

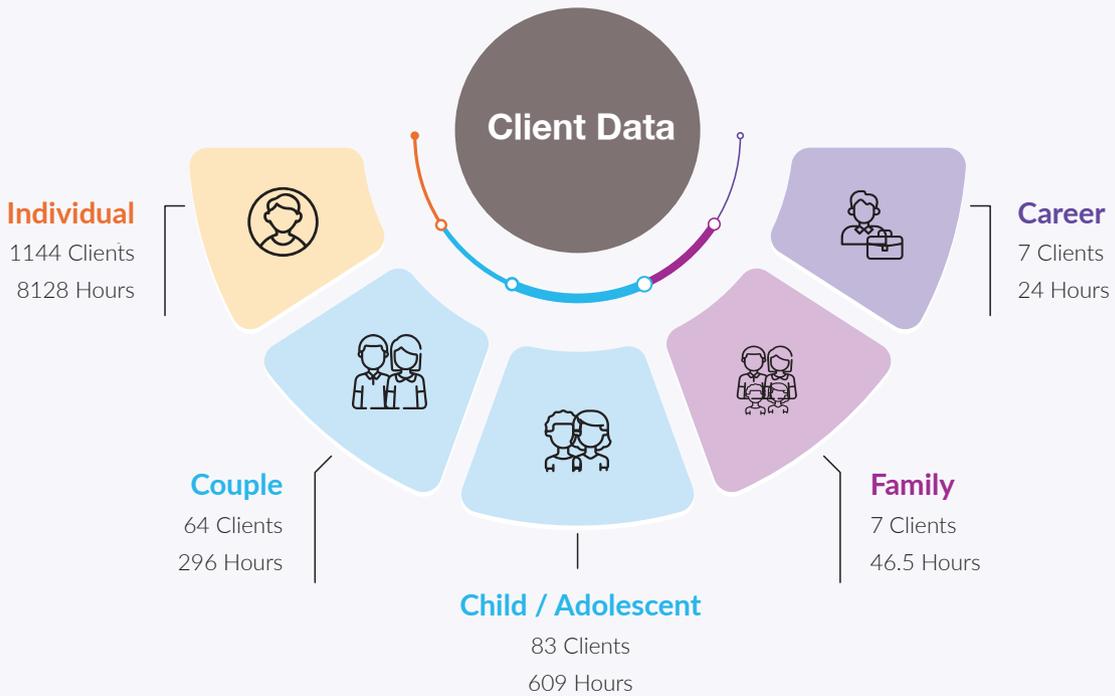


**Annual Report**  
**2024-2025**

## 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.

Our observation from the data below is that the average number of sessions attended for most individual and couple sessions was 7, which helps to confirm that the clients engaged in the process.

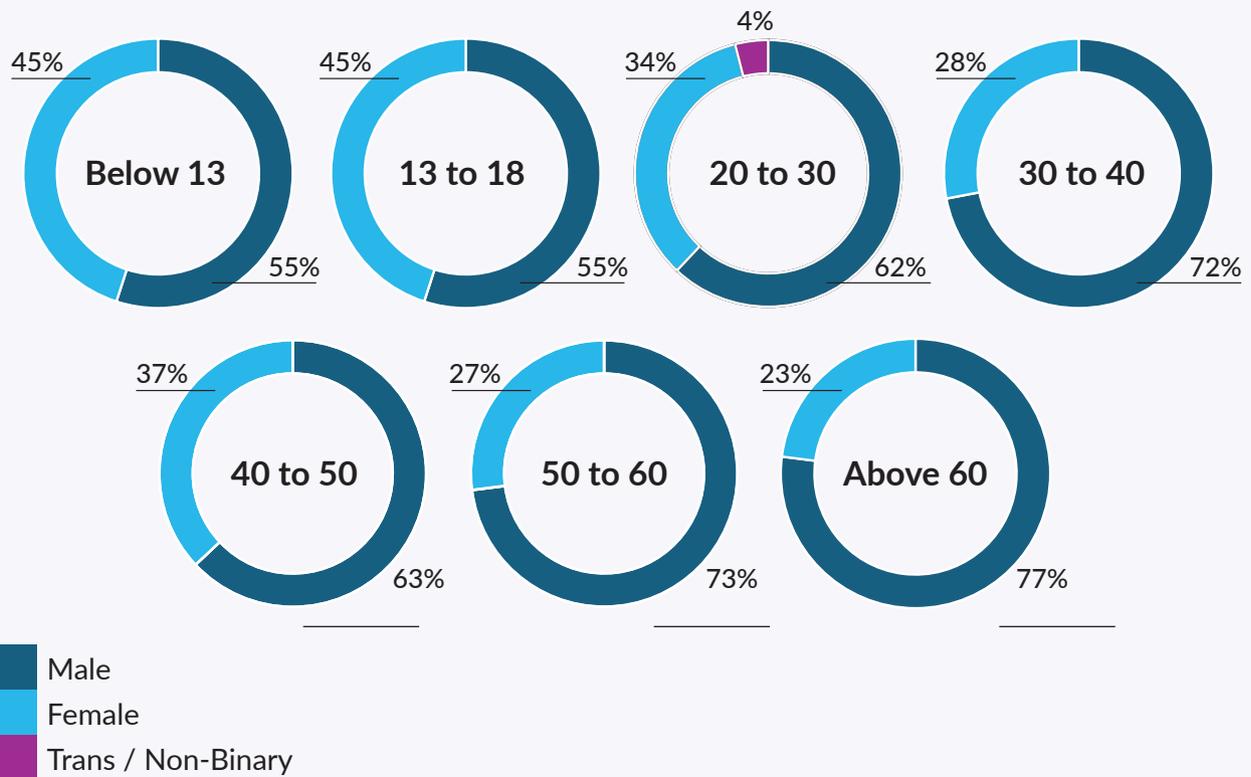


	Total Clients	Clients	Hours
 In Person Clients		187	1565.5
 Online Clients		729	5226.5
 Ed Institutions/EAP		389	2311.5



India 93% | Abroad 7%

## Individual Counselling Clients by Age and Gender



## Couple Counselling by Age Range

Age Range	Division
25 to 35	44%
35 to 45	32%
45 to 55	14%
55 to 65	6%
65 to 75	3%

## Source of Clients

Source	Percentage
Workplace	5%
Family Member Referred	16%
Referred by Friends	47%
Online Sources	10%
Trained or Counselling at Parivarthan Earlier	14%
School Recommended	1%
External Therapist	4%
Doctor / Psychiatrist	4%

## Group Work

Group Process – 12 BSIC Trainees – Sessions were held in-person and the feedback indicated that this was preferred by all the trainees who enjoyed the process that helped them increase their self-awareness and their learnings.

## 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 Individual, Couple and Family counselling services from both external and internal trained Supervisors.

Our Group Supervisors also undergo supervision for their work as group supervisors from a Senior Therapist / Supervisor based in the United Kingdom.

## Monthly Supervision Groups:

- BSIC Counsellors
- Educational and EAP Counsellors – Outreach Services
- Parivarthan Helpline Counsellors
- Parivarthan Staff Counsellors – 7 groups

## CAPACITY BUILDING WORKSHOPS / TRAINING:

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

## Webinars / Workshops / Presentations facilitated by Parivarthan Staff

- Relational Psychotherapy in Action offered at Parivarthan for the counselling staff members.
- Workshop on Addiction for students of class 9 to 12 at The Lawrence School – Lovedale, Ooty
- ‘Care for Care Providers’ Workshop at Baale Mane Trust, Nelamangala, Bangalore
- ‘Beyond the box: Innovations in Dance & other Arts Therapies ‘ – Conference organized by Creative Movement Therapy Association of India
- Dance Movement Therapy for Special Needs Workshop - Organised by Tamil Nadu Music and Fine Arts University
- Trauma in Children and Adolescents – Guest speaker at Mount Carmel College, addressing the final year Post Graduate Counselling students
- Listening skills Training for Mentors – offered to 9 Trek Leaders of Indiahikes, through in-person training sessions.

## PARIVARTHAN OUTREACH SERVICES

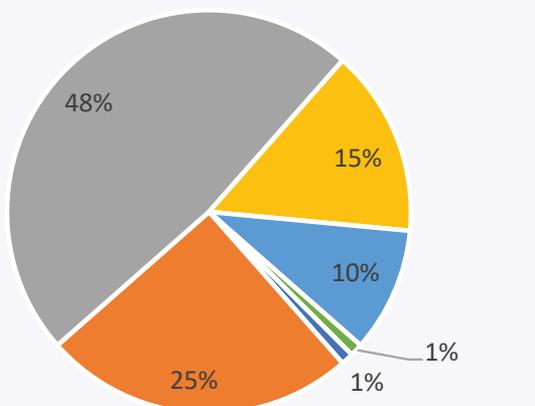
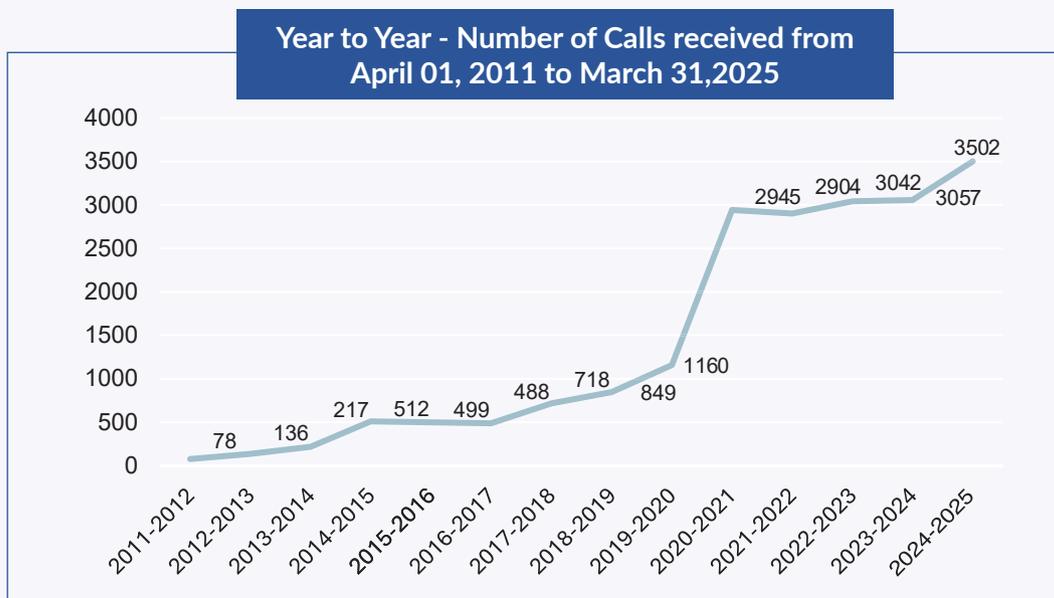
We continued to provide counselling services for students, staff and employees of Educational and Research Institutions, NGOs and Corporate Organisations during the year.

- 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
- CENTRE FOR CHILD AND THE LAW (CCL) – individual counselling for children in conflict with the law at the Observation Home for Boys, Bangalore
- UDHYAM LEARNING FOUNDATION – individual counselling (online) for staff members
- CENTRE FOR LAW AND POLICY RESEARCH – individual counselling (online) for staff members
- EAP SERVICES – counselling services (online) for Corporate Organisations
- BENGALURU DR. B.R. AMBEDKAR SCHOOL OF ECONOMICS (BASE) - individual counselling (Onsite & Online) for the students, research associates & staff members

## PARIVARTHAN COUNSELLING HELPLINE (PCH)

Our Telephone Counselling Helpline grows from strength to strength with a dedicated team of counsellors who are available for callers in distress.



- School age 5 to 12
- Adolescence 13 to 19
- Early Adulthood 20 to 29
- Adult 30 to 39
- Mid Adulthood 40 to 59
- Late Adulthood above 60

Call Summary	
<b>April 2024 - March 2025</b>	
<b>No. of calls logged</b>	<b>3502</b>
No of calls with poor connectivity	6
No. of calls with poor connectivity	301
<b>Brief Counselling Calls</b>	<b>321</b>
<b>Short Counselling Calls</b>	<b>602</b>
<b>Active Counselling Calls</b>	<b>2152</b>
Callers referred to Parivarthan	62
Calls for information on Parivarthan	58
Repeat Calls - 278 callers called multiple time to helpline	1168

## Other Observations

April 2024 - March 2025

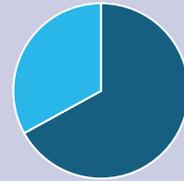
No. of Male Callers continued to be more than Female Callers



2024-2025 (74:26)



2023-2024 (69:31)



2022-2023 (67:33)

**Maximum number of calls received from age group Early Adulthood (20-29 years)**

54% of the total calls from age group (20 to 29 years) compared to (53%)

19% of calls from age group 30 to 39 compared to (25%)

17% of total calls from age group 13 to 19 compared to (13%)

**Major reasons of calls are:**

Disturbed/Confused 17% followed by Relationship with Partner (11%), Sex Related Issue (11%) Anxiety (10%) Depression Related (6%)

**Languages used:**

English 62%, Hindi 29%, Mixed Hindi 7%

Other languages: Tamil, Kannada, Telegu, Marathi and Bengali

## RESEARCH:

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

- Understanding communication in friendship and conflict resolution
- Selfcare among Counsellors
- Emotional expressions in different Indian Languages

## 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 to build on their knowledge base and learn new skills.

### CPD Workshops / Webinars / Training Programmes Attended by Parivarthan Staff:

- ACT Workshop - Organized by Connect and Restore Psychotherapy.
- Neuro Dynamic Breathwork (Online) - Organized and led by Saemi Nakamura
- TA 101 - Organised by InfinumGrowth.
- Workshop on Attachment Re patterning and Integral Somatic Embodiment - Organised by Prafulta
- Internal Family Systems Model - Organised by Safetherapy
- Family Constellation – You Belong – Organised by Violet Hues
- Workshop - Attachment Theory - Organised by: ARISE- Prafulta- Mumbai
- Training Programme - Integral Somatic Psychology - Trauma - Organised by Prafulta- Mumbai
- Training Programme - Extended Certificate in Online and Telephone Supervision – Organised by CounsellinTutor, U.K.

- EMDR Advance Training: Breaking the Cycle: EMDR Therapy Solutions for Problematic Behaviors - Organized by EMDR Pakistan & EMDR Asia
- EMDR Basic/ Standard Refresher Training - Knowledge is Refreshing: Recent updates in Standard protocols & Techniques - Conducted by EMDR India/ EMDR Asia
- Online Course: Economies, Fall 2024 Seminar - Organised by: Parapraxis x The Psychosocial Foundation

## 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 it's ethical guidelines in research and are subject to the professional conduct procedure currently in force.

## OUR TEAM 2024-2025

### Counsellors / Psychologists / Supervisors:

B.N.Sharada, Dr. Gayatri Bhatt, Amita Bala, Vinita Shah, Manisha Gokhale, Manju Sapru, Dr. Maitri Gopalakrishna, Prerna Kapur, Supriya Kalbag, Dr. Kalyani Patange, Mrinalini B Rao, Shweta Pannu, Srividya Muralikrihsna, Pallavi Shetty, Anjana Kochhar, Suma S. Belawadi

### Counsellors / Psychologists / Dance Movement Therapists:

Amrita Kaur, Anjana Kochhar, Aparna Ramakrishnan, Atmica Reddy, Chinmayi Ramaiah, Dr. Kalyani Patange, Gayatri Abraham, Gayatri Bhatt, Kaushiki Rao, Keerthana Jayaram, Lakshmi Madduri, Madhumita Venkataraman, Manisha Gokhale, Maseera Sayeed, Mrinalini B Rao, Nidhi Kapur, Nishtha Sabharwal, Pallavi Shetty, Pinky Chakraborty, Priya Nambiar, Rakesh Mehar, Rama Lakshmi P, Rovana Verghese, Roy Sinai, Sanjini Kedia, Sharada B.N., Shishira Lukose, Shweta Pannu, Srividya Muralikrishna, Suma S. Belawadi, Sumana Hari, Taanya Mathur, Tejsweeta Singh, Vinita Shah

### External Supervisors:

Dr. Rathna Isaac - Clinical Psychologist  
 Dr. Priya Pothan - Clinical Psychologist  
 Sue Santi - Psychotherapist

### Research:

Akhila Doraswamy – Lead Researcher

### Administration / Accounts:

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

### Our Bankers:

HDFC BANK Indiranagar Bengaluru	Union Bank of India HAL II Stage, Indiranagar Bengaluru	State Bank of India Indiranagar Bengaluru
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## MEMBERS OF THE EXECUTIVE COMMITTEE (2024-2025)

Name	Occupation	Office Held
Mabelle Palat	Counsellor	President
Christopher Jayakaran	Consultant Geologist	Vice - President
Lynette Nazareth	Coordinator - Centre for Academic and Professional Support, Christ (Deemed to be University),	Secretary
Meera Huddar	HR Consultant	Treasurer
Anjali Nair	Coach	Member
Dr. Poornima Bhola	Clinical Psychologist	Member
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)

## 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.



COUNSELLING, TRAINING AND RESEARCH CENTRE  
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