



CALMYOURMIND.LIFE

Issue 02 | April 2026

Meet the Minds behind [CalmYourMind.life](https://calmyourmind.life)

Editor's Message

Dear Reader,

Every stage of life comes with its own challenges.

Students today face increasing academic and social pressures. Working professionals often find themselves balancing ambition with burnout. Families are navigating changing dynamics in a fast-paced world. In all of this, one thing remains constant—the need for a safe, understanding space to talk, reflect, and grow.

At the CalmYourMind.life, our Counseling Psychologists are trained to support individuals across these life stages with empathy and evidence-based care. This edition is designed to help you understand who they are, how they work, and how they can support you or your loved ones.

We hope this brings you one step closer to seeking the support you deserve—with confidence and clarity.

Warm regards,

Ranee Sen, Counseling Psychologist
Editor, eNewsletter—CalmYourMind.life



Introduction

This edition of the [CalmYourMind.life](https://www.calmyourmind.life) eNewsletter is dedicated to the people who make emotional wellbeing possible—our Counseling Psychologists.

Whether you are a student navigating academic pressure and identity, a working professional managing stress, anxiety, fear, and expectations, or a parent balancing responsibilities and relationships, mental health support looks different for everyone.

That's why our team brings diverse expertise, approaches, and specializations to meet you where you are.

In this issue, we invite you to get to know about our Counseling Psychologists—their experience, their areas of focus, and the care they bring into every session. Because finding the right support begins with finding the right person.





RANEE SEN

Counseling Psychologist/Yoga
Instructor/Life Skill Coach

PROFILE

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

Ranee's client-centered philosophy focuses on collaborative exploration and empowering client to make decisions that lead to improved well-being, making her a valuable resource for diverse individuals and families seeking support.

CONTACT

PHONE: +91 **9886065391**
EMAIL: Ranee.Sen@gmail.com
LOCATION: Bengaluru

WORKING HOURS

Online: Monday to Saturday
7.00 pm – 9.00 pm

Offline: Monday to Saturday
7.00 pm – 9.00 pm
(Only in **Bengaluru**)

EDUCATION

M.Sc. [Masters in Counseling Psychology], **M.Sc.** [Masters in Information Technology], **B.Sc.** [Physics], **B.Ed.** [Bachelor of Education]

SPECIALIZATION

Anxiety, Stress, **Depression**, Relationship Issues, Adolescent Issues, Grief & Loss, Sleep Issues, Trauma, **ADHD** (Adult), Autism Spectrum Disorder, **Phobia**, Child Counseling, **Family Therapy**, Self-harm, Narcissistic Abuse, Individual, Teens, Marriage and Family Counseling, **Parenting**, Clients with **Suicidal** thoughts, Addiction, School and Career Counseling

THERAPEUTIC APPROACH

- Cognitive Behavioral Therapy (CBT)
- Rogerian Therapy or Person-Centered Therapy (PCT)
- Acceptance Commitment Therapy (ACT)
- Mindfulness-Based Therapy (MBT)

CERTIFICATION

- Diploma in Counseling Skills, **BANJARA ACADEMY**
- CBT Practitioner, **ACHOLOGY**
- Diploma in Special Education
- Diploma in Career Counseling

OFFLINE COUNSELING

Inner Bloom Counseling Centre

No. G-1104, Ajmera Green Acres
Kalena Agrahara Bannerghatta Main Road
Bengaluru – 560076, Karnataka

LANGUAGE: English, Kannada, Hindi, Bengali, and Oriya



Dr. KAVITHA KANNAN

Counseling Psychologist/Soft-Skill
Trainer

PROFILE

Kavitha Kannan is a compassionate therapist who specializes in career counseling, addressing study-related anxieties, mood disorders, and interpersonal challenges. Committed to excellence and dedicated to assisting those in need, Kavitha has amassed years of professional experience in the counseling field. Her approach is grounded in informed and evidence-based treatments. With a focus on young adults aged 12-30, Kavitha empowers individuals to overcome obstacles and transform into unique, confident individuals ready to face the world with resilience. Her unwavering commitment to helping others navigate life's challenges sets her apart as a trusted and effective counselor.

CONTACT

PHONE: +91 **9840333398**
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LOCATION: Chennai
WEBSITE: www.alagujothiacademy.in

WORKING HOURS

Online: Monday and Sunday
10.00 am – 5.00 pm

EDUCATION

M.A., M.Ed., M.Sc. in Counseling Psychology

SPECIALIZATION

Studies Difficulties, **Depression**, Career Counseling, Severe Stress, Anxiety, Mood Disorders, Relationship Issues, **Suicidal** Ideation, Grief & Loss, Sleep Issues, **Cognitive Disparities**, Self-Harm, Body Image, Self-Confidence, Anger Management, **LGBTQI** Support, Marital Discord, Eating Disorders, **Parenting** Issues, Workplace Problems

THERAPEUTIC APPROACH

- Cognitive Behavioral Therapy (CBT)
- Rational Emotive Behavioral Therapy (REBT)
- Dialectical Behavioral Therapy (DBT)
- Mindfulness-Based Therapy (MBT), Art Therapy, Music Therapy, Yoga and Relaxation Techniques

OFFLINE COUNSELING

Mind Scape Counseling

No. 58, HIG-Phase-1
Mugapair West Main Road
Nolambur, Mugapair West, Chennai – 600037, Tamilnadu

LANGUAGE: Tamil, Hindi, and English



Dr. RAKSHITA K.

Homeopathy Practitioner and
Counseling Psychologist

PROFILE

Dr. K. Rakshita, BHMS, M.Sc. in Counseling Psychology, is a highly esteemed Homeopathy practitioner located in Chennai. She is widely recognized for her exceptional proficiency in treating a wide range of both major and minor ailments. Dr. Rakshita earned her BHMS degree from the prestigious Sri Sairam Homeopathic Medical College and Research Center, where she not only excelled academically but also received the prestigious Dr. N. Subramaniam Gold Medal and the K. Sudharshan Award for achieving the highest academic distinction during her undergraduate studies.

CONTACT

PHONE: +91 **8610273729**
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LOCATION: Chennai

WORKING HOURS

Online: Monday to Saturday
7.00 pm – 10.00 pm

EDUCATION

BHMS, M.Sc. in Counseling Psychology

SPECIALIZATION

Homeopathy and Stress, Anxiety, Depression, Anger Management, Body Image, Self-Confidence, and Sleep Disturbances

THERAPEUTIC APPROACH

- Cognitive Behavioral Therapy (CBT)
- Solution-Focused Brief therapy (SFBT)
- Mindfulness-Based Therapy (MBT)

OFFLINE CLINIC/COUNSELING

KRK Homeopathic Clinic
3/36, Nallana Mudali Street
Sowcarpet, Perumal Koil Garden
George Town, Chennai – 600001

LANGUAGE: Gujarati, Hindi, Tamil, and English



PROFILE

Dr. Prabu, a specialized Physiotherapist famous for his expertise in neurology, cardiopulmonary/respiratory conditions, geriatrics, and pediatrics. In the neurology domain, he excels in aiding patients afflicted by conditions such as stroke, multiple sclerosis, and Parkinson's disease, facilitating their mobility restoration and enhancing their quality of life through targeted physiotherapy interventions. Also, he demonstrates proficiency in cardiopulmonary physiotherapy, guiding patients with heart and lung issues through rehabilitation to improve cardiovascular and respiratory function. Furthermore, Dr. Prabu offers invaluable services in geriatric and pediatric physiotherapy.

CONTACT

PHONE: +91 **9342764227**

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LOCATION: Chennai

WORKING HOURS

Online: Monday and Sunday
9.00 am – 7.00 pm

Dr. PRABU S.

Physiotherapist & Counseling
Psychologist

EDUCATION

B.P.T. in UCA College of Paramedical Sciences and Internship in Kilpauk Medical College, Chennai, M.I.A.P., **M.Sc.** in Counseling Psychology

SPECIALIZATION

Addictions, Anger, Anxiety, Stress, Depression, and Special Education

THERAPEUTIC APPROACH

- Cognitive Behavioral Therapy (CBT)
- Solution-Focused Brief therapy (SFBT)
- Mindfulness-Based Therapy (MBT)

CERTIFICATION

- Certified Spinal Manual Therapist
- Course of Spinal Manipulation Techniques

OFFLINE CLINIC/COUNSELING

Bharathi Physio Care

1/1, NN Garden, 8th Lane
Old Washermenpet
Chennai – 600021

LANGUAGE: Tamil, and **English**



VENKATESH P.

Counseling Psychologist

PROFILE

Venkatesh is an exceptionally qualified 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. He adheres to a person-centered theoretical approach in therapy and utilizes a diverse range of therapeutic modalities, including Motivational Interviewing, Cognitive Behavioral Therapy, and Solution-Focused Brief Therapy. 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.

CONTACT

PHONE: +91 **9940194960**

EMAIL: venk63@gmail.com

LOCATION: Chennai

WORKING HOURS

Online: Tuesday and Thursday
7.00 pm – 9.00 pm

Sunday
10.00 am – 2.00 pm

EDUCATION

M.Sc. in Counseling Psychology

SPECIALIZATION

Anger, Anxiety, Stress, and Depression, **Addictions**, Clients with Suicidal Thoughts

THERAPEUTIC APPROACH

- Cognitive Behavioral Therapy (CBT)
- Rational Emotive Behavioral Therapy (REBT)
- Solution-Focused Brief therapy (SFBT)
- Mindfulness-Based Therapy (MBT)
- Motivational Interviewing

CERTIFICATION

- Counseling Psychotherapy and Case Studies (OI), **Reframe**
- Brain Working Recursive Therapy, **BWRT** (UK)
- CBT Practitioner, **ACHOLOGY**

OFFLINE COUNSELING

Inner Space Counseling Centre

Flat 6, Golden Flats, 1st Floor,
30/29, Sarojini Street,
T Nagar, Chennai – 600017, Tamilnadu

LANGUAGE: Tamil, Hindi, Kannada, and English



SUDHAKAR HARIDOSS

Counseling Psychologist

PROFILE

Sudhakar Haridoss (SU) possesses 28 years of diverse experience spanning various fields, including Electronics, Mechanical, Chemical, Publishing, Leadership, Managerial, and at last, Psychology. Sudhakar is a burgeoning psychologist who specializes in adeptly addressing a wide spectrum of psychological & emotional challenges, encompassing a thorough range of deeply experienced conditions and mental health issues. Additionally, SU, a certified Neuro-Linguistic Programming (NLP) practitioner, enhancing his ability to support clients through advanced therapeutic techniques. His passion lies in guiding clients toward these goals, engaging in the one-on-one sessions that offer a safe and non-judgmental space for exploring the Cognitive triad thoughts, emotions, and behaviors.

CONTACT

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WORKING HOURS

Offline/Online: Saturday and Sunday
10.00 am – 12.00 pm

EDUCATION

B.Sc. [Chemistry], **M.A.** [Public Administration], **M.C.A.** [Computer Applications], **M.Sc.** in Counseling Psychology

SPECIALIZATION

Relationship Counseling and **Personality** Development

THERAPEUTIC APPROACH

- Cognitive Behavioral Therapy (CBT)
- Neuro-Linguistic Programming (NLP)
- Brain Working Recursive Therapy (BWRT)

CERTIFICATION

- Neuro-Linguistic Programming (NLP) Practitioner, **NIPR**
- Brain Working Recursive Therapy, **BWRT** (UK)
- Master Diploma in Coaching and Counseling, **NIPR**
- Lay Counselling Certification Program, **NIMHANS**
- Counseling Skills Training (OI), **Psychoflakes**
- Counseling Psychotherapy and Case Studies (OI), **Reframe**
- Summer Immersion Program, **3G SAP**
- Diploma in Behavioral Science, **EoU** (Europe)
- Internship in Counseling Psychology, **EMOJAR**
- CBT Practitioner, **ACHOLOGY**
- Diploma in Mental Health and Wellness, **ACHOLOGY**

OFFLINE COUNSELING

SU Counseling Services®

1C, 8th Street
Bharathi Nagar
Indian Air Force (IAF)–Avadi, Chennai – 600055, Tamilnadu

LANGUAGE: Tamil and English

Conclusion

Calm your mind

Calm (serenity) is understood as an internally cultivated state rather than one determined by external circumstances. It can be developed through increased awareness of one's cognitive and emotional processes, the practice of mindfulness, and the gradual reduction of maladaptive attachments and patterns of craving. As emphasized in the teachings of Gautama Buddha, the mind plays a central role in shaping both suffering and well-being.

From a Counseling Psychology perspective, this view is consistent with evidence that psychological distress is mediated not only by life events, but by individuals' interpretations, appraisals, and responses to those events. Mindfulness based approaches facilitate the non-judgmental awareness of internal experiences, thereby enhancing emotional regulation and promoting more adaptive coping strategies.

Concepts reflected in the Four Noble Truths—particularly the role of craving and attachment in sustaining distress—parallel contemporary understandings of maladaptive cognitive and behavioral patterns. Likewise, elements of the Noble Eightfold Path, including intentionality, ethical conduct, and disciplined mental practice, align with therapeutic goals of fostering cognitive flexibility, behavioral change, and psychological resilience.

Within this framework, serenity is conceptualized as an emergent outcome of sustained self-awareness, cognitive restructuring, and adaptive regulation, rather than as a byproduct of external stability.

As you've explored the profiles in this edition, we hope you've found not just qualifications and experience—but people you can relate to and trust.

At CalmYourMind.life, our Counseling Psychologists are committed to supporting students, professionals, and families through life's complexities with care and understanding. No matter where you are in your journey, the right support can make all the difference.

We invite you to take that step—toward clarity, resilience, and well-being.

Thank you for being part of our community.

Call-to-Action

Your mental wellbeing deserves attention, care, and the right support.

If you found a Counseling Psychologist in this edition who resonates with you, we encourage you to take the next step:

- Book a confidential session tailored to your needs
- Reach out to learn more about the right approach for you
- Start a conversation—because even one step can create meaningful change

Whether you are seeking support for yourself, your child, or your family, our team is here to walk alongside you.

✉ Get in touch with us: [**www.calmyourmind.life**](http://www.calmyourmind.life)

You don't have to figure everything out alone.



[**www.calmyourmind.life**](http://www.calmyourmind.life)