



## REPORT OF OUR ACTIVITIES YEAR 2023-24

### Overview

During **2023-24**, more than **400 individuals** benefitted from various training programs across **Professional Development, Faculty Development, Student Development, Corporate Training, Personal Development, and Community Initiatives**. These programs focused on enhancing research skills, workplace competencies, mental health awareness, and leadership development, delivering thousands of person hours of training.

### PROFESSIONAL DEVELOPMENT

Several professional development programs were conducted this year, covering stress management, mental health training, and learning and development. The **Stress Management Workshop for Markets and Markets, Pune**, trained **34 employees**, helping them develop practical stress-reduction techniques and delivering **68 person hours of training**.

A new program was launched- **Comprehensive Certificate in Learning and Development**, conducted in partnership with **National HRD Network (NHRDN) Pune Chapter**, provided structured learning for **16 professionals**, focusing on instructional design and workplace training methodologies, contributing to **960 person hours of training**.

Additionally, a **Research Methods Course**, conducted in collaboration with **Fergusson College**, enabled **18 professionals** to refine their expertise in research methodologies, contributing to **500 person hours** of training.



### ADVANCED MENTAL HEALTH TRAINING FOR PROFESSIONALS

Collaboration with the **Beck Institute for Cognitive Behavior Therapy** continued with **CBT Round 7**, where **35 professionals** trained in **CBT for Anxiety, Depression, and Suicide Prevention**,

Over **1,000 person hours** of intensive professional development training were delivered.

### FACULTY DEVELOPMENT

Faculty training programs were conducted to support educators in enhancing their academic capabilities and teaching methodologies. A **Faculty Induction Program** at **Fergusson College** helped introduce best practices in research, student mentorship, and academic leadership.

The program trained **26 faculty members** and delivered **100 person hours of structured faculty development training**.





## STUDENT DEVELOPMENT

Student training programs focused on career enhancement, communication skills, and personal confidence-building. A **Resume Writing and Email Etiquette workshop**, conducted at **MIT Civil Engineering Department**, trained **60 students** in professional writing and workplace communication. Additionally, **Communication Skills and Assertiveness training** was provided to **28 students**, reinforcing their ability to express ideas confidently in professional settings.

At **Pharmacy College, Miraj**, **120 students** participated in a **self-confidence development program**, helping them refine their leadership abilities and personal growth strategies.



Together, these initiatives delivered more than **400 person hours** of student development training.

## CORPORATE TRAINING

Corporate skill-building programs were conducted to improve workforce competencies and leadership effectiveness. Employees at **Atlas Copco** participated in a **Competency Model and Psychometric Assessments workshop**, refining their skills in workforce evaluation and leadership dynamics. A total of **37 professionals** benefitted, with **148 person hours of training** completed.



## COMMUNITY EDUCATION AND INITIATIVES

### CONSULTING FOR GRASSROOT NGOS

As part of our commitment to community engagement, extensive fieldwork was conducted in with **2 NGOs** in Pune and Satara district to gather data and assess real-world challenges faced by underserved communities. This initiative impacted **over 100 families**.

The NGO **Lokseva** works with displaced tribals in Satara district, and NGO **Sumantra Counseling Services** provides mental health support to residents of a slum area in Pune.





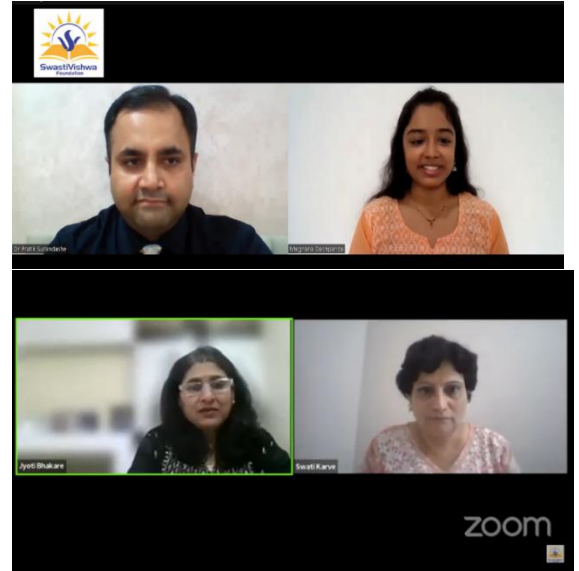
## MENTAL HEALTH AWARENESS

Continuing our free **mental health and personal development programs** were conducted to support individual well-being, mental wellness awareness, and knowledge-sharing efforts within professional and academic communities and the general public. These include:

**Webinar on the New Mental Health Act 2017**, led by **Dr. Jyoti Bhakare**, provided insights into mental health legislation and its implications, attended by **30 participants**.

**Dementia Awareness interview** with **Dr. Pratik Surandash, MD (Psy.)** helped raise awareness about cognitive health and aging, while a

**Webinar on Psychometric Assessments** by **Ms. Chaitali Joshi** engaged **30 professionals**, discussing psychological assessment methodologies.



SwastiVishwa Institute Foundation looks forward to continuing to contribute meaningfully and make a difference in the lives of people through education, services and mental health and wellbeing programs in the coming years!

**SUPRIYA RAVINDRA KULKARNI**  
DIRECTOR  
(DIN: 09284144)

**CHITRA MORESHWAR GOKHALE**  
DIRECTOR  
(DIN: 09284143)

**VAISHNODEVI MILIND ABHYANKAR**  
DIRECTOR  
(DIN: 09284082)

**SWATI SANJAY KARVE**  
DIRECTOR  
(DIN: 07953890)

**DATE: 23/04/2024**

**PLACE: PUNE**