



*Loving hearts
Beautiful
minds*

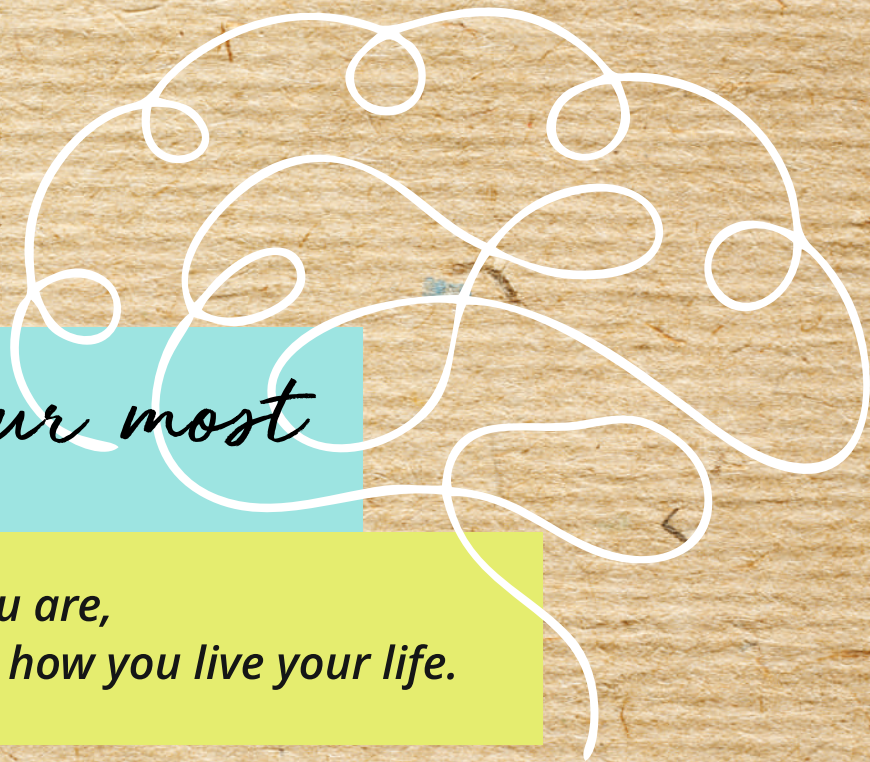
**CARRING *Minds*
INTERNATIONAL**

Institute of Mental Health

OPD Clinics

*Your mind is your most
valuable asset*

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





Our Inspiration

Prachi, Dr. Minu Budhia's younger daughter, is the inspiration behind Caring Minds International - an Institute of Mental Health & OPD Clinic.

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.

Realising 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, Dr. Minu Budhia started Caring Minds International.

Founder-Director **DR. MINU BUDHIA**

Psychotherapist & Counsellor

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 ICanFly Tea Kafi, 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 counsellor 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 International 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 International has come a long way in just 11+ 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 also 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 International - ICanFlyy International School - has completed 9 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 International 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

Ms. Swati Sarawagi

Resident Director, Swarnim International School

Mr. Rajeev Agarwal

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, ICanFlyy Tea Kafi

CLINICAL WING



WHAT WE DO

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

OUR EXPERTS

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

OUR SERVICES

- Psychiatric Doctors
- Psychometric Assessment
- I.Q. Testing
- Adult & Geriatric Counselling
- Child & Adolescent Counselling
- Career Counselling
- Special Education
- Remedial Education
- Paediatric Physiotherapy
- Hearing/Speech Therapy
- Occupational Therapy

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

Arpita Das

Occupational Therapist

Dipanjana Dutta

Genetic Counsellor

Juhi Mimani

Clinical Nutritionist





CLINICAL WING

PSYCHIATRIC UNIT

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

ONLINE
and
OFFLINE

A stylized illustration of a human head in profile, facing right. The head is filled with a vibrant orange and red color. Inside the head, a white brain is depicted with several glowing white and yellow spheres representing neurons or thought processes. A white EEG-like waveform is overlaid on the brain, and a yellow waveform is overlaid on the lower part of the head. The background is a light teal color with a faint grid pattern and a bar chart at the bottom.

CLINICAL WING

PSYCHOMETRY

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

CLINICAL WING

PSYCHOTHERAPY/ COUNSELLING

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

and more...

ONLINE
and
OFFLINE

Carring Minds International 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**



Carring Minds International IS NOT:

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



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.

- Till class 7: ALL SUBJECTS
- Class 8 to 10: ARTS SUBJECTS
- One-on-one classes & Group Sessions

CIRCLE TIME (Group Sessions)

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

Enquire at: www.carringmindsinternational.com

ONLINE
and
OFFLINE





SHADOW TEACHER

IN THE CLASSROOM + DURING SCHOOL HOURS

We provide shadow teachers to children (who are attending regular school) in their classrooms, during school hours.

A shadow teacher gives exclusive, one-to-one attention to children who are struggling.

He/she helps understand projects, tests, and assignments, and develops behaviour management strategies.

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. **Carring Minds International** has a state-of-the-art multisensory room.



OFFLINE

ONLINE
and
OFFLINE



OCCUPATIONAL THERAPY

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

CLINICAL WING

SPEECH & HEARING THERAPY

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

CLINICAL WING



ELDER CARE

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

RELAXATION TECHNIQUES

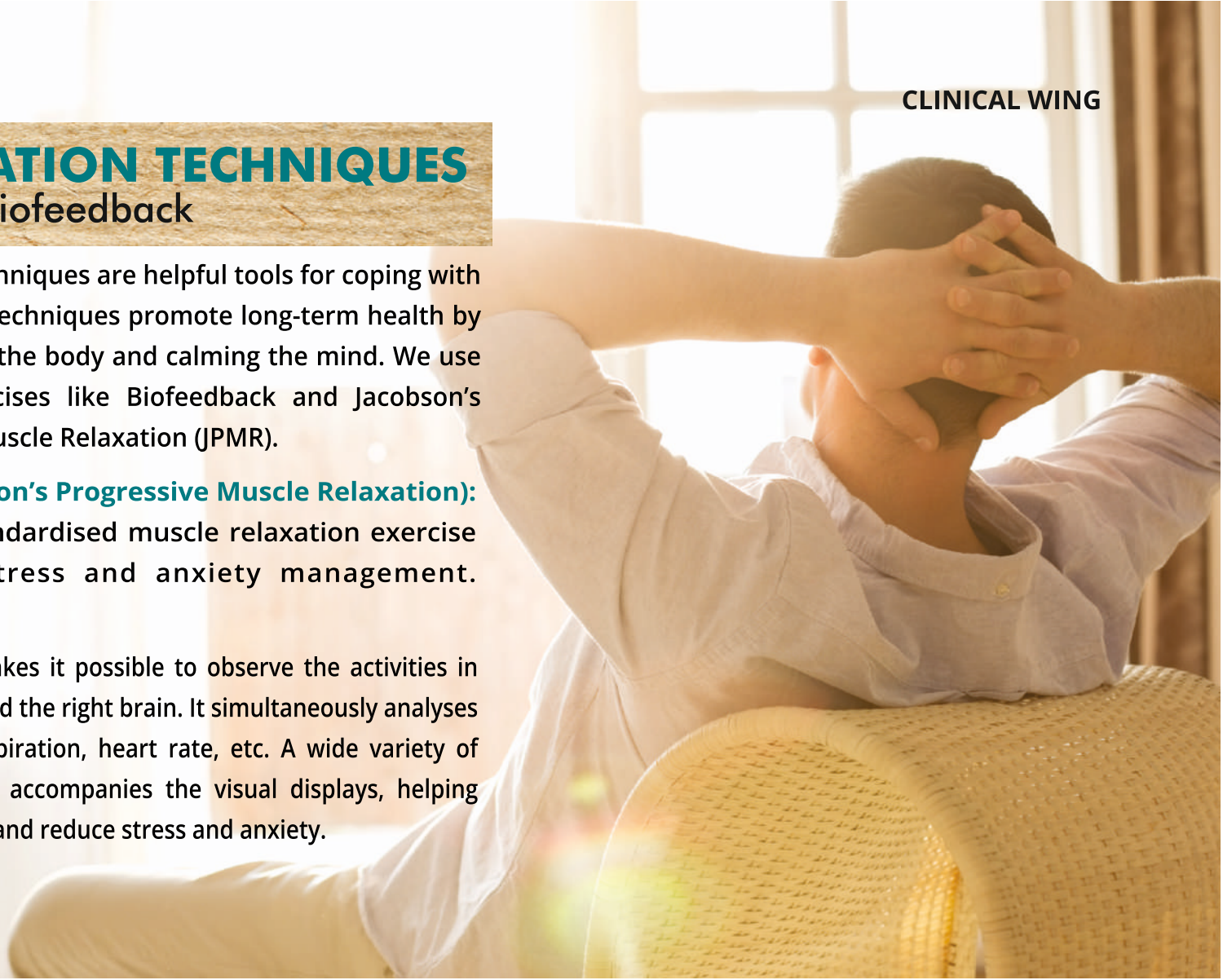
JPMR & Biofeedback

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

A close-up photograph of a computer keyboard. The focus is on the F1 key, which is labeled 'F1' and 'Help'. The key is white and has a slightly raised, textured surface. The background shows other keys, but they are out of focus. The overall lighting is soft and even.

CLINICAL WING

ONLINE COUNSELLING

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

Workshops on:

- 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 /
Government Institutions / Airports

CORPORATES

To view the photo gallery please visit:
www.carringmindsinternational.com

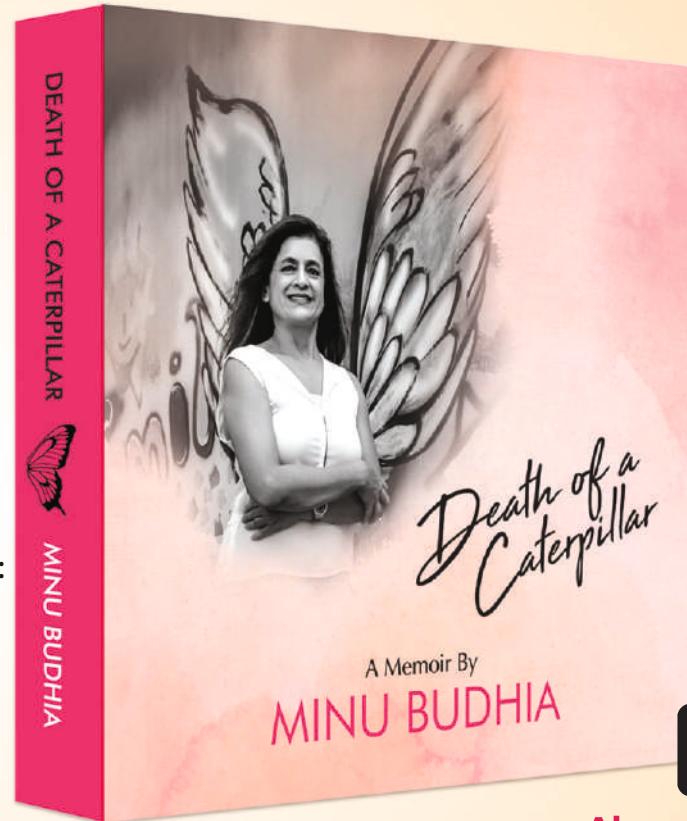
AWARENESS WING

OUTREACH AND AWARENESS

Our Outreach and Awareness Wings 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



Available at
amazon

Also available at:

- **Starmark Bookstore** (Kolkata) ▪ **Carring Minds International** (033 4950 0900)
- **ICanFly Tea Kafi** (90739 49492) ▪ **AddLife Fitness & Spa** (82402 35597)

She is currently writing her second book...

AWARENESS WING

OUTREACH AND AWARENESS

Our Founder-Director **DR. 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



For everyday psychology tips, follow
Dr. 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



Healing takes time

*And asking for help is a
courageous step.*

CARRING Minds **INTERNATIONAL**

Institute of Mental Health

OPD Clinics

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TUESDAY TO SUNDAY

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www.caringmindsinternational.com

Caring Minds International     

An ISO 9001:2015 CERTIFIED ORGANISATION
A LoveYouLife Foundation Initiative