders
- Paediatric / Geriatric Nutrition
- Pre-Natal / Post-natal Pregnancy Diet
- Sports Nutrition
- Thyroid Management

F1  
Help

## ONLINE COUNSELING

Online counselling sessions provide professional mental health services through Zoom, Google Meet, WhatsApp.



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

### SHORT-TERM WORKSHOPS

- Cognitive Behaviour Therapy
  - Play Therapy
  - Thematic Apperception Test
  - 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
- and many more...



### LONG-TERM COURSES

- **1-year PG Diploma in Psychological Counseling**  
*(Recognised by Jadavpur University)*
- **6-month Certificate Course in Psychotherapy**  
*(Recognised by Jadavpur University)*
- **Diploma in Student Counseling**  
*(Recognised by Jadavpur University)*
- **Diploma in Career Counseling**  
*(Recognised by Jadavpur University)*



## 1. Personal Growth

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

## 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
- Business etiquette
- Time, stress and anger management
- Employee motivation and more...

ACADEMIC WING

## CORPORATE SKILL ENHANCEMENT

Customised Motivation, Engagement and Allied  
Programmes and Services

Corporate Skill Enhancement

- Art of Effective Delegation
- Art of Negotiation
- Employee Motivation and Empowerment
- Conflict Resolution & Crisis Management
- Business Networking Skills

...and much more

*We care for  
your goals*

# CORPORATES



**ACADEMIC WING**

## Employee Screening

Psychometric Testing

## Employee Assistance

Confidential, worksite based services for any personal issues that have a negative impact on work performance.

## Personality Profiling

Typically entails measuring Emotional Quotient (EQ), Motivation, Values, Conflict Management Style etc.

We also cater to  
Professional / Social Organisations and  
Government Institutions.

# CORPORATES

To view the photo gallery please visit:  
[www.caringminds.co.in](http://www.caringminds.co.in)

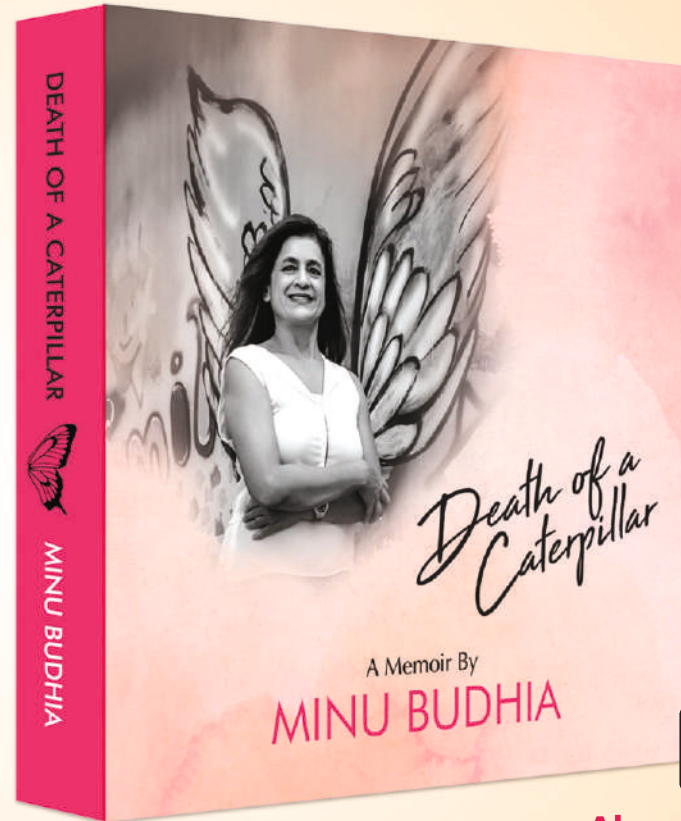
## AWARENESS WING

# 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 Counseling Camps



**Also available at:**

- **Starmark Bookstore** (Kolkata) ▪ **Caring Minds** (033 4950 0900)
- **Café ICanFly** (90739 49492) ▪ **AddLife Fitness & Spa** (82402 35597)

**AWARENESS WING**

## **OUTREACH AND AWARENESS**

Our Founder-Director **MINU BUDHIA** frequently shares her mental health impact journey on international and national platforms.

**45,000+**  
**PEOPLE TRAINED**



**TEDx SPEAKER | AUTHOR**

Follow us on      for more

**#AskMinuBudhia**

If you have queries about your own issues,  
you can also write to her at  
[askminubudhia@caringminds.co.in](mailto:askminubudhia@caringminds.co.in)



For everyday psychology tips, follow  
psychotherapist Minu Budhia's reels on  
[@psychotherapist.minu](https://www.instagram.com/psychotherapist.minu)  



Read her regular t2 column Mind Matters  
and other published articles on  
[www.minubudhia.com](http://www.minubudhia.com)



*Healing takes time*

***And asking for help is a  
courageous step.***

# CARING Minds™

Institute of Mental Health  
*OPD Mental Health Clinic*

## CARING MINDS - HEAD CLINIC, KOLKATA

54A Sarat Bose Road, Kolkata 700025

+91 33 4950 0900

info@caringminds.co.in

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**Monday to Saturday: 10am - 7pm**

**Sunday: 11am - 6pm**

## CARING MINDS - TINSUKIA, ASSAM

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[www.caringminds.co.in](http://www.caringminds.co.in)

Caring Minds     

An ISO 9001:2015 CERTIFIED ORGANISATION  
A LoveYouLife Foundation Initiative