

The CCF Review



Welcome to the inaugural edition of the Chennai Counselors Foundation (CCF) Newsletter

Created to inform, connect, and inspire our community, this publication showcases the Foundation's work across its various wings. Each issue highlights key initiatives, training programmes, outreach efforts, collaborations, achievements, and upcoming events led by CCF coordinators and members.

The newsletter reflects the collective commitment, growth, and impact of our teams while fostering greater collaboration and engagement across the Foundation. A dedicated Reflection section presents evidence-informed perspectives on counselling, mental health, and well-being, offering meaningful insights for both members and visitors to the CCF website.

Through success stories, event highlights, practical resources, and professional insights, the CCF Newsletter serves as a platform for learning, sharing, and celebrating the work that strengthens our counselling community.

WINGS OF CCF

Celebrating Progress Across Our Wings

CASE STUDY CIRCLE WING
RESEARCH WING
TRAINING WING
CORPORATE WELLNESS CHAMPIONS WING
CAREER GUIDANCE WING
YOUTH WING
MEMBERSHIP WING
EDITORIAL WING
SOCIAL MEDIA WING

Key Achievements of the CSC

THE COORDINATOR OF THE CASE STUDY CIRCLE IS
MS. MALEEKA RIYAZ, & FACILITATOR IS
DR. CHITRA ARAVIND



The Case Study Circle wing of CCF organises monthly case discussions. CSC's field visit to Psymed Hospital, Chennai, on 13th Dec 2025, provided members with an opportunity to bridge theory and practice through firsthand clinical exposure. Led by Coordinator Ms. Maleeka Riyaz, the experience was widely appreciated for its practical relevance and the valuable insights gained into mental health care.

Highlights & Impact of the Research Wing

THE COORDINATOR OF THE RESEARCH WING IS
MS. JANANI



A paper published in IAPS Journal in January 2026

Highlights of the Training Wing

THE COORDINATOR OF THE TRAINING WING IS
MS. REVATHY DHUSHYANTHAN



Wellness Ambassador Programme at SSN College of Engineering and MOP Vaishnav College for Women

The Training Wing conducted the Programme for students at both institutions, aimed at fostering leadership, strengthening communication skills, promoting empathy and mental health advocacy, and equipping students to recognise signs of stress and burnout among their peers.



The sessions were facilitated by Dr. Saras Bhaskar, Co-founder of CCF, with support from Ms. Monica Vaishnavi, Ms. Maleeka Riyaz, and Ms. D. Revathy. The programme was well received across both colleges, with students and faculty appreciating its practical relevance and interactive approach to promoting mental well-being.

Highlights of the Training Wing



As part of its commitment to strengthening family support for students, Prevention of Crime and Victim Care (PCVC), an NGO, partnered with the Chennai Counselors Foundation (CCF) to deliver a series of parent engagement sessions titled **"Supporting Our Children Through Board Exams – Creating Safe and Peaceful Homes."**

The sessions were conducted @ GHSS - Nellikuppam, GBHSS - Thiruporur, GHSS - Sembakkam by Ms Revathy Dhushyanthan, BHSS - Chengalpattu, GHS - Vallipuram, GBHS Thirukazhukundram by Ms Gita Rajamani, GHS Vayalur by Ms Shubashree G, GHS - Karunilam by Ms VS SuriyaSre on various dates across October and November 2025.

Outreach of the Corporate Wellness Champions Wing

THE COORDINATOR OF THE CWCW WING IS
MS. USHA RAO



April-June 2026

The Corporate Wellness Champions Wing welcomed Ms. Janani D. and Ms. Janani S. (April 21), whose expertise strengthened CCF's outreach, visibility, and strategic partnerships. In May, the Wing partnered with the Madras Management Association to deliver the pro bono programme "**Find Your True North**" for Tanishq, later extended to CCF members to build professional networks and raise awareness of workplace well-being initiatives. In June, co-founder Dr. Saras Bhaskar represented CCF at "Leading with Awareness" - a dialogue series inspired by J. Krishnamurti's insights, held on June 11 at Vasantha Vihar, Chennai, exploring the theme of Work & Life: A Holistic Perspective.



Key Accomplishments of the Career Guidance Wing

THE COORDINATOR OF THE CNG WING IS
MS. SHEELA GRACE



The CNG Wing conducted a **Career Awareness & Pathway Session** for 80 Class IX students of AMM Matriculation Higher Secondary School on 14th October 2025.

Delivered in two interactive batches by Ms. Priyamvadha, a certified career counsellor from CCF, the session introduced students to diverse career pathways and encouraged informed decision-making as they begin planning their academic and professional journeys.

The CNG Wing conducted a **Virtual Career Awareness & Pathway Session** for 60 Class X students from Government Child Care Institutions across Tamil Nadu on 27-28 February 2026.

Facilitated by Ms. Maleeka Parveen and Ms. Sumithra, Certified Career Counsellors from CCF, the interactive programme introduced students to diverse educational and career pathways, empowering them to make informed decisions about their future. The session was well received, with participants appreciating the practical guidance and engaging discussions.

Key Accomplishments of the CNG Wing



The CNG Wing partnered with the **NalandaWay Foundation** to deliver a **Career Awareness & Pathway Session** during its Career Guidance & Future Readiness Camp at the Integrated Training Centre for Social Empowerment, Attur, Chengalpattu.

Facilitated by Ms. Vidhya, Certified Career Counsellor, CCF, the session engaged 145 Grade XII students from Child Care Institutions across Tamil Nadu, providing valuable insights into higher education opportunities, career planning, and future readiness.

Engagements of the Youth Wing

THE COORDINATOR OF THE YOUTH WING IS
MS. LAKSHMI SUBBURAJ



The Youth Wing organised an **Introduction to Play Therapy session for postgraduate students of SSS Shasun Jain College for Women.**

Facilitated by Ms. Mina Dilip and Mr. Vikram P. K., members of CCF's Executive Committee, the interactive session introduced participants to the principles, applications, and therapeutic value of play therapy in supporting children's emotional and psychological well-being.

Membership Wing At a Glance

THE COORDINATOR OF THE MEMBERSHIP WING IS
MS. SUDHA DAMODARAN



The Membership Wing continued to enhance CCF's member engagement by updating the Registered Professional Counsellor (RPC) directory on the Foundation's website, facilitating membership renewals, and onboarding new members. In addition, Ms. Sudha Damodaran, with support from committee member Ms. Bhuvaneswari, led the successful execution of the RPC web site update project, reinforcing the Foundation's commitment to maintaining an accurate and accessible professional network.

Editorial Wing - Key Highlights

THE COORDINATOR OF THE EDITORIAL WING IS
MS. SNEHA HINDOCHA



Led by Ms. Sneha Hindocha, the Editorial Wing has taken CCF's voice to new heights this year - crafting publications that don't just inform, but truly engage and inspire. The team delivered **two vibrant editions of XpressionZ!**

Also marked a proud milestone with the launch of the **inaugural CCF Newsletter** - powerful new platform to spotlight knowledge, celebrate wins, and bring the Foundation's community closer together.

Social Media Wing - Contributions

THE COORDINATOR OF THE SOCIAL MEDIA WING IS
MS. DEBBY SYLVIA



Debby Merlin Sylvia is a co-opted committee member who has been managing the social media pages of CCF across various platforms over the last year. Her diligent, consistent efforts have increased CCF's online engagement significantly.

Notable Achievements of the EC

HUGE MILESTONE MOMENT!!



Strengthening Strategic Partnerships

CCF proudly renewed its **Memorandum of Understanding (MoU)** with the **TN APEX Skill Development Center**, reaffirming a shared commitment to advancing professional excellence. This renewed partnership will create opportunities for collaborative training programmes and support the future accreditation and certification of CCF's flagship skill-based workshops, strengthening the Foundation's contribution to professional development.

Notable Achievements of the EC

HUGE MILESTONE MOMENT!!



Strengthening Strategic Partnerships

CCF proudly renewed its **Memorandum of Understanding (MoU)** with the **PCVC team**, and congratulated them for completion of 25 years of work in the field.



Notable Achievements of the EC



Workshop on Sleep Disorders

As part of our ongoing efforts to offer enriching experiences in learning and development for our members, Chennai Counselors Foundation conducted an interactive workshop on Sleep and its Psychological Impact on 27th September, 2025. The workshop was facilitated by Dr. Ramakrishnan and Dr. Nileena - two eminent experts in the field of sleep medicine. The workshop was well-received and deeply appreciated by all those who attended.

Notable Achievements of the EC



On 7 February 2026, CCF conducted a workshop on **"An Introduction to Somatic Therapy"**, facilitated by Ms. Sangeetha Dilipkumar. Blending theoretical foundations with experiential learning, the workshop provided participants with practical insights into somatic therapy and the opportunity to experience its application in promoting emotional awareness and psychological well-being.

Notable Achievements of the EC



As part of CCF's ongoing partnership with Prevention of Crime and Victim Care (PCVC), the Foundation conducted an Introductory Training Programme in Play Therapy for PCVC staff during April and May 2026. The programme introduced participants to the principles and practical applications of play therapy, strengthening their capacity to support children's emotional and psychosocial well-being.

Notable Achievements of the EC



An interactive workshop on Animal-Assisted Therapy, facilitated by Ms. Anjana Thampi. Combining theory with experiential learning, the programme included a live demonstration with Lani, a therapy dog-in-training, clinical case illustrations, and discussions on ethical practice. Participants appreciated the practical nature of the workshop and expressed strong interest in a follow-up programme.

Notable Achievements of the EC



Ending the Year with Reflection and Renewal

The academic year concluded with a wellness-focused yoga session for the Vazhi Kaati Project Counsellors, providing a space to unwind, reflect, and reconnect after a year of dedicated service. The session reinforced the importance of self-care and resilience in the helping professions.

CCF gratefully acknowledges Dr. Divya Prabha, Advisory Committee Member and Team Supervisor, for organising this thoughtful initiative in support of the team's well-being.

REFLECTION SEGMENT



Adolescent Anxiety: A Growing Mental Health Concern

Adolescent anxiety is an increasing public health concern in India, particularly in urban centres such as Chennai. Academic demands, competitive examinations, career uncertainty, peer comparison, and extensive social media use are key contributors to rising stress levels among young people.

High expectations surrounding academic achievement and future success can lead to persistent stress, emotional exhaustion, and anxiety. Recent evidence also indicates increasing levels of loneliness and emotional distress among adolescents, with girls reporting higher rates of anxiety than boys.

Mental health professionals highlight that stigma and limited access to emotional support often discourage adolescents from seeking help. At the same time, excessive smartphone and social media use has intensified challenges through constant social comparison, fear of missing out (FOMO), cyberbullying, and disrupted sleep. Studies conducted in Chennai have also linked prolonged social media use with reduced concentration, lower self-esteem, and poorer emotional well-being.

Promoting mental health awareness, reducing stigma, and strengthening support systems in families, schools, and communities are essential to improving adolescent well-being and fostering resilience.

Together, We Move Forward



Every conversation matters. Every counsellor matters. Every life matters

The inaugural edition of **The CCF Review** celebrates far more than events and milestones – it celebrates a growing community of professionals committed to making mental health support more accessible, ethical, and impactful.

Across the past year, our members have



empowered students to make informed career choices



trained educators, parents, and organisations



strengthened research and professional learning



expanded corporate wellness initiatives



fostered youth engagement



built meaningful partnerships



and continued to champion the counselling profession



These accomplishments are not individual successes – they represent the collective strength of a community working with compassion, integrity, and purpose.



As we look ahead, CCF remains committed to creating opportunities for learning, collaboration, advocacy, and innovation in mental health and counselling.



Whether you are a member, collaborator, educator, student, or supporter, thank you for being part of this journey.

Here's to another year of learning, healing, and growing – together. ♡



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BE PART OF OUR COMMUNITY

Learn. Collaborate. Contribute.
Make a difference.