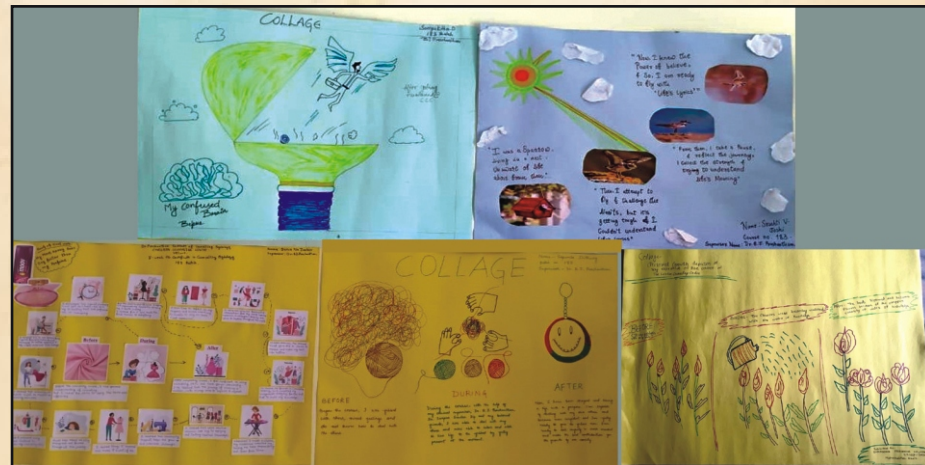


### Eight-week Course No 183 with Shradha (4 week)

PG Certificate Samyukta (working with Special need Children) **Sruthi** (Clinical Psychology), **Durva** (Clinical Psychology), **Sopemla** (Social Work), **Shradha** (Clinical Psychology) There collages bellow speak volume of their personal and professional growth. They also wrote research papers on application of counselling Emotion Focus, Cognitive Focus, Solution Focus skills and competencies in relation to marriage counselling, retirement counselling, counselling the single mother, counselling with special need children and Developmental counselling for Toddlerhood.



### Four weeks PG Certificate Course

**Ms. Shradha Kulkarni, MA** Clinical Psychology from Nashik, Completed the four weeks PG Certificate Course on 25th October, Congratulation Shradha.



### Visit of Autism Day school

Autism Day school Visit with **Mr. Pradip Jeyatilak** founder who is running the day care centre as well as a residential facility. The visit inspired the participants on the need for increase help for special needs children, their parents as well as community awareness and involvement. It was an enriching morning.



### Alumni Dr Sangita Goswami

Congratulation to Alumni **Dr. Sangita Goswami** President of mind India Guwahati for being recognized at the National health conclave as a contributor to the publication released on that occasion on the theme life style as medicine with her chapter on wellbeing approaches. **Dr. Sangita** also visited our new premises and took a session on the importance of personal growth with personal examples and professional principles which were greatly appreciated.



### Other Alumni Visit



**Miss. Sunanda** Alumni accompanied by **Mrs. Meera** Visited and **Mrs. Sunanda** Collected her certificate from the Director. Sunada from Kuwait and Meera from Vellore



We want to hear from you as to how you are doing personally and professionally and if we can be of any assistant to you in your journey for a fulfil life and researching out to needs of peoples and purposes of life beyond yourselves.

### Counselling Services

Counselling Services are picking up at the new place both in person and online with a potential to grow more. Of the few dozen who have availed of our service from Vellore and other part of the country and the world issues ranged from **Potential Building, Ventilation of Distress, Anxiety, Depression, Career Choices, Pre-marriage preparation, Marital Conflict Resolution**, celebration of taking control of ones thoughts, feelings and actions, referral counselling for medical psychiatric and legal specialists, psycho-oncological intervention, trauma counselling, empowerment for social change, psychoeducation of special needs children and their parents and in promoting mental and behavioural health. Besides executive stress, values clarifications and transitional management. Those who are interest in face to face or online counselling may call our centre at +91 41622612002 or send a request for appointment to our WhatsApp or email mentioned below.

Short term stay at our new premises is possible for those visiting Vellore either for Medical or other reasons and even for counselling services possible on availability basis. For information and booking you can use the same contact detail mentioned below.

### A Team Lead by the New HOD Rev. Dr Finney Alexander



Farwell with Gratitude to Chaplains of CMC by Course 183 members at our new premises on their first visit on November 14th 2024. Long live CCC CMC relationship which has been mutually beneficial science 55 years for field work of the trainees

### Physical Rehabilitation Medicine Department of CMC



Our students visited and were impressed by the multidisciplinary approaches bringing improvement, healing and rehabilitation. Seen in picture with **Dr. Guru**, senior social worker and CCC Guest Faculty who gave an inspiring presentation on "Rehabilitation Counselling". Thanks to **Dr. Julie**, HOD and to her Able team members.

Application for Courses the year 2025 Applications are invited to fill up course No. 184 there are few more Seats are Avalibale in Residential and Online mode. See our website for application and details. Feel free to call at these numbers for clarifying and question you may have

### CONTACT INFORMATION

🌐 : [www.cccindia.org](http://www.cccindia.org)

☎ : 0416 2261202

✉ : [cccindia2000@gmail.com](mailto:cccindia2000@gmail.com)

📞 : +91 7094400039



## Dr Prashantham Institute for Counselling Psychology

CHRISTIAN COUNSELLING CENTRE

(Associated with Martin Luther Christian University)

Meena Nilayam, Arul Jyothi Nagar,  
Pudhu Vasur, Alamelumangapuram,  
Vellore - 632 009. Tamil Nadu. India.

## Warm Greetings of Christmas and New Year 2025



On behalf of the entire CCC Community from Dr Prashantham Institute of Counselling Psychology we send you and families prayerful best wishes for peace on earth and good will among people in a world threatened with war, destruction, calamities, economic challenges and lack of peace of mind and a purposeful new year.



### Message for 2025

I recommend strongly to read this book called MINDSET by **Dr. Carol S. Dweck** where in this stanford university psychologist talks about fix mindset and growth mindset. The Differences between the two mindsets are the following page no 245 state as follows

	<b>FIXED MIND-SET</b> Leads to desire to look smart and therefore a tendency to ...	<b>GROWTH MIND-SET</b> Leads to a desire to learn and therefore a tendency to ...
Challenges	Avoid challenges	Embrace challenges
Obstacles	Give up easily	Persist in the face of setbacks
Effort	See effort as fruitless or worse	See effort as the path to mastery
Criticism	Ignore useful negative feedback	Learn from criticism
Success of others	Feel threatened by the success of others	Find lessons and inspiration in the success of others

### A Christmas gift of our Institution to the Local Community

A Christmas gift of our Institution to the local community is a medical consultation facility on our premises. **Dr Henri Kirubakaran** who just retired as head of staff and student clinic of CMC Vellore has kindly agreed to visit on a weekly basis.

Our Director was chief guest for the Inauguration of the Association of Defence Studies on 30th September 2024. **Mr.Swapna Sundar Dip**, faculty of CCC and trainee **Ms.Sopemla**, M.Phil. in social work background accompanied. A proposal for a special certificate course on the Psychosocial Competency for Disaster Management for the students as an add on qualification in a nation with increasing frequency of disasters both natural and human made is in the pipe line a Memorandum of Understanding was signed by Principal of Voorhees Collage and our Director in the presence of HOD professor Thirumaran and other senior administrator and faculty and students. About 350 members attended the functions.



### Martin Luther Christian University, Shillong Meghalaya



Our Director at Martin Luther Christian University (MLCU) Meeting of heads of accredited Institutions which was a very updating and meaningful programme lead by Chancellor and Pro-Chancellor and Director of Education.

**Dr. Prashantham just invited to Supervise three PhD dissertations in COUNSELLING from All nations University in GHANA you will be proud to know.**

### VIT Ruby Jubilee



**Vellore Institute of Technology (VIT)**, Celebrated its Ruby Jubilee on the 12th November to mark 40 years of spectacular growth from a small number to student to one lakh students, 500 staff in five campuses with commendable international recognition under the innovative and energetic leadership of Founder Chancellor **Dr.G.Viswanathan's** inspiring leadership ably supported by his dedicated family, faculties staff in Vellore, Madras, Amaravati, Bhopal, Bangalore and Mauritius. Our Director **Dr. Prashantham** along with other important people was recognized and acknowledged for being a supportive well-wisher of Dr GV and VIT from its' inception in a graceful function in the presence of Honourable Shri M. Venkaiah Naidu former Vice President of India and Honourable Mr Durai Murugan, Water Resources Minister of Tamil Nadu.



### CMC MBBS Students

CMC MBBS Students foundation Course included a session on adjusting to “new environment” for about 100 students on October 21st, 2024. The session was conducted by **Dr Prashantham** and highly appreciated for its relaxing, interactional, experiential, and engaging nature. This is about 10 years in a row. We wish the students happy adjustment and successful pursuit of their medical education and service in rural areas to the needy with the CMC motto “to minister and not to be ministered to”.



### National Health Conclave

A National Health Conclave was held on 15th and 16th of October 2024 at Christian Medical Collage Vellore organized by Association of Health care provider India and Life Style medicine department of CMC on the theme of Life Style medicine: empowering communities and transforming lives. Our Director **Dr B J Prashantham** was an invited speaker on Psycho-Spiritual research. Many Valuable topics covered by other speakers were like the importance of sleep, exercise, diet, social relations, climate and environment. Congratulations to Doctor and Mrs **Alex and Dr Samuel George Hansdak**, HOD life style medicine CMC and their team for organizing such an important and successful conclave with policy recommendation for Government of India. The importance of counselling in life style management is very significant. Over 600 professionals attended. This was a great effort for social change.



### Convocation October November 183 Batch



Participants **Samyukta**, **Sopemla**, **Sruthi**, and **Durva** receive their PG certificate in Counselling Psychology in the presence of some parents with Joy, gratitude and commitment.

