

ASHRAYA

Jawan's Quarters, BDA Park, Double Road,
Indiranagar Stage 1, Bangalore - 560 038
Phone : 25251929 Fax : 25286195



Counselling Services of Parivarthan

Ashraya has used Parivarthan for counselling for many of our projects like the Children's Home and the Government Boys Observation Home. The Observation Home project especially deserves special mention.

The Government Observation Home is a place that houses young boys in conflict with the law. We identified the need for counsellors for these boys, as these children are several times confused about their lives and unsure about what to do once they leave the observation home. It was incredibly difficult finding Kannada-speaking counsellors who were willing to commit themselves to a long-term project. In addition to this, one other problem we faced was in finding male counsellors -- we found that the boys were more willing to open up and listen to male counsellors. It was here that Parivarthan came to our rescue and now Mr. Anand does regular, weekly counselling sessions with the boys at the Home. We have found that the boys respect the counsellor and look forward to his visits. To quote one participant, "my mind is calm and free after a session with Anand Sir" and another boy interrupts, "why not more sessions with him? We feel happy when he talks to us about life outside these walls". The teacher at the Home also feels that he is a good influence on the boys. She says that she has noticed small changes, for the better, in the boys' behaviour. Without Parivarthan's help, we could never have exposed the boys to the benefits of counselling. It is very difficult to quantify the positive effects counselling has on these children, more so because, some of the boys only receive a few sessions before they are released from this home. But, the fact that some boys continue keeping in touch with the counsellor even after their release proves that there has been some improvement in quality of life for these boys because of the counselling sessions.

By joining and supporting us in our endeavour to improve the condition of the boys at the Observation Home, Parivarthan has succeeded in introducing counselling to that strata of society that would otherwise never have been exposed to it.

VALLI RAMMOHAN
Ashraya