

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

Peacful 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. Peacful 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

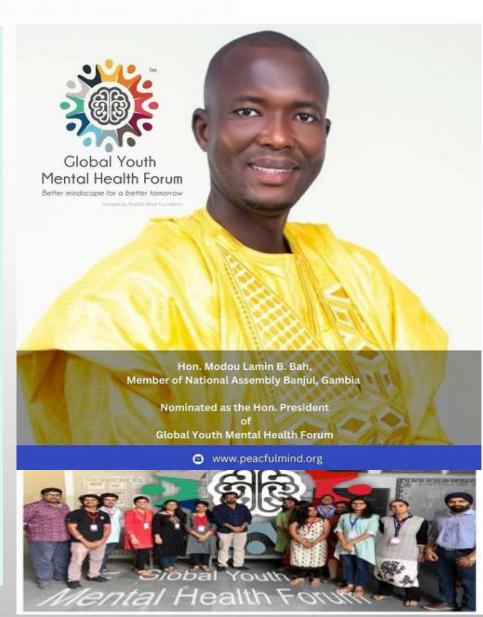
GLOBAL YOUTH MENTAL HEALTH FORUM



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.







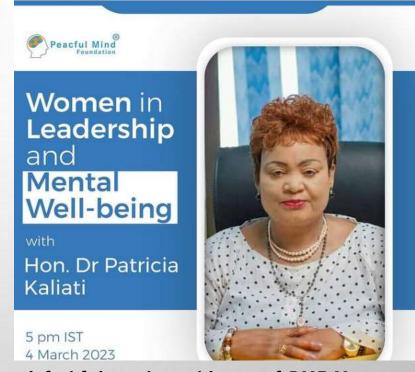


Conversation with the members of the World Leaders of Mental Health.

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.





A fruitful session with one of PMF Mentors



- 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 > Peoclulmind foundation provided fre.

SAGA CORNER

Peacfulmind foundation provided free counselling sessions amid the second wave

Shagun Sharma O 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

 Handwriting Analysis and Grapho Cybernetics & Personality Analysis

2. Diploma in Advance Applied Psychology

3. Certificate in ThematicApperception 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 Peacfulmind 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

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

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





A picture showing struggle of Afghan People Source : Google

BOARD ADVISORS:

- Ms. Ira Singhal
- (Indian Administrative Service)
- **Dr. Adrian Low** (President, Hongkong Association Of Psychology)
- Hon. Denis Godwin Antoine (Former Ambassador of Grenada to China)
- Mr. Dave Sleet (Co-Founder, Ayanay Psychological Accereditation)
- H.E. Isatou Touray (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)

PMF IN MEDIA:

मुफ्त तनाव प्रबंधन क्लीनिक एवं परामर्श केंद्र शुरू

नई दिल्ली (एसएनबी) । उत्तरी दिल्ली गगर अय प्रकाश, आयुक्त वर्षा नोशी, अति. आयुक्त निगम (एनडीएमसी) द्वारा बहरपतिबार को विश्व मात्रसिक स्थारक्य दिवस के अवसर पर निगम मुखवालय में निःशल्क तनाव प्रबंधन क्लीनिक और परामर्श केंद्र का शुभारंभ किया गया। केंद्र का उद्यादन महापीर अवतार सिंह ने निगम के मुख्यालय डॉ. श्यामा प्रसाद मुखर्जी सिविक सेंटर के प्रथम तल, ई-ब्लॉक में किया। इस अवसर पर उत्तरी दिल्ली के महापौर अवतार सिंह, मुराद उद्योग (युएई) के मुख्य वजता दल-अल- मुराद, भारतीय शासन एवं नेतृत्व संस्थान के कार्यकारी किल्लाम प्रयोग शास्त्री स्थायी समिति के अध्यक्ष

(अभियात्रिको) संदीप जैक्स, अति, आयुक्त (मुख्यालय) आरएस मीणा, अति, आयुक्त (राजस्व) नैना सोर्च कपील, निदेशक समुदाय सेवा विभाग ईरा सिंघल, पीसफुल माईड फाउंडेशन के संस्थापक नाभित कपूर और उत्तरी व दक्षिणी विल्ली नगर निगम व आयकर विभाग के अधिकारी व कर्मचारी उपस्थित थे। दल-उल-मुराद ने इस अवसर पर कहा कि जब भी हम मानसिक स्वास्थ्य कि बात करते हैं तो लोगों के मन में एक डर का चाव आता है कि दूसरे लोग क्या कहेंगे, यह एक चिंता का विषय है।

11 OCTOBER 2019

उत्तरी निगम ने शुरू किया नि:शुल्क तनाव प्रबंधन विलनिक

The state of the s

वीर अर्जन

दिल्ली नगर निगम ने शुरू किया नि:शुल्क तनाव प्रवंधन क्लीनिक एवं परामर्श केंद्र

विश्वक त्यार व्यक्त और व्यक्त कर क प्रकार दिश्वक त्यार कि और क्यार कर will be the ser in W. 380 Red W west for the mantet den

from the partners of service with

time me from a . If wider stress on the lend

more from a severe a west to year our far on 1974, a course our tree NAME OF REAL PROPERTY AND POST OF THE PARTY AND POST OF THE PARTY. an nem i pet tind ver grant it fin an pet tod, den i es wer bi at an ent fam I mitefre in berge. Atte ? in qui abe ant mile. pe was for form as eather fromt. In special sales of definers after our from an investigation of the contract given non were \$ 40 marting and sent tree on sense & all 2 marts. A AUCTUA A PRINCES OF MAIL OF AREA OF ARE THE WAY OF THE PART OF T

faction were potent metidon wire extent that it needle parent flag story it movelle taxes gar. what any air manifestation self. It we not self all an wife of

तनाव प्रवधनः क्लीनिक सुरू 🗸

of Bull out that we Service Robe, Nr. amely 4 HE SHIPS A PLANT MESS DO. WHEN MAY, WH men total an er qui THE RESERVE WE TITLES NO. articular production of and all organization HARRY SHEEK ARE W we whent y est refree to week when Self-te Committee of Self-to THE RESIDENCE OF STREET, ST. group to feet on a fred whoese or fr

विशद वेभव

oto Alburi en the plant of sec specima engli mit bit i ogler to

20 Nov. (2)

11 OCTOBER 2019

TIMES OF INDIA

Mental health clinic opened at municipal HQ

नवभारत टाइस्स

विदिक्त सीहर में तमाब दूर करने व्याम किस्मित



नियम मुख्यात्व में शुरू हुआ प्रसम्म केंद्र me of fast. Not write other in the opposited \$1.

NAME AND ADDRESS OF THE OWNER OF THE PARTY OF

is not the firefficient of contribution contribution in the contribution of the contribution we stall the Processes and stall . Surprised to calculated the origin of with whitee A right one properties the discussion

THE HINDU

starts stress management clinic for staff

State Brack

PIONEER

COMPRESSION OF STREET

सभाव प्रवधन समीनिक व वसमार्थ केंद्र का हुउन शुमारेम

of the Vent Sale and Sale on the Edisper sens sens bedreg all: novel 815 % ment has no frage part after without the to species all most contract before the to कर्त क्षेत्रके आहि को स्थान ने क्ष्र करने की अन्त क कर्त कुर कर के जिल्लाक का करने किसी की अन्त क nes unprefere person il prefere di son personalitica in unadoti se uni di co-è colora nicone se dire con costi di cali pref man may form in such compacting it was not the manufaction that have it come if on only if all time of 12 to 10 to 20 and 100 fined on the Emphasis is the 10 larger time party within all more than its very the \$1, and we solutions and our person of the rename to the No to 40 to 40 feet water In MEAN PROPERTY AND A SECOND PORTION AND ADDRESS. Ein gebilder wit with vie sie Tree in feen bi

नवोदम टाइम्स



Agency of the Art About will be an account to not and promotely assert for a are-

मानसिक तनाव जैसी बीमारियों के लिए खोला गया काउसिलिंग केंद्र

and time to the per Eradish tel gy thips were named in me have withdra six wright feet NECESTA INCIDENT final and brook schafted NAME AND ADDRESS OF THE OWNER.

west & se 4 pers from ment offered the friend street of each street and state and profession and the first of the second special profession and the second special relieve all mostline con it sees. On I note and when wall take alter field meril influen son & cord-

देशवध

विश्वास्त तमाव प्रशंतम् विश्वविक की सुरुआत 🖓



Married Street & sent or tens A Property of Street Street, she onesi ku IN SPECIAL PROPERTY.

STREET, ST. SEC. stress agent super this ger frein is spring of least part your fishes. ter & new for place of fem men go were to sen took a week. part the way not got been RUS . OF ME BUT MENT DEP state state on age stone with nell's client from any fees, a per

राष्ट्रीय सहारा

मुक्त तनाव प्रवधन क्लीनिक एवं परायशे केंद्र शह

of land country in the first on many open or the street

makes bear than & work in the opposite come the last steps segment of Region and posts and he could be out when block topic of most fit at specia first training. Our flows the finance empty, note or repair work over the 2 feet it. Author is more after my ofe and spaces of earn percent and follow the service for the first on few a proof from A post of a specific separation is about a world prime to the on and good & such come for your specifies some or on \$1 and \$2 and \$2 and \$3 and regard with south worth which is come on and or on the or then for

IBNDESTAN TIMES

North Delhi agency starts free stress clinic

wholes I trace I form them to the public to

on their devery on the siles of her wit have all me the with her all me the training of the training training to the training of the training of the training traini

manufacture dependent with the spring is being a subspice of the control of the subspice of th







Since that time, Mattias has become an avid community activist with a been focus on tacking mental health. He has volunteered with parent our not-fur provides such as Ugitt Cenaries. Trick for Teers. Hope Sisters, as well as earning as the Youngest Canadian Commercation Member of Parliament Candidato, Mattias has most recently finished his studies at King. University College in the Yong's Scholar program.

He is young, possionate, and prudent. He is neclted to take part in the global fight for receival wellness and equality access the globa.



OUR FEW COLLABORATIONS:



















CONTACT US:

Email: info@peacfulmind.org

Phone: +91 9205377639, +91 9205366506

Address: 1. 149, Sukhdev Vihar, New Delhi-110025

2. 2A, Begumpur, Shivalik Road, Malviya Nagar, New Delhi-110017

THANK-YOU