



MIND MASTER
COUNSELLORS PVT. LTD.

MIND MASTER COUNSELLORS PVT. LTD.

Vasudha Deshpande - Korde
M.A. (Clinical Psychology), M.Sc. (Cr. Psychology) UK,
MBA (HR) UK & Remedial Trainer

Pune : 10, Padmakunj, Opp. Sugandha Lawns, Bibwewadi, Pune. Cell : 922 550 5369.
E-mail : vasudha@mindmastercounselors.com | vasudhavijaydeshpande4@gmail.com
Reg. Address : Deshpande Hospital Compound, 1525, Near Kothala Stand,
King Gate, Ahmednagar - 414 001.

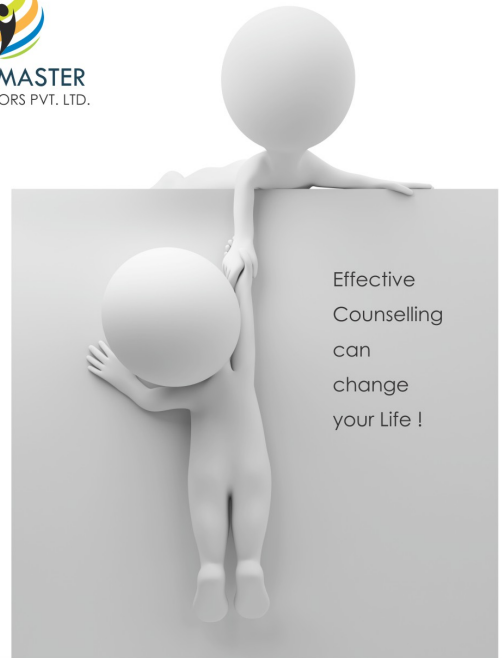
www.mindmastercounselors.com | TOLL FREE NO. : 1800 233 6480



Deshpande@Mind.com



MIND MASTER
COUNSELLORS PVT. LTD.



Effective
Counselling
can
change
your Life !

Psychiatrist

Vasudha Deshpande - Korde
Director



Vasudha Deshpande is a clinical psychologist and psychotherapist. After post-graduation in clinical psychology, she persuaded her higher studies in psychology at Middlesex University, London (UK). She has achieved Masters in Business Administration as well. With a dream to assist children who are lagging behind in studies, she worked as a remedial educator. She believes, "Every child is intelligent and success lies in understanding their intelligence".

While working as a counselor and remedial trainer, she realized that Psychology is a science which can change your attitude towards life. It can make you a better person. Each one of us needs to apply it in our everyday life. It can make your life happy; who are already happy with their lives can be happier with the help of a psychologist. On the basis of this thought, Mind Master Counsellors Pvt. Ltd. is established.

We believe that each one of us has an innate capacity to deal with his problems. Counselling is the process where we make you understand your capacities and solutions you already have. Hence, counselling is aimed at developing positive coping skills which will lead you towards happier states of life and we are committed for that.



Let's fulfil your Life with
Joy, Energy & Confidence...



Counselling & Therapies -

Academic & Scholastic Performance

In modern competitive world scholastic and academic performance is important. Low grades in schools always generate anxiety and distress in the minds of parents and children. This in turn can have a negative impact on the emotional and social functioning of the child. Hence, learning problem is an issue of concern not only for students, but also for parents. Low graders are always labeled as dumb or lazy. Actually, they are not. Sometimes they have some phobia in speaking and formulating sentences. Sometimes they don't remember what they learn. Sometimes they need a different way of teaching. Here, guidance on study skills will help you. Study skills, tips enable you to study and learn efficiently. Study skills are equally important for high scorers. In addition to this help regarding examination anxiety, school phobia, measures to improve attention and concentration are also very important.

Career Guidance & counseling

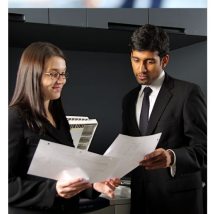
"Choose a job you love, and you will never have to work a day in your life." Confucius. This quote makes a lot of sense in our day to day life. Career counseling is a process which helps you to choose the right profession. It helps you in exploring your interests, aptitude and personality, which in turn helps in gaining satisfaction in your life. The right time for career counseling is after 10th or 12th Standard. However, persons who are not satisfied with their jobs and are looking for a career change can also seek such guidance. Mind Master is offering you a helping hand for this after performing proper standardized tests.

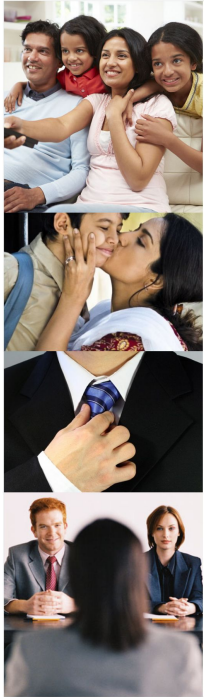
Communication Skills

"Communication - the human connection - is the key to personal and career success." - Paul J. Meyer
Communication is exchange of information from one person to another person. This can be vocal, written or even non-verbal (i.e. Body language, gestures, etc.). Communication is not only conveying the information you have but also realizing what others are saying. An Effective communication is a life skill that all of us need. It is helpful in our professional as well as personal life. With efficient communication skills we can build a successful life.

Confidence Building

Self-confidence is the key to become successful in life. Confidence comes from feelings of comfort, acceptance of your body and mind and belief in your own ability, skills and experience. It is rightly said, "**Believe yourself and you are half-way done**". Confident people stimulate confidence in others. Gaining the confidence of others is one of the fundamental ways in which a self-confident person finds success. Yet, so many people find it difficult to be confident. Confidence can be attained with little alteration in thinking and behavior. What's more important, it is well-worth taking efforts to gain self-confidence! As Ann Nwakama Quotes, "**Confidence is your best accessory, never leave home without it.**"





Parents' Guidance and Counseling

"Parenting is the highest paid jobs in the world, as the payment involves pure love." Becoming a parent involves a lot of patience, determination and sense of responsibility. Though, this is a nice experience, it always produces a lot of stress. For children their parents are God. They imitate each and every behavior of their parents. Now days parents are aware of this fact. Hence, they are becoming more alert about their children's behavior. They read articles about child development, they think over developmental issues. Sometimes, the knowledge they acquire is not enough and it generates confusion. Parents are confused about teaching their little ones to behave properly, to study properly, whether to punish them or to reward and also about how one should behave in front of a child. Sometimes parents are over-obsessed about child's success in life. This in turn produces anxiety in children. It also has negative impact on parent-child relationship. Mindmaster Counsellors Pvt. Ltd. is place where parents get proper guidance on all the parenting issues. We offer help to would be parents also.

Interview Preparation

An interview is a conversation between two or more people where questions are asked by the interviewer to obtain facts or opinions from the interviewee. How you present yourself is an important part of an interview. Presenting yourself and being judged by someone can make you anxious. Therefore, facing an interview has been always a stressful situation for many people. In interviews, anxieties can make you forget to do simple things. This can result in being judged incorrectly. The interview skills can be developed at 'Mind Master'.

Relationship Management

"Relationships give us a reason to live". Relationships play a vital role in our life. All of us need to manage relationships in one field or another. It can be business relations or personal relations. In a relationship all the parties require to accept and respect each other. A relationship without conflicts is rare, but it can be managed by applying certain techniques to have win-win situation.

Corporate Training

India is one of the fastest growing economies. Still for standing amongst competitors, there is a long way to go. Companies, therefore, need to train their human resources to increase productivity. We, at Mind Master, are providing help to companies regarding corporate training. The training may include conflict Management, time management, organizational relationship management or topics as per client's requirements.

Health and Happiness Management

"Happiness is not a destination, but a journey."
We cannot set "Being Happy" as our goal of life, whereas we can try to be happy in any situation. Moreover, happiness is the key to healthy life. Living a stress free life is next to impossible, but managing stress is always possible. With the help of a counselor you can learn to manage your stress and can live your life to the fullest. Similarly, there are other issues like inferiority complex, worries about one's life, etc. Sharing this with 'Mind Master' will help you to deal with it effectively.
Your journey towards a happy life can begin with us.





Behavior Management

Behavior is anything a person does. In this sense, it is a mirror of your thoughts and attitudes. Behavior issues in children can always cause stress and anxiety. If they left untreated, they might face problems as adults. Adults with behavioral issues often have problems in jobs as well as in relationships. Behavior management is a set of skills which allows us to behave in personally fulfilling as well as socially acceptable ways. It is maintaining the particular order of behavior. Behavior management is utmost important in our day to day life, from schools to workplaces and also at homes.



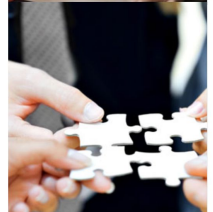
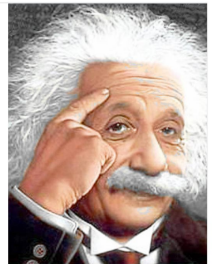
Restoring Memory

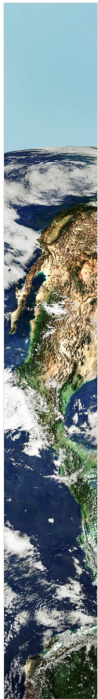
We help in restoring memory in case if it is lost. The memory may be lost as a result of old age, injuries, illnesses as well as emotional problems. This is a difficulty for relatives and family members. With the help of 'Mind Master' we can overcome this problem. This restoring memory is done with absolute scientific methods.



Available Tests at 'Mind Master'

- ▶ IQ Test
- ▶ Aptitude Test
- ▶ Interest Test
- ▶ Personality Test
- ▶ Learning Disability Tests
(Dyslexia, Dysgraphia, Dyscalculia, ADHD.)
- ▶ WRAT Test (to Judge the Scholastic Grades)
- ▶ Projective Test (for diagnosing emotional Problems)
- ▶ Tests for Diagnosing Anxiety and Depression
- ▶ Cognitive Development Tests





Mind Master Counsellors Pvt. Ltd. Vision and Mission

Mind Master Counsellors Pvt. Ltd. is a counselling and assessment center, where your mental blocks are turned into building blocks. Today, each one of us wants to achieve so many things in our life, money, status, success, etc. As a result, we all are going through stress. We can say that stress is a by product of development, though it should not be, but it is ! Hence, each one of us needs to learn strategies to cope up with life. Mind Master is the place where each and every perspective of life will be explored and enriched.

Sometimes, we are confused and in dilemma. At this stage we need a philosopher or guide. We are the one, who is going to take a decision and for that what we need is confidence. **At this point, Mind Master will be there to make you confident.** Sometimes, we need someone to whom we can talk to, with whom we can share our thoughts and emotions. We need a friend or a friendly personality. We need someone who is non-judgmental, trustworthy and empathetic. Mind Master is a place, where you can share your thoughts, emotions and problems. We are there to help you with a non-judgmental and empathetic attitude.

At Mind Master, we wish to offer a helping hand to students to improve their scholastic performance. We aspire to help elderly people in dealing with emotional and psychological issues. We intend to offer help regarding relationship management, behavior management, confidence building, interview preparation, career decisions as well. **In short, we wish to be a center where each and every member of the family (from a child to an elderly) would be assisted for their emotional and psychological issues. We want to be 'friend, philosopher and guide' of the family.**



Let's see the world with beautiful mind...