



PARIVARTHAN

COUNSELLING, TRAINING AND RESEARCH CENTRE

Annual Report 2018-19

Highlights and Outcomes (April 2018 - March 2019)

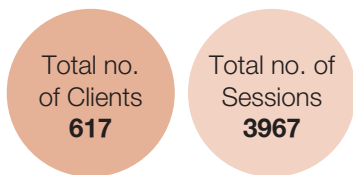
COUNSELLING SERVICES

Counselling is a process of self-expression and reflection in a safe and confidential space. It is a journey where the client works towards personal growth and transformation in a collaborative relationship with the counsellor. This facilitation process not only develops clarity, but also helps in building perspective. Counselling can be used by anyone who in a crisis or difficult situation or for those wanting to work on increased self-awareness and personal growth.

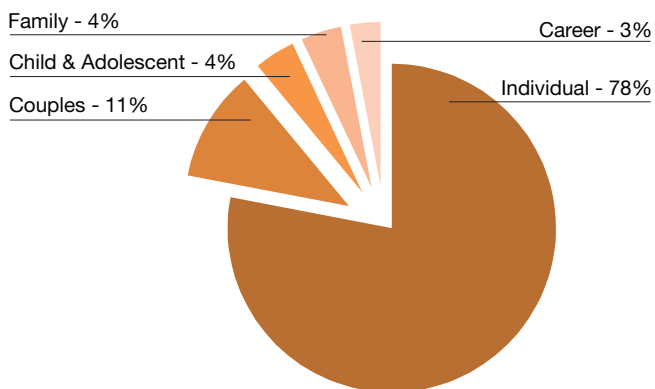
Counselling at Parivarthan follows an integrative or eclectic approach to meet the needs of our diverse clientele. We offer face-to-face sessions at our Centre as well as sessions on skype and telephone as per the needs of our clients.

Psychiatrist Referrals are made for clients who would benefit from additional consultation.

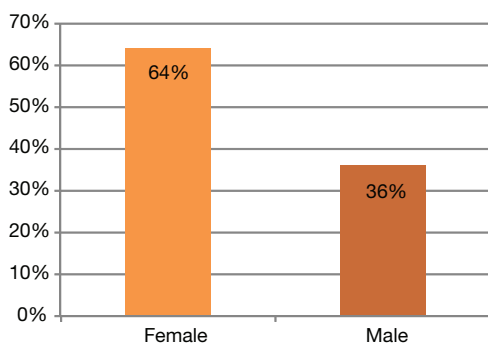
Client Summary in 2018-19



Therapy Formats accessed at our Centre



Gender wise Distribution of Clients:



GROUP WORK

Groups are usually dynamic in nature, which provides stimulation for expression and experience, thereby helping group members gain insights about self and relationships. Groups provide a trusting and safe environment to evaluate and explore one's own self. The ability to get feedback in a created social environment can help the participants learn and develop insights about their own thoughts, feelings and behaviors.

- Group Process – 13 trainee counsellors of the Basic Skills in Counselling (BSIC 2018-19) Programme– 10 sessions (22 hours) – July to September 2018

“ The group process was a catalyst that helped me become more aware of some aspects of my life that were long buried in memory, but alive in behavior. It made me more aware of many spaces, where I was functioning/ thinking/reacting from, without realizing it.

“ Learned to explore: a) Discomfort clients may feel talking to a stranger b) Expectations of a client of me as a counsellor c) How in same situation, people react & respond differently d) Perceptions of others in group.

SUPERVISION

Counsellors need an ethical framework within which to operate and supervision supports trainee and professional counsellors to maintain effective services, and help them in their practice. Parivarthan is known for its adherence to ethical principles, which makes supervision an integral part of both counselling and training.

Counsellors at Parivarthan receive regular supervision for both individual and couple and family counselling services from external professionals.

We also provide supervision (both individual and group) to trained counsellors.

Type of Supervision Offered	Duration	Number of Supervisees	Number of Hours
Individual Supervision	1 – 1 ½ hours	32 counsellors/ trainee counsellors	645
Group Supervision	2 - 3 hours	5-6 groups of 3-12 counsellors	78
External Supervision	3 hours	2 groups of 6-7 staff counsellors	69
Total		74 supervisees	792

TRAINING

BASIC SKILLS IN COUNSELLING (BSIC 2018-19)

This intensive training was offered to 13 trainee counsellors this year. The Programme includes:

- Theories of Counselling & Counselling Skills
- Introductory Courses on Special Areas of Counselling
- Supervised Practicum
- Personal Growth and Development

“ Theoretical inputs, the integrated approach, skills training, practical counselling sessions, supervision and personal counselling – all contributed to a very rich and well balanced training programme.

“ Individual counselling was one of the best parts of the Course and initially I didn't see the way it would help me grow as a person and as a Counsellor. But the year-long counselling sessions has a big part in being a trained counsellor that I was striving to be.

“ Supervision helped me work on my strengths and what could have done better in my sessions. The Supervisor's input was helpful to learn and hone my skills as a counsellor. To work with different themes and intervention techniques, to develop my own style and also gave me the confidence to carry out multiple sessions.

GRADUATION

The Graduation Ceremony of the 12 Counsellors who received Certificates on their successful completion of the One Year Training Programme, Basic Skills in Counselling 2017-18 was held on July 06, 2018. Dr. Prabha S. Chandra, Professor and Head, Department of Psychiatry, NIMHANS was the Special Guest for the occasion.

ADVANCED TRAINING MODULES

Parivarthan offers Advanced Training Modules for trained counsellors to acquire skills to counsel both children and adolescents and also to work effectively with couples and families.

The following training programmes were conducted during the year:

BASIC SKILLS IN CHILD AND ADOLESCENT COUNSELLING (CAC)

This Training Module is offered once a week over a period of 12 weeks (84 hours).

It is an experiential programme, which aims to develop awareness and skills that are beneficial while working with children & adolescents from the counselling perspective. The Module is based on a body of knowledge drawn from the different psychological theories, developmental psychology and clinical observation.

The following Programme was conducted during the year: September to November 2018 - 6 trained counsellors / mental health professionals

BASIC SKILLS IN COUPLE AND FAMILY COUNSELLING (CFC)

This Training Module is offered once a week over a period of 10 weeks (70 hours).

It covers basic theory, assessment and management of issues specific to couple and families, including divorce and domestic violence. The focus of the course is on the skills required to evaluate and intervene in the kind of relationship problems that trained counsellors are likely to face in practice.

The aim of the course is to orient counsellors who have been trained to counsel adults or have been working with adults in a counselling setting, to develop the awareness and skills required for relationship management.

The following Programme was conducted during the year: February – April 2019 – 10 counsellors/mental health professionals

“ The Course was designed very well: to start from childhood and basic skills in expressive art/play therapy to more advanced skills. Practicums, role plays, dyads, group supervision/discussion, case analyses helped absorb/learn more (CAC)

“ Very pleased with the structuring of the training material and the flow with which one topic blended well into the next – (CFC)

EXPRESSIVE ARTS IN THERAPY

Fulfilling a long awaited goal, this year we introduced Advanced Training Modules in the use of Expressive Arts in Therapy

Dance and Movement Approaches in Therapy – 5 days (35 hours)


November – December 2018 – 12 counsellors/mental health professionals

Visual Arts Methods in Therapy – 3 days (21 hours)

March 2018 – 15 counsellors/mental health professionals

(The **3 Day Drama Methods in Therapy** is scheduled for June 2019)

“ Training structure – creating a safe space, experiential, using movement/art, tools, facilitation & feedback with some theory was well done. Keeping it open for group to share topics they wanted more inputs on. (Dance/ Movement Approaches)



“ It was an awesome experience – 3 days of enrichment and intense learning. I lost track of time and was completely immersed in each and every activity. It was a completely hands on workshop where you learn by doing. I learned how to delve into myself and use these tools first for myself.(Visual Arts Methods)

LIFE SKILLS TRAINING PROGRAMMES

- The Life Skills Training Programme - Module 1 on INTERPERSONAL COMMUNICATION AND LISTENING SKILLS is a Self -Awareness Programme that offers both intra and interpersonal skills in listening and communication and is conducted over a period of 6 - 7 weeks (40 hours).

The following programmes were held during the year:

- June - August 2018 – 14 participants
- October - December 2018 – 14 participants
- January - March 2019 - 14 participants
- February – March 2019 – 12 participants

“ I had an expectation from these sessions and the sessions have over exceeded my expectations. Lots to rethink for myself. Very satisfied with the course & looking hopeful to be here again soon.

“ The Programme was well conducted in an organized & punctual fashion. Facilitators were always on time and created an environment where everyone was comfortable.

“ Parivarthan is a truly commendable institution which offers a highly disciplined, scientific and systematic methodology to understand the subject of counselling skills. So happy to have been bestowed the privilege to participate in this course.

- The Life Skills Training Programme – Module 2 on INTERPERSONAL RELATIONSHIP SKILLS was conducted over a period of 4 weeks (25 hours).
- September to October 2018 – 14 participants

“ There was an exercise we did in the LST-2 which asked of us to close our eyes and think of one relationship that had accepted us completely as we were... As for me,I forgot to mention that day, that Parivarthan is one such relationship of mine which has completely accepted me and accommodated me just the way I am.... Thanks to all of you who have designed this program, implemented it and successfully brought this to completion. Knowing that what we did was just the tip of the ice berg, looking forward for diving into greater depths. (by email)

“ I am extremely fortunate to have done both LST-1 and LST-2, I am enjoying the process of learning, changing and growing, self-awareness, listening and bettering myself are what I'm being taught to do in both these sessions.

SPECIALISED TRAINING PROGRAMMES

CAPACITY BUILDING TRAINING PROGRAMME

Establishing a Civil Services Support Desk

- April 2018 – 7 days – 10 staff members of the Royal Civil Services Commission, Bhutan

“ The session has been systematically arranged. First listening and communication session, which is of course a most appreciative and appropriate start, I love it,

“ Moreover, I loved the way counsellors use to start the sessions (exercises) – It really brings our mind to class. Keep on doing that! Many trainings in others don't have that.

“ Professionally I can use the knowledge and idea which I got here to my work place. I can change my communication style in my work place.

CARE FOR THE CARE PROVIDERS:

This Programme is Capacity Building and Support Training Programme (20 hours), specially designed the staff of NGOs and professionals in the service industry. The programme provides psycho-education [developmental aspects] with regard to the target populations that they work with, teach skills for improved communication and listening, and helps to them understand and address some of their own personal issues that affect their holistic well-being. This enables them to provide better care and also helps to avoid burnout, which happens quite frequently in these professions.

Programmes conducted during the year:

- June-July, 2018 - 22 Teachers of Rishi Valley School in Madanpalle, A.P.
- October – November, 2018 – 15 Special Educators of FAME India
- January – February, 2019 – 14 Special Educators/Teacher Assistants and 2 Staff from the Communications Department of FAME India

“ Enlightened me about aspects of dealing with not only children but my colleagues. The clarity with which everything was presented is commendable. (Rishi Valley School)

“ *Managing stress. How to be assertive. Communicate. How to hold the situations, How to understand others’ feelings. Everything is helpful. (FAME India)*

“ *I have become more reflective. I am looking at where I am in terms of my feelings & thoughts & how they reflect in my behavior. Being aware is helpful. (FAME India)*

WORKSHOPS/INTERACTIVE SESSIONS

The following Workshops/Interactive Sessions were facilitated by Counsellors/Trainers from PARIVARTHAN:

- Best Practice Guidelines to address Suicide and Self-harm amongst Youth in India-
- Resource Person at a 2 Day Conference at TISS, Mumbai –May 2018
- Work/ Life Balance: Understanding Stress; Identifying Developmental Issues in Children. – One Day Workshop for 40 teachers of The Regency Public School – May 2018
- Assessment and Intervention of Childcare Institution in Bihar – A 3 day Workshop for Counsellors/Care-givers – Team organised by ENFOLD PROACTIVE TRUST- July 2018
- Introduction to Counselling – Interactive Session for 13 Graduate Students of Smt. V.H.D. Central Institute of Home Science – August 2018
- Child Protection and POCSO – 30 senior school teachers of Valley School – February 2019
- Sandtray Therapy Workshop – One Day Workshop for 14 mental health professionals – March 2019
- Becoming a Trauma Aware Therapist - One Day Workshop for 8 mental health professionals – March 2019
- Inspiring kids with your life story – Interactive Session at Oakridge International School – March 2019

“ *Amazed me to go from randomness to meaning-making – the awareness or revelation that I got from the Sandtray - (Sandtray Therapy Workshop)*

“ *Very insightful and interesting perspectives. Useful resources and materials – (Becoming a Trauma Aware Therapist Workshop)*

PARIVARTHAN OUTREACH SERVICES


Onsite counselling services are provided by Parivarthan counsellors at the following Educational Institutions:

- PRIMUS PUBLIC SCHOOL – individual and group counselling sessions for students. Parents also access the service
- NATIONAL INSTITUTE OF FASHION TECHNOLOGY (NIFT) – individual counselling for the students & interactive sessions for various student groups
- NATIONAL CENTRE FOR BIOLOGICAL STUDIES (NCBS) – individual counselling for the students, research associates & staff members
- NATIONAL LAW SCHOOL OF INDIA UNIVERSITY (NLSIU) – individual counselling sessions for students & staff.
- INDIAN STATISTICAL INSTITUTE (ISI) – individual counselling sessions for students & staff.
- TIFR - INTERNATIONAL CENTRE FOR THEORETICAL SCIENCES (ICTS) – individual counselling for the students, research associates & staff members
- TIFR-CENTRE FOR APPLICABLE MATHEMATICS (TIFR-CAM) – individual counselling for the students, research associates & staff members
- RISHI VALLEY SCHOOL - MADANAPALLE, A.P. – individual and group counselling sessions for students. Parents also access the service

EAP SERVICES FOR CORPORATE ORGANISATIONS

We also offer counselling services, both onsite and by telephone or skype sessions for four Corporate Organisations.

“ *I wanted to extend good wishes and gratitude on behalf of the campus to all at Parivarthan. There is no doubt that your work here has enhanced mental well-being, perhaps for the most vulnerable on campus. Thank you for this work.*



“ I’m writing to you to say thank you for helping me this year. I sat down yesterday and read through my journal entries for 2018, and there is a noticeable change in them since I began my sessions with you. I hope you excuse my frankness, but during our sessions, I got a feeling that you didn’t like me. This was perhaps set off by the fact that I was telling you everything about myself, and that I’ve always considered reciprocity as a sign of being liked. The instinct was strong, but then again, your own words compelled me to put that aside and focus only on finding my feet again. Your advice about people making their own choices is perhaps one of the best I’ve ever gotten. It’s helped me heal in many ways; it still helps. I like to believe that I’m a little bit less afraid of things than I was before, and that I’m learning to be less so slowly. Thank you for helping me heal. Hope you have a wonderful 2019. Sincerely,

CONSULTANCY SERVICES

In accordance with the Sexual Harassment of Women at the Workplace (Prevention, Prohibition and Redressal) Act, 2013, Parivarthan is the NGO member on the Committee against Sexual Harassment at the Workplace for 8 Corporate Organisations/

The following Training Workshops were conducted for these organisations during the year:

- Guidelines for the Internal Complaints Committee Members and Managers – September 2018
- Guidelines for the Internal Complaints Committee Members- 2 Workshops – October 2018 and February 2019
- Awareness & Informational Session for Employees – March 2019

Member of the Advisory Committee of BEMBALA – A support center for women and child survivors of violence for Whitefield and Mahadevapura.

RESEARCH

Quantitative Research Project:

Attachment and the Therapeutic Relationship

The need for mental health counselling in India is widely recognized. Yet, therapy process and outcome research is rarely conducted within the Indian context. A major goal of the present study, which began in 2017, was to further our understanding of the therapeutic relationship formed between the client and therapist in therapy sessions in an Indian setting.

There is a growing body of literature focused on examining the role of attachment in psychotherapy. Within the context of the therapeutic relationship, the therapeutic relationship is thought to act as a secure base for the client, on which counselling goals can be developed and worked on. In the present study, we were interested in studying the role of both client and therapist attachment in terms of how they influence aspects of the therapeutic relationship, namely the working alliance and the real relationship, in the counselling services at Parivarthan.

Dr. Avantika Bhatia, our Research Head, presented a Paper titled: Attachment and the Therapeutic Relationship: Therapist and Client Perspectives in India from the findings of this study of data collected of first sessions from 37 clients nested within 9 therapists at Parivarthan, at the Society of Psychotherapy Research (SPR) Conference held in June 2018 at Amsterdam, which was very well received.

Qualitative Research Study

What Makes the Experience of Counselling Effective?

Mental health care has been gaining steady significance in India, with more and more individuals willing and ready to seek counselling and adjunct mental health services. In such a milieu, counsellor training is paramount and facilities that offer these services should also be equipped with the skill and knowledge necessary to meet the population needs around mental health care, support, and treatment.

This study seeks to examine clients’ perceptions and experience of what has been helpful to them in therapy, via a thematic analysis of transcribed interviews. The study aims to explore both facilitative factors, as well as any barriers to the counseling process. We are seeking to clarify these factors within the counselling practice at Parivarthan Counselling, Training and Research Centre, in order to further enhance therapy process and outcomes as well as develop recommendations for the practice of counselling, based on the results of the study.

This is an on-going Study that began in August 2018 and the Principal Investigator for this study is Dr. Divya Kannan, Ph.D., Clinical Psychologist, assisted by the Study Manager, Ms Akhila Doraswamy and Research Assistants, Mr. Vivek Varma and Ms. Monica Bajaj

Trainee Research Projects

As a part of the Course Requirements, the trainees of our One Year Training Programme, Basic Skills in Counselling 2018-19 participated in a Group Research Project and presented their findings on the following topics:

- Impact of Social Media on the Emotional Well-being of Young and Middle-aged Adults

- Reasons People Do Not Seek Counselling
- Social Media and its Impact on Intimate Relationships

PRESENTATIONS

Staff Counsellors/Trainers also made the following presentations

- A Paper Presentation titled, Attachment and the Therapeutic Relationship: Therapist and Client Perspectives in India was presented by our Research Head, Dr. Avantika Bhatia, at the Society of Psychotherapy Research, popularly known as the SPR Conference at Amsterdam – June 2018.
- Building Psychosocial Competence of leaders in Educational Institutions – Ms. Vinita Shah and Ms. Manju Sapru at the CMI Summit - Organised by CEDBEC, Christ University – October 2018

CONTINUING PROFESSIONAL DEVELOPMENT & STAFF TRAINING

Parivarthan counsellor also facilitated and/or attended the following WORKSHOPS / MEETINGS / CONFERENCES / SEMINARS during the year to enhance their learning and skills, as well as to avail of opportunities for self-reflection and self-growth:

- Psychoanalysis in the consulting room - Unbearable states of mind / Mentalisation Based Treatment - Ms. ANNA MOTZ, Ms. MALIKA VERMA, Dr. ASHLESHA BAGADIA - Organised by TARA CLINIC, Kozhikode – April 2018
- Qualitative Research – Introductory Workshop – Dr. DIVYA KANNAN – June 2018
- Psychotherapy supervision and training: A journey in progress- Symposium Organised by the DEPARTMENT OF CLINICAL PSYCHOLOGY, NIMHANS – July 2018
- Gender Identities - Medico Socio Legal Aspects – Organized by the DEPARTMENT OF PSYCHIATRY, RAMAIAH MEDICAL COLLEGE – August 2018
- Integral Somatic Psychology - Module I – Ms. MIMANSA POPAT, PRAFULTA PSYCHOLOGICAL SERVICES, Mumbai - August 2018
- National Seminar on Psychosocial Perspectives of Children and Adolescents – Organised by NDD & AIISH, MYSORE - August 2018
- Psychoanalysis in the Consulting room IV- Reading Winnicott - Organised by TARA CLINIC, Kozhikode - October 2018

- Integral Somatic Psychology – Module II – Ms. MIMANSA POPAT, PRAFULTA PSYCHOLOGICAL SERVICES, Mumbai - November 2018
- EMDR Therapy Protocols for Early Intervention & Ongoing Traumatic Stress: Organised by EMDR INDIA, (Mumbai) - November 2018
- Advanced Training Module in the use of Expressive Arts- Dance/Movement Approaches in Therapy - Ms. KATIA VERREAULT (NETHERLANDS) - November/ December 2018
- Integral Somatic Psychology - Module III – DR. RAJA SELVAM, (MUMBAI) – January 2019
- Certificate Course in Clinical Supervision – Ms. SUE SANTI & Ms. VERITY CHANDLER – Organised by Sampurna Montfort College – January 2019
- Indian Social and Emotional Learning Framework (ISELF) – THE TEACHER FOUNDATION – January 2019
- Influences and Commonalities of Cultural Diversity on Couple Relationships- Ms. ANTTONEN ANNE (FINLAND) Family and Couples Therapist- January 2019.
- Living on the edge - BPD in the Indian context – Dr. ASHLESHA BAGADIA - January 2019
- EMDR Therapy & Adverse Childhood Experiences / Healing the Heart of Complex Trauma & Dissociation with EMDR & Ego State Therapy - EMDR ASIA CONFERENCE - February 2019
- EMDR ASIA CONFERENCE - February 2019
- Assessment and Management of Technology Addiction - organized by SHUT CLINIC, NIMHANS – February 2019
- Addressing Domestic Violence/Intimate Partner Violence using Survivor Centric Approach, organized by the NIMHANS CENTRE OF WELL BEING - February 2019
- Visual Arts Methods in Therapy - MS. KRUPA JHAVERI (AUROVILLE, PONDICHERRY) - March 2019
- Sandtray Therapy- Ms. B.N. SHARADA and Ms. ARCHANA RAMANATHAN- March 2019
- Becoming a Trauma Aware Therapist - Dr. GAYITRI B. and Ms. VEENA BALASUBRAMANIAM - March 2019
- Adolescence: contemporary issues in the clinic and beyond: CME organized BY CHILD & ADOLESCENT PSYCHIATRY, NIMHANS – March 2019
- Women in Public Policy and Politics – Panel Discussion organized by THE BRITISH DEPUTY HIGH COMMISSION, BENGALURU, in association with B.PAC – March 2019
- Managing ‘Vicarious Trauma’ – Ms. SUCHITRA CHARI, organized by Enfold – March 2019

HELPLINE SERVICES

Parivarthan Counselling Helpline (PCH), started in 2010 in recognition of the need that sometimes a phone call to a trained professional can be the timely help required to deal with a stressful situation.

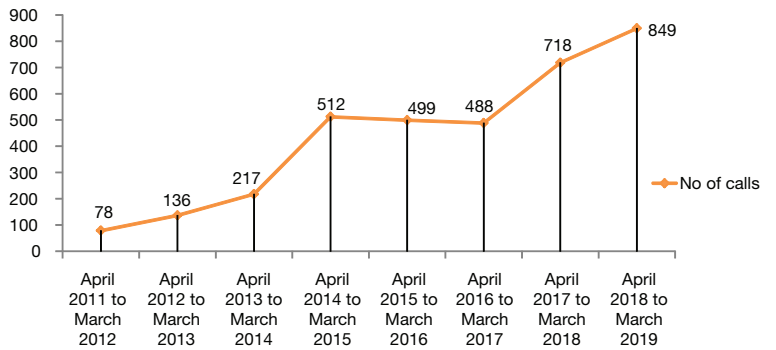
We have a team of 15 trained counsellors who take calls from Monday through Friday from 4 pm to 10 pm who are in regular monthly supervision and also update their skills by attending Continuing Professional Development (CPD) Workshops and training modules both at and outside of Parivarthan.

“ I talked to someone on Parivarthan. I really felt good to let stuff out. I feel somewhat, lighter! Thanks!

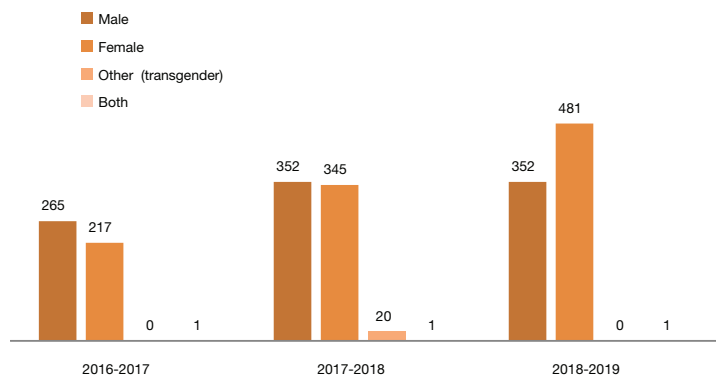
“ Hi - I am writing this to drop a feedback about the session with I had last night with a counselor called I can't thank her enough for being such an attentive and patient listener. She was so attentive! And, she helped pull out experiences from the past where I have dealt with the overwhelming anxiety and look at my perseverance and other strengths. Honestly, I was at a spot where I was feeling highly overwhelmed and anxious and felt horribly hopeless. However, her advice of practicing mindfulness. Accepting anxiety, thoughts and physical experience, as it is. Letting it be and let it just float. It helped me tolerate anxiety and not let it run in downward spiral. I slept and woke feeling empowered. And it helped me refocus on my relationships positively. And most importantly not feel traumatized ever moment. Thank you so much! I accessed paid online counseling service same morning and it was such that it left me feeling all the more hopeless. She wasn't attentive or insightful. But a shorted conversation with helped me connect me back to my strengths. I am now okay with feeling anxious. I am reminding myself to not engage in behaviour just out of desperation to feel less anxious as it will reinforce my anxiety. The safety behaviours, i guess.

“ I hope to access the service again. It has been much better than the sessions where I am paying 1/1.5k for an hour phone. Even better than face to face session. Thank you For being so attentive, insightful and for noticing my strengths. And i know whole team of parivartan works hard to make this service what it is i.e efficient and empathic. Thank you.

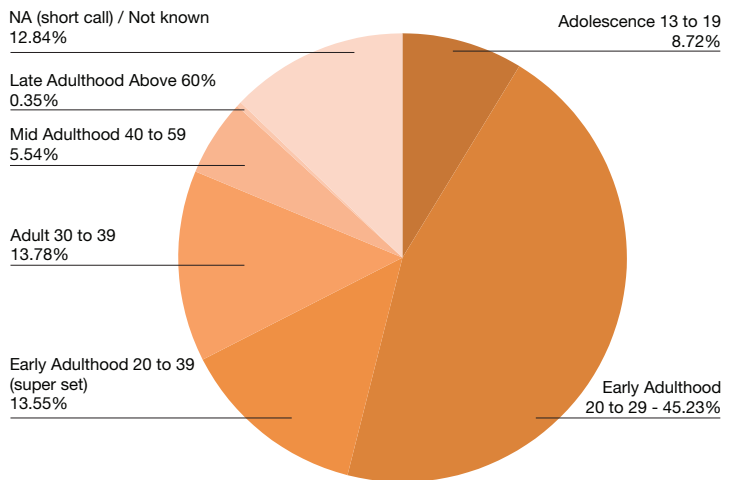
Number of Calls received from 2011 to 2018



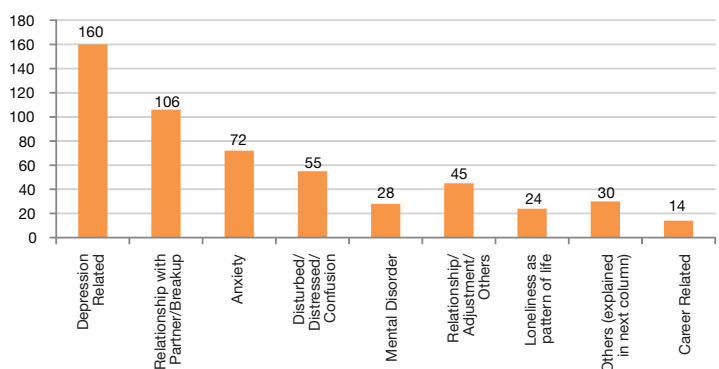
Gender-wise Distribution of Callers



Age of Callers



Presenting Issues



ALUMNI ASSOCIATION

The Alumni Association of counsellors who completed the One Year Training Programme, BASIC SKILLS IN COUNSELLING at Parivarthan, has over 100 members, network and meet to share, learn and support each other.

The following sessions were organised this year:

- “When the phone rings.....” – Invisible Clients, Visible Work – Parivarthan Counselling Helpline (PCH) Team – October 2018
- Talk on Maternal Mental Health – Dr. Ashlesha Bagadia – March 2019

PROFESSIONAL AFFILIATIONS

- Organisational Member of the British Association for Counselling & Psychotherapy (BACP), Membership No. 129337. We are therefore committed to BACP’s ethical framework for good practice in counseling and psychotherapy, as well as it’s ethical guidelines in research and are subject to the professional conduct procedure currently in force.

OUR TEAM

Ms. Malini Sridhar	Executive Director
Ms. B.N. Sharada	Counsellor / Trainer / Supervisor Co-ordinator-BSIC & Helpline Services
Dr. Gayatri B	Counsellor / Trainer/ Supervisor
Ms. Vinita Shah	Counsellor / Trainer / Supervisor/Career Counsellor
Ms. Amita Bala	Counsellor / Trainer / Supervisor
Ms. Manisha Gokhale	Counsellor / Trainer / Supervisor Co-ordinator – Life Skills Training
Ms. Manju Sapru	Counsellor / Trainer / Supervisor
Dr. Maitri Gopalakrishna	Counselling Psychologist/ Trainer / Drama Therapist
Ms. Shabari Bhattacharyya	Counsellor / Trainer / Supervisor Program Manager
Ms. Archana Ramanathan	Counsellor / Trainer

Ms. Shabnam K. Kumar	Counsellor / Trainer
Ms. Snehal Padhye	Counsellor / Trainer
Ms. Veena Balasubramaniam	Counsellor – Centre & Outreach Services
Ms. Sumana Hari	Counsellor – Centre & Outreach Services
Ms. Mrinalini B.	Counsellor/ Centre & Outreach Services
Ms. Supriya Kalbag	Counsellor
Dr. Kalyani Patange	Counsellor
Ms. Sushree Mishra	Counsellor – Outreach Services
Ms. Nidhi Kapur	Counsellor – Outreach Services
Ms. Purna Kapur	Counsellor
Mr. Mahesh Natarajan	Counsellor
Ms. Padma Mahadev	Life Script Facilitator
Ms. Chitra T.V.	Life Script Facilitator
Mr. Satish Kumar A.	Executive – Accounts & Administration
Mr. Vinoth Kumar	Assistant – Accounts & Administration
Dr. Avantika Bhatia	Research Head
Dr. Divya Kannan	Qualitative Researcher

EXTERNAL SUPERVISORS

Dr. Rathna Isaac – Clinical Psychologist
Dr. Priya Pothan – Clinical Psychologist

OUR BANKERS

HDFC Bank Indiranagar Bangalore	Corporation Bank HAL II Stage, Indiranagar Bangalore	State Bank of India Indiranagar Bangalore
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OUR AUDITORS

C.V. Surender & Co
Chartered Accountants
Cox Town
Bangalore

MEMBERS OF THE EXECUTIVE COMMITTEE (2018-2019)

Name	Occupation	Office held
Ms. Mabelle Palat	Counsellor	President
Mr. Prashant Sankaran	Creative Consultant	Vice-President
Ms. Lynette Nazareth	Associate Director - Wellness & Work-Life Solutions	Secretary
Ms. Meera Huddar	HR Consultant	Treasurer
Mr. Christopher Jayakaran	Consultant Geologist	Member
Dr. Kiran Rao	Clinical Psychologist	Member
Mr. Chandramohan Venugopal	Executive Director -Finance (KUIDFC)- Retired	Member

Legal Details

- Registered under the Karnataka Societies Registration Act 1960: No. 331:95-96 dated August 04, 1995
- Registered as a WHOLLY CHARITABLE SOCIETY under Section 12A(a) of the Income Tax Act 1961: No. Trust/718/10A: Vol.A-III/P.207/96/CIT-II dated 19.1.96

- Registered under Section 80G(5)(vi) of the Income Tax Act : No. DIT(E)/80G@ /485/AAATP2741H/ ITO(E)-2/Vol.2010-11 dated 14.03.2011, valid from 1/4/2011 onwards.
- Organisational Member of the British Association for Counselling and Psychotherapy (BACP), Membership No. 129337.
- PARIVARTHAN COUNSELLING TRAINING AND RESEARCH CENTRE has been registered under the Trade Marks Act, 1999 in June 2017, with effect from 2011.(Trade Mark No. 2228463 /Date: 03/11/2011)

An Internal Complaints Committee is constituted under the Sexual Harassment of Women at the Workplace (Prevention, Prohibition and Redressal) Act, 2013 – No complaints were received during the year

THANK YOU

We are grateful to our donors and well-wishers for their contributions in the past year. We acknowledge and thank our executive committee members, staff and resource persons, our trainees and clients and all who have supported us and contributed to our growth in numerous ways.

Donations to Parivarthan are eligible for a 50% tax exemption under Section 80G(5)(vi) of the Income Tax Act.