



**MANGALAM FOUNDATION**

*Magnifying The Future*

Registration No.:IV-190303623/18

*Dedicated To Serve A Better Life*



# Access Your Inner Peace

The changing circumstances, that you are experiencing, whether it is a feeling of stuckness or the uncomfortable or uneasiness expand yourself, we are there to help you to support, to guide. Always feel free.

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## (SERVICES BY MANGALAM FOUNDATION)

### **Anxiety Management**

Not being able to express yourself?  
Feeling restless for no or small reasons?  
sweating palms? anxiety is what you face. of course you're just a phone call away

### **Anger Management**

Feeling out of control? Always messing up with every situation? feeling you are not being understood? Don't push down your willingness to express without bound. You are always welcome to express yourself.

### **Depression related issues having issues**

With your thoughts? passing sleepless nights? not willing to have, even your favorite food? don't like to meet friends? step into the world of possibilities, make yourself sponger & love yourself call us whenever you need to share.

### **Fear / phobia related issues**

Sometimes fear or phobia does not have any known source to counter upon sometimes, deeper inside you need to look into! come! we can help you to get out of it!

### **Self esteem**

Feeling self worth is essential for you to grow priorities yourself ! In case of any problem, feel absolutely free to get help from us.

### **Relation counseling / Couple counseling / Marital counseling.**

A bond is a responsibility between both of you. Misunderstanding could lead to misery Faulty communication pattern could even land up in separation! We value & understand you are precious, so, as your relationship. contact for any help you need.

### **Examination / performance related fear**

Why every time you are to fumble & face challenges during exams? is your performance once anxiety into the way of your success?  
pushing down wards is no longer needed. contact at your case.

### **Student's counseling.**

Hardship has to be there but sustainability is the key to survive.  
Future lies in the hand of a Student. Let's not compare, help him or her to survive peer pressure, education is necessary but not at the cost of unstable mental health.  
We being parents do need to stand beside our children. Do contact for any issue.

**For queries, Contact- 8777389397, 9830717886,  
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