



Negative Thoughts

Eating Disorder

Career

Relationship issues

Self-Esteem issues

Life Transitions

Loneliness

Anger Management

Family Concerns

Grief

depression

Body Image Grades

Anxiety & Sleep issues

Feeling Down or Helpless

Addiction to cope

Stress



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tava-mitram

Building Emotions, Strengthening People



What is **tava-mitram**

We are a not-for-profit and non-judgmental platform aimed to bring a wave of change through group coaching sessions for people from every walk of life.

How can you engage with us?



Face-to-face
group coaching
methods (Pune, India)



Seminars,
group sessions
for corporates



Virtual
meets

All sessions are conducted in English, Hindi, and Marathi.

Join our Facebook group and stay connected to our Facebook page for techniques to build mental health, interact and build connection with other group members.



Who is eligible to attend the sessions?

Are you looking for a place to offload your emotional baggage? You can talk or even shed a tear. We won't judge you. Let it all go... Any person who wants to be heard is welcome. Join us, now! Sessions are available for individuals from 18 to 60 years.

Are there any restrictions as a participant?

- You should not have any existing mental health condition (such as schizophrenia or bipolar). You shouldn't be on medication for mental health issues based on a prescription by a practising medical professional.
- You should not consider it as a platform for individual coaching, medical advice, personality development, or counseling.

What is the purpose of **Tava-Mitram?**

- Introduce the power of group coaching sessions and its transformational benefits
- Raise Mental Health awareness, share sound techniques
- Build an empathetic community that offers support
- Offer positive vibes, care, compassion and contribute to each other's well-being

Most importantly,

our knowledge-sharing sessions are absolutely free!



What do I expect in the Group Coaching sessions?

- Sound techniques and exercises to build mental health
- Expertise of seasoned award-winning professionals in the coaching industry
- A rejuvenated outlook towards life
- A supportive and non-judgmental place
- Tools to manage difficult thoughts

For more information

Visit- www.tavamitram.org



Asking for help is a sign of strength



Corporates



College Students
and Faculties



School Teachers



Cooperative
Societies



Financial Institutions

Write to us at :- info@tavamitram.org
for group sessions and seminars.

(Currently available for Pune city and areas around the vicinity.)





“Selfless Giving is the Art of Living”

- Frederic Lenz

We welcome volunteers and donations that add power to our endeavors.

You can donate your



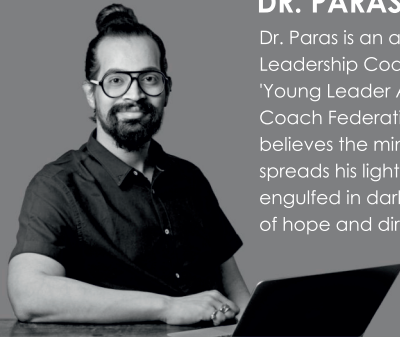
Become a Tava-Mitram Ambassador

write to contact@tavamitram.org



Or, if you love the power of coaching, join us as a Mitra Coach. Visit the website for more information- www.tavamitram.org

Join Us!



DR. PARAS

Dr. Paras is an award-winning Life Leadership Coach and the winner of the 'Young Leader Award' by the International Coach Federation (2018). He firmly believes the mind is the greatest tool. He spreads his light of knowledge to those engulfed in darkness bringing a new sense of hope and direction for all.

FOUNDERS

EKKTAA DAITHANKAR

As a Spiritual Coach, Ekktaa infuses her strong positive presence in her coaching methods. Having won the 'Spiritual Coach of the Year' award in 2018, Ekktaa has forged ahead to combine her knowledge of coaching, spirituality, mindfulness, Reiki, astrology, and yoga through her exemplary working style. She believes in the Power of Now to build a strong future.



Tava-Mitram is a non-judgmental platform that offers techniques from sound professionals to build emotional resilience for better lives. Yes! Our service is free of cost.



Mental Health Awareness Campaign

Tava-Mitram's free certification is a step to build mental health through authentic information. Our video series on 12 different subjects will elevate your knowledge in the areas of mental health. It gives you the power to be self-aware and observant towards your daily habits, thought processes, and interactions with others. This improves your mental health by giving you all the necessary information for no cost at all!

Stop Thinking. Start Doing. Register with Tava-Mitram, now.



📍 Fortune House, Flat # 201, 2nd Floor, Near Badshahi Hotel,

Baner Pashan Link Road, (Road Opp Mahabaleshwar Hotel), Baner, Pune 411045

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