

THE BEAUTIFUL MIND

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Vision -

'Mental health' by definition is an integral part of HEALTH, that also includes physical & social well being. Conventionally, the field of Mental Health is perceived to be limited to Diagnosis & Treatment of Mental illness.

The Beautiful Mind approaches Mental Health more holistically & perceives it at three levels – disorder, distress & development.

The Beautiful Mind strives not only for treating mental disorders by pharmacological means, but also counseling & psycho-education. The Beautiful Mind believes that if people are trained to manage their distress, they themselves can work for prevention of disorders. Appropriate developmental inputs at every stage of transition in life cycle at individual & community level is important, to create a healthy individual, family & society. Through the medium of The Beautiful Mind Dr. Sukhada has started an initiative to strengthen mental health at all levels. She uses her clinical acumen in discussing & treating disorders in her capacity as a Consultant Psychiatrist. She applies REBT in her counseling sessions with individuals & families, especially reaching out to children, adolescents & their parents. She has added a group/community approach to her counseling process by developing numerous workshops on various themes such as Effective parenting, Stress management & many more.

Dr. Sukhada also uses her talent as a communicator in different social settings such as schools, voluntary organization & Industrial houses.

The Beautiful Mind is a platform created by her to strive for de-stigmatization of mental health. Following the footsteps of her mentor, Dr. AnandNadkarni (consultant Psychiatrist), who has been working for the society to achieve this goal over the last 3 decades, Dr. Sukhada is not only extending his work, but adding new dimensions to it.