



# ABHAYA'S KNOWLEDGE SHARING

**05 DEC '25**      **INTERNATIONAL VOLUNTEER DAY FOR  
ECONOMIC AND SOCIAL DEVELOPMENT  
THEME: EVERY CONTRIBUTION MATTERS**

## **Lighting the Way: Karthik's Journey of Service Through Samadhan**

Volunteering is often seen as an act of giving. But in truth, it is a process of becoming. Over the last ten years, Karthik's involvement with **Samadhan Alumni Association** has not only contributed to society, but also shaped him into a more aware, compassionate, and resilient human being. His journey reflects the spirit of this year's International Volunteer Day: meaningful service that supports development, spreads awareness, and promotes emotional and social wellbeing.

Karthik began volunteering at Samadhan without expectations of recognition or reward. He simply wanted to be useful. Over time, he became deeply involved in outreach initiatives that dealt directly with sensitive, urgent, and often unspoken mental health struggles in society. One of the most impactful experiences was his participation in Samadhan's **suicide prevention miming street play**,

performed before an audience of over **2000 people** — including students, teachers, parents, and members of the public. Standing there in the open, under the sky, speaking through theatre about the invisible weight that so many carry, he felt the power of communication, vulnerability, and human connection. The message was simple but profound: every life matters, and every silent pain deserves listening.

Beyond performance, Karthik's strength emerged in organization and mobilization. He was a key team member in planning and executing **Samadhan – Making Lives Beautiful**, a community-driven food festival that celebrated connection, collaboration, and collective healing. The event used food — a universal language of comfort — to bring people together while also raising awareness about emotional wellbeing.

Karthik also took initiative in building institutional partnerships. He actively reached out to schools and colleges to organize Samadhan's **suicide prevention walkathon**,

## EDITORIAL

This December, we celebrate the spirit of giving through the **International Volunteer Day for Economic and Social Development**. Volunteers are the quiet strength behind every change—offering time, empathy, and hope where it's needed most. At **Abhaya Counselling Centre**, our journey has been shaped by such hearts who serve selflessly to uplift others. Their commitment reminds us that true growth begins with compassion. As the year closes, let's honour every act of kindness that makes communities stronger and lives more meaningful.

Additionally, Karthik played a central role in organizing the **Life Skills Seminar**, supporting young individuals in building emotional intelligence, resilience, and coping tools to navigate life's challenges. This work reinforced the idea that prevention begins with education, self-awareness, and compassionate guidance.

Ten years of continuous service is not a small footnote in a resume — it is a discipline, a lived philosophy, and a refining force. Through volunteering, Karthik has fine-tuned skills in communication, teamwork, public engagement, leadership, empathy, and crisis-sensitive messaging. It also prepared him for his present mission through Abhaya Counselling Centre — to help individuals heal, find clarity, and rediscover emotional strength.

On this International Volunteer Day for Economic and Social Development, the commitment of individuals like Karthik whose quiet work creates visible change is acknowledged and celebrated. Volunteering does not always make headlines. It does something greater — it makes a difference in lives, minds, and communities.

Let this day remind us that service is not seasonal. It is a way of living — and a way of lifting humanity.



**Late. Shri. S. Krishnaswamy, Founder,  
Samadhan Centre for Counselling and  
Lifeskills, R T Nagar, Bengaluru**

Grateful to Late Shri S. Krishnaswamy for giving opportunities to learn, serve, and grow through meaningful involvement in Samadhan activities.



## FIVE DAILY FOUNDATIONS FOR A BALANCED AND MEANINGFUL LIFE

By N.Swaminathan

### Personality Development Trainer

A balanced life grows from five key areas—spiritual, financial, physical, social, and emotional well-being. Small daily habits in each area create strength, clarity, and peace. This month, let us explore simple ways to build a healthier, more fulfilled life through intentional routines and mindful choices.

### Five Dimensions of a Successful Life

People who nurture these five areas often experience deeper balance and fulfilment in life.



### 1. Spiritual

Begin the day with silence, prayer, or a visit to a temple or church or religious places of your choice. Morning meditation works like recharging your mind. At the end of the day, everyone seeks peace of mind, not “pieces” of mind.

### 2. Financial

Many feel constantly busy because of financial pressure. Strengthen your financial awareness early. Learn, plan, and take informed decisions to reduce stress and build stability.

### 3. Physical

Daily walking keeps the body active. Yoga improves flexibility and posture. Small routines done consistently protect long-term health.

### 4. Social

Most people say they have only a few friends, but each of us can build a wider support network. Make one new meaningful connection a day. Over a year, that becomes 365 potential sources of support and community.

### 5. Emotional

Everyone faces emotional challenges. The real question is how we respond. Daily meditation helps you stay calm, centred, and clear throughout the day.

Thank you for reading. May these insights guide your steps toward balance and well-being. Continue caring for your mind and heart each day. Abhaya Counselling Centre walks with you.

## **CHAPTER 3: COMMUNICATION THAT BUILDS TRUST – CLARITY, LISTENING & RESPECT**

**By Satish Joshi, Sociologist**

**Please read chapter 1 and 2 in the September-25 and November-25 newsletters in which we had discussed;**

**Chapter 1:** Professional Relationships – Grounded in Self-Knowledge

**Chapter 2:** Emotional Intelligence at Work – From Awareness to Applied Wisdom

**Proceed to Chapter - 3**

**Chapter 3:** Communication That Builds Trust – Clarity, Listening & Respect

### **Clarity Builds Confidence**

Clear communication minimizes confusion and builds trust in professional circles. If we convey our thoughts, expectations, and concerns in an uncomplicated and respectful manner, then others will know exactly what we mean and precisely what we need. Clarity is not harshness, it is thoughtful honesty. This will help your colleagues collaborate more smoothly and prevent misunderstandings that so often strain relationships.

### **Listening Deepens Understanding**

Effective communication is as much a product of listening as it is of speaking. Active listening means being fully present,

avoiding interruptions, and understanding the other person before responding. When people feel genuinely heard, trust increases and conflicts reduce. Listening helps uncover unspoken concerns and allows for better teamwork and problem-solving.

### **Respect Shapes Every Interaction**

Communication is also molded by tone, timing, and intent. Respectful communication acknowledges all others' perspectives, remains calm when under pressure, and responds without judgment. Appreciation, giving credit, and addressing problems professionally help to create healthier relationships in the workplace. When respect becomes consistent, collaboration becomes easier, and relationships grow stronger.

### **Work-out on Communication: Action Points**

**Be Clear and Direct:** Use simple and concrete language. Avoid generic instructions or assumptions.

**Pause Before Responding:** Take a moment to understand fully before speaking.

**Summarize What You Heard:** “So, what I understand is...” — ensures clarity and lessens miscommunication.

**Listen Without Interrupting:** Allow the other person to finish their thought before responding.



**Watch Your Tone and Body Language:** Keep your voice steady and your posture open, particularly in challenging discussions.

**Ask Questions:** Clarify expectations rather than guessing or assuming.

**Acknowledge Contributions:** A simple “Thank you, that helps” builds trust and goodwill.

**Address Issues in Private and Calmly:** Avoid public criticisms or reactive communications.

**Speak With Intent:** Before communicating, ask yourself: Is it clear? Is it helpful? Is it respectful?

**keep  
Practicing**



**GOOD BYE 2025, WELCOME 2026!****By Ram Sundar a.k.a Humor ram**

As we wave goodbye to 2025, let's do it with gratitude in our hearts and a smile on our faces. This year may have tested us, taught us, teased us, and at times even tired us — but here we are, still standing, still smiling, still moving forward. That itself is a victory!

2025 gave us memories, lessons, surprises, and a few moments where we seriously questioned, “Is this life or a sitcom?” Whatever it was, we survived it with our own unique mix of courage, humour, chai, and sheer willpower.

Now, 2026 is waiting at our door like a curious child, ready to see what we'll do next. Let's welcome it with open arms, open minds, and maybe a few open secrets we promised ourselves we'll finally keep!

Let's enter the new year with hope that is stronger than our excuses, joy that is louder than our worries, and confidence that can gently whisper within us:

“The best chapters are still unwritten... and they're waiting for me.”

May 2026 bless us with good health, peaceful moments, meaningful connections, and plenty of reasons to laugh — even at ourselves.

Here's to a new year of growth, grace, gratitude and glorious mistakes that help us grow smarter!

**Goodbye 2025.****Hello 2026.****Let's make it beautiful.**

## MENTAL HEALTH QUESTIONNAIRE

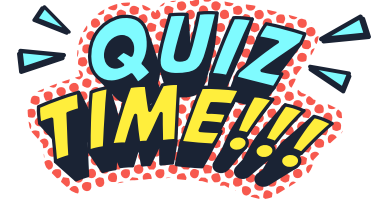
COMPILED BY  
**MS. RAJANI BELEGUR**  
COUNSELLING PSYCHOLOGIST

**Let's know how much we know about Mental Health Matters.**

Come, let's dive in and try to answer the Trivial Mental Health questions in this Questionnaire.

It's multiple-choice, fun-filled and easy to answer questions.

So what are you waiting for?!!



**Good luck!**

**1. What is the most common mental health issue worldwide?**

- a) Bipolar Disorder
- b) Anxiety disorders
- c) Schizophrenia
- d) Personality Disorders

**2. What does the term “mental health” primarily refer to?**

- a) Physical strength
- b) Emotional, psychological, and social well-being
- c) Intelligence level
- d) Absence of disease

**3. Which of the following is a sign of good mental health?**

- a) Never feeling sad
- b) Ability to cope with stress
- c) Always being happy
- d) Ignoring problems



**4. What is the recommended first step when someone feels overwhelmed emotionally?**

- a) Ignore it
- b) Talk to someone they trust
- c) Pretend nothing is wrong
- d) Keep it a secret

**5. Therapy is useful for:**

- a) Only people with serious mental disorders
- b) Anyone who wants support or personal growth
- c) Only children
- d) Only adults

**6. Which lifestyle habit has the strongest positive impact on mental well-being?**

- a) Sleep
- b) Junk food
- c) Overthinking
- d) Comparing yourself to others

**7. Stress becomes “chronic stress” when:**

- a) It lasts a few minutes
- b) It is constant and long-lasting
- c) It happens once in a while
- d) It is caused by a small issue

## MENTAL HEALTH QUESTIONNAIRE

**8. What is a common symptom of depression?**

- a) Feeling mildly tired once
- b) Persistent sadness or loss of interest
- c) Sudden happiness
- d) Being hungry

**9. Which of the following is a healthy coping strategy?**

- a) Substance use
- b) Avoiding problems
- c) Talking to a counselor
- d) Bottling up emotions

**10. What is the purpose of World Mental Health Day?**

- a) To celebrate fitness
- b) To promote global awareness about mental health
- c) To discuss social media trends
- d) To promote exams

### Answers

1. b 2. b 3. b 4. b 5. b 6. a 7. b 8. b 9. c 10. b







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- ✓ Rapport building
- ✓ Basics of counselling skills
- ✓ Case history taking
- ✓ Being aware of the various therapeutic modalities
- ✓ Putting psychotherapy into practice

**Duration**  
1 month  
**Mode**  
Offline

**Fees**  
₹3000

**Interns will get corporate  
exposure and be trained**

**To administer  
psychometric  
assessment**

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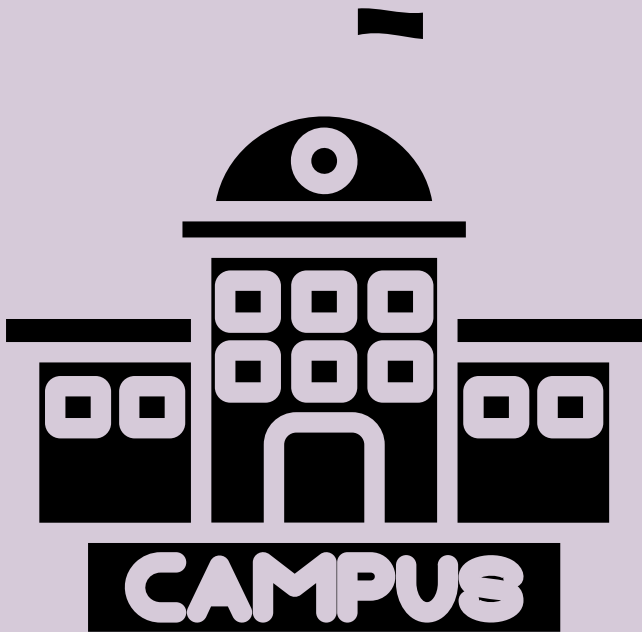




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# WINTER

# Vacation



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### GET IN TOUCH WITH US



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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](http://abhayacounsellingcentre.org)



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## 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



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✦ Call for Student Contributions in Abhaya's Newsletter ✦


✦ SHARE YOUR EXPERIENCES:  
COMMUNITY SERVICE, PROJECTS,  
INTERNSHIPS, OR COLLEGE LIFE STORIES

✦ SHOWCASE YOUR CREATIVITY:  
POEMS, SHORT WRITEUPS,  
DOODLES, OR PHOTOGRAPHY

✦ CHALLENGE OUR READERS:  
BRAIN TEASERS, QUIZZES,  
RIDDLES, OR FUN FACTS


✦ CELEBRATE YOUR JOURNEY:  
ACHIEVEMENTS, AWARDS, OR  
RECOGNITIONS

SCAN ME




SUBMIT

Selected entries will be published in the **CAMPUS VIBES** section of Abhaya Counselling Centre Newsletter!



Shri.Srinivas Prabhu, actor and theatre artist inaugurating our first issue in September 2025





Scan to submit an article or writeup