



PARIVARTHAN
CONSULTATION
AND TRAINING
SERVICES

Annual Report

2022-2023

PARIVARTHAN CONSULTATION AND TRAINING SERVICES

► TRAINING:



Our training programmes, like our counselling services, were also offered in both online and in-person training sessions at our Centre.

The Life Skills Training Programme – Module 1 - Interpersonal Communications and Listening Skills continued to be in demand and we were able to offer three training programmes on the following dates:

- * April – June 2022 – 12 trainees - ONLINE
- * August – October 2022 – 11 trainees - ONLINE
- * January – March 2023 – 12 trainees – IN-PERSON

FEEDBACK:

- * As already shared during the session, the program is structured beautifully. It is informative, there is plenty of time to practice what is learned and the timings are just apt for the kind of content being delivered. The theory is relevant, simple, and in-depth. The course made me reflect and dive deep within myself and introspect and improve. It was a beautiful and life changing experience and thank you and the entire team at Parivarthan for that.
- * It made me reflect, introspect, and understand myself better (not just my weaknesses, but my strengths too). My biggest learning has been to take life as it comes – without judgement, and to allow myself to internalize and understand my feelings better. I have seen a significant change in myself and my relationships with my loved ones and this is just the start of a remarkable journey I am looking forward to.
- * This Program has benefited me a lot personally now I am more aware of myself and others. Respecting myself and others as well, always careful about the boundaries and my personal space.

► BASIC SKILLS IN COUNSELLING:



Though there were plans to conduct the BSIC 2022 Programme through In-person Training Sessions, a fresh Covid issue at the start of the Programme in January 2022 made us begin with online sessions but we were fortunately post that to be able to then move onto in-person Training Sessions for the rest of the Programme, while other Course Requirements continued to be done online.

- * January to November 2022 – 8 trainees

FEEDBACK:

- * I loved how interactive it was, that we were always invited to individually express - at every juncture, and that was incorporated into whatever was being shared by the trainers. This was very special. I really appreciated that the unique styles and inclinations of different trainers were brought in, while the integrative approach held it together. I resonated deeply with the integrative approach. I appreciated that at every step we were reminded that this is an adult learning program, and we were treated that way, it's something I will carry with me. The format worked really well for me, of a new theory being introduced every few weeks, as a taster, which we could go deeper into if we wanted.
- * The Skills Trainings were among my favourite components of BSIC. The emphasis on the practical aspect of counselling made me feel like a counsellor every time we had a skills class. I especially enjoyed the fishbowl sessions and group activities that really made us put into practice what we had just learnt.
- * I absolutely loved the breadth of content that we explored during the trainings. I feel that it was very comprehensive in terms of counselling theory and skills without becoming too overwhelming.

The Graduation Ceremony of the BSIC 2022 batch, as well as an acknowledgement of the counsellors of the BSIC 2019-20 (who missed out on their Graduation Ceremony on account of the COVID lockdown) was held on December 04, 2022. Our Special Guest was Ms. Nirmala Menon, CEO, Interweave Consulting

► ADVANCED TRAINING MODULES:



- * The Basic Skills in Couple and Family Counselling was held as an online training module from May to July 2022. – 74 hours - 8 mental health professionals
- * The Basic Skills in Child and Adolescent Counselling – which we did not offer all through the COVID Pandemic as it is a Programme that is best conducted and received through in-person training sessions, was finally held after 3 years from March – May 2023 – 12 mental health professionals.

FEEDBACK (CFC)

- * Alternate theory and role play days worked very well and gave me enough time to relate the theoretical concepts to practical sessions. There was enough practical exposure. Self-reflections were extremely useful in consolidating the learning of the day and building on my thought process. Usage of padlets was convenient and important information could be shared.
- * Skills Training was extremely helpful. It's one of the rare courses where what I learnt through assignments and roleplay is so much more than what I learn from applying these in the sessions. Before I applied the skills in the sessions, I already felt I had a feel of it. I found the assignments, and the order of it coming before roleplay extremely helpful. The feedback helped another layer in polishing the skills. The padlet questions also helped stay sharp during the classes and revisit critical points and learn from other's observations/learnings.
- * The quality of the handouts was very comprehensive, easy to understand, clear and appropriately detailed. Question and answer sessions during the class helped to clarify doubts. The material, however, explained itself and was well organized.

► CONSULTATION SERVICES:

We continued to offer services as per The Sexual Harassment Act (Prevention, Prohibition and Redressal) Act 2013 and currently serve as the External Member on the Internal Complaints Committee for 12 Corporate Organisations.

The following Workshops were conducted for the Prevention of Sexual Harassment (POSH) at the Workplace during the year :

- May 2022 - Training of the ICC Members
- July 2022- POSH Awareness Session for Employees
- July 2022 - Training of the ICC Members
- July 2022 – POSH Awareness Session – Women Employees
- October 2022 - POSH Awareness Session for Employees
- October 2022 - Training of the ICC Members



► OUR TEAM

TRAINERS/FACITITATORS:

- * **BSIC 2022:** Manisha Gokhale (Coordinator) Dr. Gayitri Bhatt, Dr. Maitri Gopalakrishna Manju Sapru, Mrinalini B.
- * **LST:** Supriya Kalbag (Coordinator), Kaushiki Rao, Rovon Varghese, Shweta Pannu, Manisha Gokhale, Rakesh Mehar
- * **ADVANCED TRAINING MODULES:** Dr. Rathna Isaac, Supriya Kalbag, Manju Sapru, B.N. Sharada, Suma Belawadi, Pallavi Shetty
- * **ADMINISTRATION /ACCOUNTS:** Malini Sridhar, Vivek Varma, Satish Kumar A. Iyanar Mani, Shilpa Prasad (Accountant)

► OUR BANKERS

HDFC Bank - Indiranagar, Bangalore

► TRUSTEES: (2021-2022):

- ◇ Mr. K O Thomas
- ◇ Mr. Vivek Saxena
- ◇ Ms. Malini Sridhar (Managing Trustee)

► LEGAL DETAILS

Registered Trust under the Sub-Registrar, Shivaji Nagar Bangalore, Karnataka on 2nd July 2019.



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