



PARIVARTHAN
CONSULTATION
AND TRAINING
SERVICES

Annual Report

2023-2024



› TRAINING:

This year we offered most of our training programmes through 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 offered it both through online and in-person training sessions.

- June – August 2023 – 12 trainees - ONLINE
- September – November 2023 – 12 trainees - ONLINE
- February – March 2024 – 12 trainees – IN-PERSON



Feedback:

- The programme was very well-facilitated. The instructors were kind, empathetic, well-informed in the subjects they were dealing with, and never lost track of the intended structure (or spirit) of the course. I particularly appreciated how generous and vulnerable they were in sharing instances from their personal journeys and struggles, to illuminate concepts and clarify doubts that came up. This has given me both courage and hope for self-work going forward.
- I came in with no expectation and wasn't even sure why I did, but as the course went along, I realized it was the perfect course for me. All I can say is I take with me a lot of knowledge of who and what I am and my core beliefs. I am better for the experience. It has truly opened my mind to a different perspective.
- The Programme was helpful in Self-Awareness. Empowered day to day communication with tools for self-reflection. It's challenging since it nudges you to introspect and be more mindful. Gives you methods or mechanisms to self-assess and decode feelings, emotions and external interactions.



› BASIC SKILLS IN COUNSELLING

We were happy to go back to our original schedules for our One Year Flagship Programme to begin in June 2023. We had all the fortnightly Training Sessions through in-person training sessions and the other course requirements were offered in a hybrid mode – both in-person and online.

- June 2023 to March 2024 – 12 trainees

Feedback:

- I found the content deeply engaging and interesting. It took no effort for me to feel excited about learning more every fortnight. There was not a single class I did not look forward to.
- I liked the rigour and the Course really makes you think about and go through the complexities of being a counsellor
- One of the best courses with emphasis more on skills/practical aspects. This has helped me apply the knowledge gained in the classroom setting to realistic set-up. These skills attained has helped boost my confidence as a trainee transforming into a counsellor.





ADVANCED TRAINING MODULES:

- An Upskilling Training Programme was held on Couple and Family Counselling through in-person training sessions August 12 to September 16, 2024. – 24 hours - 8 mental health professionals

Feedback:

- The training was quite structured yet some flexibility was seen. It was a mix of discussion, case studies, ppt's, role plays. It was lively and not monotonous. The assignments and homework were quite thought provoking. It was experiential and the role plays provided ample learning of skills and techniques. Thought provoking and very useful, it made me reflect, pause and introspect on my own positions and biases
- The skills training was particularly useful because all of us were able to bring in and reflect on our existing repertoire of experiences as therapists and this added a lot of depth and substance to the practice. This greatly improved the quality and depth of the skills training. The inputs provided by Dr. Rathna were deeply insightful and very rooted in the specifics of practice. Dr Rathna's comments also framed many of those insights in the form of broad theoretical, ethical and practice-oriented questions to consider and work on, so that they could be expanded into other scenarios as well.



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 8 Corporate Organisations.

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

- May 2023 - Training of the ICC Members
- July 2023 – POSH Awareness Session – Women Employees
- October 2023 - POSH Awareness Session for Employees
- March 2023 - POSH Awareness Session for Employees



OUR TEAM

Trainers / Facilitators:

- BSIC 2023-24: B.N. Sharada(Coordinator), Vinita Shah, Manisha Gokhale, Dr. Kalyani Patange, Dr. Maitri Gopalakrishna
- LST: Supriya Kalbag (Coordinator), Rovana Varghese, Shweta Pannu, Rakesh Mehar, Amrita Kaur, Tejsweeta Singh
- Advanced Training Module: Dr. Rathna Isaac, 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, Bengaluru

TRUSTEES: (2023 - 2024):

- 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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