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**MINU BUDHIA**

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## MOTHER MINU AND DAUGHTER PREEYAM OPEN CARING MINDS ACADEMIA

**What is the AddLife Caring Minds Academia?**

**Minu Budhia** (*founder-director of AddLife Caring Minds and a psychotherapist*): It is another wing. Till now, we had clinical and non-clinical wings. Now, we are having a third wing... AddLife Caring Minds Academia.

**Preeyam Budhia**: We are moving on from workshops with schools and other organisations, to a training academy. It is just like a university. Our faculty has drawn up a syllabus.

**Why the Academia?**

**Minu**: In this one year that AddLife Caring Minds has opened, I've noticed that those who are psychologists already, they are not very good at psychometrics. It is personality testing. We really want to empower them because psychometrics is needed for a lot of things like analysing a person's behaviour, career counselling and treating developmental disorders. We have basic counselling courses in Calcutta, but not individual courses like Cognitive Behaviour Therapy or Psychometrics. Suranjan Das (Calcutta University's vice-chancellor) also said the same thing. Those who pass out of the Academia will get certificates from Calcutta University.

Our faculty comprises trainers who have MPhils in clinical psychology. We will also get visiting professors like the assistant professor of psychiatry from the University of Ranchi. There will also be doctors like Pratima Chowdhury



Minu and Preeyam Budhia at AddLife Caring Minds. Picture: Pabitra Das

who will be conducting a few classes. We will be having lots of group discussions, interactive classes and mock sessions. We will be giving them projects. There will be internship opportunities (for CBT, Basic Counselling and Psychometrics which are affiliated with CU). We also have a well-stocked library.

**Preeyam**: Calcutta University's team will do the audit and make sure that it is running the way it should.

**Minu**: Calcutta University's certificate will add value to the whole thing. For those who cannot pay, we will have a quota for two or three students. We are starting with 10 students in each class. If we get many applications, we will split them into batches. The basic counselling course is all about counselling

yourself. It is like counselling the counsellor. That will have to be on a one-to-one basis because suppose you are taking the course, you will not open up in a group. If you don't cleanse yourself, how will you counsel others? You have to be emotionally stable first.

**Preeyam, what is your role?**

**Preeyam**: I head the business development wing... all the marketing, PR, HR and all things creative. My role here is to support the vision and grow and expand the business in terms of services we offer, the quality of workshops we do and also expand geographically. We got BSI-ISO 9001: 2008 certified two months back, which is a big cherry on the cake.

**Coming up:**

Basic counselling course (one year)  
Primary Cognitive Behaviour Therapy (three months)  
Psychometrics (six months)  
Graphotherapy (10-day crash course; 12 classes)  
Modern Parenting (four sessions spread over a month)  
Regular Special Education Classes for kids who are slow learners or are learning disabled

(All courses start this month)

**For more information:**

**Log on to:** [www.addlifecaringminds.com](http://www.addlifecaringminds.com)

**Call:** 9836403766/ 24751230/31

**Drop in at:** AddLife Caring Minds — Psychological & Cognitive Wellness Centre

54A Sarat Bose Road (opposite Padmapukur)

aggressive!

**Preeyam**: In a positive way! You need to be aggressive in marketing.

**Preeyam, do you love working here or is this more pressure because it is family after all?**

**Preeyam**: I love working here! I am a very black-and-white person in general.

**Minu**: Now, she is making me dependant on her! Till six months back, I was managing every thing. Now, she has value-added so much!

**Preeyam**: I was more involved in Patton earlier. It's not easy to completely give up my role in Patton and come here. My dad (Sanjay Budhia) needs me there as well. Now, it's about 85 per cent here and 15 per cent at Patton.

**How do you deal with stress?**

**Minu**: I don't have stress! I take everything in my stride.

**Preeyam**: On Sundays, I am like so happy that tomorrow it's a Monday! I actually look forward to it. I get stressed when there isn't too much work. What actually completely de-stresses me is my swim at Calcutta Swimming Club. I also play badminton.

**And, future plans?**

**Preeyam**: Maybe having smaller centres in the city and having such a centre in Tier-II cities.

**Minu**: We have thought of introducing research and other courses at the Academia. We are thinking of franchisees too.

**Saionee Chakraborty**

**Minu**: The academy was her idea...

**Preeyam**: Since my realm is business development, I keep thinking what new thing I can add every six months.

**Minu**: We should have new things in the pipeline, because we are doing so well with the clinic...

**Preeyam**: The good part is, we have two leaders here. She (Minu) supervises the clinical wing and the training and development wing is what I look after. So, our roles are also separate.

**Minu**: I don't interfere in her work.

**So, do mother and daughter have arguments?**

**Preeyam**: We are both pretty accommodating that way!

**Minu**: She is young and more energetic and pushy in marketing. She is more

PSYCHIATRIC HELP COMES OUT OF THE CLOSET AT THE ADLIFE CARING MINDS

## Matters of the mind

**S**ocial stigma prevents people from seeking help for emotional, psychological and psychiatric difficulties," says Minu Budhia, founder, Adliffe Caring Minds, a mental wellness centre in Kolkata. "We desperately need to remove the label *juga'* from the Indian social vocabulary, since most mental conditions can now be clinically treated at home. Also, mental wellness research has shown a great variety of disabilities and conditions like autism or learning disability, which must be addressed rather than pushed under the carpet," she adds.

Adliffe Caring Minds tries to bring all the tools and fields under one 4,000 sq ft facility on central Kolkata's Lansdowne Road. This was made possible also because of corporate patronage for the project. Minu Budhia's husband Sanjay Budhia, prominent figure in the Indian Chamber of Commerce and popular on the national social circuit, has been of help here.

Minu Budhia wanted to be a doctor but her Marwari background, her childhood in a politically tense Assam and the pressure to get married put her ambition on hold. She took formal training in child brain development at Philadelphia in the US and focussed on development of her counselling skills, when confronted with the issues of differently enabled children. A student counsellor and therapist at St. Xavier's College, J.D. Birla Business College and Belle Vue Clinic, Kolkata, she realised that the city needed a dedicated facility with a wide base of competencies in the psychological and psychiatric fields.

The centre seeks to bring together expert practitioner psychiatrists, psychologists, development paediatricians, neurologists, speech therapists and nutritionists for a holistic approach to treatment. In addition, Adliffe Caring Minds also has a strong training and development vertical for institutions and corporates. "Early intervention therapy can reverse the



Budhia: towards emotional well-being

initial setbacks," says Minu Budhia. "Our centre provides guidance for overall emotional well-being."

According to the World Health Organisation (WHO), today, nearly half the world's population needs some sort of intervention to impact their self-esteem, relationships and ability in order to function in everyday life. An individual's emotional health can impact his physical health; also, poor mental health can lead to problems such as substance abuse. The centre has a screening programme available for a fee of only ₹3,000.

"It is a one-stop solution for all problems related to psychological well-being in the eastern region," says Anjan Bhattacharya, a renowned development pediatrician in the city, who is attached to the centre. Many NRIs are coming to the centre, because the facilities for old people and children are modern and costs are lower than abroad, he says. There are clinics for dementias and geriatric counselling, as well as a host of clinics for play and speech therapy and other offerings, which include counselling relating to gynecology and child birth. "It is a good attempt by Budhia. City needs more such centres," says Alok Roy, chairman, Medica Superspecialty Hospital.

The training and development wing of the centre has a portfolio of

seminars, as well as career counselling workshops for students, parents, teachers in the education institutions. "Stress-related distress is becoming common and effective early intervention stops it from spiralling out of control," says Preeyam Budhia, who heads this wing. Adliffe creates tailor-made programmes for organisational behaviour and culture, anger and trauma management, skill enhancement, work-life balance. A number of schools are also taking up seminars for students and training of their own teachers and counsellors. Sri Sri Academy and Asian International School are among those on the client list. Corporate clients include Mjunction, Ambuja Neotia, T.M. Logistic besides Patton India.

Adliffe recently conducted a number of workshops for team building and stress management workshops for the Kolkata police department as part of its CSR function. "Adliffe conducted a workshop for our mid-level managers last month on the role of mood and personality in intra-organisational communication. The method they used was motivating," says Devangsu Chakraborty, deputy general manager, IHD, Ambuja Neotia group.

With such portfolios, Budhia is trying to reach out to the north-eastern states and neighbouring countries like Bangladesh and Bhutan to do similar workshops for children of schools and colleges. She has begun a seeding experiment among the schools in Darjeeling this summer and hopes that the experience will allow her to develop a product that addresses this segment. It is her fervent hope that she will be able to create a process that allows a pan-India franchise model with Internet connectivity.

Adliffe Caring Minds starts with the advantage of Budhia being a psychology professional and having a deep pocket. If she manages and retains her ever-growing group of colleagues and professionals, her easier access to capital could give her the winning advantage.

■ SAHAJ ROY

## GET WELL SOON SAYS MINU BUDHIA. A t2 CHAT ABOUT HER DREAM PROJECT THAT IS READY TO REACH OUT TO 'EVERYBODY'

As a kid, she wanted to become a doctor. Though that wish did not come true, the all-consuming passion to know the ways of the human mind and body never left her. And now, Minu Budhia prides herself on being quite an expert. "I read a lot. I want to know everything... Whether a medicine is prescribed to the family members, I have to read up about the side effects. You can say it's my passion. I have also treated in cognitive behaviour therapy," studies Minu who was born and brought up in Assam and shifted to Calcutta after her marriage to industrialist Sanjay Budhia in 1984. It is this interest that saw the mother of two come up with Adhiti Caring Minds Training and Development wing at the beginning of this year to help people develop soft skills that "give them an edge" to life. "It is like giving them an inner character," she explains. And come May 4, "The Breeder and Follower, is happy to unveil her latest project — the clinical wing of Adhiti Caring Minds. And so, she is not just a chat with the fitness enthusiast who was the "best participant" and acid kabaddi, badminton and long jump in school, ahead of the inauguration on April 23.

**You are days away from the opening of your clinic that has been a dream. Must be really excited?**

Very excited. And apprehensive.

**Why apprehensive?**

The subject is not well, taken by everybody. It's a difficult subject. It's sensitive, with a lot of stigma attached to it. Going to a psychiatrist, therapist, a mental wellness centre... You there has been a lot of change in the last 10-15 years, earlier it was akin to even utter "psychiatrist". Now people openly admit that they are suffering from depression or that their child has a mental ailment. But still, there is a long way to go. I had to be so happy people in nearby of the progressive families, they admit it... They seek expert therapy but the older ones who take their Once they come to a psychiatrist, then they are happy. They feel that there is no harm in going to a psychiatrist.

**Why do you think there is still much of a stigma?**

That's the concept was that if you are going to a counsellor, you must be mad. Pigeon hole. And we are trying to correct it on a year daily life, if you are stressed or not being able to function necessarily or facing social relationship problems, with a little bit of counselling you will be able to get back to your normal life. So, why not try it? With the three pillars, someone with a trained counsellor, you can get back to your normal life. One, they do, others, they really understand this.

**How did the idea of a clinic occur to you?**

Wow! I started my practice at Belle Vue (Clintons) more than a year back, people used to come to me with various problems. I remember one family came to me with their son who, they said,

did not want to go to college after the 10th standard because he had had to take JEL but the parents wanted to send him to college. I was then understood that they should go for more functional training. He wanted to do a course in robotics engineering. I convinced them that going to college was not the end of the world. I referred him to a couple of special educators, one for spoken English and one for simple, day-to-day mathematics.

**So, I am not a career counsellor... I don't believe in doing something that I cannot do. That I thought you're not having a centre where I can have it all under one roof?**

And what I think of something, I have to do it. Mr Budhia (Clintons) always has been really supportive. He has never said no to anything. He wants to know what is going on so that I need any kind of assistance... He always tells me that I am the Aamir (Cousin) if I want to do something, I am very serious.

Last year around this time, I finally decided upon a clinic Avenue four months back, we moved in on the location.

THE SUBJECT IS NOT WELL TAKEN BY EVERYBODY. IT'S SENSITIVE, WITH A LOT OF STIGMA ATTACHED TO IT. ANY CAMPAIGN SAYS THAT EVEN A SCIENTIST CAN HAVE DYSPHEA SO GET HELP FOR YOUR DEAR ONES AND DON'T LET THEM SUFFER



Minu Budhia at her 10th Anniversary Celebrations in Kolkata, West Bengal

And guess what, I have already started. I have been working from one room in my house for the last six months. People come here or at the Adhiti gym (Adhiti Fitness & Spa on Ganga Road). We are already seeing patients.

**What kinds of cases have come to you till now?**

We have emotional bipolar, OCD and depression patterns and also done career counselling at Sri Loknagar.

**Your team comprises how many experts?**

Around 15-20. We have, psychologist, psychotherapist, occupational therapist, speech therapist, career counsellor...

They are all from Calcutta. It was a lot of hard work. I have a very good team. It's really joyful. Four of them are also part of the Adhiti Caring Minds Training and Development wing that is now about to start.

**The inauguration plans itself be taking up a lot of your time now?**

The Income-tax Director (Dr K. Manjanna) is going to be there and Mr Budhia is a professional. Previous minister, this far the time being left Partha (where she is involved in exports) and is helping me. It is helping me with soft skills and public relations.

**Finally, who do you want to reach out to?**

Everybody. My campaign says that even a scientist can have dysphasia. So get help for your dear ones and don't let them suffer. I am very particular about quality. I really want to do better quality services and reports. I want to make my own guidelines and even reach out to the neighbouring countries. When they think of mental wellness, they should think of my centre. That is my dream.

Savonee Chakraborty

### THE CENTRE AT A GLANCE

- Adhiti Caring Minds (3rd floor)
- Spread over 4,000 sq ft @ 5th, 5th Street Road (to people Purshottam Bldg)
- Open all days (10am-7pm from Monday to Saturday, 10am-5pm on Sunday)
- Call @ 9806-83790

- Log on to: [www.adhiti.org/minds](http://www.adhiti.org/minds)
- You can also log on to their Facebook page

- The clinic will have remedial education, psychologist, psychotherapist, occupational therapist, speech therapist, career counsellor 1 and more

- The pastel green and white decor highlights includes rooms with different needs. While Minu is called One of Us, Gaurang Prasad is Page 11

### MINU'S GUIDE TO A HAPPY MIND

"Do what you like. Take vacations with your partner or with someone with whom you can be yourself. "Take care of yourself. Be conscious of what you eat. "Work out. It is a great mood lifter."

### GAME'S PEOPLE PLAY AT THE TRAINING AND DEVELOPMENT WING

From being corporates all about business (positive attitude) and helping students cope with "examination stress" to suggesting ways parents can communicate better with their kids, Minu has a team of experts chalking out ways and means to come up with engaging sessions. To make the workshop interesting, PowerPoint has minimum presence. Engaging games, like drawing lessons on the basis of what adults beside they choose to bring to give a story ending with a particular phrase, are part of the sessions. "Some say that the games have been taken to their children. We have a lot of activities for every people. Though that they learn a lot and also remember it," says Minu.



# A dream fulfilled for a special daughter

TIMES NEWS NETWORK

**Kolkata:** Parents usually push children to realize the unfulfilled dreams of their childhood. But for Minu Budhia, it was the other way round. As a child, she had wanted to be a doctor. But there weren't too many opportunities to do so growing up in Assam's Tinsukia where girls got to study only humanities. It was finally her very special younger daughter who inspired her to take up courses in mental therapy.

"It was in the late 1990s when my daughter was going to pre-school that I began receiving a lot of complaints. Since she never sat still, the teacher labeled her 'naughty'. A mother's instinct told me something was wrong. But there were no proper facilities available in Kolkata then. Awareness on such issues was very low," she recalled.

Budhia travelled abroad and finally did get her daughter diagnosed but once she learned about her condition, she lapsed into severe depression. "It lasted eight long years before I realized the need to accept her as a special child. Till then, not only had I put her through a lot of therapies that I now realize I shouldn't have done, I was also getting treatment for depression. Yet, even the subject of depression was such a taboo that no one wanted to talk about it," she recounted.

Once there was acceptance of the situation, things began to fall into place. She travelled again; this time not in search of a cure but to train herself to manage her daughter. She underwent formal training in child brain development in Philadelphia, US, followed by a basic counselling course from Kripa Foundation, Mumbai, and then a cognitive behaviour therapy course from London. After qualifying as a psycho-therapist, she became a student counsellor at JD Birla and St Xavier's and also practised at Belle View before deciding to open an integrated psychological and cognitive wellness centre.

"When I was in Belle View, I was constantly referring patients to other centres for treatments like remedial education and speech therapy. Soon I realized the



Minu Budhia at AddLife Caring Minds. Budhia feels she would not have been sensitive to the needs of special people had it not been for her younger daughter, who has special needs

need for a single centre where one could avail of all therapies under a single roof. That is how AddLife Caring Minds happened. Today, we have a clinical and non clinical wing," Budhia said.

From psychometric assessment and diagnosis to client psycho-education and workshops to therapy and treatment to psycho-social rehabilitation and follow up, AddLife Caring Minds is designed as a single stop for all solutions. Apart from psychometry, psychotherapy/counselling, the centre has a developmental unit providing speech and occupational therapy and remedial education in addition to a behaviour clinic. There are neurology, psychiatry and nutrition units as well.

"The first thing we do in child-related disorders is counsel parents. We make them understand that they

need to accept children as they are. Judging a child, comparing him or her with an elder or younger sibling is bad because they are sensitive and understand. Till the time I did not accept my daughter as she was, I was in a constant battle with myself. I was unhappy and so was she. As soon as acceptance came, we reached out to each other. In fact, now the entire family dotes on her. But for her, we would not have been sensitive to the needs of special people in this world. She has broadened our horizons and made us better persons," Budhia said.

The centre though is not only about special children, it is for everyone. As Budhia says, like abroad where everyone has a personal counsellor like a personal physician, in the pulls and pushes of everyday life, people here too are realizing the need to speak to someone who is non-judgmental and unbiased. "The biggest problem is in relationships. Marriages are breaking up in days as girls refuse to adjust and tolerate like their mother or grandmother had. Though boys have become more tolerant now, patience is no longer a virtue among girls. In any case, arranged marriage is out. In cities, only 10% marry in that manner," she pointed out.

The other major problem, Budhia finds, is demands that parents make of their children. With a child today growing up in a nuclear family, the spotlight is always on him or her unlike earlier when attention would get divided among multiple children in a joint family.

"The constant attention isn't healthy. Every parent wants his child to be first in class; they won't even allow them to make small mistakes and learn from them. Working parents get children engaged in multiple activities so that they do not have any free time. Mothers these days make so much fuss about a child not eating. I try to make them understand that no child in an average Indian family has died of hunger. He or she will eat when hungry. Just let the child be," Budhia tells those who attend the parenting workshops at AddLife Caring Minds.

# Caring Minds: Breaking stigmas

*A non-profit organisation; Caring Minds is for everyone who is coping with mental health issues*

MONIKA P LAKSHI

**M**ental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stress of life, work productively and is able to make a contribution to society. It is often noticed that we go to doctors only if we have a physical health issue but completely ignore our mental well-being. Such issues can lead to more pressure in our daily lives. Research has shown that mental illness, including several varieties of disabilities and conditions like autism or learning problems are pushed under the carpet too often and leads to bad health, broken marriages and 'special' jobs.

'Caring Minds' - the first of its kind in Eastern India, is a multi-specialty wellness facility aimed at helping people of all ages cope with mental health issues. 'Caring Minds' offers an easily accessible and a confidential environment for clients to consult with a diverse range of mental health experts. The 'Caring Minds' team consists of counsellors, psychiatrists, psychologists, developmental paediatricians, paediatric physiotherapists, speech therapists, geriatricologists, nutritionists and the like all under one roof. In an exclusive interview, founder and director of 'Caring Minds', Missa Basiba opens about how she came up with this idea of a mental wellness centre and her future plans. Excerpt:

**What does 'Caring Minds' mean to you?**

It's my third baby after my two daughters. It's a non-profit making organisation. And we work together towards the mental health and well-being of individuals.

**What was your motivation behind opening such an institution?**

It all began when I gave birth



Missa Basiba - founder and director of 'Caring Minds' - working towards the mental health and well-being of individuals

to my second daughter, Prachi, eight years after my first daughter Priyanshu (20) was born. As Prachi grew up, my family noticed that her school performance was suffering and we knew that something was wrong. It was in the late 1990s when my daughter was going to preschool that I began to get a lot of complaints. Since she never sat still, the teacher labelled her 'naughty'. A mother's instinct told me otherwise.

But there were no proper facilities available in Kolkata then. Awareness on such issues was very low. After thorough searches, I travelled abroad and finally got my daughter diagnosed with Low IQ and ADHD following which I landed into severe depression. It lasted eight long years before I realised the need to accept her as a 'special' child. Till then, not only had I put her through a lot of therapies, that I now realise were



needless but, I myself, got treated for depression. Yet, even the subject of depression was such a taboo that no one wanted to talk about it. Eventually, I decided to come out of my shell and embrace life. Till the time I did not accept my daughter as she was, I was in a constant battle with myself. I was unhappy and so was she. As soon as the acceptance came, so reached out to each other. In fact, now the entire family dotes on her. But for her, we would not have been sensitive to the needs of 'special' people in this world.

She has broadened our horizons and made us better persons. Once there was acceptance of the situation, things began to fall into place. I travelled again; this time not in search of a cure but to train to manage my daughter. I underwent formal training in child brain development in Philadelphia, US, followed by a basic counselling course from Krupa Foundation, Mumbai, and then a cognitive behaviour therapy course from London. After qualifying as a psycho-therapist, I became a student counsellor at JD Birla and St Xavier's and also practised at Baha'eva before deciding to open an integrated psychological and cognitive wellness centre. When I was in Baha'eva, I was constantly referring patients to other centres for treatments like nutritional education and speech therapy. Soon, I realised the need for a centre where one could avail of all therapies under a single roof. That is how



Caring Minds' happened. Thanks to my family, especially my husband Sreyas Bhadri who inspired me throughout my journey, today we have a clinical and non-clinical wing.

**How is Caring Minds different from other similar institutes?**

The facility is a one-stop shop solution, ranging from psychometric assessment and diagnosis to client psycho-education and workshops in therapy and treatment to psycho-social rehabilitation and follow ups. Housed inside is a grading facility, where 'Caring Minds' serves everyone's needs through various specialised services. It has a development unit providing speech and occupational therapy and remedial education in addition to a behaviour clinic. Caring Minds' psychometric assessments include neuropsychological testing, psychiatric evaluation, precise diagnosis and more. It also provides support for anger management, grief, bereavement, anxiety disorders and mood disorders. For the young and elderly there are paediatric and geriatric departments. The holistic and inclusive approach ensures health and care for everyone.

**What are the different services you provide here?**

'Caring Minds' operates through the following units - Clinical, Training and Development, Akademia, MindSpeak. I am planning a voca-

tional training unit for young adults with 'special' needs. Our services include - IQ testing, testing for ADHD/Dyslexia etc, personality testing, neuropsychological test, career counselling, counselling, behaviour clinic, special education, psychiatry, nutrition consultation, speech/hearing clinic, voice clinic, paediatric physio therapy.

**What are your specialised services?**

'Caring Minds' brings specialised services designed for teachers - from taming tantrums to positive disciplining, new age educators' workshops have it all. There is one for students too - from handling exam stress to making the right career choices - everything students need to make their way ahead in life. One for the parents - effective life management skills for relating to children with 'special' needs, positive strategies for instilling discipline and more to make for a well-equipped guardian. We also have corporate skill enhancement units - preparing oneself to get ahead in his/her job and career through training and workshops. There is also a unit on psychometry for employee screening - finding the right employee through four simple processes. Our training and development unit is there to help increase productivity, efficiency and job satisfaction.

Many people suffer from certain emotional and psychological difficulties and find it problematic to seek assistance due to social stigma. We felt that the time was ripe to bring to the forefront such issues and banish the stigma surrounding mental health and wellness. My campaign says that even a scientist can have dyslexia! So get help and don't let them define.

**According to you what are the main areas of concern in our day-to-day life which needs**

counselling?

One of the biggest problems in relationships, Marriages are breaking up these days as girls/boys refuse to adjust and tolerate like their elders had. In cities, only 10% marry in that manner. In order to work out bitter relationships, there is a strong need to seek expert services. One need not suffer in silence any further. Mental wellness is quintessential in our community. Everyone could benefit from talking to a counsellor. There is no shame in seeking help. Dealing with children must be done most sensitively.

The first thing we do in child-related disorders is counsel parents. We make them understand that they need to accept children as they are, judging a child, comparing him or her with an elder or younger sibling is an absolute no-no because they are sensitive and understand everything.

**Do you support the newly and poor who can't afford modern counselling?**

Yes, no one goes empty-handed from 'Caring Minds'. Everyone depending on the nature of need the treatment is welcome. It is a non-profit organisation and I personally see to it that everyone gets proper treatment here.

**Your message to the society?**

The centre is for everyone. Like in foreign countries where everyone has a personal counsellor and a personal physician in the pulls and pushes of everyday life, people here too are realising the need to speak to someone who is non-judgmental and unbiased. Here's where 'Caring Minds' comes in.

Hailing from Assam's Tezpur where there weren't too many opportunities, it was Minni's young daughter who made her take up courses in mental therapy and this 'special' child turned around a mother to a social philanthropist.