



ABHAYA'S KNOWLEDGE SHARING

WORLD MENTAL HEALTH DAY 2025 MENTAL HEALTH IN HUMANITARIAN EMERGENCIES 10th October

World Mental Health Day serves as a powerful reminder that there is no health without mental health. This year's campaign focuses on the urgent need to support the mental health and psychosocial needs of people affected by humanitarian emergencies.

Crises such as natural disasters, conflicts, and public health emergencies cause emotional distress, with one in five individuals experiencing a mental health condition. Supporting the mental well-being of individuals during such crises is not just important – it saves lives, gives people the strength to cope, the space to heal and to recover and rebuild not only as individuals but as communities. That's why it is essential for everyone, including government officials, health and social care providers, school staff and community groups to come together. By working hand in hand, we can ensure the most vulnerable have access to the support they need while protecting the well-being of everyone.

By investing in evidence and community-based interventions, we can address immediate mental health needs, foster long-term recovery, and empower people and communities to rebuild their lives and thrive.

On this World Mental Health Day, let us intensify our efforts to create a world where mental health is valued, protected, and accessible for all, especially in the face of adversity.

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**WORLD MENTAL HEALTH DAY 2025
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EDITORIAL

This October, we come together to observe World Mental Health Day 2025, a reminder that mental well-being is not a luxury but a daily necessity. At Abhaya Counselling Centre, we believe care extends beyond one day—it's a 365-day commitment to nurturing minds and hearts. Each conversation, story, and act of kindness contributes to healing. Through this newsletter, we aim to spark awareness, encourage dialogue, and inspire hope. Let's stand united, making mental health a shared priority for all.

WHY EMOTIONAL WELL-BEING MATTERS

By R.Karthik, Lay-Counselor

A healthy, satisfying life is built on emotional well-being. It shapes our relationships, choices, and capacity for problem-solving by influencing our thoughts, feelings, and behaviours in day-to-day interactions.

We become more resilient, form better relationships, and react to stress more clearly when we take care of our emotional well-being. But neglecting it might result in physical health issues, broken relationships, and fatigue. We must take care of our brains and hearts in the same way that we take care of our bodies. This may be done by being self-aware, developing healthy habits, and asking for help when necessary.

In order to ensure that we not only live longer but also live better lives, emotional well-being is about preparing ourselves to meet challenges head-on with balance, courage, and hope.

THE STORY OF AJAY AND ARNA

By Gayathri Sriram, Librarian, Lay-Counselor

This is about two lovely, charming individuals - Ajay and Arna, who are very cheerful and smart in their own right. Ajay an IITian, and Arna an arts graduate with a diploma in Travel and Tourism. She was a bubbly girl and full of life, and wanted to travel a lot and liked all good things in life.....food, music, clothes, etc.

Ajay got a job in one of the leading multinational companies with a good position and a decent salary in Mumbai. He had aspirations of going up the ladder in the corporate setup. Whereas , Arna could adjust herself to any situation and circumstances, be it at home or outside.

Both of them, with great hopes and aspirations, entered wedlock and dreamt of a fantastic future together.



Life began like a roller coaster ride and gave them a chance to explore global opportunities. Ajay got a job in Malaysia and left his wife with his parents, as she didn't have a passport to fly. Arna could join her husband once she got her passport. She started the process and waited for the documentation to be completed so that she could submit her form. In the meantime, Arna, who was the recent addition to her husband's family, came to terms with her new life, most of which was unknown, everything from food habits to their likes and dislikes....

Arna, who was full of sparkle in her eyes, and passion for life discovers that the life she dreamt for was nowhere closer to what she was living.

Arna figured that they were different people and didn't have any interests in anything other than their regular routine, and they got upset if the routine was changed.

Arna hoped for a better life and an interesting one once she got to Malaysia.

But what happens when hope meets reality? In the next issue, discover how Arna's journey in Malaysia turned into a search for emotional balance.

WELLNESS OVER ILLNESS

By Ram Sundar a.k.a Humor ram

Emotional stress today has become one of the biggest challenges of modern life. In earlier times, joint families gave us built-in support—someone was always ready to listen, comfort, and guide. But with nuclear families, many now carry their struggles in silence.

Technology, though a blessing, has also made us more attached to machines than to people. The real challenge is not in keeping up with progress, but in learning how to detach from screens and reconnect with hearts.

This is where counseling plays a vital role. It is not a sign of weakness but of wisdom. Counseling offers a safe space to speak, to unburden, to heal, and to regain balance. Remember, wellness is always better than illness. By taking care of our emotional health, we prevent deeper struggles and live fuller lives.

Let us encourage one another to talk, to seek help when needed, and to embrace the truth that strength lies not in silence, but in sharing.

HEALING BROKEN BONDS: A PATH TO RECONNECTION

By Jeevan Kalyan, Mental Health Volunteer

When a relationship fractures, the pain cuts deep, but with Intention and effort (and heart), healing is possible. Rebuilding trust and connection—whether with a partner, friend, or family member—demands accountability, empathy, and consistent action. “Trust is built in smaller moments.”

Here’s how to mend a broken bond and rediscover closeness.

Start with a sincere apology that acknowledges the specific hurt caused. Instead of a generic “I’m sorry,” try, “I know my silence made you feel ignored, and I regret that.” This validates feelings and sets the stage for repair. Next, foster open communication. Create a safe space for honest dialogue using “I feel” statements, like “I feel disconnected when we don’t talk about our day.” Actively listen, asking, “What do you need right now?” to rebuild empathy. “Seek first to understand, then to be understood.”

Action proves commitment. Show changes through thoughtful gestures—Example, in a committed relationship - plan a meaningful date, tackle shared issues like financial stress, or write a heartfelt note.

Consistency builds trust over time. Despite the best efforts, if the conflicts persist, therapy can help. A counsellor offers tools to navigate deep issues, like resentment or power imbalances, guiding couples toward mutual understanding. “Therapy is not about fixing the other person; it’s about understanding yourself and your patterns,”.



Self-reflection is crucial. Examine your role in the rift and commit to growth, perhaps by managing stress better. Set boundaries, like agreeing to pause heated talks, to prevent future pain. Both parties must be all in; if one refuses or toxicity lingers, letting go may be healthier. Healing is a journey, but it can lead to stronger bonds.

Reconnected? Learn how to nurture lasting love in the next part.

GROUP COUNSELING

Dr. Ramya C N, Counselling Psychologist



Introduction

Group counselling is a therapy format that approaches issues of personal growth through the use of interpersonal interaction – to interact with others, to identify and understand the maladaptive patterns and how to change them. Group interactions provide an opportunity to build relationships and receive interpersonal feedback about how each one experience one another. They gain specific skills and strategies to meet personal goals, explore areas that present personal challenges, and gain support and encouragement from others.

Objectives

- Emotional support
- Self awareness
- Behaviour modification
- Skill development
- Sense of Belonging
- Interpersonal skills
- Goal setting
- Motivation

Process

Group counselling follows five main stages:

Initial Stage – Members get to know each other and set group rules.

Transition Stage – Trust builds; some resistance or conflict may occur.

Working Stage – Members open up, support each other, and work on personal growth.

Action Stage – Skills and insights are applied to real-life situations.

Termination Stage – The group reflects on progress and ends with closure.

This process helps individuals grow through shared experiences and guided interaction.

Benefits of Group Counselling

- Discovering and accepting previously unknown or unacceptable parts of myself.
- Being able to say what was bothering me instead of holding it in.
- Other members honestly telling me what they think of me.
- Learning how to express my feelings.
- The group's teaching me about the type of impression I make on others.
- Expressing negative and/or positive feelings toward another member.
- Learning how I come across to others.

IN A CULTURE WHERE ABUSE FEELS ALL TOO NORMAL

By Jayalakshmi.E.K

“It is time for you to get married, you must lose weight.”

“You have such a nice face, you should lose weight, and THEN, you will look beautiful.”

“Wow, you have lost a lot of weight. You look good.”

“Don’t eat so much.”

These are all things that acquaintances as well as the so called ‘well-wishers’ said to me, simply because I dared to exist in public as a fat person. No offences to my loved ones who genuinely care about my health.

Luckily, right from childhood I have been trained by my parents to ignore such comments and love myself the way I am. But many others have not been, and are not lucky enough.

The term ‘body shaming’ may have just started trending but the phenomenon has probably been around since the beginning of time. The seemingly friendly jibes on the grounds of height or weight have been everywhere since ages. Of late, there has been a growing awareness around the abusive nature of such behaviours and how they affect the human psyche.

There’s nothing witty or even remotely funny about shaming someone for his or her looks. The scars are often deep...

If this does not count as abuse, what does? And why have we been OK with it for so long?

Cultural ideas about what a person’s body should or should not look like are so ingrained in our society that often things intended to be compliments actually have the opposite effect because of their underlying assumptions about what is beautiful.

It is not just you and I who have to deal with this day in and day out – even the high and mighty are not spared.

From bullying in school to popular TV shows and seemingly innocent nicknames, body-shaming can creep into everyday conversation, in the form of jokes, innocuous remarks and unsolicited advice. There is a dangerous trend that makes it acceptable for one person to insult another on grounds of physical characteristics.

So, what is it and how is it affecting people: –

Body shaming is the action or practice of humiliating someone by mocking or passing critical comments about their body shape, size or color.

Here's what a victim of body shaming may actually go through:

A history of being teased or ridiculed based on size or weight can contribute to eating disorders, low self-esteem, anxiety disorders, depression, and also diseases like diabetes, heart disease and stroke.

Research indicates that “the internalisation of weight bias” can actually lead to poor health.

A sense of rejection, regarding weight or physical attributes, often results in social anxiety.

Hey... No worries... (For the Body Shamed)

Your body image is how you perceive your body and how that makes you feel. It has nothing to do with what you look like. It is based on your impression of yourself, NOT what you see in the mirror.

Sometimes, even super models struggle with their body image.

Body image, for the most part, lives in your brain and can remain the same even when your physical body changes.

Please make a note that it is your mind that defines you, NOT your body.

Every individual has a bikini body, no matter how many bulges it has. As long as you are happy, it should not make a difference to anyone.

Disclaimer – Even when I talk about loving your body, I am no way glorifying obesity. Along with encouraging tolerance and acceptance, we also need to remember that the world would be a much better place if everyone is “unapologetically” themselves and healthy!

Before I leave to find my running shoes – a short

Note to body shamers: –

Body shaming is NOT encouragement or concern. It is NOT tough love or helpful. It is often judgmental health advice.

If you really care about the person whom you are speaking to, explain to them the importance of living a healthy and happy life instead of commenting on their curvy or non-curved body shape. Let the pressure of ‘looking healthy and beautiful’ not bring in a set of unhealthy mental and physical conditions leaving them stressed for a lifetime.

And, if you don't have time for this, just

MIND YOUR BUSINESS

Jayalakshmi is Certified Corporate Mental Health Advisor, Entrepreneur and Lifetime Member of the National Association of Professional Social Workers in India (N.A.P.S.W.I.) who is passionate about offering individuals, couples and families mental health and wellness counselling.



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In Good Company: Spotlight on Organizations Making a Difference



**EMPOWERING WELLNESS AND
HEALING
A SANCTUARY FOR YOGIC HEALING****Dr. Saraswathi Hegde, Founder**

Unnathi Healing Foundation is a holistic healing sanctuary in the heart of Bangalore, dedicated to fostering health, wellness, and inner peace. We're more than a clinic; we're a community-driven center that emphasizes compassionate care, addressing both physical and mental well-being for people at all stages of life.

Our team of skilled specialists and dedicated caregivers provides a comprehensive range of health services, blending modern medical practices with holistic care. Our mission is to serve as a one-stop solution, where you can find health and wellness support tailored to meet your unique needs.

Unnathi's Vision

To create a world where physical, emotional, and spiritual well-being are accessible to all, empowering individuals to live with joy, balance, and purpose.

Unnathi's Mission

- * To promote the practice of Yogic Healing as a transformative tool for personal and community growth.
- * To provide comprehensive wellness programs that uplift the mind, body, and soul.
- * To serve as a center of excellence in holistic healing, fostering innovation and inclusivity.

**The Evolution of Unnathi Healing Foundation**

Unnathi Healing Foundation was established in 2001 by Acharya Dr. Saraswathi Hegde, an esteemed Pranic healer and a pioneer in modern yogic healing. With over two decades of dedicated service, the foundation has become a trusted name in holistic wellness, training more than 100,000 individuals and collaborating with schools, corporations, government agencies, and community organizations.

Our roots lie in the ancient science of Yogic Healing, which Dr. Hegde modernized to address contemporary challenges. Her vision has empowered countless individuals to lead healthier, happier lives while staying connected to India's rich cultural and spiritual heritage.

Philosophy

At Unnathi Healing Foundation, we believe in the power of the human mind and spirit to overcome challenges. Our philosophy is rooted in the principles of balance, harmony, and interconnectedness. We view healing as a holistic process that nurtures not just the body but also the mind and soul.



Drawing from ancient yogic wisdom and blending it with modern practices, we aim to guide individuals on a transformative journey toward self-awareness and inner peace.

Values Behind Healing Practices

Empathy: Understanding and addressing the unique needs of every individual.

Integrity: Upholding the highest standards of authenticity in our healing practices.

Inclusivity: Welcoming individuals from all walks of life to participate in our programs.

Compassion: Providing a nurturing environment that fosters growth and healing.

Sustainability: Encouraging mindful practices that benefit both individuals and the planet.

Innovation: Combining ancient yogic wisdom with modern science for effective results.



Contact Unnathi

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THERAPYON COUNSELLING & LIFESKILLS

Dr. Ramya CN, Director-Therapyon
Counselling Psychologist
www.therapyon.in

Therapyon is a compassionate space for healing, growth and self-discovery. We offer counselling, psychological assessments, career guidance and life-skill training both online and offline. With a focus on mental well-being, our team provides support, internships and learning opportunities - helping individuals understand themselves better, overcome challenges, and lead more fulfilling, balanced lives.

We offer services such as individual and group therapy, crisis intervention, and psychoeducation to help people develop coping skills and achieve their personal goals.

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

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1 month

Mode
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Fees
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To administer psychometric assessment

Interns will get corporate exposure and be trained

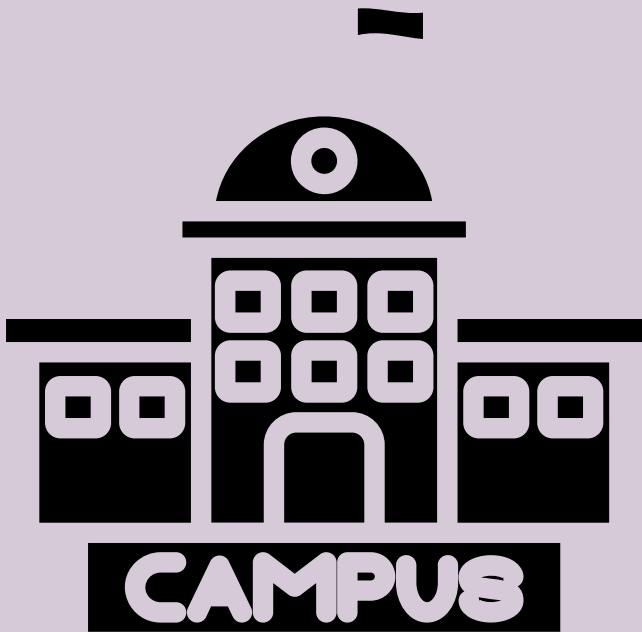
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LEARNING BEYOND BOOKS:

MY INTERNSHIP JOURNEY AT THERAPYON

By Likitha Venkatesh

Internships are more than classroom requirements; they are journeys that shape future careers. My time at Therapyon, Counselling & Life Skills Training Centre was no less than a transformative chapter. It provided the opportunity to explore diverse fields of psychology, and gain practical experience that will guide me as I step into my professional career.

From the very first day at therapyon, I was immersed in an engaging and hands-on learning environment. I had the valuable opportunity to work across various settings, ranging from special schools where the children's determination was truly inspiring, trusts supporting children from challenging backgrounds, to government-aided schools where young minds were full of curiosity and energy, colleges buzzing with youthful energy, and even the corridors of law offices and courts. But it wasn't just the variety of environments that left an impression, it was working alongside interns from various colleges and diverse backgrounds. I learned as much from them as from the work itself, building connections that extended far beyond the internship. Each day was a lesson, not just in skills, but in perspective, resilience, and the power of collaboration.

Beyond my work across diverse settings, I also completed Therapyon's Master level Soft Skills Trainer Program, accredited by NIST, and ICIA. This certification not only strengthened my skills but also gave me the confidence to design and lead sessions independently.



Soon after, I stepped into the role of trainer for a 10-week life skills program for school students, focusing on building safe spaces. I later co-facilitated similar programs at the college level and played a part in organizing the workshop “Mindfulness through Art”, which taught me the importance of teamwork and responsibility. From planning to coordination, I learned how working together can make programs more organized, impactful, and meaningful.

One of the most unique aspects of my experience was gaining exposure to the legal side of psychology. Working alongside advocates, I observed court proceedings and had the rare chance to witness the family mediations, gaining first hand insight into how psychological principles shape decisions in legal cases.

At Therapyon, learning didn’t end with fieldwork. Another layer of learning unfolded in the form of case discussions and psychological assessments. This strengthened my ability to analyze, interpret, and design interventions with greater clarity.

Each case revealed that, no two individuals share the same story, and with that comes the reminder that no single approach can ever fit all.

Looking back, my internship at Therapyon was a transformative journey that blended learning, practice, and personal growth. It deepened my skills, broadened my perspective, and highlighted me that empathy and adaptability are not just professional skills, they are essential qualities for making a difference in people’s lives.



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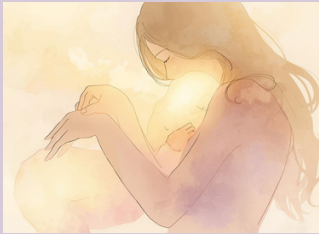
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THE CORNERS WHERE I BLOOMED

By Vishakha Bariyal



In the quiet corner of my mind, a storm exists
Creating a silent battle, making me feel
unreliable.

Pretending to be fine in front of the society,
makes my shoulders heavy.

The world sees a smile, but my spirit ignites.
My doubts whisper to me, it makes me cry.
In which corner of my house should I go and
hide?

It feels heavy everyday now that my world has
become gray.

My inner child tremors, my heart races, finally
the anxiety took its place

Where should I feel safe?

But one day, I finally got the courage to find
the vibrant colours, to make my gray world
better.

In the darkness, I found a flickering light.
There was a mirror, that showed my strength
to fight.

I hugged my inner child, my heart was a bit
relieved, my anxiety left too and I felt safe.
I decorated the corners where once I wanted
to go and hide.

I finally realised, for healing a voice is
required.

I saw the world as it was, not like how my
mind showed me.

I said goodbye to the darkness and held a
hand that was waiting for me.

Yes, it was there all the time,

But this time I stopped pretending and started
seeing myself, and the hope came back making
my world shine again.

PSYCHOLOGICAL HEALTH & HOMOEOPATHY A HOLISTIC APPROACH: PART 1

By: Dr. Arya M. Nerli (BHMS,CGO)

When we hear the term psychological disorder, we think that is something that exists only in the mind. In contrast they represent complex disturbances that affect the way a person thinks, feels, behaves, and even how their body functions. Conditions such as anxiety, depression, phobias or trauma related disorders are only the tip of the iceberg. What lies beneath them is a deeper truth, psychological health and physical health are inseparable.

What many people don't realize is that psychological disorders often do not present themselves in obvious ways. They can manifest quietly as chronic fatigue, migraines, skin eruptions or recurrent infections. In fact a large proportion of people seeking help for physical symptoms are unknowingly struggling with underlying psychological stress.

We often think of the mind and body as separate entities. But modern science is showing us that our thoughts and emotions don't just stay in our head, they leave their traces on our entire physiology.



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When we experience stress, grief or anger, every cell in our body literally receives that signal. This leads the body to release hormones like cortisol and adrenaline. These chemicals affect the brain, the heart, immune system, endocrine system and the digestive system.

Similarly, positive emotions such as joy or calmness stimulate the release of endorphins and other healing chemicals that strengthen immunity and support recovery.

In other words, the mind and body are in constant dialogue. A thought or emotion sets off a cascade of physiological responses, and these responses can either promote health or contribute to disease. This is why prolonged stress, grief or anxiety often shows up as physical symptoms as well as various psychological disorders.

Psychological disorders, therefore, are not isolated mental conditions, they are a full body experience. Recognizing this truth allows us to look at mental health with fresh eyes, not as a separate category of illness but as a central pillar of overall well-being.



Addressing psychological problems, therefore, requires a holistic approach that considers both the mind and the body.

This is precisely where homoeopathy comes in. Since psychological disorders affect both mind and body, treatment must also address this unity. Homoeopathy works on the principle of treating the individual as a whole. Every psychological disturbance carries with it a distinct pattern, not only in emotions but also in accompanying physical changes such as sleep disturbances, changes in appetite, weight loss or weight gain. Homoeopathic medicines are selected on this unique pattern of mind-body expression, making the treatment deeply personalised.

(continued in Part 2...)



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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.

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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

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- Stress and Anxiety Management
- Career counselling
- Emotional Well-being Workshops

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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

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JEEVAN KALYAN

Mental Health
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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

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

SCAN ME



SUBMIT

Abhaya's KNOWLEDGE SHARING
WISDOM WEDNESDAY PRESENTATION DAY 2023

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



Scan to submit an article or writeup