



**HEART MIND CONSULTANCY PVT. LTD.**

# Annual Report

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2024

**Sudip Ghimire, Director**

12/31/2024



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Heart-Mind Consultancy (HMC) Report: 2024

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## Background

Heart-Mind Consultancy Private Limited is established in Pokhara Metropolitan city- 7 on March 1st, 2024, under section 5 (1) of the Companies Act, 2006. It focuses on offering psychosocial and mental health services, along with providing short and long-term training programs and conducting research.

**Vision:** Promotion of psychosocial and mental health wellbeing for all.

**Mission:** To advance psychosocial and mental health well-being for all individuals through comprehensive promotion and support initiatives.

**Goal:** Our goal is to cultivate an environment where psychosocial and mental health's are prioritized, ensuring access to resources, education, and support services that empower individuals to thrive emotionally and psychologically.

### What do we do and for whom?

- Provide psychological counseling services for people with various types of psychosocial and mental health concerns.
- Lead and facilitate long and short term capacity building trainings on psychosocial and mental health areas.
- Engage in research within the realm of psychosocial and Mental Health.
- Provide mental health treatment support
- Improve understanding of mental health and psychosocial aspects in alignment with contemporary advancements and current times.

### For whom?

We collaborate with individuals experiencing psychosocial and mental health challenges, as well as their families, college students, community key people etc.

## What are our major task and services?

- Individual/family counseling (Home Based Care if require)
- Mental health treatment and refer for rehabilitation care
- Facilitate 780 hours training course on psychosocial counseling (approved course from National Health Training Centre-NHTC)
- Few hours training sessions on stress management, anger management, self-care, parenting care, and motivational sessions.
- Research- scientific studies

## Our Team

Executive Body	Technical Team
Bhagawati Poudel (Chairperson) Sudip Ghimire (Member) Sheela Adhikari (member) Ushana Neupaney (Member) Binod Adhikari (member) Bal Krishna Sharma (member)	Sudip Ghimire, Director Sabitra Sharma, Psychologist/Psychiatrist Nurse (Physical-Training Facilitator) Bijaya Rai, Psychologist (Online-Training Facilitator) Arpan Adhikari (Technical Assistant/volunteer)
Advisory Team	2-Counselors/Psychologist 2- Nurses 1-Psychatrist  On call basis
Dr. Chandra Kala Ghimire, (Head of Buddhism Department, TU) Gum Prasad Gurung (Social Worker) Damodar Neupaney, Journalist Dr. Ravi Raj Timasina	

## Approval Process in 2024

- 1) Heart-Mind consultancy Pvt. Ltd. formally began its registration process on the auspicious occasion of Democracy Day, Falgun 7, 2080 BS (February 19, 2024). The organization was officially registered with the Office of the Company Registrar on Falgun 17, 2080 BS (March 1, 2024)

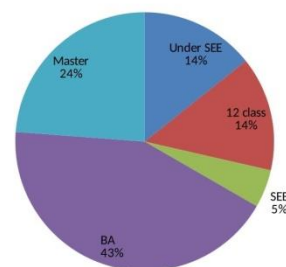
- 2) The Permanent Account Number (PAN) was obtained from the Internal Revenue Office on Chaitra 19, 2080 BS (April 1, 2024). The PAN number is 619884828.
- 3) On Baisakh 25, 2081 BS (May 8, 2024), the business was registered in Ward No. 7 of Pokhara Metropolitan City. It has been renewed until the end of Ashad for the fiscal year 2081/82 BS (mid-July 2025).
- 4) The organization was registered with the Cottage and Small Industries Office in Pokhara on Bhadra 19, 2081 BS (September 4, 2024). Register Number : 26277/2081/82.
- 5) The Pokhara Metropolitan City's Health Division, during a high-level meeting, granted permission to provide OPD and counseling services starting from Ashoj 13, 2081 BS (September 29, 2024) until Ashoj 6, 2082 BS (September 22, 2025).
- 6) An application was submitted to CTEVT on Ashoj 16, 2081 BS (October 2, 2024) to obtain affiliation for a six-month psychosocial counseling program. The approval process is currently underway.

## Major Achievements in 2024

### 1) Individual Counseling Services

A total of 30 individuals (Male-13, Female- 17) received counseling sessions at Heart-Mind Counseling Centre, located near Zero Kilometer, Pokhara. The services were provided by a team consisting of two psychologists and one counselor this year. Among the individuals, 53% were between the ages of 19 and 30, 30% were between 31 and 50 years old, and 17% were children under the age of 18 who benefited from the services. Among them, 50% of the individuals were experiencing suicidal thoughts. Even a 7-year-old child had attempted suicide and exhibited high suicidal thoughts, so he was referred to child psychiatrist Dr. Arun Kumar for further evaluation and care. The reason behind this was that a classmate of his, who studied in the same class, had committed suicide, which led him to develop similar thoughts.

Educational background of those receiving counseling.



**The major causes of the psychosocial problems are as follows:**

1. Childhood sexual harassment
2. Relationship problems with a boyfriend
3. Over-ambition/thinking
4. COVID-19 pandemic
5. Worst family environment
6. Extra-marital relationships
7. Workload
8. Peer pressure
9. Failure of in-vitro fertilization
10. Issues after having a baby
11. Inactive sexual organ
12. Early marriage and childhood trauma
13. Failure in exams and mother's death
14. Lack of parental care
15. Retirement
16. Epilepsy

These are some of the factors contributing to the mental health challenges faced by individuals. Most of the patients were from Pokhara, although some individuals from the nearby Kaski district also received counseling services. Additionally, a few individuals received counseling online due to living abroad eg: Japan, Bermuda.

## 2) Six Months Psychosocial Counseling Training

### Case Study

Three sisters traveled from Tanahun to Heart-Mind Consultancy in Pokhara for the youngest sister's counseling, as she had been overwhelmed by disturbing thoughts and anger since giving birth three months earlier. The eldest sister, a teacher, noticed her struggles and arranged counseling, seeing her stress worsen from being the sole caregiver. A taxi mistake led them to Shantinagar, where a counselor picked them up. After settling with the children, the youngest sister had an hour-long session, which brought her relief. She left feeling calm, and the sisters spent the rest of the day in Pokhara, planning a follow-up visit. Thanks to her sister's intervention, she received help just in time, potentially preventing a deepening of her postpartum depression.

HMC initiated a six-month counseling training program on December 16, 2024. The training is being facilitated physically and offline by MMC. For this, HMC hired two psychologists. A separate training hall has been established across from Pokhara Metropolitan City, and a dedicated library has been set up. A total of 66 reference books have been collected, and a projector and photocopier have also been purchased for the training. The training is conducted

daily from 7-9 AM and 7-9 PM. In the first patch, in total 11 participants (Male-3, Female-8) are participating in the training. To enhance the effectiveness of the training hall, we have decorated the walls with various pictures and quotations.

### **3) Mandala art for trauma healing**

Heart-Mind Consultancy Pvt. Ltd. successfully conducted a one-day workshop on mandala art, focusing on trauma healing in Pokhara on 28<sup>th</sup> December, 2024. The event benefited 10 children and individuals. Discussions were held on the concept of mandalas and the process of creating them. Participants also engaged in practical exercises, creating their own mandalas during the session. The session was facilitated by Niruta BK. The children were very happy to learn about mandalas.

### **4) Consultation work with other stakeholders**

This year, we collaborated with SOS Children's Village Gandaki to facilitate Psychological First Aid (PFA) training for students and self-care training for caregivers and co-workers. Additionally, we conducted a trauma healing workshop for girls working in the entertainment sector with Opportunities Village Nepal (OVN).

### **5) Developed Official webpage**

This year, HMC developed its own website with the help of a volunteer student. Our website is [www.heartmindconsultancy.com.np](http://www.heartmindconsultancy.com.np). Additionally, we have also created Facebook, YouTube, and TikTok pages.

Video link : <https://www.youtube.com/watch?v=IPZebCoUip0&t=4s>

### **6) The Principle we follow:**

- Code of Conduct Against Gender-Based Violence, 2067 BS (2010 AD) लैंगिक हिंसा विरुद्धको आचार संहिता २०६७
- All staff are guided by the following values:

- Honesty, respect and accountability.
- **Safety procedure for Online Psychological Counseling**

We provide psychological support through digital platforms. Here are some key rules for online psychological support:

**Confidentiality:** Ensure a private and secure environment/room for sessions.

**Informed Consent:** Understand and agree to the terms and conditions.

**Technical Preparedness:** Have a stable internet connection.

**Punctuality:** Be on time for scheduled sessions.

**Active Participation:** Engage openly and honestly in sessions.

**Respect Boundaries:** Maintain professional boundaries and respectful communication.

**Emergency Protocols:** Follow agreed-upon procedures for emergencies.

**Non-Disclosure:** Do not record or share session content without permission.

**Timely Payments:** Make payments as agreed upon in Company Q.R. code.

**Feedback:** Provide feedback to improve the counseling process

## Challenges:

- The registration process was prolonged and frustrating due to the lack of a clear and straightforward procedure.
- We offer our services for free, but people are often overly eager to seek services that come without any cost.

## Learning's:

- Once services are initiated, it turns out that even needy people find their way to us through Google searches.
- The "Pay for 3 sessions and get 1 free" offer also motivated people to seek our services.



## Further Plan

- Establish OPD clinic
- Workshop with policy makers
- Professional Trainer [Training of Trainer (ToT)]
- Facilitator training for Yoga
- Package training to Trained Counselor collaborating with Universities.
- Research: What percentage of the services we provided were related to suicide and self-harm?

Special thanks to Dr. Ravi Raj Timsina, nurses Phool Maya Dura and Anju Regmi, and psychologist Sabitra Sarma for their generous support and for providing us with their invaluable documents during the registration process.

We would also like to acknowledge Narayan Poudel (Marketing Manager of Annapurna FM) and Sabin Regmi (journalist of Annapurna FM) , Arpan Adhikari (for developing our webpage), and Kedar Bohara and his team (for producing the video) for their invaluable contributions. A heartfelt thank you to our dedicated team members—Sudip Ghimire, Balkrishna Sharma, Pradeep Poudel, Binod Adhikari, Sheela Adhikari, Ushana Neupaney and Bhagawati poudel—for their invaluable efforts and contributions.

**For more details, Please visit our Counseling Centre and office in Pokhara.**

Counseling Centre: Zero kilometer Pokhara.

Office and therapeutic Hall : Pokhara-8, Newroad (opposite to Pokhara Metropolitan city office) Phone : 9848245686

Email : [heartmindconsultancy@gmail.com](mailto:heartmindconsultancy@gmail.com)

[www.heartmindconsultancy.com.np](http://www.heartmindconsultancy.com.np)

**Pictures:**



Figure 3 : Conducting community orientation sessions on psychosocial issues in Pokhara.





Figure 4 Training Hall of Heart mind at Newroad, Pokhara