

MINU BUDHIA'S CARRING MINDS INTERNATIONAL HAS A NEW ADDRESS. t2 DROPPED BY FOR AN EXCLUSIVE WALKTHROUGH



The people who add colour to my life...

Minu Budhia, psychotherapist and founder, Carring Minds International, posed in front of her family portrait comprising people who add colour to her life.



Located in Panchanantala, between Golpark and Dhakuria, there is no way you can miss the multistoried building of Carring Minds International with a swanky facade.



From infants to the elderly, everyone can make the most of hydrotherapy, one of the USPs of Carring Minds International. Here you can find low-impact, water-based physical therapy for strength, mobility, balance and pain relief, recovery (stroke/neuro issues/ surgery/ arthritis), and muscle relaxation.



Paediatric Space has Bubble light for sensory integration that help with emotional regulation and visual tracking.



A peek at the Calm Room

After 13 years of its inception, Carring Minds International has found a new home on Garlahat Road, in Panchanantala, and it is redefining what mental healthcare spaces can feel like. Spread across a sprawling 38,800sq ft, the new mental health OPD clinic blends state-of-the-art, international-standard facilities with thoughtfully designed interiors that spark conversations and challenge stigma.

From the moment you step in to the moment you leave, the space wraps you in colour, care, warmth and quiet reassurance. More than just a new address, the premises mark a shift in perception — transforming mental healthcare from something people merely endure into something they can access with dignity, comfort and pride.

Following an exclusive walkthrough, t2 caught up with Minu Budhia, psychotherapist and founder of Carring Minds, to talk about the journey, breaking taboos and reshaping the mental healthcare landscape in East India.

Congratulations on opening this grand Carring Minds International clinic! How is it different from your earlier venture?

I want to clarify that Carring Minds International is for everyone. For you, me, everyone, from children to the elderly. All age groups — everyone, anybody — can come and seek help. Like if you need some help in your relationship or anything. So you

What: Carring Minds International

Where: 28/8 Garlahat Road, Panchanantala (near Dhakuria bridge)

Timings: Tuesday to Saturday: 10am to 7pm, Sunday 11am to 6pm. Monday closed

Call: 033 4950 0900 and +91 79806 16653 for details

don't have to be a special one to come here. This one thing I want to clear via t2.

The two Institutes I've created are ICanFlyy International School and Carring Minds International. The former is for children with special needs, which we have not shifted. It continues to be in an independent building on Valmikee Street/ Maddox Square. It is there and will remain there. It's a different brand and entity; it also has a cafe, ICanFlyy Cafe, which is open for everyone. While Carring Minds International is for everyone. We shifted the location from Paddapukur to here after 13 years.

Why did you decide to shift here?

The demand was much higher, and the footfall was very high. We could not accommodate everyone. And we also wanted to expand down the line after 10 years. I just want to convey that Carring Minds had a humble beginning as I started from my house from a very small room with one table and five-six chairs.

What prompted you to start Carring Minds International?

From a very young age, I wanted to be a doctor. And I could not, because in Assam, the options were very limited. I could not pursue my career and I got married and came to Calcutta. Later, my second child was special. At that time there was no Google, no Internet, so there was no awareness either. After six months I called the psychiatrist but it was all hush hush back then. Then, after my daughter's treatment and everything, when I got back to my own self, I studied again and pursued my career. I did all my certificate studies from abroad and became a certified mental health professional, and then I started my career. When I was going for therapies with Prachi also, I realised there was not a single place that had all these facilities under one roof and it was quite problematic. Many mental health facilities were in dingy places; all these factors made me come up with Carring Minds International later.

So from 2013 till now, what gap in mental health care do you think still needs to be fulfilled or addressed?

There used to be a lot of stigma. Even now, I know a lot of people who would come without telling me, thinking that I shouldn't find out they are coming to seek mental health help. But now, a lot of people are aware and seek help. I feel very nice that at least people have started recognising the importance of mental health. Especially after Covid-19, many people have realised how important mental health is.



Therapeutic lights, rain showers, Jacuzzi-based hydro-massage, underwater treadmill and bike, hoist/ harness lift and temperature-controlled, constantly filtered, chlorine water (31-34 degrees Celsius) is available.



The fourth floor houses Occupational Therapy, Special Education, Remedial Education, and Play Therapy for kids. There is also an Observation Room for parents and a Calm Room.



The clinic has adult physiotherapy as a part of Rekoverly 360 on the first floor that includes yoga room for pregnant women and post-surgery rehabilitation. There is also a Multisensory Studio for children upto 12 years.

Carring Minds International is huge and it doesn't have the typical look and feel of a clinic... I did not want it to look like a typical clinical setup. When I was seeking treatment for my own depression, most places

were small, dark, dingy. In hospitals there were maybe one or two rooms tucked away for meeting psychiatrists. A starkly clinical space was overwhelming and intimidating to walk into. So when we decided to expand, I was determined to create a warm,

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FIRST LOOK

welcoming place everyone wants to visit. I wanted to make people look forward to their therapies, to look forward to taking care of themselves, to make getting mental healthcare a positive experience.

What are the highlights of the new clinic?

This building is spread across 38,800sq ft and has eight floors. We have over 16 consultation chambers, a unique hydrotherapy that is for everybody. We have the latest equipment, like a harness that helps anyone with a physical disability — they can be harnessed and made to take a dip in the water. Then there's a water treadmill and underwater biking. We also have neuro rehabilitation for adults, which is for paralytic patients, anyone with a brain injury or anyone with a spinal cord injury and so on. For children we have a multisensory room and a stimulation room for kids with autism, ADHD (Attention-deficit/hyperactivity Disorder) and the like.

On the second floor we have the OPDs, and then we have platinum lounges where one can skip the queue. It offers more privacy and for people coming from afar who have psychometry tests all day, they can book this room for a price and use it. We have dining room for them also, food option is also there from Cafe ICannFly.

We have Akademia Wing on the seventh floor where psychology courses (long and short-term) are conducted. Have you seen the convex and concave mirror? That basically says that you are perfect irrespective of your body shape. There are lots of things....

In today's time and age, what are the most common mental health concerns that you see across generations?

Attention issue is one of the main things. It is primarily because of gadgets. I have seen even elderly people call and complain that their wife is addicted to phone, so this attention issue is just not restricted to children. It is very alarming because they are losing on the real connections. People sit next to each other and keep scrolling on their phone.

After that, fast-paced relations is an issue. In a minute they will break up or how they will separate you don't know. They do not want to commit to the relationship.

The third issue is depression in middle-aged people. Like empty nest syndrome, mostly seen in middle-aged mothers who have given everything to their children. Maybe they are very talented, but they have given everything to their children so now when the children go out for further studies, they have nothing to do. So they slip into depression. Many don't get this, and people think she is doing drama. Parents should start planning early, way before the child heads out of home to pursue something. They should start pursuing things that make them happy or what they like doing.... The empty nest syndrome is also seen in men sometimes, post-retirement.

Do you think Gen-Z is open to therapies?



The seventh floor houses Satyajit Ray Hall, a 100-seater auditorium, Akademia Wing, VIP Lounge and dining area.



A glimpse of the Rekoverly 360 Therapy Suite made for physiotherapy.



"We made the Paediatric Space colourful with selfie corners and a doll house so that kids don't feel scared or awkward coming here for sessions," said Minu Budhia.



If you opt for the Platinum service, you get access to one of the three Platinum Lounges that can be used by patients coming in from far who need one-day/emergency psychometric testing. This also lets you skip the queue.



The entire clinic is done beautifully with motivational quotes aimed to inspire. The consultation rooms have frosted glass walls for 100 per cent privacy. The second floor is a clinical floor with consultation chambers, report collection section, Calm Room, patients' dining room and selfie spots.

Yes, they are coming to seek help.

What is your vision for the brand for the next decade?

As a family, we believe that mental health should be a topic of breakfast-able conversation in every Indian household. Everyone should be talking freely without

stigma. Our mission is to bring mental healthcare of international standards within the reach of every individual. No case should be given up without a fight.

Pramita Ghosh
Pictures: B Halder

EXPERTS SPEAK

"In over 12 years I have seen Carring Minds International change the landscape of mental healthcare in multiple ways. What drew me to them in the beginning was the concept of a clinic dedicated only to mental health. Earlier, mental health was only one chamber in hospitals. So now an entire building for OPD mental healthcare is a landmark moment. In this new location, the moment the patient enters, they see a happy space and feel a positive vibe, and that goes a long way as the environment in which a patient receives treatment is very important too," said Dr Prathama Chaudhuri, senior consultant neuropsychiatrist.



"Amid India's growing need for trained mental health professionals, the Akademia Wing of Carring Minds International offers short-term & long-term courses. Our diploma courses in psychological and student counselling and certificate programme in psychotherapy are recognised by Jadavpur University and combine academic rigour with practical skills, empathy, and social relevance. We follow a hybrid class structure (online & offline) to both break geographical barriers and to ensure flexibility, which allows working professionals, homemakers, graduate students to pursue the courses," Megha Kar, Akademia HOD, clinical psychologist.



"I have been associated with Carring Minds International for 10 years. From the start we have been focussed on providing top-tier mental health facilities and intervention strategies in the city. Our carefully curated collection of international-standard psychometric assessments and psychological tools is one of its kind. We also create awareness on mental health across educational institutes, corporates, socio-cultural groups, and more through talks, workshops, conferences, and so on. This expansion is a revolutionary attempt to set a new benchmark for the standard of OPD mental healthcare in East India," said Megha Rathi, senior clinical psychologist.



"With the support of Minu Budhia, we have been able to build a one-of-a-kind advanced physiotherapy and hydrotherapy wing. Named Rekoverly 360, it signifies that we offer rehabilitation care for all stages of life — from womb to super senior citizens. Post-surgical patients (knee/ hip replacement and so on), individuals with neurological conditions (stroke, MS, Parkinson's, spinal cord injuries), people with arthritis or chronic pain, athletes recovering from injuries, children with developmental delays, geriatric individuals with joint pain, mobility and balance issues can all benefit from our international-standard water-based and/or machine-based physical therapies assisted by certified trainers," said Kazi Arafat Basir, Rekoverly 360 HOD, paediatric and developmental physiotherapist.



"Carring Minds International is one of the largest of all the psychological and psychiatric OPDs in a private setup in India. Everything related to mental health is available under one umbrella — be it psychiatry, psychotherapy, psychometric testing, occupational therapy, physiotherapy, hydrotherapy. Since all the services are available under one roof, patients do not have to run to multiple locations for multiple treatments. This also ensures that our doctors and therapists are working not in silos but as one cohesive team," said Dr Rajarshi Neogi, senior consultant neuropsychiatrist.



Team Carring Minds International with Minu Budhia