



"Unlock the power of your mind; a positive outlook is the key to resilience and well-being."

Peaceful Mind Foundation (PMF) is a global organization registered with the United Nations (U.N.) Global Compact and, based in New Delhi, India. The foundation is present in many parts across the world, embarking its vision i.e.,

“To make psychology a household term, peace, and well-being and Culture”

OUR INITIATIVES:

1. Global Youth Mental Health Forum
2. World Leaders for Mental Health
3. PMF Mentors
4. Fight Against Covid-19
5. Peaceful Mind Foundation Fellowship & Goodwill Ambassador
6. Global Academy of Psychological Sciences
7. Stress Management & Counseling Centre
8. Open Mic: Stress Buster with Pals
9. Special Counselling Unit for Afghanistan

GLOBAL YOUTH MENTAL HEALTH FORUM



THE GLOBAL YOUTH MENTAL HEALTH FORUM

(GYMHF) IS A GLOBAL PLATFORM POWERED BY PEACFUL MIND FOUNDATION, BASED IN NEW DELHI, INDIA. INITIATED IN 2018 BY PMF AS "YOUTH FORUM", ITS MISSION IS CITED AS "BETTER MINDSCAPE FOR BETTER TOMORROW". THE FORUM WILL FOCUS ON YOUTH PSYCHOLOGY, CHILD PSYCHOLOGY AND CHILD MENTAL HEALTH AMALGAMATING YOUTHS, YOUTH ACTIVISTS, NGO'S, PSYCHOLOGISTS FROM ACROSS NATIONS.

THE ORGANIZATION ALSO PLANS TO CONVENE A YEARLY MEETING IN LOCATIONS ACROSS AFRICA, ASIA, AND THE MIDDLE EAST, WITH ALL ITS REGIONAL DIRECTORS AND ADVISORS. BESIDE MEETINGS, THE FOUNDATION WILL PRODUCE YOUTH ACTIVISTS IN PSYCHOLOGICAL FIRST AID AND WILL ENGAGE ITS MEMBERS IN SPECIFIC INITIATIVES.



WORLD LEADERS FOR MENTAL HEALTH



MISSION AND VISION

- Create a platform for world leaders to collectivize and present coherent arguments in favor of mental health reforms.
- Maintain a registry of world leaders with their signature which can be accessed by individuals across the world.
- Conduct events & awareness campaigns along with the assistance of offices of leaders globally.
- Partner with other global organizations with similar objectives. (e.g. Global Council for Mental Health [WHO])
- Facilitate conversations of world leaders with renowned mental health experts and/or practitioners, to assist in developing recommendations for mental health policy.
- Drive policy change in the space of mental health, worldwide.



Conversation with the members of the
World Leaders of Mental Health.

PMF MENTORS

- AS WE EMERGE INTO A TRANSFORMATIONAL NEW WORLD, WHICH WILL BE ABUNDANT WITH NEW POSSIBILITIES AND OPPORTUNITIES, IT IS ESSENTIAL THAT PEOPLE TRANSFORM THEIR MINDSETS AND THINKING.

- PEACFUL MIND MENTORS RECOGNIZES THE IMPORTANCE OF TRANSFORMATION AND ADAPTABILITY. OUR MENTORS ARE THE DRIVERS OF CONVERSATIONS WHICH WILL ENABLE EVERY LISTENER TO STEP FORWARD INTO THIS NEW FUTURE WITH CONFIDENCE, KNOWLEDGE, AND WITH A HEALTHY STATE OF MIND.



PEACFUL MIND MENTORS
Conversations for Transformations

Peacful Mind Foundation

Women in Leadership and Mental Well-being

with
Hon. Dr Patricia Kaliati

5 pm IST
4 March 2023

A fruitful session with one of PMF Mentors

FIGHT AGAINST COVID-19

- Covid-19 and the necessary restrictions to decrease the impact of the virus has had a negative impact on people's mental health.
- The aim is to provide people with resources so that they can help themselves cope.
- Organized emergency counselling service for frontline warriors going through Covid anxiety.



The India Saga

The India Saga > SAGA CORNER > Peacfulmind foundation provided fra...

• SAGA CORNER

Peacfulmind foundation provided free counselling sessions amid the second wave

Shagun Sharma No Comment

posted on Jun, 04, 2021 at 7:36 am



PEACFUL MIND FOUNDATION FELLOWSHIP

PEACFUL MIND FOUNDATION FELLOWSHIP PROGRAM WHEREIN WE WILL BE AWARDING #FELLOWS TO INDIVIDUALS WORKING IN THE AREA OF MENTAL HEALTH AWARENESS OR MENTAL HEALTHCARE AS CLINICAL PRACTICE.

- There is no as such eligibility criteria for applying (the individual should have an impact on society ultimately leading to happiness and well-being).
- Self-nominations are accepted.
- Individual and organization would be given free tutorial for the psychological First aid program under Global Youth Mental Health Forum and others



GLOBAL ACADEMY OF PSYCHOLOGICAL SCIENCES

OUR MISSION IS TO OFFER THE FINEST PSYCHOLOGICAL SERVICES, TRAINING, AND RESEARCH IN MENTAL HEALTH.



THE FOLLOWING COURSES ARE PROVIDED BY G.A.P.S

1. Handwriting Analysis and Grapho Cybernetics & Personality Analysis

2. Diploma in Advance Applied Psychology

3. Certificate in Thematic Apperception Test



Students taking online class

PMF FREE STRESS MANAGEMENT CENTRE



- In today's stressful environment, we need someone who listens to us without any judgement and makes us understand who we are and our abilities. Recently in Civic Centre, a Free Stress Management centre was initiated celebrating the occasion of WORLD HEALTH MENTAL DAY i.e. 10th october,2019 by North Municipal Corporation of Delhi in collaboration with Peacefulmind Foundation.

- The basic idea behind opening this is to provide happy environment to employees and creating a stress free environment, so that their work efficiency would increased.



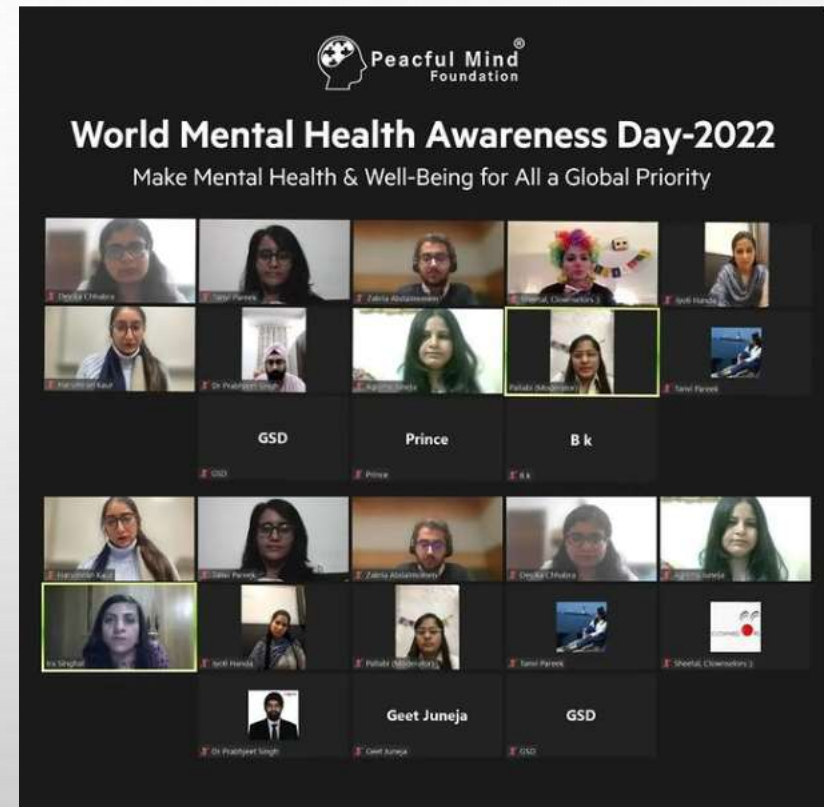
OPEN MIC: A STRESS BUSTER WITH PALS



open mic
A stress buster with Pals



AIMS AND OBJECTIVES :

- WE ALL FACE STRESS AND NEED TO SPEAK OUT OUR WORRIES, OUR BOTHERATION, OUR WEAKNESSES AND SOMETIMES JUST WANT TO TALK. BUT EVEN THEN WE DO AND SOMETIMES CAN'T TALK OR SHARE ALSO DON'T GET SOLUTIONS EVEN BY TRYING.
- PEACFULMIND FOUNDATION INITIATES THIS SMALL PROGRAM TO HELP YOU VENTILATE OUR, SPEAK OUT, TALK OUT WITHOUT ANY HESITATION AND WITHOUT FEAR OF BEING JUDGED.
- THE STRESS BUSTER OPEN MIC ALLOWS NOT ONLY TO SHARE YOUR OWN THOUGHTS AND WORRIES BUT ALSO BE A PART IN HELPING THE OTHER TO FIND SOLUTION AND RELAX TO ATTAIN THE PEACE OF MIND.



SPECIAL COUNSELING UNIT FOR AFGHANISTAN

- Peacefulmind Foundation is all set to provide psychological aid and special counselling to Afghans in or outside the country.



**SPECIAL COUNSELLING UNIT
FOR AFGHAN PEOPLE**

**FOR ANY EMOTIONAL WELL-BEING SUPPORT
OR STRESS MANAGEMENT**
PLEASE CONTACT 📞:

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A picture showing struggle of Afghan People
Source : Google

BOARD ADVISORS :

- **Ms. Ira Singhal**
(Indian Administrative Service)
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(Former Ambassador of Grenada to China)
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(Co-Founder, Ayanay Psychological Accreditation)
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(Former Vice President Gambia)
- **H.E. Amb. Prof. Muhammadou M.O.KAH**
(Ambassador of The Gambia to Switzerland and Perm. Rep. to the UNOG, WTO and other International organisations in Switzerland)



Mattias worked with his father's landscaping business from the age of 12 before accepting a role in the Provincial Government of Ontario, Canada, during the Coronavirus Pandemic. Mattias was given the opportunity to hear from thousands of everyday Canadians about how the pandemic had affected them, and their mental health.

Since that time, Mattias has become an avid community activist with a keen focus on tackling mental health. He has volunteered with numerous not-for-profits such as Uplift Ontario, Trek for Teens, Hope Sisters, as well as running as the Youngest Canadian Conservative Member of Parliament Candidate. Mattias has most recently finished his studies at King's University College in the King's Scholar program.

He is young, passionate, and prudent. He is excited to take part in the global fight for mental wellness and equity across the globe.


Director for Canada Peaceful Mind Foundation

OUR FEW COLLABORATIONS :



And more on website...

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The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text 'THANK-YOU' is centered in a bold, black, serif font.

THANK-YOU