



## **‘Quest for Happiness’**

### **आनंदाची शोधयात्रा**

### **(Self learning for positive mental health)**

- ❖ Make everyday life more integrated, connected
- ❖ Enrich the relationships
- ❖ Know oneself for becoming more capable and internally strong

Based on **Rational Emotive Behavioral approach**, a comprehensive, intense interactive workshop full of activities and exercises. Open for all those who are motivated to take efforts for self enhancement. More than 300 persons have experienced the change from within. Anyone above 18 years can join!

**Experts:** Dr. Sanjyot Deshpande (Psychologist, Counselor)  
Dr. Anagha Lavalekar (Psychologist, JPIP, Pune)  
Dr. Deepak Gupte (Human Resource Expert)  
Mrs. Swati Kelkar (Psychologist, Counselor)

**Conducted twice a year- in June and in December**

**Duration:** Total seven sessions: Saturdays & Sundays

**Timing:** 4 pm to 7 pm.

**Venue:** Jnana Prabodhini’s Institute of Psychology,  
510, Sadashiv Peth, Pune 30.

**Group booking for more than 3 people and Couple booking will get a 20 % benefit in the fees.**

**Enquiry:** Mrs. Yogita Maniyar

Monday to Friday 11 am to 5 pm, Saturday: 10 am to 1 pm.

**Contact No. 24207145 / 24207142**

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