



REPORT OF OUR ACTIVITIES FOR YEAR 2021-22

Overview

INTRODUCTION AND BACKGROUND:

Dr. Swati Karve, PhD, always had the dream of starting her own institute and putting into practice her experience of more than twenty-five years across India and USA, in the fields of psychology, teaching, and consulting to create transformation using behavior and social sciences. Being an NRI however, she was not able to start an NGO or a Trust in India, so she founded Swasti Institute for Learning and Development Pvt Ltd company. Managing over two continents the operations began in 2018 in a modest way. However, she came to know that NRIs could set up Section 8 company so to further push the vision and mission of affordable education, services and mental health SwastiVishwa Behavioral and Social Sciences Institute Foundation was set up as a Section 8 Non-Profit company in October 2021 with the support of like-minded ladies who encouraged her to pursue her vision. Dr Swati was appointed as CEO and Director by the board. SwastiVishwa Institute Foundation continued the work started by Swasti Institute in the areas of education, services and mental health.

Aims and Objectives: Making education, services and mental health AFFORDABLE and ACCESSIBLE is our mantra. Through democratization of education, we can lift the quality of the middle classes who can access world class affordable learning opportunities. This exercise directly contributes to capacity and capability building for the country.

ACHIEVEMENTS in 2021-22 (*which also covers some activities of Swasti Institute from April 2021 to October 2022*):

Over **500 individuals** benefitted from various training programs. Participants included **independent professionals, corporate employees, mental health professionals, faculty, students, and community members**. The programs spanned across multiple domains, including **professional development, student development, research, corporate training, and personal development**, delivering thousands of person hours of training.

1. PROFESSIONAL DEVELOPMENT PROGRAMS

We provide training in **niche areas** of applied psychological and social sciences like organizational development and change management, instructional design etc. which are not easily available at affordable fees.

We conducted the first round of **Organizational Development and Change Management** in collaboration with **St. Mira's College**. This program introduced professionals to essential concepts in organizational development and change management. A total of **10 participants** from various companies enrolled, benefiting from over **400 person hours of training**. This initiative aimed to enhance leadership capabilities and organizational strategies, equipping professionals with tools to implement effective change in their workplaces.

To support professionals in corporate learning environments, an **Instructional Design Workshop** and a **Training Evaluation Workshop** were conducted for **12 interested candidates** who were trainers and independent consultants. These programs provided insights into best practices for designing effective learning programs and assessing their impact. More than **280 person hours of training** were delivered to professionals eager to enhance their corporate training expertise.

2. CAPACITY BUILDING IN SOCIAL SCIENCES RESEARCH

A series of specialized research training programs were delivered, catering to faculty and master's students in psychology and behavioral sciences. Workshops covered programs in

- Ethnography
- Phenomenological Approach,
- Grounded Theory Approach,
- Data Analysis for Qualitative Research,
- Action Research,
- APA Guidelines for Research Publication,
- Excel for Data Analysis, and
- Writing a Research Paper.

Dr. Swati was invited by Kannur University Kerala to conduct faculty development program in qualitative research where more than 100 faculty had registered

Through these efforts, over **350 professionals** improved their research skills, completing **450 person hours of training**.

3. TRAINING ON STUDENT DEVELOPMENT

The "Aspire to Achieve" initiative focused on skill-building for college students, improving their communication, presentation, public speaking, resume writing, and interview skills.

This program was conducted for students at Fergusson College and Shankarrao Chavan Law College.

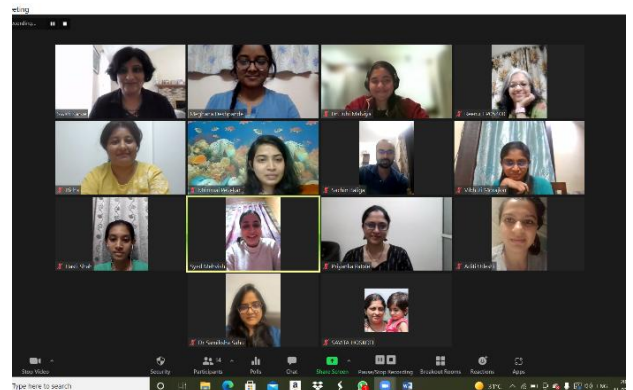
Over **90 students** benefited from these sessions, through **2,900 person hours** of training aimed at strengthening their career readiness and professional development.



4. ADVANCED MENTAL HEALTH TRAINING FOR PROFESSIONALS

We continued our flagship program in delivering the training in Cognitive Behavior Therapy (CBT). in collaboration with the **Beck Institute for Cognitive Behavior Therapy, USA**. Two rounds of **CBT for Anxiety, Depression and Suicide Prevention** were delivered, and a dedicated session on **CBT for Personality Disorders** was also conducted

this training equipped more than **80 mental health professionals** with advanced techniques for treating anxiety, depression, and personality disorders. Notable psychiatrists, psychologists, and counsellors from across India participated in these programs, benefiting from over **2,300 person hours of this specialized training**.

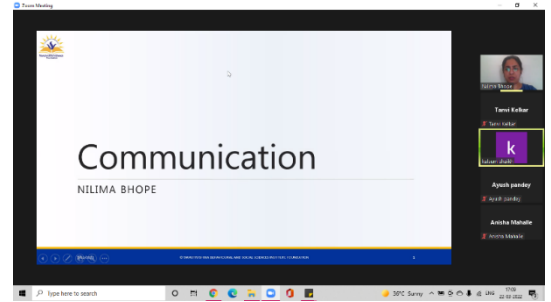




TRAINING FOR MSME

One of our focuses has always been to provide training and consulting for MSME sector. Our empanelled faculty delivered this program

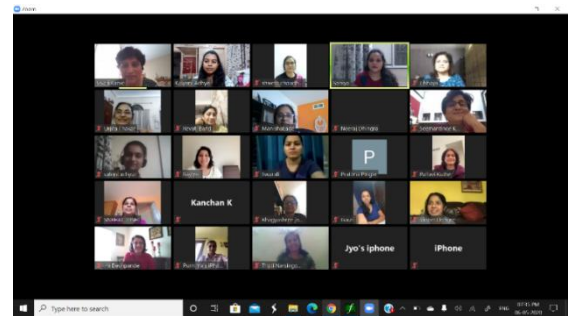
Communication Skills and Presentation Skills training were provided for employees of Paranjape Autocast Pvt Ltd, where participants were trained in public speaking and presentation techniques to improve workplace communication and on enhancing verbal and written communication effectiveness in corporate settings.



50 employees of the company gained valuable skills that contributed to improved professional effectiveness, with over **1,800 person hours of training delivered**.

FREE PROGRAMS FOR COMMUNITY EDUCATION

As part of the mission to promote mental wellness and self-improvement, several FREE and structured personal development programs were conducted. Workshops on **Powerhouses of Motivation, Stress Management, and Reinventing Ourselves series** were delivered to organizations and communities, providing insights into resilience, stress management and self-improvement.



These programs collectively benefited **200+ individuals**, delivering over **380 person hours of training** across various organizations and communities.

SwastiVishwa Institute Foundation was set up with a vision to make a difference. We are hopeful that in the coming years we will charter new paths and create affordable programs for professionals, students, youth and community and help propel transformation through impactful interventions.

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DATE: 20/04/2022

PLACE: PUNE