

Calm your mind. life

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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 wellbeing, 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

Ranee Sen

This article presents a refined perspective on unconditional love as a compassionate and selfless form of care beyond expectations. It explores its positive influence on emotional well-being and relationships while addressing key misconceptions—particularly the belief that such love requires tolerating harm or neglecting personal needs. Emphasizing boundaries, mutual respect, and self-awareness, the piece concludes that mature love, grounded in balance and emotional safety, offers a more realistic and sustainable foundation for meaningful human connection.

Dr. Kavitha Kannan

In a world that constantly pulls us outward, this article gently guides readers inward toward true healing. It explores discontentment through the lens of self-awareness and meta-cognition. Blending psychology with holistic practices, it highlights the power of mindful reflection and positive thought. The piece encourages reprogramming habitual patterns to restore emotional balance. With a subtle spiritual undertone, it inspires deeper inner connection. Ultimately, it reminds us that lasting peace begins within.

Dr. Rakshita K.

This article thoughtfully examines whether we are truly living in the present moment amidst increasing digital distractions. It highlights the psychological and social impact of excessive smartphone use while acknowledging its benefits when used mindfully. Emphasizing balance, awareness, and intentional living, the piece encourages readers to reconnect with real-world experiences. Ultimately, it serves as a gentle reminder to reclaim presence, focus, and meaningful human connection.

Srikanth V.

This feature revisits Pranayama through a calm, contemporary lens, blending ancient wisdom with modern science. It highlights how conscious breathing can gently regulate stress and restore inner balance. With simple, practical techniques, the article offers accessible tools for everyday calm. Grounded in mindful awareness, it encourages a safe and personal approach to breath work. More than a practice, it becomes a quiet ritual for well-being. A soothing reminder that peace begins with the breath.

Sudhakar Haridoss

This article reflects on the power of connection across distance in an evolving digital world. It highlights how meaningful communication sustains relationships despite physical separation. Blending personal experience with psychological insight, it emphasizes emotional presence and empathy. The piece also explores how technology can strengthen bonds when used mindfully. It encourages intentional conversations that nurture trust and belonging. Ultimately, it reminds us that true connection transcends distance.

Unconditional Love

THE QUIET FORCE THAT TRANSFORMS LIVES

Unconditional love, simply put, means loving someone without expecting anything in return. It is a selfless and freely given form of love. This kind of love is not dependent on what a person does for you. Instead, it is rooted in genuine care and the desire for the other person's happiness and well-being.

Often referred to as compassionate love, unconditional love is commonly associated with the bond between parents and children. However, many people also hope to experience such love in close friendships and romantic relationships. The idea of being loved exactly as you are, regardless of flaws or mistakes, is deeply comforting. Yet unconditional love is often viewed as something idealistic — more common in stories and films than in everyday life.

Still, understanding what unconditional love truly means, and what it does not mean, can help build healthier and more meaningful relationships.

What is it?

Unconditional love is a selfless act. You're not in it for yourself.

Though it may overlap with other types of love in some ways, other elements set it apart.

You can recognize it by these key characteristics.

It can benefit emotional health

Research suggests that feelings of unconditional love activate parts of the brain associated with reward and positive emotions, much like romantic love does.

Receiving unconditional love can also positively influence emotional well-being. Studies show that children who grow up receiving warmth and affection from caregivers tend to develop greater resilience and experience fewer psychological difficulties later in life.

Parental love that is consistent and accepting may even reduce the long-term emotional effects of childhood stress or trauma.

It feels secure

When people feel loved despite their mistakes or shortcomings, they are more likely to develop confidence, independence, and healthy self-esteem. Children, for example, feel safer exploring the world and learning from their experiences when they know their caregivers' love will not disappear because of failure or disapproval.

Similarly, in friendships and romantic relationships, unconditional love can strengthen trust during difficult phases such as disagreements, distance, illness, or changes in life circumstances.



It's altruistic

Altruism refers to helpful actions taken to support and benefit others, often at your own expense.

In terms of unconditional love, altruism means you don't consider any potential benefits of loving someone. You offer your love for their support and benefit.

Love, many say, is its own reward, but you typically don't get anything out of altruistic acts. This is one point of contention in discussions of unconditional love in romantic situations. Because healthy relationships, by definition, are mutually beneficial, this would seem to suggest that romantic love — at least within the boundaries of a relationship — can't be truly unconditional.

It involves acceptance and forgiveness

People aren't perfect, and nearly everyone makes a few choices they regret. Unconditional love, however, requires unconditional acceptance.

So, you forgive mistakes and continue to offer love and acceptance, even — and this is important — if their choices distress you or cause harm.

You can't love someone unconditionally unless your love remains unchanged despite their actions. You can, however, love someone unconditionally without having a relationship with them.

Sometimes loving and accepting someone does not mean waiting forever for them to improve or tolerating behaviour that hurts you. You may realise that the person is unwilling or unable to change harmful habits or behaviours.

In such situations, acceptance involves seeing the reality of

the person as they are, instead of hoping they will become different. To protect your mental, emotional, or physical health, you may need to create boundaries, distance yourself, or even leave the relationship.

For example, if someone repeatedly lies, disrespects you, or behaves abusively despite many chances, accepting the situation may mean understanding that they may not change — and choosing to prioritise your own well-being rather than continuing to suffer.

What it isn't

Confusion and misconceptions about the true nature of unconditional love can seem to suggest this type of love reflects unhealthy or toxic relationship dynamics.

There's an important distinction between offering love and forgiveness and continuing to accept harmful actions. It's also important to understand you can love someone unconditionally without staying with them unconditionally.

To clear things up a bit more, here's what unconditional love does not mean.

Ignoring relationship issues

Conflict is normal (and healthy) in relationships. Unconditional love doesn't mean you avoid this conflict or look away from problematic behavior.

Say your partner spends your joint savings on an expensive exercise bike — a choice you completely disagree with — when you'd agreed to save up for a house. You might not stop loving them, but neither do you ignore the breach of trust. Depending on the circumstances, you might agree to work together on rebuilding trust (and your savings), but you might also see no future in the relationship. You can



walk away still holding forgiveness and love in your heart.

Neglecting your own needs

It's true that unconditional love can involve some sacrifice, but these sacrifices shouldn't require you to give up everything you need and want for yourself.

Attempting to meet all your partner's needs can seem like one way of expressing unconditional love, but this can actually create an unhealthy dynamic in your relationship.

No one person can provide another person with everything they need. You should feel comfortable setting boundaries around things you don't want to do. What's more, they should respect your limits and consider any requests you make.

When they can't provide the support you need, they might offer a potential compromise or help you think of some other solution.

Even when your love doesn't depend on their ability to meet your needs, you still have those needs — everyone does.

Unconditional love can't fuel a healthy relationship on its own. It's essential to take care of your own needs, too, or you won't be in any position to support someone else.

Tolerating abuse

A sense of safety is a basic human need.

Perhaps your partner says unkind things after drinking. You might tell yourself, "They wouldn't shout at me if they weren't drunk." You might accept that this is who they are and make the choice to forgive their words and continue loving them.

But unconditional love doesn't mean staying in an unhealthy situation when you're better off letting go.

You want them to be happy, but what if quitting drinking and dealing with the issues that trigger the urge to drink would improve their health and help them find greater happiness?

Again, you can offer forgiveness and love even after safely leaving the relationship.

Blanket tolerance for harmful behavior can prevent them from making needed changes. Though remember that this absolutely doesn't mean you're to blame. The responsibility for their actions rests entirely in their hands.



Is it even possible?

If you're starting to think unconditional love sounds a lot more complicated than you'd imagined, you've pretty much hit the mark.

As one philosophy professor pointed out, even the love between a parent and a child falls short of unconditional. A parent might love their child no matter what they do, but this love still has a condition: They love their child because their child is theirs.

In a similar vein, consider the love you have for your partner or anyone else. What triggered it originally? Perhaps you felt attracted to certain specific characteristics: sense of humor, a kind heart, intelligence.

If they no longer had those characteristics, would your love continue, unaltered? From a philosophical perspective, if conditions never change, you might never know whether your love truly is unconditional.

In reality, love grows and shifts over time. It can also fade, through no fault of anyone involved. Love changes, in part, because people change. You, or your partner, may not be the same person years down the line.

Instead of seeking out an idealized, potentially unattainable type of love, try for a better, more realistic, goal: mature

love founded on compassion and respect.

Fostering it in your relationship

While a parent may love their child from the moment of birth, romantic love can take a little more time and effort. These strategies can help you nurture and sustain deep, lasting love.

Offer respect, even when you disagree

You and your partner are two different people, so it makes sense you'll have a difference of opinion at some point. Many people think of conflict as something negative, but it isn't always bad. It can even improve the health of your relationship when handled in a productive way.

When navigating conflict, it's important to accept any differences with respect. You want to send a message that says, "I disagree with you, but I still respect your opinion."

Once you both express your opinions, you can begin working toward resolution. This might involve collaboration or compromise. Without respect, though, it'll be tough.

Practice open communication

Good communication should be clear, honest, and timely. All the honest, open sharing in the world may not make much difference if it comes too late.

By communicating with your partner, you show your respect and commitment to working through challenges and finding ways to meet conflicting goals.

For better communication:

- Bring up issues as they arise instead of letting your irritation simmer and gather heat.
- Share your thoughts honestly, but also listen empathically to what your partner has to say.
- Make sure to clarify when you don't understand something to better prevent conflict in the future.

If you're not used to communicating in this way (plenty of us aren't), be patient. Things will get easier with practice.

Support each other

Most relationships that thrive involve plenty of mutual support.

When your partner struggles, you listen with empathy or offer a helping hand, and they do the same for you. You stay mindful of their needs as well as your own, and they know you have their back when they're up against something they can't handle alone.

A time may come when you find yourself sacrificing something for their benefit, but sacrifice and support should go both ways. A healthy relationship involves not just take, but also some give — so they'll likely make sacrifices for your benefit, too.



The Bottom Line

Unconditional love might sound like a dream come true. But while love is one thing, a relationship is quite another. A healthy relationship does have conditions, of a sort: your boundaries. If your partner doesn't respect your boundaries, the relationship isn't healthy, no matter how deeply you love them. Moving on from it, then, could be an act of unconditional self-love..

Ranee Sen
Counseling Psychologist / Yoga Instructor / Life-Skill Coach

THE CURE OF WHAT AILS YOU

HOW TO BEAT THE MISERY OF DISCONTENTMENT

The cure of what ails you – is a classic idiom, panacea or fix-all, which states that something can be fixed, it can be of physical fitness, illness, financial backlogs or a mental instability of a person. In simple the misery of discontentment can be fixed by self-healing by knowing your inner self and reprogramming our neurolingo network of our nerves through an immersive positive affirmations and rituals which transforms the self like a magic hands from heaven, just wiping away our ailments with a pure cure.

A man is never contented with any pleasures in this world nor is he satisfied with what he has, until something such as his health or wealth goes haste out of his hands drastically.



Metacognition

The highest form of intelligence isn't IQ, it is not memory or speed nor with "Gary kasparov's , else Viswanathan Ananth's" chess Astute, as per neuroscientists theory the neuro intelligence is entirely different from iq, it is neither emotional quotient nor socio/spiritual logical brilliance. Most people never even think of what It is and others even outgrow them. According to neuroscientists it's all about "Metacognition".

The ability to think about their own thinking, not reacting blindly, not by running an autopilot mode such as sleeping, eating, bathing, working on a repeat mode.

By noticing your thoughts questioning our emotions and interrupting your emotional reflexes such as bitterness, anger, outburst and weep, we need to replace these negative thoughts and upgrade it with commands to "pause" the thoughts to analyse your present or previous reactions, question those reactions, why you did so?. When you do so, you are questioning your own thoughts, hence the action is paused as if you are defending your own thinking process.

Whenever we interrupt our actions, the brain initiates the change and a region called anterior prefrontal cortex activates. This region isn't for action or emotion

but for self-observation. The brain invariably turns its attention inwards. Mostly larger population operate on mental software automatically.

Metacognition is like a human computer, which can edit its own program while running unlike a normal computer. Unlike switching a button-like a mind-set, its neuro-electric remodelling.

Self-awareness is the key to pause and react. Most people even after knowing all of this, doesn't practice, because it is extremely uncomfortable. The better way to cure is to pause instead of reacting and questioning not defending. Watching our failure honestly without any guilt may affect our ego which hates this action. Still growth and cure is assured if we practice reprogramming our thoughts consistently.

Scaffolding the Novices

People who are on the threshold of chronic and malignant health deficits are left to grapple with a rapidly changing world marked, by increasing diversified corporate health sectors with rapid technological changes.

Tackling and sensitising themselves with higher order thinking of controlling and manifesting their inner thoughts has to be planned meticulously with confidence, orientation and direction.

The learning to learn, learning by doing is enhanced by selfhelp affirmations, manthras, chakra healings with yoga and Heart energy meditation techniques. Self healing is a part of Reiki concept and not only heals ones' self but also other, no matter whether you are near or away, the person who is to be healed needs to hold confidence and belief. Healing is an enlightening process buttressed with rituals, tools and practices to cleanse all the toxins away from the body, physically, emotionally and mentally to ensure their practicum with neuro metacognition.

However, if you are dealing with a severe misery, then discontentment is inevitable, they may get angry and become confrontational or tense, but find ways to break up the tension. Re question your feeling with awareness and values with hope and belief. Journaling your thoughts and affirming it with positivity really works wonders. Some may say it is through divine power the cure is granted, but the real truth is that the divine is within you and you are the supreme power of your own destiny.

Rewrite your own destiny with neuro metacognition and ward off all ails with the garlands of positive thoughts and healing practices with a renowned healer or a therapist.

Alive and kicking...



In Essence

True cure lies not in external fixes, but in mastering the inner dialogue through awareness and meta-cognition. When we learn to pause, reflect, and reprogram our thoughts, discontentment gradually transforms into clarity and purpose. Ultimately, the power to heal, grow, and rewrite our destiny resides within us.

Dr. Kavitha Kannan

Counseling Psychologist/Soft-Skill Trainer

ARE WE ACTUALLY LIVING... IN THE MOMENT?



It was a warm summer evening when I happened to run late for my clinic appointments. I usually start fresh by 5.00pm but that evening I reached my clinic by 5.45pm and when I entered, I immediately rushed to my cabin but as I passed, I had a glimpse of my waiting area and I saw two things that day. ONE- I am going to have a busy evening and frankly it made me happy because why not, all these years of hardships were only to see patients and ahh... the satisfaction is just another level.

TWO- This was the shocking observation, almost everyone in the waiting area right from the 4year old to the eldest person they were all glued to their phone. Not one person did I see looking up and glancing the space and that's when I realised ARE WE ACTUALLY LIVING....IN THE MOMENT?

Parks, Malls, Waiting areas and in fact even in Movie theatres I see people often bent, that is only staring their phone screens. Gone are the days when people used to interact with mother nature, with the beautiful ambience around them, with people mainly.

I remember my childhood days where my father used to start a conversation with almost anyone and that's how he almost knows half the people of the town, now not literally but you just get my point right. With modern times as we

age into new century why have we forgotten the mere essence of being able to talk face to face?

Mobile phones are not the real culprit, it has the most useful stuff in it but are we using it the right way, that's the real question. From the psychological point of view our Behaviours are changing.

I remember during my college days I was able to sit at one place and read for hours but now when I start a page, I take two breaks in between either to scroll my whatsapp or my Instagram. Young parents often complaint to me that kids lack concentration while studying but remain unmoved absorbed when seeing TV or phones. Did you ever wonder why?

The effects of smartphones on human behavior are bidirectional and complex. They can enhance productivity, learning, and connectivity when used mindfully but are associated with neurological, cognitive, emotional, and social drawbacks when overused or mismanaged.

Awareness, behavioral strategies, and structural interventions are essential to preserve human cognitive and social functioning in the age of pervasive mobile technology. The balance between the benefits and drawbacks of mobile phone is crucial for maintaining a healthy and balanced lifestyle.

Domain	Effect of Excessive Smartphone Use	Mitigation Strategies
Cognitive	Reduced working memory, attention residue, shallow processing	Phone-free periods, structured attention tasks
Emotional	Increased depression, anxiety, stress; disrupted sleep	Mindful usage, sleep hygiene enforcement
Social	Lower empathy, relationship dissatisfaction, digital parallel play	Phone-free meals, deliberate social engagement
Development	Delayed social/emotional skills in children	Co-viewing, limited early exposure, guided interaction
Academic	Mixed: distraction vs educational resource	Purposeful educational use, structured schedules



The Reality Check

Living in the moment is a conscious choice we must reclaim amidst digital distractions. By using technology mindfully, we can restore our attention, deepen human connections, and truly experience life as it unfolds.

Dr. Rakshita K.
Homeopathy Practitioner & Counseling Psychologist

PRANAYAMA

STRESS AND ANXIETY REGULATION

An Expert's Guide to the Neurobiology and Practice of Breath Control

In the modern therapeutic landscape, practitioners are increasingly seeking evidence-based, somatic interventions to complement traditional talk therapy. One of the most potent, yet accessible, tools is Pranayama—the ancient science of breath regulation. While often categorized under the umbrella of yoga, Pranayama is emerging in psychological literature as a sophisticated physiological intervention for the autonomic nervous system, offering clients a way to “bottom-up” their emotional regulation.

The Biological Anchor: Why the Breath?

The breath is a unique physiological bridge: it is the only autonomic function that is both involuntary and under conscious control. This positioning makes it a literal “remote control” for the nervous system. When a client experiences anxiety, their hypothalamic-pituitary-adrenal (HPA) axis is overactive, flooding the system with cortisol and adrenaline. This “fight-or-flight” state is characterized by shallow, thoracic (chest) breathing, which reinforces a feedback loop of alarm to the brain.

Pranayama interrupts this loop through the stimulation of the Vagus Nerve. By consciously slowing the breath and extending the exhalation, we signal the parasympathetic nervous system (PNS) to initiate the “rest and digest” response. Clinical observations indicate that regular practice increases Heart Rate Variability (HRV)—a primary biomarker of emotional resilience and the ability of the heart and brain to respond effectively to stress.

Neurobiological Impact: Beyond Relaxation

- Modern neuroimaging and biochemical research have begun to quantify the profound impact of controlled breathing on the human brain. These findings suggest that Pranayama serves as more than just a relaxation technique; it is a neuro-modulatory tool.
- Neurotransmitter Regulation: Research suggests that focused breathwork can significantly increase levels of Gamma-aminobutyric acid (GABA). As the brain's primary inhibitory neurotransmitter, GABA plays a crucial role in “braking” the nervous system, often being the target of pharmacological anti-anxiety treatments.
- Amygdala Modulation: Controlled breathing has been shown to reduce the firing of the amygdala—the brain's fear center—while simultaneously increasing activity in the prefrontal cortex. This shift enhances a client's capacity for “top-down” emotional regulation, allowing them to observe their thoughts rather than being hijacked by them.
- Brain Wave Synchronization: Pranayama facilitates a shift from high-frequency Beta waves (associated with active thinking, stress, and hyper-vigilance) to Alpha and Theta waves. These slower frequencies are linked to deep relaxation, insight, and the meditative states required for cognitive processing in therapy.



The Practical Toolkit: Three Essential Techniques

These techniques can be introduced within a session as grounding exercises or assigned as “home-work” to help clients manage acute stressors in their daily lives.

1. Nadi Shodhana (Alternate Nostril Breathing)

The Goal: Balance and Cognitive Clarity. How to: Using the thumb and ring finger, the client alternates closing one nostril at a time. They inhale through the left nostril, close both, then exhale through the right. This is followed by inhaling through the right, closing both, and exhaling through the left. Clinical Benefit: This technique is believed to harmonize the left and right hemispheres of the brain. It is particularly effective for clients who feel “scattered” or cognitively overwhelmed, as the rhythmic nature of the practice requires enough focus to quiet intrusive thoughts without being overly taxing.

2. Bhramari (Humming Bee Breath)

The Goal: Immediate Soothing and Sensory Grounding. How to: The client inhales deeply through the nose. On the exhalation, they keep the lips lightly sealed and make a steady, low-pitched humming sound. Clinical Benefit: The internal vibration of the hum has a profound effect on the vagus nerve and the vestibular system. It provides a “sensory anchor” for clients who find silent meditation difficult or triggering, making it an excellent tool for acute agitation.

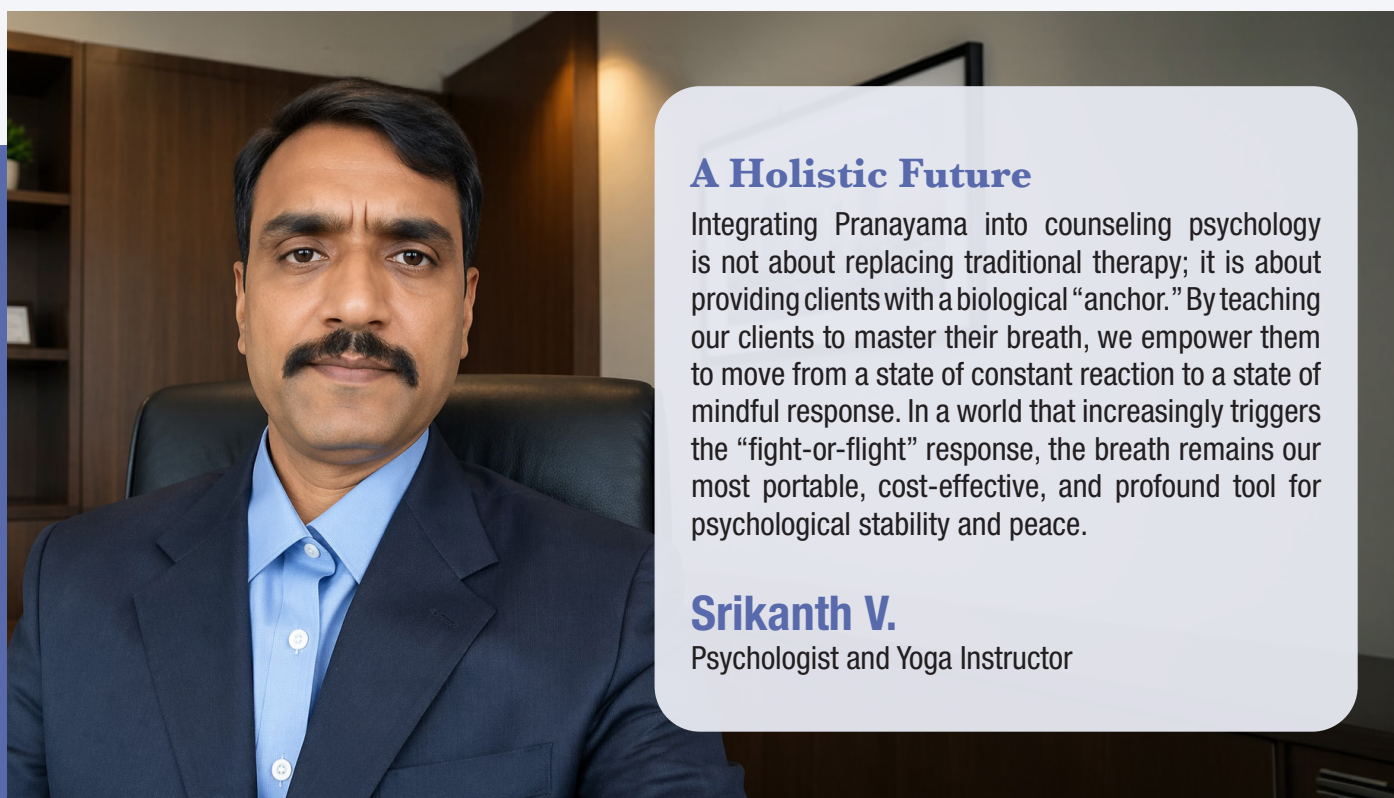
3. Dirga Pranayama (Three-Part Breath)

The Goal: Grounding and Reconnection. How to: Guide the client to breathe first into the belly, then the lower ribs, and finally the upper chest, before exhaling in reverse order. Clinical Benefit: This is the direct antidote to “chest breathing” seen in panic disorders. It encourages full diaphragmatic engagement, which physically prevents the body from maintaining a high-stress state.

The Counselor’s Lens: Trauma-Informed Integration

While Pranayama is powerful, it must be applied with clinical nuance, particularly in trauma-sensitive care. For some survivors of complex trauma or PTSD, focusing on internal sensations (interoception) can be dysregulating.

- **Use Invitational Language:** Instead of directive commands, use choice-based language. For example: “If it feels comfortable for you today, you might choose to notice the rhythm of your breath.”
- **Avoid Force:** In trauma-informed practice, avoid “forceful” breaths or long breath retentions, which can mimic the feeling of air hunger and trigger a panic response.
- **Prioritize Agency:** Always remind the client that they are in control. If focusing on the breath feels “too much,” they should be encouraged to open their eyes and focus on an external object in the room to ground themselves.



A Holistic Future

Integrating Pranayama into counseling psychology is not about replacing traditional therapy; it is about providing clients with a biological “anchor.” By teaching our clients to master their breath, we empower them to move from a state of constant reaction to a state of mindful response. In a world that increasingly triggers the “fight-or-flight” response, the breath remains our most portable, cost-effective, and profound tool for psychological stability and peace.

Srikanth V.

Psychologist and Yoga Instructor

HOW TO CONNECT WHEN YOU MUST STAY APART

Human relationships are fundamentally built on communication and *emotional attunement*. Whether separated by a few kilometers or entire continents, maintaining connection with loved ones is essential for emotional well-being, *psychological resilience*, and sustained *affective bonding*. While distance can introduce relational strain, it does not inevitably weaken relationships. In many cases, intentional and meaningful communication can deepen *attachment security* and strengthen interpersonal bonds despite physical separation.

The modes of long-distance communication have evolved dramatically over time. From handwritten letters and costly international phone calls to instant messaging and video conferencing, technological advancements have transformed how families remain connected. Yet, the underlying psychological need remains unchanged: to share experiences, provide *emotional support*, express care, and sustain a sense of belonging in each other's lives.



My Personal Experience:

Staying Connected Across Countries (1994)

One of the most meaningful experiences in my life occurred between 1994 and 1997, when my father was working in Brunei while I lived in Chennai. The geographical distance was significant, and the available communication tools were limited compared to today.

For nearly three years, our primary modes of communication were landline calls and handwritten letters. Each phone call carried emotional weight. Conversations, though brief due to cost constraints, were rich in *emotional exchange* and *relational presence*. We spoke about health, daily routines, and family matters—engaging in what psychology describes as *maintaining relational continuity*.

Letters played an equally vital role. They allowed for *reflective expression* and deeper *cognitive processing* of emotions. Unlike today's instant communication, letters required patience and delayed gratification. This waiting period often intensified the emotional value of each message, reinforcing *anticipatory attachment* and emotional significance.

Occasionally, I sent my father books and cassette recordings of his favorite Hindi songs—objects imbued with *emotional symbolism* and *nostalgic triggers*. These parcels carried more than physical items; they transmitted *affective meaning*, reinforcing our bond across distance.

Through these consistent efforts, we preserved a strong relationship despite physical separation.

Another Experience: Staying Connected with My Wife during My U.S. Secondment (2014)

Nearly two decades later, I experienced a similar separation when I traveled to the United States for a professional assignment while my wife remained in Chennai. This time, however, technology had transformed the communication landscape.

With smartphones, video calls, and instant messaging, we could connect daily. Unlike the 1990s, there was no prolonged waiting period. However, despite technological ease, *the emotional experience of separation*—including *longing*, *mild anxiety*, and *attachment needs*—remained very real.

The nature of communication also differed. While conversations with my father were informative and supportive, interactions with my wife involved deeper *emotional intimacy*, *companionship*, and *shared identity*. We missed daily

routines—small but significant rituals that contribute to *relational stability*.

Our video calls became a form of *emotional regulation*, helping to reduce feelings of *loneliness* and *separation distress*. Even brief interactions helped restore a sense of closeness.

We often asked each other questions that facilitated *emotional disclosure* and *psychological connection*:

- What was the most meaningful part of your day?
- Did you experience any stress or discomfort today?
- Are you taking care of your physical and emotional health?
- What did you miss most about home?
- Did anything evoke a positive emotional response today?
- Is there anything causing you concern or anxiety?

These questions promoted *empathic listening* and *interpersonal attunement*, strengthening our relationship.

Sometimes, we simply shared silence—a powerful form of *non-verbal connection*. These moments reinforced the idea that communication is not only verbal but also deeply emotional and experiential.

This experience reinforced a key psychological insight: communication is not merely the exchange of information; it is the process of *co-regulating emotions*, expressing care, and maintaining *relational presence*.

When I compare my father's stay in Brunei during the 1990s with my Secondment in the United States in 2014, I see two different generations of communication. The first relied on letters and landline telephones; the second relied on smartphones and video calls. Yet both experiences demonstrate the same timeless truth: distance can separate people physically, but consistent communication keeps hearts connected.

The Transformation of Communication in the Modern Era

Today's communication tools support diverse forms of connection. Modern communication tools include:

1. Video Calls

Video calling allows family members to see one another in



real time regardless of location. Facial expressions, smiles, and visual interactions make conversations more personal and meaningful.

Video calls help family members:

- Monitor each other's health and well-being.
- Participate in family celebrations remotely.
- Offer emotional support during difficult times.
- Feel present in each other's lives despite physical distance.

2. Instant Messaging

Messaging applications allow immediate communication through text, voice notes, photographs, and videos.

Benefits include:

- Quick updates throughout the day.
- Easy sharing of family moments.
- Convenient communication across time zones.
- Creation of family group chats.

3. Voice Messages

Voice notes combine the convenience of messaging with the warmth of hearing a loved one's voice.

They are especially useful when:

- Time schedules do not match.
- Detailed explanations are needed.
- Elderly family members find typing difficult.

4. Social Media Connections

Families can stay updated through shared photos, achievements, travel experiences, and important life events. Social media helps relatives remain involved in each other's lives even when they live in different countries.

5. Email Communication

Although not as popular as instant messaging for casual conversations, emails remain useful for:

- Sharing detailed information.
- Sending important documents.
- Maintaining long-form communication.

6. Online Family Gatherings

Virtual family reunions have become increasingly common. Family members can celebrate birthdays, anniversaries, festivals, and special occasions through online meetings.

7. Shared Photo and Video Albums

Cloud-based storage services allow families to create shared albums where everyone can upload photographs and videos.

This creates a digital family history that can be enjoyed by all generations.

8. Health Monitoring and Care

Modern technology allows family members to assist elderly parents remotely.

This may include:

- Video consultations with doctors.
- Medication reminders.
- Sharing medical reports electronically.
- Monitoring health updates through wearable devices.

Conversations That Strengthen Relationships

Communication is not only about exchanging information; it is about maintaining emotional connection.

Today, I often speak with my father through video calls. Our discussions include:

- His political interests and current events.
- Football matches and favorite teams.
- Tennis players and tournament results.
- Family matters and future plans.
- His health and wellbeing.

These conversations help us remain closely connected despite busy schedules. To make conversations meaningful, it is helpful to ask thoughtful questions.

Healthy Questions to Ask Family Members

About Health

- How are you feeling today?
- Have you been sleeping well?
- Are you taking your medications regularly?
- Have you been exercising or walking?
- Is there anything concerning you about your health?

About Daily Life

- What was the best part of your day?
- Did anything interesting happen recently?
- What are your plans for the week?
- Have you learned anything new lately?

About Emotional Well-Being

- How have you been feeling emotionally?
- Is there anything worrying you?
- What has made you happy recently?

- Is there anything I can help you with?

About Interests and Hobbies

- What football match did you enjoy recently?
- Which tennis player impressed you this season?
- What books or articles have you been reading?
- Have you discovered any new hobbies?

About Family

- How are the relatives doing?
- Is there any family news?
- What family memories have you been thinking about lately?

These questions encourage deeper conversations and help strengthen relationships over time.

Why Staying Connected Is Psychologically Important

Maintaining relationships across distance is not just beneficial—it is essential for mental health:

- **Emotional Support:** Reduces *stress*, *anxiety*, and feelings of isolation.
- **Attachment Security:** Strengthens trust and relational stability.
- **Mental Well-being:** Enhances *positive affect* and life satisfaction.
- **Care for Elderly Parents:** Supports *intergenerational bonding* and reduces caregiver anxiety.
- **Shared Milestones:** Reinforces *collective identity* and belonging.
- **Memory Building:** Creates a lasting *emotional archive* for future generations.



Final Thought

Distance is an inevitable part of modern life, driven by education, careers, and opportunities. However, *physical separation does not equate to emotional disconnection*. From my experience—communicating with my father through letters in the 1990s to staying connected with my wife through video calls in 2014—the tools have evolved, but the core *psychological need for connection remains constant*. Ultimately, relationships thrive on *intentional communication, emotional presence, and empathy*. Whether through a letter, a call, or a digital message, each interaction contributes to sustaining *meaningful human bonds*. By prioritizing communication, we nurture relationships, build resilience, and ensure that distance never diminishes the connections that matter most.

Sudhakar Haridoss
Counseling Psychologist



Meet the Mind Behind the Care

Understanding the compassion, expertise, and purpose that guide every session

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.

RANEE SEN

Counseling Psychologist/Yoga Instructor/Life Skill Coach



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Location:
Bengaluru

EDUCATION

M.Sc. in Counseling Psychology
M.Sc. in Information Technology
B.Sc. in Physics
B.Ed. in 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

LANGUAGE

ENGLISH	HINDI
KANNADA	BENGALI
ORIYA	

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

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)



Voices in Mental Wellness

Insights and perspectives from professionals nurturing healthier minds

Dr. 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.

Dr. KAVITHA KANNAN

Counseling Psychologist/Soft-Skill Trainer



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Location:
Chennai



Website:
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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

LANGUAGE

TAMIL	HINDI
ENGLISH	

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

WORKING HOURS

Online: Monday to Sunday

10:00 am – 5:00 pm



A Journey in Healing

Walking alongside individuals toward growth, resilience, and inner peace

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.

Dr. RAKSHITA K.

Homeopathy Practitioner and Counseling Psychologist



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Location:
Chennai

EDUCATION

BHMS
M.Sc. in Counseling Psychology

SPECIALIZATION

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

LANGUAGE

GUJARATI	HINDI
TAMIL	ENGLISH

THERAPEUTIC APPROACH

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

OFFLINE COUNSELING

KRK Homeopathic Clinic

3/36, Nallana Mudali Street

Sowcarpet, Perumal Koil Garden

George Town, Chennai – 600001

WORKING HOURS

Online: Monday to Saturday

7:00 pm – 10:00 pm



Guiding Minds, Healing Hearts

Committed to supporting emotional strength and meaningful transformation

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.

Dr. PRABU S.

Physiotherapist & Counseling Psychologist



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Location:
Chennai

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

LANGUAGE

TAMIL

ENGLISH

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 COUNSELING

Bharathi Physio Care

1/1, NN Garden, 8th Lane

Old Washermenpet

Chennai – 600021

WORKING HOURS

Online: Monday to Sunday

9:00 am – 7:00 pm



The Person Behind the Practice

Discover the story, values, and vision shaping each counseling approach

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

VENKATESH P.

Counseling Psychologist



Phone:
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venk63@gmail.com



Location:
Chennai

EDUCATION

M.Sc. in Counseling Psychology

SPECIALIZATION

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

LANGUAGE

TAMIL	HINDI
KANNADA	ENGLISH

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

WORKING HOURS

Online: Tuesday and Thursday
7.00 pm – 9.00 pm
Sunday
10.00 am – 2.00 pm



Faces of Calm

The people dedicated to bringing clarity, balance, and emotional wellbeing

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.

SUDHAKAR HARIDOSS

Counseling Psychologist



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Location:
Chennai



Website:
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EDUCATION

B.Sc. in Chemistry
M.A. in Public Administration
M.C.A. in Computer Applications
M.Sc. in Counseling Psychology

SPECIALIZATION

Relationship Counseling and
Personality Development

LANGUAGE

TAMIL

ENGLISH

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

WORKING HOURS

Offline/Online: Saturday and Saturday
10:00 pm – 12:00 pm

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.



Support Us:-

SUKA WELLBEING TRUST

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



Rane 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

Ranee Sen

Inner Bloom Counseling Centre
G-1104, Ajmera Green Acres, BMR
Kalena Agrahara,
Bengaluru - 560076
+91 9886065391

Dr. Kavitha Kannan

Mind Scape Counseling
108-A, FCS Towers, Panneer Nagar,
Mugappair West,
Chennai - 600037
+91 9840333398

Sudhakar Haridoss

SU Counseling Services
1C, 8th Street, Bharathi Nagar,
IAF – Avadi,
Chennai - 600055
+91 8248402637

Dr. Rakshita K.

KRK Homeopathic Clinic
3/36, Nallana Mudali Street, Sowcar-
pet, Perumal Koil Garden, George Town,
Chennai - 600001
+91 8610273729

Venkatesh P.

Inner Space Counseling Centre
Flat 6, Golden Flats, 1st Floor,
30/29, Saroji Street, T-Nagar,
Chennai - 600017
+91 9940194960



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