

Jnana Prabodhini Samshodhan Sanstha (JPSS)

**Report for the year
2018-2019**

Committee Members and Office Bearers Year 2018 - 2019

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Donations to JPSS are exempted

U/S 35(1)(iii) and U/S 80(G)

Jnana Prabodhini Samshodhan Sanstha (JPSS)

**Report for the year
2018-2019**

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Jnana Prabodhini Samshodhan Sanstha (JPSS)

Report of the Year 2018 – 2019

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

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Annual Report of Jnana Prabodhini Samshodhan Sanstha (JPSS)

Introduction

2018 - 19

Jnana Prabodhini Samshodhan Sanstha is a research organization conducting various research and educational activities for children, adolescents, teachers and parents. The educational activities have been based on research done at JPSS. The activities are designed on empirical research background; they are tested across diverse types of the student population- disadvantaged as well as privileged. These activities are conducted all over Maharashtra and in different states of the country. This gives the institute a good understanding of the educational portfolio in the school-related and other education.

Education according to the philosophy of JPSS is the process of man-making. This includes a formal education in schools as well as informal learning through the life journey. The educational activities are implemented for identifying strengths and difficulties students are facing in life. Accordingly, life skill education is designed to help them overcome the difficulties. Outcomes are always tested with various tools, which again give rise to further research studies. Thus the workshops, training and counseling cells serve as laboratories for the students completing their Diplomas, in school psychology and education, affiliated to Savitribai Phule Pune University. As a part of their curricula, they participate and conduct diverse researches, to learn research methodology.

In response to the new draft National Educational Policy, JPSS scholars contributed an elaborate response through a paper. This contribution was reflected in the National Educational Policy 2019. JPSS suggestions included interventions for high ability children and adolescents, for better facilities and strategies. We hope that the new policy will be a step towards addressing this critical need in the education of the high ability population especially of special children, including high ability population.

I am happy to report that inputs received in meetings of academic committee, guidance from the research Advisory Committee members, researchers' meet and the national workshop on Research Methodology, have contributed in publication of research reports and articles, as well as presentations in conference.

The report presented contains status of Ph.D. studies, results of academic courses, training programs for diverse trainers.

Psychological assessment at various age levels is the need of the society, for which objective and standardized instruments of the institute have been well appreciated in Pune, Maharashtra and some places outside the state also. Students are getting on-hands experience in the work, which helps them in their future careers. Diploma students have been well equipped to reach the community for spreading awareness related to formal and informal education of children and the psychological issues behind. A student-conducted event for parents and teachers and a public event '*Veglepan Japatana*' are two examples showing the impact of education.

Studies related to youth, women, average and high ability population, have been undertaken in research discipline, which are reaching into depth to highlight the issues contributing to the quality of human lives. The topics include work of Anganwadi *shikshika*, mental health assessment of average and special population, family and school climate-assessment, longitudinal case studies of gifted, Indian Psychology and so on.

Different designs for after-school programs for different age-groups and for different cognitive levels have been contributing to the development of cognitive, affective and behavioral aspects, of children and adolescents. Similarly, efforts to improve family integration, the efficiency of industrial stakeholders, mental health improvement of security persons, and medical fraternity are increasing.

The activities get acknowledged in the form of feedback from social organizations, working for disadvantaged sections of society. The Rotary club honored Sujala Watve with a certificate of Outstanding Teacher (Urban) under the title 'Journey of shaping young minds'.

JPSS has benefitted from support and advice from many generous donors and well-wishers including the government.. It has been our sincere effort to respond to the trust posed in us by undertaking various educational activities that contribute to man-making and nation building. In the following pages, we have reported activities conducted in 2018-2019.

Sujala Watve
Secretary

RESEARCH PROJECTS COMPLETED

IN THE YEAR 2018-2019

In Psychology

Human Potentials/Intelligence/Giftedness

1) ‘Ankur’ baseline assessment of ‘anganwadis’

Through the project ‘Ankur’, United Way of Mumbai (UWM) provides support to wards the infrastructural development of Anganwadi Centers (AWCs) to make them more children friendly. This support includes the provision of early learning material and trained educational facilitators. Therefore UWM wanted to carry out a baseline assessment of these anganwadis to add more value to project ‘Ankur’.

UWM collaborated with Jnana Prabodhini’s Institute of Psychology (JPIP) for this baseline assessment in 16 Anganwadi Centers (AWC) from Aurangabad. The plan was made to assess the status of development of children; Knowledge, Attitude, and Practices (KAP) of Anganwadi Workers (AWs); and exploring perceptions of parents.

The total sample included 1058 number of children, 16 Anganwadi workers and 160 parents from 16 anganwadi centers.

A set of three tools, one each for each of the target groups, was prepared for this assessment.

1. प्रमासं – बालक विकास चाचणी or JPIP child development test
2. प्रमासं – अंगणवाडी सेविका प्रश्नावली or JPIP Anganwadi Workers Questionnaire, a rating scale for parents’
3. प्रमासं – पालकांचा अंगणवाडी विषयक दृष्टिकोन मापणी or JPIP Parents’ Approach Towards Anganwadi Center

Results showed that moderate levels of development were reached by most of the children in age groups 0-6 years with respect to physical, functional, cognitive, social, emotional, and language areas of development. The percentage of students showing low development was less than 10 in all areas except language. It was really praiseworthy. In the case of language development, it rose upto 20%. The percentage of children with high levels of development was around 20% in almost all areas and all groups with few exceptions. Therefore an effort to increase the percentage of children with high levels of development in all areas will be a welcome step. A well-coordinated action plan for raising the percentage of children in a higher level of development would be the real application of these project findings.

Anganwadi workers appeared to have an appropriate attitude as their scores reached Good or Excellent grades only, which is really a notable finding. All the anganwadi workers had at least average or good knowledge and only a few had excellent knowledge. There is definite room for improving practices of anganwadi workers since the number of anganwadi workers having Good and Excellent grades in this aspect are meager or missing. Maintaining various records, supplementary food distribution, home visits as well as refining habits of cleanliness among Anganwadi children were noticed as quite up to the mark. However, interventions for children's intellectual, emotional, social, language, motor, creativity development need a long way to go. Intervention programs for anganwadi workers were strongly recommended, which led to awesome outcomes (Patwardhan, et al, 2010, 2016). Training programs for the usage of assignments, charts, question-answer sessions, good observation, presentations in anganwadi may be planned. In a nutshell, the working hours of the anganwadi workers may be lessened by improving the quality of their services.

Parents across all anganwadi centers (AWCs) reported that they have frequent interactions with anganwadi workers (AWs) and expressed satisfaction about their performance. Perceptions of parents towards 16 AWCs along with four points; objective information about AWCs, parents' awareness about AWC's functioning, their expectations about AWC and opinions about AWs were quite satisfactory. In general, perceptions were positive. Parents were very particular in sharing about many aspects of AWCs like infrastructure, food, facilities in a constructive manner. AWs were well recognized. Parents put forth ample specific suggestions to improve AWCs and AWs, which need careful consideration.

Principal Investigators - Dr. Sucharita Gadre, Dr. Sujala Watve,
Dr. Pranita Jagtap, Dr. Anagha Lavalekar
Research Assistants - Sai Mule, Jayashree Nangare

Duration - 6 Months
Funded by - United Way of
Mumbai

2) Effect of Comprehensive Child Development Program (CCDP) on cognitive and inter-personal responses among middle-aged children: A gender-based study

Middle childhood is an important developmental phase which contributes to the foundations of cognitive and interpersonal abilities that will lead to productive and fulfilling adult life. This study explores the role of gender in the effect of an intervention program among children between ages 7-12 years. A total of 1107 children (574 boys and 533 girls) from Pune participated in the Comprehensive Child Development Program (during 2012-15) which comprised of seven-day intervention (duration of 35 clock hours). This intervention was based on Guilford's SOI model and assessment was done using Behavior Observations and Rating Checklist. ANOVA was used for statistical investigation. Results indicated the positive effects of CCDP program in enhancing the cognitive and interpersonal responses among children.

Ages 7 through 11 years comprise of middle childhood. Like early childhood, this is also a very important phase in a child's life. This phase includes years during elementary education, where children start forming their peer circle in school, away from home. They also enjoy much more physical activities with peers through play and robust activities as compared to the previous developmental phases. Because of improved motor development, boys and girls in middle childhood can engage in a wide range of motor activities. These are also the years of primary socialization, where children learn essential social and moral norms.

From a psychological perspective, around age 7 to 11 a child is in the stage of concrete operations. As Piaget states, children are less egocentric at this age than before and develop abilities like logical reasoning, spatial thinking, understanding of causality, categorization, inductive and deductive reasoning, conservation, and working with numbers. Apart from these facets, development is also observed in the child's working memory, reaction time, processing speed, selective attention, and concentration as well. Healthy development in middle childhood forms an essential foundation for their future. That is why it is important to invest special efforts in this age group so that it helps in maximizing their future well-being.

Principal Investigator - Sujata Honap
Research Assistant - Veena Shepal

Duration - 1 year
Advisor - Mrunal Paranjape

Quality Of Life

3) Mental Health Assessment Screening Tool (MHAAT)

The concept of mental health has become extremely relevant in recent decades. Rapid urbanization has brought deleterious consequences for mental health. Individuals are constantly surrounded by daily hassles and stressors. These are known to affect cognition and emotional mental health status negatively and escalate stress, pain, anxiety, unhealthy thoughts and emotions, burnout, anger, and other negative emotions. This further leads to unhealthy deviant behavior. This grey area of deviant behavior that lies between mental health and mental ill-health is likely to go unnoticed until some grave clinical symptoms arise.

Though many tools are available to measure positive aspects of mental health as well as a clinical diagnosis of mental disorders, they are meant to tap healthy behavior or symptomatic behavior respectively. These tools can be best applied only by experts and trained professionals. It is well established that a large percentage of the population will fall in between the two ends, that is, serene positive mental health and serious psychobiological dysfunction. Today this percentage is growing at an alarming pace. Therefore, a tool to tap this grey area in-between these two ends is very much required, so that, work in the field of mental hygiene can be done. Such a tool is more likely to help in early identification of deteriorating mental health as well as in planning therapeutic measures at many workplaces.

The present tool is prepared for timely identification of mental health conditions suggesting maladaptive coping patterns reflected in emotion, thoughts, and behavior. The main aim of this test is to make individuals understand their mental health problems and provide them with all the necessary help. This tool will help individuals to identify the extent and severity of their mental health problems. It is intended for use for the age group of 18- 60 years. It is easy to administer and easy to understand. This will help to find out the present cognitive and emotional mental health status of adults working in any profession.

Ten Domains were finalized to tap the grey area in between these two ends of the continuum. Seven domains assessing the negative side of mental health are depression, anxiety, and social withdrawal, the preoccupation of thoughts, mood, obsessive-compulsive tendencies, and personality problems. Whereas life satisfaction, productivity, and autonomy are the three domains assessing the positive side of mental health.

Many existing tools available for measurement of positive mental health as well as clinical diagnostic tools were reviewed. Based on this review 250 items were listed for ten above mentioned domains. The listed items were rated by five experts for content validity as well as aspect validity. Based on agreement among five experts 101 items were selected for the first draft.

First, try out form was prepared. There were 101 items and 10 scales in this tool. This form was tried out on a sample of 200 adults in the age range of 18 to 60 from 2 criterion groups (100 from normal population + 100 who were seeking help from psychiatrists or counselors). Item analysis was done and based on the discrimination index taking two criterion groups 51 items were retained. Items from two scales showing low discriminating power were excluded/dropped from the test. Therefore, out of ten scales, only 8 scales (6 negative and 2 positive) are retained in the final version.

The final version was standardized on a sample of 440 (238 from Normal population and 202 from Vulnerable population). The age range was 18 to 60+ years. For **Normal** population, 12 employment categories like IT professionals, private sector employees, government employees, etc. along with housewives and students were covered. On the other hand, **the vulnerable** population included individuals who were taking help for their mental health problems from Psychiatrists, Psychologists, and counselors.

Six trained field investigators worked for about 6 months for data collection and data entry of this standardization sample. The total sample size for data collection was 440 (238 from normal Population + 202 from a vulnerable population). This data was analyzed statistically to find out validity, reliability, and norms. Three research assistants worked for 2 years and handled various responsibilities at every stage of tool development.

Validity- Criterion validity, as well as concurrent validity of the tool, was established. Data from two criterion groups vulnerable and normal were compared for criterion validity. Three

standardized questionnaires Life Satisfaction Scale, Quality of life scale and Family Culture Inventory were used for concurrent validity

The reliability of the test was calculated by using split half method and was found to be very high at 0.9.

The test **norms** are provided in the form of four grades. Grades for negative domains are no signs, mild, moderate and severe. Grades for positive domains are low, moderate, high and very high.

The final tool is a simple self- report inventory. It contains 51 items. An individual has to simply report how many times he /she experiences the stated behaviour and what is the intensity of that experience. The results captured are organized under eight domains including six unhealthy domains and two healthy domains. For the test separate report for psychologists and clients can be prepared. An individualized detailed computerized report is given to the client.

Principal Investigator - Dr. Sucharita Gadre

Research Assistant - Kalyani Ghodke, Manasi Kulkarni,
Jayashree Nangare

Duration - 3 years

Advisor - Dr. Sujala Watve

Motivation

4) Effect of Achievement Motivation Program: A Study of Socioeconomically Underprivileged Youth

This study investigated the effectiveness of achievement motivation training in increasing the level of achievement motivation of Youth. The youth participated in this study came from a deprived socioeconomic background. Scores on the SES scale indicated that 55.25% of youth belong to the lower middle class and 43.75% of youth belong to the lower class. The achievement motivation training program included modules on the concept of personality development, self-awareness, importance and types of motivation, goal setting, planning for achievement, thoughts, and emotions to achieve excellence, emotional management and motivating youth for achievements. Achievement motivation training conducted as a major part of the leadership development program by Jnana Prabodhini's leadership development cell. The 25 college students from first and second-year, both male (19) and female (6) participated in this training. The total duration of the training program was 32 hours. Sessions were conducted twice a week for four months. A combination of various methods and techniques used were group discussion, checklists, worksheets, role play, watching the film, lectures, individual, pair and group task, etc. All these methods were useful to make the sessions interactive and to reach training content effectively. The single group pre test-post test design was used in this study. The standardized projective test developed by Deo and Mohan (1986) was used to measure Achievement Motivation. The test consisted of five pictures and the students were asked to see a picture carefully for 30 seconds and write a

story within four minutes with the help of four questions given in the test. A story was to be scored for Achievement imagery and subcategories. The total score for a story is the sum of scores given for all categories and the total achievement motivation score is the sum of scores for all five stories. Level of Aspiration test developed by Bhargava and Shah (1996), a paper-pencil performance test was used to measure the level of aspiration. To assess the economic, educational and social status of the family of youth, a scale developed by Dubey and Nigam (2005) was used. Test of achievement motivation and level of aspiration were administered before and after training. Sixteen youth out of 25 solved both pre and post-test and they considered for data analysis. Effect of the achievement motivation training was tested using the non-parametric test-Wilcoxon signed-rank test. The results indicate, post-test scores on achievement motivation is significantly higher than pre-test scores ($z = -3.02$, $p = .003$, $r = -.53$) with large effect size. For level of aspiration, significant increased is seen in scores of aspiration ($z = -2.20$, $p = .03$, $r = -.39$) with medium effect size. Further content analysis of stories showed an increase in frequencies on subcategories of achievement motivation they are -Achievement imagery, need for achievement, instrumental activity, positive anticipatory goal states, nurturant press (nurturing environment), and positive affective states.

(This study conducted in collaboration with Leadership Development Cell, Jnana Prabodhini)

Principal Investigator - Dr. Pranita Jagtap

Duration - 1 year

RESEARH PROJECTS IN-PROGRESS

In Psychology

Human Potentials/Intelligence/Giftedness

1) Careers of Alumnae of a Segregated School for Gifted in Pune, India

This research study aims to study the careers of the alumnae (ex-girl students) of Jnana Prabodhini Prashala (JPP) and is designed in two phases: the first phase comprised of follow-up of the alumnae. Last year (2017-18), an online form was sent out to students of 25 batches. It was sent to about 500 individuals. Till the end of this reporting period, 59 responses were received. Reminders on emails and calls were made to the alumnae, in the hope to get more responses.

From the response-data, the following points emerge:

- About 80% of the respondents are from batches that passed out of school before 2000
- A little more than 60% of the respondents have reported a Multidisciplinary career
- The academic fields opted for higher studies include Science, Humanities, Commerce & Law, Medicine, Engineering, Architecture, Design and Art
- About 20% of the respondents are graduates, 58% have completed their post-graduation, while 22% have completed or are doing their doctoral/ post-doctoral studies

- 47% of the respondents are employed currently while 31% are self-employed. About 30% have reported to have contributed towards the social cause.

Data on the psychological parameters will be assessed. Individual cases will be written in light of theories related to giftedness.

In view of the Research Objectives, further information required was identified and an interview schedule drafted. Two interviews were tried-out internally. The transcript was analysed. Feedback was collected from the interviewees too. This tryout exercise provided more clarity on conducting qualitative interviews.

The next plan of action is to commence the second phase. Purposive sampling strategy will be used to select interviewees from amongst the respondents who have expressed their willingness for the same. Their interviews will focus on their career experiences as they made choices and faced challenges in the course of their career. Their narratives will be qualitatively analysed within-case and across-cases.

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

Advisor - Dr. Anagha Lavalekar
Duration - 2 Years

2) Test for Designing Aptitude (Apt-D)

Based on the literature review on Aptitude for Designers and Qualities of Designers, a list of abilities and personality traits was identified. Their meaning/scope, from the perspective of the proposed test, was defined. All this work was presented to a panel of Designing/Architecture professionals. They included professionals who were in practice as well as those in academics, those who dealt with real-life clients, as well as those who prepared students for these real-life situations. Each ability and trait was reviewed in detail; its significance in the flow of designing was discussed with references to real-life cases.

The abilities and traits, and their definitions were updated and finalized after the series of meetings with these domain experts.

Then the work on item-writing was initiated. In-house psychology and test-development team-members were pulled into the initiative. After presenting an overview of the work done as yet, they were given the responsibility of 1-2 abilities. A series of brain-storming sessions were conducted to bring up different item-types that could be used for assessing each ability. It was decided that each ability will be tested separately, using verbal and non-verbal stimuli.

Of the seven abilities, item-writing has commenced for six abilities. After the first set of 10-15 items for 3 abilities were written and reviewed, they were tried on a few ten and twelve standard students who had come for the Aptitude test. With their consent, the items were administered to them. The scores of such item-level tryouts are now being analyzed.

Item-writing is in-progress. The objective of the current phase is to prepare the first draft of the test. After being appropriately illustrated and reviewed, it will be rolled out for test-tryout.

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 the observation checklist as a tool for observing behavioral changes in children. Though the checklist is not a standardized tool it is used objectively for a large sample of data. The 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 from January 2017. 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" from April 2017 to June 2017 (7days workshop each). The data gathered was of 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.

Data for content validity is collected by expert educationalists and psychologists. Data for Inter-rater reliability was also collected. The raw score for both, validity and reliability was 4.5, as per the checklist.

Principal Investigator - Sujata Honap

Research Assistant - Veena Shepal

Duration - 1 year

4) Nurturing positive virtues among children in middle childhood

Ages 7 through 11 years comprise of middle childhood. This phase is very important as it includes years during elementary education, where children start forming their peer circle in school, away from home. They also enjoy much more physical activities with peers through play and robust activities as compared to the previous developmental phases. From a psychological perspective, around age 7 to 11 a child is in the stage of concrete operations. As Piaget (1970) states, children are less egocentric at this age than before and develop abilities like logical reasoning, spatial thinking, understanding of causality, categorization, inductive and deductive reasoning, conservation, and working with numbers. Apart from these facets, development is also observed in the child's working memory, reaction time,

processing speed, selective attention, and concentration as well. Healthy development in middle childhood forms an essential foundation for their future.

The researcher has selected the subject of 'Positive virtues' because virtuous behavior may also increase our life satisfaction and make life more meaningful and healthy. Practical applications of positive psychology include helping individuals and organizations correctly identify their strengths and use them to increase and sustain their respective levels of well-being. Christopher Peterson and Martin Seligman, two leading researchers in positive psychology, identified 24 traits (classified into six broad areas of virtue). These six categories of virtue are courage, justice, humanity, temperance, transcendence, and wisdom. 24 sessions will be designed as per the age group (7 to 11 years) of participants.

Five point Likert scale observation checklist is designed by researchers to note changes in virtues, based on Peterson & Seligman's model. 'Paired T-test' will be used for statistical analysis.

Principal Investigator - Sujata Honap
Research Assistant - Prasanna Alone

Duration - 1 year
Advisor - Mrunal Paranjape

Quality Of Life

5) Knowing Touch - Good and Bad

The aim of the project was to train the teachers/educators/volunteers to conduct sessions regarding 'Good and Bad touch' for children between ages 7-12 years in the rural parts of Pune District and see the effect of such training on their own attitude towards the said issue. The tools used for this were - researcher-made 1. Likert type attitude scale and 2. an open-ended sentence completion test. In 2018-19 pre-test data was collected from 533 teachers/volunteers from 10 tehsils who were then trained by a group of 30 master trainers belonging to the Stree Shakti Prabodhan-Samvadini Group. The trainee teachers/volunteers and their master trainers have reached out to 43000+ children through 200+ sessions in respective schools. The trainee teachers were supposed to fill in the same Likert type test as post-test through Google form after conducting a minimum of 4 sessions for the children. The data gathered from the pretest was analyzed. Also, the process for filling up the post-test Google form was initiated.

Principal Investigator - Dr. Anagha Lavalekar
Research Assistant - Sujata Yadav

Duration - 3 years
Funded by - Bajaj Finserv

Bio-Medical

6) 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 the 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 test 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. The 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

Duration - 2 years

Co-Investigator - Sayali Agashe

7) Physiological and Psychological Effects of Chanting Gayatri Mantra on Healthy Population- A pilot study

This is an exploratory pilot study proposed to assess the physiological and psychological effects of Gayatri Mantra Chanting in the group. This study tries to explore already agreed but less scientifically explored the significance of the Gayatri Mantra in human life. The sample of the study is the staff of Deenanath Mangeshkar Hospital and research center, Pune. Participants were divided into two groups. One group (N=30; 15 males, 15 females) was exposed to a 2-month intervention of Gayatri Mantra chanting and the other group (N=30; 15 males, 15 females) was for comparison purpose which was not exposed to any intervention. Pre-, intermediate- (after one month) and post-intervention assessments were done. In the physiological domain, blood pressure, pulmonary function, body composition,

hand-eye coordination and breath-holding time were measured. In the psychological domain, reaction time, immediate memory, divergent production, attention, and resilience were assessed. In addition to these variables, sleep pattern (N=30) and heart rate variability (N=24) were also measured. Blood pressure and heart rate variability were also measured during the actual Gayatri mantra chanting, once during the first month and once towards the end of the intervention. The intervention program included 4 days of training and 60 days of chanting Gayatri Mantra for 15 minutes. The data entry and analysis are in the process.

A follow-up project of this study is to explore the therapeutic use of the Gayatri mantra chanting for physiological and psychological chronic illnesses. The results of this study will provide directions for exploring the physiological and psychological factors associated with and/or are sensitive to Gayatri mantra chanting. The outcome of such interventions can be used for lifestyle and healthcare improvement.

Principal Investigator - Dr. Dhananjay Kelkar

Co-Investigators - Dr. Sujala Watve, Dr. Sanjay Phadke

Research Associates - Shubhankar Kulkarni, Isha Kanhere

Duration – 1 year

Advisor – Dr. Pramod Patil

In Sanskrit and Indology

8) Role of Education in motivation and self-development in Muslim Women: An Exploratory pilot study

A discussion group is formed to explore the role of education in motivation and self-development in Muslim Women. A discussion group on 'Education creates motivation and helps for self-development in the Muslim Women' is working from 2017. The objective of this discussion group is to find out 'Does education give motivation and helps for self-development in the Muslim woman'. Meetings are held once a month with special meetings in between. Special meetings were arranged with psychologists for guidance in research methodology. Psychologists, Social Reformers from renowned organizations, such as 'Hameed Dalwai Islamic Center', 'Centre for the study of society and Secularism' were invited for an elaborate discussion. A few interviews of academicians, social activists were conducted to know their outlooks. Several questions and issues were discussed in the group under the guidance of experts. The contacts of thirty-five Muslim women working in different fields have been gathered for further interviews. As well as contacts of other NGO's working for Muslim women are tapped for further work. Qualitative analysis will be done at the end.

Researcher- Dr. Manisha Shete, Manasi Bodas,
Rajyashree Kshirsagar

Duration - 1.5 years

Advisors - Dr. Vanita Patwardhan, Dr. Shamsuddin Tamboli

DOCTORAL RESEARCH

Ph. D. Studies in Progress

- ### 1) The Effect of Gratitude intervention on Dispositional Gratitude Authenticity and Emotional Intelligence for late adolescents

Researcher- Smt. Shilpa Ashok Salve

Guide – Dr. Anagha Lavalekar

- ## 2) Comparative Effects of Shavasana and the Yoga Meditation on Bio-Phase Angle, Resting Metabolic Rate and Emotional Intelligence, in students of Yoga College

Researcher- Shri. Ranjeetsingh Hukamsingh Bhogal

Guide –Dr. Anagha Lavalekar

- ### 3) Study of Psychological Wellbeing of Intellectually above average College students in relation to Family Environment and Classroom Environment

Researcher- Smt. Dhanashree Atul Sowani

Guide –Dr. Anagha Lavalekar

- #### 4) Resilience, Emotional Competence and Internal Locus of Control in Goan Adolescents of Alcoholic and Non-alcoholic Parents

Researcher- Gomes D'Costa Maria Fatima

Guide –Dr. Anagha Lavalekar

- ## 5) Impact of Psychological Capital (Psy Cap) and Satisfaction with life on Job Satisfaction and Employee Engagement

Researcher- Smt. Kirti Jawaharlal Gohel

Guide –Dr. Alpna Vaidya

Product Development / Technology Transferred

In Psychology

- ❖ JPIP Child Development Test
- ❖ JPIP Anganwadi Workers Questionnaire
- ❖ JPIP Parents' Approach towards Anganwadi Center
- ❖ Mental Health Screening Tool
- ❖ i-Tap computerized Test
- ❖ A checklist for screening of gifted children

In Sanskrit and Indology

- ❖ Ganesh Pratishthapana app was made available free of charge on the Google Play Store. 1000 members installed and used it.

LECTURES, SEMINARS AND WORKSHOPS

Organized by JPSS

In Psychology

1) Qualitative and Quantitative Research in Social Sciences: Methods and Data Analysis

Jnana Prabodhini's Institute of Psychology conducted eight days workshop on **Qualitative and Quantitative Research in Social Sciences: Methods and Data Analysis** during 22nd July to 29th July 2018 at Jnana Prabodhini's Institute of Psychology, Pune. This workshop was planned for Ph.D. students, research scholars, and faculty from diverse fields of social sciences.

Main objectives of the workshop were-

- To offer insight into every step of qualitative research, data collection methods, process, and approaches to qualitative data analysis.
- To make researchers aware of ethical issues and methodological challenges with qualitative research.
- To guide on the use of a qualitative approach along with a quantitative approach (mixed methods) in research
- To facilitate thinking regarding using an appropriate statistical technique for different research questions.

A total of twenty-five participants from various fields of social science participated, out of them 10 participants completed their Ph.D./MPhil, 7 were pursuing Ph.D., and others were working as research assistants/research associates.

Resource persons

Eminent resource persons not only shared their knowledge and experiences but also motivate participants for innovative research. Group discussion, presentations, individual interactions were encouraged during the workshop.

1. Prof. Subrata Rath-Indian Statistical Institute, Pune
2. Prof. Sujata Sriram- School of Human Ecology, Tata Institute of Social Sciences
3. Dr. Sanjay Mehendale-Director Research, P.D. Hinduja Hospital, Ex-Additional Director General, ICMR, New Delhi
4. Dr. Subha Ranganathan-Assistant Professor, Indian Institute of Technology Hyderabad
5. Prof. P.H. Lodhi - Former Head, Savitribai Phule Pune University
6. Prof. Anjali Radkar- Gokhale Institute of Politics and Economics, Pune
7. Dr. Sunita Kulkarni- Director, The Granny Cloud
8. Dr. Anagha Lavalekar- Head, Jnana Prabodhini's Institute of Psychology

9. Dr. Neelam Oswal-Clinical Psychologist, Adjunct Professor, Savitribai Phule Pune University

10. Dr. Meenakshi Gokhale- Assistant Professor, SP College, Pune

The main feature of this workshop was the emphasis of qualitative along with the quantitative research approach and hands-on experience of data analysis. Feedback on the ten dimensions indicates that the workshop will help them to progress in their research and publications as well.

The workshop seems to have benefited the researchers satisfactorily. They feel better equipped to conduct research.

Co-ordinator - Dr. Pranita Jagtap

Partially Funded - ICSSR

Sr. No.	Name of Workshop	Period	Coordinator
2)	Comprehensive Child Development Program	23-29 April, 30 April-6 May, 7-13, 14-20, 21-27 May, 28 May - 3 June, 4-10 June, 2018	Sujata Honap and others
3)	Insightful Parenting Workshop	April-June, 2018	Sujata Honap and others
4)	Child and Adolescent Psychology: Enhancing Potentials (CAPEP)	28,29 April, 2018 13,14 October, 2018	Dr. Sujala Watve and others
5)	Ability Building Program	28 May - 3 June, 2018	Sujata Honap and others
6)	Continuous Child Development Program	July, 2018-February, 2019	Sujata Honap and others
7)	Continuous Youth Development Program	July, 2018-January, 2019	Sujata Honap and others
8)	Prajna Maitra (Parenting the gifted children)	July, 2018-March, 2019	Uma Bapat and others
9)	Prajna Prabodhan	July, 2018-May, 2019	Sandhya Khasnis and others
10)	Career Advisor Training Program	7-9 September, 2018 8-10 February, 2019	Nilima Apte and others

Sr. No.	Name of Workshop	Period	Coordinator
11)	Trainers Training Workshop	13-14 November, 2018	Sujata Honap and others
12)	Quest for Happiness	15-16 & 29-30 December, 2018	Dr. Anagha Lavalekar and others

In Sanskrit and Indology

13)	Pourohitya Vratsanskar at Dombivali at Pune	June, 2018 8-10 March, 2019	Shri. V.D. Gurjar and others
14)	Rational Emotive Behavioural Thinking	4-6 October, 2018	Dr. Anagha Lavalekar, Dr. Deepak Gupte, Anaya Nisal

Lectures for Interdisciplinary study centre

In this year, 18 lectures were arranged. The topics of these lectures are categorized as follows:

i) Asmita i.e. Identity (5 sessions), ii) Evolution (4 sessions), iii) Psychology (4 sessions), iv) Group members studying books (4 sessions), v) Study Of Geographical Area with different dimensions (1 session), vi) Philosophy (1 session)

Sr. No.	Name of the speaker	Topic	Date
1)	Rashmi Joshi	National unity and Brahmin non-Brahmin debate	21 April 2018
2)	Rajiv Sane	Ethics and its basic concepts	5 May 2018
3)	Dr. Surendra Thakurdesai	Study of Geographical Area with different dimensions	19 May 2018
4)	Captain Smita Gaikwad	Urban Naxalism - On the occasion of the Koregaon Bhima riot	June 2018
5)	Dr. Vanita Patwardhan	Schools of Psychology and National problems	7 July 2018
6)	Ashutosh Barmukh	How do all Ideologies look towards collective Identity?	21 July 2018
7)	Dr. Deepak Gupte	Cognitive Biases	4 August 2018
8)	Dr. Vanita Patwardhan	Self-concept - Appearance, measurement and development	18 August 2018
9)	Sameer Kulkarni	The clash of civilization - Indian Approach	1 September 2018

Sr. No.	Name of the speaker	Topic	Date
10)	Vandana Kamthe	Stree - Parva-Author- Mangala Samant Book review	6 October 2018
11)	Abhijit Kapare	Sapience - Author -Yuval Noh Herari Book review	20 October 2018
12)	Dr. Aditya Ponshe	Basic introduction to evolutionary theory and its far reaching implications	3 November 2018
13)	Rajiv Sane	Genetic vested interests of the male and female	17 November 2018
14)	Asim Auti	Evolutionary game theory	1 December 2018
15)	Madhuri Kotibhaskar	Gof Janmantariche - Author -Sulabha Brahmnalkar - Book review	15 December 2018
16)	Dr. Deepak Gupte	Nature V/S Nature	5 January 2019 & 16 February 2019
17)	Dr. Aditya Ponshe	Evolution -Question Answers	2 March 2019
18)	Abhaya Tol	Varul Puran - Author - E.O.Wison translated by Nanda Khare Book review	16 March 2019

Participation as a resource person in Seminar/Conferences/Workshops

In Psychology

Sr. No.	Name of the participant	Topic	Seminar / Workshop and Date	Organised by
1)	Datar Kshama, Chowkase Aakash	Need of enrichment programs in enhancing individual potentials: Learning from an out-of-school program for high ability learners	Teachers' conference on education for sustainable development 16-17 May 2018	Kochi, Kerala
2)	Dr. Lavalekar Anagha	Virtual relationships- Panel Discussion	Conference on Dynamics of Relationships 24 February, 2019	Shri. Dharmsthal Manjunatheshwar College, Ujjire, Mangalore
3)	Dr. Lavalekar Anagha	Yog and Quality of Life	Seminar on Yog and Quality of Life 3 October, 2018	Savitribai Phule Pune University, Pune
4)	Dr. Lavalekar Anagha	School mental health	Seminar on Mental Health Day 7 October, 2018	Sigmund Freud Mental Health Research and Psycho-analysis Institute, Pune

Sr. No.	Name of the participant	Topic	Seminar / Workshop and Date	Organised by
5)	Dr. Gadre Sucharita	Emotional Intelligence	Intelligent Young Minds 22 July, 2018	Bharati Vidyapeeth, Pune
6)	Dr. Gadre Sucharita	School Climate Enhancement	Teachers' training workshop 15-16 November 2018	Anandsagar School, Tasgaon, Sangli
7)	Alone Prasanna, Damame Tejshree	Teacher's training for value education	Teacher's training workshop 15-16 November 2018	Anadsagar School, Tasgaon, Sangli
8)	Dr. Lavalekar Anagha	Capable Parenting	Parent and Children Camp 17 February, 2019	Streeshakti Prabodhan, Pune
9)	Dr. Vanita Patwardhan	Psychological perspective of interpersonal relations in organizations	Workshop on psychological studies: historical, modern and future aspects 23-24 February 2019	S.G.B.A. University, Amravati
10)	Honap Sujata	Parent's role in children's emotional and social development	Parenting workshop 26 April, 2019	Balranjan Kendra, Prabhat road, Pune
11)	Dr. Lavalekar Anagha	Relationship management	Lecture 11 June, 2018	Maharshi Karve Institute, Pune
12)	Dr. Lavalekar Anagha	Emotional Management	Lecture 2 October, 2018	RSS training unit, Pune
13)	Honap Sujata	Enhancement of Intelligence through play	Lecture 6 October, 2018	ERC, Jnana Prabodhini, Pune
14)	Dr. Lavalekar Anagha	Upasana: Psychological perspective	Lecture 23 November, 2018	Streeshakti Prabodhan, Pune
15)	Dr. Vanita Patwardhan	Braches of psychology and national problems, self-concept: nature, measurement and building, self concept: development	Lecture	Social sciences study centre, Pune

In Sanskrit and Indology

16)	Dr. Shete Manisha	'Nibban' a Bouddha term for the way of moderate life	Lecture 14 June, 2018	Samvadini Paud, Road, Pune
17)	Dr. Joshi Aarya	Jnana Prabodhini's role and philosophy behind rites and rituals	Priesthood craft 21 November, 2018	Mohapada, Rasayani
18)	Likhite Surekha	Our festivals and our mind	Lecture 26 January, 2019	Parit Mahila Mandal, Pune
19)	Karvade Madhuri	Our festivals and our mind	Lecture 5 February 2019	Indira Mahila Bachatgat, Pune
20)	Dr. Shete Manisha	'Nibban' a Bouddha term for the way of moderate life	Lecture 15 March, 2019	Samvadini, Pune

Paper presented in Seminar/Conferences/Workshops

In Psychology

Sr. No.	Name of the participant	Topic	Seminar / Workshop and Date	Organised by
1)	Kshirsagar Neha, Virani Sonia	Coping styles of youth across four academic streams-an exploratory study	12th National Conference of Indian Association of Metal Health on 'Mental Health in Day to Day life' 30-31 January 2019	S.P. College, Pune
2)	Dr. Jagtap Pranita	Determinants of mental health of adolescent girls	12th National Conference of Indian Association of Metal Health on 'Mental Health in Day to Day life' 30-31 January 2019	S.P. College, Pune
3)	Gurjar Anita, Railkar Anjali, Shende Deepa, Janrao Santosh	Learning by doing: probing the impact of mentoring experience on psychological skills of youth	12th National Conference of Indian Association of Metal Health on 'Mental Health in Day to Day life' 30-31 January 2019	S.P. College, Pune

Sr. No.	Name of the participant	Topic	Seminar / Workshop and Date	Organised by
4)	Yadav Sujata, Bhide Anjali	Developing standardizing and executing the training to prevent child sexual abuse to emotional health of children	12th National Conference of Indian Association of Metal Health on 'Mental Health in Day to Day life' 30-31 January 2019	S.P. College, Pune
5)	Dr. Gadre Sucharita, Kulkarni Manasi	"JPIP Mind Search" a tool tapping grey area of mental health	12th National Conference of Indian Association of Metal Health on 'Mental Health in Day to Day life' 30-31 January 2019	S.P. College, Pune
6)	Dr. Patwardhan Vanita, Khonde Shyamali	Are there any links of mental health with self sufficiency and job involvement in life insurance employees?	12th National Conference of Indian Association of Metal Health on 'Mental Health in Day to Day life' 30-31 January 2019	S.P. College, Pune

Attended workshops / seminars / lectures / conferences
In Psychology

S.No.	Name of Participant	Workshop Name	Organised by	Dates
1)	Kulkarni Gauri	6 th National and 33 th State Level Annual Conference of Marathi Manas-shastra Parishad'	Zulal Bhilajirao Patil College, Dhule	7-8 December, 2018
2)	Dr. Jagtap Pranita	9th International Conference on Yoga as a Therapy: Scope, Evidence and Evaluation	Kaivlyadham, Lonavala	28-30 December, 2018
2)	Mishra Anyesha	Research methodology workshop	Department of Geography, SNDT University, Pune	30 January - 8 Feb 2019
3)	Dr. Patwardhan Vanita	Training Program on 'Good Clinical Practices and Schedule Y'	Bharati Vidyapeeth Dental College and Hospital, Pune	28 March 2019

PUBLICATIONS

Research Articles

In Psychology

- 1) Lavalekar, A., Pande, K. (2019). A Study of Psychological Well-being and Work-life Balance of Female Nurses. *Indian Journal of Nursing Sciences*, Vol. 4(1), 9-14.
- 2) Lavalekar, A., Phalnikar, P., Pande, K. (2018). A Comparative Study of Quality of Life and Life Satisfaction of the CISF, ITBP and State Police Personnel. *The International Journal of Indian Psychology*, 6(2), 99-112, ISSN 2348-5396 (e), ISSN 2349-3429 (p).
- 3) Lavalekar, A., Phalnikar, P., Pande, K. (2018). Pain in the Uniform (exploring the quality of life and life satisfaction among lady officers from CISF and ITBP and police). *The Indian Police Journal*, Vol. 65(3), 1-10, ISSN 0537-2429.
- 4) Salve, S., Lavalekar, A. (2018). Effect of Gratitude Intervention on Emotional Intelligence in Adolescents. *Indian Journal of Psychology and Education*, Vol. 8(2), 147-150, ISSN 0537-2429.
- 5) Watve, S. & Watve, A. (2018). Naturalistic Intelligence (NI): Nature and Nurture. *Journal of Ecological Society*, Vol. 30-31, 24-34.
- 6) Patwardhan, V. (2018). How is assertive personality? *Manokalp*, 1(1), 34-36.
- 7) Patwardhan, V. (2018). Why and how assertive personality is built? *Manokalp*, 1(2), 6-9.

Books

In Sanskrit and Indology

- 1) Jere-Anjal, P. & Lele, Y. (2018). 'Dharmvidhinchya Antarangat' (Reprint). Pune: Sanskrut Sanskruti Samshodhika

AWARDS

- 1) Kavita Rasik Manch and Songra Foundation awarded Chitra Chandrachud, Suniti Gadgil, and Dr. Manisha Shete for distinguishing role of priestess.
- 2) Rotary honored Dr. Sujala Watve with a certificate of Outstanding Teacher (Urban) under the title 'Journey of shaping young minds'.

TRAINING/TEACHING

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

In 2018-19, 25 students out of 28 completed this Diploma. 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 Karnatak High School, Vivekanand academy and *Nutan Marathi Vidyalay*. A standardized intelligence test (SPM) and Reading Ability Test were administered to students of standard 6th to 9th. 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 and the topic of reading skills was added. Two groups of students worked with 6th-grade children from Jnana Prabodhini Prashala. Another two English medium groups worked with 11th std. Fergusson college students and Marathi medium group worked in *Nutan Marathi Vidyalay* (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. For Fergusson college students, topics were critical thinking, rational emotive thinking, and creative thinking. The guidance sessions were quite effective in facilitating thinking in students. The response of children and feedback from teachers was very encouraging.

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

-Following workshops and training programs were conducted by experts for students of this diploma

Study Skills, Communication skills, Creativity, Career Guidance, Positive Thinking, Stress Management, Critical thinking, REBT, Play therapy, Person-Centered therapy, Cognitive behavioral therapy, Behaviour Therapy.

- Two-day trainers' training for Sexuality Education was conducted by *Samvadini* members

- Students received two-day intensive training for facilitation skills. The training was given by the Potential Enhancement Section. Students took the 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 effect of the sessions manifested through the enhanced academic performance of students.

This year JPIP members contributed significantly in teaching to diploma students.

Other Activities:

- A hands-on experience of class observation in the school was provided to the students of PG Diploma

- Demonstration for computerized 'iA' test battery was given to the students and the SWAYAM test was administered on them.

- Film week screening 5 films namely - *Amhi asu ladke*, *Kitaab*, *Wonder*, *dahavi f* 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. The 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)

This is a one-year diploma course after post-graduation and is affiliated to Savitribai Phule Pune University.

It is an innovative course that started with the support of the University Grants Commission in the XI Plan. The relevant literature of the course 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, counseling and mentoring of the gifted all under a single umbrella. This aids in the holistic nurturing of giftedness amongst children with high potentials. The course recognizes the need to identify and nurture giftedness as a national and global priority. Self-learning methods, elaborate fieldwork, 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. Another important objective is to create awareness in society about gifted individuals and their psychological demands.

In the past year, as part of the syllabus, various lectures were organized on gifted counseling, mentoring, leadership, creativity, educating the gifted, etc. The final examination was held in April 2019. The new academic year began in August 2018 with beginners' oath, past year students report distribution and sharing of personal experiences. There were total 18 students for the course. Eminent psychologists like Dr. Swarnlata Bhishikar, Dr. Vanita Patwardhan, Dr. Paromita Roy took lectures and enlightened the students on different topics related to giftedness. Students were exposed to a different kind of practical like observations, taking of interviews, reading autobiographies, etc. so as to boost their learning. They also took up different small research projects and had relevant findings regarding giftedness in the Indian setup.

Students who passed out from the course conducted a one-day open program for the public. The main objective was creating awareness about children with high ability. A video, describing different types of giftedness, role-plays showing interactions among high ability children and parents, dialogue-cum-question-answer sessions for lay-persons, career journeys of gifted individuals were appreciated by the attendants. A similar program was also organized in Nigdi Jnana Prabodhini School, which was responded very well by parents as well as teachers from nearby schools. There was a demand for an academic course in Nigdi and training programs for teachers.

The students also organized a seminar "Enriching Giftedness" under the guidance of experts from this research institute on Sunday, 3rd March 2019 at Jnana Prabodhini Upasana Mandir. The purpose of this event was to spread awareness about the identification of children and adolescents with high abilities and talents and ways to enrich their potentials with the help of support systems. Around 150 parents, teachers and inquisitive people from diverse disciplines attended the program. Requests for teachers' training were documented. All these programs contributed to increase the student entrance to this course.

The course ended with 94% success from the students.

Coordinators: Dr. Sujala Watve (Associate Professor), Dr. Sucharita Gadre

EXTENSION ACTIVITY

Testing / Training / Workshops (Participants)

In Psychology

Individual Testing	233
Counselling	42
iTap Testing	433
Behavioural Counselling	20
Mensa Testing (Pune, Bangalore, Gurgaon, Chennai, Kolkata, Nashik, and Mumbai Chapter)	535
Mensa Dhruv (Delhi)	513
Tribal Mensa	3731
Aptitude Testing (iA) (computerized)	2536
Aptitude Testing (iA) (paper-pencil)	1205
Aptitude Testing (SWAYAM)	190
BEAM (computerized)	13
BEAM (paper-pencil)	26
Engineering Aptitude Testing	1594
Career Advisor Training Program	64
Trainers' Training Workshop	48
Comprehensive Child Development Program	471
Ability Building Programme	38
Nirantar Balvikas	85
Nirantar Kumarvikas	12
Parenting Workshop	120
Pradnya Prabodhan	71
Pradnya Maitra	118
Child and Adolescent Psychology : Enhancing Potential (CAPEP)	75
Vendors (iA) link	2113

(Distribution of vendors across India: Gujarat, Haryana, Delhi, Goa, Telangana, Karnataka and **Distribution of vendors across Maharashtra:** Aurangabad, Jalna, Buldhana, Barshi, Beed, Latur, Nanded, Solapur, Satara, Sangli, Wardha, Nagpur, Amaravati, Dhule, Nagar, Nashik, Pune, Mumbai, Kolhapur, Ratnagiri, Sindhudurg)

Psychological assessment for selection or placement was offered to renowned industries such as Bajaj Auto Ltd., Bajaj Allianz, Ina Bearing, Mahindra and Mahindra, Anulom Technology, Kirloskar Brothers Pvt. Ltd. etc. The testees (N=349) included applicants or trainees.

Counselling and training was also conducted for Chem Tech Laboratories Pvt. Ltd. and Thane Janata Sahakari Bank (N=69 included applicants or trainees)

Name of the Public Trust :

Jnana Prabodhini Samshodhan Sanstha,

510, Sadashiv Peth, Pune 30.

THE BOMBAY PUBLIC TRUST ACT, 1950
SCHEDULE VIII (VIDE RULE 17 (1))Registration No.
F/2824/PUNE**1.1****Balance Sheet As At 31.03.2019**

FUNDS AND LIABILITIES		Rs.	Rs.	PROPERTY AND ASSETS	Rs.	Rs.
1	Trust Fund or Corpus - Balance as per last Balance Sheet Add: Donations during the year	2,57,49,000.00 51,000.00	2,58,00,000.00	1	Immovable Properties (at cost) (Balance as per last Balance Sheet Adjustment during the year)	-
2	Other Earmarked Funds - (Created under the Prov.of the Trust Deed or Scheme or of out of the Income) (Statement of Funds attached)		2,29,70,307.79	2	Investments (Note : The market value of the above investments Rs.: --)	5,38,25,468.94
2.1	Depreciation Fund	-		3	Furniture - Fixtures & Other Assets Balances as per last Balance Sheet :	61,40,310.83
2.2	Sinking Fund	-			Additions during the year :	47,81,719.00
2.3	Accumulated Funds (Form 10)	19,04,144.06			Less : Depreciation up to date	24,22,684.79
2.4	Other Funds (within 15% of Surplus)	1,12,05,955.50			Less : Sale of Asset	10,64,092.96
	Other (Non R&D)	1,31,10,099.56		4	Loans (Secured or Unsecured)	-
2.1	Depreciation Fund	-			Loan Scholarships	-
2.2	Sinking Fund	-			Other Loans	-
2.3	Accumulated Funds (Form 10)	20,48,038.57		5	Advances	6,96,147.44
2.4	Other Funds (within 15% of Surplus)	78,12,169.66		5.1	To Trustees	-
		98,60,208.23		5.2	To Employees	-
3	Loans (Secured or Unsecured)			5.3	To Contractors	-
3.1	From Trustees	-		5.4	To Lawyers	-
3.2	From Others	-		5.5	To Others	6,96,147.44
			4,87,70,307.79			6,06,61,927.21

Contd/....

Balance Sheet As At 31.03.2019

	FUNDS AND LIABILITIES	Rs.	Rs.	PROPERTY AND ASSETS	Rs.	Rs.
	Balance b/fd		4,87,70,307.79	Balance b/fd		6,06,61,927.21
4	Liabilities		6,77,949.21	6 Income outstanding		31,82,395.02
4.1	For Expenses	-		6.1 Other Income	28,35,597.72	
4.2	For Advances	-		1 T.D.S. Receivables	1,46,313.38	
4.3	For rent and other deposits	87,025.00		2 Fees Receivables	-	
4.4	For Sundry credit balances	5,75,855.49		3 Grant Receivables	27,179.26	
4.5	For Durities & Taxes	15,068.72		4 Other Receivables	1,73,304.66	
5	Income and Expenditure Account		1,90,55,450.67	5 GST-ITC available		
	Balance as per last Balance Sheet	1,90,55,450.67		7 Cash & Bank Balances		46,59,385.44
	Add : Surplus as per I/E Account	29,29,137.66		7.1 Cash in Hand	1,56,264.04	
	Less : Transferred to Trust Fund	29,29,137.66		7.2 Cash at Bank	45,03,121.40	
				8 Income & Expenditure Account		-
				Balance as per last Balance Sheet	-	
				Add : Surplus as per I/E Account	-	
			6,85,03,707.67			6,85,03,707.67

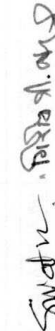
Place : Pune 411 030.


Date : 25th September 2019

As per our report even date


JOSHI BORSE & POL
(Formerly Joshi & Pol)
Chartered Accountants
Firm Reg. No. 104358W


V.D. GURJAR
TRUSTEE


Girish S. Bapat
Chairman


Sujala Watve
Secretary




M. B. POL
(PARTNER)
M. No. 35069

Name of the Public Trust :

Jnana Prabodhini Samshodhan Sanstha,
510, Sadashiv Peth, Pune 30.

THE BOMBAY PUBLIC TRUST ACT, 1950
SCHEDULE VIII (VIDE RULE 17 (1))

Registration No.
F/2824/PUNE

2.1

Income and Expenditure Account for the year ending 31.03.2019

	EXPENDITURE	Rs.	Rs.	INCOME	Rs.	Rs.
1	To Exp. In respect of properties		-	1 By Rent		-
1.1	Rates, Taxes, Cesses	-				
1.2	Repairs and maintenance	-		2 By Interest (realised)		46,17,657.00
1.3	Salaries	-		2.1 On Securities	-	
1.4	Insurance	-		2.2 On Loans	-	
1.5	Depreciation (by way of Provision or adjustments)	-		2.3 On Bank Account		
1.6	Other Expenses	-		1 On Fixed Deposits	44,78,193.00	
				2 On Saving Bank Accounts	1,39,464.00	
2	To Establishment Expenses		3,96,939.90	3 By Dividend		-
3	To Remuneration to Trustees		-	4 By Donations in Cash or Kind		43,25,151.00
4	To Remuneration (in the case of a math)		-	4.1 Under I.T. Section 35(i)(iii)	26,53,000.00	
5	To Legal Expenses		-	4.2 Under I.T. Section 80 G	16,72,151.00	
6	To Audit Fees		77,544.00	4.3 Foreign Contribution	-	
7	To Contribution and Fees		-	5 By Grants		3,01,377.00
8	To Amount Written off		89,565.00	6 By Income from other sources		1,62,11,041.10
8.1	Bad Debts	-		6.1 Fees (Taxable - GST)	1,38,83,574.92	
8.2	Loan Scholarships	-		6.2 Fees (Non Taxable)	14,42,660.00	
8.3	Irrecoverable rents	-		6.3 Charges for Educational Material	1,57,960.92	
8.4	Other items	89,565.00		6.4 Other Receipts	2,45,943.26	
9	To Miscellaneous Expenses		-	6.5 Closing stock	4,80,902.00	
10	To Depreciation		-			
	Balance b/fd		5,64,046.90	Balance b/fd		2,54,55,226.10

Contd./...



Income and Expenditure Account for the year ending 31.03.2019

	EXPENDITURE	Rs.	Rs.	Rs.	INCOME	Rs.	Rs.
	Balance b/fd		5,64,048.90		Balance b/fd		2,54,55,226.10
11	To Amounts transferred to Reserves or Specific Funds		-		7 Transfers from Reserve (Receipts from previous fund)		-
					7.1 Transfers from Reserve	-	
					7.2 Transfers from Unspent Grant	-	
12	To Exp.on the Objects of the Trust Educational and Research Less : Exp. out of Funds Out of Accumulated Funds	2,66,20,086.89 (46,58,047.35)	2,19,62,039.54		8 By Deficit carried over to Balance Sheet		-
13	To Surplus carried over to Balance Sheet		29,29,137.66				
			2,54,55,226.10				2,54,55,226.10

Place : Pune 411 030.

Date : 25th September 2019

As per our report even date

JOSHI BORSE & POL
(Formerly Joshi & Pol)
Chartered Accountants
Firm Reg. No. 104358W

M. B. POL
(PARTNER)
M. No. 35069

Sujala Watve Girish S. Bapat
Secretary* Chairman



JP SAMSHODHAN SANSTHA - LIST OF DONORS (2018-2019)

Donation for TRUST FUND - Under I.T. Section 35 (i)(iii)

NO.	DONORS NAME	DONATION (In Rs.)
1	Yadvendra Joshi	51,000.00

Revenue Research Donations - Under I.T. Section 35 (i)(iii)

NO.	DONORS NAME	DONATION (In Rs.)
1	Anagha Laxmiprasad Lavalekar	20,000.00
2	Bajaj Finance Limited	10,00,000.00
3	Baswaraj Sidramappa Birajdar	10,000.00
4	Gajanan Gokhale	50,000.00
5	Lata Madhav Godbole	50,000.00
6	Manasee Hemant Rajhans	50,000.00
7	Nirmala Wasudeo Dandekar	50,000.00
8	Prabodh Arth Sanchay	1,80,000.00
9	Prabodh Arth Sanchay Pvt.Ltd.	3,00,000.00
10	Prabodh Arth Wardhini Pvt.Ltd.	1,20,000.00
11	Prabodh Nirman	45,000.00
12	Prabodh Sampada	2,54,000.00
13	Resha Associates	28,000.00
14	Santosh Satam	2,00,000.00
15	Sharad D. Tambe	60,000.00
16	Sharayu Yadavendra Joshi	41,000.00
17	Shyamkant Madhukar Konde	25,000.00
18	United Way of Mumbai	1,20,000.00
19	Vivek Dattatray Ponkshe	50,000.00
	Total	26,53,000.00

REVENUE DONATIONS - Under I.T. Section 80 (G)

NO.	DONORS NAME	DONATION (In Rs.)
1	Aasavari Pimpalkhare	5,000.00
2	Abhijit Padhye	10,501.00
3	Amit Deshpande	2,000.00
4	Amol Kholkute	5,001.00
5	Anand Joshi	10,001.00
6	Anand Kerhalkar	2,500.00
7	Anil Limaye	21,000.00
8	Anuradha Chandrakant Tembe	10,000.00
9	Arun Deshpande	2,001.00
10	Arvind Dattatrya Gokhale	3,000.00
11	Ashutosh Naik	2,000.00
12	Atul Deshmukh	2,000.00
13	Atul Pimpalkhare	5,000.00
14	Atul Purandare	5,000.00
15	Avdhut Thakurdesai	2,000.00
16	Avinash Abhyankar	2,100.00
17	Avinash Deshmukh	5,000.00
18	Avinash Karandikar	2,001.00
19	Avinash Pathak	2,000.00
20	Avinash Shindepatil	2,002.00
21	Bhushan Kale	2,000.00
22	Chandrashekhar Datar	5,000.00
23	Deven Sigh	5,001.00
24	Dhanashree Pradyumna Vaidya	5,001.00
25	Divakar Nimkar	5,000.00
26	Dr. Anagha L. Lavalekar	5,000.00
27	Dr. Arundhati Joshi	5,001.00
28	Dr. Neela Dabir	2,000.00
29	Dr. Rajeev Gokhale	2,500.00
30	Dr. Sheetal S. Sagade	20,000.00
31	Dr. Vanita V. Patwardhan	5,000.00
32	Dr. Vivek Kirpekar	10,000.00
33	Gajanan Bandodkar	10,000.00
34	Geetanjali Sanjay Hattgandi	10,000.00
35	Isha Joshi	2,000.00

REVENUE DONATIONS - Under I.T. Section 80 (G)

NO.	DONORS NAME	DONATION (In Rs.)
36	Jatin Deshpande	2,100.00
37	Jayant Tumbade	2,501.00
38	Kalpana Salunkhe	5,000.00
39	Karmbelkar	2,100.00
40	Kaustubh Deshpande	5,000.00
41	Kaustubh Shukla	11,000.00
42	Kiran Vijay Sathe	5,000.00
43	Kishor Deshpande	2,000.00
44	Leena Pradhan	2,001.00
45	Leena Vernekar	2,000.00
46	Mandar Deshpande	2,100.00
47	Mandar Joshi	3,000.00
48	Manoj Joshi	5,000.00
49	Milind Khadilkar	5,000.00
50	Mohini Athavale	3,005.00
51	Murari P. Tapaswi	5,000.00
52	Nandkumar Godbole	5,000.00
53	Nayana Pachkawade	2,100.00
54	Neela Gokhale	5,000.00
55	Nikhil Katre	2,000.00
56	Nishikant Ahire	5,000.00
57	Nitin Sharad Joshi	5,000.00
58	Nitin Suryakant Kshirsagar	10,000.00
59	Pallavi Sharad Modak	5,000.00
60	Pandurang Panse	25,000.00
61	Prabhakar Deshpande	2,500.00
62	Prachi Shinde	5,000.00
63	Pradeep Degvekar	2,000.00
64	Pradeep Khristi	2,000.00
65	Pradeep Kinjawadekar	2,000.00
66	Pradeep Vishnu Dev	10,000.00
67	Pramila Pandurang Argade	25,000.00
68	Pramod Bagaram Upadhye	4,000.00
69	Pramod Vinayak Ranade	5,000.00
70	Prasad Kulkarni	2,000.00

REVENUE DONATIONS - Under I.T. Section 80 (G)

NO.	DONORS NAME	DONATION (In Rs.)	NO.	DONORS NAME	DONATION (In Rs.)
71	Prashant Hambarde	2,000.00	105	Sunil Gole	5,001.00
72	Priya Khopkar	5,000.00	106	Supriya Pitke	3,300.00
73	Raghunath Mashelkar	14,500.00	107	Sushma Ganesh Dev	5,001.00
74	Rajesh Deshmukh	2,500.00	108	Suvrat Upadhye	2,100.00
75	Rajesh Madhukar Gupte	5,000.00	109	Swapna Amit Pawar	2,000.00
76	Rajesh Madkikar	2,000.00	110	Swati Datar	2,000.00
77	Ravi Sharma	2,400.00	111	Swati Prakasha Apte	5,001.00
78	Ravindra Shahatti	2,600.00	112	Swati Sahastrabuddhe	2,500.00
79	Ritesh Nayar	2,001.00	113	Ujjawala Kulkarni	2,100.00
80	Rohan Arun Purohit	5,000.00	114	Umesh Aagashe	2,500.00
81	Sachin Chaugule	2,001.00	115	Umesh Bawadekar	2,000.00
82	Sadanand Agashe	5,000.00	116	Usha Yashwant Soman	21,000.00
83	Sagar Lookouts	21,000.00	117	Vanashri Ghate	2,500.00
84	Sameer Navare	2,000.00	118	Vandana Pandit	3,000.00
85	Sanjay Deshmukh	2,000.00	119	Vasant Karanjkar	11,000.00
86	Sanmit Shah	3,000.00	120	Vijaya Anant Joshi	50,000.00
87	Satish Netalkar	2,100.00	121	Vimal Sheshgiri Potdar	11,000.00
88	Satish Sadashiv Ranade	5,000.00	122	Vinay Singh	5,000.00
89	Savita Lokur	10,000.00	123	Vinayak Apate	2,000.00
90	Savita Vilas Patwardhan	10,000.00	124	Vinayak Joshi	3,000.00
91	Shalini Sant	5,000.00	125	Vinayak M. Joshi	5,000.00
92	Sharad Kulkarni	2,800.00	126	Vinayak Ramakant Gokhale	5,000.00
93	Sharad Solapurkar	2,000.00	127	Vinayak Shrikant Tendulkar	5,001.00
94	Sheela Ahire	6,000.00	128	Vineeta Outi	2,501.00
95	Shirish Yashwant Thatte	5,000.00	129	Viraj Yewale	2,100.00
96	Shreeram Pendse	2,000.00	130	Vivek Shivsudha Kirpekar	3,000.00
97	Shrikant Chapadgaonkar	5,001.00	131	Vrushali Suhas Gajendragadkar	5,001.00
98	Shriram D. Deshpande	51,000.00	132	Yashwant Narayan Pendse	11,000.00
99	Sohan Vaidya	2,100.00		Sub-total (Above Rs. 2000/-)	7,54,126.00
100	Subhash Apate	2,500.00		Between Rs. 1,000/- to Rs. 1,999/-	3,57,193.00
101	Subodh Joglekar	11,000.00		Between Rs. 500/- to Rs. 999/-	3,86,466.00
102	Sucheta Phase	4,500.00		Below Rs. 499/-	1,58,865.00
103	Sudhanwa Patki	4,000.00		Total	16,56,650.00
104	Sujata Girish Karnik	2,001.00			

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