



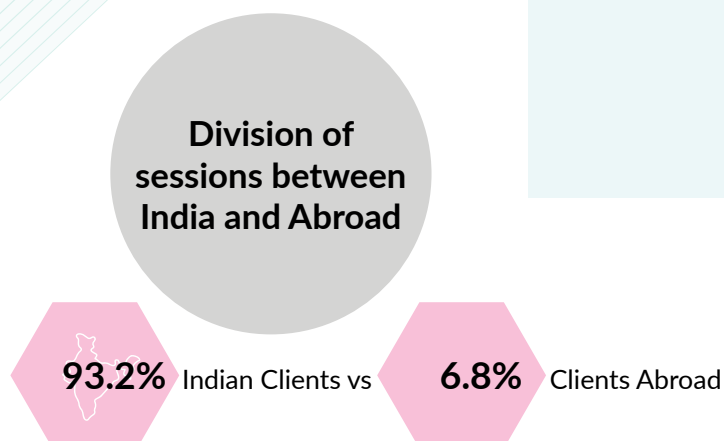
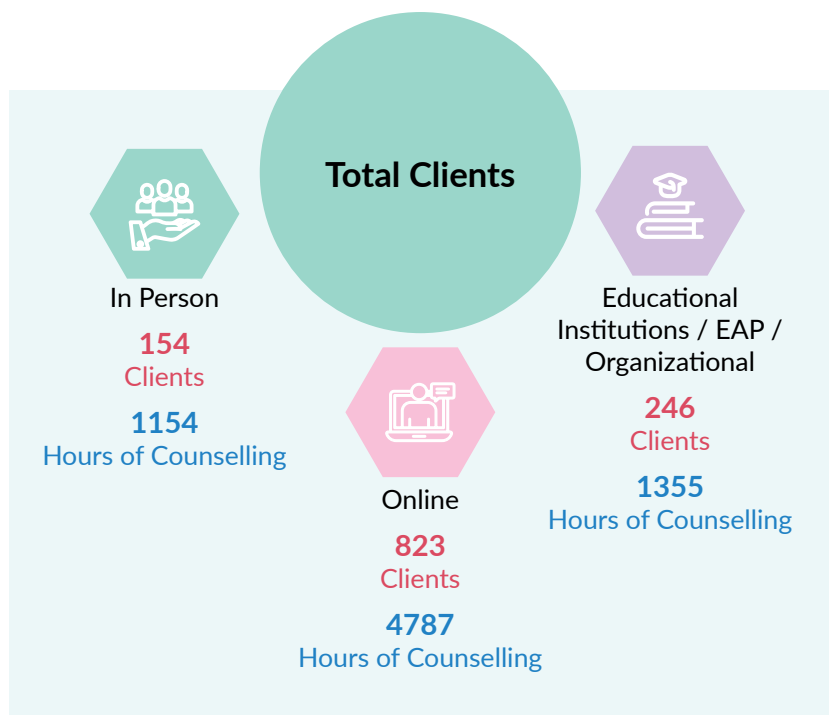
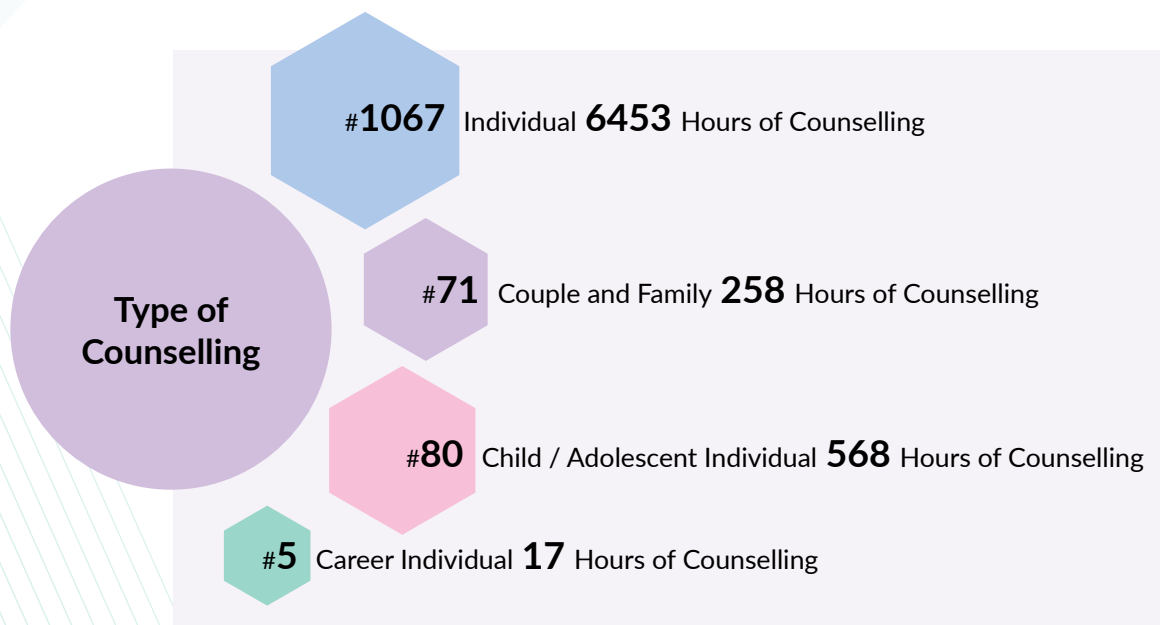
Annual Report 2025-2026

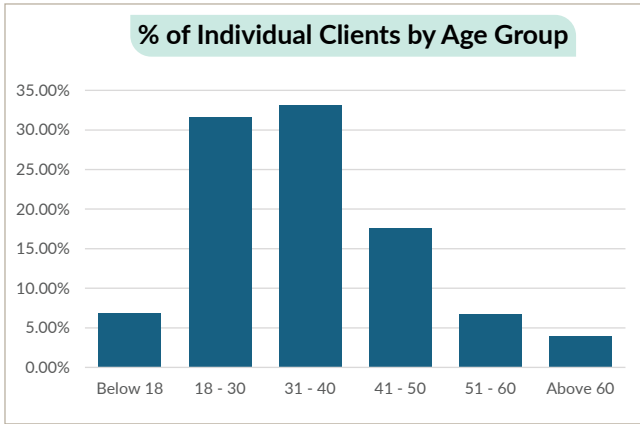
COUNSELLING SERVICES

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.

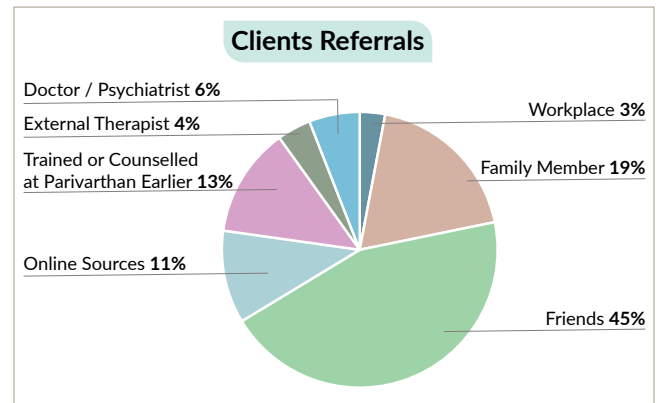
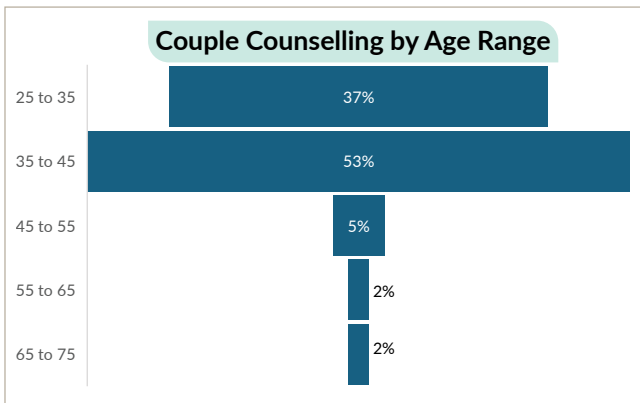
The average number of sessions per client was at 6 for individual and couple sessions, which gives us an indication that clients were engaging in the counselling process.





Individual Counselling Clients by Age and Gender

Age of Client	Gender Division		
	Male	Female	Trans / Non-Binary
Below 18	39%	61%	
18 to 30	37%	62%	1%
31 to 40	30%	70%	
41 to 50	35%	62%	3%
51 to 60	31%	69%	
Above 60	20%	80%	



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.

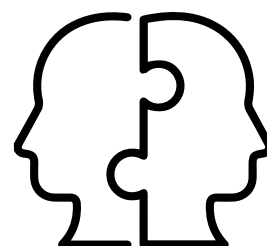
Counsellors at Parivarthan receive regular supervision for Individual, Couple and Family counselling services from both external and internal trained Supervisors.

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

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 Counsellors

- 'Experiences from The Tele-Mental Health Frontline ' – Parivarthan Counselling Helpline, I Call-TISS and Tele Manas-NIMHANS – Organised by Green Oak Expert Talk.
- The Pressure Cooker: The students' Experience of Higher Education – Panelist- MANOTSAVA (National Mental Health Festival).
- Mental Health Awareness Session for Support Staff at the National Centre for Biological Studies (NCBS Bangalore) – 120 staff at 3 sessions. Language: Kannada /Hindi
- Future of Geriatric Psychology, Sports Psychology, Managing Addiction in Children, Postpartum Mental Health Interventions – Workshops facilitated at Zifo Consultancy.
- Shifting patterns: Movement Interventions for Cognitive and Behavioural Flexibility- Presentation at the Seminar : The impact of interventions on Cognitive and Behavioural Processes at: Tamil Nadu Dr J Jayalalitha Music and Fine Arts University, Chennai.
- Training (6 month Certificate Course) for Special educators, social workers, NGOs working with Special needs children on the use of Dance/ Movement as Therapy - Theatre Arts for Integrated Development.
- Introduction to Supervision: Co-facilitation for 2 Day Workshop for trained counsellors at Montfort College, Bangalore.
- Panelist at Paving a Path towards mental well being - Campus Mental Health Awareness at NCBS: Organised by Centre for Brain and Mind.
- Awareness Session on Mental Health Needs of Students and Self – Care: Faculty of Vidyashilp University.
- An Introduction to EMDR (Eye Movement Desensitization and Reprocessing) - Conducted at Vydehi Institute of Medical Sciences and

Research Centre – Department of Psychiatry- For their CME – BEHIND THE COUCH - EVIDENCE BASED PERSPECTIVES FOR THE MODERN PSYCHOTHERAPIST - On behalf of EMDR India.

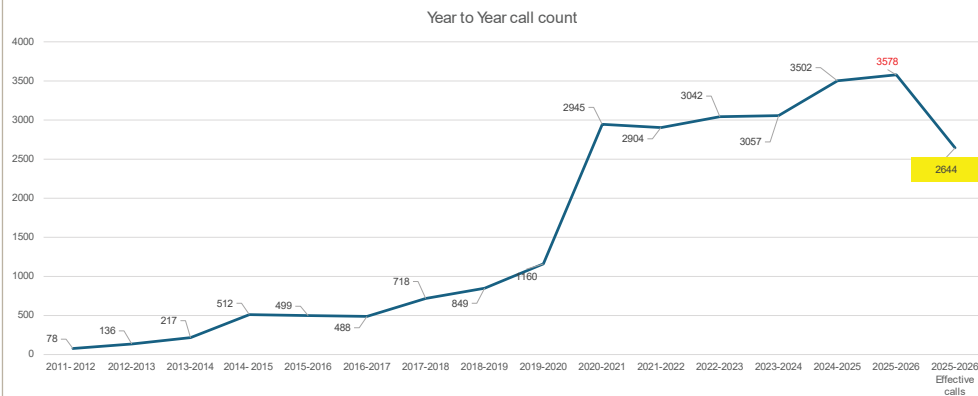
- Conversation Session at the 6th International Conference on Counselling and Psychotherapy (ICCP 2026) -Montfort College, Bengaluru – 2 staff counsellors.
- The Complexities of Complex Trauma (Accelerated) - Faculty, India Team -on behalf of International Society of Study of Trauma and Dissociation.

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
- INDIAN STATISTICAL INSTITUTE (ISI) - individual counselling sessions (onsite) for students & staff.
- 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
- CENTRE FOR LAW AND POLICY RESEARCH – individual counselling (online) for staff members
- BENGALURU DR. B.R. AMBEDKAR SCHOOL OF ECONOMICS (BASE) - individual counselling (Onsite & Online) for the students, research associates & staff members
- DIRECT DIALOGUE INITIATIVES INDIA PVT. LTD - individual counselling (online) for staff members
- GREENPEACE ENVIRONMENT TRUST - individual counselling (online) for staff members
- SUPREME COURT OBSERVER (SCO) - individual counselling (online) for staff members
- EAP SERVICES – counselling services (online) for Corporate Organisations

Year to Year - Number of Calls Received from April 01, 2022 to March 31, 2026 with Effective Call

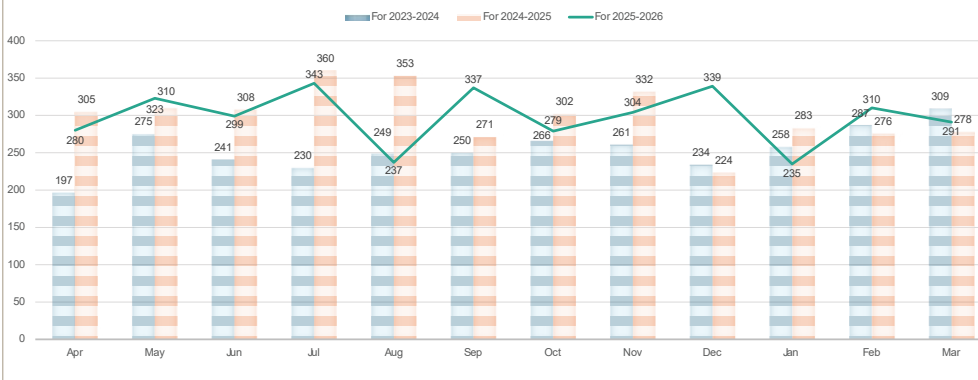


PARIVARTHAN COUNSELLING HELPLINE (PCH)

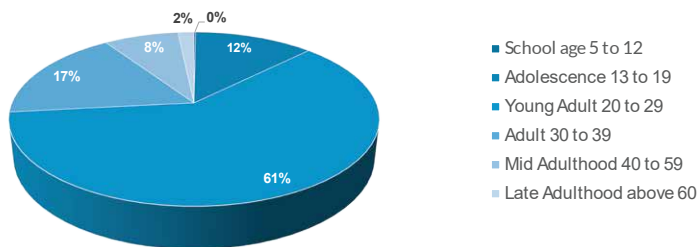
Our Telephone Counselling Helpline grows from strength to strength with a dedicated team of counsellors who are available for callers in distress.



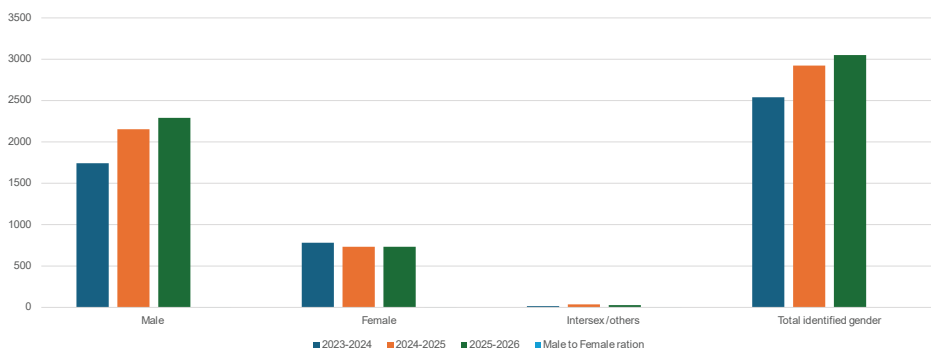
Month Wise Trend of Calls for 2023 to 2026 FY



Callers Age Group for 2025-2026 FY



Gender Wise Call Received from 2023-2026



Call Summary

April 2025 – March 2026

Description	Count
No of calls logged in	3578
No of shifts when no calls received	7
Repeat Callers	1153
First Time Callers	1267

Other Observations from Data Analysis

April 2025 – March 2026

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

Male to Female caller ratio:

- 2025 – 2026: (75:24)
- 2024 – 2025: (74:25)
- 2023 – 2024: (69:31)
- 2022 – 2023: (67:32)

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

- 60% of the total calls from age group (20 to 29 years)
- 17% of total calls from age group 30 to 39
- 12% of total calls from age group 13 to 19
- 7.8% Mid Adult 40 to 59
- 1.7% Senior Citizen

April 2025 – March 2026

Major reasons of calls (Presenting Concerns)

Relationship	22%
Sexual Concerns	15%
Behaviour/Personality	11%
Family	10%

Emotional Challenges / Needs Observed

Unload Thoughts & Feelings	21%
Anxiety / Worry / Fear	19%
Sad / Low / Depressed	15%
Looking for Solutions / Advice	14%



RESEARCH

Parivarthan's research team have been in the process of completing an internal research on 'A CRITICAL EVALUATION OF THE ETHICAL PRACTICES AND PROCESSES FOLLOWED AT PARIVARTHAN COUNSELLING CENTRE'

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

- Examining the Distribution of Emotional Labor from a Social Roles Theory Perspective
- Exploring Body Mapping as a Pathway to Self Awareness
- Looking Back to Look Forward, 'Reflections and Perceptions'

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.

Webinars / Workshops / Presentations attended by Parivarthan Counsellors

- Trauma informed Psychotherapy: Essential Foundations – Facilitated by Dr. Shalini Ananth, Clinical Psychologist - Anaahat Psychotherapy – 3 staff counsellors
- Internal Family Systems Bootcamp – Facilitated by Srishti Narula, Psychologist- Traversing Trauma, SafeTherapy – 3 staff counsellors
- Grief and Loss Counselling – Facilitated by Zena Yarde, Psychologist - The Thought Co.
- Anti-Caste Reading Circle – Facilitated by Shalini Rao - Gestalt-Existential-Feminist Psychotherapist - Therapy For Liberation and Fizapreet Dhillon - Psychotherapist and Expressive Arts Facilitator- Therapy with Fiza
- Natural DreamWorks Practitioners Training (NDPT) - SMART Bengaluru
- Emotionally Focused Couples Therapy – Marianne Gustaffson - ICEEFT Certified Emotionally Focused Therapy (EFT) Trainer, Therapist and Supervisor- Stockholm, Sweden in association with India EFT Council & Matters of Relationship - Stockholm, Sweden in association with India EFT Council & Matters of Relationship
- Future of Geriatric Psychology; Sports Psychology; Managing Addiction in Children; Postpartum Mental Health Interventions - Indian Mental Health Summit 2025
- Focussed Discussion on the Docuseries: InTransit with Aryan Somaiyam, GUFTAGU, Mumbai for Counsellors and NGOs working with LGBTQI+ populations
- Facilitation Skills for Group Process- Sue Santhi, Psychotherapist/Supervisor-UK – 10 Staff counsellors

- Digital Addiction Workshop- Faculty at Shut Clinic - Organised by NIMHANS
- Therapy with Older Adults- Dr. Soumya Hegde - The Parc
- Social Justice-Oriented Therapy- Absy Sam - Indian Mental Health Summit;
- Assessment of Trauma in Therapeutic Settings – Dr. Shalini Anant - Green Oak Initiative
- Neurodiversity in the Therapy Room: An EFT Approach for Clinicians - Heike McCahon, ICEEFT-Certified EFT Trainer - Therapist
- DARE – Dynamic Attachment Repatterning and Experiencing- Patricia Meadows - Organised by Prafula – Mumbai
- The Complexities of Complex Trauma Accelerated - Dr. Adithy, Dr. Hvovi Bhagwagar, r. Gayitri Bhatt, Ms. Karishma Shah Savla – International Society for the Study of Trauma and Dissociation – 2 staff counsellors
- Therapy with older adults- Dr Soumya Hegde - The Parc
- Disgust, Contamination and DIRT; Unpacking OCD through Trauma lens - Dr. Sampurna Chakraborty - Green Oak Initiative
- Shadow Mastery Coach Certification Course - Ms.Aditi Nirvaan (IPHM Accredited Shadow Work Expert) - The Shadow Mastery School
- Basic and Advanced Practitioner Online Course in Systemic Theory & Practice in Family Constellations- Colette Green and Annie Cariapa - Spanda – Ochre Inspiring Balance & Harmony
- Brain Spotting Phase 2 - Mariya Payne - Awaken Consulting Services, Canada
- EMDR Therapy and Parts Work - Dolores Mosquera, Spain / EMDR with Survivors of Childhood Sexual Trauma - Arun Mansukhani, Spain - Preconference Workshops organised by EMDR India
- Absence: Shame, Dissociation and Psychotherapy with Attachment Trauma - Ken Benau & Richard Hohfeler / Finding Solid Ground - Bethany Brand / A Taste of Internal Family Systems - Joanne Twombly/ Integrating Art in Trauma Treatment - Elizabeth Koldny - Preconference Workshops at Portland, Oregon, USA - International Society for Study of Trauma and Dissociation

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.

OUR TEAM 2025 - 2026

Counsellors / Psychologists / Supervisors:

B.N.Sharada, Dr. Gayitri 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 Muralikrishna, 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, Gayitri Bhatt, Kaushiki Rao, Keerthana Jayaram, Lakshmi Madduri, Madhumita Venkataraman, Manisha Gokhale, Maseera Sayeed, Mrinalini B Rao, Nidhi Kapur, Nishtha Sabharwal, Pallavi Shetty, Pinky Chakraborty, Pranav Prakash, 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 / Supervisor

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 (2025 - 2026)

NAME	OCCUPATION	OFFICE HELD
Mabelle Palat	Counsellor	President
Christopher Jayakaran	Consultant Geologist	Vice - President
Lynette Nazareth	Counsellor / Trainer	Secretary
Meera Huddar	HR Consultant	Treasurer
Anjali Nair	Coach	Member
Dr. Poornima Bhola	Clinical Psychologist	Member
Chandramohan Venugopal	Executive Director - Finance (KUIDFC) - (Retired)	Member

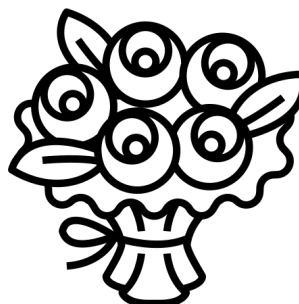
LEGAL DETAILS

- 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

3310, 1st Floor, 8th Cross, 13th Main HAL 2nd Stage, Indiranagar
Bengaluru 560008 Tel: +91 080 25298686, 25273462 Mob: +91 8050003136
Email: information@parivarthan.org Website: www.parivarthan.org