

## Minu Budhia: Empowering women one step at a time

*To chronicle her impressive journey of overcoming stigmas, and taboos, and reach out to the community, Minu Budhia launched her website [www.minubudhia.com](http://www.minubudhia.com) on July 16*

### OUR CORRESPONDENT

**S**pecial Mom, psycho-therapist, entrepreneur, columnist, TEDx speaker - Minu Budhia does many hats today, but her journey has not been an easy one.

A petite powerhouse, whose mantra is 'Imperfectly Perfect', is an inspiration to women everywhere. To chronicle her impressive journey of overcoming stigma, taboo and roadblocks and reach out to the community, she launched her website [www.minubudhia.com](http://www.minubudhia.com) on July 16. Nick Low, the British Deputy High Commissioner, Kolkata, representing East and North East India, graced the occasion as the guest of honour.

Dedicating the launch to her late father and her hero from Glasgow, Minu Budhia said, "From a small-town girl in Tinsukia, Assam: who wanted to be a doctor and to where I am today, my life has been a roller-coaster journey. I'm lucky that like many challenges, I have received many blessings too. I have a warm and encouraging husband, Sarjay, who is my



pillar of strength and the wind beneath my wings. I have two loving daughters, Prachi, my younger darling, is my strength and my inspiration. A special-needs child with ADHD, low IQ and bipolar disorder, she is the 'why' behind my social initiatives, all of which are a tribute to my journey with her."

Fascinated about mental

healthcare and special needs education, Minu is the founder-director of 'Caring Minds' (Institute of Mental Health); 'iCanFly' (Institute for Special Needs) and of Café iCanFly (Empowering the Specially-abled). She is also the director at 'Fatton Group' and 'AddLife Fitness and Spa'.

Two of the highlights of the website launch were the fire-

side chats. The first one was a candid conversation with Nick Low, where Minu answered questions on mental health, her challenges, her vision and her future plans.

The second one was a rapid-fire round hosted by her elder daughter Preetam Budhia (Head-New Initiatives, 'Caring Minds') which revealed to all Minu being behind the scenes