



# BENEFITS OF THERAPY

We understand the trauma you go through. Get help from counsellors or therapists for every kind of solutions & advices.


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Want to book an appointment with us? Fill up the form below to get appointed




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### Mind Tribe Brings You Life Transforming Workshops & A Support Network Of Certified Mental Health Professionals.


"The same boiling water that softens the potato, hardens the egg. It is about what you're made of not the circumstances."

On Mind Tribe, our experienced & certified network of mental health professionals deliver life transforming workshops to help you combat mental setbacks, and evolve to live your best life.



## Our Expertise

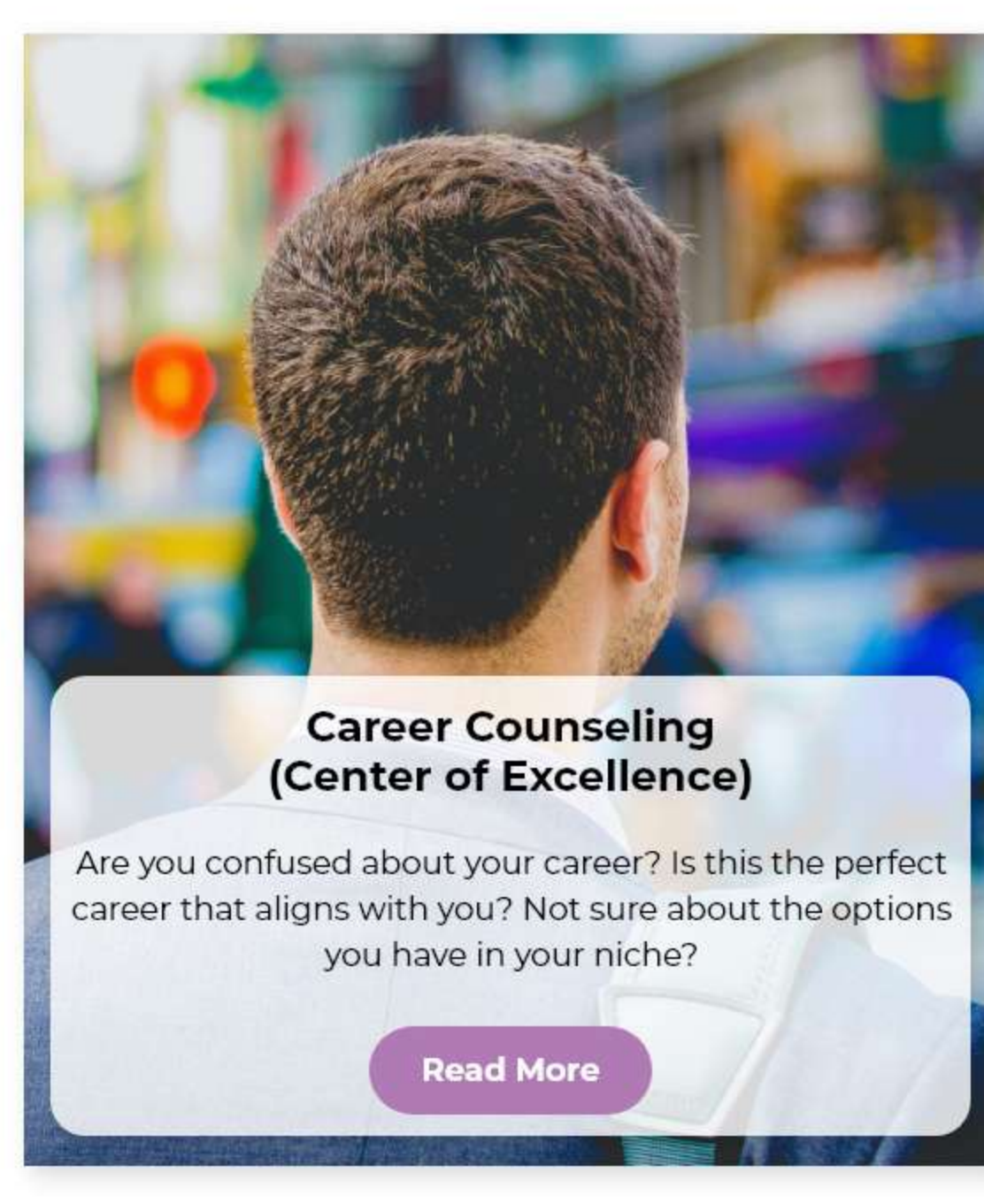
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### Employee Assistance Program (EAP)

Support your organization's employees by providing them with the right tools required to overcome personal and professional challenges.

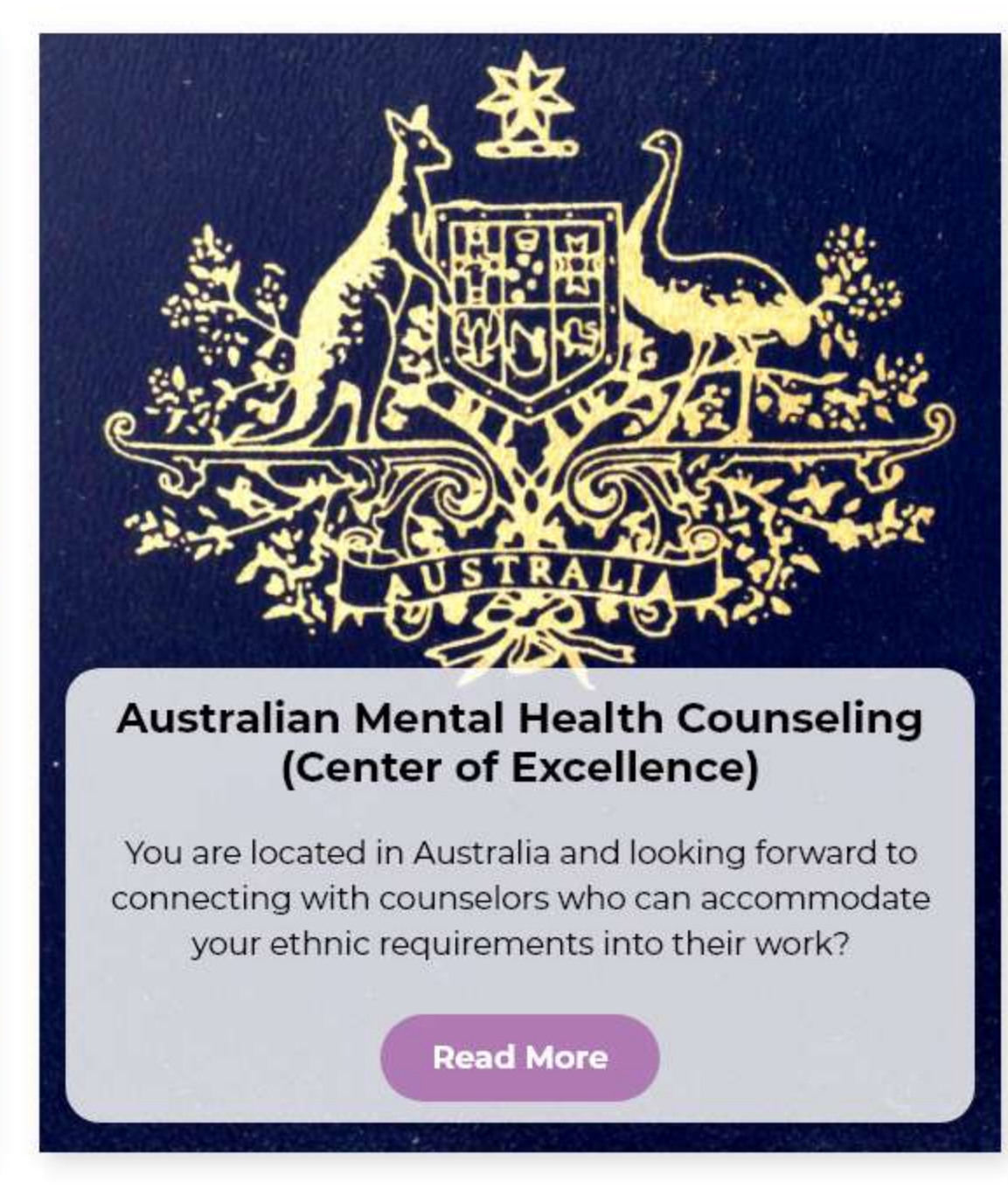
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### Career Counseling (Center of Excellence)

Are you confused about your career? Is this the perfect career that aligns with you? Not sure about the options you have in your niche?

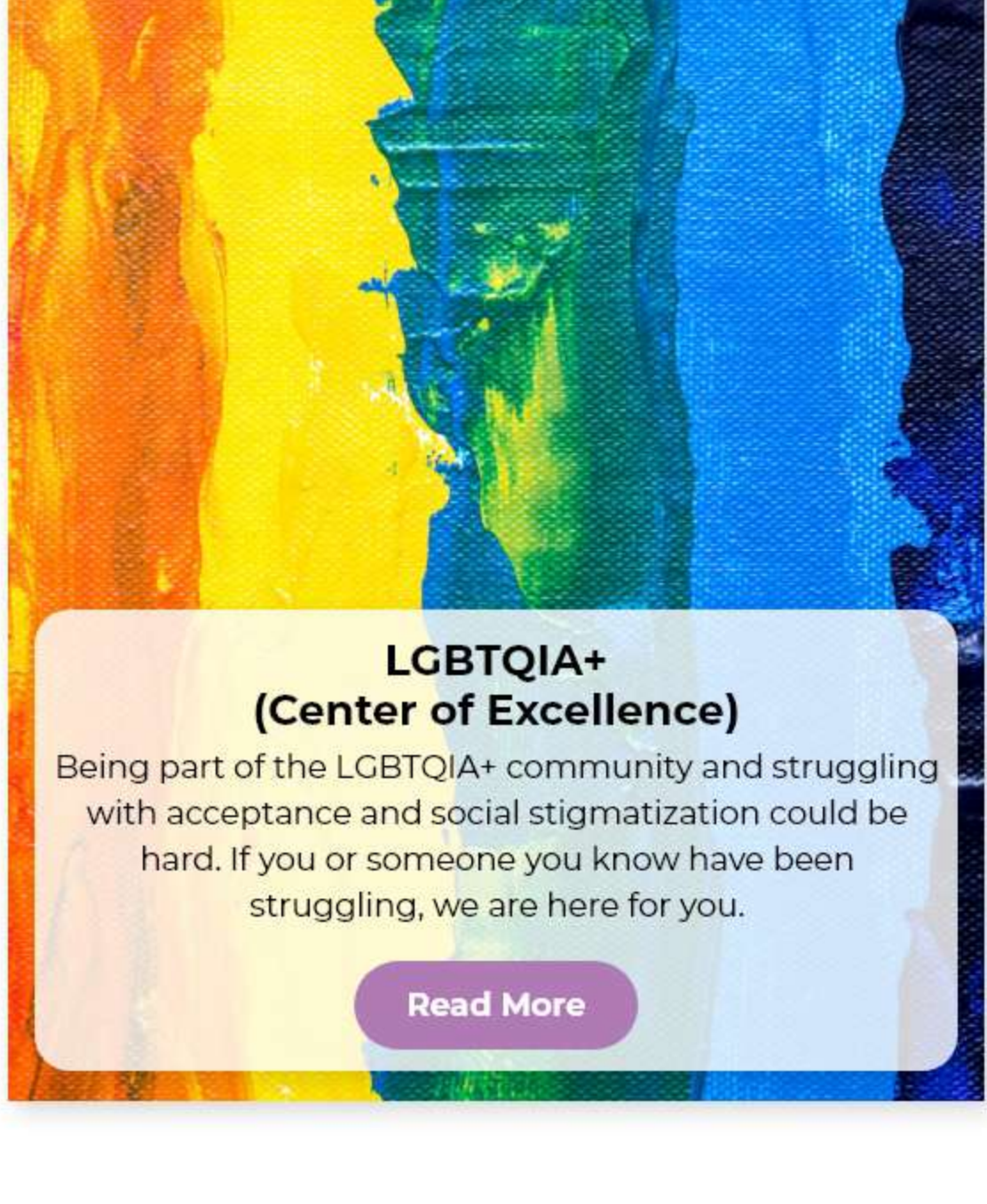
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### Australian Mental Health Counseling (Center of Excellence)

You are located in Australia and looking forward to connecting with counselors who can accommodate your ethnic requirements into their work?

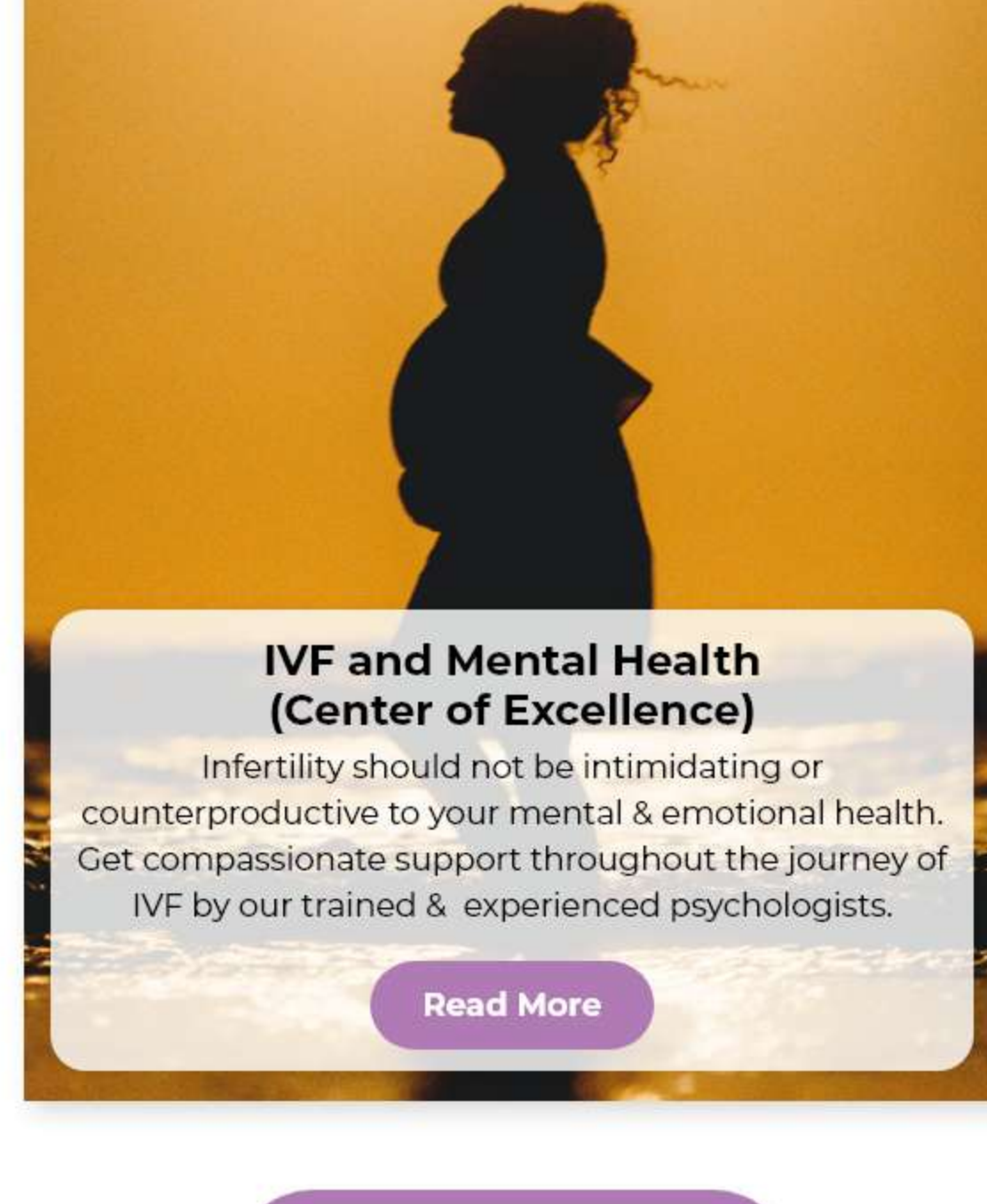
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### LGBTQIA+ (Center of Excellence)

Being part of the LGBTQIA+ community and struggling with acceptance and social stigmatization could be hard. If you or someone you know have been struggling, we are here for you.

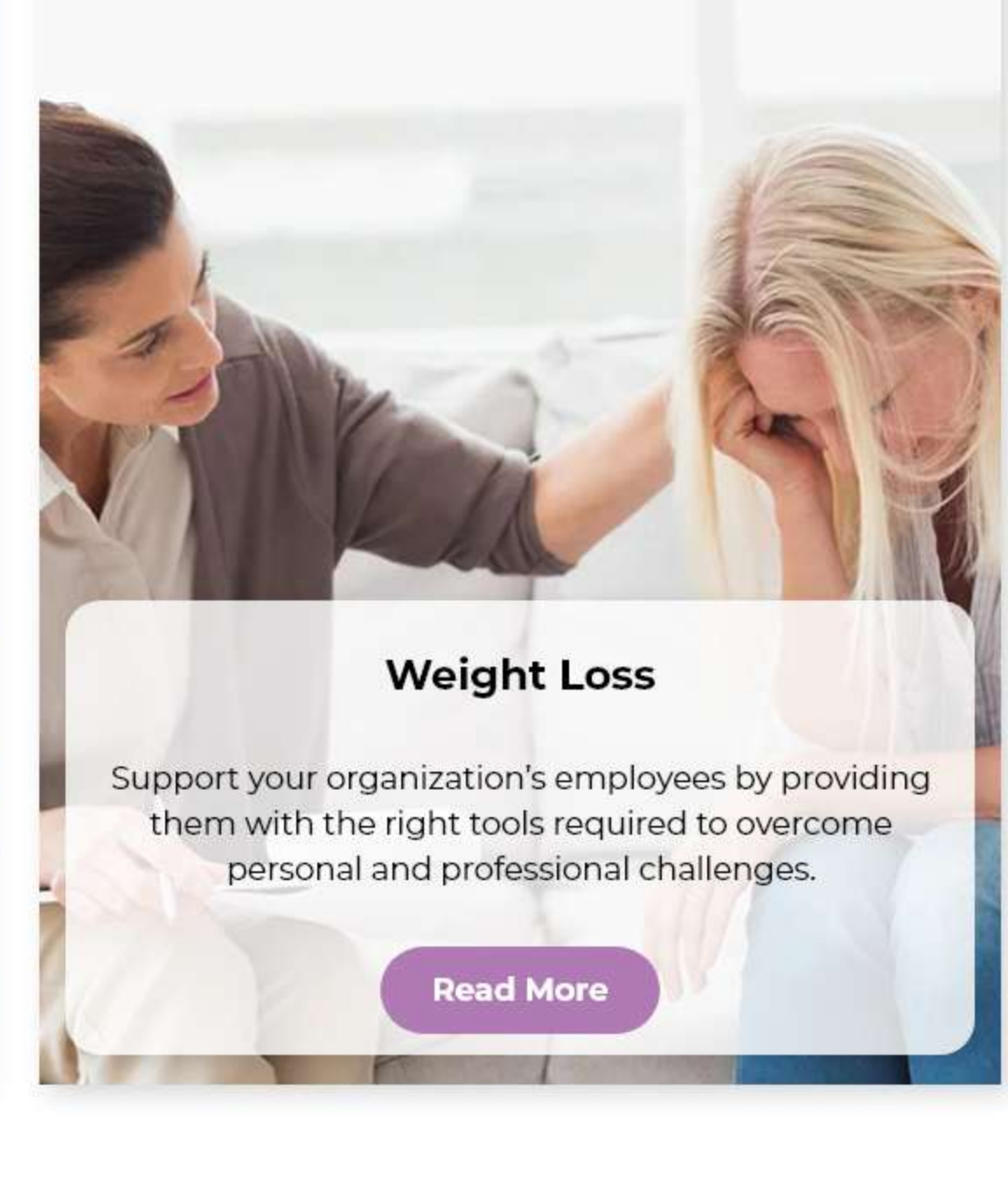
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### IVF and Mental Health (Center of Excellence)

Infertility should not be intimidating or counterproductive to your mental & emotional health. Get compassionate support throughout the journey of IVF by our trained & experienced psychologists.

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### Weight Loss

Support your organization's employees by providing them with the right tools required to overcome personal and professional challenges.

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## Be Your Best Version

Together we are stronger, together we are unbroken, together we can do anything.

### Stress Management

Perspiciatis unde omnis iste natus error sit voluptatem accusantium doloremque dantium, totam rem aperiam, eaque

### Relationship

Perspiciatis unde omnis iste natus error sit voluptatem accusantium doloremque dantium, totam rem aperiam, eaque


### Depression

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### Anxiety

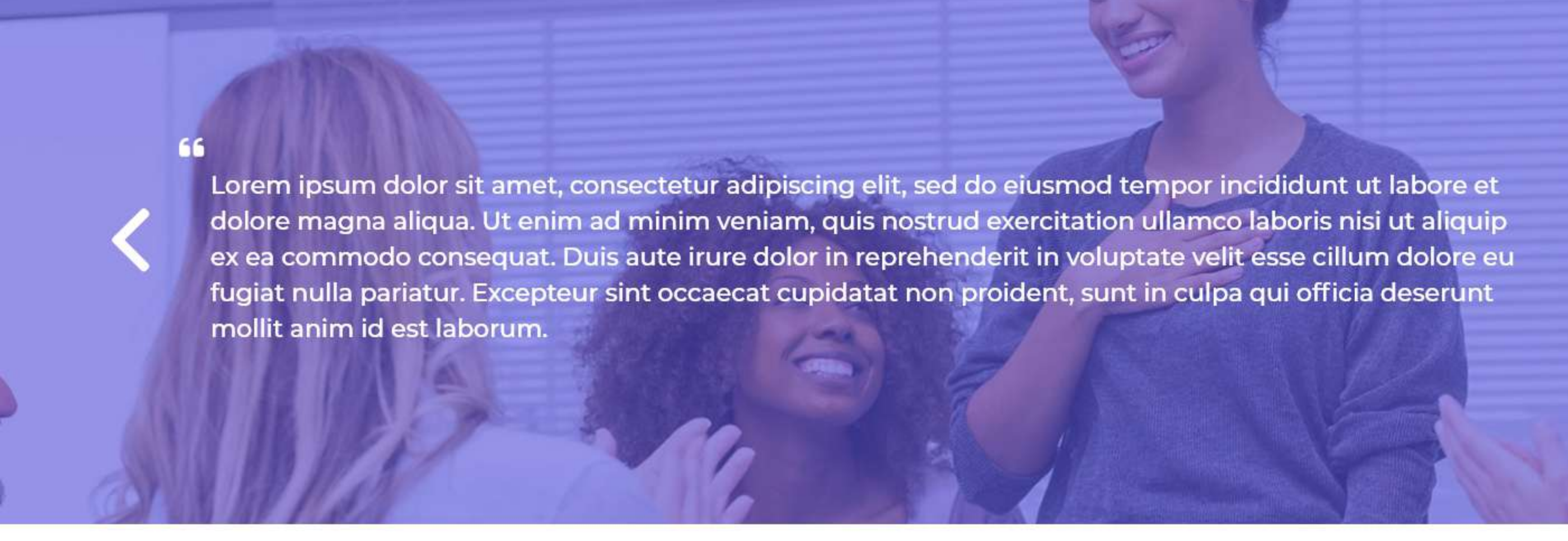
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What People Say About Us




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### SK Kohinur

Psychiatrist



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Work Shops



### 500+

Support Groups




### 100+

Group Counselling




### 200+


Guided Meditation





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### Do You Know Why Do Unhappy Couples Stay Together?


For most people, marriage is an enriching experience. Yet we all know couples that are deeply...

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### Do You Know Why Do Unhappy Couples Stay Together?

For most people, marriage is an enriching experience. Yet we all know couples that are deeply...


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Your psychologist and you will be able to have a mutually convenient time, including weekends

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## OUR EXPERTS

Dr. Prerna Kohli (M.Phil., Ph.D.) Founder MindTribe.in is a Clinical Psychologist, 4 times gold medalist, and the first clinical psychologist to be awarded by the Hon. President of India. She has been a contributor in the area of mental health for over 27 years. Dr. Kohli is a published author, a four-time gold medalist, and an intensive research scholar. She has been an adviser to the National Commission for Protection of Child Rights (NCPCR) and is a member of the Niti Aayog Nutrition Committee. Dr. Kohli works towards helping people to sustain relationships and making their lives more productive, happier, and abounding with inner peace.

Dr. Kohli has also been a member of the POSH committee for the Press Information Bureau of India, a volunteer therapist at Tihar Jail, and a life skills coach at the Gurgaon prison and Aligarh prison. She is ex-Censor Board member of India member.

Dr. Kohli is frequently interviewed on Radio, TV, and Print Media to discuss contemporary Mental Health issues. She has previously worked with the Censor Board of India to give a psychologist's perspective on the media. A prolific writer, Dr. Kohli, is a keynote speaker at World Depression Conferences across the globe. She frequently speaks at corporates such as Google, and leading universities.

Dr. Kohli conducts heart-based workshops and lectures in Schools, Universities, and Corporates on maintaining work-life balance, creating self-awareness, and developing inner peace.

Dr. Kohli received her education at Welham Girls High School, Dehradun and holds a Ph.D. from Aligarh Muslim University, Aligarh where she was a four-time Gold Medalist for excellence in academics.



### DR. PRERNA KOHLI

Expert Clinical Psychologist in India



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Speciality

Psychologist

Degrees

PHD

Certificates & Awards

4-time Gold Medalist



### DR. SHEEMA ALEEM

Expert Clinical Psychologist in India



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Dr. Sheema Aleem is a Professor in the Department of Psychology, Jamia Millia Islamia with more than 20 years of teaching experience. She obtained her MA, M Phil & Ph D from the Aligarh Muslim University, Aligarh. She has been an active member of the university, regularly organising seminars, conferences and workshops, and has more than fifty papers published to her credit in various national and international journals and has authored seven books. She is a member of various national and international professional bodies. Dr. Aleem's special areas of interest are clinical psychology, positive psychology, and health & wellbeing. Dr. Aleem is a passionate counsellor who often volunteers her time to counsel students and families. She also organizes programmes to develop and enhance the personality of the students in the university. She has completed several research projects and is currently engaged in an Indo-Canadian Research Project on Children.

Speciality

Psychologist

Degrees

PHD

Certificates & Awards

4-time Gold Medalist

Monica Bahl, CEO, Beauty & Wellness Sector Skill Council, is a service Professional with 25+ years of experience in leadership roles involving strategic planning, organisation building, P&L management; with 15 years of multi-functional experience in Business Management & Development.

She is a visionary with verifiable year after year progress in achieving growth objectives of the start-up projects & in making the projects successful.

She holds a Master's degree in CRM&E (Community Resource Management & Extension) from Lady Irwin College, Delhi University with distinction & 2nd position in the University. She has extensively worked across India, South East Asia & Gulf Region to establish & operate brands.



### MONICA BAHL

Expert Clinical Psychologist in India



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# BHAVYAKIRTI JHALA

## Our Therapists



**Ms. Bhavyakirti Jhala** is a skilled and qualified psychologist who pursued Bachelors of Arts (Hons.) in Psychology & a Masters of Arts in Clinical Psychology at Pune University. She is a thoughtful, patient-centered Psychologist with experience in hospital and clinical settings, also, passionately committed to working with patients suffering from a broad spectrum of mental issues. She has also volunteered in an emotional wellbeing helpline, encouraging healthy perspectives, problem-solving techniques, self-reflection, management, and unconditional support.

She has attained a diploma in relationship counseling & a certificate in dialectical behavioral therapy. She believes in guiding individuals on a path towards their mental health. She carries extensive active listening and communication skills, giving full attention to clients and taking the time to understand their point of view. She uses critical thinking and complex problem-solving skills demonstrated daily to help determine the best course of action for patient care. She believes that we cannot control how we feel, but can work towards understanding, accepting, managing, and reducing the intensity of that feeling.

She has also pursued a Diploma in Liberal Arts. She is a keen artist and has displayed her artwork in exhibitions. She is also a passionate football player and represented her state at the national level in high school.


Bhavyakirti strongly believes in mental wellbeing and wants to work towards breaking the stereotype and stigma surrounding mental health within the country.

Expertise	Depression, Relationship, Anxiety
Languages	English, Hindi, Tamil
Speciality	Psychologist
Degrees	PHD
Certificates & Awards	4-time Gold Medalist

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## SUPPORT GROUP

A support group is an activity where numerous people from different backgrounds come together as a group to discuss and share common concerns. People who encounter similar issues join the most suitable support group and become members automatically. Being a part of a support group provides people a sense of belonging and community while understanding the concerns of other people. Members of a support group voluntarily share personal experiences without risking judgment, give and receive sympathetic responses, and establish strong social networks. The members of the group also help each other by providing comfort, advice, and reassurance while the group is arbitrated by a professional psychologist.


MindTribe's support groups are a #SafeSpace moderated by a trained and experienced psychologist, and use video conferencing so you can attend the support group from the comfort of your home. To join any of our support groups please send an email to [mindtribecommunity@gmail.com](mailto:mindtribecommunity@gmail.com)



**Anger Management**

How do you know when you have too much anger? Do you determine that for yourself, or do you let other...


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**Anxiety**

Are you overworking? Do you feel like you are constantly moving from one activity to another without a break?


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**Social Media Addiction**

Are you constantly on your mobile phone? Do you feel disturbed when you try to not use social media for a while?


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**Generation Gap**

Do you have issues with your Parents or Grandparents? Are there constant fights with them? These are mostly due...


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**How to love effectively as a woman**

Is it difficult for you to maintain a healthy relationship? Do you and your boyfriend/husband fight a lot?


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**Love from a man's perspective**

While being in a relationship or having ideas about an ideal relationship, you might encounter following type of thoughts:


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**Finding happiness within yourself**

Do you feel constantly unhappy? Does life not bring you joy anymore? Is happiness your one true goal?


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**Raising Happy Toddlers - Support Group**

We all want our children to do well in life & succeed every chance they get. We desire to raise kids who are happy & successful

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**When the Honeymoon ends!**

Whether you have been married for 2 days, 2 weeks, 2 months, or twenty years, sooner or later the honeymoon ends! Then what?

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# ANGER MANAGEMENT

How do you know when you have too much anger? Do you determine that for yourself, or do you let other people make that call? If you’re not physically aggressive — physically hurting other people or poking holes in walls — does that mean you’re not angry? Does it really help to vent, to get things off your chest, or are you better off keeping your mouth shut in order to keep the peace? Can angry people really change or do they have to go through life suffering because that’s just the way they are? And what should you do if you’re on the wrong end of someone else’s anger?

Anger says more about you — your temperament, how you view the world, how balanced your life is, and how easily you forgive others — than it does about other people. You don’t have to be a victim of your own anger — you can choose how you respond when the world doesn’t treat you the way you want it to. You have just as much choice about how you express your anger as you do about what color shirt you wear, what you eat for breakfast, or what time you go jogging this afternoon. You also have a choice about how much of yesterday’s anger you carry into the future and how much anger you are likely to experience tomorrow.

Anger is part of life — no less than memory, happiness, and compassion. No one chooses to be angry. Anger is a reaction that’s built into your nervous system. In fact, anger is one of the first emotions mothers recognize in their newborn infants. So, it’s never too early to start anger management.

No one is exempt from problematic anger. Anger is a very democratic emotion — it causes problems for men and women, kids and the elderly, rich and poor, educated and uneducated, people of all colors and ethnic backgrounds, believers and nonbelievers. Tens of millions of human beings needlessly suffer from toxic anger — anger that literally poisons your life — each and every day of their lives.

Anger is not something that can — or should be — cured. But you have to manage it well — at home, at work, and in your most intimate relationships — if you want to benefit from it.

We, at Mindtribe, are introducing a unique anger management support group which is first of its kind that emphasizes upon the following points:

- Is anger poisoning your life?
- Why confession is better for you than venting?
- How to transform conflicts into challenges?
- How to manage your anger by focusing on the positive?
- Managing your anger in key relationships

The support group will be moderated by a psychologist and is currently free of cost.

Register Here

## ANY THOUGHTS ?

Please share your valuable inputs

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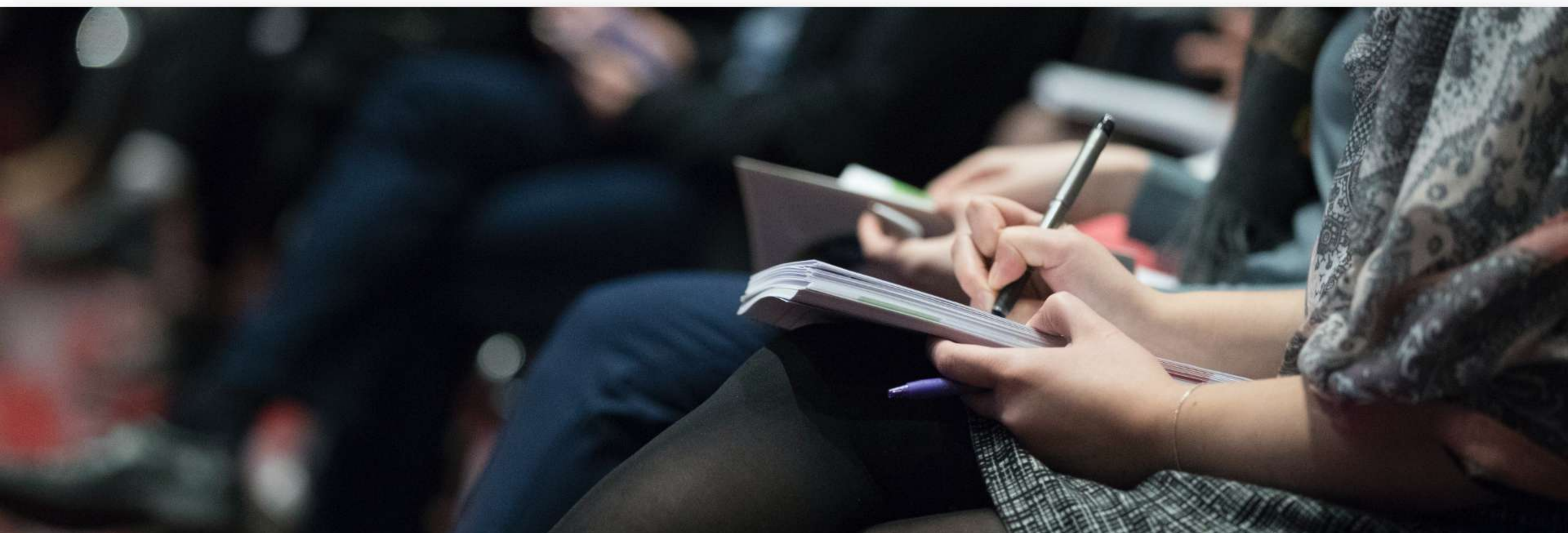
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# CAREER COUNSELING

Choosing a new career is one of the most important tasks for you as it will have a direct impact on your personal and professional life.

Built on the 27+ year expertise of our founder, Dr. Perna Kohli, our proprietary protocols aim to support through all your career journey and provide specific guidance, towards the realisation of the career that you are actually passionate about.



Long term support through affordable 1-1 career counselling, for students, parents and professionals



Tailored assessments for personality, aptitude, interest, values and emotional intelligence to facilitate your career decision



Career library with 300+ career options available at a click of a button



Finding your ikigai



Behavioral skills training (communication, networking, social skills etc.)

Book A Free Session

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Read on what our experts have to say

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- Relationships
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- Relationships
- Job Issues
- Career Growth
- Addiction
- Societal Norms
- Banking Stress
- Child Loss
- Pregnancy Issues
- Neighbourhood
- Childhood



## Making New Friends

Shifting to a new country and starting a life there has its challenges and hurdles. Making new friends is one of those challenges that can be distressing.

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## Adjustment issues in a new country

Living abroad is certainly one of the greatest opportunities to encounter diverse experiences, cultures, lifestyles and growth opportunities.

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## Accessible Mental Health

Unequal world...is what comes to mind when we think or hear of this term? A boy who is not able to go to school because he was wheelchair bound..

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## Language barrier

Language becomes a barrier for migrants and emerging mental health problems.

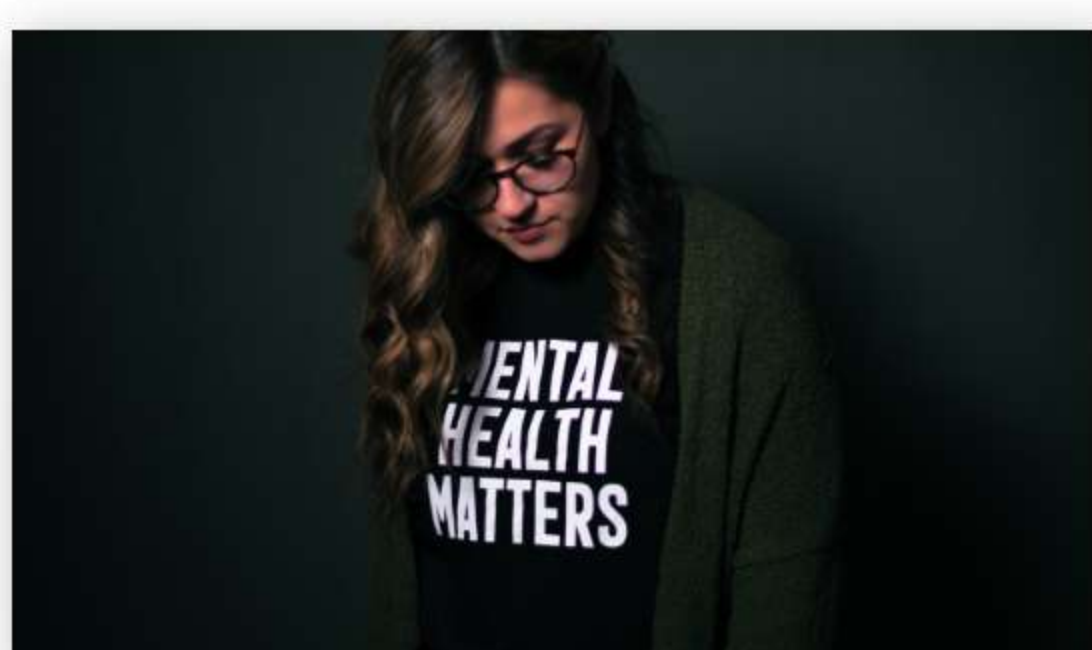
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## Differences in the educational system

The problems faced by Indian students abroad have been rising and differences in the education system is one of the causes.

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## Impact of cultural differences on mental health

Beginning a new life in Australia may become challenging. One of the most common & recurrent issues that Indians experience is cultural differences.

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## The Feeling of Loneliness in a New Culture

Most common side effects of shifting to a new culture is the experience of being alone. Here are some tips to overcome this feeling of solitude.

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## 5 Signs you need career counseling

Choosing a career is the most important choice that you make in your life. Below are the 5 signs that you need career counseling.

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## How to deal with a narcissistic boss

The modern day corporate workplace is brimming with narcissistic people in leadership roles. Safeguard your mental well-being.

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## What to do if your boss doesn't respect you

As humans we all feel the need to be valued by friends, family and even our bosses. Unfortunately, many employees feel disrespected at work.

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## 10 mistakes to avoid while choosing a career

10 mistakes you can avoid while choosing your career. Choosing a profession is perhaps the greatest choice you'll make at any point.

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## How MBTI aids career growth

With multitude of career paths manifesting each day it is very easy to feel lost, to prevent the same one needs a better self understanding

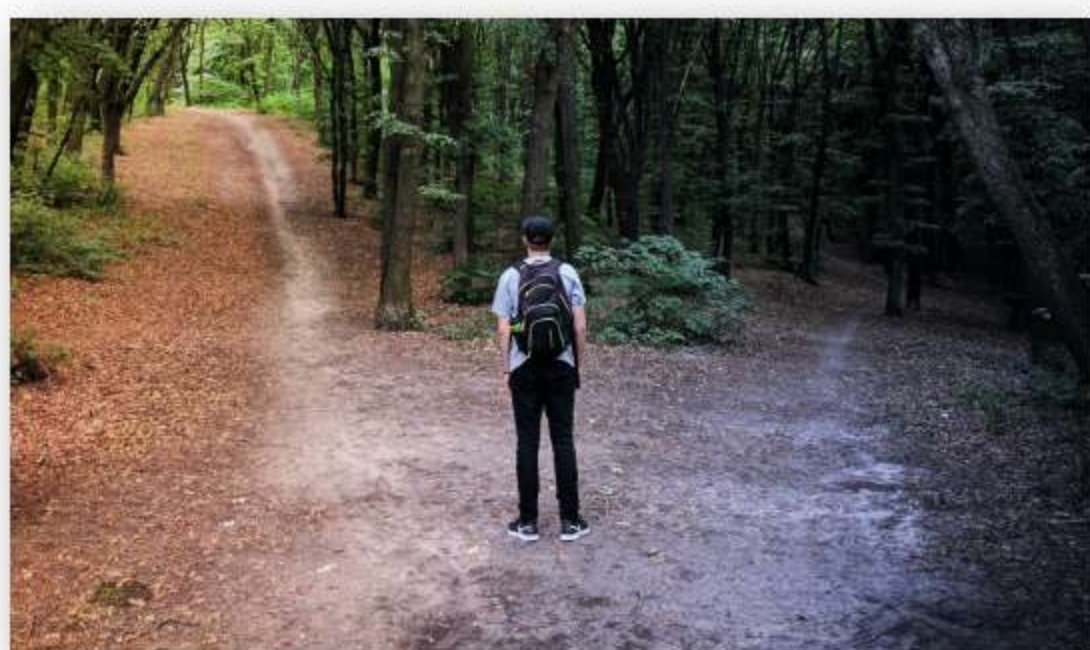
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## Top Ten career Options in science

Choosing a right career is one of the most important aspects of a person's life. A right career choice lead to a more satisfying professional and personal life.

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## Parents career choices vs yours (How to find a middle ground)

There is often a clash of interests between parents and children when it's the time to make critical career decisions.

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## Importance of Career Counseling

School is a crucial time for kids where they are trying to figure out what career path would be best for them

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## Myths and Facts about Career Counseling

Career counselling, as a relatively new aspect added to the educational dimension, is subject to a number of misconceptions about its scope and impact.

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## Challenges faced by career counseling in Indian context

Advancement in global networks and technology has brought about a lot of changes in the career and job market.

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## Importance of Career Counseling in Colleges

An increasing number of students come into college unprepared. This inexperience further highlights the need of qualified counsellors at a college level.

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# ACCESSIBLE MENTAL HEALTH

Unequal world....is what comes to mind when we think or hear of this term? A boy who is not able to go to school because he was wheelchair bound after an unfortunate accident and the school was not wheelchair accessible. How I wish his education was not dependent on his ability to walk.

How I wish, along with a foreign language, my school and university also taught me how to talk to that girl I saw on a train who was hard of hearing. How I wish the idea of audio books and braille was as normal as soft copies and hard copies. Well these are a few ways that our society physically favours so called “able-bodied” individuals.

After facing these blatant dicrimination from society, how do you feel about the internal turmoil that people with different abilities feel? But how much do we care about it? According to studies, rate of depression and suicidal ideation are more in people with disabilities due to the constant stigma, discrimination, isolation, abuse and financial stress. Rates of issues related to mental health are not only high but suicidal ideation is also acceptable in a few cultures. Not enough psychologists in India know sign language to even understand the plea of people who are hard of hearing neither are clinics infrastructurally accessible. There are enough reasons to say that mental health is not equally accessible in this unequal world for people with disabilities. But it's not all dark too, we as a society are trying to make things better. This year India won 19 medals in the Paralympics, and as we know engaging in any sort of activities or sport does have an impact on overall wellbeing. So slowly but surely change is coming.

This year on World Mental Health day, let us all take a pledge on being more accepting and empathetic to people with disabilities

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**Importance of Professional Counseling:** A friend or family member may listen to you, but they aren't professionally, technically qualified or experienced to offer you professional advice. If you wish you can contact us at MindTribe to receive help from our team of expert psychologists.

## About MindTribe.in.

MindTribe Founder Dr. Prerna Kohli, India’s eminent psychologist, established the company to leverage the strength of the online to make counseling affordable and accessible to everyone. MindTribe provides counseling, workshops, support groups, forums, and eLearning.

## About the Author

Drishti Jalan is a psychologist at MindTribe.in. You can learn more about her by clicking here

**Disclaimer:** The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of MindTribe.in, the Founders, or management team.

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