

The picture below has in them course number 185. From right to left in the front row Professor Nilanga HOD Psychology SLIIT, Sri Lanka University and to my right is Clinical Psychologist Lakmal from the SLIIT in Sri Lanka. Father Thomas of Capuchin congregation, Anushka who is a experienced teacher from Hyderabad, Manoj CEO of a Alcoholism Rehabilitation Centre from Bangalore, Bauman from Nagaland working with youth in Prevention of addiction and Organizing interventions, John a School Counsellor from New Delhi.



This is CMC Students of clinical pastoral education were sent for Visit and to understand the nature of our courses, our association with CMC. They were especially intrigued by the idea of Counselling as a nonviolent tool for social change developed by Dr.Prashantham...



Guest Faculty Dr. Sunil Chandi on care of the care givers, Speaking to Naga leaders encouraging them on the importance of appropriate self-care of caregivers which session was highly appreciated and found very relevant.

CMC Institutional Review Board (IRB) : Nearly 80 proposals per month of PG Doctoral, Post Doctoral and Faculty research proceed through this committee which is very enriching and found helpful. Dr.B.J.Prashantham is honoured to be External Chairman of (IRB blue) and Deputy Chairman (IRB Silver). IRB ensures scientific rigour and high ethical standards.



Our Institute (PIC) is registered as a Trust in its current location we thank God with this milestone as a new year gift. You are invited to use its services and to support in every way to make it possible to be sustainable.



Dr. Sunil Datta, Guest Faculty, Psychiatrist from Australia



Pravabham



MBGC Panna

Mr.Philokaran, Clinical Psychologist Guest Faculty



Jawadi Hills CMC communal health



2026 Promises to be Interesting with Booking for Counselling Services, Training Programmes for Universities, Professional for Continuing Development, Consultation, Documentation, Publication and Alumni Meeting from 12th to 14th February 2026 in the New Campus.

Dr Prashantham speaks at St John's Retreat Vellore



Happy Christmas and Blessed New Year from PRASHANTHAMs who were blessed and support our Institute at Meena Nilayam.

Psychotherapeutic services 2025. As in earlier years, Therapy happened in person, online as part of training and on site. Used modalities of individual, group and family therapy. The approach was eclectic, experiential and holistic. Areas of presented needs addressed were: health Counselling, Career Counselling, Ventilation, clear perceptions, values clarification, potential development, Academic adjustments, special needs assessment, Psycho-oncology, Referral to Doctors, Psychiatrists and others as needed. In addition also we focussed on nonviolent social change. The demand is increasing. Supervision of Psychotherapists in a 10 month programme is progressing well with 10 of them meeting on zoom once a month as a group and individually also once a month. Feedback is that participants are finding it very useful and insightful. They are from backgrounds of Clinical Psychology, School Counselling, Rehabilitation Psychology, University Counselling, leadership, Private Practice from Nashik, Chennai, Hyderabad and Vellore.

## Prashantham News Letter June 2025 of



### Dr Prashantham Institute for Counselling Psychology (PIC)

CHRISTIAN COUNSELLING CENTRE (CCC)  
(Accredited with Martin Luther Christian University)

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

Wishing a Peace Filled Christmas. 2025

&  
Meaningfully Satisfying New Year. 2026  
with Blessings, Strength and Resilience

GLIMPSES : RESIDENTIAL, ONLINE & ONSITE PROGRAMME EVENTS

As always as in the past 55 years CCC now PIC Rededicates itself for the well-being and quality of life of Our Motherland and all those who live in there. Happy Independence Day 2025



Contact Information For Alumni meeting Feb 12-14, 2026, Courses, Counselling Services and Publications as well as Short Stay Enquiries.

www.cccindia.org  
cccindia2000@gmail.com  
Director's Personal Number : 9486173101

The Christian Medical College of Nursing have come to visit the centre and to understand its activities and the role of counselling in Nursing and healing They're enormously appreciative 55 of them along with their faculty whose observations at the end are as follows



Visit to CCC on 9th Dec 2025 by PBBSc II year Nursing students from 1.30pm to 4.30pm. On behalf of Dean College of Nursing, Nursing education subject teachers, and the students, I would like to thank Prof. Dr. Prashantham Sir, renowned Counselling Psychologist, mentor, a great teacher and guide for accepting our request to accommodate our students this noon with a short notice in spite of your busy schedule. We are very fortunate to listen and learn from you regarding this organization's history, humble, simple beginning in 1971 and it's steady growth under your able leadership and perseverance as a Director of this center from its inception till today. We are surprised to know the objectives, functions, trainings and services offered by this centre in an amicable and organized manner to benefit the individuals, community and the society by and large. Your sessions gave us insight on what is counseling, role of a counselor, techniques, methods and the challenges. Three hours went without boredom because your two way class was filled with humor, activities, stories and interesting examples. We never felt like seeing our wrist watch. The activity on Seligman's 24 characters of human strength, involving a volunteer to demonstrate the counselling process and the question and answer were quite interesting. We came to know the book authored by you and I am sure it's going to add to our knowledge and skills related to Counseling Psychology. We admired your energy, enthusiasm, humility, patience, and expertise in the field throughout the session. We enjoyed your Casio play for the famous song "Chinna, chinna Aasai" and your green & clean campus. We wish and pray that God bless and keep you as a blessing for many more to come. We would like to thank Mr. Satish, office staff for his timely support. Thank you once again. Kind Regards, Prof. Menaka Raghuraman.

MSC Nursing students were brought by Professor Asha Solomon and wanted to know about the objectives, activities and outcomes of the program and they appreciated the way curriculum is devised for such a practical course and had interesting discussion and also commented as follows : very insightful and happy visit.



#### CMC CONSULTATION 2025



Two of our recent post graduates Yanger and Lipok from Nagaland with several years of experience working with high school and college students depicted their learning, unlearning and growth in the collages on the right side. To them the Course was New, Transformational, Building Skills for Competent and Confident Counsellors.

Excerpts are also noted below they have given know what they said.

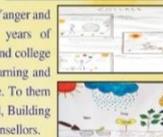


Naga Abam leaders rendering soulful singing During their training course with local leaders of St. John's Church, Vellore. This was much appreciated.

#### INVOLVEMENT WITH PhD LEVEL EXAMINATIONS AND SUPERVISION

As the year comes to a close, we are very grateful, thankful and appreciative of the continuing opportunities we are finding and evolving, developing combination of regular and innovative courses as per need. So, this year particularly, there has been a spurt in PhD level thesis examinations, which have been very interesting, stimulating for me. This not only came from Universities in India, but also from outside India. I am currently guiding and co-guiding, counselling and counselling psychology related thesis for PhDs on very interesting, currently relevant topics related to application of POSITIVE PSYCHOLOGY. I will not provide more information at this stage due to the confidential nature of these assignments, but as one of the scholars doing the research has expressed, that it is giving them an opportunity to learn, unlearn, re-learn, enrich and sharpen their minds on their research skills, all with the aim of serving humanity to resolve their challenges, develop their potentials, strengthen ecosystems in which constructive behaviours can develop and move from an emphasis of alleviation of pain, suffering that has characterized post World War I and World War II scenarios, to more recognition of potentials, enrichment of strengths, not only thriving, but flourishing. Thanks to people like Dr. Seligman, who are leading innovative applications and of course always a proper understanding is challenged one where there is a reality of impermanence, imperfection, challenges of growth and maturity, inclusiveness. Among the major global trends that policy makers at the highest levels are grappling with, requires enormous further push for global climate change, global pandemic realities and global cyber security issues.

#### Dr. Shameem Addressing on Partnerships



Another group of 2025 having Tea and discussion With director Sr Warm Thanks

Wishing all our readers, which includes our dear alumni, well-wishers and friends, blessed Christmas, potential leveraged, prosperous year, greater peace and progress in the world. I should not forget the consultation, CMC, to which I was invited as a delegate and I participated particularly in the preparations leading to it, in the domain of ethics and health and emerging technologies. It was great hearing fellow participants. Wishing CMC a very bright and continued, effective future, even as it has evolved from one bed located in the earlier campus of CCC for over half a century, and now with multiple campuses, multiple departments, with leadership strengths and with current challenges and opportunities.



A Special course for Sahayam Counselling Centre organized by Dr. Beena, Professor and Director and Conducted by Dr. Prashantham. It was a five-day course. Psychologists with high motivation doing outstanding work in different settings including prisons, Addictions, Student Counselling etc, participated with interest and enthusiasm and greatly appreciated as very valuable.

This is a Supervisory Sessions For highly experienced Counsellors From Chennai, Hyderabad Nasik Their names are as follows Excerpts of their own feedback is as follows: "Good evening all, I wanted to send a quick note to express my gratitude for the supervision session. It was a truly fruitful discussion, and I feel much clearer and confident on how to approach current case. I especially appreciate you taking the time to discuss various aspect sand solutions. Thank you again for your continued support and excellent advice".



Students of Law College Along with the faculty Had a seminar Here at our institute And there was very good Interaction on the matters of law and Mental health and Very meaningful discussion. (their comments)

