

Counsellor Meera Ravi Releases Her Book On 'Dealing With Better Understanding About Counselling'

Meera Ravi, well known to all readers of JNR Today as the author of the *Counselling* column being published since years now, recently released a book authored by her titled **'COUNSELLING - What, Why and How.'**

The book deals with basic information to help a common man understand the concept of counselling. This book was released last week at Mythic Society by Mr. M N Vidya Shankar, Secretary, Medical Education.

In a small function to mark the release of her book Mrs. Meera Ravi said "I am aware that there are many misconceptions about counselling and the sole purpose of this book is to help people understand what counselling is and what counselling isn't. It can act as a manual for a common man who wants to know about counselling. I have taken care to add chapters like, "What is counselling", "Do 'normal' people need counselling", "Benefits of counselling", "Client's rights and responsibilities", "What are the problems that can be solved through counselling", "How to

choose a counsellor", "Psychosomatic illness", and

forthrightly written book which would be of a great source of knowledge to anybody who wants to know about this concept, needs of which are mounting day by day.

"I am on a mission of spreading the awareness about counselling. This book is a part of this mission", she adds.

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Mrs. Meera Ravi (extreme left) seen on the occasion of the Book Release with M N Vidya Shankar, Secretary Medical Education, Mr R G Padki, National Secretary, Youth Hostels Association of India and Dr. B D Patel, the famous Homeopathic Doctor

many more similar topics.'

Her other two books "A Guide to Study Skills" and "Teaching through the Heart" published by Viva Books, New Delhi, have also been big successes with students and teachers. Other features of the book are * There are self-evaluative exercises like, "How Assertive you are?", "Do you need counselling?"; "Evaluate your relationship with your child" etc which would offer good insight to the reader.

* She has used real life cases from her professional experience to convey her message, which makes it interesting and honest.

* It is a powerfully and

Mrs. Meera is available at No. 34/14, 3rd Main, 38th, 'A' Cross, 8th Block, Jayanagar, B'lore or call 26566808 or 9980072005.