



## REPORT OF OUR ACTIVITIES 2022-23

### OVERVIEW

In the year **2022-23**, more than **500 individuals** benefitted from diverse training programs focused on **faculty development, research, professional development, student development, mental health, corporate training, personal development, and community initiatives**. These efforts strengthened skills across different sectors, delivering thousands of person hours of training.

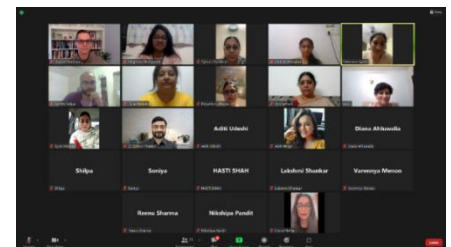
### PROFESSIONAL DEVELOPMENT

The **Organizational Development and Change Management – Round 2** program was conducted in collaboration with the **National HRD Network (NHRDN) Pune Chapter**. A total of **18 professionals** participated, enhancing their expertise in organizational change strategies and leadership development. Over **800 person hours** of training were delivered, equipping participants with practical tools for workplace transformation.



### ADVANCED MENTAL HEALTH TRAINING FOR PROFESSIONALS

Building on previous efforts, mental health training continued with specialized workshops in cognitive behavior therapy. Continuing the collaboration with the **Beck Institute for Cognitive Behavior Therapy**, about **50 professionals** were trained on CBT techniques for treating anxiety, depression, and suicide prevention. These mental health training programs collectively contributed over **1,600 person hours** of professional development.



A specialized training in **CBT for Psychosis** was conducted that benefitted **25 professionals** with about **300 person hours** of training being delivered.

Training in **Support Groups for Mental Health Professionals** was conducted that benefitted **20 practitioners** with about **80 person hours** of training being delivered. This training helped professionals to understand how to conduct support groups for various mental health disorders.

### FACULTY DEVELOPMENT

Faculty development workshops focused on research enhancement and leadership skills. At **Fergusson College**, **30 faculty members** underwent a **Research Capacity Building** program, strengthening their ability to conduct scholarly research, and engaged in Creative Thinking in Research workshop fostering innovation in research methodologies.





**Leadership Training** workshop, held for **SIES College, Mumbai**. **29 faculty members** participated in this training

**21 faculty members of Nanavati College, Mumbai** received specialized training in stress management. The program gave insights into practical stress-reduction strategies.

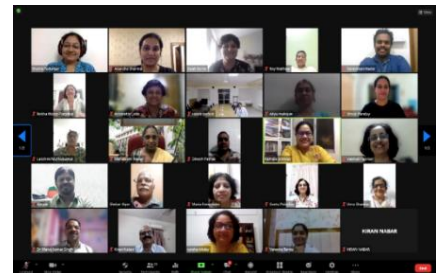
Totally **900 person hours** of training were delivered for the faculty of these various colleges.

## STUDENT DEVELOPMENT PROGRAMS IN PSYCHOLOGY AND RESEARCH

Students engaged in training that refined their academic and research capabilities. The **Research Capacity Building for Students** program at **Fergusson College** trained **60 students** in enhancing their methodological rigor and **30 students** at **Gargi College, New Delhi** participated in **Research Paper Writing**, equipping them with essential academic writing strategies.

Additionally, **Clinical Psychology Training** was conducted for **18 MSc Psychology students** at **Jyoti Nivas College, Bangalore**, focusing on practical applications of psychological interventions, contributing **around 600 person hours** of training.

Over **2,800 person hours of training** were delivered through these programs.



## FREE SESSIONS FOR PROFESSIONAL AND COMMUNITY EDUCATION



Several free of cost initiatives were conducted to promote mental wellness, self-improvement, and professional insights into mental health. An event at a **senior residence community in Pune** engaged **85 senior citizens**, in a 2-hour mental wellness program.

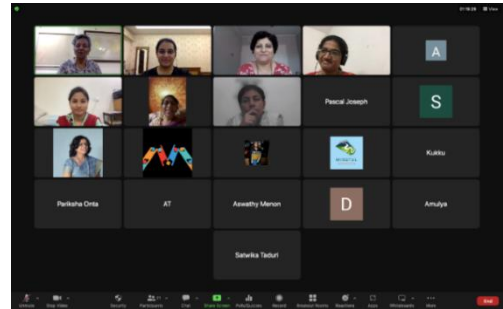


We organized free webinars and expert-led **panel discussions** featured well-known experts like **Dr. Anil Vartak, Dr. Nirmala Srinivasan, Mona Sharma, Dr. Rahul Shidhaye, Dr. Beena Chintalapuri** and others covering topics such as

- Multi-level interventions for mental health,
- Workplace mental health strategies,
- And cbt for prison inmates.



These knowledge-sharing initiatives benefitted over **100 participants** and further strengthened mental health awareness within the community.



SwastiVishwa Institute Foundation looks forward to contributing meaningfully to create transformation for individuals, organizations and communities.

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**PLACE: PUNE**