



Minu Budhia

Her mission is Psychological Wellness. Psychotherapist, counsellor, columnist, TEDx speaker, multi-award winner, and a mom of a special child, Minu Budhia is a woman of purpose. As founder-director, she is involved in every step of the way at Caring Minds & ICanFly - her social impact initiatives.

Caring Minds: Psychological Wellness Clinic
 Breaking Barriers: Mental Health 360
 ICANFLYY: Institute For Special Needs

Impact:

- Lives touched: 2,28,567+
- Clinical Sessions: 1,20,123+
- Training Programme Participants: 9077+
- Training Sessions: 1728+
- Partners in progress: 73+
- Services Available: 64+
- Types of Disorders Treated: 58+
- Types of Workshops/Courses: 57+
- Mental Health Professionals: 28+

