

Committed to India's Mental Health, Author Paras Panjwani Launches MindBharat as India's National Mental Health Mission

The initiative, set to officially open free membership in September 2025, positions MindBharat as a national movement dedicated to mental health and wellness.



Vadodara, Gujarat Aug 28, 2025 ([IssueWire.com](https://www.issuewire.com)) - Author Paras Panjwani, best known for his book *Shift Your Perspective*, has announced the launch of MindBharat, a pioneering initiative positioned as India's National Mental Health Mission.

MindBharat is designed as a free membership movement, enabling people across the country to access resources, reflections, and campaigns that encourage mental wellness and confidence.

The initiative officially opens free membership in September 2025 and invites every Indian to join and be part of a collective mission for mental health.

Building on his vision of helping people shift perspectives and embrace growth, MindBharat extends Paras Panjwani's work as an author and mindset expert into a national initiative for mental wellbeing.

"MindBharat is not just a platform, it is a national mission," said Paras Panjwani. "Every Indian deserves access to mental health awareness and practical tools. This mission is about creating a united effort where wellness becomes a strength of our nation."

Free membership sign-ups for MindBharat open in September 2025 at mindbharat.com.



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Source : MindBharat

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