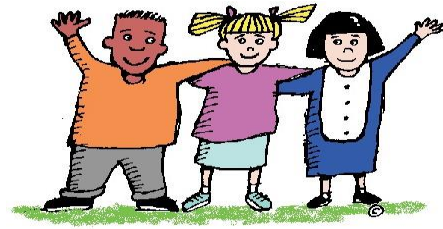


MINDCARE VEDA

The Institutional Offering from MindCare Health Services



As part of our Institutional Services, we offer programmes which cater to students, parents and teachers.

MindCare Veda believes that parents and teachers play a vital role in the overall well-being of a child/young-adult and that it is essential for them to understand and consequently deal effectively with their children/students, the Barefoot Counselor Programme address this.

The Emerging Leader programme provides a positive guidance for students to develop into efficient and industrious young adults.

The Barefoot Counselor Training Programme for Teachers/Parents



The Barefoot counseling is all about equipping teachers and parents with the basic skills of counseling which will help them:

Communicate effectively with the child

Identify problems of children

Make a child open up and share her/his problems

Provide insight to the child about possible solutions

At the end of this four day programme parents and teachers will be able to listen with empathy, respond with understanding, and be non-directive and non-judgmental when required.

Basic Counseling Skills-The art of eliciting information from the individual who approaches

Problem Solving Skills

Emotional and behavioral problems in children & common mental illnesses in children

Mistaken goals for misbehaviors and handling them appropriately

Dealing with teenagers

Classroom management (teachers)

Positive parenting skills (parents)

Addiction and its characteristics



The Emerging Leaders' Programme

The Emerging Leaders' Programme offers customized and tested leadership concepts into a curriculum of youth programs and deliver it as part of school programmes to 'grow leaders'.

This programme will focus on developing psychosocial and interpersonal skills.

The programme will cover the following core skills:

Communication and Interpersonal Skills-

These skills involve using skills such as active listening, verbal/nonverbal communication, negotiation skills, and empathy, cooperation & teamwork and advocacy skills.

Decision-Making and Critical thinking Skills-

These skills help a child to gather information, evaluate and determine solutions to their problems, and to develop analysis skills enabling them to analyze attitudes, values and beliefs of self and others.

Coping and Self-Management Skills-

Children will learn how to cope and manage their feelings, build self-esteem and boost confidence, manage stress and time. These skills help to evaluate and monitor themselves as well as to engage in positive thinking.

Career Snapshot of Dr. Raja Roy Choudhury



Founder & Managing Trustee, 3rd Eye Knowledge Foundation
Ex.Chief Happiness Officer, IIT Madras.
Visiting Professor, SPJIMR, NITIE.

MIAAP, MBACP

Consultant Psychologist, Psychotherapist & Traumatologist
MPhil (Psy), PhD (Psy), MD & PhD (AM-OIUCM, Colombo)
MA (Psy), MS (C&P), PGDSC, PGDIC, PGDCC CME
(Harvard Medical School, Yale School of Medicine &
University of Texas) Training @ Albert Einstein College of
Medicine & Cleveland Clinic, Ohio Member, World Medical
Association.

Specialist in treating Anxiety, Depression, Stress, Pediatric Bipolar, Psychosomatic Disorders in Children, Adolescents & Adults, Dementia, Schizophrenia, Alzheimer's, Parkinson's, Geriatrics, ADHD & Substance Abuse, Specialist in Dr Bach's Flower Remedy in combination dosage & various alternative healing procedures/therapies for treating Psychosomatic Disorders



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