



**Ahaan**...an empowering dawn



Regd. 2018



**Mindbloom**

a unit of *The Ahaan Foundation*

The Ahaan Foundation had always thought about having our own counseling center in Shalimar Garden, catering to the growing need for community-based mental healthcare in Sahibabad. Hence, a group of like-minded professionals got together under the purview of The Ahaan Foundation and established a multidisciplinary and holistic counseling center- MINDBLOOM in the year 2019. This centre offers comprehensive and confidential counseling services to children, adults, couples, geriatric and families.

At Mindbloom, we believe that mental health is integral to living a healthy and balanced life. Being healthy mentally and emotionally, can promote productivity and effectiveness in activities like work, school or caregiving.

A recent WHO report provides evidence that almost 80% people diagnosed with mental health problems do not seek any kind of treatment and this is projected to increase by 2020.

**Mindbloom is an initiative to get more people to talk to us and about mental health.**

**Mission:**

- ❖ To develop holistic and comprehensive mental health solutions
- ❖ To reduce the stigma associated with mental health
- ❖ To provide multidisciplinary quality mental health care services
- ❖ To create public awareness among larger community
- ❖ To stimulate research and training activities in the field of clinical mental health.
- ❖ To foster an environment where children learn, lead and thrive
- ❖ To provide a platform of unconditional acceptance where people will find comfort knowing that they are not alone.

**उद्देश्य –**

- मानसिक स्वास्थ्य हेतु सर्वव्यापक एवं समग्र रूप से समाधान देना।
- मानसिक स्वास्थ्य संबंधी अवधारणाओं को कम करना।
- मनसिक स्वास्थ्य हेतु बहुउद्देशीय मूल्यवान देख-रेख व सेवा प्रदान करना।
- हमारा उद्देश्य बच्चों के लिए एक ऐसा वातावरण तैयार करना है, जिसमें वे सीख कर आगे बढ़ें और उनके अंदर कुछ हासिल करने की इच्छा जागृत हो सके।
- मानसिक स्वास्थ्य हेतु लोगों में जागरूकता लाना।
- मानसिक उपचार हेतु चिकित्सीय गतिविधियों और अनुसंधानों पर कार्य करना।
- प्रेम और स्नेह रूपी वातावरण देना जिससे व्यक्ति स्वयं को अकेला और असुरक्षित महसूस न कर सके।



*Our aim is to provide hope, encouragement, and insight, giving people the opportunity to reflect and create a fulfilling life.*

*आशा-विश्वास, साहस से खिले जीवन भरपूर तुम्हारा।  
तभी उद्देश्य सफल हो हमारा।।*

**Our Team:**

Our team consists of educationalists, psychiatrists, clinical psychologists, child psychologists, social workers and counselors, all registered with their professional associations having experience with multiple counseling modalities.

हमारी टीम में प्रशिक्षित और अनुभवी शिक्षाशास्त्री, मनोचिकित्सक, चिकित्सक मनोवैज्ञानिक, बाल-मनोवैज्ञानिक सामाजिक कार्यकर्ता और परामर्शकर्ता है।

**BOARD OF ADVISORS:**

<p><b>Ms. Shobha Sharma</b></p> <ul style="list-style-type: none"><li>● Co-founder &amp; Chairperson St. Mary's Educational &amp; Charitable Society, Sahibabad</li><li>● Founder President Shobha's Women Welfare Club, New Delhi</li></ul>	<p><b>Mr. John Vianney Sharma</b></p> <ul style="list-style-type: none"><li>● Founder Manager St. Mary's Christian School Shalimar Garden Extn-II, Sahibabad</li></ul>
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**FOUNDER COMMITTEE**

<b>Dr. Uday. K Sinha</b>	<b>Ms. Laxmi Rani</b>	<b>Ms. Ashu John</b>	<b>Dr. Neeti Gupta</b>
HoD, Department of Psychology IHBAS, Govt. of Delhi	Member- CWC (Bench of Magistrate) Department of Women and Child Development, Govt. of Delhi	<ul style="list-style-type: none"><li>● Principal St. Mary's Christian School Shalimar Garden Extn-II, Sahibabad</li><li>● Founder President, The Ahaan Foundation New Delhi</li></ul>	<ul style="list-style-type: none"><li>● Child &amp; Rehabilitation Psychologist</li><li>● School Counsellor &amp; Spl. Educator St. Mary's Christian School</li></ul>

**Our Services:**

Counseling services	Child based services	Elder Care
Speech Therapy	Parent Counselling	Mindfulness
Career Counseling	Marital / Family Counselling	Cognitive Behavioral Therapy
Training and Workshop	Counseling based Courses	Psychometric testing

**Contact us to enquire about any of the service listed above**

**Address:**

St. Mary's Christian School  
A Block, Shalimar Garden Extn-II  
Sahibabad, Ghaziabad

**Ph. No:**

9318439204, 9318425098

**Working hours:**

Mon-Sat: 2:00 p.m-5:00 p.m.  
Sunday: Closed

**Email:**

- ictconnect2019@gmail.com
- connect@theahaanfoundation.org