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TIMES CITY

THE TIMES OF INDIA, KOLKATA
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'Don't stigmatise kids, spot early signs to offer suitable mental health support'

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Kolkata: Overlooking early signs of mental health concerns and labelling a student "naughty" or "lazy" can deprive the child of proper support or therapy she/he may require to have a healthy life ahead, said experts who got together at a workshop in the city.

More than 80 senior educators and academics from prominent institutes, including Montessori schools, participated in the workshop, organised by Carring Minds International and Early Childhood Association of India on Tuesday. Several schools said instead of stigmatising the young ones, they had been identifying early warning signs among children, such as changing behaviour, isolation and sudden mood swings, from their classroom activities to support them.

Experts pointed out that simple behavioural changes could indicate major concerns, like ADHD and bipolar disorder. Minu Budhia, psychotherapist and founder of



Educators and experts at a workshop on mental health in the city

Carring Minds International, said, "Mental health should be a topic for breakfast table conversation in every Indian household. Everyone should be able to talk about it without stigma. Our mission is to bring mental healthcare of international standards within everyone's reach." She spoke about her daughter and shared the story of their journey in overcoming hurdles.

Minister Agnimitra Paul, chief guest at the event, said, "Mental health is a public health priority, and it must become a community priority."

Pointing out how even ap-

parently minor struggles in a child could assume an overwhelming proportion, BD Memorial School director Suman Sood said teachers were suitably positioned to observe the subtle changes and play a major role by documenting them for expert referral, rather than labelling a child "autistic" or "hyperactive". "We are not doctors and we cannot diagnose, but teachers can be keen observers who document and refer," said Sood, a national core committee member of Early Childhood Association.

The experts also highlighted that parental involvement

Every teacher should keep an eye out so they can notice, observe and document any unusual behaviour among students

Suman Sood | DIRECTOR, B D MEMORIAL SCHOOL

was crucial in guiding children towards the right support. Sood added, "School heads must create a communication system with parents but without placing blame."

Echoing her, Sugandha Ramkumar, a senior trainer, said school heads and teachers should make parents feel comfortable and reassure them that they were not alone in this journey. Swati Sarawgi, territory head of Early Childhood Association and director of Swarnim International School, said they had taken initiatives to raise awareness and foster a supportive environment for every child's future.

Basabdatta Sarkar



(From left) Minu Budhia, Agnimitra Paul, Swati Sarawagi and Suman Sood at the event on Tuesday. Picture by Bishwarup Dutta

Experts urge reading kids' behavioural red flags

JHINUK MAZUMDAR

Calcutta: For some children, something as simple as holding a crayon, coping with the texture of paper or turning a page can be a struggle. Dismissing such difficulties as disinterest or misbehaviour could mean overlooking signs of a developmental problem, experts said at a mental health session on Tuesday.

A child's behaviour can offer important clues to deeper struggles, the experts said.

"Early intervention is necessary and helpful, but it can be difficult for teachers to identify the need because the signs are not always visible in pre-primary or primary classes. A teacher has to be observant. Instead of labelling a child, a teacher has to understand what may lie beneath a particular behaviour," said Suman Sood, national core committee member of the Early Childhood Association and director of BD Memorial School.

The teacher's role, however, is to observe and document rather than diagnose, Sood said.

"The frequency, intensity and duration of a child's behaviour have to be noted too," she said.

Around 80 principals, teachers and counsellors attended "Mental Health: Early Identification of Red Flags", organised by Carring Minds

International and the Early Childhood Association.

Minu Budhia, psychotherapist and founder of Carring Minds International, spoke about her younger daughter's experience, which began with complaints after she started attending a Montessori school.

The warning signs went unnoticed, she said, partly because awareness among teachers was low.

"She needed help, not complaints," said Budhia, whose daughter was later diagnosed with ADHD (attention-deficit/hyperactivity disorder), low IQ and bipolar disorder.

Budhia said special needs were an integral part of mental health and that mental health should be discussed openly at the breakfast table in every household.

"Everyone should be talking without a stigma. Our mission is to bring mental healthcare within the reach of every individual. No case should be given up without a fight," she said.

The chief guest, Bengal's urban development and municipal affairs minister Agnimitra Paul, said mental health should receive as much attention as physical health.

"We treat physical illness diligently. If a child has persistent fever, we tell them to see a doctor, but if someone shows signs of extreme withdrawal or emotional volatility, we

often look the other way, hoping it is just a phase," Paul said.

She said sudden changes in sleep patterns or eating habits, emotional outbursts, a drop in school performance, unexpected aggression, withdrawal from friends and loss of interest in activities that once brought joy could indicate a deeper problem.

"Catching these signs early doesn't just alter the course of a disorder; it can save a life. Early intervention transforms a crisis into a manageable part of healing. To build cities that truly care, we must democratise mental healthcare. Every school teacher, corporate manager, community leader and parent needs to be equipped to recognise these red flags," Paul said.

"As a government, our focus remains on creating inclusive, supportive civic spaces, where institutional efforts need to be supported by the groundwork done by educationists like you all," she added.

Swati Sarawagi, territory head of the Early Childhood Association, said the pan-India organisation works to uphold every child's right to childhood. It has also undertaken campaigns on healthy eating, anti-bullying and inclusion.

Sarawagi is also the director of Swarnim International School.

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LOCAL

05
Kolkata
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Saying it with Flowers

UDMA minister Agnimitra Paul with Dr Minu Budhia, psycho-therapist and founder of Carring Minds International and Sanjay Budhia during her visit at Carring Minds International. SNS

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No Half Truths

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CITY

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MENTAL WELL-BEING



Agnimitra Paul with Dr Minu Budhia, Psychotherapist and founder of Carring Minds International and Sri Sanjay Budhia

সংবাদ প্রতিদিন

কলকাতা সংস্করণ

শুক্রবার | ১১ সেপ্টেম্বর ২০২৬

সংবাদ প্রতিদিন, শুক্রবার ১১ সেপ্টেম্বর ২০২৬

জেলা ও মহানগর

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■ 'ক্যারিং মাইন্ডস ইন্টারন্যাশনাল'-এ মন্ত্রী অগ্নিমিত্রা পালকে স্বাগত জানাচ্ছেন প্রতিষ্ঠানের প্রতিষ্ঠাতা ও মনোচিকিৎসক ডা. মিনু বুধিয়া ও সঞ্জয় বুধিয়া।

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কলকাতা ২৪ ভাদ্র ১৪৩৩ শুক্রবার ১১ সেপ্টেম্বর ২০২৬ শহর সংস্করণ*

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কলকাতা শুক্রবার ১১ সেপ্টেম্বর ২০২৬



কেয়ারিং মাইন্ডস ইন্টারন্যাশনাল পরিদর্শনে পুরমন্ত্রী
অগ্নিমিত্রা পাল। রয়েছেন সংস্থার প্রতিষ্ঠাতা, মনোরোগ বিশেষজ্ঞ
ডাঃ মিনু বুধিয়া এবং শিল্পপতি সঞ্জয় বুধিয়া। বৃহস্পতিবার।

सन्मार्ग

॥ नमोऽस्तु रामाय सलक्ष्मणाय देव्यै च तस्यै जनकात्मजायै नमोऽस्तु रुद्रेन्द्रयमानिलेभ्यो नमोऽस्तु चन्द्रार्कमरुद्गणेश्यः ॥

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शुक्रवार 11 सितम्बर, 2026

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सन्मार्ग संवाददाता

कोलकाता : कोलकाता में Carring Minds International और The Early Childhood Association of India के संयुक्त तत्वावधान में बच्चों के मानसिक स्वास्थ्य पर एक संवादात्मक सत्र आयोजित किया गया। कार्यक्रम का मुख्य विषय "Early Identification of Red Flags" रहा, जिसमें बच्चों में मानसिक स्वास्थ्य से जुड़े शुरुआती संकेतों की पहचान और समय पर हस्तक्षेप के महत्व पर चर्चा हुई। कार्यक्रम में पश्चिम बंगाल सरकार की नगर विकास एवं नगरपालिकीय मामलों की मंत्री अग्निमित्रा पॉल ने मुख्य वक्तव्य दिया उन्होंने बच्चों के मानसिक स्वास्थ्य को लेकर परिवार, स्कूल और समाज की भूमिका तथा समय रहते समस्याओं की पहचान के महत्व पर बात रखी। Carring Minds

International की संस्थापक एवं मनोचिकित्सक डॉ. मिनु बुधिया ने स्वागत भाषण और संबोधन किया। The Early Childhood Association की टेरिटरी हेड एवं Swarnim International School की निदेशक स्वाति सारावगी ने विषय पर प्रस्तुति दी। वहीं The Early Childhood Association की नेशनल कोर कमेटी सदस्य एवं BD Memorial School की निदेशक डॉ. सुमन सूद ने भी अपने विचार साझा किए। सत्र में शिक्षकों और अभिभावकों की जागरूकता को महत्वपूर्ण बताया गया। बच्चों में व्यवहार, भावनाओं या सामाजिक गतिविधियों में दिखाई देने वाले असामान्य बदलावों को नजरअंदाज ना करना और समय रहते इन संकेतों की पहचान और विशेषज्ञ की मदद बच्चों के मानसिक स्वास्थ्य की बेहतर देखभाल में महत्वपूर्ण भूमिका निभा सकती है।



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कोलकाता शुक्रवार ■ 11 सितम्बर 2026 ■ भाद्र कृष्ण 15, सम्वत् 2083

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दैनिक विश्वमित्र

कोलकाता, शुक्रवार 11 सितम्बर, 2026



केयरिंग माइंड्स इंटरनेशनल के दौरे के दौरान राज्य की शहरी विकास एवं पालिका मामला मंत्री अग्निमित्रा पॉल, 'केयरिंग माइंड्स इंटरनेशनल' की संस्थापक और साइकोथेरेपिस्ट डॉ. मीनू बुधिया तथा श्री संजय बुधिया के साथ।

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पत्रिका

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मंत्री अग्निमित्रा पॉल का किया स्वागत



कोलकाता. मंत्री अग्निमित्रा पॉल के 'कैरिंग माइंड्स इंटरनेशनल' दौरे के दौरान संस्थापक और साइकोथेरेपिस्ट डॉ. मीनू बुधिया और संजय बुधिया।



अखबार नहीं आंदोलन

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'केयरिंग माइंड्स इंटरनेशनल' के दौरे के दौरान मंत्री अग्निमित्रा पाल के साथ मनोचिकित्सक एवं केयरिंग माइंड्स इंटरनेशनल की संस्थापक डॉ मीनू बुधिया और संजय बुधिया.



विश्वानि देव सखितर्दितानि परासुच। यद् भद्रं तन्न आ सुच॥

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समाशा

शुक्रवार, 11 सितम्बर 2026

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24 परगना



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हुगली

कोलकाता, 11 सितम्बर, शुक्रवार, 2026



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एवं केयरिंग माइंड्स इंटरनेशनल की संस्थापक
डॉ. मीनू बुधिया और संजय बुधिया।