

**Jnana Prabodhini  
Samshodhan Sanstha  
(JPSS)**

Report for the year  
2017-2018

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# **Jnana Prabodhini Samshodhan Sanstha (JPSS)**

## **Report of the Year 2017 – 2018**

Abstracts of research projects and brief account of other activities are given in this report.

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**Annual Report of JPSS**  
**Introduction**  
**2017 - 18**

Psychological research in the Indian scenario is the foundation of work in Jnana Prabodhini Samshodhan Sanstha for the last thirty-two years. All the research is conducted under the strong base of research methodology in Social Sciences through Jnana Prabodhini's Institute of Psychology or *Prajna Manas Samshodhika*. The other wing of Sanskrit Sanskruti Samshodhika or *Santrika* is spreading Sanskara work based on Indian scriptures but with a modern context. It is being appreciated by the society to be a valuable mission through learned personnel. A monthly lecture series is running to explore the genetics of the cultures and understand why of the psychology of human race.

Psychology plays a major role in all walks of life, where a human being is at the core. It includes education at diverse levels from pre-primary to higher education, from family set up to work-place, from disadvantaged section to privileged section of society. It is done in all walks of life where human dynamics is involved. The main focus is to look for mental peace and motivation to live a happy and healthy life. Swayamsiddha honor given by Chaitanya Mental Health Care Centre (CMHCC) to Dr. Sujala Watve is one of the indicators of such work.

Man-making for the betterment of society is the main objective of the Jnana Prabodhini and JPIP. The continuous search for more and more effective ways of identifying, nurturing and guiding the society in this direction with a strong foundation of research is the objective of JPIP. Quality of Life research is predominantly undertaken to explore the status of current life, search the meaning of life, study factors associated with life satisfaction and revisit environmental factors influencing the total quality of life. Assessment of Family Culture, Hospital Culture, and School Culture were rigorously studied and implemented while giving services to clients.

Identification of diverse potentials, cognitive and other-than cognitive, among human beings are being studied in-depth. Assessment of all these potentials at different ages with diverse purposes is well responded by the society. There is a firm belief that human being is developing throughout the life and experiences of life are adding to their potentials. Person of any age group can be guided for her/his own constitution and shape the life better for education, profession, relationships, and contribution to the society.

Nurturing the potentials into productive talents is the service offered to the society by JPIP. It is for individuals as well as institutions and organizations. Individuals come for educational

guidance, career guidance, career development in a new direction, finding potentials for entrepreneurship, innovation, family relationship and overall to improve the quality of life in all the possible areas. Simultaneously psychological impacts of some life-hazards due to medical conditions are undertaken for finding effective counseling and guidance.

Matter of pride is government agencies are also approaching JPIP for their needs of assessment of the vulnerability of mental status and counseling needs. Impact of feminine movements on women's quality of life is surveyed. Spreading knowledge and message about values in sexuality to large number of youth, identifying vulnerable population and reaching thousands of children through trainers' training program in this topic is the valuable products of the year. Charity work has remained an integral part of JPIP services.

JPIP is always trying to integrate various activities from all JP centres as part of research and services. With Nigdi Centre research in children potentials, enhancement of the potentials, teachers' training, dialogue with parents is enriching the research of JPSS. In Harali there is an extension of services like IGNITE (enriching the giftedness), in Solapur, aptitude testing and career guidance, as well as action research of teachers are supported. All this work is having strong back up of deliberately well-groomed personnel by academic section, affiliated to Savitribai Phule Pune University.

Support of all the donors and government grants make these missions possible. More support will encourage the institute to take up the larger canvas for these portraying.

Sujala Watve  
Secretary

## RESEARCH PROJECTS COMPLETED

IN THE YEAR 2017-2018

### In Psychology

#### Human Potentials/Intelligence/Giftedness

##### 1) Revision of Norms for 'SWAYAM'

Jnana Prabodhini Samshodhan Sanstha developed an advanced battery of Aptitude tests named 'SWAYAM: Studies and Work-related Aptitude in Youth-Advance Measurement' in 2009. It is a battery of Tests measuring various Abilities Orientations and Personality factors of candidates who are studying or completed their graduation. Since the SWAYAM battery has been created with a specific purpose for giving guidance to youth with reference to their future educational and vocational choices, This test battery measures eight Abilities namely: Cognitive, Conversion Production, Evaluation, Logical (visual) Reasoning, Numerical, Verbal, Spatial and Social Ability; Six orientations namely: Knowledge, Practical, Artistic, Social, Power and Faith as well as Six inclinations (Know Your Inclination-KYI) Self, Task, People, Goal, Novelty and Behavior which are an aspect of personality style. The test also measures seven different coping styles i.e. Firmness in Thought, Time Management, Rational Behavior Thinking, Social interpersonal ways, Self-care, Compulsiveness, and Anxiety. This SWAYAM battery is based on the Structure-Of-Intellect (SOI) Model (Guilford, 1967, 1972).

Since 2009, a large number of students have solved Written as well as Computer version of this test battery. It is essential to revise and update the norms for the computer and written versions. For this purpose, data collected during the period 2015-17 was compiled (N=1620). Since the test is aimed primarily at the young adults, it was decided that the normative sample should be from age 17-35 Years and the sample obtained was of 1163 individuals (Male-727, Female-436). To calculate norms, the obtained Raw Scores were converted to Percentile Ranks for the Ability, Orientation, Coping and KYI test.

Separate norms are not being considered for computer and written version of the test because the differences in the two groups were not found to be significant in the present study. Separate gender norms are also not being considered as the gender differences were not found to be significant.

**Principal Investigator** - Neha Kshirsagar, Sakshee Joshi  
**Advisor** - Dr. Meenakshi Gokhale, Dr. Usha Khire

**Co-investigator** - Nilima Apte  
**Duration** - 1 year

## 2) Development of JPIP Test of Emotional Intelligence ‘How Do I Feel?’

The 21st century is full of psychosocial challenges. Emotional intelligence empowers you to face these psychosocial challenges. Developing emotional intelligence is a long-term process, therefore, it is better if it begins from childhood. It is important to prepare a plan for development on the basis of measurement of Emotional intelligence. Some measurements of Emotional Intelligence for children are available but mainly they are developed in western countries. Dr. Shanwal has adapted a multifactor Emotional Intelligence scale by Mayer & Salovey for Indian population but it is in Hindi and English.

Considering the need, JPIP Test of Emotional Intelligence ‘How Do I Feel?’ to measure of emotional intelligence of children age 7 years to 12 years is developed from 2016 to 2018 by JPIP researchers. This tool is based on ‘Ability Model of Emotional Intelligence (EI)’ by John Mayer and Peter Salovey (2000) and ‘Basic Six Emotion Theory’ by Paul Ekman (1972) was considered.

The test is having two sub-levels. Level I is for children between the age 7 years to 9 years and Level II is for children between age 10 years to 12 years. Each level has four sections. The number of questions in each section varies from two to four. The total number of questions for Level I is 12 and for Level II it is 13. 45 to 50 minutes required to complete the test. The test is in two languages i.e. Marathi and English. The test was standardized on 1,234 urban populations, though test can be used for both urban and semi-urban Indian population. This test can be used in research educational and professional areas, according to their area of study.

Internal consistency reliability using product moment correlation was established for this test. Which shows that reliability coefficients correlation for both the levels are highly significant? Convergent validity is seen with Intelligence as Ability Model of Emotional Intelligence is used as a theoretical basis while constructing this test. Results show that the test found to be significantly correlated with the test measuring general intelligence (N=308) for both the levels. Scores of this test were also correlated with the scores of reading test for ascertaining discriminant validity of the test (N=550). For Level I, Correlation obtained with reading is insignificant and negligible whereas for Level II it is low but significant. Test norms are calculated form of ‘Deviation Quotient’ (DIQ). The normative study is done on 1,234 students from 10 schools/institutes from Pune city.

JPIP Test of Emotional Intelligence ‘How Do I Feel?’ has established all psychometric properties on the significant number of sample. Here, researchers can conclude that JPIP Test of Emotional Intelligence ‘How Do I Feel?’ is ready to use.

**Principal Investigator** - Dr. Sucharita Gadre  
**Research Assistant** - Pooja Dharane-Dekhane

**Duration** - 2 years  
**Advisor** - Dr. Anagha Lavalekar

### **3) Profile differences among selected educational disciplines**

Choosing the career stream after 12<sup>th</sup> standard is an important decision. Every career option requires a particular aptitude combination that should match with the individual's ability to grow with that career. It is observed that engineering, architecture and medical fields are chosen after 12<sup>th</sup> Science to a great extent. This research studies the differences in the abilities, orientation, coping styles and personality factors among the fields mentioned above (Engineering, Architecture and Medical fields).

For this study, the sample of 140 students were randomly drawn from Engineering, Architecture and Medical streams (Ayurveda & Homeopathy). From each stream, 35 students studying in 2<sup>nd</sup> and 3<sup>rd</sup> year participated in the study. For this purpose, SWAYAM, a battery of tests measuring abilities, orientation, coping style, and personality factors was used. This test battery measures eight abilities namely: Cognitive, Convergent Thinking, Evaluation, Visual Reasoning, Numerical, Verbal, Spatial and Social Ability; Six orientations namely: Knowledge, Practical, Artistic, Social, Power and Faith as well as Six inclinations (Know Your Inclination) Self, Task, People, Goal, Novelty and Behavior which are an aspect of personality style. The test also measures seven different coping styles i.e. Firmness in Thought, Time Management, Rational Behavior Thinking, Social interpersonal ways, Self-care, Compulsiveness, and Anxiety.

One way ANOVA was conducted to find out the difference in all the factors measured in this battery of test among the students from different educational streams. The significant difference was found in all abilities, four orientations, and three coping styles. No significant difference was found in Personality inclinations. The results are discussed further.

**Principal Investigator** - Neha Kshirsagar

**Duration** - 1 year

**Co-investigator** - Nilima Apte

**Advisors** - Dr. Sujala Watve, Dr. Usha Khire

### **4) Abilities, Orientation, Coping strategies and Personal qualities: a correlational study**

The purpose of the study is to explore the relationship between Ability, Orientation, Coping and Know Your Inclination test from Computer and written Data of SWAYAM Test Battery. For this purpose, we used SWAYAM test battery as a standardized tool. This test battery measures eight abilities, five orientations, six inclination, and seven coping styles. The sample of 528 Undergraduate students (Female-218 and Male-310) from computer mode and 635 Undergraduate students (Female-217 and Male-418) from written mode, between the ages of 17 to 35 years from Pune area were included.

Pearson's correlation coefficients of Computer mode data showed that the Ability, Orientation and Coping strategies have slight and low correlations. Written mode data showed that Abilities, Coping and KYI have a slight correlation. The negative correlation was found

between Faith Orientation, and all Abilities in both modes. Moderate to high positive correlation was found within Abilities.

Thus, we can conclude that there was a slight correlation between Abilities and Orientation, Coping and KYI, indicating the discriminant validity of the scale. Also, the convergent validity was seen by positive correlations between the abilities.

**Principal Investigator** - Nilima Apte

**Advisor** - Dr. Meenakshi Gokhale and Dr. Usha Khire

**Co-investigator** - Neha Kshirsagar

**Duration** - 1 year

### **5) Identifying and Enhancing Hidden Potentials among Rural School Girls**

In spite of Pune being recognized as an advanced city in Maharashtra, many nearby places have remained deprived of facilities for the overall development of rural girls. Many promising girls, having diverse gifts remain unidentified and hence unsupported through their lives. Which natural abilities these girls have remains untapped. If they get identified by scientific methods and are groomed properly could it make a change was a question?

The project was titled as Sumedha. The objective of the project was to identify hidden talents among rural primary school girls from Std. V to VII in Zilla Parishad schools at different locations and local coordinators and nurture these talents. For that diverse opportunities to learn diverse skills were planned. Four locations were chosen on the basis remoteness i.e. distance from the highway, near the highway, 5 to 10 km away from the highway, 10-20 km away from the highway and more than 20 km. Four ZP schools from Shivare, Vajeghar, Velhe, and Guhini were selected on the basis of this criterion. After an appeal to participate in a nurturing program, 'Sumedha', 122 girls from Std. V to VII i.e. from upper primary participated willingly. Pre-post intervention single-group design was planned for the program. The participants were administered standardized tests of Mental Ability and Creativity for the purpose. Local coordinators were given the training to observe and note down the changes during the whole process. One hundred clock-hour programs consisting of talent training in visuospatial, musical, physical, language, logical, academic, interpersonal areas was designed. This training was imparted to local coordinators and through them the school girls simultaneously. This was implemented during one year programme, through workshops, residential camps, specific location trips, exposure to outside the village world, and periodical sessions in diverse activities. Experts from the local population as well as the urban population were involved in the process. Quelling-work, coasters-making, cross-stitch work, drawings, *rangoli*, *mehndi*, physical games, dance, story-telling, folk arts, puppets, slogan-writing could be mentioned as some of the examples. Post-intervention testing was done on the same tests, Mental Ability and Creativity. The significant change in Mental Ability was found on 't' test at the level of 0.01 confidence level in girls from three places Shivare, Velhe and Guhini. The significant change in Creativity was found in girls from

three places, Shivare, Velhe, and Vajeghar, on 't' test at the level of 0.05 confidence level. Noted observations showed frequent mentions of conspicuous changes in confidence level, expression, and motivation to perform. The readiness of local coordinators to plan and implement similar programs for such population was the most useful outcome of the project. Out of 122 girls around 20 girls were identified as highly promising. Their characteristic talents were mentioned in the elaborate report.

**Principal Investigator** - Dr. Sujala Watve

**Duration** - 1 year

**Co-investigators** - Asmita Inamdar, Pratibha Swami

**Advisor** - Suvarna Gokhale

**Supported by** - Desai Brothers Ltd., Pune

## **6) Yearlong Continuous Potential Enhancement Program Balvikas as a Social Initiative**

Thinking skill enhancement program was conducted during reporting year at PCMC school no 88, Nevale vasti, Chikhali. The program was designed for children from low socio-economic strata. This program was supported by ThyssenKrupp Industries India Private limited and facilitated by Seva Sahayog.

The programs are designed and conducted in a way which will help the participants to explore their thinking abilities and enhance the known ones. The activities trigger different aspects of intelligence like, convergent thinking, divergent thinking, mathematical, linguistic intelligence, etc. Also, it helps the students to develop basic skills like understanding, observation, imagination, and problem solving etc. The program duration was approximately four months and the sessions conducted once a week for 1 and ½ hours each. Group discussion, individual or paired and group activities, role plays, intelligence games, storytelling, and demonstration were the techniques used for the facilitation in the program. For pre and post researcher has used the standardized tool of creative thinking. Also, observation checklist was used as a supported tool. The total 150 students participated for enhancement program but some students were absent for pre-test or post-test sessions. Therefore the number of data gained was 101.

The fluency, flexibility, originality, and elaboration are prominent aspects of creative thinking. The result of pre and post-test on the Torrance Test of Creative Thinking shows that there is a significant difference in pre-post test results. The means on Fluency, Flexibility, Originality, and Elaboration are increased on post-test. All above-mentioned factors are positively correlated with each other. For statistical analysis, the paired t-test was used.

The results show that students could learn to think fluently and flexibly i.e. they could connect two different aspects to create a new thing and could produce many answers easily in a flow. They have gained scores in elaboration which shows that they could show the details of their response. But they couldn't earn much on giving original and unique responses (of their own)

to the questions. This is the factor which needs focused training for a long time which didn't happen in our sessions as this ability is built slowly and matures with experience.

The 't' values are significant for Fluency, Flexibility, and Elaboration but are not significant for Originality. The reason behind it could be as stated above that originality is the unique way of thinking of a person which develops over a period as a result of person-environment interaction.

The observations of the checklist were quantified in a 1-5 rating scale for each activity. After every session facilitators gave the rating to each student for their performance during the session that day. Each session comprised different factors so it will be difficult to compare the ratings between each other and see the gain scores of the children throughout. The post-test scores on the Torrance Test were significantly higher than the pre-test scores which clearly states that the program was beneficial for the students when it comes to creative thinking. The training effect was seen positive on following factors of creativity: Fluency, Flexibility, and Elaboration. It indicates that the training is effective.

**Principal Investigator** - Sujata Honap

**Duration** - 1 year

**Research Assistant** - Veena Shepal

**Funded by** - ThyssennKrupp Industries India Private Limited, Pimpri, Pune

### **Quality Of Life**

#### **7) Psychological Well-being and Work-Life Balance of the Women Gynecologists and Nurses (Gynec and Obst.)**

The aim of the study was to explore Work Life balance and Psychological well-being of female medical and paramedical professionals. Data was collected with the help of paper-pencil test from female gynecologists and nurses from three types of hospitals in Pune District, government hospitals, private nursing homes, and Multispecialty private hospitals. In all four tools namely - Work-Life Balance scale, Work-Life Balance Questionnaire, Psychological well-being scale and Locus of control scale were used in this study. A detailed demographic information form was also used. Total sample collected was 385 which include 187 gynecologist and 198 nurses.

A combination of qualitative and quantitative techniques was used to analyze the data. The qualitative analysis for the project was done for the open-ended questionnaire developed by JPIP for this specific purpose, covering various aspects of work and family life. Specific themes were assigned to individual responses and the themes were entered into excel format For Thematic analysis. In all 16 representative interviews of gynecologist were conducted keeping the ethics of secrecy and consent which were later transcribed and themes were drawn for the discussion purpose.

Results have been very interesting. Doctors clearly showed an upper hand in the total Work-Life Balance and in the balance regarding Work Spillover in Personal Life as compared to nurses. Except for the domain of personal growth, there was no significant difference between doctors and nurses with respect to their psychological well-being. The comparison of Work-Life Balance across age groups in doctors showed that overall Work-Life Balance and that related to Work Spillover in Personal Life was significantly higher in the senior most age groups. When it comes to psychological well-being, however, the elder most age group showed significantly lower scores on autonomy.

We can conclude the study on the findings that personal issues definitely have an impact on work. The doctors have an upper hand in Work-Life balance due to domestic help. Nurses' anxieties and worries, overload of domestic responsibilities considerably more (many times single main earning members). Growing age gives a person an upper hand in balancing work and life, however, the age-wise comparison does not indicate any significant difference in psychological well-being.

The result of the present study can be used to design work life enhancer activities for better adjustments and psychological well-being. They can also be used to identify counselling areas where personal issues are interrupting or influencing work quality negatively.

The present sample represents the urban population only; hence results may vary in the rural setting.

**Principal Investigator** - Dr. Anagha Lavalekar  
**Co-Investigator** - Dr. Pratibha Kulkarni

**Duration** - 2 years  
**Research Assistant** - Kanchan Pande

### **8) Impact of feminist ideology on the quality of life of women with special reference to domestic violence - A case study**

The aim of the study was to assess the impact of feminist ideology on the quality of life of women in Maharashtra with special reference to gender violence. The Female Front End Mobilizers (200) and Beneficiaries (200) were included as a sample. Interview of 15 NGO Heads, 30 front end mobilizers were conducted along with 15 focus group discussions. Data was gathered from across Maharashtra: Velhe, Solapur, Sangola, Palghar, Karjat, Dapoli, Usmanabad, Latur, Ambejogai, Satara, Khed, Aurangabad, Yavatmal, Khurkheda, Nagpur, and Jalgaon. In all three tools namely - Com Qol A-5-QOL, Me and My Life (Perceived Quality of Life) and My Home My Problems were used in the study. A detailed demographic sheet was also used along with consent form. Total sample collected was 277 with 149 Front End Mobilizers and 128 Beneficiaries. In all 15 focused group discussions and 65 interviews have been carried out by following the ethics of secrecy and consent. They were later transcribed.

A combination of qualitative and quantitative analysis was done. The Qualitative analysis was done based on personal interviews and focus group discussion data. Specific themes were generated based on individual responses and entered into excels – for thematic analysis.

Results are mentioned below-

A) Total group:

1. Health was at the top position in factual and important dimension for the total group but perceived satisfaction regarding health ranked lower.
2. Place in the community and material well-being were at the lower end of the total group.
3. Safety and Emotional wellbeing were at the top position on satisfaction domain for the total group.
4. Domestic violence faced by the respondents is not significantly high.

B) Comparison of subgroups: The front end mobilizer group was far ahead of the beneficiary group mainly in the areas: Legal Right Awareness, Contribution in National Productivity and Career Development Opportunities on perceived quality of life scale.

1. On the factual dimension of Cummins QOL scale, front liners were significantly ahead in the areas of productivity, place in the community and total score but no difference was seen on intimacy and emotional well-being.
2. On importance dimension of Cummins QOL scale, front-end mobilizers are significantly ahead on health, intimacy, safety, and total score.
3. On Satisfaction dimension of Cummins QOL scale, the front liners held an upper hand in actual productive engagement.
4. The front liners were significantly less vulnerable to domestic violence as compared to the beneficiaries.

C) The relationship between QOL and domestic violence: Status in family showed the highest positive correlation with the low level of domestic violence followed by Contribution in National Productivity, Career Development Opportunities, and Reproductive & General Health. Interestingly no significant correlation was obtained between Legal Right Awareness and low level of domestic violence. Status in family contributed most to the later. It indicates that as the women's status in family raises the probability of her facing domestic violence definitely decreases.

D) The qualitative analysis of FGDs and Individual interviews: This thematic analysis clearly states the impact of the deeply percolated ideology of feminism (in a unique way for each of the organizations). It underlines the role of mentorship, the creation of opportunities to learn and grow timely and optimal support in different difficult situations. It was observed that each of the areas of QOL has been significantly influenced by both the beneficiaries

and the front end mobilizers. However, the later has benefited more as a result of close proximity with the philosophy of the organization and the association of the lead/core members.

### Conclusion

- Health has been the top position area in factual and important dimension for the total group but satisfaction regarding health ranks lower.
- Place in the community and material well-being are at the lower end of the total group.
- Safety and Emotional wellbeing are at a top position on satisfaction domain for the total group.
- Domestic violence faced by the respondents is not significantly high.
- The front liner group is far ahead of the beneficiary group mainly in the areas: Legal Right Awareness, Contribution in National Productivity and Career Development Opportunities on perceived quality of life scale.
- On the factual dimension of Cummins QOL scale, front liners are significantly ahead in the areas of productivity, place in the community and total score but no difference is seen on intimacy and emotional well-being.
- On importance dimension of Cummins QOL scale, front liners are significantly ahead on health, intimacy, safety, and total score.
- On Satisfaction dimension of Cummins QOL scale, the front liners hold an upper hand in actual productive engagement.
- The front liners are significantly less vulnerable to domestic violence as compared to the beneficiaries
- Status in family shows the highest positive correlation with the low level of domestic violence followed by Contribution in National Productivity, Career Development Opportunities, and Reproductive & General Health. Interestingly no significant correlation was obtained between Legal Right Awareness and low level of domestic violence.
- Status in the family contributes most to the later. It indicates that as the women's status in family raises the probability of her facing domestic violence definitely decreases.

**Principal Investigator** - Dr. Anagha Lavalekar

**Co-Investigator** - Ms. Suvarna Gokhale

**Project Funded by** - Maharashtra State Women's  
Commission, Mumbai

**Duration** - 1 year

**Research Assistant** - Swarada  
Khaladkar, Kanchan Pande

### 9) Sport as a catalyst of development for school girls from rural India

Globally sport is observed as a new and effective tool for promoting development and peace among children, youth and particularly among girls. In India, too sport is growing as an instrument for development. As girls approach puberty and adolescence, their activities

are restricted. Specifically, in rural India, they are not allowed to participate in sport. Gender inequality, societal norms, lack of opportunities for education, and lack of safe spaces to play keep the girl child away from the sport.

Can girls overcome these barriers? Does sports participation along with life skills inputs help girls to be confident, self-assured, assertive and safe? Does playing sports kindle a desire in them to do better in life? A study by Mackrael (2015) observes, “not only can sports lead to the development of young women’s self-esteem, but it has the capacity to facilitate development. Sports can help young women become healthier, do better in school and attain higher status in their families”. Deshpande (2016) found that “participation in sport benefits women in developing leadership skills, boosting self-esteem and grades and promoting physical fitness and health”. Several other studies indicate the same.

In metro cities in India sport is being promoted very effectively to teach essential life skills to children and youth living in slums and orphanages. Many organizations are focusing their work on girls who otherwise are deprived of participating in such a pleasurable and essential activity. But most of these projects are based in bigger cities. There are only a handful organisations teaching sport and life skills to girls in tribal or rural areas.

The present study was different, the results of which are presented in this report, focused on girls in a rural area. The area where the study was undertaken is approximately 300 km away from Mumbai, the commercial capital of India. It was an experimental study with sport and life skills intervention for the experimental group. The study commenced in November 2016 with pre-testing of the groups on three variables viz. Achievement motivation, Self Esteem, and Student Learning Orientation. Sixth and seventh standard girls from 6 Zilla Parishad (government) Schools participated in this study. A total of 133 girls took part in it. It was an incidental sample. The schools were from six different villages spread over 50 km area. Girls in both the groups were from the villages as also belonging to migrant workers’ families. Most of the girls’ parents were illiterate or semi-literate and were employed as wage labourers or agriculturist.

After pre-testing, training on both sport and life skills began. Though a few of them had participated in two Indian games namely *Kho-Kho* and *Kabaddi*, not all had done so. Both these games require agility and good skill level. Along with these Indian games, training in a ball game, cycling and Yoga was given. Regular training sessions were conducted based on the various factors of the dependent variables. Girls from all three schools received identical training. In addition to this, guest speakers were invited to interact with the girls. The topics covered were personal hygiene, cleanliness, menstruation, motivation, and sharing of experiences by players. The training lasted for five months and at the end of it, a two-day workshop was conducted. Also, a sports competition was organized on those days.

Post-testing was done after the workshop. Results have indicated a very positive trend. We have observed statistically significant gains by the experimental group, as compared with the gains made by the control group, on the test of Achievement motivation as well as on several factors of the Student Learning Orientation test. The girls also wrote their experiences during these five months of training. We have noted a number of positive changes in their behaviour and in interaction with us as well as within their group. It is recommended that such programmes should be conducted for longer duration and in every school.

**Principal Investigator** - Dr. Jyoti Kanitkar  
**Research Assistant** - Asmita Inamdar

**Duration** - 1.5 years

### **10) Youth for Upliftment of Vibrant Adolescents (YUVA)**

Empowering youth to facilitate education towards understanding the concept of sexuality and gender sensitivity among adolescents. The main objective of the project was to help the youth to build mentoring potential. Boost today's youth to develop a scientific attitude toward their own and other's issues pertaining to sex and gender. To empower the youth to spread the message to early adolescents around them and help them on issues relating to sex and gender.

In the study pre and post-tests were done as per the repeated measures design. Total 113 prospective youth mentors in senior college/ post graduate classes from three geographical regions in Maharashtra (59 girls, 54 boys).

1395 young adolescents (classes 8th and 9th) (437 boys, 958 girls) from rural and urban areas tutored by youth mentors through organized school-based awareness programs on sex education and gender sensitization.

The initial training in Phase 1 for youth mentors included 25-30 sessions spread over a week. Each session was for 60-70 minutes. Main training in phase 2 for the adolescent children was spread over a period of 6 months.

Pre and post testing was conducted for both the groups at required intervals to see the effect of training. The following tools were used for assessing attitude towards sexuality, knowledge towards sexuality and gender stereotype.

Stepping into Youth Attitude Test (SYAT): A Likert-type Attitude Scale developed at JPIP, split half and test-retest reliability established (0.4, 0.7) which is significant at 0.00 level. Stepping into Youth Knowledge Test (SYKT): A multiple choice test assessing the scientific/ factual knowledge about sexuality, developed at JPIP, split half and test-retest reliability established.

Stepping into youth: Gender stereotype test (SYGC): A scale uncovering the underlying stereotypes regarding gender developed at JPIP, split half and test-retest reliability established.

## Outcome

Youth: 113 participants underwent the pre and post tests along with a stability effect test which was conducted after the field sessions in schools. The results showed the positive effect of training and field sessions. It showed a positive change in knowledge and attitude towards issues relating to sexuality and gender stereotypes.

Adolescents: 100 YUVA mentors conducted 20 classroom sessions for 1200 adolescents during one academic term. The impact of training showed significant positive change indicating that their attitude towards sexuality and gender stereotype was changed constructively, and their knowledge regarding sexuality had increased.

Conclusion: Youth mentoring can be an effective mode of transforming adolescent minds for bringing in responsible sexuality and gender equality.

**Principal Investigator** - Dr. Anagha Lavalekar

**Duration** - 2 years

**Research Assistants** - Deepali Shende, Santosh Janrao

**Partially funded by** - Maharashtra State Women's Commission

## Motivation

### **11) Development of Inner Strengths for Higher Achievement (DISHA): Effect of Life Skills Training Program on Psychological Well-being and Achievement Motivation of Rural Adolescents**

Life skills education is a pivotal aspect in today's education system as it enables a student to deal effectively with the challenges of life and also facilitates in realizing his/ her full potential. Life skills as defined by WHO (1997) are abilities for adaptive and positive behaviour which enable individuals to deal effectively with the demands and challenges of day-to-day life. According to CBSE (2013), life skills training is not only related to classroom pedagogy but is also concerned with attaining a balance between knowledge, attitude, and skills. So, considering the importance of life skills education, the present study was conducted. Objectives of the study were to develop Life skills development program and to investigate the effect of life skills training program on Psychological Well-being and Achievement Motivation of rural early adolescents from two villages in tahasil Khandala, District Satara. Life skills training program covering the ten life skills as given by WHO (1997) - Self-awareness, Effective communication, Creative thinking, Decision making, Problem-solving, Critical thinking, Interpersonal relationship skills, Empathy, Coping with emotions and Coping with stress. Students were screened on intelligence using Raven's Standard Progressive Matrices and only those above 25th percentile were selected for the intervention. Then, pre-testing was conducted for the selected students with the scales measuring Psychological

Well-being and Achievement Motivation. Psychological well-being was measured using 'Scale of Psychological Well-being' by Kulkarni, P (2015). Achievement Motivation was measured using a test named as 'About myself' developed by Jagtap, P (2015). Under life skills training program, total 28 activities and two workshops were conducted in one academic year (July 2016 to March 2017) on 104 students from 8th and 9th std. (13-15 years of age) belonging to two schools. Parallel sessions were conducted in four groups and four trained facilitators conducted the training program in groups of 12 to 15 students approximately. Each session lasted for two hours. After the last session of the training program, post-testing was conducted with the same two variables namely Psychological Well-being and Achievement Motivation. Data entry and data analysis were done. Results revealed that there was a significant increase on total Psychological well-being ( $t=6.63, p<.001$ ) and Achievement Motivation ( $t=2.06, p<.05$ ) of students after the intervention as compared to their pre-test scores. Significant differences were also found on all the six dimensions of Psychological Well-being. Results have been discussed in the light of relevant literature. The present study has a social significance as it was conducted for rural adolescents and so it has wide implications.

**Principal Investigator** - Dr. Pranita Jagtap

**Duration** - 1 year

**Research Assistant** - Sanhita Karmalkar, Asmita Inamdar

**Supported by** - NICHROME India Ltd., Pune

### **Bio-Medical**

#### **12) Enhancing Emotional Resilience and Quality of Coping in Parents of Children having Prolonged Illness through Psychosocial Intervention**

The child is the center of any family and witnessing child become independent is the unsaid expectation everybody has in his or her mind. But when a child's development gets hampered due to any of the health issue it is a big challenge for the parents to face. There were two purposes of this research project, first is to develop psycho-social intervention module for parents of children with the prolonged illness which enhances their quality of coping and emotional resilience, second is to measure the effect of the psycho-social intervention on quality of coping and emotional resilience on parents of children with the prolonged illness. Intervention module was developed on the basis of Rational Emotive Behavioral Therapy (REBT). Intervention includes techniques which can be useful to handle day to day stress. To measure the effect of the intervention module on parents of children with prolonged illness case study method was used by researchers. The intervention conducted on five participants. Participants were parents of children having age below 12 years and suffering from any prolonged illness. Interpretations based on individual pre-post interview and observations of researchers during intervention used. During the interview, all participants reported that there is a need to conduct Psycho-social intervention for parents of children

with a prolonged illness. Analyzing pre and post interview showed improvement in the quality of coping and emotional resilience seen.

**Principal Investigator** - Dr. Sanjyot Deshpande

**Duration** - 2 years

**Research Assistants** - Ashwini Valimbe, Saeed Mulay

### **13) Efficacy of Niramay Matrutva Intervention on Psychological Well-Being and Affect of Pregnant Primies**

Psychological general well-being is a multifaceted concept. Perinatal research done in this area depicted a lot of stress, emotional disturbances, and anxiety experienced by pregnant primigravida. The hedonistic approach of psychological well-being is studied in this study. The present study is two folded. In the first phase, Psychological General Well-being (PGWB) of pregnant primies in Pune, Maharashtra was assessed on Psychological General Well-being Index (PGWBI, N=32). Standardized self-rated (PGWBI) measuring six dimensions such as anxiety, depressed mood, positive well-being, self-control; general health and vitality were administered. The conclusion of the results revealed that 100% primies were falling under moderate distress (M=62), falling in the range of 61-72 of moderate distress on PGWBI. This distress level showed a lack of coping skills for emotional regulation, positive well-being mindset, and vitality. On the basis of this data, the intervention was planned to enhance the positive well-being of pregnant primies from the middle semester. Pre and post intervention effect were measured on PGWBI, Thought and Feeling checklist developed for the research, Positive and Negative Affect Schedule (PANAS) and Mindful Attention Awareness Scale (MAAS), (N=30). Mann-Whitney u test analyses showed a statistically significant difference on positive well-being dimension of PGWBI. Experimental group's positive well-being gain score was significantly greater than the control group ( $u=49$ ,  $p=.007$ ) proving the efficacy of intervention was significantly contributed in enhancing PGWB of pregnant primies. There is no significant difference found on other variables such as thought and feeling scores, PANAS and MAAS. Qualitative analyses show 100% satisfaction towards intervention techniques, implementation frequency and usefulness in regulating conflicting, stressful situations.

**Principal Investigator** - Dr. Manasee Deshmukh

**Duration** - 2 years

**Research Assistants** - Ashwini Valimbe, Saeed Mulay

### **14) Prospective cohort study to evaluate economic burden and psychosocial impact of dengue Infection on patients treated at tertiary care hospital in Pune**

To determine the economic burden and psychosocial impact of dengue infection in patients treated in a tertiary care hospital in Pune.

Objectives: 1) To determine the number of the ward and intensive care unit admissions with dengue infection. 2) To determine average expenses incurred by the patient (medical: the

cost of consultation, investigations, hospitalization, and non-medical: travel, accommodation, food). 3) To determine the average number of man-hours lost due to dengue and to determine the psychosocial impact of dengue infection.

**Study design:** Prospective cohort study.

**Methodology:** A prospective cohort study conducted in a tertiary care hospital. All consenting patients with laboratory-confirmed dengue infection (NS1 positive and IgM positive) between 1st July and 31st October 2017 were considered for the study. Face to face interviews were taken using economic burden questionnaire, DASS 21 and WHO QOL BREF questionnaire.

**Results:** Our study sample included 393 patients. The mean age was 35.8 years (range 18-82 ± 14.4 years). A majority of patients were either graduates or postgraduates (69.5%). Average total expenditure was Rs. 34,951.54 (range Rs. 7806.54 to Rs. 8,65,769.91). The main contributor to total expenditure was hospital admission expenses (average Rs. 18,089.45) followed by expenses towards investigations (average Rs. 6952.52) and pharmacy bills (average Rs. 3903.20). According to DASS 21 score, the psychosocial evaluation revealed that majorities were normal for depression (76%) and for anxiety 31.6% were normal. The stress scores of 80% patients revealed that they were normal. Assessment of patients' quality of life as per WHO QOL BREF questionnaire revealed that QOL was either good or very good in a majority of patients across domains: 71% in the domain of physical health, 84.4% in the psychological domain, 90.4% in the social domain and 98.2% in the domain of environment. A significant linear association was found between DASS score, WHO QOL BREF and mean total expenditure.

**Conclusion:** Average total expenditure on treatment of dengue was found to be very high with the main contribution from hospital admission expenses, investigations and pharmacy bills. Patients suffered greater anxiety, depression, and stress with increasing expenditures. Similarly, the patients' QOL was worse with increasing expenditures according to WHO QOL BREF in the physical health domain and social domain. To reduce economic burden due to dengue infection, there is an urgent need of creating awareness about primary prevention which will also help to decrease anxiety, depression, and stress related to dengue fever.

**Principal Investigators** - Dr. Sameer Jog, Dr. Gauri Oak  
**Co-Investigator** - Dr. Sujala Watve

**Duration** - 1 year

## RESEARH PROJECTS IN-PROGRESS

### In Psychology

#### Human Potentials/Intelligence/Giftedness

##### **1) Careers of Jnana Prabodhini Prashala (JPP) Girls: A Retrospective Study**

This study aims to follow-up the Careers of ex-girl-students of Jnana Prabodhini Prashala (JPP). At JPP, these girls were selected and nurtured as intellectually gifted during their middle and high-school years. The study will be carried in two phases; in the first phase, the objective will be to explore their career paths. Baseline data about their academics and professions, as also about social agencies like families, school, and work set-ups will be collected. In the second phase, interviews will be conducted to explore their personality traits, to understand their career-making processes, and to further explore their perceptions about the role of family and school in their career journey.

The study is considered significant because it will enhance our understanding of the characteristics of gifted girls in the Indian context. It will also provide more insight on the impact of personal traits and decision-making on their career outcomes. This could help in designing appropriate intervention for young gifted girls.

In the first phase, the questionnaire is sent out to 25 batches of ex-girl-students. Currently, 38 responses have been received, and are being taken up for analysis.

In the second phase, interviews of selected participants will be conducted with intention of throwing light on their career goals, performance, and attainments. Their narratives will be qualitatively analysed.

**Principle Investigator** - Dr. Sujala Watve  
**Research Assistant** - Aparnagouri Phatak

**Advisor** - Dr. Anagha Lavalekar  
**Duration** - 2 Years

##### **2) Designing for Aptitude Test in different fields**

Last few years have seen an increase in the field of designing, be it Architecture, Interior, Landscape, Furniture, Fashion, Textile, etc. Designing India report suggests that the number of students seeking to make their careers in the field of designing is increasing consistently. Therefore, it has become necessary to develop an aptitude test to help identify students with abilities for designing.

Therefore we propose to develop an aptitude test for designing courses. The main objective of this test will be to identify students who have abilities required for designing courses and to develop a culturally relevant test which will be applicable in semi-urban, rural and even tribal

areas. To serve the practical purpose the test will be of about approximately 2 to 2.5 hours duration. The test will be for 10th to 12th standard students.

For the purpose of conceptualization, a review of literature is done. Review materials including entrance test papers of designing courses, research articles, other relevant ability, and aptitude tests are being studied. List of abilities and personality traits to be covered in this aptitude test is being done through the review of the literature. Once this tentative list is ready experts in the field will be consulted and the list will be finalized. Further work on conceptualization will be done to decide other test details like the nature of items, number of subtests, report type etc.

**Principal Investigator** - Dr. Sucharita Gadre  
**Co-investigators** - Aparnagouri Phatak, Nilima Apte

**Duration** - 2 years  
**Guide** - Dr. Sujala Watve

### **3) Comprehensive Child Development Program - checklist standardization (exploring self-part 1)**

More than 15 years researchers are using observation checklist as a tool for observing behavioral changes in children. Though the checklist is not the standardized tool it is used objectively for a large sample of data. Age group of children 7 to 9 years is too small to have a standardized tool/test. So the researchers have decided to standardize the tool. For more objectivity of the tool, researchers decided to restructure the content of the checklist. The behavior clue has been developed by the researcher's team. The training has been given to the facilitators accordingly.

Pilot testing was done during the 'CCDP workshop'. The data gathered was more than 500 children from 7 to 12 years of age. The data was gathered from Pune, Shirur, Nashik.

The tool and behavioral clues based on four areas of personality those are 1) physic-motor abilities 2) cognitive responses 3) socio-emotional responses and 4) moral responses. The inter-rater reliability was checked during the workshop by another team of researchers.

The research is going on. The content validity will be checked during the workshop held in the reporting year.

**Principal Investigator** - Sujata Honap  
**Research Assistant** - Veena Shepal

**Duration** - 1 year

## Quality Of Life

### **4) Mental Health Assessment Screening Tool (MHAAT)**

The first tryout of this form on two hundred individuals was completed in four months. A sample of a hundred individuals who were seeking the help of mental health professionals was contacted through some hospitals like Poona Hospital, three practicing psychiatrists, and two counselors. A sample of hundred individuals was drawn from various groups of professionals like IT organizations, bank, media, doctors, Government organizations sportsman, teachers, self-employed, employees of industry and other private organizations etc. and also some students and housewives in general population. Five psychologists worked for data collection of the normal population. Data entry and scoring of this tryout data was done. Data obtained from two groups of normal and vulnerable individuals was analyzed for item discrimination. As per obtained results, 51 highly discriminating items from among 102 were selected for the final draft.

Final draft in Marathi and English including instructions in simple language is now ready and a small sample tryout is completed. Plan for data collection of standardization sample is prepared. Training of about fifteen field investigators is completed. A total sample of 400 individuals will be drawn for two criterion groups vulnerable population that is seeking help from mental health professionals and the normal population that is not seeking such help.

Criterion validity, as well as the concurrent validity of the tool, will be calculated. Three standardized questionnaires Life Satisfaction Scale, Quality of life scale and Family Culture Inventory will be used for concurrent validity. Data from two criterion groups vulnerable and normal will be compared for criterion validity. Reliability will be calculated by using the split-half method.

Once this data collection is done data entry and analysis will be completed the “Mind Search” a tool for timely identification of individuals facing mental health problems will be ready.

**Principal Investigator** - Dr. Sucharita Gadre

**Duration** - 2 years

**Advisor** - Dr. Sujala Watve

## Bio-Medical

### **5) Cross-sectional Study to assess the Status and Factors Influencing Psychosocial Well-Being in Cancer Patients after Completion of Curative Treatment**

This is a cross-sectional exploratory study proposed to assess the status of psychosocial well-being and factors associated with it in chronic illness such as cancer. This study will try to explore already agreed but less explored notion of mind-body relationship in case of

illness. The sample will be comprised of three different groups of OPD based cancer patients who have completed their curative treatment within 1 month, 6 months after the treatment and 2 years after the treatment. Patients above 18 years will be included with the minimum number of 500. The research will be carried out in 2 stages. Stage I will consist of the personal data sheet, consent form, and 4 questionnaires. The questionnaires will be related to motivation, psychological well-being, coping and spirituality. Stage II will include 20 patients from stage I based on their tests scores and in-depth face to face, semi-structured, open interviews of them will be conducted. Along with the interviews 4 more questionnaires related to family culture, personality and anxiety will be given. Quantitative and qualitative data analysis will be done using appropriate statistical packages. In quantitative analysis, descriptive and inferential statistics will be used. The future implication of this study is to explore the status of psychosocial well-being and factors associated with it in other chronic illnesses. Results of this study will show directions for exploring the associated factors of psychosocial well-being in other chronic illnesses. It will also help to identify the factors to be worked upon for improving the quality of recovery in cancer patients. A psychological intervention regarding the same can be planned. It is also possible to formulate an awareness program for the general population.

**Principal Investigator** - Dr. Sachin Hingmire  
**Co-Investigator** - Smt. Sayali Agashe

**Duration** - 2 years

### **In Sanskrit and Indology**

#### **6) Education creates motivation and helps for self-development in the Muslim Women**

This work is based on the theme that ‘education creates motivation and helps for self-development in the Muslim Women’. The aim behind this work is to find out if education helps them for self-development and create motivation to achieve the goal and if they can be role models for other Muslim women.

The case study method is used. Nine Muslim women are interviewed personally. These women are working in the field of Education, Journalism, NGO, and government service. They are postgraduate, an ayurvedic doctor, Ph.D. holders. Their thinking pattern is also different. Their family and social background are also varied. Six of them express their views on social issues very liberally and they are also working for the social cause. One member was very conscious as she converted herself from Hindu to Muslim after marriage.

The questionnaire is used which is semi-structured. Formal and informal questions are asked to the member. After each interview feedback is taken in order to improve the standard of Interview.

**Researcher**- Dr. Manisha Shete, Manasi Bodas  
**Advisors** - Dr. Vanita Patwardhan, Dr. Shamsuddin Tamboli

**Duration** - 1.5 years

## DOCTORAL RESEARCH

### Ph. D. Studies Awarded

#### In Psychology

##### **1) The Efficacy of an Achievement Motivation Training Programme for 8th Standard Girls**

Achievement motivation is one of the key factors in determining individuals' scholastic and occupational choices and their success in life. Research conducted in India has shown gender as an important intervening variable for achievement motivation (Adsul & Kamble, 2008; Mohanty, 1999; Pathak, 2014). As compared to men, women are less achievement-oriented (Awasthi, 2002; Farmer, 1987; Liu & Zhu, 2009). In India, there are differences in the socialization of girls and boys even today which leads to the differences in their achievement motivation. Many times the family or school setting has its own limitations in developing achievement motivation in children. This signifies the need for special training for adolescent girls to foster achievement motivation when future directions and career pathways are determined.

Objectives of the study were to develop achievement motivation training programme and to study the effect of the programme on changes in achievement motivation, level of aspiration and academic achievement of 8th standard girls.

In the first phase, training activities were designed and they were validated by four experts. After designing the training programme pilot training was conducted. Facilitators' training and their assessment for facilitation skills were done before execution of training. Second phase was the execution of the Achievement Motivation Training Programme for the 8th standard girls in the school. Quasi-experimental non-equivalent two group pretest-posttest design was used in the current research. Each group-experimental and control group consisted of 64 girl participants. Total 28 activities under six modules- self-awareness, introduction of achievement motivation, goal setting, planning for achievement, thoughts and emotions to achieve excellence and motivating for achievement- were conducted.

Projective Test of Achievement motivation (Deo & Mohan, 1986), Level of Aspiration measure (Bhargava & Shah, 1996), Socio-economic Status Scale (Dubey & Nigam, 2005), Standard Progressive Matrices test of intelligence (Raven, Raven, J. C., & Court 2000) and Parent Rating Scale -About My Child were used in this study. Socio-economic Status Scale and Standard Progressive Matrices were administered to test the equivalence of experimental and control group. Pre and post assessment of both groups was done on all remaining tests. For assessing academic achievement, official records of students' marks obtained in school examinations were used.



## **Product Development / Technology Transferred**

### **In Psychology**

**New products developed -**

- ❖ Teacher Profiling Test Battery (TPTB)

## **LECTURES, SEMINARS AND WORKSHOPS**

**Organized by JPSS**

### **In Psychology**

#### **1) Seminar on Quality of Life: Concept, Measurement and Enhancement**

Jnana Prabodhini's Institute of Psychology, Pune organized two-day seminar on '**Quality of Life: Concept, Measurement and Enhancement**' during 17<sup>th</sup> and 18<sup>th</sup> November 2017. This seminar was funded by ICSSR.

Quality Of Life (QOL) is considered as a complex and multidimensional concept encompassing all areas of life. Jnana Prabodhini's Institute of Psychology has taken up QOL as a major topic of research. Research indicates that understanding of QOL can be acquired through objective measures like income, health, defense, employment, education, and environment as well as through individual's own subjective judgment and satisfaction about his own life conditions.

To find a comprehensive definition of QOL that applies to Indian culture, revisit subjective measures of QOL to throw light on ways for enhancement of QOL and mainly to connect to personnel working in this area was the main objective of the seminar. This seminar tried to find the answers through intellectually triggering symposiums and panel discussions along with presentations done by experts and students working passionately in the field. The inauguration was done by eminent thinker, psychiatrist and renowned actor Dr. Mohan Agashe. He talked on improved longevity of human beings and advantages as well as problems arising out of it. The keynote address was delivered by a very senior devoted worker Dr. Ashok Kukade, one of the Founder members of Vivekananda Ragnalaya, at Latur. He threw light on the complexity of the subject and touched the various aspects, such as physical health, mental status, social recognition, natural environment, and spiritual aspect. While concluding the session Dr. Sahasrabudhe mentioned that experiential angle and importance of samskara from Indian tradition as focal points of QOL. The first Symposium was delivered by Prof. Madhav Gadgil (eminent environmentalist) on Human evolution and the quality of life, Dr. Lilavati Krishnan (an educational thinker) on Reflection of QOL in Indian Culture and Dr. Manas Mandal (Ex. Director-DIPR) on Well-being: The Science of Happiness.

A Panel discussion on Measurement started with the presentation of Dr. Anagha Lavalekar on Developing QOL Instruments- A Challenge explaining how changing concept of QOL required different types of tools for measurement. Dr. Anuradha Sovani (Head, Psychology Dept. SNTD, Mumbai) took us on the field with an excellent topic various measurement scales/procedures used & come across for QOL with different populations. In second Symposium Mr. Shravan Hardikar (Commissioner, PCMC) highlighted on Changing QOL of Community & Role of Governance. Smt. Vidya Bal (Woman Activist) spoke on Changing the face of women's QOL and Dr. Rohini Patwardhan (Scholar in Geriatrics) expressed her thoughts on Elderly-How times have changed. Prof. Neela Dabir (Dean, Vocational education, TISS) concluded by putting her observation that it is the internal motivation of people that can result in the enhancement of QOL.

A panel discussion included Dr. Kalpana Srivastava (Head, Psychology dept., AFMC), on Modern Era Menace and Dynamics of QOL, Interface with Psychiatry aspect, Prof. Meena Hariharan (Head, Centre for Health Psychology, Hyderabad University) on Balancing Psyche & Physique to enhance QOL, Mr. Pramod Phalnikar, IPS (IG, NSG) on Quality of Life of Police Families.

Four highly respected social reformists were felicitated for their devoted work for diverse sections of society. This session focused on the exemplary lives of the people who made it a mission to enhance lives some disadvantaged section of society.

They were Mr. Sayyadbhai for his fight for Social reform in Muslim Community: Triple Talak, Ms. Deepa Patil for founding and running the only 'cerebral Palsy Development Center' in Marathwada region of Maharashtra. Ms. Sheetal Ugale (IAS) for being instrumental to many administrative reforms implemented for improving QOL of the community especially women and children as an IAS officer, and Mr. Narsinh Zare for his work Enhancing QOL of 'Gopal' a nomadic tribe in Maharashtra.

In the experiential side Mr. Sameer Mahagaonkar: Gifted Student Batch 2017 presented a wonderful skit 'Gazzal Unplugged', Dr. Anand Godse conducted a session on Art as an sublime expression of QOL and Shri. Jagdish Bhat (SSY devotee) threw light on Meditation Introspection. There was a huge contribution from around 70 delegates doing 21 oral and 16 poster presentations on concept and application of QOL, measurement of QOL across groups, and enhancement of QOL. Then Dr. Girish Bapat (Director, Jnana Prabodhini) a 'Jeevanvratī' discussed the personality of the individuals choosing to devote their life for a social cause with reference to *triguna* concept from Indian tradition. Persons, can live a life with enhanced *sattvaguna* and be effective life worker for a social cause.

Valedictory speech by Mr. Vivek Sawant focused on the contribution of technology in enhancing our QOL. However, he concluded that people resolve for our planet first is imperative for

this to happen. Dr. Sujala Watve (Secretary, JPSS) summed up the session and Ms. Pranita Jagtap proposed the vote of thanks.

Convener - Dr. Anagha Lavalekar

## **2) Intensive Workshop on Research Methodology and Statistics: Application in Social Sciences**

Jnana Prabodhini's Institute of Psychology, Pune organized and conducted an in-depth and intensive Six days workshop on '**Research Methodology and Statistics: Application in Social Sciences**' during **26<sup>th</sup> June 2017 to 1<sup>st</sup> July 2017 at Pune in Jnana Prabodhini Institute of Psychology**. This workshop was partially funded by ICSSR.

### **Objectives of the workshop**

- ◆ To give knowledge about the research process
- ◆ To give insight into various types of research designs used in social sciences and guide them to choose an appropriate design for their own research
- ◆ To revise and select proper sampling techniques and variables suitable for their study
- ◆ To understand how to use appropriate statistics (Univariate, Multivariate analysis) with the help of Statistical packages
- ◆ To acquaint the participants with the Methods of qualitative data collection and approaches to qualitative data analysis
- ◆ To discuss and brainstorm about conducting interdisciplinary research

This workshop included total 40 participants from Maharashtra, Chennai, Jaipur and Ahmedabad. Participants from various fields of social science (developmental studies, psychology, social work, education, health science, and management) were benefited through this workshop. Out of 40 participants 12 participants were pursuing Ph.D. or M.Phil. and remaining participants working as assistant professors, research assistant or associate in different institutes.

Eminent faculties in the field of social sciences shared their knowledge and experiences in this workshop. One to one individual interaction was encouraged and queries were solved by the resource persons.

Eminent faculties like - Dr. Sujala Watve (Secretary, JPSS), Dr. Anagha Lavalekar (HOD, JPIP), Prof. Prabhu Lodhi (Former HOD, Savitribai Phule Pune University), Prof. Bhaskar Shejwal (Former HOD, Savitribai Phule Pune University), Prof. Medha Kumthekar (Former HOD, S.N.D.T. Women's University), Prof. Robert Roeser (US Fulbright Scholar and faculty at Penn State University, U.S.), Prof. Vanita Patwardhan (Advisor/Consultant, JPIP), Dr. Vivek Belhekar (University of Mumbai), Prof. Dr. Anuradha Sovani (HOD, S.N.D.T. Women's University, Mumbai), Prof. Chitra Sohani (Retired Associate Professor, S.N.D.T. Women's University), Prof. Deepak Walokar (Director, Karve Institute of Social Services),

Dr. Ajit Karnitkar, (Consultant for Tata education & Development trust), Dr. Megha Deuskar (Fergusson College), Prof. C.G. Deshpande (President-Indian Psychological Association & Former Head, University of Mumbai)

Group discussions, presentations, paired tasks and a panel discussion were arranged. The participants were asked to apply the gained knowledge to their topics of interest and rectify their concepts through this dialogue. They responded positively and participated wholeheartedly.

**Co-ordinator** - Dr. Pranita Jagtap

**Partially Funded** - ICSSR

<b>Sr. No.</b>	<b>Name of Workshop</b>	<b>Period</b>	<b>Coordinator</b>
3)	Comprehensive Child Development Program	24-30 April, 2017 1-7, 8-14, 15-21 May, 2017 29 May - 4 June 2017	Sujata Honap and others
4)	Insightful Parenting Workshop	June, 2017 6,7,20,21,27,28, May, 2018	Sujata Honap and others
5)	Child and Adolescent Psychology: Enhancing Potentials (CAPEP)	11,12 June, 2017	Dr. Sujala Watve and others
6)	Quest for Happiness	1-2,8-9 July, 2017 6-7,20-21 January, 2018	Dr. Anagha Lavalekar and others
7)	Continuous Child and Youth Development Program	July, 2017- February, 2018	Sujata Honap and others
8)	Prajna Maitra (Parenting the gifted children)	October, 2017- March, 2018	Uma Bapat and others
9)	Trainers Training Workshop	6,7 November, 2017 10, 11 March, 2018	Sujata Honap and others
10)	Workshop for Proctors' Training Tribal Mensa	6-7 January, 2018	Dr. Sujala Watve
11)	Career Advisor Training Program	August, 2017 & January, 2018	Nilima Apte and others
12)	Enhancing Families (Pragatishil Kutumb)	27 April, 2018	Dr. Vanita Patwardhan and others

### **In Sanskrit and Indology**

<b>Sr. No.</b>	<b>Name of Workshop</b>	<b>Period</b>	<b>Coordinator</b>
13)	Ganesh Pratishthapana (consecrating Ganesh Idol)	17 August, 2017	Dr. Aarya Joshi
14)	Hartalika Pujan	17 August, 2017	Surekha Likhite

### **Participation as a resource person in Seminar, Conferences**

#### **In Psychology**

<b>Sr. No.</b>	<b>Name of the participant</b>	<b>Topic</b>	<b>Seminar / Workshop and Date</b>	<b>Organised by</b>
1)	Kanchan Pande	The impact of Welfare Schemes on Quality of Life and Life Satisfaction of the CISF, ITBP and State Police Personnel	International Conference on "Military Psychology: Concept, Modern Trends and Interventions for the welfare of Indian Armed Forces" 5-6 January, 2018	Bhosala Military College Nashik
2)	Dr. Sujala Watve	Paving Path for Success in Life for Millennial Students	Psychology of Millenials: National Association Of Psychologists (NAOP) 27 <sup>th</sup> Annual Conference 22 December, 2017	Department of Humanities and Social Sciences, IIT Kharagpur, West Bengal
3)	Aakash Chowkase	Educating Millenials for the Future Leap Emphasizing Giftedness	Psychology of Millenials: National Association Of Psychologists (NAOP) 27 <sup>th</sup> Annual Conference 22 December, 2017	Department of Humanities and Social Sciences, IIT Kharagpur, West Bengal
4)	Dr. Vanita Patwardhan	Enhancing Families	Marathi Manasshastra Parishad 27-28 March, 2018	Malegaon
5)	Dr. Sucharita Gadre	Psychological Tests Useful for Schools	State-level seminar on Psychological testing of Secondary School Children 27 January, 2018	Abhinav Education Society's College of Education, Katraj, Pune
6)	Sujata Honap	Theory of Emotional needs	Mental Health Enhancement Group 12 March, 2018	Prayas Bahuuddeshiy Vikas Sanstha

<b>Sr. No.</b>	<b>Name of the participant</b>	<b>Topic</b>	<b>Seminar / Workshop and Date</b>	<b>Organised by</b>
7)	Sujata Honap	Teacher's Personality Enhancement	Teacher's training workshop 3, 10 February, 2018	Thyssen Krupp Industries India Private Limited, Pimpri, Pune
8)	Sujata Honap	Headmaster's Personality Enhancement	Headmaster's Training workshop 13, 20 January, 2018	Thyssen Krupp Industries India Private Limited, Pimpri, Pune
9)	Sujata Honap and others	Potential Enhancement	Potential Enhancement program 15 November, 2017 to 17 February, 2018	Thyssen Krupp Industries India Private Limited, Pimpri, Pune
10)	Anita Deshpande, Nutan Shete	Enhancing study skills for 10 <sup>th</sup> std. students	Study Skills workshop 16 December, 2017	Dnyan Sampada Vidyalaya, Ahmadnagar
11)	Dr. Vanita Patwardhan	Shikshanamadhil Manasshatriya Mapan: Swarup	Psychological Testing of Secondary School Children 27 January, 2018	Abhinav Education Society's College of Education, Pune
12)	Dr. Vanita Patwardhan	Research in Psychometric Testing- Revision, Adaptation, Translation	Exploring Psychometrics - A Hands-on Experience December 2017	Department of Applied Sciences, College of Engineering, Shivajinagar, Pune
13)	Dr. Vanita Patwardhan	How to propose a Research Project	Organizing a Research Conference Feb. 2018	Vivekanand Kendra College of Teacher Education, Arunachal Pradesh
14)	Dr. Vanita Patwardhan	Learning by observation technique: Uses in Police Working Research	Facilitation Session 9 October, 2017	Police Training Center, Nanvij, Dound, Dist. Pune
15)	Dr. Vanita Patwardhan	Motivating Excellence	Facilitation program June, 2017	Janseva Bank, Pune
16)	Dr. Vanita Patwardhan	Awareness about Ragging	Lecture 10 August, 2017	Dr. D.Y. Patil Biotechnology and Bioinformatics Institute, Tathawade, Pune

Sr. No.	Name of the participant	Topic	Seminar / Workshop and Date	Organised by
17)	Dr. Vanita Patwardhan	Gender Studies, Psychological Test Administration	Lecture 19-23 February, 2018	Vivekanand Kendra College of Teacher Education, Nirjuli, Arunachal Pradesh
18)	Dr. Anagha Lavalekar	Think right for mental health	Lecture 9 April, 2016	RSS Divisional section, Pune
19)	Dr. Vanita Patwardhan	Ethical Research Initiatives	Training Programme 19 May, 2018	Ruby Hall Clinic, Pune

### **In Sanskrit and Indology**

20)	Dr. Aarya Joshi, Dr. Manisha Shete and group of lady priestess	After Death rituals and concept of soul	Being Woman 7-9 September, 2017	Santrika and Maxmullar Bhavan, Pune
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### **Attended workshops / seminars / lectures / conferences**

#### **In Psychology**

S.No.	Name of Participant	Workshop Name	Organised by	Dates
1)	Dr. Anagha Lavalekar Swarada Khaladkar	National Conference on 'Nirnay Prakriya ke Kendra main Stree'	Rambhau Mhalgi Prabodhini Drushti Stree Adhyayan Kendra, Pune & Deendayal Shodh Sansthan, Delhi	26-27 October, 2017
2)	Dr. Pranita Jagtap	Data Science using R software	Department of Statistics S.P. College, Pune	13-14 December, 2017
3)	Dr. Pranita Jagtap	Psychology through Ages: Yoga, Jung and Beyond	Kaivalyadhama, Lonavala	29-30 September 2017
4)	Dr. Vanita Patwardhan	5 <sup>th</sup> National & 32 <sup>nd</sup> State Level Annual Conference of 'Marathi Manasshastra Parishad'	Malegaon, Dist. Nashik, Maharashtra	30, 31 January, 2018
5)	Dr. Vanita Patwardhan	International Workshop on Importance of Emotional Intelligence for Educators	Dept. of Psychology, Modern College of Arts, Science & Commerce, Pune	November, 2017

S.No.	Name of Participant	Workshop Name	Organised by	Dates
6)	Dr. Vanita Patwardhan	Informed Consent & Audio-Visual Consenting Training	Deenanath Mangeshkar Hospital, Pune	10 March, 2017
7)	Dr. Vanita Patwardhan	NIH Web-based training course- Protecting Human Research Participants (Completed training course)	The National Institutes of Health (NIH)	18 April, 2018
8)	Dr. Vanita Patwardhan	Perfectionism among our GT Children	Katy Parents of Gifted & Talented Students, Houston, U. S. A.	

## PUBLICATIONS

### Research Articles

#### In Psychology

- 1) Salve, S., & Lavalekar, A. (2017). Role of dispositional gratitude and authenticity in emotional intelligence among late adolescent boys and girls. *Indian Journal of Positive Psychology*, 8(3).
- 2) Lavalekar, A., & Karmalkar, S. (2017). From Youth to elderly: A study of quality of life and psychological wellbeing. *Indian Journal of Health and Wellbeing*, 8(9), 1083-86.
- 3) Lavalekar, A., Pande, K. (2018). The impact of Welfare Schemes on Quality of Life and Life Satisfaction on the CISF, ITBP and State Police Personnel. *Proceedings of International Conference on Military Psychology: Concepts, Modern Trends & Interventions for the Welfare of Indian Armed Forces*, CHME Society's Bhosala Military College, Nashik, ISBN 978-93-87665-79-8.
- 4) Jagtap, P. R. (2018). Gender Differences in School Adjustment, Learning Orientations and Scholastic Achievement of Rural Students. *International Multilingual Research Journal Vidyawarta, Special Issue on Interdisciplinary Research in Contemporary Women's Studies*, 237-245.
- 5) Jagtap, P. R., Karmalkar, S. (2018). Effect of Life Skills Training Program on Psychological Well-being of Rural Adolescents. *Journal of Indian Academy of Applied Psychology*, 44(1), 34-41.
- 6) Patwardhan, V. (2018). Baudhik va vyaktimatva manaspatachya adhare adhyapakanchi vayanusar tulana (Age-wise comparison of teachers based on intelligence & personality profiles). *Manasshastra Patrika*, 26, 27-34, ISSN 2394-4730.

- 7) Gijare, A., & Patwardhan, V. (2018). Identifying and remediating writing difficulty in spelling among students. *Manasshastra Patrika*, 26, 27-34, ISSN 2394-4730.
- 8) Patwardhan, V. (2018). *Family Culture: A Comprehensive Concept*. In Indian Association of Human Behavior (IAHB) - Silver Jubilee TREATISE, Wardha: Indian Association of Human Behavior (IAHB).

## **Books**

### **In Psychology**

- 1) Patwardhan, V., Lavalekar, A. (2017) (Eds.). '**Streevidha**', Pune: Jnana Prabodhini's Institute of Psychology, ISSN- 978-81-933910-0-6
- 2) Patwardhan, V. (2018) (Ed.). **Manasshastra Patrika**, Vol. 26, Malegaon: Marathi Manasshastra Parishad, ISSN 2394-4730

## **AWARDS**

**Dr. Sujala Watve - Swayamsidhha 2018** Award by Chaitanya Mental health care centre and Mental Hospital, Erawada, Pune

## **TRAINING/TEACHING**

### **1) P.G. Diploma in School Psychology (Recognized by the Savitribai Phule Pune University)**

Total 28 students completed this Diploma in 2017-18. As a part of the curriculum, the following activities were conducted in the last year.

Individual Testing: Students did well in administering, scoring and interpreting Bhatiya Battery of Intelligence Tests.

Psychological Testing: Group testing for English and Marathi medium schools was conducted by the students in Paranjape High School and *Nutan Marathi Vidyalaya*. A standardized intelligence test (SPM) and Study Habit Inventory were administered to students of standard 6<sup>th</sup> to 9<sup>th</sup>. Test administration, scoring, interpretation and report writing was done by the students of PG Diploma.

Group guidance: Topic relating to socio-emotional skills was continued from the previous year. Two groups of students worked with 6<sup>th</sup> grade children from Jnana Prabodhini Prashala. Other English medium group worked in New English Medium School (NEMS) and Marathi

medium group worked in *Nutan Marathi Vidyalaya* (NMV) for girls. Eight group guidance sessions were conducted by students on the topics of achievement motivation, goal setting, empathy, gratitude, respect, communication skills and thinking skills.

Individual counselling: Each student undertook two individual counselling cases referred for the emotional, academic or behavioral problems under experts' guidance.

Experts in various fields conducted various workshops for the P.G. Diploma students on the topics of– Study Skills, Communication skills, Creativity, Career Guidance, Positive Thinking, Stress Management and remedial teaching.

Activity oriented sessions of Person Centered therapy, REBT, Cognitive behavioral therapy and Play therapy were organized for the students to help them get feel of the counselling.

Communication skills workshop and REBT based training was conducted by Dr. Anagha Lavalekar.

Students learnt Play Therapy from a practicing Psychologist, Ms. Mrudula Apte.

Inputs in Behavior Therapy, Person Centered Therapy and CBT were given by Ms. Aparna Satpute.

Two day trainers' trainings for Sexuality Education was conducted by *Samvadini* members.

Students received two day intensive training for facilitation skills. The training was given by Potential Enhancement Section. Students took responsibility of co-facilitation in the Comprehensive Child Development summer vacation camps. They also took part in meetings for designing the content of the camps.

The response of children and feedback from teachers and parents was very encouraging. The effect of the sessions manifested through enhanced academic performance of students and behavioral changes.

Other Activities:

- A hands-on experience of class observation in the school was provided to the students of PG Diploma
- Facility was provided to observe the case history session taken by senior psychologist
- Training for 'iA' test battery was given to the students
- An educational excursion was arranged to Jnana Prabodhini, Nigdi campus to show various models of education for enhancing potentials
- Film week screening 5 films namely - *Amhi asu ladke*, *Kitaab*, *Wonder*, *August Rush* and two short documentary films on a parenting special child -*Believe Me* and *Vallari Karmarkar*, were arranged to sensitize students to various needs, issues related to children

and adolescents. The content of the films was related to the psychological and social world of preadolescent and adolescent children. Discussion was taken on those films.

- Some of the assignments were changed and were designed in such a way that students were encouraged to study independently and attempt the application of theoretical knowledge in practical settings.

**Coordinator** - Dhanashree Sowani (Assistant Professor)

## **2) P.G. Diploma in Education of the Gifted: Methods and Strategies (Affiliated to Savitribai Phule Pune University) (UGC No.F.14-67/2013 INNOV/ASIST)**

It is an innovative course with support of University Grants Commission in XI Plan. The relevant literature has been prepared with the help of worldwide books, research articles and case studies of gifted. It is a one of its kind course which incorporates research, psychological testing, education, training, counselling and mentoring all under a single umbrella. This aids in holistic nurturing of giftedness amongst children with high potentials. This course recognizes the need to identify and nurture giftedness as a national and global priority. Self-learning methods, elaborate field work and continuous evaluation are the main features of this course.

The primary objective of this course is to identify and nurture the gifted children early on, so that they are guided in the right direction and their giftedness is channelized.

In the past one year, as part of the syllabus various lectures were organized on gifted counselling, mentoring, leadership and creativity. The final examination was held in May 2017 and the report for the same was sent to UGC Delhi. The new academic year began in September 2017 with beginners' oath, past year students report distribution and sharing of personal experiences. The students were boosted by Mahendra Sethiya followed by a closing speech by Dr. Malati Kalmadi. The entire event was in the presence of Dr. Usha Khire.

**Coordinators:** Dr. Sujala Watve (Associate Professor), Aakash Chowkase (Assistant Professor)

### **EXTENSION ACTIVITY**

#### **Testing / Training / Workshops (Participants)**

##### **In Psychology**

Individual Guidance and Counselling	196
iTap Testing	186
Mensa Testing (Pune, Gurgaon, Chennai and Mumbai Chapter)	630
Aptitude Testing (iA)	3846

Aptitude Testing (SWAYAM)	375
Engineering Aptitude Testing	1815
Tribal Mensa Testing	1500
Career Advisor Training Program	52
Trainers' Training Workshop	100
Comprehensive Child Development Program	575
Ability Building Programme	35
Nirantar Balvikas	120
Nirantar Kumarvikas	12
Parenting Workshop	50
Pradnya Prabodhan	81
Child and Adolescent Psychology : Enhancing Potential (CAPEP)	130
Vendors (iA) link	2377

(License Issued-2762, **Distribution of vendors across India:** Gujarat, Haryana, Delhi, Goa, Telangana, Karnatak and **Distribution of vendors across Maharashtra:** Aurangabad, Jalna, Beed, Latur, Nanded, Solapur, Satara, Sangli, Wardha, Nagpur, Dhule, Nagar, Nashik, Pune, Kolhapur, Ratnagiri, Sindhudurg)

**Psychological assessment for selection or placement** was offered to renowned industries such as Bajaj Auto Ltd., Corning Optical Communications, Mahindra and Mahindra, Kone Cranes and Vivekanand Hospital, Latur etc. The testees (N=500) included applicants or trainees.

**Counselling and training** was also conducted for Kone Cranes and Janasewa Bank, Pune (N=88 included applicants or trainees)

### **In Sanskrit and Indology**

Interdisciplinary lectures have been started from August 2018. This activity is started with the aim to create social awareness and in depth study of different subjects, social issues. Creating awareness in the light of different subject/aspect, and to understand the undercurrents of various social issues. Santrika is arranging lectures related with different subjects and issues. The lectures on basic concepts of economics, sociology, philosophy and psychology were delivered by eminent speakers like Shri. Sadanand More, Shri. Abhay Tilak, Shri. Rajiv Sane, Shri. Surendra Thakur Desai.

Frequency of lectures - Twice a month- on 1st and 3rd Saturday every month.

Members attending the lectures - 40 to 45

Core group of 9 members meet every 2nd and 4th Tuesday regularly and discuss about policies, guidelines and study material to be used for this activity.