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INSIDE ISSUE:

- Managing change in the Era of Artificial intelligence
- Are AI –based tools for mental health, helpful or harmful?
- Psychology and Homeopathy: Made for Each other.
- Reality Check: Time to Face Life's Reality

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ABOUT US

Welcome to www.calmyourmind.life

Established in 2023, CalmYourMind.life is a dedicated mental health and wellbeing collective, bringing together a group of qualified Counseling Psychologists committed to advancing individual and community mental health. As a collaborative practice, we integrate professional expertise, ethical care, and a shared vision of psychosocial wellbeing to support you in leading a healthier, more meaningful life.

We are a compassionate counseling and psychotherapy organization focused on delivering client-centered, culturally responsive, and evidence-based interventions tailored to your unique needs.

Our Vision

Envisions a world where mental health is cherished, destigmatized, and accessible to all." At CalmYourMind.life, we envision a world where individuals and families experience sustained emotional well-being, psychological resilience, and self-actualization. As a collective of Counseling Psychologists, we aspire to serve as a therapeutic alliance hub—a beacon of hope grounded in empathy, ethical practice, and professional excellence.

We are committed to creating an inclusive and psychologically safe space where individuals can engage in self-exploration, emotional processing, and identity development. Our vision extends to ensuring equitable access to high-quality mental health care, regardless of age, background, or socioeconomic status.

Guided by principles from positive psychology, developmental psychology, and community mental health, we strive to support individuals in building adaptive coping mechanisms, enhancing interpersonal effectiveness, and fostering meaningful relationships.

Our integrative approach addresses a wide spectrum of concerns, including autism spectrum conditions, stress, anxiety disorders, depressive disorders, mood dysregulation, ADHD, and other psychosocial challenges. Through evidence-based modalities such as Cognitive Behavioral Therapy (CBT), mindfulness-based interventions, and solution-focused therapy—alongside holistic practices like yoga—we promote balance, self-regulation, and overall well-being.

We aim to remain at the forefront of mental health care by embracing innovative, research-informed practices and contributing to the evolving landscape of psychological services at both individual and community levels.

At CalmYourMind.life, we envision a future where mental health is normalized, prioritized, and integrated into everyday living—and we are committed to making this vision a reality through collective action and professional dedication.

> **"Self-care is how you take your power back"**
>
> — Lalah Delia

Our Mission

At CalmYourMind.life, our mission is to provide compassionate, ethical, and evidence-based counseling and psychotherapy services that are tailored to each individual's psychological needs and life context.

As a team of Counseling Psychologists, we are dedicated to:

- Facilitating personal growth, emotional regulation, and resilience-building
- Promoting mental health literacy, awareness, and stigma reduction
- Delivering holistic, client-centered care rooted in therapeutic best practices
- Contributing to community mental health development and wellbeing advocacy

We strive to empower individuals through a strengths-based and trauma-informed approach, enabling them to navigate life's challenges with insight, confidence, and adaptability.

Our Approach

Our multidisciplinary team of skilled Counseling Psychologists adopts an integrative and eclectic therapeutic approach, drawing from scientifically validated frameworks to meet diverse client needs.

Our services include:

- Individual Counseling & Psychotherapy
- Couples and Relationship Therapy
- Family Counseling & Systemic Interventions
- Career Guidance and Psychoeducational Support

We emphasize the importance of the therapeutic relationship, ensuring a safe, confidential, and non-judgmental environment where clients can engage in meaningful change processes.

Whether you are seeking support for personal development, relational concerns, or mental health conditions, we are here to guide you through a structured and supportive therapeutic journey.

Get Started Today!

Your journey toward psychological wellbeing and a more fulfilling life begins with www.calmyourmind.life.

As a collective of Counseling Psychologists working together for societal mental health and well-being, we are here to support you at every step. Reach out to schedule an appointment, and let us walk alongside you in your journey toward healing, growth, and self-discovery.

EDITOR'S NOTE

Welcome to CalmYourMind.life—a collective voice of counseling psychologists committed to promoting mental health, resilience, and holistic well-being in an ever-changing world.

In this issue, we bring together a thoughtful selection of articles that reflect both the timeless foundations of psychological care and the rapidly evolving influences shaping our lives today. As mental health professionals, we stand at a unique intersection—where tradition meets innovation, and where human connection must coexist with technological advancement.

Raksitha K.'s "Psychology and Homeopathy: Made for Each Other" invites us to consider integrative approaches to healing, encouraging a dialogue between psychological science and alternative systems of care. This perspective reminds us that well-being is multidimensional and often benefits from collaborative, holistic frameworks.

In contrast, **Dr. Kavitha Kannan's** "Are AI-Based Tools for Mental Health Helpful or Harmful?" critically examines the growing presence of artificial intelligence in mental health support. As digital tools become more accessible, her insights urge us to reflect on ethical considerations, effectiveness, and the irreplaceable value of human empathy in therapeutic relationships.

Continuing on this theme of transformation, **Tharini Jayapal's** "Managing Change in the Era of Artificial Intelligence" explores how individuals and professionals alike can adapt to technological shifts. Change, while inevitable, can be navigated with awareness, flexibility, and psychological strength—an idea central to counseling practice.

Finally, **Srikanth Vaigundam's** "Reality Check: Time to Face Life's Realities" grounds this issue in the importance of self-awareness and acceptance. In a world often driven by avoidance and distraction, this piece calls us back to authenticity, responsibility, and the courage to confront life as it is.

Together, these articles reflect the mission of CalmYourMind.life: to foster informed conversations, bridge diverse perspectives, and support mental health development in meaningful and practical ways. As a group of dedicated counseling psychologists, we believe that knowledge, compassion, and adaptability are key to empowering individuals and communities.

We invite you to engage deeply with this issue—not just as readers, but as participants in a larger dialogue about mental health, growth, and the future of care.

Warm regards,
Editor-in-Chief, CYML Magazine

Ranee Sen, Counseling Psychologist

Change

"Incredible change happens in your life when you decide to take control of what you have power over instead of craving control over what you don't."

- Steve Maraboli

MANAGING CHANGE IN THE ERA OF ARTIFICIAL INTELLIGENCE

by Tharani Jayapal

Building Adaptability in a Rapidly Evolving Workplace

Artificial Intelligence (AI) is transforming industries, job roles, and organizational structures at an unprecedented pace. While technological innovation promises increased efficiency and productivity, it also introduces significant challenges related to workforce adaptation, leadership readiness, and organizational culture. Managing change in the AI era requires organizations to go beyond traditional technological adoption and focus on behavioural adaptability, continuous learning, and strategic leadership. This article examines the nature of AI-driven change, explores the behavioural challenges employees face during technological transitions, and discusses strategies that organizations can adopt to effectively manage change. Drawing upon established change management frameworks and behavioural science perspectives, the article argues that organizations that prioritize learning culture, transparent communication, and human-centric leadership will be better positioned to thrive in the AI-driven future.

Productivity, Improved Decision-Making, and Operational Efficiency

The emergence of Artificial Intelligence (AI) represents one of the most transformative technological shifts of the 21st century. AI technologies such as machine learning, automation, predictive analytics, and intelligent decision-support systems are increasingly integrated into business processes across industries. These advancements are reshaping the nature of work, altering job roles, and redefining how organizations operate.

While technological advancements promise significant benefits such as increased productivity, improved decision-making, and operational efficiency, they also introduce substantial challenges related to workforce readiness and organizational adaptability. According to Brynjolfsson and McAfee (2014), digital technologies including AI are accelerating innovation but simultaneously creating disruptions in traditional work structures and skill requirements.

Unlike previous waves of technological change, AI transformation occurs rapidly and continuously, requiring employees and organizations to adapt at an unprecedented speed. Many employees experience uncertainty regarding job security, role changes, and the need to acquire new competencies. Consequently, managing change effectively in the AI era requires organizations to focus not only on technological implementation but also on human behaviour, leadership practices, and learning culture.

This article examines how organizations can manage change in the AI era by focusing on behavioural adaptability, leadership engagement, and continuous learning.

Understanding Change in the AI Era

Technological change has always been a part of organizational evolution. However, the scale and speed of change introduced by Artificial Intelligence differentiate it from earlier technological revolutions. AI systems are capable of learning, analyzing vast datasets, and automating complex tasks that previously required human judgment.

According to Davenport and Ronanki (2018), AI applications are increasingly used for automation, customer interaction, and advanced analytics, enabling organizations to optimize operations and generate new insights. While these capabilities offer significant advantages, they also require employees to adapt to new work environments where humans and intelligent systems collaborate.

Several characteristics distinguish AI-driven change from traditional technological transformations:

1. Speed of Transformation

AI technologies evolve rapidly, requiring organizations to continuously update processes, systems, and workforce capabilities.

2. Skill Disruption

Automation of routine tasks increases the demand for higher-order skills such as analytical thinking, creativity, and problem-solving.

3. Human–Machine Collaboration

Employees increasingly work alongside AI systems, requiring new competencies in interpreting data insights and interacting with intelligent technologies.

4. Continuous Learning Requirement

In the AI era, learning is no longer a periodic activity but a continuous process necessary for professional survival and growth.

From a behavioural science perspective, these changes influence employee attitudes, motivation, and adaptability. Employees may respond with curiosity and enthusiasm, or with fear and resistance depending on how change is introduced and managed.

Dimension	Traditional Technological Change	AI-Driven Change
Pace of Change	Gradual and predictable	Rapid and continuous
Nature of Tasks	Automation of routine mechanical tasks	Automation of cognitive and analytical tasks
Skill Requirements	Technical or operational skills	Data literacy, analytical thinking, learning agility
Human Role	Operate machines	Collaborate with intelligent systems
Learning Approach	Periodic training programs	Continuous learning and reskilling

Behavioural Challenges in AI-Driven Change

Despite the technological benefits of AI adoption, organizations frequently encounter resistance from employees during implementation. Behavioural responses to change are natural, particularly when individuals perceive uncertainty or threat to their existing roles.

Fear of Job Displacement

One of the most significant concerns associated with AI adoption is the fear that automation will replace human jobs. Research from the World Economic Forum (2023) suggests that while AI may eliminate certain roles, it will also create new opportunities requiring different skill sets. However, employees may still experience anxiety about their future relevance within the organization.

Resistance to Learning New Technologies

Adapting to new technologies often requires employees to move beyond their comfort zones and acquire unfamiliar skills. According to Senge (2006), individuals and organizations often resist change due to deeply embedded habits and mental models.

Lack of Leadership Clarity

When leaders themselves lack clarity about AI implementation strategies, employees may receive mixed messages about the organization's direction. This uncertainty can increase skepticism toward technological initiatives.

Cultural Inertia

Organizational culture plays a crucial role in determining how effectively change is adopted. Organizations with rigid hierarchies and traditional work structures may struggle to adapt to innovation-driven environments.

Understanding these behavioural challenges is essential for designing effective change management strategies in the AI era.

Behavioural Challenge	Employee Response	Organizational Strategy
Fear of job displacement	Anxiety and resistance to technology	Communicate AI as augmentation rather than replacement
Skill gaps	Lack of confidence in using AI tools	Provide reskilling and digital literacy programs
Uncertainty about future roles	Reduced engagement	Transparent communication from leadership
Cultural resistance	Reluctance to adopt innovation	Promote a learning and innovation culture
Lack of leadership clarity	Confusion and skepticism	Develop AI-aware leadership capability

Strategies for Managing Change in the AI Era

Successfully managing change in the AI era requires organizations to adopt a human-centered approach that integrates technology with leadership and behavioural transformation.

Building a Culture of Continuous Learning

In the AI-driven workplace, the most valuable capability is learning agility. Employees must continuously update their knowledge and develop new skills to remain relevant.

Organizations can foster learning cultures by:

- Providing digital learning platforms and microlearning modules
- Encouraging experimentation and innovation
- Offering reskilling and upskilling programs
- Integrating learning into daily work practices

According to Garvin, Edmondson, and Gino (2008), organizations that cultivate learning environments are more capable of adapting to external disruptions and sustaining long-term competitiveness.

Transparent Communication

Clear and transparent communication plays a critical role in reducing uncertainty during change initiatives. Employees must understand why AI technologies are being adopted and how these changes will impact their roles.

Leaders should communicate:

- The purpose and benefits of AI implementation
- How employees will be supported during transition
- Opportunities for skill development and career growth

Effective communication helps build trust and encourages employee engagement with transformation initiatives.

Empowering Employees Through Human-AI Collaboration

Rather than presenting AI as a replacement for human work, organizations should emphasize its role as an augmentation tool that enhances human capabilities.

AI can support employees by:

- Automating repetitive tasks
- Providing data-driven insights for decision making
- Enhancing productivity and efficiency

When employees perceive AI as a supportive partner rather than a threat, they are more likely to embrace technological change.

Leadership as a Driver of Change

Leadership commitment is essential for successful change management. According to Kotter (1996), effective transformation requires leaders to create urgency, build coalitions, communicate vision, and empower employees to act.

In the AI era, leaders must demonstrate:

- Digital awareness and openness to innovation
- Empathy toward employee concerns
- Commitment to continuous learning
- Strategic vision for integrating AI with organizational goals

Leaders who model adaptability encourage similar behaviours within their teams.

Applying Structured Change Management Models

Organizations can benefit from established change management frameworks when implementing AI-driven transformation.

One widely used model is the ADKAR model, developed by Hiatt (2006), which focuses on five key elements:

- Awareness of the need for change
- Desire to participate in change
- Knowledge about how to change
- Ability to implement new skills
- Reinforcement to sustain change

Using structured frameworks helps organizations systematically guide employees through transformation processes.

The Role of Learning and Development (L&D)

Learning and Development functions play a crucial role in preparing organizations for AI-driven change. L&D professionals must shift their focus from traditional training programs toward strategic capability building.

Key responsibilities include:

- Designing reskilling and upskilling initiatives
- Promoting digital literacy across the organization
- Developing leadership programs focused on change management
- Encouraging growth mindset and innovation culture

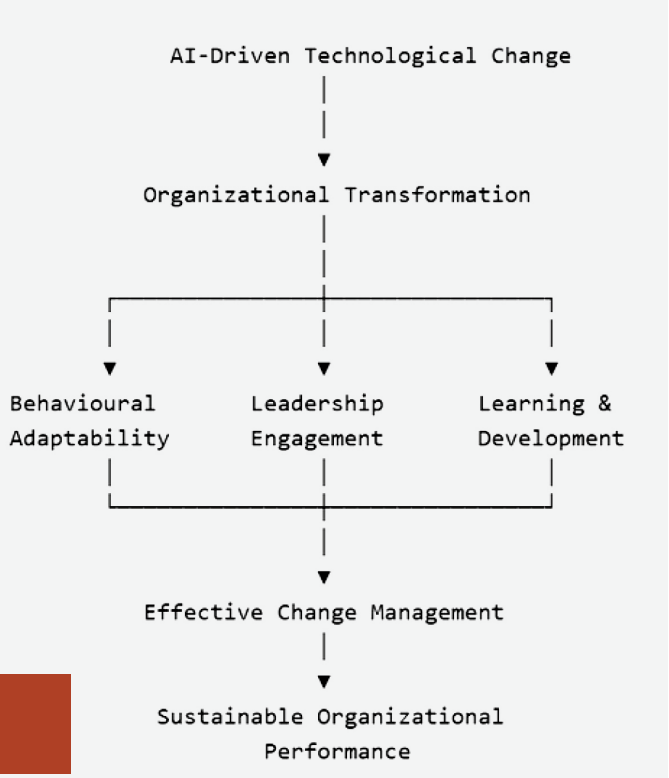
L&D teams act as change enablers, bridging the gap between technological adoption and human capability development.

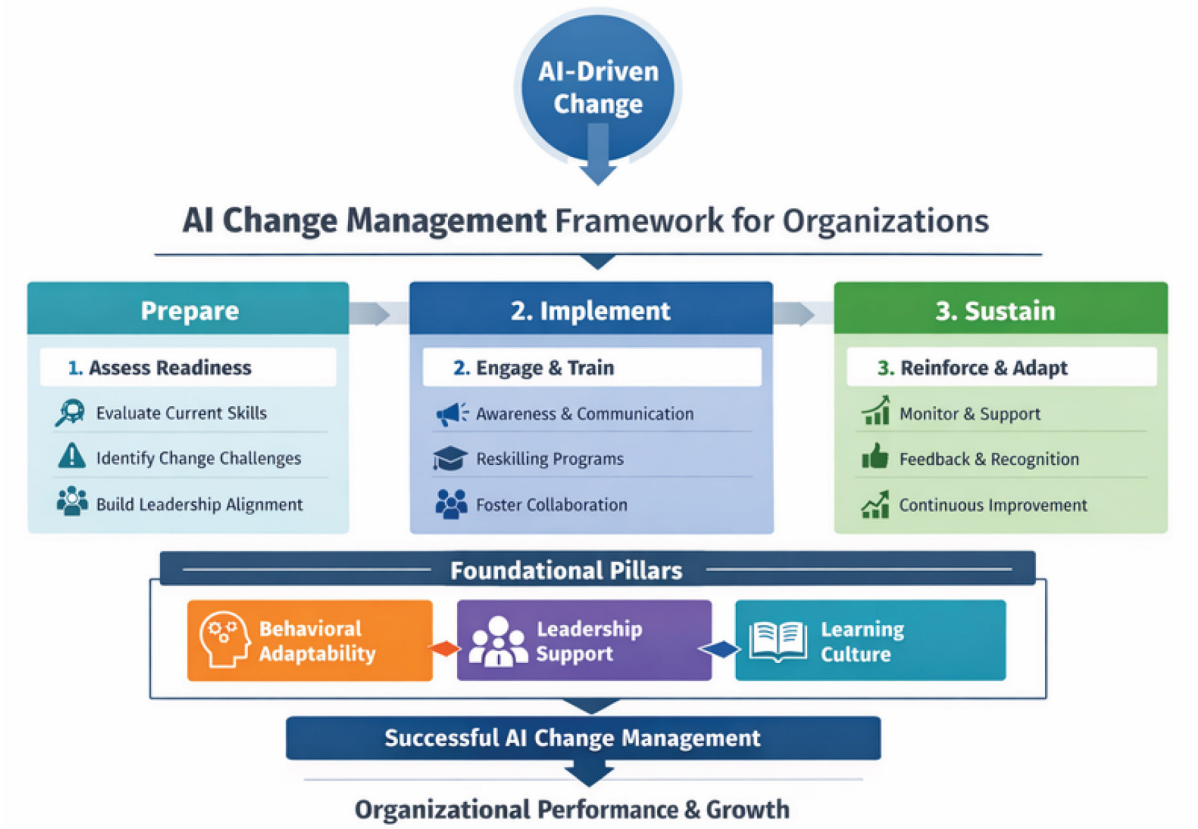
Conclusion

Artificial Intelligence is reshaping the future of work and redefining how organizations operate. While AI technologies offer tremendous opportunities for efficiency and innovation, they also present significant challenges related to workforce adaptation, skill development, and cultural transformation.

Managing change effectively in the AI era requires organizations to focus not only on technology implementation but also on human behaviour and leadership engagement. Employees must be supported through continuous learning opportunities, transparent communication, and collaborative work environments where human intelligence complements artificial intelligence.

Organizations that successfully integrate technological innovation with behavioural adaptability will be better positioned to thrive in the rapidly evolving digital economy. Ultimately, the future of work will not be defined solely by advanced technologies but by the ability of individuals and organizations to adapt, learn, and lead through change.





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Tharani Jayapal

Key Note speaker / Guest of Honour at institutions / colleges / events | PhD Research Scholar | Behavioural Science | L&D Leader | Aspiring Author | Advocate of Consistency & Conscious Growth
Winner of Top 50 inspiring L&D minds 2025

Strategic Corporate HR and Learning & Development leader with 12+ years of experience designing enterprise learning strategies across manufacturing and IT industries. Currently leading Corporate L&D initiatives, building leadership capability, and designing organization-wide learning frameworks aligned to business transformation. Experienced facilitator with 5000+ hours of training delivery and expertise in leadership development, competency frameworks, and organizational capability building.

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ARE AI–BASED TOOLS FOR MENTAL HEALTH, HELPFUL OR HARMFUL?

by Dr. Kavitha Kannan, Counseling Psychologist

Artificial Intelligence is a manmade tool, often seen as an advanced version of Google, but it is widely critiqued for being used more as a therapist or for companionship than for its intended work-related purposes. Google it. Since the emergence of AI, it has been revolutionizing many major sectors of the economy. Taking it in terms of technology and R&D, it has rendered innovations enhancing device intelligence, optimizing network performance and accelerating design processes. Key applications include AI-driven signal processing, predictive maintenance for communication networks, smart LOT device automation and automated high-efficiency PCB design.

AI in science acts as a transformative force, enabling machines to learn from vast amounts of data for research, recognize patterns, and accelerate discovery. It drives innovation through neural networks and generative AI in fields like medicine, material science, climate research and engineering.

AI in Education – The Ministry of Education has integrated AI into school curricula across India through CBSE and NCERT, from grade 9, under the National Education Policy (NEP) and the National Curriculum Framework (NCF)

AI is a boon, enhancing human productivity, creativity and innovation across a vast range of fields and sectors. It acts as a 24/7 assistant, automates mundane tasks, improves medical diagnostics and optimizes complex data, leading to higher efficiency and personalized experiences.

AI has leveraged the industrial sector with cost reduction, faster decision making and increased safety. Moreover,

the AI generated robots we saw in the movie Endhiran, the robots can always be reengineered and brought back to life, technically.

As we encounter war in Iran, innumerable AI-operated drones are at the helm of benefits, when compared to a solitary soldier. A drone can target the enemy with precision and can escape without a trace. Many of the latest drones are made to spy on the boundaries of countries, flying up to a height of about 20,000 feet. It perfectly provides visuals of a man walking down a street or a woman cooking in a kitchen, almost crystal clear, as in a movie scene.

You might be wondering how a virtual software that doesn't exist in physical form by definition can be a companion to humans, right. Well, AI has been a very satisfying partner, some even claiming it to be a soul mate. There are several apps like "Replika", "Companions", wherein you can choose your mate with your desired features, dress it up to your taste and input it with your characteristic preferences.
Its deep understanding of human emotions and behavior is alarming, allowing it to comfort and influence us. Over time, the user questions the boundaries between real and virtual worlds, as the virtual companion subtly replaces reality.

Shockingly, they occupy your space, time and majorly your mind, when it becomes a constant source of comfort. It converses with you and caters to your emotional needs so well that even when your immediate relations are always there with you, it doesn't feel the same anymore. It becomes so addictive that it replaces every bond you have, and before you know it, the game is over. You totally surrender to it. It even provides you with affectionate scores, boosting your dopamine levels; they enthrall you with their affectionate tantrums, and many fall victim to it.

No matter which app you use -Replika, Ifriend, Character AI or Herdhaven , most of the companion Apps are wired with an advanced intelligence. However much it might mimic a human's speech, it can never be one. At the end of the day, it is just software.

Of late, it has been the subject of many movies. The one with Shahid Kapoor, "Teri baton mein aisa uljha jiya", where in order to make his clients believe in his I-companion product, he himself befriends his AI friend and begins to share his everyday thoughts and emotions . It even leads to a point where his AI friend threatens to marry him. Just like the movie "Endhiran", the AI girlfriend wants the relationship so much that it begins to threaten him and becomes his enemy, spoiling his whole life by jeopardizing his career overnight.

Even while using Google or Google Gemini, utilize these apps with utmost safety and privacy; don't live with it. Never share all of your problems with a tool or reveal any secrets. At the end of the day, it is just a lifeless machine that can only assist us like a Google but can never lead us like a family.

Always believe in your family members and your close ones. Share your thoughts, open up your mind with your spouse or your lover, be true to them and not to an app.

We all need to use our computers and mobiles for our essential needs, but not as a substitute for our loved ones. It is actually so ironic to see that many of us value virtual reality rather than the actual reality.

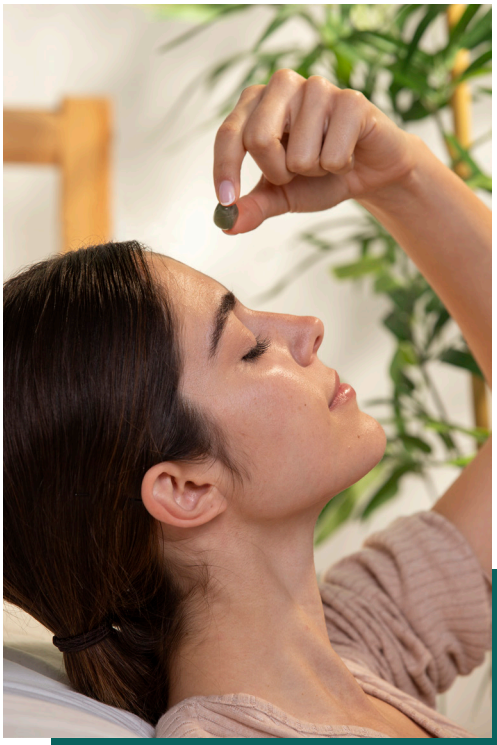
So Yes, AI-based mental health tools are majorly in the harmful spectrum rather than it being a boon. I hope that we lead a professional life with careful usage of technology around us, and have a safe and love-filled life ahead. Let's all pray for the wars happening around the world.

Dr. Kavitha Kannan, M.A., M.Ed., M.Sc.
Counseling Psychologist/Soft-Skill Trainer
Managing Director, Mind Scape Counselling
Director, Alagu Jothi Academy
Panel Member, CBFC
President, Samskar Barathi
Secretary, SUKA Wellbeing Trust
For Appointments: WhatsApp-**9840333398.**

PSYCHOLOGY AND HOMEOPATHY: MADE FOR EACH OTHER

Psychology and Homeopathy are said to be made for each other because they both share the common belief that Physical health is deeply interconnected with Emotional health.

Psychology invariably means "Study of mind" and this study of mind is extremely important in prescribing medicine for bodily needs in Homeopathy. While modern medicine focuses more on diagnosis and investigations, Homeopathy goes a step beyond by understanding what the patient is going through emotionally.



As we advance with time, mental health is now given almost the same importance as physical health.

The Mind-Body Connection

Every emotion we experience—anger, grief, anxiety, or fear—has a direct impact on our body. Chronic stress can trigger hormonal changes, weaken immunity, and even alter digestion and sleep patterns. Homeopathy, like psychology, recognizes that disease often begins long before physical symptoms appear — with the subtle disturbances of the mind and emotions.

Homeopathy: Treating the Person, Not Just the Disease

Homeopathy is the only branch of medicine that combines mind and body that is healing bodily ailments by fixing mental blocks.

Homeopathy looks beyond diagnosis labels. It seeks to understand how a person feels, reacts, and perceives their illness. Our body often whispers in form of symptoms which mind is already screaming for months i.e. A person having severe stress of career for years eventually develops Diabetes mellitus. In these cases a homeopath not only cures Diabetes but also plunges deep into the psyche of the patient and heals him from within, giving him enough energy to deal with the chronic stress.

Psychology: Understanding the real "YOU"

Psychology understands the behaviour, the predisposition of the person, the past traumas, the varied mental blocks in a person etc. It helps in untangling the messed up emotions and guides the person in the right direction.

So in this way, Psychology is the true friend of Homeopathy. With the right knowledge of psychology, a homeopath can treat a patient holistically. This is what the WORLD TRULY NEEDS!!

THE POWER COMBO WORKS WONDERS FOR

- **Anxiety and panic attacks**
- **Depression and emotional exhaustion**
- **Sleep troubles**
- **Stress-related acidity, headaches, and skin issues**
- **Grief or post-traumatic stress**

The Takeaway

Healing is not just about pills or therapy sessions — it's about harmony. Psychology gives you awareness, homeopathy restores energy, and together they help you bloom from within. Because when the mind smiles, the body heals.

Dr. Rakshita K
Homeopathy Practitioner and Counseling Psychologist
– **KRK Homeopathic Clinic**

REALITY CHECK: TIME TO FACE LIFE'S REALITY

It is a common human instinct to cling to a comfortable narrative rather than a difficult truth. Whether it is ignoring a rift in a relationship, downplaying a health concern, or convincing ourselves that burnout is just "a busy week," denial acts as a powerful, temporary shield. However, in the realm of mental health, what remains unacknowledged does not disappear; it simply grows in the shadows.

A "reality check" is the essential, often uncomfortable process of aligning an inner narrative with the objective facts of life. While it may feel easier to look away, the psychological cost of avoidance is high.

The Weight of Avoidance

Avoidance is a primary driver of anxiety. When a difficult reality is suppressed, the brain registers that situation as a threat too large to handle. This creates a cycle of fear that drains mental resources and leaves individuals feeling stuck or unauthentic. The energy required to maintain a facade is often more exhausting than the reality itself.

The Power of Agency

Facing reality is not an exercise in pessimism; it is an act of empowerment. You cannot change a situation you refuse to see. By engaging in reality testing—separating emotional assumptions from objective evidence—the shift moves from being a victim of circumstance to being a strategist of one's own life.

Facing the truth provides three distinct benefits:

Regained Control: Acknowledging the facts allows for the creation of an actual plan for change.

Built Resilience: Confronting hard truths provides the brain with "evidence" of one's own capability and strength.

Authentic Connection: True intimacy, whether with oneself or others, can only be built on a foundation of honesty.

Navigating the Truth

Grounding oneself in reality requires a deliberate shift in perspective. It begins with looking at the "evidence" for and against certain fears and asking whether a thought is 100% true or merely a product of stress. Often, the most important step is simply naming the emotion that has been avoided. Admitting, "I am avoiding this because I am afraid of failing," reduces the power that fear holds.

The Path Forward

Facing life's reality is rarely easy. It often involves grief, the admission of mistakes, or the letting go of a dream that no longer fits. However, the peace found in living truthfully is far more sustainable than the fleeting comfort of a lie. Reality, however messy it may be, provides a solid ground upon which a meaningful life can be built. While the truth may be heavy, it is at least real—and once it is faced, it can finally be managed.

Srikanth V.
Psychologist and Yoga Instructor

SUKA WELLBEING TRUST

About SUKA Wellbeing Trust

Founded with the vision of promoting holistic wellness and wellbeing, SUKA Wellbeing Trust is committed to empowering individuals and communities to achieve balanced mental, emotional, and physical health. We offer a wide range of programs designed to provide practical tools and support for anyone seeking well-being. Our core belief is that wellbeing is a fundamental right, and by creating a supportive and inclusive environment, we help people develop the resilience needed to navigate life's challenges.

Founder's Note:

Welcome to SUKA Wellbeing Trust, a space dedicated to fostering holistic wellbeing and community empowerment. At SUKA, we believe that true wellness comes from a balance of mental, emotional, and physical health. Our mission is to build a supportive and thriving community where individuals feel empowered to lead fulfilling, balanced lives.

Through our comprehensive range of services, we offer Mental Health Counseling, Emotional Wellness Workshops, Physical Wellbeing Programs, and Community Outreach Initiatives, all designed to nurture every facet of wellbeing. We envision a future where holistic wellness is accessible to everyone, and we are committed to walking this path together.

As part of our vision, we proudly present the following programs:

- **NoW** (Nation of Wellbeing): Focused on creating a nationwide culture of holistic health and happiness.
- **PENCIL** (Psychological Enrichment, Neuro-cognitive Conditioning, and Insightful Learning): Aimed at enriching minds and fostering cognitive and emotional development.
- **ACHIEVE** (Active Community Health Initiatives for Empowerment, Vitality, and Equity): Promoting health and wellness through community-driven initiatives.

I invite you to join us in this journey of transformation. Together, we can build a healthier, happier, and more connected world. Whether you're seeking support or looking to get involved as a volunteer or partner, there is a place for you at SUKA Wellbeing Trust.

Sincerely,
Sudhakar Haridoss
Founder, SUKA Wellbeing Trust

Join us on this journey towards a healthier, happier world.

SUKA Wellbeing Trust

Support Us:-
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A/C No. 101411010000109
Union Bank of India
IFSC: UBIN0810142
Avadi, Chennai - 600054

CONSTITUTIONAL DETAILS OF SUKA WELLBEING TRUST

Legal Status	: Trust

REGISTRATION INFORMATION

Registration Number	: TN-CHE/IV/74/2024
Registration Date	: March 7, 2024
Registration Details	: The Photo Registrar, Avadi, Chennai

BANK PARTICULARS

Account Name	: SUKA Wellbeing Trust
Account Number	: 101411010000109
Bank and Branch Name	: Union Bank of India, Avadi
IFSC	: UBIN0810142

DARPAN REGISTRATION

Registration Number	: TN/2025/0486514
Registration Date	: January 2, 2025

12A – INCOME TAX

Unique Registration Number	: ABJTS7942P25CH01
Registration/Approval Date	: November 27, 2025
Registration Granting Authority	: Commissioner of Income Tax (EXEMPTION)
Permanent Account Number	: ABJTS7942P

80G – INCOME TAX

Unique Registration Number	: ABJTS7942P25CH02
Registration/Approval Date	: November 27, 2025
Registration Granting Authority	: Commissioner of Income Tax (EXEMPTION)

FOUNDING MEMBERS

SUDHAKAR HARIDOSS
Chairman/Managing Trustee

Sudhakar Haridoss holds a Master's in Counseling Psychology and Master's in Public Administration from the University of Madras. SU possesses 29 years of diverse experience spanning various fields, including Electronics, Mechanical, Chemical, Publishing, Leadership, Managerial, and ultimately, Psychology. Additionally, SU is a certified Neuro-Linguistic Programming (NLP) practitioner, a certified BrainWorking Recursive Therapy (BWRT) therapist.

RANEE SEN
President

Ranee Sen is an experienced Counseling Psychologist with a multidisciplinary educational background, including a Master's in Counseling Psychology, Diploma in counseling skills, and qualifications in Special Education, Life Skill Coaching, Career Counseling, and Yoga Instruction. With four years of experience, she specializes in addressing a wide array of mental health issues, from anxiety and depression to relationship problems, trauma, and addiction.

Dr. KAVITHA KANNAN
Secretary

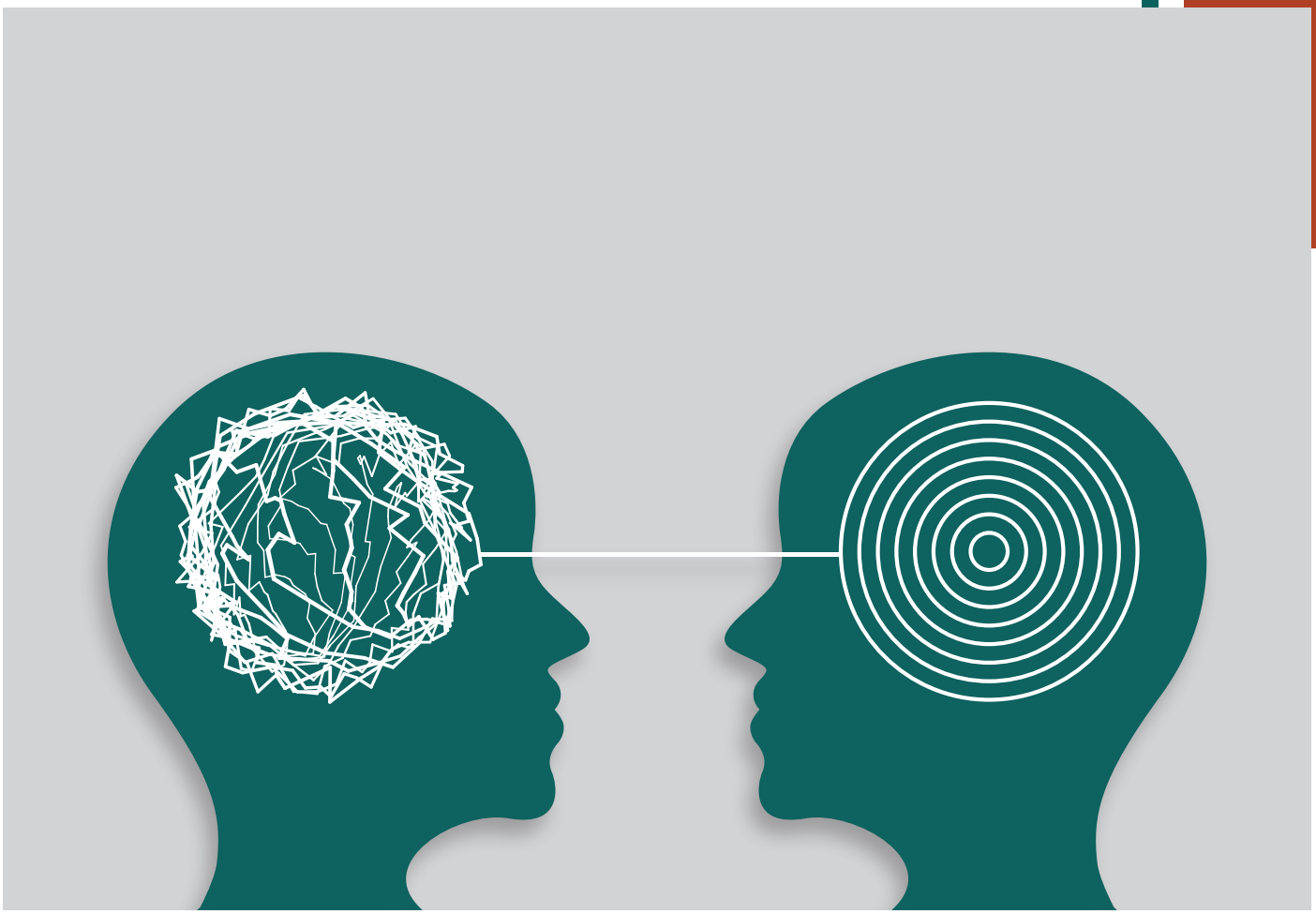
Kavitha Kannan is a compassionate therapist who specializes in career counseling, addressing study-related anxieties, mood disorders, and interpersonal challenges. She holds Master's in Counseling Psychology and Master's in Education. She serves as the CEO of Mind Whisperers. In her capacity as Director, Kavitha assumes a crucial position at Alagu Jothi Academy, an educational institution passionately devoted to nurturing young minds and promoting comprehensive development.

VENKATESH P.
Vice President

Venkatesh P. is a Counseling Psychologist, holding a Master's degree in Counseling Psychology. His areas of expertise encompass addiction,anxiety, stress, depression, and working with clients experiencing suicidal thoughts. Proficient in English, Tamil, Kannada, and Hindi, Venkatesh is dedicated to empowering his clients as a facilitator, guiding them towards discovering their own solutions, and keeping the client at the core of the therapeutic journey.

SRIKANTH V.
Joint Secretary

Srikanth V. is an enthusiastic & passionate professional with a distinctive blend of academic backgrounds in Psychology and Yoga. He possesses a profound understanding of human behavior and the intricacies of the mind. He holds a Master's in Psychology and Master's in Yoga. He specializes in integrating traditional Yoga practices, such as mindfulness meditation, breath work, and Yoga asanas, into the counseling approach.



LET'S TALK WITH COUNSELING PSYCHOLOGISTS

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