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MENTAL-HEALTH

Minu Budhia launches her website documenting her journey

Nick Low, the British Deputy High Commissioner, Kolkata, representing east and Northeast India, graced the occasion as the guest of honour

ANURUPAMA BHOWMICK | PUBLISHED 21/07/21, 10:06 PM



Nick Low and Minu Budhia at the launch of Minu's website

Telegraph picture

Special mom, psychotherapist, entrepreneur, t2 columnist, TEDx Speaker — Minu Budhia dons 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 July 16 she launched her website www.minubudhia.com.

Nick Low, the British Deputy High Commissioner, Kolkata, representing east and Northeast India, graced the occasion as the guest of honour.

Dedicating the launch to her hero, 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 roller-coaster 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. Poochi, 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."



Nick Low and Minu cut a special cake on the occasion.
<http://www.minubudhia.com>

"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 light on many diseases that should have got 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 frontline. We all wish to leave a legacy and yours has just begun. I am hugely humbled to have been a part of your day," said Nick Low.

Passionate about mental health care and special-needs education, Minu is the founder-director of Caring Minds (institute of mental health), ICanFly (institute for special needs), and the founder of Café ICanFly (empowering the specially abled). She is also director at Patton Group and AddLife Fitness & Spa.

Minu added another feather to her cap when she penned *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'.

At the website launch, Minu answered questions on mental health, her challenges, her vision, and her future plans. Scrumptious red velvet cupcakes and delicious bites added a sweet ending to the occasion.

LAST UPDATED ON 2107.21, 10:06 PM

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