

GOLDEN JUBILEE SOUVENIR

Institute for Human Relations, Counselling and Psychotherapy

Christian Counselling Centre (CCC), Vellore, Tamil Nadu India

CCC Golden Jubilee

&

Alumni International Conference

February 15th & 16th 2022



1970 -1971 to 2020 - 2021

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Dr. B.J. Prashantham

Director for 50 Years

Foreword

I am very delighted to write foreword to the Golden Jubilee Souvenir. It consists of

1) Messages received from many stakeholders and leaders. They testify to the Unique nature of this pioneering institution which completed 50 years of amazing training activities from 1971 to the present. I acknowledge with gratefulness the role of Dr. Frank Lake in inspiring, Bishop Newbegin as 1st Chairman, in organizing and appointing me as Director to lead and develop the Centre, the Board, the successive staff from the very beginning seniors and juniors for their help and cooperation for the duration of their service, the CMC, Chaplaincy, 184 organizations like Universities, NGO's, Govt departments, state and Central, the alumni and many well wishers and last but not the least, Meena Prashantham whole heartedly helping at home and work for 43 years till God called her 6 years ago, our Children Shameen and Naveen and their families generously helping at difficult times personally and to the institution. The new heritage room being opened on this occasion has many of the pictures of the past fifty years.

2) This Souvenir has Photos, CVs and Abstracts of some alumni who have kept in touch with the Centre after their course from time to time and kept updating and interacting through which we learnt how amazingly they are contributing to the promotion of mental health and wellbeing in India and beyond in admirable ways. Some of them will receive recognition during this CCC alumni international conference. Some are going to be presenting papers on application of counseling in a wide variety of contexts of current ground realities. I congratulate them greatly

3) There are advertisements though small in number of well-wishers of CCC. I thank them for their support.

4) Some of the messages make generous personal comments and compliments to my leadership during the past 5 decades as Director having been chosen by the management at an early age of 23 and a half. Thank you for your facilitations. I am grateful for the opportunity, trust, support I received from the management and staff as I fulfilled my responsibilities with diligence, dedication, sacrifice and satisfaction, This is a great moment in my life.. The Almighty blessed the institution and blessed me abundantly as I remained faithful to His service through the institution.

5) I want to appreciate a lot the more than 3 months of active preparation and hard work and help for the souvenir and event from my current staff members Mr. Swapna Sundar Dip, Ms. Vepalu Dawhuo, Mr. Zenith J Joseph and Mr. Paul Lazarus. I am sure it was and is a great experience of achievement in the midst of Covid conundrums and having to do this event on line instead of in person as we original hoped.. May the Lord continue to bless us all to face the opportunities of promoting mental health and well being for which there is increasing need and recognition of the need. We also appreciate the help of our support staff namely, Mr. Gopal, Mrs. Elizabeth, Mr. Prakash, Mr. William, Mr. Shanta Kumar, Mr. Radha Krishna and our security staff.

Sincerely, nostalgically, optimistically and strategically,

Dr.B.J.Prashantham

Background Information & A Summary Of CCC Achievements Over The Past 50 Years

1. About CCC And Its Vision:

The Christian Counselling Centre, Institute for Human Relations, Counselling and Psychotherapy, Vellore is a pioneering institute in the field of human relations, psychological counselling and psychotherapy. Started in 1970 as a non-profit ecumenical educational institution, its mission is development of human resources. CCC is registered under the Societies Registration Act XXI of 1860. We can say that the centre was inspired by Dr. Frank Lake organized under Bishop Newbigin Chairmanship and developed by Dr. B.J. Prashantham who was appointed by the management to lead the centre. The Centre caters to the needs of people of all social and religious backgrounds in three ways - training, counselling services and research throughout the year. The Centre is a beehive of activity with a variety of residential courses and online courses lasting four weeks, eight weeks, 1 year and 2 years and a variety of shorter events customized to meet the needs of requesting groups and organizations. The Centre also runs a non-residential out-patient clinic and online for Counselling Services.

A unique aspect of CCC is its focus on society. Counselling is seen as a tool with great potential for social change. As a consequence, the Centre has worked closely with the Central, State Governments and the Church. Various government departments, including those of Social Welfare and Social Defense, and church related bodies have used the Centre extensively as a resource for the training of personnel. So have various other organizations, corporate bodies, NGOs and educational institutions. Over the last 50 years, the Centre has attracted over 53,000 trainees in all, spanning 40 nations of the world and 29 States of India. Here is a quick look back at the Major Themes of CCC's Work-encompassing Training, Counselling Services and Research-Over the Past Five Decades

- 1970s: Spreading awareness about the importance of counselling
- 1980s: Advancing Counseling as a Non-violent Tool for Social Change
- 1990s: Promoting Cross-Cultural Counselling and Understanding
- 2000s: Contributing to Disaster Mental Health
- 2010s: Empowering Counselors-many of whom are CCC alumni-in organizations around the country and abroad.
- 2020: Online blended learning in addition to resumption of residential courses as soon as possible as covid 19 gets under control

Growth at the Centre, has been rapid and steady. Its achievements include conducting of the several International Conferences, the founding of the academic journal, "Indian Journal of Psychological Counselling", and establishing a professional body for counsellors to gather under one roof called "The Association for Psychological Counselling. "Leading employers in India value the Christian Counselling Centre's Certificate/Diploma as an additional, desirable qualification for job appointments as counsellors and trainers.

VISION

- a. To develop competent Counsellors both Professional and Lay for the Churches and Indian Society
- b. To do the above in the spirit of love and compassion of Jesus Christ
- c. Seven principles underlying the work of the Institute

Each person and community:

- Is Worthwhile
 - Is Unique
 - Has Gifts and Potentials to Develop
 - Has Problems that can be Managed
 - Is a Steward of the Planet's Resources
 - Is a Catalyst of Personal and Social Change
 - Is a Partner in the Divine Cosmic Process of Peace, Justice and Transformation.
- d. Program Philosophy
 - i. Our work is grounded in our understanding of persons and society as revealed in Jesus Christ and His love.
 - ii. We are committed to experience-based learning as our educational approach.
 - iii. We constantly seek to make our training to the changing needs of our culture and country.
 - iv. Our therapeutics and growth services are available to persons of all strata of society.
 - v. We have our eclectic approach to various schools, skills, and issues of psychological counselling.

2. The title and objective(s) of the course/program

- a. To promote personal change and social transformation through counselling
- b. To develop program of service, training and research in counselling which is scientific
- c. Further details are given in item 3 below.

3. Courses Offered

1. 4 Weeks Post Graduate Certificate Course in Psychological Counselling -200 hours
2. 8 Weeks Post Graduate Certificate Course in Psychological Counselling -400 hours
3. Post Graduate Blended Certificate Course in Psychological Counselling (3 Months- 400 hours)
4. The Post Graduate Diploma Course in Psychological Counselling – 2000 Hours 1 year
5. Staff level Course
6. Fellow of the Institute for Counselling and Psychotherapy (FICP- Doctoral level integrating the advanced and staff level course)
7. Pre-requisites for Candidates: Multi- disciplinary backgrounds with a Masters degree (Those with Bachelor degrees have a few years of work experience) like, theology, psychology, sociology, humanities, engineering, management, sciences, and allied

fields who have desire to help people grow manage their challenges and develop their potentials.

8. External Programmes
9. Short Courses Need-based

4. The Pedagogy and evaluation process

Training Program

Learning at the Centre is experience-based. Principles of counselling and people-helping are linked and related to trainees' experience, knowledge and skills. The pedagogy combines classroom lectures, audio-visuals, field visits, case studies, group exercises and skills practice sessions. Guest lectures by visiting experts are regularly arranged. Paper presentations by trainees, particularly in the longer programs, are given great importance as are the writing of verbatims and reading reactions. Care is taken to constantly update course curriculum in keeping with recent developments in the profession and in society. Emphasis is laid on community life in the campus; all programs are residential.

CCC'S unique emphasis & methodology are characterized by:

- i. Experiential learning pedagogy
- ii. A holistic approach focusing on human beings as bio -psycho- social & spiritual beings
- iii. Emphasis on human relations & community building
- iv. Clinical supervision as a core training & coaching strategy
- v. Integration of personal growth in training program
- vi. Cultural sensitivity & cross- cultural competence
- vii. Emphasis on professional ethics
- viii. Protection of client's human rights
- ix. Prevention of counsellor burnout
- x. Cumulative Learning where participants are required to submit their assignments on a daily, weekly, or required frequency and duration.

5. Record

The Golden Jubilee celebration of the premier and pioneering Institute for Human Relations, Counselling and Psychotherapy Christian Counselling Centre, Sainathapuram, will be held on 15th/16th of February 2022 at the Golden Jubilee event at Vellore, online. During the 50 long years we are grateful that CCC addressed with vision and relevance to mental health challenges of our country through training of more than 53,000 trainees of both short and long term from every state and union territory, with 184 Institution using the training of the centre and reaching 40 countries around the world

6. Reputation of CCC

6.a. In the words of Former Governor of Tamil Nadu, Prabhudas Patwari, “I recall with pleasure that I inaugurated a seminar on Counselling in February last. It is a matter of satisfaction that this Centre has been offering training in Counselling and Psychotherapy and that it has made a wide impact both in India and outside. I am further happy to learn that the number of beneficiaries of such programmes has been increasing and proving more and more attractive and useful. I offer my best wishes to the Centre for continued success.”

6.b. In the words of Secretary to the Government of India, Ministry of Social Justice & Empowerment (1999), Mrs. Asha Das I.A.S “According to the information available in this ministry, Christian Counselling Centre is a premier institute or Human relations, Counselling and Psychotherapy. It has been conducting special counselling courses for functionaries of Central and State Government as also various NGOs in various aspects of Social Defence. The Centre has been visited by the senior Secretary, Minister of Social Justice & Empowerment, to be the chief guest at the International consultation on counselling”

6.c. In the words of Registrar, Supreme Court of India, Manju Goel for the Hon’ble Chief Justice of India, 1996 “I am to say that His Lordship was happy to learn about your work in the field of counselling, psychotherapy and human relations and wished that your cooperation with the judiciary and legal aid would continue”

6.d. In the words of the Former District Collector of Vellore, A.P Bhatikar, I.A.S, “The centre has been doing wonderful work not only in giving training in counselling and psychotherapy to professional counsellors, social workers, etc., but also in acting as a fountain of all wisdom for human resources development. I am glad to note that the number of Government departments and institutions, who send their personnel for training in human resources development, to the Christian Counselling Centre, is on the increase.”

7. We are now launching into blended learning programs also for generation of larger number of care givers from different professions with different levels of competencies to deliver compassionate and skilful mental health services. Our alumni are our biggest asset and they have accomplished much in meeting mental health challenges, several of whom have been recognised all the way from Magsaysay award to earning the gratitude of their clients who chose to be enormous. This centre, its management director, and staff wish to continue these services in a variety of creative ways as we go forward without changing the basic vision.

7.a. Feedback from counselling psychologist Sruthi Ravindran – Calicut, Kerala 2021 “I love the learning methodology here where we reflected at various levels – knowledge, reaction, feeling and application. That takes learning to another level. The peer and supervision support was amazing. Felt honoured to be guided by Dr. B.J. Prashantham Sir who is the Indian Counselling Guru. Even if you have decades of

experience and have a PhD, join this course to master the art of counselling skills which you may not even learn at the most prestigious institutes in India at PhD or MPhil level. This course changed my life both personally and professionally and that is some really deep change. Go for it!"

7.b. Feedback from Dr. Jayashree, Training Consultant, Hyderabad 2021 *"I would recommend every person who is interested to be in counselling profession should interface with CCC at least once in his/her life time. By enrolling for any of their programs to truly learn the art of helping. I have never seen such a perfect mix of best teacher, course content, tools, methods and scope for skills practice – a perfect blend of learning experience to cherish for a life time"*

INSTITUTIONS AND ORGANISATIONS SEEKING SERVICES FROM CCC

Given below are the names ranging in alphabetical order from A to Z seeking services from CCC and total number of trainees in all courses about 53,000.

1. Adiparasakthi College, Kalavai
2. Airports Authority of India , Chennai
3. Aditya Birla Group
4. All India association for Christian Higher Education, New Delhi
5. American Online (AOL),Bangalore
6. ANAWIM Trust, Tuticorin, T.N.
7. Andhra Loyala College, A.P.
8. Anitra Trust, Chennai
9. Annai J.K.K.Sampoorani Ammal College of nursing Komarapalayam, Tamil Nadu
10. Annai J.K.K.Sampoorani Ammal College of nursing Namakkal T.N.
11. A O -Baptist Arogo Mungdang (ABAM) Nagaland
12. Academy of Prisons and Correctional Administration (APCA), Vellore, Tamil Nadu
13. Asian Education Development, Sri Lanka
14. Asian Youth Center, Chennai
15. Auxilium College, Vellore
16. Avadi Heavy Vehicle Factory, Chennai
17. Avinashlingam Deemed University
18. B.T.E.,Madurai
19. Bharat Heavy Electricals Limited, Ranipet
20. Bishop Cotton Boys School, Bangalore
21. Bishop Cotton Christian Women
22. Bishop Heber College , Trichy
23. Calvary Counselling Center, Manipur
24. Cancer Foundation, Chennai
25. Central Silk Board, Bangalore
26. Central Social Welfare Board, New Delhi
27. Centre for Social Initiative & Management (CSIM), Chennai

28. Centre for Coordination of Voluntary Works and Research, Gingee, Tamil Nadu
29. Cerebral Palsy Home, Vellore
30. Christian Medical Association of India, Bangalore
31. Christian Medical College & Hospital, Vellore
32. Cherlapalli Central Jail, Hyderabad
33. Child India Foundation
34. CSI-TAFTEE, Ranipet
35. CSI Synod, Chennai
36. CSI-ERD, Chennai
37. The Churches Council for Child & Youth Care (CCCYC)
38. College of Social Work Hyderabad
39. Concordia Higher Secondary School, Ambur
40. Confederation of India Organization for Service and Advocacy (CIOSA), Chennai
41. Cornelius New Grace Jesus With Us Church, Bangalore
42. D.K.M. College for Women, Vellore
43. Deenabandu Training Center, Deenabandupuram
44. Diocese of Kurunagala , Sri Lanka
45. Divine Retreat Center, Chalakudy, Kerala
46. Don Bosco School, vellore
47. Don Bosco I.T.C. Polur
48. Dr. D.Y. Patil College, Pune
49. Eastern Theological College, Jorhat
50. Ecumenical Christian Center, Bangalore
51. Employment Exchange , Vellore
52. Faith Academy, Delhi
53. F.M.M. Sisters
54. Fergusson College, Pune
55. Gandhigram Institute for Rural Health and Family Welfare Trust, Gandhigram
56. Good Shepherd International School, Ootacamund, Tamil Nadu
57. Guruswami Women's Christian College, Secundrabad
58. Government of India (Juvenile Justice System)
59. Heavy Vehicle Factory, Ministry of Defense, Avadi, Chennai.
60. High court of Gujarat.
61. Human Resource Development, Anantapur, Andhra Pradesh
62. H.P.T. Arts & R.Y.K. Science College, Nashik
63. Holy Cross Convent, Vellore.
64. I.E.L.C. School for the blind, Barugur.
65. Ida Scudder School, Vellore.
66. Indienhilfe, Bangalore.
67. Institute of Criminology and Forensic Sciences, New Delhi.
68. Jammu University
69. Jaycee's College
70. John Scudder Memorial Hospital, Ranipet.
71. Justice Basheer Ahmed Sayeed Women's College College, Chennai.
72. Kamban College of Arts and Science for Women, Tiruvannamalai.

73. Karnataka State Social Welfare Board, Bangalore.
74. Kovai Medical Centre, Hospital College of Occupational Therapy (KMCH), Coimbatore.
75. Ladies Club, Vellore.
76. Leonard Theological College, Jabalpur
77. LEPRA India, Secunderabad
78. Lions Club, Arni
79. Lotte India Corporation Ltd, Nellikuppam, Cuddalore.
80. Lucknow University
81. Madras – Calcutta Diocese
82. Madras School of Social Work, Chennai
83. Madurai Kamarajar University, Madurai
84. Madurai School of Social Work, Madurai
85. Manam Foundation (Odisha)
86. Martin Luther Christian University (MLCU) Shillong
87. Mennonite Central Committee, Kolkatta
88. Ministry of Commerce
89. Ministry of Home Affairs
90. Ministry of Social Defence, Tamil Nadu
91. Mission of Mercy, Sri Lanka
92. Mizoram University, Mizoram
93. Mother Teresa Women's University, Kodaikanal & Vellore.
94. Mudhiyor Balar Kudumba Grama Pannai, Vellore
95. National Institute of Social Defence, New Delhi
96. National Council of Education, Research and Training (NCERT), New Delhi
97. Nagaland Inter Serve Ministry
98. Navjeevan Seva Mandal, Sevoor, Vellore
99. Nettur Technical Training Foundation, Vellore
100. Osmania University, Hyderabad
101. Pallavan Transport Corporation, Chennai
102. Palmyrah Workers Development Society, Martandam
103. Parry's Confectionery Ltd., Cuddalore, Tamil Nadu
104. People's Organization Education and Training Society (POETS), Gudiyattam
105. Police Training Centre, Vellore
106. Pravaham, Balamahi, Vellore
107. P.S.G. College, Coimbatore
108. Savitribai Phule (SP) Pune University, Pune
109. Queen's College, UK
110. Dr. Radhakrishnan Educational Foundation, Vellore
111. Ramanujam Foundation, Chennai
112. Regional Institute of Corretional Administration, Vellore
113. Rodda Mistry College of Social Work, Hyderabad
114. Rotary Club, Vellore
115. Rural Dvelopment Trust, Anantapur
116. Rural Unit for Health and Social Affairs, Vellore

117. S.D.M. College, Ujire, Mangalore
118. S.I.E.T. College, Chennai
119. Sacred Hearts College, Tirupattur
120. Samraksha, Bangalore
121. Sanjivini Society for Mental Health, New Delhi
122. SASKEN Communication Technologies Ltd, Bangalore
123. Saveetha College of Nursing, Chennai
124. Schiffelin Leprosy Research and Training Centre, Karigiri, T.N.
125. ScindeA – IFCP & CRHESE
126. Schindlers Counselling, Bangalore
127. SEARCH, Bangalore
128. Seattle Pacific University, USA
129. Senate of Serampore College
130. Shri Dharmasthala Manjunatheswara College, Ujire, Karnataka
131. Shristi Vidyashram, Katpadi, Vellore
132. Sir. Parashurambhau College, Pune
133. Siri Prabodaya, (N.G.O's), Sri Lanka
134. Snehadaan, Bangalore
135. Society for Integrated Development in Urban and Rural Areas (SIDUR)
Hyderabad
136. South Asia Theological Research Institute (SATHRI), Bangalore
137. South Asia Institute of Advanced Christian Studies
138. South Indian Bible Seminary, Bangalore
139. Sri Devi Institute of Social Work
140. Sri Lanka Redd Barna, Sri Lanka
141. Sri Padmavathi Mahila Vishwavidhyalam, Tirupathi
142. Sri Vasavi College, Erode
143. Sri Vasavi Matriculation School, Vellore
144. Sri Venkateswara Higher Secondary School, Vellore
145. Sri Venkateswara University, Tirupathi.
146. St. Andrew's Church, Bangalore
147. St. Anne's College of Education, Mangalore
148. St. Francis College for Women, Secunderabad
149. St. Joseph Development Trust, Vathalagundu
150. St. Joseph Convent, Higher Secondary School, Sambalpur, Odisha
151. St. Mary's College of Nursing, Arni
152. St. Mary's Hr. Sec. School, Vellore
153. St. Mary's Teacher's Training Institute, Arni
154. Survivors Associated, Sri Lanka
155. S.V. University, Thirupathi
156. T.T.Ranganathan Clinical Research Foundation, Chennai
157. TAFTEE, Ranipet
158. Tamil Evangelical Lutheran Church, Tiruchirapalli
159. Tamil Nadu Industrial Explosives Ltd, Vellore
160. Tamil Nadu Theological Seminary, Madurai

161. Tamilnadu Industrial Investment Corporation, Chennai
162. Tamilnadu Social Welfare Board, Chennai
163. The Church of South India Council for Child Care, Bangalore
164. The Banyan Academy of Leadership in Mental Health (BALM)
165. Thanthai Periyar Govt. Institute of Technology, Vellore
166. Theological College of Lanka, Sri Lanka
167. The Journey Church, New Delhi
168. Trans-Send, Bangalore
169. United Theological College, Bangalore
170. Vidhyalayam School Child Development Centre, Vellore
171. Vellore Institute of Technology (VIT), Vellore
172. Vikasini, Bangalore
173. Vivekananda Institute, Vellore
174. Voorhees College / School, Vellore
175. Women's Christian College, Chennai
176. World Vision of India, Chennai
177. World Vision of India, Gudiyattam
178. World Vision of India, Salem
179. Woodstock School, Mussoorie
180. Xavier College, Goa
181. Y.M.C.A., Bangalore
182. Y.M.C.A. Brown Memorial Mat. Hr. Sec. School, Tirupattur, T.N.
183. Y.W.C.A., New Delhi
184. Zimbabwe Redd Barna



भारत के उपराष्ट्रपति
VICE-PRESIDENT OF INDIA
MESSAGE

I am happy to know that the Institute for Human Relations Counselling & Psychotherapy, Christian Counselling Centre, Vellore, Tamil Nadu is celebrating its Golden Jubilee in February, 2022 and also publishing a souvenir on this occasion.

Completion of more than five decades is indeed a major milestone in the journey of an organization. I compliment Christian Counselling Centre for doing commendable work in the field of mental counselling, psychotherapy and human relations over these years.

I extend my greetings and congratulations to all those associated with the Institute for Human Relations Counselling & Psychotherapy and wish them all success in their future endeavours.


(M. Venkaiah Naidu)

New Delhi
30th November, 2021.

Dr Sunil Chandy MD. DM . M Phil. FRCP
Chairman Governing Board
Christian Counselling Centre



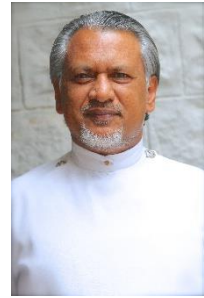
GOLDEN JUBILEE MESSAGE

The fruition of an institutional vision is never short term, but may take decades to become visible. Such is the case with Christian Counselling Centre, Vellore which is celebrating its golden jubilee in February 2022. Starting as an outworking of a vision by Bishop Newbiggin in 1970 inspired by the visit of Psychiatrist Dr. Frank Lake, the significance of this institution cannot be overemphasized today. We live in a world where our dependence on someone else for support, advise and hand-holding cannot be greater. Counselling has come to be a real need in all walks and domains of life. Especially in the context of a pandemic , several aspects of life are in disarray . It calls of expertise to help people to reset their lives and move on. Christian Counselling Centre, Vellore under the able leadership of Dr B J Prashantham, Director, has quietly delivered on this basic human need by training a large cohort of counsellors over the last 50 years. These counsellors have penetrated the length and breadth of our country bringing succor to many who have been in need for counselling. The end-beneficiaries have ranged from individuals to empowered groups like police personnel, bureaucrats and academicians . Their impact may have no visible metric , but has great transformational significance This golden jubilee celebration coincides with the threshold of a new dawn in this new world order, where I believe Counselling will become a healthy additive to our social , professional and community lives. Towards this great need, the Christian Counselling Centre , will continue to train and equip many more in the science and art of practical counselling that will transform our lives to be complete individuals and a robust society. I wish Dr Prashantham and his team of unsung heroes all success in the ongoing journey of counselling leadership, as they celebrate the golden jubilee event.

God bless you all.

Rev. Dr Sham P Thomas

Vice-Chairman



GOLDEN JUBILEE MESSAGE

I praise God for the grace showered upon the Christian Counselling Centre, Vellore for the fifty years of its life and have great joy in being part of the Centre. I am indeed delighted to offer my prayerful wishes to its Golden Jubilee Celebration and the publication of a commemorative Souvenir.

I praise God for Dr B J Prashantham and for giving him the vision, endurance, industry and faith to envision a Christian Counselling Centre at a time when counselling was neither familiar nor popular in India. God had used him to take the less travelled road in the art and science of counselling and to make it a significant and relevant path for persons, communities and the society. I congratulate the founder director Dr B J Prashantham, Mrs Prashantham of blessed memory, and all those who had been part of this centre in making the Centre what it is today in its growth and reach.

Counselling as an art and science touches the whole human life and aim for wholistic health of people. Understanding oneself and realizing one's own worth and purpose of life become the most wonderful discovery of life.

In a world of arrogance, isolation and intimidation of various kinds, Counselling is a symbol of vulnerability, mutual dependence and caring relationship. I wish and pray that the Christian Counselling Centre, Vellore will continue to strive spreading health and wholeness to the society in the days and years to come. May God bless this pursuit.

Rev. Dr Sham P Thomas



VIT[®]
UNIVERSITY
(Estd. u/s. 3 of UGC Act 1956)



Dr. G. VISWANATHAN
Founder & Chancellor
Former Member of Parliament
Former Minister, Govt. of Tamil Nadu
President, Education Promotion Society for India, New Delhi

MESSAGE

It gives me immense pleasure to note that the Christian Counselling Centre (CCC), Sainathapuram, Vellore, a premier and pioneering Institute for Human Relations Counselling and Psychotherapy is celebrating its Golden Jubilee this year.

Since its inception, the CCC has been offering excellent training in Counselling and Psychotherapy, which has made a profound impact, both in India and abroad. I am happy that the Centre, with its noble vision and its commitment to mitigating the mental health challenges, has trained more than 53000 professionals, both short and long term, from every state and union territory of India and from over 40 countries. I am sure that the Centre will play a bigger role in the coming years, given the increasing complexities in relationships in families and the society.

I express my sincere wishes to the Director, Dr. B. J. Prashantham and his team on this joyous occasion of the Golden Jubilee of the Christian Counselling Centre.

With best Wishes,

Dr. G. Viswanathan
Founder & Chancellor

18.11.2021

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Mr Ajay Soni
Executive President and Chief Learning



MESSAGE

I met Dr Prashantham seven years ago and straight away what struck me was his serenity, calmness, depth and consciousness. On the other hand, he has such childlike joy and laughter which disarms and calms you down and makes you believe that the world is a great place.

Dr Prashantham's wisdom and knowledge, all of us know, is par excellence and very very rare even in this world of counselling. I go to him for help and a conversation with him is all it takes to help me find solutions to whatever dilemmas I am facing. The gentle demeanour he brings, helps you discover the new strength within yourself.

Not only is Dr P available when you need him, he's available to your colleagues and their colleagues, your friends and their friends. He is there for humanity at large. Another great quality I see in Dr Prashantham is his ability to deal with a variety of people, from young to old, from HR professionals to Finance professionals, from a CEO to a receptionist.

Dr Prashantham personifies mindfulness. He is there in the moment, making friends with this moment and accepting the situation as though an old loving pal and allowing the future to come as though a fresh new bright child.

I am lucky that Dr Prashantham is a friend, who is there for me at all times. And so, I can access him at all times, unconsciously, and consciously, I have attempted to imbibe Dr Prashantham's nature, within my nature. It has helped me calm down, be happier and develop a sense of calm.

Mr Ajay Soni
Executive President and Chief Learning

Mr. Kailash Pandey
President and Cluster Head Sambalpur
Hindalco Ind Ltd
Hirakud, Odisha 768016



MESSAGE

I met Dr Prashantham during my Aditya Birla Group (ABG) Executive coach program. His personality inspired me. Soft spoken, humble, and immensely knowledgeable, he is always eager to share his learning and experience with all those he interacts with. Every word which he spoke with us was a great value and in a short duration, we got huge benefits from his experience. I knew what empathy meant intellectually; it was only after our sessions that I was able to put this into action by actually being able to walk in another person's shoes.

We all know he is the Indian counselling guru, and I am fortunate to have been a part of the ABG coaching program, it has changed my life both personally and professionally, and Dr. Prashantham has played a huge part in it.

Regards

Kailash Pandey

NOVEMBER 27, 2021

Dr Kannegi Packianathan, IAS (Retired)



MESSAGE

CCC celebrates its Golden Jubilee on the successful completion of 50 years in the field of Counselling. Hearty Congratulations for the many years of remarkable work done, the milestones achieved, the many millions of lives touched and impacted around the globe; the hundreds of memories and unforgettable moments during the 59 years. I would specially congratulate Dr.Prashantham, Director of CCC. His unswerving commitment and dedication , his integrity, his firm approach in upholding the values enshrined by the institution, his uncompromising attitude to quality which has made CCC soar to great heights. Along with him, Mrs. Meena Prashantham played A very significant support role not only as his wife and also as a professional staff, Professor of Counselling, Associate Director and functioned as Director during Dr. Prashanthams deputation leave and made her mark is faithfully providing supportive leadership and touched the lives of many including mine in unforgettable ways of care, compassion and commitment to service oriented values with a joyful heart and cheerful face. His deep and updated knowledge of the subject has made him touch base with some of the top

leaders of several countries-kings, queens, Presidents which include Neelam Sanjeev Reddy, Venkatraman, Prime Ministers of several countries including Smt.Indira Gandhi, Rajiv Gandhi, Manmohan Singh, Generals , Admirals, Governors, Chief Ministers and the humble people. He had an unchanging philosophy of not receiving foreign aid to run CCC. Every brick in the campus knows his name. Dr. Prashantham adorned the position he held unrivalled by any. I have been associated with many functions of the Centre and been so impressed by the amazing innovative and dedicated work of counselling service, training and research. I call upon God's choicest blessings be bestowed upon the Director, his wonderful dedicated staff and on all future activities of CCC.

Kannegi packianathan IAS(Retired)
Formwe Collector of Tiruvannamalai,
Pincipal Secretary to Govt of Tamil nadu and Chairman,
Tamilnadu Womens commission

Ganesh Chella
Co-Founder & Managing Director
CFI (P) Limited



MESSAGE

Dear Dr Prashantham,

I note with delight that CCC Vellore will be celebrating the institution's golden jubilee as well as the golden jubilee of your association with the institution in February 2022, albeit late by two years because of the pandemic.

This is such a momentous and may I say rare occasion and worthy of a great celebration. Our very best wishes for the celebrations.

I fondly remember my first meeting with you at the Radisson Hotel in Chennai on September 9, 2006.

It was such a warm and engaging conversation and I can say with joy that the same warmth and engagement continues to date.

That marked a great beginning to our partnership with CCC and more specifically with you. A partnership which helped CFI give shape to its model of professional development, establish its standards and build a world class coaching institution. You have always remained an enthusiastic and passionate guide, mentor and teacher to us in the Board and to each CFI Coach that you came in touch with. Your commitment to professional standards and ethics, your commitment to life long learning and your embodiment of empathy and generosity have truly inspired us and helped us build a very respected institution over these 15 years. For all of this we remain truly indebted.

I take this opportunity to wish CCC another 50 glorious years of yeomen service to the creation of skilled helpers around the world. The remarkable standards that you have set will stand the institution in good stead no doubt.

I also take this opportunity to wish you good health with the same energy and passion in your years ahead for we know that you will in your mind have so many things yet to do!

Warm Regards and lots of love from all of us at CFI



CHRISTIAN MEDICAL COLLEGE VELLORE, INDIA

OFFICE OF THE DIRECTOR

Director : Dr. J.V. Peter

Associate Directors : Dr. Vikram Mathews, Dr. K. Anil Kuruvilla, Dr. J. Chandrasingh, Dr. Thomas Samuel Ram,
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Dr. Julie Hephzibah, Dr. Ebby George Simon, Dr. Anu Korula, Dr. Vinitha Ravindran

November 15, 2021



MESSAGE

I am pleased to know that Christian Counselling Centre (CCC) is celebrating its Golden Jubilee on 15th/16th of February 2022. The CCC has been doing yeomen service in the field of human relations, counselling, psychological and psychotherapy.

I take this opportunity to congratulate Dr. B.J. Prashantham and his team of committed staff on this venture with the aim to bringing health and healing to the society.

I wish the CCC well in their future endeavours and also congratulate them for developing competent counsellors.

Dr. J.V. Peter
Director

Dr. J. V. PETER, MD, DNB, FAMS,
FRACP, FJFICM, FCICM, FICCM, FRCP (Edin), M.Phil.
Director
Christian Medical College,
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Serving the Nation in the Healing Ministry since 1900

Dr. Anna B. Pulimood
Principal
Christian Medical College



MESSAGE

It is a privilege to felicitate Dr. B.J. Prashantham and the staff of the Christian Counselling Centre at Vellore on the occasion of the celebration of their Golden Jubilee. The institute has been serving over 40 countries around the world in this niche area of Christian Counselling and Psychotherapy for fifty years: through service, education and research. The work of the CCC with the state and central government and even the Supreme Court are noteworthy.

In keeping with the commitment of the CCC to be of service to society, they have adapted to the needs of the present times with the development of blended learning programs. I am sure, these programs will continue to improve their outreach both in India and abroad.

I pray that God will continue to bless this special institute and use it for the growth of individuals interested in meeting the mental health challenges of our world today.

With best wishes,

Dr. Anna B. Pulimood
Principal
Christian Medical College

Rev. Dr Arul Dhas T
Head of Chaplaincy
Christian Medical College



MESSAGE

Congratulations CCC!!!

On behalf of the Chaplaincy of Christian Medical College, Vellore, I express our immense joy in celebrating the Golden Jubilee of Christian Counselling Centre. The relationship between Chaplaincy and CCC is very cordial and strong right from the beginning.

The benefits of this partnership have been mutual. As the trainees are blessed with the opportunity to minister and counsel, we in Chaplaincy are excited because of the fresh enthusiasm CCC trainees bring in and the number of patients/relatives who receive pastoral care through them.

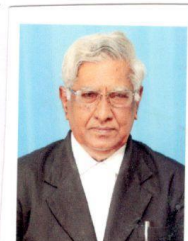
We thank God for the huge number of people who receive quality counselling training through this institution. Those who trained here are in important centres of societal transformation. We thank God for the contribution of CCC in the mental and spiritual wellbeing of our society.

For many of us, CCC is synonymous with Dr.BJ Prashantham, the counselling Guru in our land. His dynamic leadership and commitment has brought the institution to greater heights during the past decades.

Needless to emphasise the importance of counselling training in our society today. Unfortunately, many who are not trained in counselling claim to be the counsellors and cause damage in people's lives. In our country there is a great need for quality training centres in counselling. CCC is giving leadership in this area for which we are grateful. With fond memories, I often refer to the training I received at CCC in nineties. Yes, I am an alumnus of CCC. Thank you CCC and congratulations.

Our hearty congratulations to Dr. Prashantham and all the staff of CCC at this event of Golden Jubilee. Our sincere prayers are with you as you plan out your further steps of CCC.

Arul Dhas T
Head of Chaplaincy,
CMC, Vellore



MESSAGE

I am extremely happy to felicitate and congratulate the Christian Counselling Centre, Vellore on the occasion of its celebration of the Golden Jubilee year for its excellent service in training counsellors in counselling people in depression from our and 40 other countries in the globe which make Vellore for further recognition apart from CMC Hospital.

***"DEPRESSION IS THE RESULT OF UNACHIEVABLE AMBITION,
OVER ATTACHMENT AND OR AVERSION OF PEOPLE AMONG THEM".***

-T.M.VIJAYARAGHAVALU,B.A.,B.L.,
Advocate and Legal Advisor, CCC
Vellore.

M .CHANDRASEKHAR
DIRECTOR,
ACADEMY OF PRISONS &
CORRECTIONAL
ADMINISTRATION,
VELLORE – 632 002,
TAMIL NADU, INDIA.



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No. R&D/CCC-2021
2021

Dated: 12th Nov,



MESSAGE

It is a pleasure to know that the Christian Counselling Centre, Vellore is celebrating its Golden Jubilee in February, 2022. I am sure, completion of fifty years in delivering excellent services in counselling and psychotherapy is a landmark occasion to celebrate. I congratulate the Director of CCC, its founding visionaries and other stakeholders who have dedicated themselves to bring the institute to its position today.

The importance of professional services in mental healthcare and counseling cannot be undermined. The services of professionally trained mental health experts are essential to deal with issues in families and schools to multi-national corporations and large government organizations. I am glad to notice that over the past 50 years the Christian Counselling Centre has trained over 53000 professional counsellors from across the world and collaborated with hundreds of governmental, non-governmental and educational organizations spread over 40 countries.

The Academy of Prisons and Correctional Administration has been collaborating with CCC from its inception in 1979. The key role of APCA is to train and equip prison officers to become professionals in management of prisons and prison inmates. Prison work involves working with prisoners, many of whom are likely to be mentally disturbed, addicted to drugs and pose heavy risks to themselves and to other inmates and staff. Hence one major responsibility of prison officers is to look into the mental healthcare needs of prison inmates. Keeping this in view, APCA has signed an MOU with CCC. Prison officers, both basic and in-service officers, trained at APCA are regularly sent to CCC for a short-term training on fundamentals of counselling skills and techniques. I thank CCC for their cooperation and support in this regard.

I extend my warm greetings and felicitations to the Christian Counselling Centre and to all those associated with the CCC and wish the Golden Jubilee celebrations all success.

(M .CHANDRASEKHAR)

Dr. Shameen Prashantham



MESSAGE

On Father's Day 2021, a shout-out to my dad who on 18 June 2021 completed 50 years of service as a counseling psychologist at Christian Counselling Centre Vellore, India.

Over the past five decades, Dr [B.J. Prashantham](#) pioneered innovative approaches — notably the notion of counseling as a tool for social change — to ensure the relevance of the field of counseling psychology in the Indian context.

This unique approach was featured by his former professor, Gary R Collins, in the opening chapter of his book on innovative approaches to counseling.

My dad's expertise in this and other areas such as cross-cultural counseling has been sought around the world including, to name a few places, the US, UK, Germany, South Africa, Myanmar, and South Korea — where one of his books was translated into Korean.

His work in trauma counseling was put to good effect in India and Sri Lanka in the aftermath of the 2004 tsunami, and remains as relevant as ever during the ongoing Covid pandemic — which has seen him working as hard as ever along with his team in Vellore. Another area of contribution has been his work in coaching psychology.

Through a legacy of thousands of former trainees and students, and continued tireless work as trainer, counselor and coach, this remarkable career that began on 18 June 1971 in Vellore continues to make a positive impact.

Long may it continue!

[#service](#) [#counseling](#) [#psychology](#) [#ccc](#) [#vellore](#) [#india](#) [#fathersday](#) [#coaching](#)

Dr. Shameen Prashantham

Mr. Naveen Prashantham



MESSAGE

On the Occasion of two noteworthy 50-year anniversary celebrations:

1. CCC was the backdrop of my growing years. All the way from birth to when I left for college – and beyond. Here I learned to understand and appreciate people for their uniqueness and experienced a great deal of joy from my interactions with staff and trainees from all over the world. Looking back, this was a real gift and blessing. Not to mention, I honed my skills as an avid cricket player at CCC, playing with anyone who wished to join me, with the exceptional coaching I had from my brother, Shameen.

From what I could remember, coming through CCC seemed to have a transformational impact on peoples' lives. It certainly seemed like the opportunity to step away from their day-to-day lives and experience this special community of learning and growth, added to the experience.

Above all, there is a steadfast integrity that defines CCC. A genuine, special commitment to its mission and vision. I wish the entire team at CCC, the very best of health, success and all good things yet to come. Congratulations on the first 50 years and here's to many more to come!

2. As our father, Dr. B.J. Prashantham has completed a remarkable milestone of his own – 50 years, I find myself at a loss to describe that kind of a journey. A journey of many lifetimes rolled into one. And certainly, one of a kind.

Throughout, a lot of the messaging that was shared with people in classrooms, lecture halls, company events and more, was the same messaging that we received growing up in the Prashantham household. We grew up feeling unique, worthwhile and blessed; encouraged to see beyond superficiality and take a genuine interest in relating to and helping people.

This journey would not be what it has been, without one person who is watching over us right now and that is our mother, known to you as Meena Prashantham. Selfless, dedicated and capable beyond description, she defined the spirit of our family and to a great extent, of CCC. Together, Meena and B.J. Prashantham have created something unique – which will be carried on and touch the lives of many.

“Happy 50th Work Anniversary, Dad!” is about all I can manage – as we look back on an era that constantly defied definition and in doing so, blazed a one-of-a-kind trail. And we know...he's not nearly done – there will be more to come. Here's to good health, much joy and continued blessings on your life and work!

Naveen Prashantham

Sri. M. Venkadasubbu,
MD Darling Group & President of Tamil Nadu
Hotel Association, Vellore, Tamil Nadu India



MESSAGE

I am happy to share my testimony of the counselling services being rendered by the Christian Counselling Centre, Vellore on the occasion of its Golden Jubilee celebrations.

Dr.B.J.Prashantham and his wife Swargiya Mrs.Meena have been the main pillars of the Christian Counselling Centre from the time of its advent in 1970 and dedicated themselves fully to achieve the object of this institute for Human relations, Counselling and Psychotherapy for which we congratulate and thank them. After the demise of Mrs.Meena in 2015 Dr.B.J.Prashantham is continuing it with the same enthusiasm and dedication.

The Christian Counselling Centre is associated with more than 180 institutes from across the world and has trained more than 53,000 counsellors and am sure would have impacted the lives of millions of people through these trainees. My acquaintance with this great institution has been from the time I used to visit the institute when I have been practicing as an advocate with my senior Sri.T.M.Vijayaraghavalu, its legal advisor and guest faculty during his lectures to the trainee officers.

According to the latest data released by the National Crime Records Bureau (NCRB), the number of student suicides last year (2020) recorded an increase of more than 21% compared to 2019. The data since 1995 shows that India lost more than 1.8 lakh students to suicides. So, the training of counsellors to counsel has become an absolute necessary to act in preventing persons in depression to overcome it and to lead normal life which the Christian Counselling center, Vellore has been doing for the past 50 years.

With the COVID pandemic, we are in the face of yet another psychological crisis resulting from work from home and study from home, but I am sure the Christian Counselling Centre will nurture the next generation of counsellors to safeguard the young minds from these aspects of change in work or study environment and bring them to the righteous path. As times are changing with deeper penetration of digital products, the emotional aspect of growth needs much more importance, and the efforts of Christian Counselling Centre will be of paramount importance in this aspect too.

I wish and Pray Almighty to bless the Christian Counselling Centre for its continuous commendable service in training the counsellors in counselling the depressed people to overcome it.

Sri. M. Venkadasubbu,
MD Darling Group & President of Tamil Nadu
Hotel Association, Vellore, Tamil Nadu India

Dr. Sr. Prisca Vadakepoondikulam



MESSAGE

MESSAGE ON THE OCCASION OF THE GOLDEN JUBILEE OF CHRISTIAN COUNSELLING CENTRE VELLORE

I am indeed delighted to convey my warmest congratulations on the occasion of the Golden Jubilee of CCC where I learnt my first lessons in Counselling. Golden Jubilee Year is a wonderful opportunity for all alumni to come together to celebrate the Centre's remarkable achievements under the leadership of Dr.B.J. Prashantham for the last 50 years.

Looking back at its history, we realize that it has always risen to many challenges and has turned all of them into opportunities for the service of humanity. My first contact with CCC was in 1981 when I did my eight weeks course " Basic Skills in Counselling" and 25 years later in 2006 I had the privilege to come back to render my services in the very same institution.

My heartfelt congratulations and appreciation to Dr. Prashantham and Late Meena Prashantham and the many whom they trained and equipped with skills to alleviate the traumas and pains of many of God's children scattered far and wide. CCC and particularly Dr. Prashantham can be legitimately proud of the visible and the invisible changes that have been brought about by the Centre locally and globally, promoting human well-being and becoming a powerful agent of social change. It is invariably of great credit to CCC that many counsellors and social workers trained here bring consolation to the traumatized and confidence and competence to those who step out into new worlds of freedom and challenge.

Early stages of growth are the most difficult to handle and that is what Dr. Prashantham was called on to do 50 years ago. It surely was a daunting task to assume charge when there was the weight of expectation and anticipation. The journey which began 50 years ago still continues and CCC was poised for great growth. Over the years many have left the portals of CCC empowered and inspired to empower others.

I congratulate today the members of the faculty and support staff both past and present. This Institution has kindled a flame in the lives of many and may this flame grow into a great fire to light other fires. May it bring freedom and joy to those who leave its gates to face the challenges of unborn tomorrows.

Mr. Aravind Bhatikar (IAS Retd.)



Dear Dr. Prashantham,

I am thrilled at the news that the Christian Counselling Centre of Vellore will be celebrating the Golden Jubilee of its glorious worldwide service on 15th February 2022.

A Mention of the Christian Counselling Centre Vellore brings back to me memories of my association with that wonderful organization which has given me and my wife much more than we have received elsewhere in life.

I was the District Collector of North Arcot district for a little more than two years. The C.C.C. was a heaven of peace and enlightenment for my wife and me. My wife underwent an advanced counselling course at the Centre and the 14 months which she spent at the Centre totally changed the course of her life.

I still vividly remember the gentle laughter of Dr. Prashantham and the friendly Mona-Lisa smile of his late wife Meena. This contributed immensely to invigorating environment of the C.C.C.

I am sure the Centre will continue to spread the message of counselling far and wide in our Country and Abroad in the years to come. I wish the Golden Jubilee celebration all success.

With Kind Regards,

Yours sincerely,

Aravind Bhatikar (IAS Retd.)

Mrs. Nikeeta Shah

Counselling Psychologist, London UK



My Experience with Dr. Prashantham

Completing 50 years of sheer excellence, CCC has stood out in our country for providing it's dedicated, quality service to humanity. I guess every reader would unanimously agree with me when I say that Dr. B.J. Prashantham has been the backbone of this institute. While Congratulating him for his selfless service for CCC, and through it, for this country, I'm honoured to write a few words my experience of him. Apart from being a great teacher and a pioneer in the field of Psychology, I'm blessed to call him my Mentor, my guide and my teacher in life. Every interaction with him continues to be a learning experience for me. A man with vast knowledge, his humility reflects in his conversation when he listens, patiently, without judgements and in his curiosity to learn about several things each day. He continues to be an inspiration to many aspiring Psychologists in India and abroad, personifying every quality a therapist should have. His simplicity, deep insights, composure as well as the ability to switch hats according to the multiple roles his work demands, is unparalleled. Practicing what he preaches, his contribution to not just the field of psychology but towards the people of this country makes him a rare gem we have. I consider myself privileged enough to get to know him not just as a teacher but beyond, to learn from him and to have his continued blessings. Wishing him all the very best in life, I thank him deeply for touching so many lives just by being himself.

-Nikeeta Shah

(Counselling Psychologist)

LONDON, UK

DECEMBER 12, 2021

ONE PAGE EXPERIENCE

(CV)

Mr. Arun Kumar Bunyan

Batch October- December 1973.



I had the privilege of undergoing 8 week intensive residential Counselling program during October- December '73.

Now I am little over 73 years old and still remember those wonderful 8 weeks, where 12 of us had the opportunity of learning Counselling skills, visits to CMC Hospital and preparing verbatim. It was a wonderful time of experience based learning. Thanks to our professors; Dr.B.J.Prashantham, Rev. Corlos Welsh and Mrs. Saroj Carlos Welsh. Special word of gratitude to the then CMC chaplain Achan Oomen

What I learnt during the course of training are life changing lessons and useful in my work. Working in the field of child care I could counsel several children and child care workers in a very meaningful way.

Two of my colleagues and myself were the first batch of 3 officers deputed from our central office, Bangalore. Later on, I was able to impress upon my higher officials, the value of the Counselling course at Vellore. In turn our organization leaders took the decision to depute all the officers to the two month residential program in CCC Vellore. After some time it was also decided to depute child care workers numbering couple of hundreds from our projects located in all the southern states of India.

In early 2000 our organization took charge of child care program in 40 centres located in interiors places in the state of Orissa. Since the staff needed exposure and training we requested Dr.B.J.Prashantham to design a special Counselling programme for them. More than 150 child care workers from Orissa had the privilege of attending residential course at CCC Vellore and were immensely benefitted.

Dr. RejaniRajan

90C Fairfield Road, Guildford West NSW 2161. Australia



I did my 8 weeks certificate course in psychological counselling in October 1997 and followed it with one year Diploma in 1998. I started my career as a professional staff at CCC in January 1998 focusing on training, research and counselling practice. I am forever grateful to Dr Prashantham and late Mrs Meena Prashantham for trusting an inexperienced although enthusiastic 22-year-old, for welcoming me as a professional staff at CCC and for generously sharing their knowledge, experiences, insights, and skills and thereby helping me to up-skill and shape my work ethics. This was followed by many other career development and learning opportunities and roles such as doing individual psychotherapy as an intern at Seattle Mental Health, frontline casework with children and families involved in statutory child protection in Australia, and as a casework manager in the largest government child protection agency in Australia; and more recently as a consultant or subject matter expert in child rights and safety discussions at a global level. From my extensive experience across three continents and in different roles, I can emphatically state that the basic skills in communication and counselling that I had learnt at CCC at the very onset of my career continues to be the foundational skills, in fact life skills, that I use day-in and day-out in all my interactions as a practitioner, manager/supervisor as well as consultant. Reflection, self awareness, empathy, cultural sensitivity, emotional intelligence, and critique that we all had learnt, practiced regularly and mastered while at CCC continues to be my practice framework. This has not only enhanced my personal, and professional growth and resilience; but also strengthened my people management skills and leadership capabilities. While I continue to influence life altering decisions and therefore life trajectories of vulnerable children and their families, I am acutely aware of the trauma and identity challenges they experience at multiple levels, and the vicarious trauma that my team of child protection practitioners experience. Often, active listening and basic empathy-the very foundation of a counselling relationship goes a long way in their healing and self-management process.

Dr. Sangeeta Goswami

Counselling Psychologist, President, MIND India



Dr. Sangeeta Goswami is the first Counselling Psychologist to have set up an independent counselling clinic in North East India in 1996. She enrolled at CCC for Counselling Skills training in the year 1996.

In 2006, she established MIND India, Institute of Positive Mental Health & Research. MIND India is an endeavor dedicated to the cause of ushering in the benefits of positive mental health & wellbeing to the general population at a national level more specifically in the North East region of India, comprising of the States of Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Tripura and Sikkim.

Understanding the need for trained counsellors at the grassroot level, Dr. Goswami developed a syllabus for a skills centered counselling course and has been conducting a three month course on “Counselling Skills” under K. K. Handiqui State Open University, Assam, since 2015. She has also developed an online counselling programme for 45 hours named “Barefoot Counselling Course”. This course is jointly certified by Public Health Foundation of India and MIND India(2021)

In the 25 years of her service as a counselling psychologist, Dr. Sangeeta Goswami has been providing counselling & therapy for individuals with issues related to adjustment problems, anxiety, depression, work stress, career, academics, etc., as well as for people in need of pre-marital counselling, marriage counselling and family counselling. Her training equips her to conduct counselling from children to elderly care. Dr. Goswami is successfully running a mental health wellness centre, under MIND India and has been an advocate to enhance positive mental health wellbeing for the last person in the last village.

She has been involved as consultant & trainer with the following organizations as Subject Matter Expert for University of Leeds, UK, UNICEF, OIL, Duliajan, Assam, IIE, NEDFI, SSA, Assam, Assam State Commission for Child Protection & Child Rights, Social Welfare Department, Assam, Women Commission, Assam, Gauhati High Court, SOSRAC, New Delhi, Expression India, New Delhi, Govt. of Assam to name a few

Dr Goswami has been awarded the Distinguished Service Award as Psychologist 2021, from Allied Healthcare Providers India (AHPI) and Public Health Foundation of India (PHFI)

**A One-Page Description Of My Unique Service To
Promote Mental Health Across Indian Since I
Completed The Course At Christian Counselling
Centre, Vellore in the Year 2006**



Dr. Seema Klirdap Terangpi holds the distinction of representing:

- I. Christian Medical Association of India in Uttarakhand as a National Expert for Trauma Counselling & was awarded a certificate of commendation by the then Chief Minister (Uttarakhand Government) for her priceless contribution in facilitating mass Trauma Counselling for immediate relief to the affected persons during the unforeseen disaster that struck Uttarakhand in June, 2013.
- II. Emmanuel Hospital Association to deftly manage rehabilitation and relief work for ethnic clash victims i.e., Karbi & Dimasas 2005, Karbi Anglong, Assam for leading a team of Doctors & Nurses, Local Volunteers to conduct medical camps, counselling and distribute relief materials.
- III. Women In Security, Conflict Management & Peace (WISCOMP) gave a special SAHAAS Award commendation for her work to build bridges that replace walls that divide women in zones of conflict especially in the Karbi Hill areas of Assam. For her ceaseless endeavours to create sustainable livelihoods and provide relief to women and girls who are trafficked across borders from the remotest areas of Bengal and Assam. For her initiatives to encourage women to work across ethnic divides, Break cycles of violence and usher in a more inclusive world.
- IV. World Human Rights Protection Commission awarded a degree of Doctorate in counselling an Honorary Doctorate on 1st March, 2021 in recognition of her commitment to the development of social working worldwide.
- V. The Indian Youth Congress on 31st Oct'2021 awarded & acknowledged her contribution towards the mental health service rendered to people in the villages of Karbianglong, slums of Delhi and at the Holy Family Hospital during the ongoing pandemic COVID19 and unending saga.
- VI. Dr. Seema Klirdap Terangpi has been instrumental in skillfully conducting survey & initiating programs for 6 Churches to work amongst Eunuch and female sex workers independently in GB Road and slums in old Delhi.
- VII. Dr. Seema Klirdap Terangpi along with her mother Mrs. Ruhilla Engti Katharpi Co-Founded the Bread For Life Trust a Civil society that strives to empower the elderly, women & girls through Life skill & Skill training in kitchen gardening, agriculture, financial literacy, education and holistic wellness development for children.
- VIII. Dr. Seema Klirdap Terangpi conducted awareness training on the Implications of mental health act as regards to bullying children at Hojai (Assam) for 26 Ajmal Foundation Institutions with a representation of the Staff, Faculty and its Leaders.

Dr. Sr. Prisca Vadakepoondikulam
Casa generalizia,
Via Nomentana 250
Rome,Italy



Currently, Global Leadership team member of the Congregation Of Jesus, Via Nomentana 250, Rome. Italy.(2012-2022)

My involvements with mental health since 1981

8 weeks Counselling Course in CCC Vellore

Student counselling in St. Mary's Intercollege Allahabad

Student Counselling in St. Mary's Convent School Kanpur

Working with the Counselling Team Regional pastoral Centre Patna

Postgraduate diploma in Psychodynamic Counselling Westminster Pastoral Foundation, Kensington High Street, London

3 year Advanced Psychodynamic Counselling Post graduate Diploma

Roehampton Institute of higher education London

Group Counselling for sisters of various congregations

International Leadership Development Programme ,Rome

Mr. ALOK SINHA

CCC, 2000

Vice President, Group HR, Aditya Birla Group

Program Director, Gyanodaya



Alok has 25 years of experience in the field of Mental health, Learning and Organizational Development. He has worked in Education sector, Social sector and since 2005 in the Corporate world. The career experience ranges from the role of an Army Cadet, Research Scholar, Practicing Psychologist, Process facilitator, HR Professional and an Executive Coach.

General Experience

In two and a half decade of career, Alok worked extensively as a Counselling Psychologist, Business Psychologist and then as an HR professional. As a researcher scholar for his pre-doctoral research, he worked with various organizations on ‘psychological well-being’; a subject which influenced him greatly. He decided to get trained in Counselling & Psychotherapy from Christian Counselling Centre, Vellore (February’2000) and gradually developed himself into an astute mental health professional while working with Schools, NGOs and corporations across north India.

He founded an organization working in promoting Mental Health through schools and social organizations. With a panel of certified counsellors and Psychologists, the organization provided counselling services in 29 schools in North India: like City Montessori School, Loreto Convent, KidZEE, Delhi Public School etc. Alok also supported Army Central Command in setting up Career Counselling Centres in 9 Army Bases including Lucknow HQ. He provided counselling support to Childline, NIPCEED and Naz foundation. With NACO- as a state level resource; he trained inmates and staff of nine Jails in UP on STD/HIV awareness and support. Alok worked with many social organizations as a registered Rehabilitation psychologist (RCI) and was also listed internationally as a mental health professional with clients in Europe and middle east.

Alok initiated his corporate journey as a Psychologist in the Customer services function in 2005. Understanding the scope of Counselling in present day’s corporations, he made intentional shift. Briefly, he led operations of an outbound call centre, from its inception to a full-grown operation and then into operations training. Later, he decided to move to a pure Leadership development role in a global conglomerate’s Telecom business, where he grew from a state level role to National role and later to a Global role. Currently, Alok is a program Director at Gyanodaya – the Corporate University of Aditya Birla Group.

Mrs. Somya Sucharita Mohapatra
October-November 2003 (CCC)



A Proficient Social Worker with Acquired Psychological Counselling Skills who performs best as a Trainer, Mentor and Counsellor in a people-centred approach enhancing the Self-help Skills.

Present Position: Chief Therapeutic Counselor/ Trustee Member, MANAM Foundation, Bhubaneswar, Odisha

Counseling Experience of Last 19 Years:

- Psychological Counselor with Indian Association for Promotion of Adoption and Child Welfare, Mumbai
- Psychological Counselor with Good Shepherd International School, Ooty
- Counselor with SNEH, Govt. Of India Project, Bhubaneswar
- Counselor with Odisha Police Station & Odisha Prisons and Correctional Services, Bhubaneswar
- Training Police officers at Rajasthan Police Academy and Biju Pattnaik State Police Academy
- Sessions with Gopabandhu Academy for OAS officers, Bharatiya Vidya Bhavan, SBI Bank and Allahabad Bank.
- Training Sessions on Psychological Counseling with Various Universities and Colleges in Odisha.
- Psychological Counseling with Various Corporate Houses, Like NALCO, Tata Mining Corporation, Tech Mahindra Etc.
- Geriatric Mental health Care and counseling at different old age homes.
- De-addiction counseling at rehabilitation centers in Odisha.

Mrs. KARUNA BASKAR

Managing Director, ResilienceWorks



Karuna completed the 8 week course at CCC in 1983, followed by one year diploma in 1983-84. On this special occasion of the Golden Jubilee celebrations of CCC, I wish to congratulate

Dr. BJ Prashantham and his team and express my appreciation for their tremendous service to the field of counselling in our country. I am sure the thousands of alumni are using their skills in multiple areas. I am personally grateful for the sound practical training that I received, and which I have been able to use in my subsequent career. My sincere thanks and appreciation to Dr Prashantham, Meena and members of staff. A special word of congratulations to Dr Prashantham on 50 exceptional years of service as Director of CC. May God continue to bless him, the Centre and others through them in the years to come.

An EAP & Wellness professional with over 35 years of experience, Karuna combines professional expertise as a counselling psychologist with knowledge of corporate requirements across industries. She is a certified specialist in Prevention of Sexual Harassment and also has considerable experience and interest in issues of working women.

Karuna has made numerous presentations at international and national conferences on topics like EAP in India, the use of technology in counselling, women at work, workplace mental health, suicide prevention and issues of shift workers; establishing a reputation for excellence and thought leadership within the country and globally. As Founder-Director of India's pioneer and leading EAP provider, she set up from scratch high quality corporate counselling services and built up a team of highly skilled and competent counsellors, utilizing technology to deliver services. Prior to this as a lecturer in the Department of Psychology, Womens Christian College, she set up the college's first counselling centre.

After decades of experience in providing corporate counselling services, Karuna founded ResilienceWorks in 2016 with the aim of providing a range of innovative and customised psychological services. RW, with its team of experienced counsellors, offers professional counselling utilising a technology platform both in the corporate and retail space. Gender diversity, prevention of sexual harassment, and behavioural consultation and training are areas of expertise.

Our counsel had the unique privilege of availing the expert services of Dr.B.J.Prashantham and his dedicated team in addressing the needs of our children and staff who were traumatized during the 2004 devastating Tsunami.

I am privileged and thankful to God that even today I am associated with board of CCC Vellore.

My best wishes to the Director Dr.B.J.Prashantham and all his staff as they prepare for the golden jubilee celebrations of CCC Vellore.

Mr. Dinakaran

Clinical Psychologist



I have completed my PGCPD in the year 2014. Soon after my graduation I worked at CCC, then in 2015 I got opportunity to work in Saveetha Medical College and Hospital under Department of psychiatry as a Lecturer in Clinical psychology. My responsibility are giving counselling, individual therapy, family therapy, diagnostic clarification and teaching. Even though I am NIMHANS graduate and I am well equipped with advanced level of therapy technique such as (Behavioural therapy, cognitive behaviour therapy, psychoanalytic therapy and humanistic therapy) I really had no idea how to give empathy and how to make therapeutic relationship. I learned these skills from CCC only which helps me in my profession along with my personal and social life. These skills assisted in lot ways, when other professions do assessment to understand and identify client's problem. I personally do not prefer assessments instead I use these skills to bring client in an calm and comfortable environment by which the clients conflict is identified and understood. In my last 8 years of experience I have handled nearly 30-35 child who suffered from unexplained somatic complaints, I used these skills along with supportive therapy, family therapy and cognitive behaviour therapy. Not only in my profession also in my personal life. By using these skills for a better understanding with my wife and children. When I personally face problem I induce empathy and other counseling skills, apart from this while I have problem that I find difficult to handle I always prefer personal counseling by Dr. B. J. Prasandham Sir. These skills that I learned from PGCPD was very essential not only in my professional life but also in my personal and social life.

Dr. Viji Susarla



Viji Susarla obtained her PhD in Psychology from Andhra University, Visakhapatnam and worked as the Assistant Director in the Institute for Yoga & Consciousness (research wing) and Lecturer in Department of Psychology & Parapsychology, Andhra university. She was actively involved in the Psychology Department Counseling Center since its inception and did several research projects related to the impact of Yoga and meditation practices on various psychological variables. She has a diploma in Psychological Counselling from the Christian Counselling Center, Vellore. Since moving to the US, she became licensed in Clinical Psychology and started practicing under the name *Self Improvement Through Awareness (SITA)*, with office locations in Naperville, IL and Chicago, IL. Her specializations include Cross Cultural Therapy, Attention Deficit Hyperactivity Disorder for adults and kids, Post Traumatic Stress Disorder. She is trained in Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Eye Movement Desensitization and Reprocessing EMDR), Depth Oriented Brief Therapy, and treatment of traumatic Brain Injury. She also founded the organization *Manodarshan*, with the goal of promoting mental health awareness in the community and eradicating stigma. For the last 3 years, she has been making monthly online presentations on mental health awareness topics to the community at large. For the last 5 years she has been conducting yearly mental health awareness walkathons. She has done over 100 community mental health presentations in US and India. She is also conducting research on various topics specific to the Indian diaspora in US. She just completed a study on the impact of COVID-19 on depression and anxiety in the Indian population in USA.

Dr. N. Moa Imsong,



I feel very privileged to write this message with a lot of happiness and satisfaction, because I am one of the students of Christian Counselling Centre Vellore, which is a prestigious institution of our country. I am extremely happy to note that, this centre is in its Golden Jubilee year. To commemorate this historic landmark CCC is bringing out a souvenir on this occasion which will contain brief history of the centre and its major achievements.

The Christian Counselling Centre, Vellore is a pioneering institute in the field of human relations, psychological counselling and psychotherapy in the world, a non-profit ecumenical educational institution; its mission is development of human resources. Its unique focus is on society, and its aspect of Counselling is seen as a tool with great potential for social change. The centre has been imparting quality education on counselling and psycho therapy to society and producing potential counsellor and psycho therapist in and around the world, who would bring the social change by utilization of their counselling skills and knowledge.

CCC is rapidly heading towards absolute professionalism at global level. The centre strives towards excellence in every sphere and keeps on creating and recreating its own benchmarks.

So far, about **500** people have been trained from Nagaland alone since the institution started and I am one of them.

I am presently working in Dimapur Ao Baptist Church heading the Department of Counselling and Evangelism since the last 18 years. I have been training Pastors, Directors, church elders and leaders in different organizations of the society. The church has opened a clinic where pre marital counselling, marriage counselling, addictions and alcohol related problems are dealt with. Over the years I have been noticing a lot of changes in the society and in the individual life's. This has been possible all because of CCC and especial thanks goes to Dr. B. J Prashantham and his late Mrs. Meena Prashantham whom I remember dearly and sister Florid D Suza, who was amongst the faculty.

I extend my heartiest congratulation to the Managing Board, Director, Faculty and staff members for their relentless efforts in bringing CCC to greater heights. With all sincerity and gratitude, I wish CCC for more reputation and God's blessing in the years to come.

Dr. N. Moa Imsong, Counsellor Educator. DABA, Dimapur, Nagaland.

Mrs. Anita Gupta



The focus of my work around mental health since 2012 has been to help people achieve their potential. In the year 2005-2006, I participated in a several months counselling course at CCC Vellore, under the guidance of Mrs. Meena Prashantham, the insights derived personally and professionally have been very helpful to me in promoting mental Health of others and also managing myself.

After completing 34 years in corporate life working in the Communications domain, I concluded my career as a business head of 2 offices of J Walter Thompson a global leader in advertising and communication.

Leveraging my strength of understanding the trials and tribulations of corporate life I certified as an Executive Coach from Coaching Foundation of India.

I have been fortunate to have worked with over 500 professionals across industries, helping in their journey to discover their purpose and staying relevant to the ever-changing needs of their business. The focus was to help reconnect with themselves and discover their strengths and connect to their passion. It has been gratifying to be a part of the transformation journey of so many individuals helping them create work life balance, deal with transitioning into new roles, interpersonal challenges

The second area was in volunteering to help students of BALM the TISS campus in Chennai. There was a need to help them in all kinds of ways as they navigated their way living away from home in several cases. They felt safe and sought help in addressing all kinds of challenges, family related pressures, peer pressure, burnout, relationships with fellow students or exploring relationships with the opposite sex. This work continues to help me learn and grow in understanding young adults.

I was fortunate to get an opportunity to be part of the core group of CFI coaches to create a Leadership program for Women. This was done after researching specific needs of women leaders. There was a study done of other programs that are offered in this space. It was the first time CFI has ventured into this area The program design is constantly updated to stay relevant post pandemic and has already touched the lives of 100 women. I continue to participate in this program by coaching leaders.

This is one of the most fulfilling phases of my life where I feel blessed to be able to help and touch lives.

MRS. SNEHALATA BHATIKAR



Professional Qualification: A post graduate diploma in Counselling Psychotherapy (14 months) in the Christian Counselling Centre, Vellore, Tamil Nadu.

Experience

Rendering Services to individuals in Marital Counselling, Effective Parenting, Student Counselling, Motivation & Rehabilitation of Alcoholics, Development of human potential and Self Worth, Counselling for depressed & emotionally imbalanced, etc

Acted as a Part-Time Counselling Consultant to Institute of Psychiatry & Human Behaviour, Govt. of Goa at Panaji during 1986-87. Acted as Visiting Faculty Member in the field of Communication Skills, Self Care and prevention of Mental ill-health, Transactional Analysis, etc. (List of institutions annexed) Conducted 3 day In-Company Executive Development Programmes on above subjects in public sector and private sector institutions. Held Counselling Sessions for parent-teacher groups, teacher groups and student groups in various

1. List of Institutions where services were rendered as Visiting Faculty (1980 to 1991):

- a) Regional Institute of Correctional Administration, Vellore (Govt. of India)
- b) Indian Airlines Staff College, Bangalore (Govt. of India)
- c) NTC Staff Training College, Coimbatore (Govt. of India)
- d) Anna Institute of Management (Govt. of Tamil Nadu, Chennai)
- e) Tamil Nadu Institute of Labour Studies (Govt. of Tamil Nadu, Chennai)
- f) RITES Training Programmes for entrepreneurs. (Chennai)
- g) Institute of Management at Trivandrum (Govt. of Kerala)

2. List of Secondary schools and colleges where counseling services were rendered on regular basis:

- a) Kendriya Vidyalaya, (I.I.T.) Chennai (1980-1981)
- b) Indian Institute of Technology (I.I.T.) Chennai (1980-1981, 1987-1991)
- c) A.S.C. Central School, Cantonment, Bangalore (1981-1985)
- d) Jyoti Niwas Girls' College, Bangalore (1981-1985)
- e) Bhatikar Model High School, Margao (2005 -2015)

3. Conducted need based Training Programs between (1986-2012):

- a) Teaching Staff of Chowgule College, Margao-Goa (1986-1987)
- b) All Goa College Teachers' Association (1986-1987)
- c) Vivekananda Kendra at Kalpakkam Power Project in Tamil Nadu (1981)

- d) Guidance in Effective Parenting for parents of wards in Bhatikar Model High School, Margao (2005 -2010).
 - e) PTA of Lourdes Convent, Saligao, Bardez Goa.
 - f) Auxilium High School, Benaulim, Salcete Goa.
 - g) Parents of Govt. Primary School, Vaddem Nagar, New-Vaddem, Vasco. (1991-1992)
 - h) Resource person in “Communication Skills” in Goa Industrial Rural Development Institute at Ela, Old Goa, Tiswadi.
 - i) Resource person in “Communication Skills” in training Institute of the Fire Services Department, Govt. of Goa.
 - j) Training on “Discipline without tears” for Principals of various schools from Goa at Don Bosco High School, Panaji organized by Directorate of Education, Goa.
 - k) Training in “Communication Skills” for teachers of Loyola School, Margao, Salcete Goa.
4. Conducted 3 day In-company Training Programmes for:
- a) Tamil Nadu Electricity Board, Chennai. (1980-1981)
 - b) Pallavan Transport Corporaton, Chennai (Govt.of Tamil Nadu)) (1980-1981)
 - c) Madras Port Trust, Chennai (Govt. of India) (1988-1989)
 - d) National Institute of Port Management, Chennai (Govt.of India) (1988-1989)
 - e) Vijaya Bank (Govt. of India) Chennai (1990)
 - f) Vikrant Tyers Ltd., Mysore (Govt. of Karnataka) (1984)
 - g) Mormugao Port Trust ,Goa (Govt. of India) (1989)
 - h) Tamil Nadu Tourism Development Corporation Ltd. Chennai (Govt. of Tamil Nadu) (1988).
 - i) Indian Bank Ltd. Chennai (1987)
5. Won an award from Konkani Bhasha Mandal for her Konkani book “Palak Ani Bhurgim” which deals with effective parenting. Also won a Literary Award (Sahitya Puraskar) for the year 1999-2000 from Kala Academy, Govt. of Goa for the same book.
6. Wrote and published in 2008 “Mothering & Smothering”, an English version of the Konkani book “Palak Ani Bhurgim”.
7. Rendering counseling services to individuals from 1997 onwards.
8. Served as Member Juvenile Justice Board, Govt. of Goa (2007-2010).
9. Ex-Member, State Advisory Council on Education, Govt. of Goa.
10. Rendered Counselling services to students of Goa Engineering College, Farmagudi in 2012.
11. Training in ‘Communication Skills’ organized by State Council for Educational Research and Training for secondary school teachers in Goa (2014).
12. Appointed on contract as Counsellor by Goa University for rendering counselling services to needy post-graduate students from August 2009 to May 2017.

Mrs Khevili K Jakhalu



In the year 2002, God guided me to Christian Counselling Center through his providential care. Under the guidance of Lt. Meena Prashantham, who was a director at the time, I completed an 8-week certificate course in psychological counselling. I was deemed unfit to take the course due to a lack of communication prior to the training. I travelled to Vellore to attend Clinical Pastoral Education at CMC&H, but the course was postponed until March. When I met Lt. Mrs. Meena at this point, I begged her to assist me in getting into the January to March session, which I was unable to attend, and she said, "Khevili God has given me the heart to love you and accept you to be here in this course and you can join."

With her help, I was able to complete the course joyfully. But, it is also worth noting that it took me eight years to finally put the knowledge I had acquired into practice.

I am now a counsellor working under Nagaland Interserve Ministry and doing freelance ministry in counselling, as well as a resource person in seminars to inter denominations in Nagaland. I've also seen how God used me to save people in an unusual way.

Normally, Nagas would only minister to their own tribe and denomination, but thanks to this counselling ministry, I was able to serve people from all denominations and tribes. God bless Christian Counselling Center, and may it serve as a beacon for many more.

Khevili K Jakhalu

Nagaland Interserve Ministry

Mrs. Nikeeta Shah
(Counselling Psychologist)
LONDON, UK
DECEMBER 12, 2021



My Experience with Dr. Prashantham

Completing 50 years of sheer excellence, CCC has stood out in our country for providing it's dedicated, quality service to humanity. I guess every reader would unanimously agree with me when I say that Dr. B.J. Prashantham has been the backbone of this institute. While Congratulating him for his selfless service for CCC, and through it, for this country, I'm honoured to write a few words my experience of him. Apart from being a great teacher and a pioneer in the field of Psychology, I'm blessed to call him my Mentor, my guide and my teacher in life. Every interaction with him continues to be a learning experience for me. A man with vast knowledge, his humility reflects in his conversation when he listens, patiently, without judgements and in his curiosity to learn about several things each day. He continues to be an inspiration to many aspiring Psychologists in India and abroad, personifying every quality a therapist should have. His simplicity, deep insights, composure as well as the ability to switch hats according to the multiple roles his work demands, is unparalleled. Practicing what he preaches, his contribution to not just the field of psychology but towards the people of this country makes him a rare gem we have. I consider myself privileged enough to get to know him not just as a teacher but beyond, to learn from him and to have his continued blessings. Wishing him all the very best in life, I thank him deeply for touching so many lives just by being himself.

ABSTRACTS

ABSTRACT

THE ROLE OF EMOTIONAL INTELLIGENCE IN THE LEADERSHIP PROCESS

Dr. Sr. Prisca Vadakepoondikulam

This paper explores how emotional intelligence of leaders affect the leadership process in very creative ways. It is particularly true of team leadership in which co-responsibility is implied and co-creating the future is a shared mission. In this co-creative leadership the individual who excels in empathy which is at the heart of counselling and also of Emotional intelligence is able to bring about leader effectiveness. The U Process is the frame work for the whole process. Emotional intelligence helps in all the stages of the U Process. This paper is an attempt to demonstrate how the U Process can be an excellent way of embracing the emergent future by sensing the reality, becoming aware of one's mental models, letting those mental models go in order to allow new and creative forms of shaping the future emerges by connecting to the source. The tools at every stage of the process are generative listening and generative speaking. This paper is based on experience of implementing the U Process in an international intercultural setting. Emotional intelligence has been the thread knitting the entire process together. This is a conceptual paper which can create many hypotheses for future research.

ABSTRACT

Effect of Cognitive Behavioural Therapy on Fatigue Among Patients Undergoing Haemodialysis

Dr. Rohini T., Dr. Punitha V. Ezhilarasu

Introduction: The prevalence of general undefined fatigue in Haemodialysis (HD) patients ranges from 30 to 80%. Fatigue in patients on HD has been associated with lower Quality of Life and lower survival rates. The most extensively utilized psychological technique, Cognitive Behavioral Therapy (CBT), has been shown to be beneficial in reducing fatigue.

Objectives: To evaluate the effect of CBT on fatigue among patients undergoing HD in selected Hospitals, Kerala.

Materials and Methods: A quantitative research approach was used with true experimental: pre-test post-test control group time series design [Table 1]. Sample size was 138 (69 each in experimental and control group). Pre-test was conducted using socio-demographic data and Piper Fatigue Scale (PFS). The experimental group received six CBT sessions, whereas the control group received standard treatment. Three post-tests were carried out (2, 6 and 10 weeks after the intervention) using the same tool used for pre-test.

Results: There was a significant effect of CBT on overall fatigue and the subscale scores of patients undergoing Haemodialysis.

Conclusion: CBT has been demonstrated to be effective in reducing dialysis patients' fatigue. Nurses with compassion, and knowledge on CBT can create a marked difference in the fatigue level of patients' who undergo HD.

Keywords: Fatigue, Haemodialysis, Cognitive Behavioral Therapy

Table 1: Summary of Repeated Measure between subject ANOVA of fatigue score of patients undergoing Haemodialysis in experimental and control group

Fatigue components	Between periods (time) F	Between groups (group) F	Period group interaction F
Total fatigue score [@]	261.255***	292.402***	406.557***
Behavioural component [@]	156.991***	293.595***	288.183***
Affective component [@]	186.453***	261.618***	289.565***
Sensory component [@]	210.743***	247.033***	330.515***
Cognitive component [@]	305.553***	215.033***	359.331***

[@] - Pre scores were significantly different from post1, post2 and post3. *** Significant at 0.001

ABSTRACT

Counselling in a Healthcare Institutional Setting

Rev. Dr. Arul Dhas T

Importance of Counselling is much recognized in different settings. However, in many professional training situations it is not given sufficient attention. It is assumed and expected that a professional will pick up the aptitude and skills automatically or naturally. We know that this doesn't happen automatically and naturally. As a person coming from theological and pastoral background, I realised that this grave mistake is done in the context of pastoral training also. I remember vividly how ill-equipped I was even after four and a half years of training in a theological college to work as a chaplain in a healthcare setting.

The introduction into the Psychological Counselling with theories and practices through Christian Counselling Centre (CCC) definitively provided great help to me to meet the pastoral demands of the very advanced hospital – Christian Medical College (CMC), Vellore. I could see that this training significantly changed the way of my functioning as a professional hospital chaplain. Though it was an eight-week course the transformative effect of the course was unimaginable. I am grateful to CCC for this counselling training which I have been using for the past thirty years. It was not only the skills I learned and became comfortable with but also the internal changes which this training made within me as a person in my thinking and feeling which also mattered a lot.

I was fortunate to work in a setting where counselling skills are valued and made use of so much. Whenever I was making a pastoral visit to a patient/relative, talking to a hospital staff who was going through some conflicts, or listening to the anxieties of a healthcare student, I was able to use the counselling skills effectively for the wellbeing of people. In this presentation, I would like to share some of my thoughts on the importance of counselling in healthcare setting in the following areas:

Counselling in the context of physically ill

Counselling during different developmental stages

Counselling in the context of mentally ill

Counselling in the context of crisis – trauma, death, dying

Counselling in the context of interpersonal conflicts

Counselling for Spiritual wellbeing and growth

Through different examples encountered during my journey in CMC, this presentation will highlight the critical need of counsellors in a healthcare setting.

ABSTRACT

A,E,I,O,U of Psychological Counseling

Mrs. Somya Mahapatra

There is a saying “ what a teacher writes on the blackboard of life can never be erased”; in the same line of thought what CCC [Christian Counseling Centre] taught through experiential learning and training process speaks volumes about what and how we present our ideas and express our concerns.

The article “A,E,I,O,U of Psychological Counseling” speaks about the basic principles of psychological counseling along with case studies from the field that corroborates with the counseling experiences of the professionals.

For the ease to understand and remember the ground realities, that has been gained through working with clients for a decade, a sanctum for counseling has been designed in the form of the VOWELS STRUCTURE: A,E,I,O,U. Just as the sound and volume of spoken language comes from the vowels [consonants break up the sound that the vowels generate] similarly the a,e,i,o,u of psychological counseling paves the way for further skills sharpening in practice.

To Approach instead of Encroach emphasizes on the theory of social behaviorism and its usage in counseling practice. To Empathise instead of Sympathise creates a space to work towards the objectives set in the counseling process instead of feeling for the client. ‘Being with’ is more important than ‘doing’. Innovating instead of Repeating expands the idea of ‘each person is unique’ to realizing the importance of finding uniqueness in innovating strategies instead of repeating styles and strategies. Having Openness instead of having Assumptions creates an arena of acceptance and clarity along with most importantly stressing on ‘respect towards the client’. Lastly the Understanding instead of Analyzing aspect shows a holistic approach towards the therapeutic process.

The therapist here is not the one who directs the course of the therapy rather he assumes a passive role serving as a sort of “sounding board” that helped the client express a deeper and wider range of feelings. This is exactly what the vowels do for the vocabulary and communication, they are the sounding boards. Without them nothing, no word, no sentence would be complete. They are the lifeline of English language just as a non-directive therapy serves the purpose of the purposeful counseling process that leads the client towards realizing his inherent capacities and potentialities and thereby reaching self-actualization.

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

William Arthur Ward

The cognizance of the present article has been in alignment and inspiration from what has been learnt at Christian Counseling Centre, Vellore and is being practiced by the professionals worldwide in dealing with clients facing multifarious issues in mental and emotional health concerns. With the wish, desire and goal to keep learning may the Institute for Human Relations, Counseling and Psychotherapy keep inspiring and training many of us to turn into lots of us.

ABSTRACT

POSITIVE MENTAL HEALTH & WELLBEING WORK

Dr Sangeeta Goswami

Any kind of stress has an impact on our overall health especially mental health, more so in young people as at times they are not able to rationalise or understand what they are going through. Every day we go through a myriad of emotions, from feeling happy to sad, irritated, angry. But when these emotions disturb our everyday life to that extent that we are not able to function effectively, it's time to take charge and do something about it.

Positive mental well being is a state of health in which the individual feels in control of one's emotions and feelings, is able to make rational decisions, is able to form positive relationships and knows how to look after own self. Being positive does not mean thinking positive. It actually means one is able to balance between both positive and negative thoughts. Happiness is the not ultimate goal to be positive. We have to create happiness not find happiness

Keeping this in mind , MIND India (Positive Wellbeing Foundation) was established on January 20, 2006 in Guwahati, Assam by a group of committed people from the social development sector to work on positive mental health and wellbeing with special focus on the North East region of India, comprising of the 8 States of Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Tripura and Sikkim. MIND India works with the vision of "Positive Mental Health & Well Being For All" and our mission is to enable people to "Choose Change". To do so the strategy adopted is to prevent, prepare and pursue wellbeing by enabling the exploration of new opportunities, avenues and activities within communities through the three thematic areas of counselling & wellbeing, education & capacity building and research & development

Presented by Dr Sangeeta Goswami, Counselling Psychologist, MIND India and Alumni of CCC

ABSTRACT

Factors Contributing to Healing and Change

Mr. Dinakaran

Healing and change occurs when the counsellor help the individual to identify and understand his problem and help them to overcome the problem with using his ability and potentials. The client healing and changing process is not only determined by the counsellor subject knowledge instead there are some common factors of the counsellor that has influence on it. One of the important factor is therapeutic relationship skills. Lots of research suggest that therapeutic relationship is important for successful counselling. In my 8 years of clinical experience what I found is therapeutic relationship is very essential for a successful counselling. This paper will talk in detail about therapeutic relationship skills and common factors.

Key wards: therapeutic relationship skills, common factors and counselling.

ABSTRACT
COUNSELLING IN NATURAL DISASTER –

Dr. Seema Klirdap Terangpi

The PowerPoint presentation on ‘Counselling in Natural Disaster’ briefly explains the vital aspects of Crisis Counselling: goals and objectives, Types of intervention according to Post-Disaster phases and the role of mental health professionals in providing aid to restore the mental health of victims and survivors. Through this presentation, you will understand the various tangible and intangible losses the unfortunate victims face and how crisis counselling is an indispensable instrument to help them cope and recover from such losses.

To elaborate on the objectives of the said outreach, emphasis is laid on reorganizing and restoring the foundation of the everyday life of the victims. This includes providing them with information, resources, support and sustainable livelihood opportunities to enable them to stabilize from the financial setback incurred as well as emotional instability along with displacement of shelter. The role of mental health professionals is not to fabricate the posed problem but to present facts and realistic measures and strategies to help the survivors handle their problems at hand.

Intervention and outreach is carried out in 3 phases according to the Post-Disaster phases-

Phase I : The first step is help ease the victims from their mental stress, trauma and emotional distress.

Phase 2 &3 : The next step is to relocate the survivors from emergency shelters to temporary housing facility which is followed by carrying out therapeutic activities to help them identify ambivalent feelings and increase the capacity to cope with the dislocation of their lives.

Children and adults are likely to be subject to Psychiatric disorders, Anxiety disorder, Substance abuse, PTSD, Phobia, Insomnia, Dissociation and other abnormal behaviors. It is important not to overlook and outweigh mental health problems over tangible losses.

To conclude, equal importance must be given to both tangible losses and mental health post-disaster.

ABSTRACT

CAREER COUNSELLING: A POTENTIAL CAREER OPTIONS

Dr. Pradeep Kumar Khattri

Career Counselling designed to help with choosing, changing or leaving a Career and is available at any stage in life. One's Career is often one of the most important aspects of adulthood, and embarking on a new Career, whether for the first time, the second time, or any time thereafter, can be a stressful event, especially when economic difficulties such as recession are factor. A Career Counsellor may help by outlining and discussing one's Potential career options. A Career Counsellor could be a therapist, life coach, or a volunteer from the business world but will generally be trained to provide career information. Resources, discuss Career development, and administer and interpret aptitude and ability assessments, students might see guidance Counselor in high school before applying to college and then again in College before choosing or changing major best Career. Counseling may, help anyone who wishes to change Career, leave work altogether, or to explore way more satisfied with Current Career.

ABSTRACT

Counselling in Leadership Development – A Practitioner’s perspective

Mr. Alok Sinha

Leadership development has always been an area of interest for organizational psychologists, sociologists, and Human Resources professionals. It has fetched interest towards the key question of what makes some individuals, natural leaders. What are those things which drive followers towards challenging paths?

In organizations, it becomes far more important to bring out those traits in leaders which can make the rest of the organization follow them, towards a brighter vision and the strategy laid towards it. It's not a small game. Some interesting research has been done in this area; like ‘Leadership and Counseling Psychology’ – by Ruth Fassinger & Sandra Shullman or ‘Counseling as Leadership’ by Sara Pena. The interesting part of many of these researches has been, the parallels drawn on leadership development and the helping professional skills like counseling.

It will be interesting to see it through a practitioner’s perspective on how counseling skills helps leadership development in organizations. The current focus on transformational leadership in today’s corporations strives towards bringing out leadership competencies; which are interestingly also the basic skills used in counseling. This presentation is going to talk about these parallels along with some of the examples of how the counseling skills have been used in building the leaders for tomorrow.

ABSTRACT

Self Improvement Through Awareness pc (SITA)

Dr. Viji Susarla

This presentation examines observations made while providing therapy to immigrant Indian parents and their American born children. The world view differences between the immigrant parent who brings a particular value system to the US and their American children who identify with the dominant culture, are distinct and unmistakable. Providing therapy in a way that is useful to both immigrant parents and their American children is quite challenging. Most literature in this area describes the problem in detail, not necessarily the 'how to'. As a therapist, I believe that the basic therapeutic skills – unconditional positive regard, active listening, cultural empathy, genuineness, and confrontation needs to be reexamined through the cross-cultural lens and retraining provided. This will help in further delineating the 'how to' of cross-cultural therapy.

ABSTRACT

Extending Stakeholder Theory: A cross-disciplinary pathway in decision-making

Dr. Rejani Rajan

While the concept of stakeholder has been around for a very long time and the term used in myriad of ways, it is Freeman (1984) who is credited with developing stakeholder theory as a new theory of the firm and providing a platform for its advancement. Freeman (1984) identified stakeholders as “*any group or individual who can affect or is affected by the achievement of the firm’s objectives*” (Freeman, 1984, p.25) and suggested relationship as networks. Consequently, a stakeholder could be an individual, any informal group, an organisation (Mainardes *et al.*, 2011), formal groups within an organisation or even external factors (Mitchell, Agle & Wood, 1997).

In developing their theory of stakeholder identification, Mitchell *et al.* (1997) had identified three common and dynamic attributes/traits of stakeholders—power, legitimacy, and urgency. According to them, the decision makers prioritize stakeholder claims (or salience as they called) by identifying the degree of presence or absence of each of these stakeholder traits (Mitchell *et al.*, 1997; and Mitchell *et al.* (1994). Stakeholder attributes may change over time; and this perhaps could be dependent on the environment as proposed by Mainardes *et al.* (2011) although there was no explicit reference to context. Frooman (2010) attempted to “reshape” stakeholder model by identifying stakeholder from an “issue” point of view rather than a “firm” point of view.

Frooman’s (2010) assertion that all individuals and organizations involved directly and indirectly in an issue are the stakeholders and they exist in multiple networks simultaneously was relevant to the context of my research. The Department of Communities and Justice (or the firm) was one of the many stakeholders of an “issue”; the issue being birth family contact visits for children in statutory care. It was noted that changes in context would influence the organization’s objectives as well as the stakeholder networks. The researcher claimed that the stakeholders of firm (eg. Community Services) are not necessarily different from the stakeholders of an issue within the firm.

However, their identification based on common typology of power, legitimacy and urgency and salience would differ significantly based on the issue and changing context. To understand this better, the researcher proposed a model which has a post-modern worldview and integrates open systems theory (Katz & Kahn, 1978) with a supervision model from the 1970s called the Clinical Rhombus/Relationship model (Ekstein & Wallerstein, 1972). The researcher had adapted the four corners of the Clinical Rhombus (Ekstein & Wallerstein, 1972) with the organisation’s decision makers, individuals/groups, issue, and context and named it as the “Dynamics of Stakeholders Model” (DSM) (Rajan & Sloan, 2014). This model helps to understand the dynamic model of stakeholder identification holistically.

The critical feature of the DSM is that it allows to freeze or pause the model for short duration so that the relationship changes are noted for mapping stakeholders. The typology of power, legitimacy, and urgency is responsive to an issue within the organisation. The context adds to the dynamics of the issue which in turn leads to variance in attributes and network formation

not only for the individuals/groups but also the decisions that firm/managers may take within their objectives. This model is responsive to the environment and the framework of open systems theory guides in mapping the variability. The DSM can be halted when there is a change in 'context' or 'issue' and the subsequent interaction between the components eventuates in order to maintain the balance within the system.

DSM is my original contribution in furthering the stakeholder theory. This can be applied with any stakeholder relationships or networks to understand and/or anticipate decision-making, and response intervention.

ABSTRACT

The role of Counselling in the Management of Patients with Infertility

Dr. B. Pushpa Raga Veni

The practice of infertility counseling has become more sophisticated and widespread over the past decade. Couples with infertility challenges have been facing a lot of emotional issues as their goal of having a child and extending their families has become very difficult. As a result, couples start facing marital discord, low self-esteem, suicidal tendencies, social pressures, financial pressures, and sexual problems.

When I first started working as an Infertility Counselor, there were quite many challenges I faced. Many fertility experts didn't see the need for a psychologist in an infertility clinic.

I can proudly say that I was trained in CCC under the guidance of Dr. B J Prasantham and Meena Prasantam in 2007. With the skills and the experience acquired, I was able to help a lot of couples facing infertility challenges. I have not only become an expert in the infertility counseling field but also started training a lot of students with internship on Infertility Counseling. And now with an experience of 12 years, I am not only working as a consultant psychologist but also have been promoted as COO of Esha infertility Centre Hyderabad. All this credit goes to Dr. BJ Prashantam, Meena Prasantham and CCC Institute. I'm really grateful for everything that I have learned under your guidance sir.

Infertility counseling helps couples to understand how they feel about infertility and treatment procedures. Counseling helps them to make a better decision about the treatment from third-party reproduction to the sexual problems.

This article highlights some of the case studies handled by me in the practice of infertility counselling

ABSTRACT

Counselling with Intellectually Challenged Children and their Parents.

Miss Rashmi V. Aakode

Emeritus professor of child health psychology Davis Hilton in his paper counselling with intellectually challenged children and their parents, Discusses very important factors from their study which are the need for counselling in parents of children who have intellectual disabilities; including Social aspects of the families who have intellectually disabled children (Davis, 2005). The family as a whole should be considered, and counselling should be provided to the parents to reduce their stress level and help them to build the skills and behavioral methods for them, and know the importance of parents in the context of intellectual disabilities. In India and all over the world intellectual disabilities have shown different manifestations like ADHD, autism and learning disabilities. Intellectual disability formerly called as mentally retarded the IQ level below 70 and corresponding ability to manage cognitively significant information data. Autism is known for specifically lack in social and communication.

All intellectual disabilities have different consequences for the children growth and development. In the society this kind of differences leads to discrimination, disability, and disadvantage. Whereas scientifically, lot of them can be educated differently treated with dignity, relevant to their uniqueness. In this connection the role of parents, teacher, community, society government policies all play important roles. Aim of counselling in this context is to communicate unconditional acceptance, positive validation, realistic assessment of needs and possibilities for holistic development, supportive involvement of family , society and promoting of social change all the way from awareness building to appropriate policies that will bring out the best from this differently individual. To professionally promote that possibility the government of India through ministry of social justice and empowerment and department of Rehabilitation council of India, regulates and monitor and promotes training of appropriate professionals at recognized institutions like formerly NIMH now it is known as NIEPID. In this context counselling skills are very important along with appropriate method in rapport building providing counselling oriented interpersonal skills to teachers, to occupational therapists, to counselors, to psychologists and all who run residential and non-residential facilities by proper use of skills of acceptance , listening, empathizing , gently instilling positive and evidence informed attitudes in children, parents, and society through psychoeducation, modeling and allied interventions appropriate to each child. Their suffering can be reduced, their self esteem increased their potential realize promotion of self reliance, institutional help where needed avoidance of exploitation suitable rehabilitation in living, working, social adjustment and celebration of diversity. In this paper some research findings and case illustrations will highlight the immense importance of counselling skills along with other science based and culturally relevant, practically feasible individual and community oriented rehabilitation approaches.

ABSTRACT

Exploring factors that influence the decision of a battered woman to leave or stay in an abusive relationship

Mrs. Nikeeta Shah

Intimate Partner Violence is a major Public Health Issue. Approximately 26-28% women above the age of 15 are abused in some or the other forms by their partner in their lifetime. According to the WHO, Intimate partner violence is defined as "behaviour within an intimate relationship that harms physically, sexually, or psychologically, including physical aggression, sexual coercion, psychological abuse, and controlling behaviours." Not only limited to heterosexual marital relation, IPV is a serious problem existing in all types of relationships irrespective of race, culture or the socio-economic status of the country. Although women are not the only victims of domestic violence, the current research aims to understand the factors that influence the decision of a battered woman to leave or stay in an abusive relationship. Nested in complexities of the system, IPV needs to be addressed not just individually but through multiple levels of interventions. The intersectionality of socio-cultural factors along with individual factors have been discussed to understand the push-pull factors a woman faces before coming to a decision in an abusive relationship.

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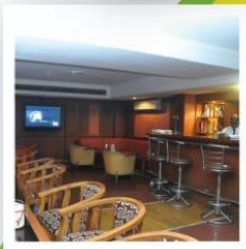
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