



**REPORT OF OUR ACTIVITIES FOR YEAR 2024-25**

**Overview**

During the year 2024-25, more than **3,000 individuals** benefitted from various training programs. Participants included **independent professionals, corporate employees, mental health professionals, faculty, students, and community members**. The programs spanned multiple domains, including **professional development, student development, research, corporate training, faculty development, and personal growth**, delivering thousands of person hours of training.

**PROFESSIONAL DEVELOPMENT**

**Organizational Development and Change Management – Round 3** in collaboration with the **National HRD Network (NHRDN) Pune Chapter** was conducted to help professionals develop expertise in organizational leadership and change management. **10 professionals** enrolled in the course, benefiting from **450 person hours of training**.



**ADVANCED MENTAL HEALTH TRAINING FOR PROFESSIONALS**

Mental health professional development continued through collaboration with the Beck Institute for Cognitive Behavior Therapy, **CBT for Anxiety, Depression, and Suicide Prevention**, **65 professionals** trained in contributing to **1,900 person hours** of structured learning.



Additionally, specialized programs run independently included **Supervision in CBT** and **Advanced CBT**, refining advanced therapeutic techniques.

These initiatives benefitted **22 practitioners** and provided **350 person hours of mental health training**, ensuring professionals had the skills to support complex clinical cases.

**TRAINING SESSION AT THE 8<sup>th</sup> ASIAN CONGRESS OF CBT**

It was an honor for Dr. Swati Karve to conduct a training session on Cognitive Therapy Competency Rating Scale at the **8th Asian**

**Congress of Cognitive Behavior Therapy**, and contributed to knowledge exchange in cognitive therapy education. Dr. Allan Miller, The author of the revised CTRS\_R and Training Director of Beck Institute was the guest of honor for this session





**FACULTY DEVELOPMENT IN RESEARCH CAPABILITIES**

A series of faculty development programs strengthened academic expertise across institutions like **IGNOU Delhi, Anand Vidyalyaya, Satara District, Maharashtra, DES Pune University and Kaveri Group of Institutes, Pune. 90 faculty members** were trained in over **1,000+ person hours** of faculty training.



Programs included:

- Creative Thinking for Strategic Problems,
- Self-Development and Creative Thinking,
- Creating a Culture of Academic Excellence and
- Research Methods workshops engaged around

**Research Training for Kaveri Group of Institutes, Pune:** As a part of the Research Capability Building we trained 42 teachers from different schools and one college of the **Kaveri Group of Institutes**. 16 different research projects were the outcome of this initiative.

There were two groups that presented their research in conferences, and one team won an international award at a conference in Australia on their research presentation

**Anand Vidyalaya, Satara** serves the learning disabled children in Satara district. The teachers of that schools were also given training in creative thinking and research capabilities. The teachers are motivated to learn research further and look at more creative ways of delivering their work!



**STUDENT DEVELOPMENT IN PSYCHOLOGY AND MENTAL HEALTH**

A specialized **Counseling Skills Program** was held for **DES Pune University**, training **16 psychology students** in advanced counseling techniques. More than **480 person hours** of structured learning was delivered, preparing students for professional practice in psychology and behavioral sciences.



**CORPORATE TRAINING**

Corporate training programs enhanced leadership skills and workplace effectiveness. At **Thermax**, **34 employees** participated in a **Stress Management Workshop**, refining strategies to maintain mental resilience in high-pressure environments. More than **100 person hours** of corporate training were delivered through this initiative.





## BLUE COLLAR WORKER TRAINING and CONSULTING FOR MSME



A major corporate training effort focused on **POSH and COBEC Training**, reaching **2,600 blue collar workers** with critical education on workplace compliance and ethical best practices.

More than **10,000 person hours** have been delivered through this training.

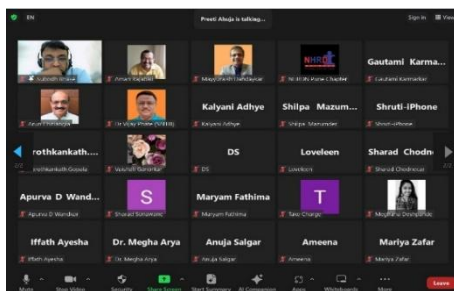
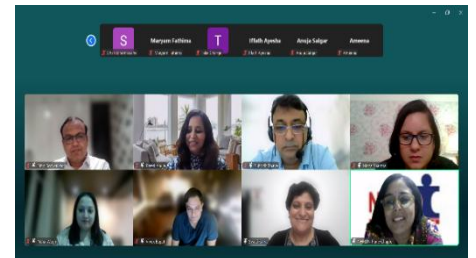
Additionally, **Leadership Development Training at Paranjpe Autocast** and **Organizational Restructuring and Process Improvement at Norex** strengthened strategic leadership and operational management expertise.

This year also saw in-roads into MSME consulting where we have been working with Norex Flavors Limited to do an **organizational restructuring and designing their Performance Management System**.



## COMMUNITY EDUCATION and INITIATIVES

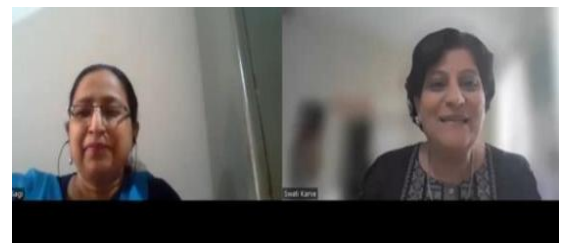
Panel discussions on mental health brought together industry experts such as **Dr. Vivek Kirpekar, Suman Khanna, Mona Sharma, Dr. Nirmala Srinivasan, and Dr. Milan Balakrishnan**, engaging **128 professionals** in a discussion on **Evidence-Based Therapy**.



A **Workplace Mental Health Panel Discussion**, with panellists such as Neha Wagh, Subodh Bhawe, Nitin Sonwalkar, Vivek Bapat, Preeti Ahuja and Mona Sharma from companies such as TCS, Thermax, Persistent Systems, Atlas Copco, and Independent HR consultants and Psychologists, was attended by **135 professionals**, explored corporate mental health strategies for improving employee well-being.



Additionally, awareness initiative Interviews were conducted with Subject Matter Experts on topics of interest in mental health such as **Autism Awareness** with Nazema Sagi and **Exploring Careers** with Dr. Prachee Joeg,





## PROMOTING MENTAL HEALTH ACCESS-

### SwastiVishwa ManoAadhar

In an effort to improve mental health access and to help mental health professionals use tele-mental health through safe and secure means the Institute acquired a platform for Tele Mental Health from Tata Elxsi, an industry leader. Through partial donations from family and friends, the founders raise the funds to purchase the platform the features for which were customized for tele-mental health. The enrolments of providers has started, and a university has approached us to provide mental health support for their students who come from underprivileged classes.



## RECEIPT OF WOMAN'S DAY AWARDS - March 2025

Dr. Swati Karve Received an Award from Garden City University for her contributions to the field of education and mental health. She was among 21 women chosen from more than 100 and felicitated by the Vice Chancellor of the University in the 16<sup>th</sup> Annual Women's Day awards.



She was also honored by Jijamata Stree Shakti Sanghatana an Women's NGO in Pune



SwastiVishwa Institute Foundation looks forward to continuing to make a difference in creating transformation for individuals, organizations and communities through education, services and mental health and wellness initiatives



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**DATE: 23/04/2024**

**PLACE: PUNE**