Calmyourmind.life

Volume 1, Issue 3, September 2026



Ranee Sen

**Counseling Psychologist,
Yoga Instructor, and
Life-Skill Coach**

© 2026 Calmyourmind.life. All rights reserved.

Calmyourmind.life is a digital publication of www.calmyourmind.life, Chennai, Tamil Nadu, India.

Volume 1, Issue 3

September 2026

No part of this publication may be reproduced, distributed, transmitted, displayed, or otherwise used in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations used in reviews or scholarly work.

The views and opinions expressed in this magazine are those of the respective authors and contributors and do not necessarily reflect the official policy or position of Calmyourmind.life.

Mental Wellness Disclaimer:

The content published in this magazine is intended for informational and educational purposes only and is not a substitute for professional medical, psychological, or psychiatric advice, diagnosis, or treatment. Readers are advised to seek the guidance of qualified healthcare professionals with any questions regarding mental health or medical conditions. Never disregard professional advice or delay seeking it because of something you have read in this publication.

Every effort has been made to ensure the accuracy of the information contained in this publication. However, the publisher makes no warranties regarding the completeness or reliability of the content and shall not be liable for any losses, injuries, or damages arising from its use.

For permissions, inquiries, or feedback, please contact:

Email: sucounsel@gmail.com

Website: www.calmyourmind.life

Digitally published in Chennai, India.

TABLE OF CONTENTS

About Us ____ IV

Editor's Note ____ VI

The Great Digital Experiment:
How Digital Life Is Affecting Developing
Brains and Young Minds ____ 01

Distressed to De-stressed through Ayurveda:
Towards a Happy & Balanced Life ____ 06

Finding Calm Within: The Role of
Spirituality in Mental Well-Being ____ 09

Emotional Needs in Relationships:
What We Expect but Don't Express ____ 12

The letter "T" and its impact in Psychology ____ 14

Breathe, Bend, Believe: The Psychology of Yoga ____ 16

Are We Fighting About the Problem
— or About the Pattern? ____ 20

Counseling Psychologists ____ 25

Suka Wellbeing Trust ____ 33

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

Rathi Priya Bollu Yashwanth

Technology has transformed childhood, creating opportunities for learning while also presenting new challenges for developing minds. This article draws attention to the importance of balancing digital exposure with human interaction, creativity, and play and real-world experiences. It invites parents and educators to reflect on how we can help children grow into thoughtful, emotionally balanced and digitally responsible individuals.

Anusha Vaideeswaran

Stress has become an unavoidable part of modern living, making the pursuit of balance essential for overall wellbeing. Through the lens of Ayurveda and mindful practices, this article explores the connection between physical health, emotional balance and mental peace. It encourages readers to embrace conscious living and make self-care an essential part of everyday life.

Ranee Sen

Mental wellbeing involves more than managing emotional difficulties; it also includes finding meaning, purpose and a sense of connection in life. This article explores how spirituality, when approached through mindfulness, gratitude and compassion, can complement our understanding of psychological wellbeing. It offers readers an opportunity to reflect on the importance of nurturing inner strength alongside everyday responsibilities and challenges.

Dr. Kavitha Kannan

Many relationship difficulties arise not because emotions are absent, but because they remain unexpressed or misunderstood. This article explores the importance of recognizing our emotional needs and communicating them with openness and sensitivity. It reminds us that understanding in a relationship begins when we are willing to listen as sincerely as we wish to be heard.

Venkatesh P.

Our thoughts influence how we interpret experiences, respond to challenges and relate to the world around us. This article explores the psychological significance of thought and its connection with emotions and behaviour. It highlights why understanding thought processes is essential not only for personal growth but also for meaningful psychological support and counselling.

Srikanth Vaigundam

In today's fast-paced world, finding a sense of inner balance has become increasingly important. This article brings together the perspectives of Yoga, Buddhist mindfulness and counselling psychology to explore how mindful living can nurture emotional wellbeing. It reminds us that the journey towards calmness begins with understanding ourselves.

Sudhakar Haridoss

Every relationship experiences disagreements, but the reasons behind them are not always as simple as they appear. This article encourages readers to look beyond recurring arguments and recognize the deeper emotional patterns that influence relationships. It offers a valuable perspective on how awareness, empathy and meaningful communication can strengthen emotional connections.



The Great Digital Experiment: How Digital Life Is Affecting Developing Brains and *Young Minds*

By **Rathi Priya Bollu Yashwant**

"Technology is a useful servant but a dangerous master." — Christian Lous Lange



INSIDE

Introduction: An evolutionary mismatch
Why are young brains especially vulnerable?
Real brain changes in developing minds
The developing brain under digital pressure
Mental health: Correlation, not hysteria
The Brutal Truth The Crescendo: How do we fix it?

Introduction: An evolutionary mismatch

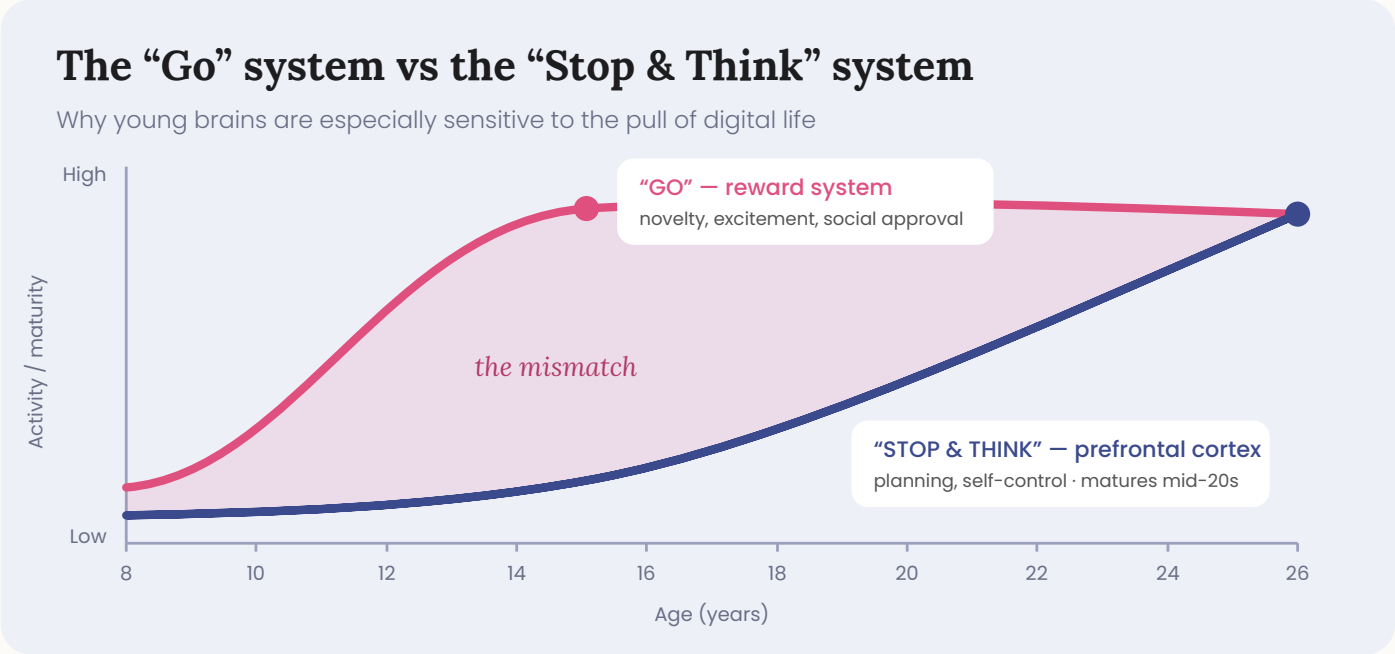
Today's children are growing up in a world unlike anything previous generations experienced. From the moment they wake up, many are surrounded by a constant flow of information, entertainment, and digital interaction. Smartphones, social media feeds, short videos, notifications, online games, and personalized content are now woven into everyday life. Although technology offers remarkable opportunities for learning, creativity, and connection, many parents, educators, clinicians, and researchers are observing a concerning paradox. Despite greater access to knowledge, increasing numbers of young people appear to struggle with sustained attention, patience, emotional regulation, academic engagement, and face-to-face social interaction. Moreover, rising rates of anxiety, depression, and behavioral difficulties add to these concerns.

This does not mean technology is making children less intelligent. Rather, it suggests that developing brains may be adapting to an environment very different from the one in which human cognition evolved. For most of human history, children learned through direct social interaction, physical exploration, sustained effort, and delayed rewards. Today's digital world, by contrast, often emphasizes novelty, immediacy, and constant stimulation. The question,

therefore, is not whether technology is good or bad. It is whether a brain designed for periods of focus, reflection, and real-world social learning can thrive in an environment engineered to capture and retain attention. As digital technology becomes increasingly woven into childhood, its influence on developing brains and young minds is raising serious concerns. Far from being optional, understanding

Real brain changes in developing minds

From a neuroscience perspective, the concern is not that children are becoming less capable, but that their brains are



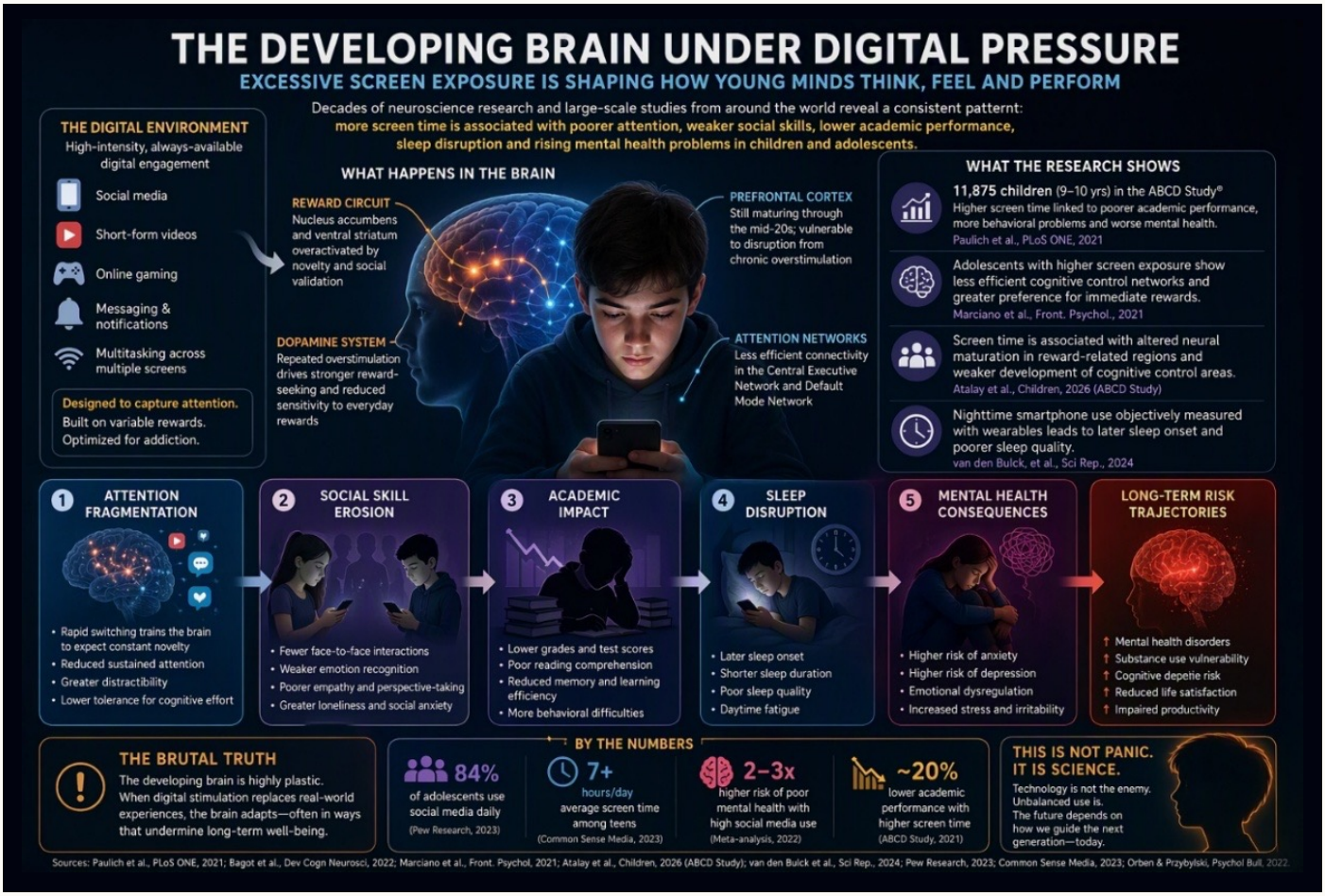
these effects has become urgent. Excessive screen exposure can disrupt attention, weaken impulse control, and heighten vulnerability to anxiety and depression. This makes it one of the most pressing challenges facing parents, educators, healthcare professionals, and society.

Why are young brains especially vulnerable?

The human brain is always changing, but childhood and adolescence are periods of especially rapid remodeling. During these years, brain circuits are fine tuned: connections that aren't needed are pruned away, while others are strengthened and insulated to work faster. One part of the brain, the prefrontal cortex, a key brain region responsible for planning, self-control, and decision-making skills, hasn't developed completely until the mid-twenties. Meanwhile, the brain's reward centers, which respond strongly to novelty, excitement, and social approval, are already highly active. This natural imbalance in the brain wiring can be translated as the "go" system is running at full speed, while the "stop and think" system is still under construction. Digital platforms, with their endless stream of likes, notifications, and new content, are uniquely designed to exploit this mismatch of young minds, as their developing brains are especially sensitive to the pull of digital life. That's why children and teenagers often find themselves hooked on these platforms, spending far more time online than they intended. Their developing brains are wired to seek novelty and social approval, and digital apps are exactly designed to deliver

being trained for entirely different cognitive demands. A central debate in developmental research concerns whether extensive digital immersion redirects adolescent brain pathways toward adaptive growth or instead disrupts maturation. Today, researchers in developmental psychology increasingly agree that heavy screen use disrupts the natural process of maturing, interfering with attention, impulse control, and the growth of higher cognitive skills.

Neuroimaging research, including the Adolescent Brain Cognitive Development (ABCD) Study, shows that heavy screen use can redirect how the adolescent brain develops, particularly in regions linked to **reward processing** and **cognitive control**. Cortical thinning—normally a healthy part of adolescence as unused connections are pruned—becomes worrisome when constant digital stimulation shifts its pace or location. Scientists such as **Vince J. Sydnor** and **Theodore D. Satterthwaite** caution that these shifts weaken attention, impulse regulation, and complex reasoning. At the same time, reviews in **Frontiers in Psychology** and **MDPI journals** reveal how every like, streak, and notification taps into the brain's dopamine system, reinforcing reward-seeking behaviors and a preference for instant gratification. Overexposure appears to dull responsiveness in these networks, a phenomenon often described as **"dopamine desensitization."** Imaging evidence shows adaptations similar to those seen in other repetitive reward-driven behaviors. Together, these findings paint a clear picture: the adolescent brain's extraordinary plasticity is being reshaped not for resilience, but in ways that compromise healthy growth and long-term cognitive strength.



The developing brain under digital pressure

Attention is becoming fragmented.

Our brain is not designed for an endless stream of novel stimulation. When a teenager scrolls through hundreds of videos, images, and posts in a single hour, each swipe delivers something new, rewarding the brain for rapid switching rather than sustained focus. Attention adapts to the environment in which it is trained over time. Neuroscientific research studies have shown that heavy screen exposure is associated with less efficient cognitive control networks and a stronger preference for immediate rewards over sustained mental effort. The consequence is increasingly visible in classrooms and homes alike. Many young people can absorb information quickly but struggle with activities that require prolonged concentration. For example, deep reading, extended writing, complex problem-solving, critical thinking, and long-form discussions are becoming more challenging. The issue is not a lack of intelligence. It is a decline in the endurance of attention.

The social brain is missing practice.

Beyond cognition lies an equally important concern: emotional health. Humans are social animals (scientifically), and social skills emerge through years of real-world interactions. Children learn emotional intelligence by reading facial expressions, interpreting subtle social cues, managing disagreements, experiencing rejection, developing empathy, and tolerating discomfort. Screens can connect people, but they cannot fully replicate the richness of face-to-face human interaction. A text message lacks tone. An emoji cannot teach empathy. A follower count cannot teach friendship. Children may struggle to read facial expressions, manage frustration, or build empathy when much of their social life happens through pixels. Over time, this can make real-world interactions feel less rewarding, leaving young minds more reactive and less resilient. Adolescence is a critical period for identity formation, self-worth, and social learning. Social media introduces powerful new variables into this process, including social comparison, validation seeking, cyberbullying, and constant exposure to curated versions of other people's lives. Evidence indicates that excessive digital engagement heightens emotional vulnerability, disrupts sleep, and fuels anxiety in susceptible children. When online interactions replace face-to-face exchanges, opportunities to build empathy, resilience, and social maturity diminish. The result is a generation constantly connected, yet uneasy with genuine human connection.

Access to information is not the same as learning.

Although endless information is now at our fingertips, true knowledge grows only through curiosity, effort, and active learning—not mere access. Larger clinical studies involving thousands of children have linked greater screen exposure with poorer academic performance and more behavioural difficulties, although the effects are often modest and influenced by many other factors. Effective learning depends on working memory, sustained attention, delayed gratification, and mental effort. Digital platforms are designed to minimize effort and maximize engagement. Education

works in the opposite direction. Hence, the brain develops through challenge, repetition, and cognitive struggle. In many ways, learning is productive friction.

Sleep: The silent victim of the digital age

Sleep may be the most overlooked casualty of digital overuse. For many adolescents, the day no longer ends when the lights go out. Smartphones accompany them into bed, keeping the brain engaged long after the body should be resting. Research using objective smartphone monitoring has shown that greater nighttime screen use is associated with later sleep onset and poorer sleep quality. Sleep plays a vital role not only in memory consolidation, emotional regulation, executive functioning, and academic performance, but also in immune regulation and resilience. A tired adolescent brain cannot perform at its best. When screens systematically steal sleep, they also rob the developing brain of one of its most important opportunities for growth.

Mental health: Correlation, not hysteria

The conversation around screens and mental health often swings between alarm and denial. What the science shows is more subtle and more compelling. Smartphones and social media have not been proven to cause anxiety or depression. But the associations are too consistent to ignore. A sweeping meta analysis of over one million adolescents found that heavier social media use was linked with higher rates of internalizing symptoms such as anxiety and depression. Reviews echo the same theme: excessive smartphone use is tied to disrupted sleep, reduced attention, heightened emotional vulnerability, and poorer psychological well being in at risk teens (Fassi et al., 2024; Teague et al., 2026; Lin et al., 2026). The truth is nuanced. Digital technology doesn't conjure mental illness out of thin air. Instead, it acts like an amplifier, magnifying vulnerabilities that already exist. For some, the constant ping of notifications becomes more than a distraction; it's a pressure cooker for fragile emotional systems.

The takeaway: this isn't hysteria, it's correlation. And in a world where adolescence is already a delicate balancing act, the digital landscape may be tilting the scales in ways we're only beginning to understand.



The Brutal Truth

The most concerning possibility is not that children know less. It is that they are becoming less accustomed to doing difficult things. Many digital environments systematically reduce the main challenging experiences that developing brains require, such as boredom, face-to-face interaction, delayed rewards, and sustained concentration. A child who constantly escapes discomfort may never fully develop tolerance for discomfort. A brain that is continuously entertained may never learn how to generate its own curiosity.

The Crescendo: How do we fix it?

The answer is not to reject technology but to use it intentionally. The goal is digital mastery, not digital dependency. An informed user is a more resilient user.

1. Restore deep focus: Create daily periods of uninterrupted concentration through reading books, learning an instrument, solving challenging problems, and long-form writing. These activities strengthen attention, self-control, and higher-order thinking.
2. Reintroduce boredom: Boredom is not wasted time. It is where creativity, imagination, and independent thinking begin. Young minds need moments free from constant stimulation.
3. Protect sleep: Sleep is the brain's most important recovery process. Limiting screen exposure boosts brain health and performances.
4. Prioritize human connection: Face-to-face interactions develop social and emotional skills that screens cannot fully replicate. Real-world relationships remain essential for healthy brain development.
5. Teach Digital Literacy: Children should learn how algorithms capture attention, how reward systems shape behavior, and how digital platforms keep users engaged. Recognizing the time lost to screens and the strain constant stimulation places on the developing brain is the first step toward mindful, healthy technology use.

"In the great digital experiment, the real test is not technology itself, but whether young minds learn to master it—or be mastered by it."

References

Fassi, L., Thomas, K., Parry, D. A., Leyland Craggs, A., Ford, T. J., & Orben, A. (2024). Social media use and internalizing symptoms in clinical and community adolescent samples: A systematic review and meta analysis. *JAMA Pediatrics*, 178(8), 814–822. https://doi.org/10.1001/jamapediatrics.2024.2078

Teague, S., Somoray, K., Shatte, A., Miller, D., Moss, K., Crawford, A., Wildman, H., Kayal, D., & Hutchinson, D. (2026). Digital media use and child health and development: A systematic review and meta analysis. *JAMA Pediatrics*, 180(5), 510–517. https://doi.org/10.1001/jamapediatrics.2026.0085 (doi.org in Bing)

Colakoglu, D., & van Golen, C. (2026). Digital distraction and adolescent development: A narrative review of smartphone use, cognitive effects, and policy interventions. *Frontiers in Psychology,* 17, 1832219. https://doi.org/10.3389/fpsyg.2026.1832219

Lin, Y., Jiang, J., Luo, Z., Wang, Q., Zou, F., Alias, H., Wong, L. P., & Hu, Z. (2026). Screen time and its association with psychological wellbeing and sleep quality: Overview of the Fujian Adolescent Mental Wellness Study (FAMWeS). *Frontiers in Psychology,* 17, 1686399. https://doi.org/10.3389/fpsyg.2026.1686399 (doi.org in Bing)

Paulus, M., Sorkin, R., & Karcher, N. R. (2021). Screen time and academic, behavioral, and mental health outcomes in children: Findings from the ABCD Study. PLoS ONE, 16(9), e0256591. https://doi.org/10.1371/journal.pone.0256591 (doi.org in Bing)

Mariani, R., Pompei, F., & Chiorri, C. (2021). Cognitive control networks and screen exposure in adolescents: Evidence from neuroimaging studies. Frontiers in Psychology, 12, 678901. https://doi.org/10.3389/fpsyg.2021.678901 (doi.org in Bing)

Paulus, M., Karcher, N. R., & Sorkin, R. (2020). Neural correlates of screen time in adolescents: Reward-related activation and cognitive control development. Journal of Children's Studies, 45(3), 215–228. https://doi.org/10.1016/j.jchild.2020.03.005 (doi.org in Bing)

van Buul, C., de Vries, H., & van der Heijden, K. (2024). Nighttime smartphone use and sleep quality in adolescents: Actigraphy-based evidence. Scientific Reports, 14, 11245. https://doi.org/10.1038/s41598-024-11245 (doi.org in Bing)



The challenge of the digital age is not to keep children away from technology, but to help them develop the wisdom to use it without becoming dependent on it. A developing brain needs more than information and instant stimulation; it needs meaningful human connections, sustained attention, curiosity, creativity and the freedom to experience the real world. **Parents, educators and society share the responsibility of creating a healthy balance between digital engagement and real-life experiences.** Technology should enrich childhood, not replace it. Ultimately, the future of young minds will depend not on how much technology they consume, but on how consciously they learn to live with it.

Rathi Priya Bollu Yashwanth

Neuroscientist and Counseling Psychologist

Distressed to *De-stressed* through Ayurveda

Towards a Happy & Balanced Life

By **Dr. Anusha Vaideeswaran**

Modern life, packed with deadlines, unhealthy food choices, and late nights, has led many of us to live in a constant state of emergency. The ripple effects are felt not only by the individual but also by the family and society at large.

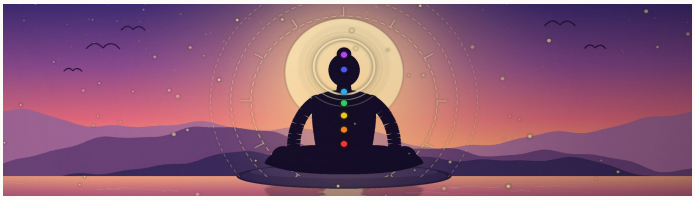
Let us begin by exploring the concept of **stress**.

Stress is the body's normal **"fight-or-flight"** response to a threatening or challenging situation. Once the threat passes, the body gradually returns to its normal state. This is nature's way of helping us cope with difficult circumstances. Unfortunately, in today's world, we seem to trigger this response far too frequently. When stress becomes prolonged or excessive, it can begin to negatively affect our health and quality of life.

Our Response to Stress

The way a person responds to stress varies as much as individuals themselves. What may be stressful for one person may be routine or even enjoyable for another. For example, hosting a dinner for twenty people might seem stressful to one woman, while another may thoroughly enjoy being a hostess.

Similarly, the symptoms of stress can vary from person to person. Research has shown that the effects of stress can be experienced at the levels of the **body, emotions, mind, and behaviour.**



Signs and Symptoms of Stress

The symptoms of stress can broadly be classified into four categories:

Physical Symptoms

may include lowered immunity resulting in frequent colds and infections, increased blood pressure, chest discomfort, palpitations, metabolic disturbances, and skin problems.

Emotional Symptoms

may include irritability, mood swings, a general sense of unhappiness, loneliness or isolation, and feelings of depression.

Cognitive Symptoms

may include difficulty concentrating, poor judgement, memory problems, persistent worrying, and negative thought patterns.

Behavioural Symptoms

may include changes in eating and sleeping habits, social withdrawal, and the use of substances as a way of coping with or escaping from stress.

Managing Stress through Ayurveda



Abhyanga — Oil Massage

Ayurveda views health as a state of dynamic equilibrium involving the **body, emotions, and mind.** Central to this understanding is the concept of **Prakṛti**, or an individual's unique constitution.

Prakṛti helps explain why physiological and psychological responses to the same stressor can differ so widely among individuals.

Recognising the need for individualised approaches, the ancient Ayurvedic physicians incorporated a variety of techniques, along with appropriate medicines, for the management of health conditions.

The Ayurvedic approach to stress management arises from this same philosophy of treating the individual as a whole.

Ayurvedic management may include **Satvāvajaya chikitsā,** traditionally described as an approach involving counselling, mental discipline, and management of the mind. It can incorporate strategies aimed at reducing negative emotional states and cultivating more positive and constructive patterns of thought.

Depending on the individual's needs, Ayurvedic care may also incorporate therapies such as **Abhyanga (oil massage), Śirodhārā (slow, continuous dripping of oil over the forehead), Panchakarma (a group of classical purification procedures), and appropriate medication,** along with personalised dietary and lifestyle recommendations.

Yoga, Pranayama and Meditation

Yoga combines physical postures (**āsāna**) with breathing practices (**prāṇāyāma**) and meditation, promoting relaxation and a sense of calm.

Regular practice of yogic postures can also improve flexibility, strength, balance, and overall physical wellbeing.

Prāṇāyāma, or yogic breathing practices, is another important component of traditional approaches to mental and emotional wellbeing.

Conscious regulation of the breath can help cultivate awareness and relaxation. Meditation, too, can support mental calmness and greater self-awareness.

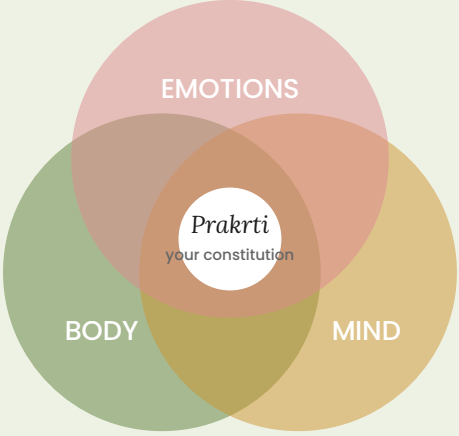
The physicians and teachers of the past recognised the close relationship between the mind, breath, and overall wellbeing.

With regular practice, breathing and meditative techniques may help one become more aware, composed, and attentive in daily life.

Thus, the comprehensive and holistic approach of Ayurveda and Yoga offers a valuable framework for developing healthier ways of responding to the stresses of modern life.

A dynamic equilibrium

How Ayurveda and Yoga work on the whole person



- **Abhyanga · Śirodhārā · Panchakarma**
  body-based therapies and appropriate medication
- **Sattvāvajaya chikitsā**
  counselling, mental discipline, management of the mind
- *Yoga · Prānāyāma · Meditation*
  posture, breath and awareness for calm
- **Diet & lifestyle**
  personalised food, sleep and daily routine

Prevention is Better than Cure

Ayurveda places considerable emphasis on the prevention of disease and preservation of health. It is therefore wise to develop habits that help us manage stress before it begins to take a toll on our wellbeing.

Simple measures can make a meaningful difference:

- Eat nutritious, wholesome food and include fresh, seasonal fruits and vegetables in your diet.
- Stay adequately hydrated.
- Exercise regularly.
- Maintain a consistent sleep routine.
- Incorporate appropriate breathing practices and meditation into your daily routine.
- Make time for relaxation, recreation, and activities that bring you joy.
- Cultivate positive thinking and a good sense of humour.
- Make time for the people and activities that give your life meaning.

If you choose to meditate, remember that consistency is more important than immediate results. Give yourself sufficient time to develop a regular practice rather than expecting overnight changes.

Most importantly, the inner peace that comes from doing something you are genuinely passionate about can itself be a powerful stress reliever.

From Distress to a More Meaningful Life

The limitations of a technology-driven lifestyle are increasingly being recognised across the world. Perhaps the antidote lies not in abandoning modern life, but in creating a more balanced and organised way of living — one that nourishes both body and mind.

By integrating healthy lifestyle habits with appropriate Ayurvedic approaches, Yoga, Pranayama, meditation, and mindful living, we can learn to respond to life's challenges with greater awareness and balance.

Let us make a conscious effort to move from distressed to de-stressed, and towards a life that is healthier, happier, more peaceful, and more meaningful.

Happy, healthy and stress-free living!



Managing stress is not about eliminating life's challenges, but about learning to respond to them with greater awareness, balance and resilience. Ayurveda reminds us that wellbeing begins with understanding our individual needs and nurturing the harmony between body, mind and emotions. Through mindful living, healthy habits, Yoga, Pranayama and meditation, we can gradually create space for calmness and inner peace. A balanced life does not require us to escape the demands of the modern world; it invites us to find harmony within it. Sometimes, **the journey from distress to de-stress begins with a simple decision to pause,** care for ourselves and live more consciously.

Anusha Vaideeswaran
Ayurvedic Consultant and Counsellor



Finding Calm Within: *The Role of Spirituality* in Mental Well-Being

By **Ranee Sen**

Nurturing the Mind, Finding Meaning and Creating Inner Balance

In a world characterised by constant demands, academic and professional pressures, social expectations and an ever-increasing flow of information, maintaining mental well-being has become more important than ever. While physical health and psychological care are widely recognised as essential components of a healthy life, spirituality can also play a meaningful role in helping individuals develop inner peace, resilience and a sense of purpose.

Spirituality is not necessarily synonymous with religion. For some, it may be expressed through faith, prayer or religious practices; for others, it may involve meditation, mindfulness, spending time in nature, connecting with others, practising gratitude, or reflecting on the meaning and purpose of life. At its heart, spirituality is often about connection—with oneself, with others, with nature, or with something greater than oneself.

Spirituality and Emotional Well-Being

One of the important contributions of spirituality is its ability to encourage self-reflection and emotional awareness. Practices such as meditation, prayer and mindfulness can provide moments of stillness in an otherwise busy day. They allow individuals to pause, observe their thoughts and emotions, and respond to challenges with greater awareness rather than reacting impulsively.

Spiritual practices can also encourage acceptance. Life inevitably brings disappointment, uncertainty and change. Developing an attitude of acceptance does not mean giving up or ignoring difficulties. Instead, it can help individuals recognise that some circumstances cannot be controlled and focus their energy on what they can influence.

Finding Meaning and Purpose

A strong sense of meaning can contribute significantly to psychological well-being. Spirituality often encourages individuals to reflect on questions such as:

- What gives my life meaning?
- What values are important to me?
- How do I want to contribute to the lives of others?
- What kind of person do I want to become?

Having a sense of purpose can provide direction, particularly during challenging periods. When people feel connected to values and goals that are meaningful to them, difficulties may become easier to navigate.

Building Resilience

Resilience is the capacity to adapt and recover when faced with adversity. Spirituality can support resilience by encouraging hope, gratitude, compassion and acceptance.

For example, maintaining a gratitude practice can shift attention towards positive aspects of life, even when circumstances are difficult. Similarly, beliefs that provide hope and a sense of connection can help individuals feel less alone when facing challenges.

Importantly, spirituality should not be viewed as a replacement for professional mental-health support. Counselling, psychotherapy and medical care may be essential when someone is experiencing significant psychological distress. Spirituality can instead function as one component of a broader approach to well-being.

Connection with Others

Spirituality can also strengthen social connection. Community activities, volunteering, shared rituals, acts of kindness and compassionate relationships can create a sense of belonging.

Helping others can be particularly meaningful. Acts of service remind us that our lives are connected to those around us and can foster empathy and compassion. A sense of belonging is an important part of emotional well-being.

A Simple Spiritual Pause

Spirituality does not always require a major lifestyle change. It can begin with small, intentional moments:

- Spend five minutes in quiet reflection each day.
- Practise gratitude by identifying three things you appreciate.
- Spend some time in nature without digital distractions.
- Practice mindful breathing.
- Reflect on your personal values.
- Engage in prayer or meditation if it is meaningful to you.
- Perform an act of kindness without expecting anything in return.
- Make time for meaningful conversations with people you care about.

Benefits of Spirituality on Mental Well-Being

Spirituality can be an important source of inner strength, meaning and emotional balance. It is not limited to religious beliefs; it can also involve mindfulness, meditation, gratitude, connection with nature, compassion, self-reflection and a sense of purpose.

1 Reduces Stress and Promotes Calm

Spiritual practices such as meditation, prayer, mindful breathing and quiet reflection can help people slow down, become more present and manage everyday stress.

2 Provides a Sense of Meaning and Purpose

Spirituality encourages individuals to reflect on their values, goals and purpose in life. Having a sense of meaning can provide direction during uncertain or challenging times.

3 Builds Emotional Resilience

Spiritual beliefs and practices may help people develop hope, acceptance and inner strength, enabling them to cope more constructively with life's difficulties and setbacks.

4 Improves Self-Awareness

Reflection and mindfulness encourage individuals to understand their thoughts, emotions, strengths and personal values. Greater self-awareness can support healthier choices and relationships.

5 Encourages Positive Emotions

Practicing gratitude, forgiveness, compassion and kindness can nurture positive emotional experiences and shift attention towards appreciation and connection.

6 Strengthens Social Connection

Participation in spiritual or community activities can create a sense of belonging and connectedness. Supportive relationships are an important part of mental well-being.

7 Encourages Compassion and Empathy

Many spiritual traditions emphasise kindness, service and concern for others.

These practices can encourage empathy and strengthen interpersonal relationships.

8 Helps Develop Acceptance

Spirituality can encourage people to recognise that uncertainty and change are natural parts of life. Acceptance can help individuals focus on what they can control rather than becoming overwhelmed by what they cannot.

9 Encourages Mindfulness and Present-Moment Awareness

Being fully present rather than constantly worrying about the past or future can help individuals become more aware of their experiences and respond to situations thoughtfully.

10 Promotes Inner Peace

Regular moments of silence, reflection or contemplation can provide a psychological space away from the demands of everyday life and encourage a greater sense of inner balance and peace.

11 Encourages Healthy Values

Spiritual reflection can help individuals identify values such as honesty, compassion, gratitude, responsibility and respect, which can guide behaviour and decision-making.

12 Supports Hope During Difficult Times

A sense of faith, connection or purpose can provide hope when circumstances are challenging. Hope can help individuals look beyond their immediate difficulties and recognise possibilities for growth and change.

Balance Rather Than Escape

It is important to understand spirituality as a means of developing inner resources, rather than as a way of escaping life's problems. True well-being involves acknowledging difficult emotions, seeking help when necessary, maintaining healthy relationships and taking care of physical health alongside cultivating inner peace.

Spirituality is deeply personal, and there is no single correct way to practise it. What matters is whether it helps an individual develop greater self-awareness, compassion, hope, connection and meaning.

A Thought to Take Away

Mental well-being is not simply the absence of distress. It is also the ability to experience meaning, connection, hope and inner balance. ***Spirituality can offer a quiet space within the noise of everyday life—a space to pause, reflect, reconnect and grow.***

In a fast-moving world, perhaps one of the greatest forms of self-care is simply learning to slow down, listen within, and remember what truly matters.



Spirituality reminds us that mental wellbeing is not merely about managing stress or overcoming difficulties, but about discovering meaning, nurturing compassion and developing inner balance. Through mindfulness, gratitude, acceptance and meaningful connections, we can strengthen our emotional resilience and develop a deeper understanding of ourselves and the world around us. **True spirituality is not about escaping life's challenges, but finding the inner strength to face them with awareness, hope and kindness.** In a world that constantly demands our attention, sometimes the greatest journey is the one that takes us inward—to pause, reconnect with ourselves and rediscover the calm that already exists within us.

Ranee Sen
Counseling Psychologist,
Yoga Instructor, and Life-Skill Coach



Emotional Needs in Relationships:
What We Expect but Don't Express

By **Dr. Kavitha Kannan**

When it comes to human relationships, one cannot avoid thinking about psychological expertise Sigmund Freud and Carl Jung theories, who viewed emotional needs in relationships through the lens of the unconscious mind, though they focused on different core human drives, Sigmund Freud believed that emotional needs in adult relationships stem from early childhood experiences and primal biological drives (libido), Freud noted that true love require emotional tenderness, yearning and self-sacrifice.

He also states that unresolved childhood conflicts surface during romantic attachments, causing friction causing friction triggering hidden anxieties. A need for validation starts with an Egoist demand for basic pleasure for loving and being loved in return.

However, Carl Jung states that the emotional needs are not



a replay of childhood but a deep psychological drive toward self-realization inner wholeness.

What the experts says throws some light on the topic, when it comes to Gen-Z and Gen-Alpha require high emotional transparency, clear boundaries and mutual vulnerability as they grew up normalizing mental health talk and emotional literacy.

Whatever be the generations, be it Gen-x, Boomers, alpha or Beta – the core emotional needs remain the same, the way we handle it lies in one's perception towards life.

The core emotional needs of a man are never same as of a woman, what all a man expects is genuine respect, vulnerability of judgements and deeply expects to be valued,

Whereas a Woman needs emotional safety, unconditional love, active listening, validation and consistency and it differs to each woman in the rate of percentage of each mentioned values.

We rather speak with our subconscious mind, and we not even take an initiation to express the same to our dear ones. All that is unspoken are stored in our subconscious mind unknowingly and returns as a dream with no connection from one point to another, we wake up with a nightmare of mismatched thoughts and emotions starts piling up with undisputed disturbances leading to stress and anxiety.

Relationships are often tested not by large, dramatic conflicts, but by the quiet accumulation of unspoken expectations. We frequently assume that if someone loves us, they should naturally understand what we need without explicit direction. This belief creates a subtle trap: we expect emotional fulfilment while withholding the blueprint to provide it.

The Common Unspoken Expectations

When emotional desires remain unvoiced, partners are left guessing. A few core needs consistently go unspoken in romantic relationships:

Validation Over Fixes

When sharing a struggle, the primary need is often simply to feel heard and validated. However, partners frequently jump into problem-solving mode, leaving the speaker feeling dismissed rather than supported.

Reassurance of Worth

Even in long-term relationships, individuals need continuous confirmation that they are valued, attractive, and chosen. The assumption that "they already know how I feel" often leads to emotional distance.

Autonomy Without Guilt

People need space to maintain their identity outside the relationship. Expressing a desire for solitude or separate hobbies can feel risky, leading many to harbour resentment instead of asking for space directly.

Emotional Safety During Conflict

Many expect their partner to stay present and calm during disagreements, yet rarely express that aggressive tones or emotional withdrawal trigger deep anxiety. unexpressed words speak a powerful message, often leading to emotional distress.

Why We Hesitate to Speak Up

Understanding why we hide our needs is the first step toward changing the dynamic.

1. Fear of Vulnerability: Admitting a need makes us vulnerable to rejection or judgment.
2. The Myth of Mind-Reading: The romanticized belief that true love inherently includes intuitive mind-reading creates realistic friction.
3. Past Conditioning: Previous experiences where expressing emotional needs led to conflict or dismissal can train individuals to keep quiet.

Shifting from Expectation to Expression

To bridge the gap, focus on clear, low-friction communication. Replace passive assumptions with direct requests using specific phrasing:

Instead of: "You never pay attention to me."

Try: "I'm feeling a bit disconnected today. Can we spend 20 minutes talking without screens tonight?"

Instead of: "You always try to fix everything."

Try: "I just need to vent right now. I don't need solutions, just a listening ear."

Clear expression turns unspoken expectations into actionable moments of connection, replacing silent resentment with mutual understanding.

Unspoken emotions pile up leading to behavioural changes, they become introverts and may sink into chronic depression, when unattended leads to schizophrenia, therapies such as CBT, dialectic behaviour therapy-DBT acceptance and commitment therapy-ACT, helps in reframing their lives, still it's not that easy. So speak up, pour it out whatever be the result, you will have a satisfaction of having expressed your feelings, instead of living on with a guilt.

Talk about it early, use clear statements directly instead of silent tests, as a saying goes "If you don't express, then don't expect. Just accept that all people cannot read minds, unless thoughts are expressed as words, actions never will happen, a clear communication prevents most silent resentment. So speak up this world resolved most of the conflicts from war to family relationships by talking their mind out.

Come out of the shell, Re-involve, resolve and lead a better life, you only live once, choose your way wisely.

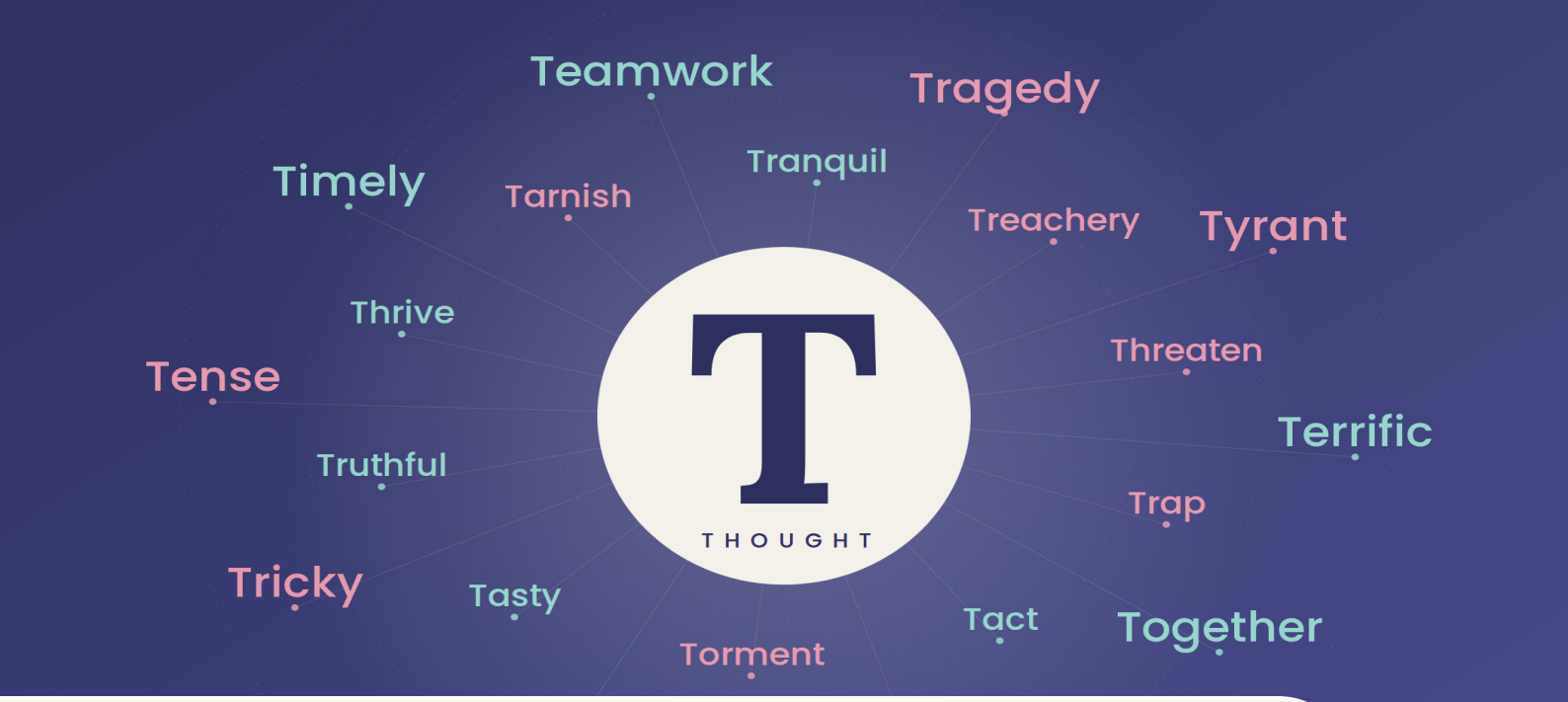
Relationships are tested by the quiet accumulation of unspoken expectations and unexpressed emotional needs rather than dramatic conflicts. Articulating these needs through direct communication rather than silent assumptions prevents resentment and fosters mutual connection.



Healthy relationships are not built on the expectation that someone will understand our unspoken feelings, but on the willingness to express them with honesty and vulnerability. When we learn to communicate our emotional needs, listen without judgment and replace silent expectations with meaningful conversations, we create space for trust, understanding and deeper connection. Love is not about reading minds or fulfilling every expectation; it is about making an effort to understand one another. Sometimes, the first step towards healing a relationship is simply finding the courage to say what we have been holding inside.

Dr. Kavitha Kannan

Psychologist, Trainer, and Healer



The letter "T" and its impact in *Psychology*

By **Venkatesh P.**

The letter "T" is the 20th alphabet in the English language. The letter "T" is a starting letter for many words with positive impact as well as negative impact.

Some of the words with a positive meaning are ***Tact, Tasty, Teamwork, Tender, Terrific, Together, Tranquil, Thrive, Timely, Truthful.***

Few words with a negative meaning are ***Tense, Terrible, Tarnish, Torment, Threaten, Trap, Tricky, Tyrant, Tragedy, Treachery***

Some of the above words, both positive and negative are nouns, verbs, adverbs and adjectives. However, the root cause of all these positives and negatives is the biggest T – Thought.

Thought is charming, Thought is esoteric, Thought is Cosmic, Thought is ether, Thought is universal, Thought is secretive, Thought is metaphysical.

Thought can be explained from multiple perspectives, such as Neuroscience, Psychology, Philosophy, Metaphysics, Spiritual, Theology and Cosmic

From a cosmic point of view, thought is not just a localized brain function, but rather the universe waking up and observing itself. Human minds are the literal physical mechanism by which the cosmos thinks, feels, and comprehends its own vast history. There is an Interconnected reality because Thoughts reflect a deep relation tying human consciousness to planetary and stellar evolution

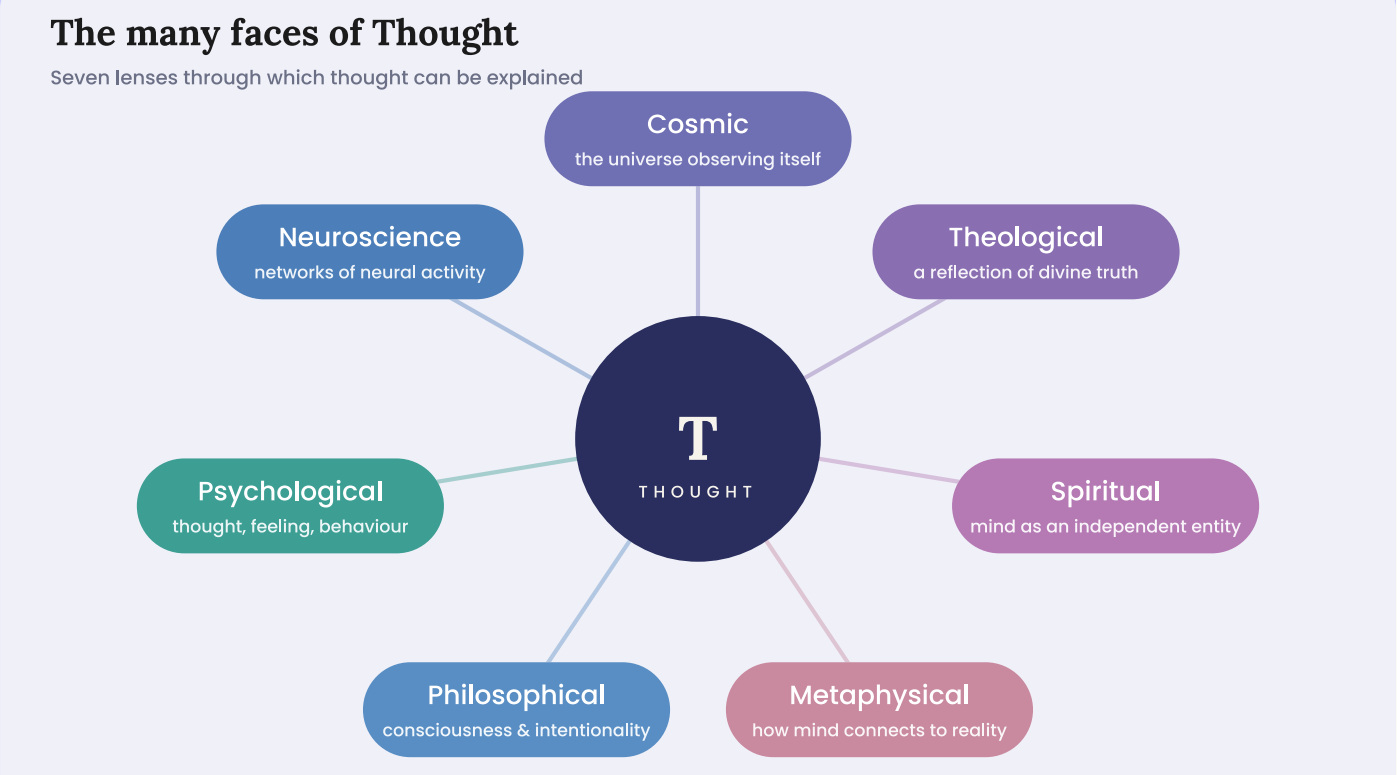
From a theological perspective, "thought" is viewed as a reflection of divine truth. It is the human mind engaging with God's presence, and his way of creating & sustaining life. There is no logic in theology, but theological thinking combines reason with devotion, faith and belief, aiming to understand reality or consciousness as God perceives it

Spiritualism considers the mind as an independent entity, different from the physical. Also considers thought to have a foundational role in understanding existence. Engaging in spiritual perspectives actively alters human cognition, helping individuals reframe suffering, mortality, and purpose through a transformed mental framework.

Metaphysics shapes human thought so that we are able to define reality, consciousness, and how we structure existence, and the connection between the mind and the physical world and the universe-at-large. Metaphysics asks what thought is at its core and how it connects the mind to the universe

From a philosophical point of view, thought is a complex mental state or activity involving consciousness, intentionality, and the internal representation of objects, concepts, or reality. It encompasses acts like judging, reasoning, remembering, and problem-solving

Psychology is the science of study of the mind and behavior. The starting point is thought. According to Psychology, thought is at the core of human behaviour, because thought leads to feelings, and in turn leads to actual behaviour. A thought is a mental process or product—such as an idea, belief, or memory—that uses internal symbols to interpret information, solve problems, and make sense of the world. It bridges sensory inputs and outward actions



From a neuroscience perspective, a thought is a temporary, coordinated pattern of electrical and chemical activity across vast networks of neurons in the brain. Rather than living in a single location, a single thought is a dynamic network event that processes, shapes, and moves information

Coming back to the article on "thought", and how it plays a vital role in a Counselor's work, we need to understand few mechanisms.

The anatomical brain is the physical, while mind is the functional. The thought happens in the mind and is processed by the physical brain and messages are passed onto the various organs, through nerve cells, neuro transmitters and hormones. We can understand that mind functions through thought, which in turn leads to human behaviour. It is also believable, that the thought could be altered by changing one's behaviour.

There are many theories of thought, from a psychological perspective and from an abstract perspective. Early philosophers, spiritualists, scientists & theologians have come out with abstract theories such as Platonian, Aristotelianism, Inner speech and Computationalism. While in Psychological perspective, there are any number of theories, some of which are cognitive, behavioral, psychodynamic and associationist.

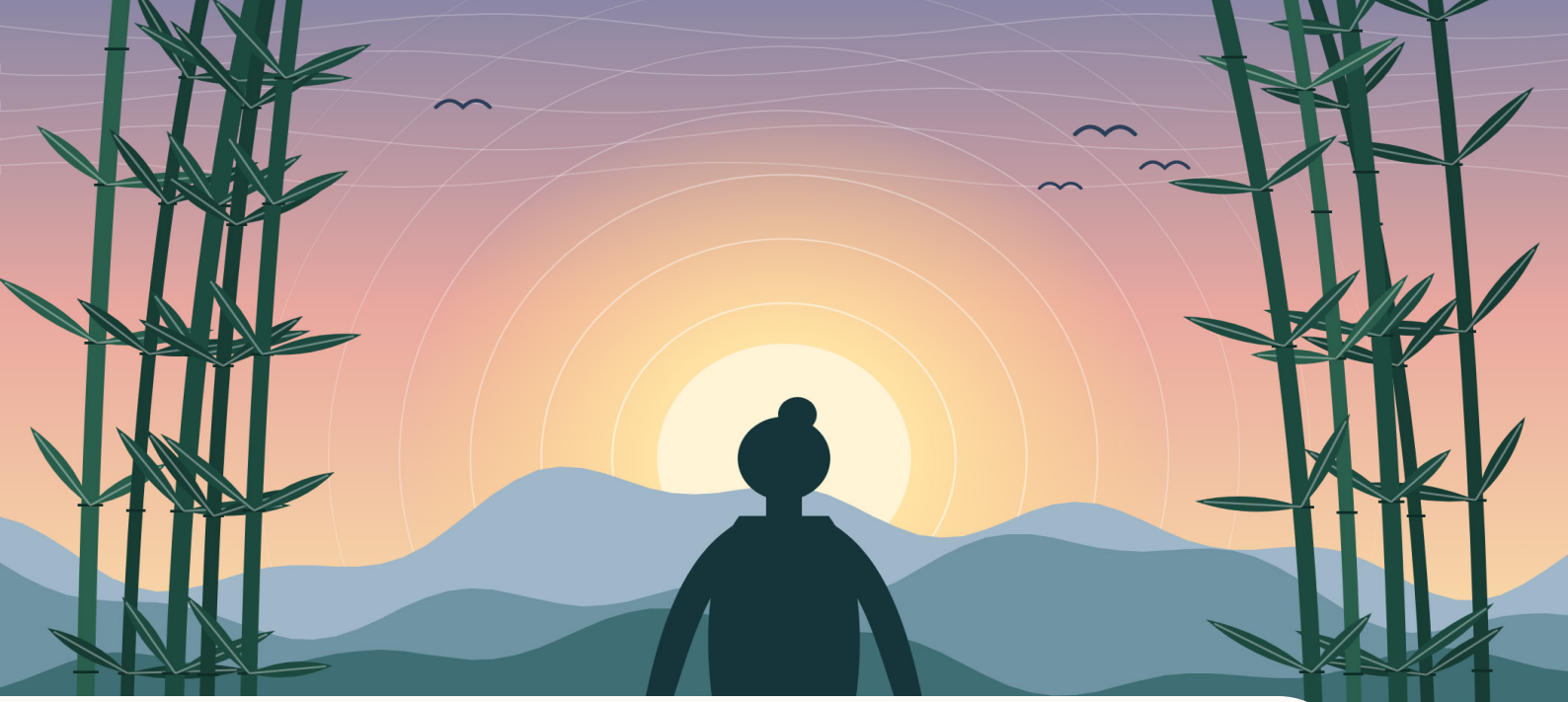
Not going into the theories, we can understand that "thought "has many faces, many contours, many angles, which brings out its importance to a Counselor, working on Clients. The complexities associated with "Thought", & correlating the same with the Clients, makes a Counselor's job, exciting, challenging and exacting too.

Happy Counseling!!!



Thought is more than a mental activity; it is the foundation upon which our feelings, perceptions and behaviours take shape. The same thought can become a source of strength, creativity and growth, or lead to fear, conflict and emotional distress. **Understanding the complexity of thought allows us to look beyond what people express and explore the deeper processes that influence their behaviour.** For a Counselling Psychologist, this understanding is central to helping individuals recognize, reframe and transform their thought patterns. Ultimately, the power of thought lies not merely in what we think, but in how those thoughts shape the way we experience ourselves, others and the world around us.

Venkatesh P.
Counseling Psychologist



Breathe, Bend, Believe:
The Psychology of Yoga

By **Srikanth Vaigundam**

How movement, breath and mindful awareness can support emotional wellbeing

We often think of yoga as a practice of stretching the body into beautiful shapes. But yoga begins long before the body bends—and its psychological benefits may begin with something much simpler: noticing.

Noticing the breath.
Noticing tension in the body.
Noticing the thoughts passing through the mind.
Noticing how we react when something does not go according to plan.

In a world that constantly asks us to move faster, yoga offers an unusual invitation: **pause, breathe, observe and respond rather than simply react.** From the perspective of counseling psychology, this pause can be meaningful. Psychological well-being is not only about eliminating difficult emotions.

It is also about developing the capacity to recognize emotions, tolerate discomfort, understand our patterns and choose healthier responses.

Yoga provides a structured environment in which these capacities can be practiced through the body, breath and attention. And this is where an ancient practice meets modern psychology.

The Mind Lives in the Body

Many people arrive in counseling describing psychological distress in physical language.

"My chest feels tight."
"I cannot relax."
"My stomach is always upset."
"My shoulders are constantly tense."
"I feel exhausted even when I have not done much."

Psychological experiences are not confined to the mind. Stress and emotional experiences are accompanied by changes throughout the body.

Breathing may become faster or shallower. Muscles may tighten. Heart rate can change. Sleep and appetite may be affected. This mind-body relationship is one reason yoga can be relevant to psychological well-being.

During yoga practice, attention is repeatedly brought back to bodily sensations and breathing. Instead of remaining absorbed in an endless stream of thoughts, the practitioner is encouraged to experience the present moment through the body.

A simple instruction such as *"notice your breath"* can therefore become psychologically significant. It shifts attention from **thinking about the experience to experiencing the experience.** That distinction matters.

Someone experiencing anxiety may spend considerable time thinking about what might happen tomorrow, what someone else might think, or what went wrong yesterday. The body, meanwhile, remains in a state of tension.

Yoga does not necessarily make these thoughts disappear. Instead, it can create an opportunity to observe them without immediately following every thought. That is a psychological skill.

Breathe: The First Conversation with the Nervous System

Breathing is one of the most accessible bridges between the conscious mind and the body's automatic processes. We breathe without thinking about it. Yet breathing can also be consciously modified.

When we are frightened, angry or overwhelmed, our breathing may change. Conversely, deliberately slowing and regulating breathing can become a way of creating a moment of physiological and psychological space.

This does not mean that a particular breathing technique will instantly eliminate anxiety. Mental health is more complex than that. But breathing practices can become part of a broader self-regulation toolkit.

Imagine someone receiving an emotionally difficult message.

The immediate impulse may be to respond.
The heart begins racing.
The body becomes tense.
The mind rapidly constructs interpretations.

Instead of immediately reacting, the person pauses.

One breath.
Another breath.
Notice the body.
Notice the thought.
Then respond.

The external situation has not changed. But the relationship with the situation may have changed.

For counseling psychology, this distinction is important. Emotional regulation is not the same as emotional suppression. Regulation means developing the capacity to experience an emotion while maintaining enough psychological space to choose what to do next.

The breath can become that space.

Bend: Flexibility Beyond the Body

Yoga teaches physical flexibility, but its psychological metaphor may be even more powerful.

A rigid body can struggle to adapt to movement. Similarly, a rigid psychological pattern can make everyday life difficult.

"I must always be successful."
"People must understand me."
"I cannot make mistakes."
"My partner should always behave the way I expect."
"If something goes wrong, everything is ruined."

These are examples of rigid thinking patterns.

Counseling psychology often explores how beliefs, interpretations and behavioral patterns influence emotional distress. Cognitive flexibility—the ability to consider alternative perspectives and adapt one's response—is an important part of psychological resilience.

Yoga offers a physical experience of flexibility.
A posture may feel uncomfortable.
The practitioner notices the discomfort.
There is an urge to force, escape or resist.

Instead, the instruction may be to breathe, observe and make an appropriate adjustment. That experience can become a useful psychological metaphor:

Not every discomfort requires immediate escape. Not every difficulty requires force. Sometimes we need to adjust our position.

This is not an argument for tolerating harmful situations. Psychological flexibility does not mean accepting abuse, injustice or unhealthy relationships. Rather, it means becoming more capable of distinguishing between what needs to be changed, what needs to be accepted and what needs to be approached differently.

Believe: Changing the Relationship With the Self

The third word in our title—believe—is not about blind positivity. It is about developing a different relationship with oneself.

Many people enter counseling with a harsh internal voice:

"I am not good enough."
"I always fail."
"I should have handled it better."
"Something is wrong with me."

Yoga can sometimes provide an alternative experience.

A beginner may initially struggle with a posture. Instead of judging the body, the practice encourages patience.

The body has its own pace.
Progress is gradual.
Comparison is often unhelpful.

The practice becomes less about performing perfectly and more about developing awareness. This can support a healthier psychological principle:

I can observe where I am without defining myself by where I am.

There is an important difference between "I am anxious" and "I am experiencing anxiety."
The first can become an identity.
The second describes an experience.

Counseling often helps people make this distinction. We are not necessarily our thoughts, emotions, mistakes or difficult moments. These are experiences occurring within a larger psychological life. Yoga can provide a bodily experience of that principle.

A Buddhist Lens: Observe without Immediately Grasping

Some of yoga's psychological ideas can be placed in conversation with Buddhist contemplative traditions, although yoga and Buddhism are distinct philosophical traditions

and should not be treated as interchangeable. A particularly useful Buddhist concept is mindfulness—cultivating awareness of present experience with clarity rather than automatically becoming entangled in it.

In Buddhist teachings, attention is directed toward phenomena such as the body, feelings, mental states and patterns of experience. The purpose is not simply to relax. It is to develop insight into how experience arises, changes and passes. This has an interesting psychological parallel.

Consider an angry thought:

"They always disrespect me."

The mind may immediately accept the thought as reality.

Mindfulness creates another possibility:

"Anger is present."
Then:
"This thought is present."
Then:
"My body is tense."

The experience is still real. But there is now an observing awareness around it. This space between **experience and automatic reaction** is psychologically valuable. Another Buddhist concept that can be relevant here is **anicca**, or impermanence—the recognition that experiences are constantly changing.

Anxiety rises.
Anxiety changes.
Anxiety eventually decreases.
Sadness comes.
Sadness changes.

Even intense emotional states are not static. For someone going through a difficult period, remembering that an emotional state is a changing experience rather than a permanent condition can provide psychological perspective. This does not mean telling someone, "Your suffering will simply disappear." Instead, it invites a gentler observation:

"This is what I am experiencing right now. What happens if I stay present with it without assuming that this moment defines my entire future?"

Yoga, Attachment and the Need for Safety

From a counseling perspective, another interesting connection can be made with attachment. Human beings seek safety, connection and emotional responsiveness. When we perceive rejection, abandonment or disconnection, our nervous system may respond strongly.

Different people may react differently.
One person may pursue reassurance.
Another may withdraw.
Someone may become angry.
Another may become emotionally silent.

These patterns can appear in relationships as well as within our relationship with ourselves.

A regular contemplative practice can create an internal experience of pausing and checking in:

What am I feeling?
What do I need?
What story am I telling myself?
Am I reacting to what is happening now—or to what this situation reminds me of?

These questions do not replace psychotherapy. But they can complement therapeutic work by strengthening self-awareness. In couples counseling, for example, the ability to notice one's own physiological activation before responding can sometimes make a meaningful difference.

Instead of:
"You never listen to me!"
There may eventually be enough space to say:
"I am feeling unheard right now, and I notice that I am becoming defensive."
The problem has not magically disappeared. But the conversation has changed.

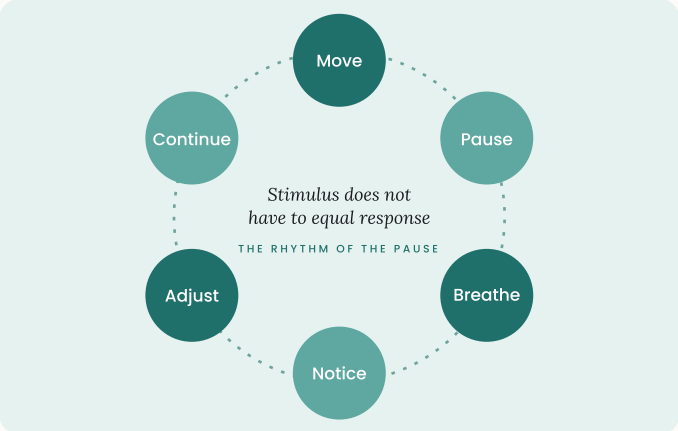
The Psychology of the Pause

Perhaps one of yoga's greatest psychological gifts is not the posture. It is the pause between one movement and another. Modern life rewards immediate responses.

Reply immediately.
Decide immediately.
Buy immediately.
React immediately.
Defend yourself immediately.

Yoga introduces a different rhythm.

This rhythm resembles an important principle in psychological self-regulation:



Stimulus does not have to equal response. There can be a pause. And within that pause lies choice. The pause may be only a few seconds. Yet those seconds can create room for reflection.

A person who practices this repeatedly may begin to recognize familiar patterns outside the yoga mat:

"I am becoming defensive."
"I am catastrophizing."
"I am seeking reassurance again."
"I am trying to control something I cannot control."

Awareness does not automatically produce change. But without awareness, meaningful change becomes much harder.

Yoga Is Not a Replacement for Counseling

It is important to maintain a psychological distinction. Yoga can support well-being, self-awareness, physical activity, relaxation and stress management for many people. But it should not be presented as a universal treatment for mental-health conditions.

People experiencing significant depression, anxiety disorders, trauma-related symptoms, suicidal thoughts or other serious psychological difficulties may need professional assessment and evidence-based treatment. Yoga can sometimes be incorporated alongside professional care, depending on the person's circumstances and the guidance of qualified professionals.

The goal is not to replace the counseling room with a yoga mat. The goal is to recognize that psychological health is influenced by the interconnected experiences of **mind, body, attention, relationships and meaning.**

From the Yoga Mat to Everyday Life

The most meaningful yoga practice may not be the one that produces the most impressive posture. It may be the practice that changes what happens five hours later.

When someone criticizes you, can you breathe before reacting?

When anxiety appears, can you notice it without immediately believing every thought?

When a relationship becomes difficult, can you identify your pattern rather than only blaming the other person?

When you make a mistake, can you respond with accountability without turning that mistake into a definition of your entire identity?

When life becomes uncertain, can you remain present without demanding immediate certainty?

These are psychological questions. And perhaps this is where yoga becomes more than exercise.

The body bends.

The breath slows.

Attention settles.

Awareness grows.

And gradually, we may discover that flexibility is not only something the body develops. It is something the mind can practice too.

Breathe. Bend. Believe.

Yoga does not promise a life without pain. Buddhist contemplative traditions do not promise a mind that will never experience difficult thoughts.

Counseling psychology does not promise that human relationships will never become complicated. Instead, all three can invite us toward a more realistic possibility:

We can learn to relate differently to what we experience.

We can breathe without needing to solve everything immediately.

We can bend without breaking.

We can observe a thought without becoming the thought.

We can experience an emotion without allowing it to dictate every action.

And we can begin to believe—not that life will always be easy, but that we can develop greater awareness, flexibility and compassion in meeting it. Perhaps the deepest practice is not standing perfectly in a posture. Perhaps it is learning to stand more consciously within our own lives.

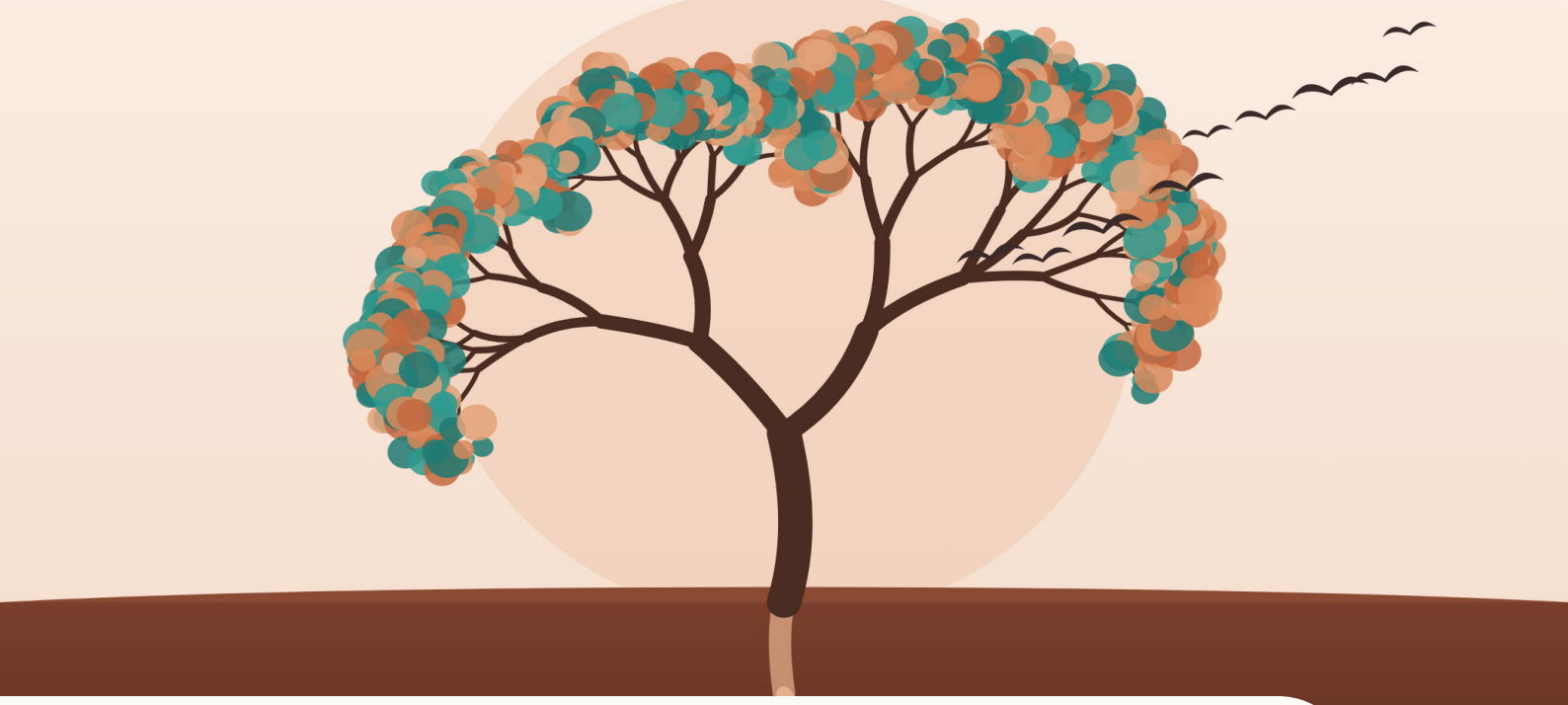
Breathe. Bend. Believe.

And then, when the moment calls for it—begin again.



Yoga reminds us that psychological wellbeing is not about controlling every thought or avoiding difficult emotions, but about developing awareness, adaptability and self-compassion. Through mindful breathing, movement and observation, we learn to create space between what happens and how we respond. Bringing together the wisdom of **Yoga, Buddhist Mindfulness and Counseling Psychology,** we discover that calm is not about escaping life's uncertainties, but meeting them with greater presence, balance and self-understanding. Sometimes, it begins simply with breathing, noticing and beginning again.

Srikanth Vaigundam
Psychologist and Yoga Instructor



Are We Fighting About the Problem — *or About the Pattern?*

By **Sudhakar Haridoss**

"How attachment styles can turn everyday disagreements into recurring relationship cycles"

Couples who fight about money, about their children, about the household chores, in-laws, social media, sex, work, weekends, messages left unanswered, or the fact that someone forgot to buy milk.

And then there are couples who realize, sometimes years into their relationship, that they have somehow been having the same fight in different disguises.

The subject changes – the emotional ending doesn't.

One partner feels unheard. The other feels criticized.

One reaches for reassurance. The other pulls away.

One becomes louder. The other becomes quieter.

Eventually, both are hurt—and both believe the other person is the problem. But what if they are looking in the wrong place?

What if the real issue isn't only what they are fighting about, but the pattern they enter whenever they feel emotionally threatened?

That is where couples therapy and attachment-informed psychology offer a different way of understanding relationship conflict.

The Fight Beneath the Fight

When "You Came Home Late Again" Is Really About Something Else

It is a familiar scene in many long-term relationships. One partner enjoys travelling frequently.

Not necessarily for work. Sometimes it is a trip with office colleagues.

Sometimes with childhood friends. Sometimes with neighbor's or a familiar group. Sometimes it is a solo journey—to a temple, a forest, a beach, a quiet town, or simply somewhere away from the routine of everyday life.

For him, travel is not an escape from the relationship. It is a way of experiencing life. Sometimes it is about self-development. Sometimes it is about solitude.

Sometimes it is simply the pleasure of discovering a new place. And sometimes, after a long day, he comes home later than expected.

He hasn't called. His partner is waiting. And the conversation begins.

"Where were you?"

"I was out."

"I know you were out. Why didn't you call?"

"I thought I'd be home soon."

"You always say that."

"Why is it such a big issue?
I was just travelling."

"Just travelling? You go everywhere you want. You don't even think about what I feel."

"That's not fair. I work hard. What's wrong with me wanting to travel and enjoy myself?"

"I never said you can't travel."

"Then why does it become an argument every time?"

"Because you don't even bother to inform me."

"I don't need to report every movement to you."

And now the argument has changed. It is no longer about coming home late. It is no longer even about making a phone call. Something deeper has entered the conversation.

Two Different Meanings of the Same Journey

From his perspective, the travel may represent something deeply personal.

It may mean:

"I need experiences outside my routine."

"I want to grow as a person."

"I enjoy discovering places."

"I need some time in nature."

"I enjoy travelling with people I care about."

"Sometimes I simply want to be alone."

"This is part of who I am."

And there is an important distinction in his mind. When the travel is connected to work and income, his partner may accept it without much objection.

But when the travel is for personal satisfaction, exploration, spiritual interest, friendship, or simply enjoyment, the same freedom may become a source of tension.

From his perspective, this can feel confusing:

"If my travelling for work is acceptable because it has a financial purpose, why does travelling for my own happiness need so much explanation?"

He may experience the questioning as a restriction on his autonomy.

The internal message may become:

"Why do I need permission to enjoy something that matters to me?"

But his partner may be experiencing the situation very differently.

The pursue–withdraw cycle

"When uncertainty increases, one partner moves closer. When pressure increases, the other moves away."



What She May Be Hearing

For her, the issue may not be:

> "You travelled."

It may be:

> "You made a decision that affected our shared life without keeping me informed."

The unanswered phone call may carry a much larger emotional meaning.

She may think:

> "If you know you're going to be late, why can't you simply tell me?"
>
> "Do I matter enough for you to think of me while you're away?"
>
> "Why do I have to wait and wonder?"
>
> "Why do I have to find out only when you return?"
>
> "Are my feelings important to you?"

And if this has happened repeatedly, today's late arrival may activate memories of previous occasions. The emotional reaction may therefore be much larger than the immediate event appears to justify. To her, the problem may not be his love of travel. It may be the experience of being left outside the circle of consideration.

And Then the Pattern Begins

This is where the fight beneath the fight becomes visible. He travels because travel gives him freedom, stimulation, peace, personal growth, friendship, adventure, or satisfaction. She sees him travelling frequently and may begin to experience his independence as emotional distance.

He feels questioned. She feels disregarded.

He becomes defensive. She becomes more insistent.

He thinks: "She doesn't understand me." She thinks: "He doesn't consider me."

He withdraws from the conversation. She pursues it because the withdrawal makes her feel even less heard.

He becomes increasingly frustrated. She becomes increasingly hurt.

Eventually, both may reach the same conclusion: "My partner doesn't understand what I need."

This is the cycle.

The Attachment Question Beneath the Argument

An attachment-informed therapist might become curious about what happens emotionally before the argument escalates. For him, the underlying attachment-related concern may involve autonomy:

> "Can I remain myself and still be loved?"
>
> "Can I have interests, friendships, solitude and experiences that are important to me without feeling controlled?"
>
> For her, the underlying concern may involve security and consideration:
>
> "Can I trust that you will think about me when you make decisions that affect us?"
>
> "Do I matter to you even when you are pursuing your own interests?"

These are not necessarily contradictory needs. Autonomy and attachment are not opposites. A healthy relationship needs both. People need connection. They also need individuality.

The challenge is learning how to maintain both without turning one partner's need for autonomy into the other partner's experience of abandonment—or turning one partner's need for connection into the other's experience of control.

The Phone Call Is Small. What It Represents Is Not.

Consider the difference between these two statements:

"You should have called me."

and:

> "When you come home late without telling me, I feel like I'm not being considered."

The first statement focuses on behaviour. The second reveals meaning.

Now consider his response.

> "I don't have to call you every time I go somewhere."

versus:

> "When I feel that I have to constantly explain where I'm going, I feel that my freedom is being questioned."

Again, the first statement is defensive. The second reveals the emotional experience underneath the defense. Suddenly, the couple isn't arguing about a phone. They are talking about two legitimate human needs:

> "I need to feel considered."

and

> "I need to feel free."

The therapeutic question becomes: Can this relationship make room for both?

But There Is Another Layer: What Does "Travel" Mean to Each Person?

This is where couples therapy becomes particularly interesting. The same behaviour can carry completely different meanings for two people.

For one partner: Travel = freedom.

For the other: Travel = distance.

For one: Solo time = restoration.

For the other: Solo time = exclusion.

For one: Friends = connection and belonging.

For the other: Friends = less time available for the relationship.

For one: A spontaneous journey = joy.

For the other: A spontaneous journey = unpredictability.

Neither meaning is automatically the "correct" one. The therapeutic task is to understand the meanings rather than immediately arguing over whose interpretation is right.

What If the Real Fight Is About Permission?

Sometimes a relationship conflict becomes particularly intense when one partner experiences a request for consideration as a demand for permission.

"Why should I have to ask before travelling?"

The other partner may respond:

"I'm not asking you to ask permission. I'm asking you to discuss it with me."

That distinction can be enormous.

Permission implies: "You have authority over my choice."

Consideration implies: "Your experience matters to me while I make my choice."

Healthy couples need to distinguish between the two. A partner can have autonomy without behaving as though they are completely independent of the relationship. Likewise, a partner can express concern without turning concern into surveillance or control.

The Missing Conversation

Perhaps the couple has never actually discussed what travel represents. Instead, they have only discussed individual trips.

"Why are you going?"

"When will you come back?"

"Who are you going with?"

"Why didn't you call?"

"Why do you need to travel again?"

But a deeper conversation might sound very different.

For the traveller: "Travel gives me a sense of aliveness. I feel refreshed when I spend time in nature or explore somewhere new. I don't want to give that part of myself up."

For the partner: "I don't necessarily want to stop you from travelling. But when you disappear into your own world without communicating with me, I feel that I don't have a place in your life during those moments."

Now they are finally discussing the real issue.

Not the destination.

Not the phone.

Not the time.

The meaning of connection and independence within the relationship.

Where Attachment Styles May Enter the Cycle

If one partner has stronger anxious attachment tendencies, uncertainty may be particularly uncomfortable. A lack of information can lead to questions, repeated checking, or attempts to regain closeness. If the other partner has stronger avoidant tendencies, those questions may feel intrusive or controlling, leading to withdrawal or a stronger insistence on independence. But it is important not to turn this into:

"She is anxious, therefore she is the problem."

or:

"He is avoidant, therefore he is the problem."

The more useful formulation is:

"When uncertainty increases, one partner moves closer. When pressure increases, the other moves away."

That is the pattern. And both partners can learn to respond differently.

The Therapeutic Shift

A Couples Therapist might help the partners move from:

"Why didn't you call?"

to:

"What happens inside you when I don't call?"

And from:

"Why do you keep questioning my travel?"

to:

"What happens inside you when you feel questioned?"

The answers may reveal:

"I feel unimportant."

"I feel controlled."

"I feel afraid."

"I feel dismissed."

"I feel trapped."

"I feel alone."

"I feel like my independence doesn't matter."

These are much more therapeutically useful than:

"You always..."

or:

"You never..."

The Practical Couples Therapy Takeaway

Don't Negotiate the Trip Until You Understand the Pattern

Before discussing the next journey, have a conversation about what travel means to each of you. Each partner completes these sentences:

The traveler:

"When I travel, I feel _____."

"What I value most about travelling is _____."

"When my travel is questioned, I tend to feel _____."

"What I fear losing is _____."

"What I need from my partner is _____."

The partner at home:

"When you travel, I feel _____."

"The hardest part for me is _____."

"When you come home late without calling, I tell myself _____."

"What I am actually afraid of is _____."

"What I need from you is _____."

Then compare the answers. Not to determine who is right. But to discover what each person is protecting.

Create a "Freedom with Connection" Agreement

A practical solution might be to establish mutually agreed expectations around travel.

Freedom: Each partner acknowledges that personal interests, friendships, solitude and travel can be legitimate parts of an adult relationship.

Transparency: Major travel plans are discussed in advance—not as a request for permission, but as consideration for the shared life.

Communication: If plans change significantly or the expected return time changes, a simple message or call is made.

Autonomy: Neither partner is expected to provide a minute-by-minute account of their activities.

Connection: Travel does not mean emotional disappearance. A short message can communicate, "I'm thinking of you."

Repair: If communication fails, the couple discusses the impact later rather than turning the next conversation into an accusation.

The exact agreement will differ from couple to couple. The important point is that autonomy and consideration can coexist.

"Can we give each other both roots and wings?"



Relationship conflicts are not always about the situations that trigger them, but often about the emotional patterns beneath them. When couples learn to recognize each other's needs for connection, security and independence, they can move beyond blame and defensiveness towards understanding and empathy. Couples therapy helps partners replace accusations with curiosity, control with consideration, and withdrawal with meaningful communication. A healthy relationship does not require two people to think alike or give up their individuality; it requires them to respect their differences while remaining emotionally connected. **Love does not require us to choose between roots and wings. It asks us to learn how to offer both.**

Sudhakar Haridoss

Counseling Psychologist



Beyond the Mind

Celebrating the professionals who inspire self-discovery, and personal growth.

Rathipriya (PhD scholar) is a dedicated researcher and therapist specializing in neuroscience and mental health. Currently engaged in Alzheimer's disease research, she is deeply interested in advancing knowledge on healthy aging and neuroprotective strategies. Beyond individual therapy, Rathipriya has developed expertise in neurological rehabilitation counselling for patients recovering from stroke, cerebral palsy (CP), brain tumors, and cancer, as well as for geriatric patients with dementia. She is equally committed to supporting parents of children with special needs and providing counselling to caregivers experiencing burnout, recognizing the vital role of family systems in recovery and resilience. Her therapeutic approach is grounded in evidence-based methods, combining structured interventions with compassionate care. Rathipriya's work bridges clinical practice and academic research, reflecting her commitment to both scientific rigor and humanistic support.

RATHI PRIYA BOLLU YASHWANT

Neuroscientist and Counseling Psychologist

Phone: **+60 1306965481**

Email: **rathipriyashwant11@gmail.com**

Location: **Malaysia**

EDUCATION

Ph.D. (in progress) in Medical Science (Neuroscience)

M.Sc. in Counselling Psychology

M.Sc. in Neuroscience

B.Sc. in Microbiology

SPECIALIZATION

- PTSD, Anxiety, Depression, Phobias
- Personality and Mood Disorders
- Relationship Issues
- Rehabilitation Counselling (Stroke, CP, Tumor, Cancer)
- Dementia and Healthy Aging
- Guidance for Parents of Special Children
- Caregiver Burnout Support
- Child and Adolescent Development

LANGUAGE

TAMIL	***ENGLISH***
HINDI	***SOURASTRA***

THERAPEUTIC APPROACH

- Cognitive Behavioral Therapy (CBT)
- Mindfulness-Based Techniques (breath awareness, body scan meditation, mindful journaling, compassion practices)
- Rational Emotive Behavioral Therapy (REBT)
- Emotion-Focused Therapy (EFT)
- Gestalt Therapy
- Solution-Focused Brief Therapy (SFBT)
- Acceptance and Commitment Therapy (ACT)
- Narrative Therapy
- Existential Therapy
- Interpersonal Therapy (IPT)
- Trauma-Focused Therapy (including EMDR principles)
- Family Systems Therapy
- Logotherapy

OFFLINE COUNSELING

6-13-02, 6 Sri tiara condominium,
Jalan Taman Seputeh

Jalan Seputeh, Kuala Lumpur,
Malaysia – 58000

WORKING HOURS

Online: Monday to Saturday
10:00 am – 5:00 pm

Offline: Monday to Saturday
10:00 am – 5:00 pm
(Only in Malaysia)



The Path to Balance

Integrating Ancient Wisdom and Emotional Well-Being

Dr. Anusha Vaideeswaran, BAMS, M.Sc. in Counseling and Family Therapy, is a highly esteemed Ayurvedic practitioner currently practicing in Mumbai. Known for her deeply holistic approach to wellness, she seamlessly integrates ancient traditional medicine with modern psychological insights to guide individuals toward true balance and well-being. Dr. Anusha earned her BAMS degree from the prestigious Government Ayurvedic Medical College in Bangalore, establishing a strong foundation in Ayurveda. Driven to bridge the gap between body and mind, she later went on to complete her Master's in Counseling and Family Therapy from IGNOU, graduating with a distinction. In addition to her medical and therapeutic expertise, she is a Pranic Healer, allowing her to incorporate energetic alignment into her comprehensive patient care.

Dr. ANUSHA VAIDEESWARAN

Ayurvedic Consultant and Counsellor Anoushka PolyClinic

Phone: **+91 9686022099**

Email: **anusha.vaideeswaran@gmail.com**

Location: **Mumbai**

EDUCATION

M.Sc. in Counseling and Family Therapy – IGNOU

BAMS (Bachelor of Ayurvedic Medicine and Surgery) – Government Ayurvedic Medical College, Bangalore

SPECIALIZATION

- Psychosomatic Disorders, Anxiety & Stress-Related Illnesses
- Relationship & Family Counseling
- Lifestyle Alignment & Sustainable Well-Being Coaching

LANGUAGE

TAMIL	***ENGLISH***
HINDI	***KANNADA***

THERAPEUTIC APPROACH

- Integrative Ayurvedic Medicine & Talk Therapy: Blending traditional healing principles with modern psychological insights.
- Family Systems & Relationship Counseling: Evaluating individual well-being within the context of family dynamics.
- Somatic & Energy Awareness: Incorporating Pranic healing to harmonize subtle bodily energies.

CERTIFICATION

- Diploma in Counseling Skills – Banjara Academy
- Certification in Life Skills Training – Banjara Academy

OFFLINE COUNSELING

Anoushka Polyclinic
Raheja Vihar,
Chandivali,
Mumbai

WORKING HOURS

Online: Monday to Friday
5:00 pm – 7:00 pm

Offline: Monday to Friday
5:00 pm – 7:00 pm
(only in Mumbai)

Saturday and Sunday (Available by appointment)



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

Phone: **+91 9886065391**

Email: **Ranee.Sen@gmail.com**

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

Phone: **+91 9840333398**

Email: **kavithakannan272@gmail.com**

Location: **Chennai**

Website: **www.alagujothiacademy.in**

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. Subramaniyan 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

Phone: **+91 8610273729**

Email: **rakshitakhariwal56@gmail.com**

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

Phone: **+91 9342764227**

Email: **prabuphysio1@gmail.com**

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: **+91 9940194960**

Email: **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

Phone: **+91 8248402637**
Email: **sudhakarh@zohomail.in**
Location: **Chennai**
Website: **www.calmyourmind.life**

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**
- Autism (Identification, Assessment, and Therapy), **MANOVIKAS**

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 am – 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.

SUKA Wellbeing Trust

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)

Contact Us: 1C, 8th Street, Bharathi Nagar, Indian Air Force (IAF) – Avadi, Chennai – 600055
sucounsel@gmail.com | www.sukawellbeingtrust.org | +91 9445848114

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

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**

Dr. Prabu S.
Bharathi Physio Care
1/1, NN Garden, 8th Lane
Old Washermenpet
Chennai – 600021
+91 **9342764227**

Rathi Priya Bollu Yashwant
6-13-02, 6 Sri tiara condominium
Jalan Taman Seputeh
Jalan Seputeh, Kuala Lumpur
Malaysia – 58000
+60 **1306965481**

Dr. Anusha Vaideeswaran
Anoushka Polyclinic
Raheja Vihar
Chandivali
Mumbai
+91 **9686022099**

WWW.CALM YOUR MIND.LIFE

www.calmyourmind.life