

## How a special mother is making a social impact Website "www.minubudhia.com" launched

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**KOLKATA, JULY 16/**—/Special Mom, Psychotherapist, Entrepreneur, Columnist, TEDx speaker, all in one. Minu Budhia does many hats today, but her journey has not been an easy one. A petite powerhouse whose mantra is 'Imperfectly Perfect' - she is an inspiration to women everywhere. To chronicle her impressive journey of overcoming stigma, taboo, and roadblocks, and reach out to the community, on 16th July, 2021 she launched her website [www.minubudhia.com](http://www.minubudhia.com). 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 hero from Glasgow, her late father, Minu said, "From a small-town girl in Tinsukia, Assam who wanted to be a doctor, to where I am today - my life has been a rollercoaster journey. I am lucky that like many challenges, I have received many blessings too. I have a warm, encouraging husband, Sanjay, who is my pillar of strength and the wind beneath my wings. And 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." Mr Low said, "All moms are special, some more special than others. I'm a sucker for redemption stories, and yours is sprinkled with fairy dust. You have inspired so many, including my daughter, who after meeting you and seeing your initiatives, wishes to become a psychiatrist. Covid-19 has shed a light on many diseases that should have gotten attention even earlier, primarily mental health, and especially the mental health of adolescents. Your commitment to total quality, that comes from within, is incredible. The website has been launched at just the right time and I

can't think of anyone better to be at the front line. We all wish to leave a legacy and yours has just begun. I am hugely humbled to have been a part of your day."

Passionate about Mental Healthcare & Special Needs Education, Minu is the Founder-Director of Caring Minds (Institute of Mental Health), ICanFly (Institute for Special Needs), & the Founder of Café ICanFly (Empowering the Specially Abled). She is also Director at Patton Group & AddLife Fitness & Spa. A change-maker and a woman of purpose, every single day she plays a hands-

on role across all her social impact initiatives. Involved in every step of the way to ensure the execution of her vision - from strategy to operations - she does it all.

Over the years, Minu has carved her niche as a mental health thought leader. She writes her mental health column 'Mind Matters', has contributed to many leading English, Hindi, and Bengali publications, and has been invited as a speaker at prestigious & illustrious conferences, panels, television programmes, and radio shows. Minu added another feather to her cap when she penned a 'Death of a Caterpillar' - a short autobiographical essay about her journey as a special needs mom, her battle with depression, and how she found her 'ikigai'. The overwhelming response to it has inspired her to start writing her first memoir. Two of the highlights of the website launch were the fireside 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 Freeyam Budhia (Head-New Initiatives, Caring Minds) which revealed to us the Minu behind the scenes and behind the scenes. Scrumptious red velvet cupcakes and delicious bites added a sweet ending to such a special occasion.