



ABHAYA'S KNOWLEDGE SHARING



WORLD SUICIDE PREVENTION DAY 2025 10th September

Suicide is a major public health challenge, with more than 700 000 deaths each year globally. Each suicide has far-reaching social, emotional, and economic consequences, and deeply affects individuals and communities worldwide.

The triennial theme for World Suicide Prevention Day for 2024-2026 is "Changing the Narrative on Suicide". This theme aims to raise awareness about the importance of reducing stigma and encouraging open conversations to prevent suicides. Changing the narrative on suicide is about transforming how we perceive this complex issue and shifting from a culture of silence and stigma to one of openness, understanding, and support.

This theme also emphasizes the need to prioritize suicide prevention and mental health in policy making, calling for government action. Changing the narrative requires advocating for policies that prioritize mental health, increase access to care, and provide support for those in need.

World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO). The 10 September each year aims to focus attention on the issue, reduces stigma and raises awareness among organizations, governments, and the public, giving a singular message that suicides are preventable.

LINK TO
THE INTERNATIONAL
ASSOCIATION FOR SUICIDE
PREVENTION (IASP).

SUICIDE PREVENTION
HELPLINE DIRECTORY
(INDIA).



EDITORIAL

At Abhaya Counselling Centre, we believe every day is an opportunity to nurture mental health. September reminds us of this deeply, being Suicide Prevention Month—a call to recognize pain early and extend hope. October brings World Mental Health Day, reinforcing that well-being isn't just a date on the calendar but a lifelong priority. Just as we care for our body daily, our mind deserves the same care, 365 days a year. Together, let's make mental health a daily commitment.

FOUNDER'S NOTE



Karthik R is the founder of Abhaya Counselling Centre, an org., started in 2014, on the belief that no one should struggle in silence.

As a mental health counselor, he has guided individuals, couples, and families through life's most challenging seasons, helping them rediscover strength, clarity, and hope.

His approach blends empathy with practical tools, creating a safe environment for healing and growth. Beyond the counselling room, Karthik is passionate about spreading awareness on emotional well-being through talks, workshops, and writing.

This newsletter, his dream child, is an extension of his mission—to remind every reader that support is closer than they think and we are just a click or a phone call away.

NOTE FROM THE CO-FOUNDER

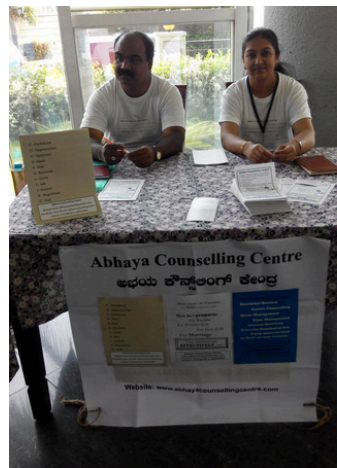


Being a co-founder of Abhaya Counselling Centre for over a decade has been an incredibly fulfilling journey.

What began as a small mental health awareness initiative in an apartment complex has grown into a platform that supports, educates, and empowers individuals and families through their mental wellness journeys. Looking back, it gives me great pride to see how far we've come.

Though more than a decade has passed, I vividly remember our first activity we conducted. Our first step was simple yet impactful. We organized a mental health awareness program to break the stigma surrounding psychological well-being to high school students of Vasavi Vidyanikentan School, Bengaluru. The response we received was heartening and motivated us to do more. Soon after, we conducted our first summer camp in 2015 for children, designed to encourage emotional expression, creativity, and social connection. It was a beautiful experience to witness children flourish in a supportive and nurturing environment.

Over the years, Abhaya Counseling Center has expanded its reach and impact.



We've worked with schools and community groups, offering counseling services and awareness programs tailored to different age groups and needs. At the core of all our efforts lies a deep belief in empathy, confidentiality, and empowerment.

This journey has been more than just professional, it's been personal. Every story shared, every life touched, and every challenge overcome reaffirms the importance of our mission.

I feel privileged to have been a part of this evolving movement toward mental well-being and look forward to continuing this work with compassion and commitment.

COUNSELLING: THE BEST WI-FI FOR YOUR MIND

By Ram Sundar a.k.a Humor ram

These days, stress downloads faster than movies, and emotions buffer longer than YouTube videos. In the earlier joint family system, someone was always there to listen—even if they gave too much advice along with a cup of chai. Now, in our nuclear lives, we end up talking more to our smartphones than to real people.

You are not alone.
Counselling works.
Reach out for help.

That's why counseling is not a weakness, it's maintenance. Just like you'd service your scooter before it breaks down, counseling helps service your heart and mind before the stress engine knocks.

And the best part? A counselor won't forward your problems to a WhatsApp group! 😊

So don't wait until life crashes. Plug into counseling—it's the only Wi-Fi that truly connects you back to yourself.

RELATIONSHIPS: STRENGTHEN THROUGH SELF-REFLECTION

By Satish Joshi

Every relationship, personal or professional, benefits from honest introspection. When we pause to reflect, we begin to see where the connection feels strong and where it may be strained or misunderstood. By examining our role, communication style, emotional investment, and recurring patterns, we gain clarity, not to assign blame, but to understand. With this awareness, we can build trust, set boundaries, and show up with intention. Strong relationships aren't built overnight; they are shaped through consistent reflection and conscious effort.

That journey begins within. Before we can connect meaningfully with others, we must understand ourselves, our triggers, habits, and emotional responses. Often, we carry patterns from one role into another, parent, friend, colleague, without realizing the impact. Recognizing these habits allows us to respond thoughtfully rather than react automatically. This series starts with one of the most revealing relationship spaces: professional dynamics, where pressure and personality intersect daily, often reflecting more about who we are than we expect.



Chapter 1: Professional Relationships – Grounded in Self-Knowledge

1. Workplaces Reflect Who We Are

Professional environments often act as mirrors, revealing not just our strengths but also our insecurities and behavioural patterns. How we respond to feedback, handle deadlines, navigate hierarchy, or collaborate with others is often shaped more by our internal emotional state than the external setting. For example, feeling ignored in a meeting might trigger defensiveness, not because of others' actions, but due to deeper personal narratives like fear of rejection or a need for validation rooted in past experiences.

2. Emotional Habits at Work

Recognizing these responses requires intentional self-reflection. Many workplace behaviours, overcommitting, avoiding conflict, struggling with boundaries, are echoes of unresolved personal habits. Addressing them is not just about professional growth; it is about emotional awareness. Practices like journaling, seeking honest feedback, and pausing to examine emotional reactions can help uncover and reshape these patterns.

3. Knowing Your Values and Style

Self-awareness also means understanding your core values and preferred working style. Some thrive in fast-paced, collaborative settings; others prefer structure and routine. Knowing what suits you allows for more intentional career choices and healthier interactions. When you are clear on your limits and needs, you can set boundaries without guilt, express disagreement respectfully, and stay authentic in workplace relationships.

4 From Performing to Being Present

Ultimately, self-awareness shifts the focus from performance to presence. It is not about managing impressions, it is about managing yourself with clarity and integrity.

This shift deepens professional relationships, fostering mutual respect and meaningful collaboration. When individuals show up with presence, they contribute not just to the organisation's goals, but to the quality of human connection within it.

CRACKS IN CONNECTION: PREVENTING HEARTBREAK EARLY

By Jeevan Kalyan

Relationships are the heartbeat of our lives, offering love and support, yet they can crumble under pressure. Understanding why bonds break is the first step to preventing heartbreak. Trust and respect are the foundation—when lies or dismissal erode them, resentment grows. Infidelity, whether emotional or physical, shatters loyalty, often cited as a top reason for breakups. Poor communication, like unresolved arguments or silence, builds walls, leaving partners feeling isolated. Drifting apart happens when life changes—new careers, kids, or hobbies—pull people in different directions. Neglect, like forgetting date nights, breeds boredom, while financial stress or power imbalances spark conflict. Emotional or physical disconnect, from waning affection to manipulation, leaves partners lonely. These issues often intertwine, but spotting them early can save a bond. Imagine catching a small crack before it splits wide open—what could you do differently? Can a broken bond be mended? Discover how in the next series.

NURTURING THE PHYSICAL AND MENTAL HEALTH THROUGH WELLNESS PRACTICE

By Bhuvana B P

In today's world, physical and mental health are just as important as wealth and assets.

Our body & mind are deeply interconnected; when the mind is healthy, the body naturally follows. Simple daily practices can create profound changes in life.

Few mindful movements improve flexibility, strength, stamina, focus & awareness in the body. Breathing practices and meditation bring peace and happiness to the mind. Conscious breathing relaxes the nervous system at a deeper level, reducing stress & anxiety while enhancing mental clarity & emotional balance.

Along with this, having nutritious food, drinking enough water, ensuring quality sleep, taking breaks from routine, connecting with nature and spending time with loved ones also have a significant positive impact on our Mind-Body health. Together these habits create positive health, eliminate challenges over time, and build strength, courage, and the calmness to face the challenges of day-to-day life with balance and composure.



EASY TO-DO PRACTICES:

***MINDFUL MOVEMENTS:** Conscious walking for 5 to 10 minutes daily, few simple yoga practices /Surya Namaskar.

***AWARENESS BREATHING:** Deep breathing for 5 to 10 rounds, Cooling pranayama & Nadi Shuddhi pranayama.

***SATVIK FOOD & ADEQUATE REST:** Good food habits and proper sleep at night.



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Abhaya Counselling Centre Since 2014

COUNSELLING. CONSULTING. INTERNSHIP. OUTREACH.

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Take the first step towards a healthier you. Contact us today to schedule your confidential counselling session.

We Care with Your Mental Wellness



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HELPING YOU FEEL BETTER

We help to enhance mental health & well-being for all by providing compassionate support and guidance to help individuals overcome situational challenges and achieve emotional balance.

Abhaya Counselling Centre is a decade old organisation catering to enhance mental health of everyone. We are working towards assisting the needy get better from situational disturbance arising out of life instances.

Get to know



abhayacounsellingcentre



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WHY CHOOSE OUR COUNSELLING?

Life can be challenging, and sometimes, we all need a little help. Counselling provides a safe and confidential space to explore your thoughts, feelings, and concerns. Our therapists are trained to assist you in developing coping strategies, fostering self-awareness, and building resilience.

OUR SERVICES

- Individual Counselling
- Couples Therapy
- Family Counselling
- Stress and Anxiety Management
- Career counselling
- Emotional Well-being Workshops

MEET OUR TEAM



KARTHIK R
Founder
Psychosocial specialist
Mental Health Counselor



DEEPA NARENDRA
Co-Founder
Mental Health
Counselor



SATISH JOSHI
Sociologist
Mental Health
Counselor



BHUVANA B P
Yoga Therapist



**RAJANI
BELEGUR**
Counselling
Psychologist



**JEEVAN
KALYAN**
Mental Health
Volunteer

HEALING TIP

THE PAUSE BREATH

Whenever you feel overwhelmed, pause. Inhale deeply for 4 counts, hold for 4, exhale for 6. Repeat thrice. This simple rhythm calms the nervous system.

GRATITUDE NOTE

End your day by writing down one thing you're grateful for. It shifts focus from stress to appreciation, building resilience over time.

NATURE BREAK

Step outside for at least 5 minutes daily. Listen to birds, notice the sky, or touch a tree. Nature silently restores balance and peace.

