

HCI NEWSLETTER

happy
happenings

November 2025



Happy Happenings

November showed that healing appears in many forms—honest conversations, shared memories, music, and moments of being truly heard. It reminded us that community is a feeling of belonging and acceptance. This month, HCI grew stronger as a family rooted in vulnerability, courage, and connection. Here's to more healing and more heart.

Month in Review

November was a month filled with warmth, honesty, and community spirit at HCI. We began with an online edition of Let's Just Talk, where members opened up about breaking free from societal expectations. Stories of resilience, late beginnings, identity struggles, family pressures, and personal victories created an evening of connection and self-acceptance.

Our session From Wounds to Wisdom offered a gentle space to understand and transform childhood trauma, while Coach Rachana Singh's talk on loneliness reminded us of the healing power of authentic human connection. The month's most joyful highlight, the Karaoke Night at Piroja Studios, brought members together through music, dance, laughter, and heartfelt camaraderie.



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



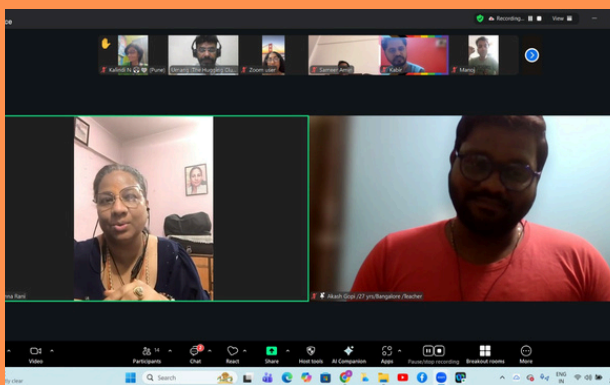


Art Therapy @ Amaha

Healing through colours, creativity, and gentle self-expression.

This month also featured special workshops, including an Expression & Arts-Based Therapy session with therapist Ankit Thakur.

HCI is committed to removing the stigma around mental health and providing a safe space where people learn, accept, and grow. HCI is grateful to support individuals across the world by bringing mental health experts to them, creating enabling environments for recovery, and offering financial assistance for therapy and psychiatric medication to those in need.



Guest Akash Gopi interacting with HCI's in-house counselor, **Archana Rani**. Archana has been instrumental in Akash's recovery.

Guests of the Month



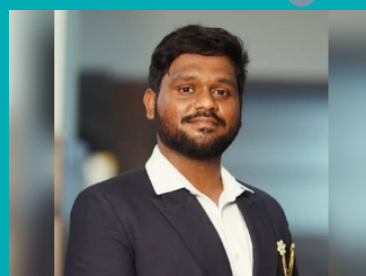
2nd November
The Power of Rhythm - How the Circadian Cycle Shapes Our Well-Being
By Dr B Aruna, Counseling Psychologist

9th November
From Wounds to Wisdom - Rewiring for Recovery: The Journey Beyond Childhood Trauma
By Rahul K. Maharaj, The Voice Behind Mr. Trauma Talks



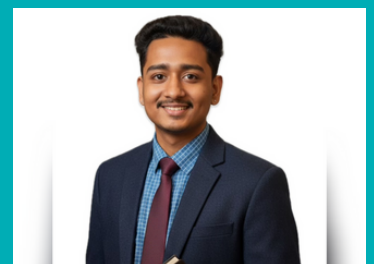
12th November
From Loneliness to the Heart of Connection
By Rachana Singh, Connection Coach

19th November
Acceptance vs Avoidance - The Mind's Tug of War
By Chayan Jain, Emotional Trauma Therapist



26th November
From Struggle to Strength - My Journey with HCI
By Akash Gopi, Teacher & HCI Member

30th November
Expression and Arts Based Therapy
By Ankit Thakur, MA Psychology & Certified in Expressive Arts Therapy

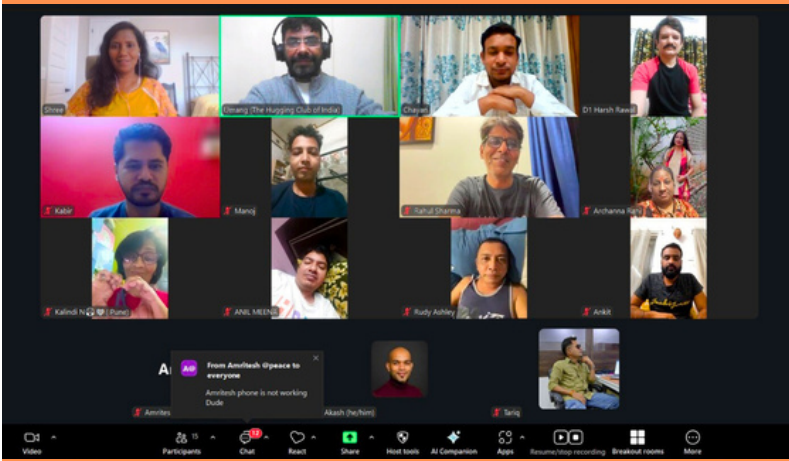


Impacts

HCI continued to provide vital support to its members:

- **Psychiatrist Consultations:**
6 people in recovery
- **Therapy/Counselling:**
12 lives touched
- **Medicine Support:** 5 people aided
- **Saved from suicide:** 1 life saved
- **7 people joined our support group**

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



Guest Chayan Jain guiding us from avoidance to acceptance, one insight at a time.

A deeply meaningful milestone was the launch of HCI Soul Space: Healing Circle – an idea conceptualised by Kabir – a serene gathering in a public park where people spoke openly without judgement. What began as a one-hour meet extended into two hours of sharing, followed by a spontaneous lunch that strengthened bonds even more.

Members also celebrated personal wins – from sobriety achievements to new jobs, emotional breakthroughs, and courageous steps toward authenticity. Gratitude poured in for Archana Rani and Umang, whose compassion continues to hold the community together.

Here's to more healing and connection ahead.

