

# WELLNESS CENTRE

## Counselling and Therapeutic Interventions

- Child, Adolescent and Youth Counselling
- Geriatric Counselling (Elderly)
- Family and Marital Counselling
- Individual and Group Counselling
- Career Assessment and Counselling
- Cognitive Rehabilitation

## Psychiatric Evaluation

- Psychiatric Assessment and Intervention
- Psychological Assessment
- Alcohol and Drug De-addiction Programme
- Oral Substitution Therapy
- Dementia Screening and Rehabilitation for the Elderly

## Child and Adolescent Mental Health Services (CAMHS)

- IQ Testing
- Remedial Programmes for Intellectual Disability, Learning Disability, ADHD and Autism.
- Special Education
- Speech and Language Therapy
- Behaviour Therapy
- Occupational Therapy
- Art-Expressive Therapy

## Alternative Healing

- Physiotherapy
- Yoga Practices
- Mindfulness Practices
- Ayurveda
- Homeopathy

ONLINE CONSULTATION AVAILABLE



# MIND India

## Institute of Positive Mental Health & Research

We enable people to  
"CHOOSE CHANGE"

### MIND India

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## About MIND India



Life is exaltation and its fount is wellbeing. Mankind today needs to re-establish itself to a level of fulfilment where every person is enabled to embrace life with celebratory gusto. However, the rising trends of global thoughts on holistic wellbeing, though nascent, has given the world a new vocabulary to use when analysing human wellness in relation to the sustainability of the very resources without which mankind will face extinction.

Therefore, to restructure our belief system and look afresh, MIND India, Institute of Positive Mental Health & Research, established in 2006 is constantly working for the holistic health, wellbeing, and social change of the general population through counselling and other psycho-social interventions.

### About the President

Dr. Sangeeta Goswami is the first Counselling Psychologist to have set up an independent counselling clinic in North East India in 1996. She has been acting as an Independent Consultant, Trainer and Subject Matter Expert in areas of Mental Health, Counselling Skills, Life Skills, and many more.

*"I believe, unconditional acceptance is an understanding that each individual needs to realise in the path of self-discovery."*

Dr. Sangeeta Goswami  
President, MIND India

## EDUCATION & TRAINING

### Certificate Course in Counselling Skills (CCS)

This course is a 3-months full-time professional course, affiliated with ICPEM, Bangalore, registered under NITI Aayog, Govt. of India.

### Certificate Course in Barefoot Counselling (CCBFC)

This course is a skill-based, community approach, three modular programme that will help one to understand about their emotional wellbeing and provide them with the basic psycho-social support. CCBFC is jointly certified by MIND India and Public Health Foundation of India (PHFI), Delhi.



## RESEARCH & DEVELOPMENT

Through innovative and psycho-social interventions, our effort is to create a positive impact on mental health and wellbeing by breaking down barriers, challenging stigmas and exploring new avenues thereby paving the way for a more compassionate future for individuals and communities.

