

MENTAL HEALTH SPECIAL

Is getting out of bed is a challenge for you? Are depression and anxiety your constant companions? You're not alone. Connect with CBN India and discover how light can break through the darkest times. Join us for a month-long journey to better mental health and take steps towards healing and hope. Catch inspiring stories on *Ek Nayee Zindagi* on Colors TV at 6:30 am Monday to Friday.



4th Oct

Afraid to lose their newborn to an illness, they were determined to see God's light

11th Oct

As a cancer patient she struggled to find the will to live



Watch a Mental Health special episode on 10th October 2024, exclusively on *Ek Nayee Zindagi*

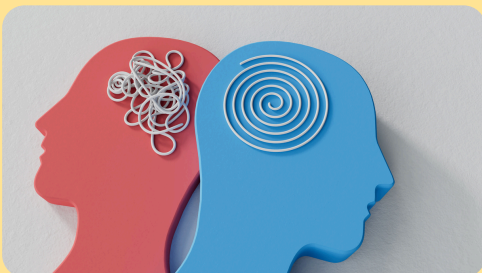
10th Oct



Chandu Champion for Christ

Exclusively on CBN India YouTube and *Ek Nayee Zindagi*, watch the inspiring story of legendary cricketer Chandu Borde, who rose from humble beginnings to represent India for a decade, fueled by self-taught skills and strong faith in Christ. From winning the Padma Bhushan to leading India's Selection Committee, his life is a mix of sports, spirituality, and service.

We've got a brand new playlist for you exclusively on CBN India YouTube, watch soul-soothing and melodious hymns sung by many artists including Livi Zhimomi, Rhythm Divine, and Mami Sinate. Listen to a variety of songs including *Just a closer walk with thee*, *Promises*, and *This is my desire*. Remember to share your favorite song with your friends and family!



Book your FREE Counselling session today!

Is peace something you haven't felt in a while? Are sleepless nights and restless thoughts your daily reality? You're not alone. Call All India Prayerline at 9910401010 to book a free counselling session or [click here](#).