

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** guides herself on being quite an expert. "I read a lot. I want to know everything... Whatever medicine is prescribed (to family members), I have to read up about the side effects. You can say that is my passion. I have also treated in cognitive behaviour therapy," smiles Minu who was born and brought up in Assam and studied at Calcutta after migrating to her resident Sanyal Budhia in 1965. It is this interest that gave rise to her of two come up with **Adhika Caring Minds Training and Development wing** as the beginning of this year to help people develop soft skills that "give them an edge" to life. "It is like giving stress to an insect diamond," she explains. And, she stresses and focuses is happy to support her latest project -- the clinical wing of Adhika Caring Minds. And so, she is not just a chat with the fitness enthusiast who was the "best sportsperson" and used kabaddi, badminton and long jump in school, ahead of the inauguration on April 30.

You are days away from the opening of your clinic. Has been a dream. How is it really exciting?

Very excited. And apprehensive.

Why apprehensive?

The subject is not well, falls by everybody. It is a difficult subject. It is sensitive, with a lot of stigma attached to it. Going to a psychiatrist, therapist, a mental wellness centre... Yes, there has been a lot of change in the last 10-15 years, earlier it was sin to even utter "psychiatric".

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 talk to many people. In many of the progressive families, they admit it... they even open about it. It is they or those ones who take them. 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 such a stigma?

It is in the concept that if you are going to a specialist, you must be mad. People feel we are trying to convey that in your 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 two-three informal sessions with a trained counsellor, you can get back to your normal life. Once they come, they really understand this.

How did the idea of a clinic occur to you?

When I started my practice at Bala Veda Clinic more than a year back, people used to come to me with various problems. I researched one family case to see with their son who, they said,

did not want to go to college after the 10th standard because he had febrile on 10, but the parents wanted to send him to college. I tried these interventions that they should go for some functional training. He wanted to do a course in robotic engineering. I coordinated with 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 maintenance.

So, I kept referring patients... I am not a career counsellor... I don't believe in doing something that I cannot do. Then I thought why not have a centre where I can help it all under one roof?

And when I think of something, I have to do it. My husband (Chandrasekhar Budhia) has been really supportive. He has never said no to anything. He wants to know what is important so that if I need any guidance from him... He always tells me that I am a *Sheeja* (Cousin) if I want to do something, I am very alone.

Last year around this time, I finally decided upon a clinic. Around four months back, we moved to an location.

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



Minu Budhia at her 10th anniversary of her clinic, Sanyal Budhia, Pune, Maharashtra

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

What kinds of cases have come to you till now? We have consulted bipolar, OCD and depression patients and also done a lot of counselling at the Clinic.

Your team comprises how many experts?

Around 100. We have psychologist, 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 happy. Four of them are also part of the Adhika Caring Minds Training and Development wing that is meant for soft skills.

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

The hon'ble Minister (M.K. Marumani) is going to be there and Mr. Budhia is a permanent presence. Shreeji has the time being left. Partha (who she is involved in exports) and I, along with the helping me with social and public relations.

Finally, who do you want to reach out to?

Everybody! My campaign says that even a scientist can have depression. We get help for the dear ones and don't let them quality. I really want to deliver quality services and reports. I want to make my country an India and even extend out to the neighbouring countries. When they think of mental wellness, they should think of my centre. That is my dream.

Sanchay Chakraborty

THE CENTRE AT A GLANCE

- **Adhika Caring Minds** (B-14, Kalyani)
- Spread over 4,000 sq ft
- 5th, Street Bore Road, Bore Bore (Pune)
- Open all days (10am-7pm from Monday to Saturday, 10am-5pm on Sundays)
- Call at 9836-43796

- Log on to: www.adhikacaringminds.com
- You can also log on to their Facebook page

- The clinic will have remedial education, psychological, psychomotorist, occupational therapist, speech therapist, career counsellor and more.
- The patient given and white decor highlights include rooms with different names, before which is called One of us, daughter Preeti's room & 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 good mood lifer.

GAMES PEOPLE PLAY AT THE TRAINING AND DEVELOPMENT WING

From building corpora at about wellness (positive stress) and helping students cope with an exam stress to suggesting ways to deal better with their stress, Minu has a team of experts catering out ways and means to cope with engrossing sessions. To make the workshop interesting, PowerPoint has various pictures. Engaging games like checking beans on the back of what our buds! they choose to string together a story ending with a particular phrase, are part of the sessions. "Some say that the games take them back to their childhood. We have a lot of activities to engage people. Though that they learn a lot and also remember it," says Minu.

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
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 everything. 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 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.

Salonee 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