



Annual Report

2022-2023

Getting back.....

After the uncertainties of the last 2+ years, 2022-23 finally saw us getting back to a new way of functioning, viz. the hybrid model.

While there was a reluctance from both clients and counsellors to get back to in-person interactions, we saw a slow build up for making available and from clients accessing services from the Centre over the year.

► COUNSELLING SERVICES

Counselling Services at Parivarthan are offered by only trained and experienced counsellors who follow an integrative or eclectic approach to meet the needs of our diverse clientele. Our counsellors also work collaboratively with other mental health professionals for the well-being of our clients.

Given that counselling process can vary from being short term to long term, our data shows that many clients have been able to address their counselling goals around an average of 6 sessions.

► GROUP WORK

Group Process – 8 BSIC Trainees – Sessions were held in an online format and helped the trainees develop insights about themselves and process their learnings in a safe environment.

SUPERVISION SERVICES:

At Parivarthan, supervision is an integral part of both our counselling and training services and has remained an ethical cornerstone of our work. This ensures an ethical framework for the client work of both trainees and counsellors and provides an in-built support system that is so necessary for their well-being.

We also saw an increase in request from Counsellors / Psychologists for Supervision Services from our trained Supervisors, which encourages us that more professionals are now seeking to work under Supervision, which is an ethical requirement of the profession.

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

MONTHLY SUPERVISION GROUPS:

- ★ BSIC Counsellors
- ★ Supervision and Support Services to School Counsellors.
- ★ Outreach Counsellors – Educational Institutions/ NGOs- 2 groups
- ★ EAP Counsellors – Corporate Organisations
- ★ Helpline Counsellors
- ★ Parivarthan Staff Counsellors – 8 groups

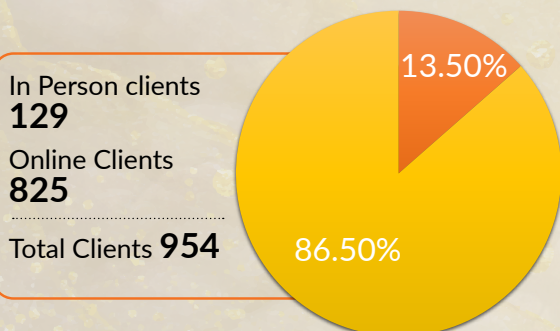
► WEBINARS/WORKSHOPS/PRESENTATIONS

Workshops:

- ✧ Recognising Exam Stress and in Students and How to Help Them – 50+ Air-Force Parents of High School Students. Organised by AFWWA (Air Force Wives Welfare Association)
- ✧ Mental Health in the Workplace – Staff and Researchers of the Centre for Wildlife Studies
- ✧ Mental Health Awareness & Counselling – Staff and Researchers of Nature Conservation Foundation
- ✧ Self-Awareness for Effective Listening – Staff and Students of the National Centre for Biological Sciences (NCBS)



Total: 954 Clients | 5483 Hours



► CAPACITY BUILDING WORKSHOPS:

Parivarthan offers workshops and training programmes to help Organisations / NGOs enhance their skills and build resilience and work more coherently as a team.

- ★ Capacity Building Workshops – Staff of the Child and the Law(CCL) at the Observation Home for Boys in Conflict with the Law.

Feedback:

- ◇ Self-care for myself.
 - ◇ Better build connections with team members.
 - ◇ Empathise but also ensuring that it doesn't create a fatigue.
 - ◇ That the workshop was an opportunity for me to be able to connect and understand my team members in a different manner.
- ★ Listening with Empathy – Early Career Researchers' Council (ECRC) Members (NCBS)
 - ★ Stress Management – Early Career Researchers' Council (ECRC) Members (NCBS)
 - ★ Understanding the Embodied Self - An 18-hour course for the students of the Mental Health Paraprofessional Course - Samvada Badaku College

► PARIVARTHAN OUTREACH SERVICES

We continued to provide counselling services for students, staff and employees of Educational and Research Institutions, NGOs and Corporate Organisations during the year.

- ★ NATIONAL CENTRE FOR BIOLOGICAL STUDIES (NCBS) - individual counselling (Onsite & Online) for the students, research associates & staff members
- ★ NATIONAL LAW SCHOOL OF INDIA UNIVERSITY (NLSIU) - individual counselling (Onsite & Online) sessions for students & staff.
- ★ INDIAN STATISTICAL INSTITUTE (ISI) - individual counselling sessions (onsite) for students & staff.
- ★ TIFR - INTERNATIONAL CENTRE FOR THEORETICAL SCIENCES (ICTS)- individual counselling (online) for students, research associates & staff members
- ★ ASHOKA TRUST FOR RESEARCH IN ECOLOGY AND THE ENVIRONMENT (ATREE) - individual counselling (online) for students, research associates & staff members
- ★ UDHYAM LEARNING FOUNDATION – individual counselling (online) for staff members

- ★ DAKSHIN FOUNDATION – individual counselling (online)for research associates & staff members
- ★ CENTRE FOR LAW AND POLICY RESEARCH – individual counselling (online) for staff members
- ★ EAP SERVICES – counselling services (online) for Corporate Organisations

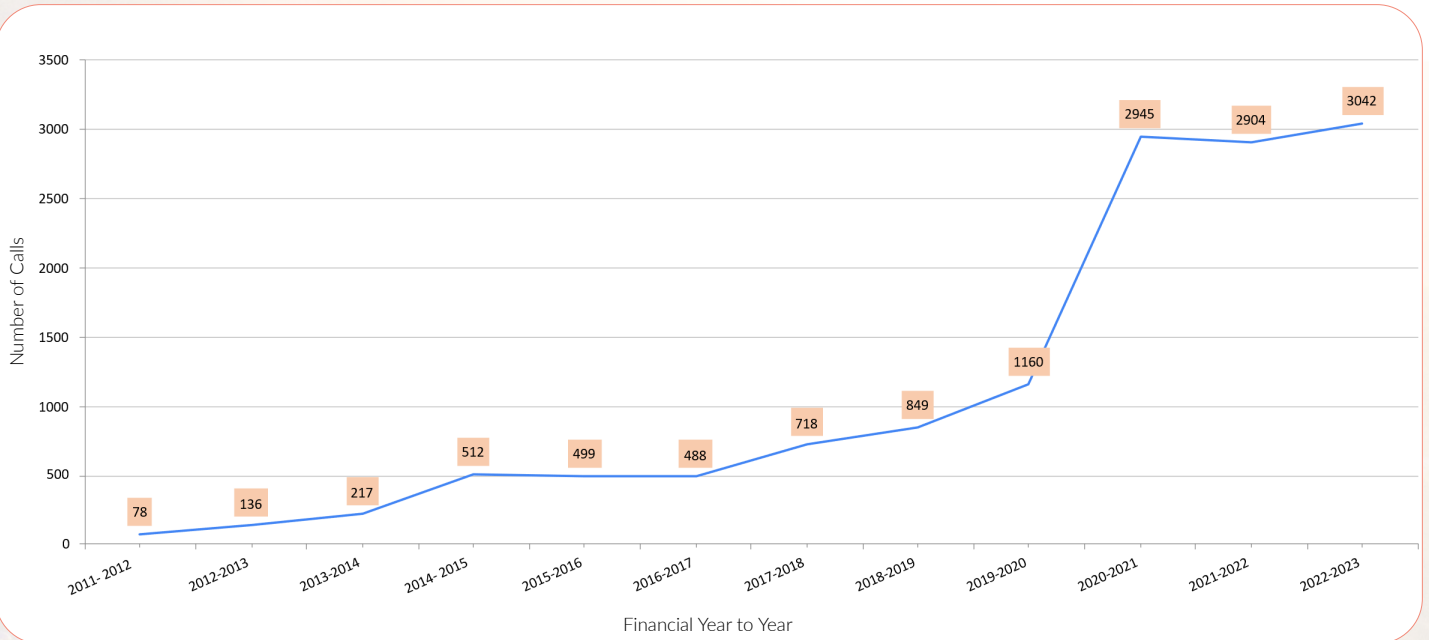


► PARIVARTHAN COUNSELLING HELPLINE (PCH)

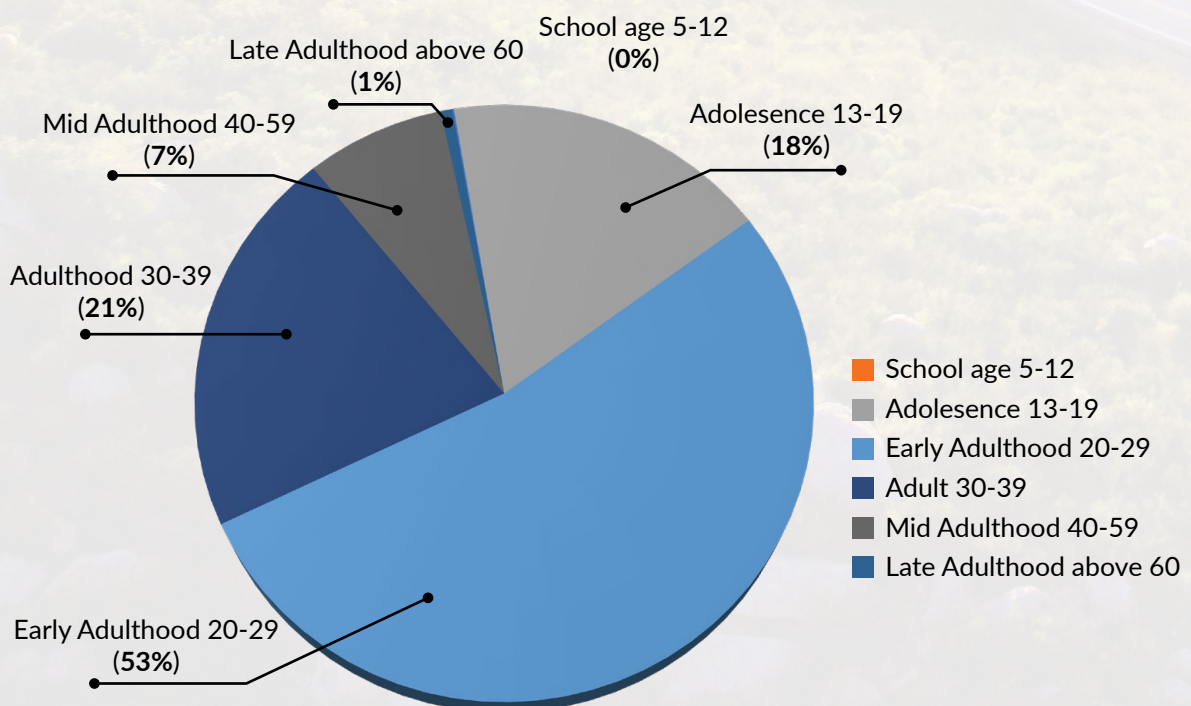
We are glad for the ethical protocols that we follow and the on-going training of our Helpline Counsellors, which together the support that is provided through Supervision and Personal Counselling has enabled us to grow and provide support to the many callers who reached out.

Below are some details of the work done during the year:

Year to Year Number of Calls Received from April 01, 2011 to March 31, 2023



Age wise Call Pattern 2022-2023



Other Observations form Data Analysis (April 2022 - March 2023)



★ **No of Male callers remain more than Female callers**

Male to Female caller ratio is
Approximately 66:33

★ **Major Reasons of call are**

Emotionally Disturbed / Confused followed by Relationship break downs, Depression related issues and others (16%, 11%, 10%, and 10% respectively)



★ **Maximum number of calls received from the Age group 'Early Adulthood' (20 to 29 years)**

52 % of the total calls from age group (20-29 years)

24 % of the total calls from age group (30-39 years)

17 % of the total calls from age group (13-19 years)

Call Summary April 2022 - March 2023

No. of calls logged-in during the year	3042
No. of disrupted calls due to multiple drops or bad connection	280
Repeat calls (clients connecting back with Parivarthan Helpline for support)	1025
Call for Parivarthan Information / Appointment for dedicated counselling	209
No. of callers for Suicide ideation support	55

► RESEARCH:

The BSIC Trainees conducted research studies and presented their findings on the following topics as a part of their course requirements:

1. Shift in Current Practices of therapists since the widespread adoption of online counselling due to the pandemic
2. Reservations about Counselling – A Qualitative Research Study

CONTINUING PROFESSIONAL DEVELOPMENT (CPD) TRAINING WORKSHOPS:

As it is an important requirement for our counsellors to stay updated and upskilled, our Staff counsellors facilitate and attend training programmes and workshops build on their knowledge base and learn new skills.

WORKSHOPS/ TRAININGS FACILITATED BY PARIVARTHAN STAFF:

- ★ Becoming a Trauma Informed Counsellor - Dr. Gayitri Bhatt and Ms. Srividya Muralikrishna
- ★ Shades of a Woman- Movement Facilitation – Aparna Ramkrishnan - a y Women's Retreat by Mindfully Sorted
- ★ Drama therapy for parents of neuro-atypical children – Dr. Maitri Gopalakrishna - Autism Rocks Festival -Organised by Velvi
- ★ Power and the language(ing) of care - Dr Maitri Gopalakrishna - Online seminar as part of The Spaces Between: Equity, Voice, Agency, and Care Practices involving the Arts and Arts Therapies - Hosted by University College London
- ★ Conversations in Drama: A community mental health program- Dr. Maitri Gopalakrishna and Arjun Kherra

with Pallavi Chander, Padmalatha Ravi, Sri Vamsu Matta, Madhu Shukla, Yuthika Subramanyan, Aruna Manjunath and Mohini Singh

- ★ Online seminar at Foundations and Futures 2023, - New York University Annual Research Symposium
- ★ Mental Health and the City: Mobility and Access in focus - Panelist on discussion at the Indian Institute of Human Settlements in association with Mindscales (Wellcome UK)
- ★ Arts and Health-- Maitri Gopalakrishna - Seminar at the Institute of Public Health, Bangalore

CPD PROGRAMMES ATTENDED:

- ◇ Integral Somatic Psychology Training - Conducted by: Prafulta Centre for Psychological Wellness, Mumbai.
- ◇ Foundations of Psychodynamic Psychotherapy - Conducted by The PARC in collaboration with Mount Carmel College, Bangalore
- ◇ The Unpacking Power: Conversations of Reflective Practice in Psychotherapists - Dr. Poornima Bhola (NIMHANS), Dr. Chetna Duggal (TISS), Dr. Rathna Isaac (PARIVARTHAN) - Organised by Green Oak Initiative, Bangalore
- ◇ Holding Space Across Communities Using Dance and Other Creative Arts Therapies - Organised by: Creative Movement Therapy Association of India Annual Conference December 2022
- ◇ The Spaces Between: Equity, Voice, Agency, and Care Practices involving the Arts and Arts Therapies Online monthly Seminar series from Nov 2022 to Dec 2023
- ◇ Hosted by University College London
- ◇ TA 101 - Ragini Rao (InfnumGrowth)
- ◇ Trauma informed Interventions Dr Syam Ravindran(CORE)
- ◇ ACT Training - E.S. Sreelakshmi/Neetha Thomas(CORE)
- ◇ Yoga Teacher's Training Course - Indea Yoga, Mysore
- ◇ Developmental Psychoanalysis and Clinical practice - Facilitated by Prof. Inge Martine Pretorius in Association with the Bitty Oberoi Foundation.
- ◇ Basic Mentalisation Based Therapy - Prof. Bateman in association with The PARC.

PUBLICATIONS

- ★ Gopalakrishna, M. G., & Govindan, S. G. (2022). MY REAL FAMILY: USING DRAMA THERAPY TO CHALLENGE NORMATIVE NOTIONS OF FAMILY.
- ★ *The Indian Journal of Social Work*, 83(4), <https://journals.tiss.edu/ijsw/index.php/ijsw/article/view/899>.
<https://doi.org/10.32444/IJSW.2022.83.4.603-620>

PROFESSIONAL AFFILIATIONS

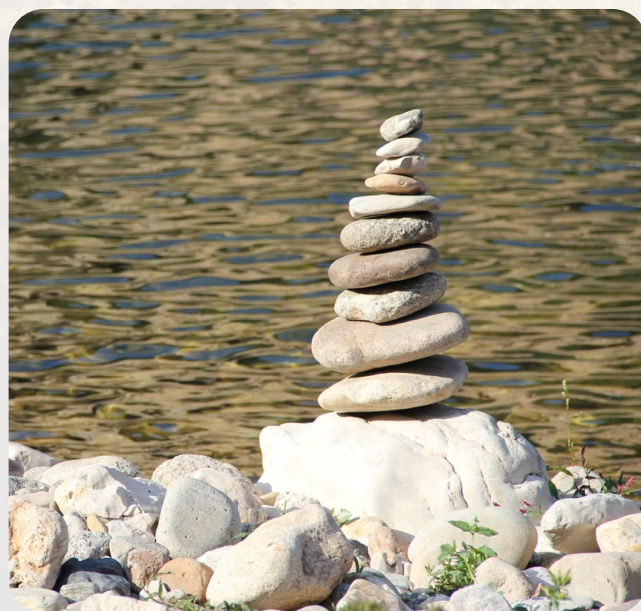
Parivarthan is an Organisational Member of the British Association for Counselling & Psychotherapy (BACP), Membership No. 129337 since 2006. We are therefore committed to BACP's ethical framework for good practice in counseling and psychotherapy, as well as its ethical guidelines in research and are subject to the professional conduct procedure currently in force.

A TRIBUTE TO PARIVARTHAN'S FOUNDERS,;SAROJ & CARLOS WELCH:

We lost our Founders, Saroj and Carlos Welch over the last couple of years, Carlos on March 01, 2020, and Saroj on August 28, 2022.

Parivarthan celebrated them and acknowledged their contribution to the field of Mental Health in India on January 07, 2023, along with some of their family members and other Organisations that they were a part of during the time they spent in India, viz: Christian Counselling Centre, Vellore, United Theological College, Medico Pastoral Association and Athma Shakti Vidyalaya, Bangalore.

Many of their friends, clients, trainees and well-wishers were also a part of this celebration.



► OUR TEAM

2022-23 COUNSELLORS/PSYCHOLOGISTS/ SUPERVISORS:

B N Sharada, Dr. Gayatri Bhatt, Amita Bala, Vinita Shah, Manisha Gokhale, Manju Sapru, Dr. Maitri Gopalakrishna, Purna Kapur, Supriya Kalbag

COUNSELLORS/PSYCHOLOGISTS/ DANCE/ MOVEMENT THERAPISTS:

Sumana Hari, Dr. Kalyani Patange, Suma B.S, Nidhi Kapur, Pallavi Shetty, Aparna Ramakrishnan, Shweta Pannu, Kaushiki Rao, Anjana Kochhar, Srividya Muralikrishna, Rovana Verghese, Rakesh Mehar, Tejsweeta Singh, Amrita Kaur, Arjun Khera, Atmika Reddy, Lakshmi Madduri, Sanjini Kedia, Taanya Mathur, Gayatri Abraham, Keerthana Jayaram, P Ramalakshmi, Nishtha Sabharwal, Pinky C, Mrinalini B.

EXTERNAL SUPERVISORS:

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

RESEARCH:

Akhila Doraswamy – Lead Researcher

ADMINISTRATION /ACCOUNTS:

Malini Sridhar, Vivek Varma, Satish Kumar A,
Iyanar Mani, Shilpa Prasad (Accountant)

► MEMBERS OF THE EXECUTIVE COMMITTEE (2022-2023)

Name	Occupation	Office held
Mabelle Palat	Counsellor	President
Prashant Sankaran	Creative Consultant	Vice-President
Lynette Nazareth	Coordinator- Centre for Academic and Professional Support, Christ (Deemed to be University),	Secretary
Meera Huddar	HR Consultant	Treasurer
Christopher Jayakaran	Consultant Geologist	Member
Dr. Kiran Rao	Clinical Psychologist	Member
Chandramohan Venugopal	Executive Director -Finance (KUIDFC)-(Retired)	Member

OUR BANKERS

HDFC Bank	Union Bank of India	State Bank of India
Indiranagar	HAL II Stage, Indiranagar	Indiranagar
Bangalore	Bangalore	Bangalore

► 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)



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.



3310, 1st Floor, 8th Cross, 13th Main
HAL 2nd Stage, Indiranagar
Bangalore 560008
Tel: +91 080 25298686, 25273462
Email: parivarthanblr@gmail.com
Website: www.parivarthan.org

