



PARIVARTHAN
CONSULTATION
AND TRAINING
SERVICES

Annual **Report** 2025-2026



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.

- ⇒ July – August 2025 – 12 trainees - ONLINE
- ⇒ October – November 2025 – 12 trainees - ONLINE
- ⇒ February – March 2026 – 12 trainees – IN-PERSON

Feedback:

- LST 1 Has been a huge influence in various aspects of my life I would encourage everyone to take it
- The Programme was held very well from delivery to holding space for questions and setting boundaries – It was seamless and done with conviction
- I appreciate every minute here the theories and their delivery was spot on creating connections with the topic and amongst experience was done very professionally great job.
- This has been an absolutely amazing & enlightening sessions. Totally enjoyed and learned a lot in a comfortable environment. The style and the knowledge of the presenters were totally amazing.
- Both the facilitators were professional, knowledgeable and able to effectively demonstrate the concepts either through exercises or through their own sharing of examples. They were able to support all the participants and were very compassionate.
- The facilitators were calm, grounded, present throughout each session, through all the sessions. Their involvement and interest was evident, and kept me actively engaged. I have in the past struggled with a course conducted online, but they really made the difference here - I felt the course was as good as if it were conducted offline.



BASIC SKILLS IN COUNSELLING:

We continued with our original schedules for our One Year Flagship Programme to begin in June 2025. 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 2025 to March 2026 – 12 trainees

Feedback:

- This has been the most challenging, yet fulfilling year of my life... appreciate how this Course has been created with so much thoughtfulness, integrity and also a strong grounding in counselling ethics
- Overall the Training has left me feeling confident & competent on my own skills as a baby counsellor. The support of my counsellor and supervisors helped me hold it all together.

- I liked the methods applied and there were many practical exercises in the classroom sessions which indeed was very helpful. With peer participants' life experiences and trainers' patience, course methodology was good.
- I really liked the Training Days divided between theory and skill based sessions. It helped us in learning the basics of the theory & practical application which made the whole experience quite interesting and engaging.

ADVANCED TRAINING MODULES:



⇒ Advanced Training Module was held on 'ToT for Group Process Facilitation' through in-person training sessions held in January 2026, for 10 mental health professionals.

Feedback

- The Group Process workshop helped me see how I tend to move within groups and the roles I play and which roles take a lot more effort for me and do not come naturally. But it also gave a sense of how in parts, all these roles are within me and actively or not, they all play out at different moments.
- Professionally...I was able to connect the learnings from the workshop to my group facilitation experiences. All the role plays really helped to look at various possible difficult situations that may occur in groups and the ways of dealing with it.
- Added/ validated areas previously learnt, validated my sense of growth as a facilitator over the years, showed me growing edges. Interesting to hear from others their experiences, perspectives on doing groups, similarities in the challenges faced when facilitating groups. Reiterating ideas of safety & group rules/ boundaries.

⇒ Advanced Training Module conducted on 'Couple and Family Counselling' through in-person training sessions, from January to April 2026, for 7 mental health professionals.

Feedback

- Methodology and structure of the training was very thorough and detailed.
- Course was very well structured. Role plays were relevant and well coordinated.
- This structure of theory followed by practice sessions with role play was very helpful in understanding the concepts and applying them at a skill level.
- Supervision was good, receiving the guidance and support.
- I really enjoyed the examples that were used during the skills training sessions.
- Theoretical inputs, were relevant and practical.



CONSULTATION SERVICES:

We continued to offer services related to The Sexual Harassment Act (Prevention, Prohibition and Redressal) Act 2013 and currently serve as the External Member on the Internal Complaints Committee for 9 Corporate Organisations / Non-Profits.

We also conducted the following Training / Workshops for Internal Committee Members and POSH Awareness Workshops for Employees as the POSH Act.

- ⇒ Internal Committee Members – 2 Training Sessions
- ⇒ POSH Awareness for Employees – 3 Workshops



OUR TEAM

Trainers / Facilitators:

- BSIC 2025-26: B.N. Sharada(Coordinator), Dr. Kalyani Patange, Dr. Maitri Gopalakrishna, Mirnalini B, Suma S. Belawadi
- LST: Supriya Kalbag (Coordinator), Rovin Varghese, Shweta Pannu, Rakesh Mehar, Amrita Kaur, Tejsweeta Singh, Rama Lakshmi P.
- Advanced Training Modules: Dr. Rathna Isaac, Sue Santi

Administration / Accounts:

- Malini Sridhar
- Vivek Varma
- Satish Kumar
- Iyanar M.
- Shilpa Prasad (Accountant)

Our Bankers:

- HDFC Bank – Indiranagar, Bengaluru

Trustees: (2025-2026):

- 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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