

Welcome to ***Inshirah: Easing Minds and Enriching Souls***. We are committed to protecting the privacy and confidentiality of our clients' personal information. This Privacy Policy outlines how we collect, use, and safeguard your information in accordance with the ethical principles of the American Psychological Association (APA), relevant Indian legal regulations, and Islamic principles of mental health consultation.

Scope and Application:

This Privacy Policy applies to all clients of Inshirah, covering our services, including in-person consultations, online sessions, and digital communications. It extends to all interactions with Inshirah through our website, mobile applications, and other digital platforms.

Information Collection Practices:

Types of Information Collected:

Personal Information: Name, contact details, date of birth, gender, and other identifying information.

Sensitive Information: Health history, mental health assessments, religious beliefs, and other sensitive data relevant to your consultation.

Methods of Collection:

Consultation Forms: Information collected during initial and follow-up consultations.

Digital Interactions: Data gathered through our website, mobile apps, and other online communication tools.

Use of Information:

Inshirah uses the information we collect to:

Provide and Improve Services: Facilitate consultation scheduling, develop treatment plans, and tailor our services to meet your specific needs.

Legal Compliance: Ensure compliance with Indian legal requirements and ethical standards.

Enhance Client Experience: Use anonymized data to improve our service delivery, while adhering strictly to APA guidelines and Islamic ethical considerations.

Information Sharing and Disclosure:

Inshirah may disclose your information under the following circumstances:

With Your Consent: Information may be shared with third parties if you provide explicit consent.

For Legal Obligations: Disclosure may be required to comply with legal processes, such as court orders or government regulations.

For Emergency Situations: In cases where there is an immediate risk of harm to yourself or others, we may disclose information to appropriate authorities.

Under Islamic Principles: Confidentiality is paramount; however, information may be disclosed if it is necessary to prevent harm, in line with Islamic ethical obligations.

Data Security Measures:

We implement robust security measures to protect your personal information from unauthorized access, alteration, or destruction. These include:

Encryption: All sensitive information is encrypted during transmission and storage.

Access Controls: Access to personal data is restricted to authorized personnel only.

Regular Audits: We conduct regular security audits to ensure the integrity of our data protection measures.

Client Rights:

As a client of Inshirah, you have the right to:

Access Your Information: Request access to the personal data we

hold about you.

Correct Your Information: Request corrections to any inaccuracies in your personal data.

Request Deletion: Request the deletion of your personal information, subject to legal and ethical obligations.

To exercise these rights, please contact us using the information provided below.

Compliance with Legal Obligations:

Inshirah complies with the Information Technology Act, 2000, and other relevant Indian privacy laws. We also adhere to international standards where applicable, ensuring that our practices align with global data protection regulations.

Islamic Ethical Considerations:




Inshirah is guided by Islamic principles of confidentiality (sitr), respect for client dignity, and ethical handling of sensitive information. We are committed to upholding these values in all our interactions with clients, ensuring that your privacy is protected in accordance with both religious and legal standards.

Policy Updates and Changes:

This Privacy Policy may be updated from time to time to reflect changes in our practices or legal requirements. We will notify clients of any significant changes through our website or direct communication.

Contact Information:

If you have any questions or concerns about this Privacy Policy or our privacy practices, don't hesitate to get in touch with us.

 inshirah.solace@inshirah.co.in www.inshirah.co.in