

HCI NEWSLETTER



AUG 2025



Happy Happenings

Dear Compassionate Soul,
The Hugging Club of India bows in admiration of your generous spirit. Your support became a lifeline for countless individuals seeking mental health care and emotional solace. Words fall short in expressing our gratitude. As we look back, let's revisit the seeds of hope you sowed—and the beautiful impact they blossomed into over the past year.

Month in Review

This past month was a beautiful tapestry of learning, sharing, and heartfelt engagement. We were honored to host a diverse array of guests—from psychologists and psychotherapists to happiness and relationship coaches—each bringing unique insights from fields spanning the arts, sciences, and humanities.

What made these sessions truly special was the active participation of our own community members, whose stories and reflections added depth and warmth to every conversation.

Across 8 Zoom gatherings, we connected with members from around the globe, exploring themes like gut health, spirituality, relationship dynamics, adulting, and self-empathy. Each topic sparked rich dialogue and personal growth.

To top it off, we held an offline meet-up at McDonald's Bandra—a cozy space where hugs, laughter, and stories flowed freely.



 **The Hugging Club Of India**
It's Okay To Be Not Always Okay!

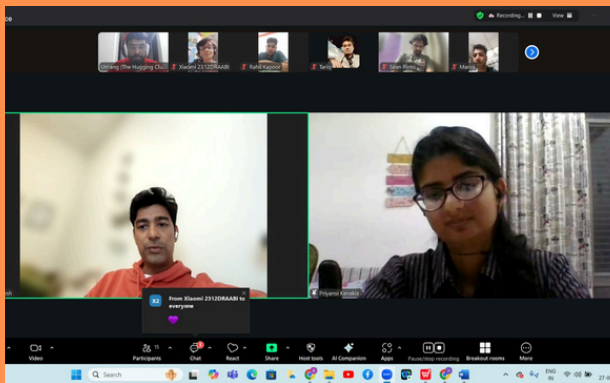




Potluck @ Pune

In house Counsellor of HCI, Archana Rani hosted a Potluck at her home to have food for both mind and body. All the participants had amazing dishes and shared diverse thoughts while enjoying the joy of sharing and connect through the feeling of belonging.

HCI is committed to remove stigma around Mental Health and providing a safe space where people learn, accept and grow. HCI is grateful to provide services to numerous people sitting in the various corners of the world by bringing Mental Health Experts to Them, providing Enabling Environment for recovery, financial support for Therapy and Psychiatric Medicine to people who are in need of help.



Glimpse of the Online workshop on Challenges in Adulthood

Highlights

3rd Aug: Spirituality, a way to deal depression by Yash Sinde

13th Aug: Gut Health and Mental Health by Counsellor Khushi

13 Aug: HCI family meet at Pune

17th Aug: Guide to Self Empathy and connections by Coach Janki

20th Aug: Navigating Relationships by Counsellor Kiran

27th Aug: Adulthood: Nobody thought me this by the Clinical Psychologist Priyanshi

Guests of the Month

ADULTING: NOBODY TAUGHT ME THIS
(AN INTERACTIVE SESSION WITH PRIYANSI)

HOST: UMANG SHETH, FOUNDER, HCI
GUEST: PRIYANSI KANAKIA, CONSULTANT PSYCHOLOGIST (CLINICAL)

SUPREME COURT ORDER ON MENTAL HEALTH OF YOUNG PEOPLE
(AN INTERACTIVE SESSION WITH RAJIV)

HOST: UMANG SHETH, FOUNDER, HCI
GUEST: RAJIV SIVA, HEALTH PROFESSIONAL

SPIRITUALITY AS A WAY TO DEAL WITH DEPRESSION
(AN INTERACTIVE SESSION WITH YASH)

HOST: ARCHANA RANI, COUNSELLOR, HCI | BANI HEALER & COUNSELLOR
GUEST: YASH SINDE

(@ZOOM ID 4367662845 PW 873227)

MAD Relationships
Mastering the Art of Difficult (MAD) Relationships
- Navigating Difficult emotions - Anger, Sadness, Fear
- Heart-skills, Mind Tips & Body Practices for Well being

Kiran Gulrajani
Is a Relationship & Leadership Coach with 30 years of experience in Inspiring People. He is navigating Adult Adulthood and enabling others to deal with it.
(@ZOOM ID 4367662845 PW 873227)

20th Aug 2025
8:00 PM to 9:00 PM

The Hugging Club Of India

THE BEGINNER'S GUIDE TO PRACTICE SELF EMPATHY AND CONNECTION

BY: JANKI RAVANI, THE HAPPINESS COACH
HOST: UMANG SHETH, FOUNDER - HCI

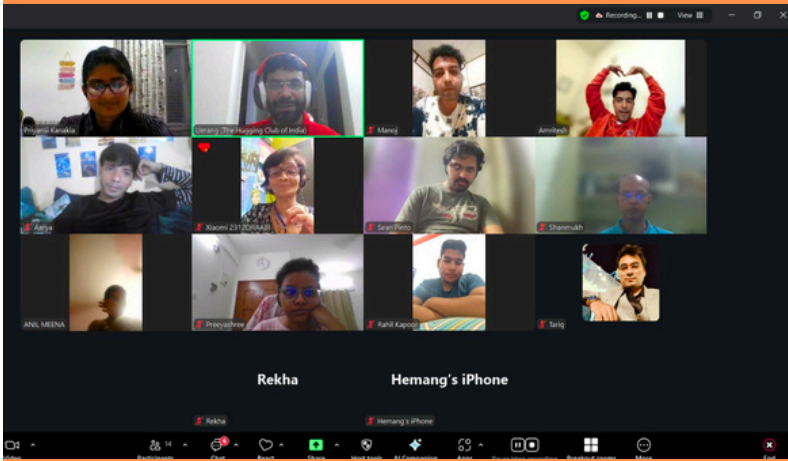


Impacts

We also continued to provide vital support to our members:

- **Psychiatrist Consultations: 9 people in recovery**
- **Therapy/Counselling: 12 lives touched**
- **Medicine Support: 6 people aided**
- **Saved from suicide: 2 lives saved**
- **10 People joined our support group**

Behind every number is a name. A story. A second chance.



In this digital room full of gentle faces and open hearts, Psychologist Priyanshi led a soul-stirring conversation on the art of growing up without growing cold. The Hugging Club of India's signature warmth wrapped around each participant, creating a safe space to explore the messy, beautiful terrain of adulthood—identity, relationships, purpose, and emotional resilience .

As Aug draws to a close, we at HCI pause to honor the journey we've walked together. This month has been a mosaic of healing conversations, heartfelt connections, and shared wisdom. From intimate circles to vibrant sessions, our members stood by one another—learning, listening, and lifting each other up.

We're deeply proud of the ripples we've created and the lives we've gently touched. Let's take a moment to revisit the milestones and memories that made this month truly transformative.

GALLERY

