Jnana Prabodhini Samshodhan Sanstha (Pune)

ANNUAL REPORT 2019-2020

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Year 2019 - 2020

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Jnana Prabodhini Samshodhan Sanstha (JPSS)

Report for the year 2019-2020

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Jnana Prabodhini Samshodhan Sanstha (JPSS)

Report of the Year 2019 – 2020

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

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Jnana Prabodhini Samshodhan Sanstha

Annual Report

2019-20

Introduction

The year 2019-20 was an exceptional year for our country. It was exceptional for the reason that towards the end of the year, the entire world was severely impacted with the Covid-19 pandemic. Not just our country, but the entire world came to a standstill with the rapid spread of the virus. The pandemic has affected all aspects of life; economic-social-educational and cultural. The work of JPSS and many of its educational activities faced difficulties as a result of this unpredictable event. We had to re-schedule many of the ongoing initiatives, cancel some of the planned projects and in most of the cases had to rapidly switch to digital technology to reach out to students, parents, educational institutions and our other stakeholders.

As mentioned in the earlier year's report, JPSS had submitted a detailed response in response to the draft National Education Policy (NEP). I am happy to report that the NEP announced in August 2020 has included many of the significant suggestions we had made to the government. It will be our endeavor now to follow up on the NEP 2020 document, and continue to contribute to the implementation of some of those policy announcements specially where JPSS has accumulated expertise namely education of the high ability (gifted) students. There are many other areas where JPSS researchers would continue to engage with the policymakers both in the State and Central government.

Highlights of some research projects

In 2019-20, JPSS continued with its academic programmes and research activities. In the ensuing report, there are details of those activities. During the year, a few notable research projects were completed.

1) Psycho-social impact assessment of community building (मनसंधारण) of participating villages in the Satyamev Jayate Water Cup Competition: With the vision of a 'Drought-free Maharashtra' (दुष्काळ मुक्त महाराष्ट्र) Paani Foundation (PF) launched Satyamev Jayate Water Cup Competition (SJWC) which in its fourth year generated significant momentum in rural areas of Maharashtra. The Paani Foundation (PF) mandated Jnana Prabodhini' s Institute of Psychology (JPIP) to study the psycho-social impact (Manasandharan (मनसंधारण)) of the Satyamev Jayate Water cup Competition (SJWC). JPIP proposed a new model of Manasandharan (मनसंधारण) for measuring the impact under this study.

2) Quality of life across generations

This study explored how different generations perceive the quality of life. The study tried to explore gender differences across educational levels of the respondents. Data was collected from different socio-economic strata of the population.

3) Development of Achievement Motivation Scale for Adolescents

Achievement motivation is one of the key factors in determining individuals' scholastic and career success. But very few psychological scales are available which measuring the achievement motivation of Indian adolescents. The JPIP research team developed this scale.

4) A cross sectional study to assess the status of psychosocial well-being and factors associated with it in cancer patients after completion of curative treatment

This is a cross-sectional exploratory study assessing the status of psychosocial well-being and factors associated with it in cancer. The sample collected comprised of three different groups of OPD based cancer patients.

5) Physiological and Psychological Effects of Gayatri Mantra Intervention Program on Healthy Adult Population

This was an exploratory pilot study proposed to assess the physiological and psychological effects of Gayatri Mantra Chanting in a group. This study tried to explore, already agreed but less scientifically explored, the significance of the Gayatri Mantra in human physiology and psychology.

During the year, we initiated following new research activities. These projects will continue in the current year.

1) Good touch and Bad touch (Olakh sparshachi) The action research project consists of developing, standardizing and executing the training to prevent child sexual abuse to emotional health of children

2) Self Awareness in Youth for Anti Addiction Motive (SAIYAM)

The focus of this project is on substance abuse, media, and internet abuse and sexually risky behaviour. The aim is to create awareness among the adolescent children in Pune city about the prevention of and abstinence from the above-mentioned addictions through 'self-control and self-regulation'.

3) 'Healthy Police: Healthy Families'

This project focused on the exploration of the present status of mental health, marital satisfaction, emotional intelligence, and behavioral characteristics important for providing peer support among police officers and personnel.

SANTRIKA (संत्रिका) is another department of JPSS. Over the years, it has prepared a number of small booklets that explain the meaning of many traditional Hindu rituals performed on occasions such as naming of a child, marriage and death. Over the years, people across all walks of life are getting interested in knowing these rituals and also seeking help from SANTRIKA trained persons (Purohits). During the COVID-19 pandemic, Santrika staff offered virtual (online) ritual services. Lectures and training courses in the conduct of these ceremonies were also conducted.

Samajik Shastra Adhyayan Kendra of the Department explores diverse subjects for the members of the JP. Sixty-five members participated in the two days National Integration workshop conducted by the kendra.

A notable activity of this year has been JPSS acquiring a small infrastructure facility near to its present office building. The newly purchased office space (of 737 sq.ft.) will be used for training and counseling students-parents.

I would like to end on making a special mention of our President Dr. Arun Nigvekar. He assumed the responsibility of President of JPSS in 2010. During these 10 years, we were immensely benefitted from his scholarly advice and guidance in the functioning of the Trust. Dr. Arun Nigvekar retired in December 2019. JPSS is grateful to him for his long association with us. We will continue to seek his guidance in future. Dr. Sujala Watve also retired as Secretary of JPSS after shouldering the

responsibility for 10 years. JPSS appreciates her immense contribution to its activities and look forward to her continued association as senior advisor.

We are delighted to welcome Shri. Vivek Sawant, Chief Mentor of Maharashtra Knowledge Corporation Limited (MKCL), Pune. Vivekji is an eminent educationist in the country. His work of providing access to digital education for the masses is noteworthy. JPSS is thankful to Vivekji for agreeing to be the President of the Trust and look forward to his contribution.

JPSS is fortunate to get continuous support from many of its donors, well-wishers, government institutions and other corporates for pursuing its research activities. We hope that all of them will extend their support in coming years too. We are thankful to all of them.

Dr. Ajit Kanitkar Secretary

Research projects Completed

In Psychology

Human Potentials/Intelligence/Giftedness

1) Identification of high-ability-children for nurturing the giftedness

This was a project initiated by the Pravaha Foundation, Hyderabad with the support of the Satwa Foundation. The Trust wanted to launch a nurturing program for gifted children, who used to attend ground activities run at diverse places in some of the states of India. Considering the diversity across states it was necessary to use some uniform procedure to identify gifted children from among around these 1000 children.

Defining intelligence in such a situation was the first step in the procedure. Based on Renzulli's model, giftedness was described as a combination of above-average intelligence, passion for a subject, and creativity. Through discussions between key persons in the authorities from Trusts and Jnana Prabodhini's Institute of Psychology lead to two-step procedure was finalized. This identification of gifted children procedure consists of both non-formal and formal procedures of assessing intelligence.

The first step was teacher nomination based on a uniform measure of intelligence, which can be observed in open situations. For the nomination of children from their teachers conducting ground activities, a 5-point rating scale of behavioural indicators was designed consisted of 30 items. The checklist covered dimensions like sensitivity and responsiveness, learnability, adaptability, expressibility, ethical approach, passion, thinking logically, out of box thinking, rude and rebellious (with reasons). The first step was teacher nomination based on a uniform measure of intelligence, which can be observed in open situations. The total sample consisted of 763 children from Andhra (25), Delhi (19), Karnataka (63), Maharashtra (103), Punjab (7), Madhya Pradesh (19), Rajasthan (110) and Telangana (417). Out of these 145 (around 20%) were selected on the basis of their profiles based on the nomination checklist in the first step.

In the second step, Intelligence was defined as the intelligence measured by a standardized intelligence test, based on Guilford's model of intelligence, constructed and standardized over the Indian sample. A battery of figural tests was used to avoid the language barrier. The intelligence tests were of figural nature. Understanding and evaluation of concepts and patterns, convergent thinking, and estimation of relations were the factors measured through this battery. Out of 141 attendees (89 girls and 62 boys), 41 children (24 girls and 17 boys) got selected for a nurturing program.

Principal Investigators – Dr. Sujala Watve, Dr. Sucharita Gadre Co-Investigators - Smita Nirgudkar, Gauri Kulkarni Duration – 3 Months Funded by - Pravaha Foundation, Hyderabad, Telangana

2) An exploratory study of gender differences in youth as tested by Studies and Work related Aptitude in Youth – Advanced Measure (SWAYAM) Battery

This paper investigates the difference between female and male undergraduate students of Pune city on selected cognitive and non- cognitive variables as measured by a standardized Aptitude test battery - SWAYAM. We examined 870 students (435 males 435 females) aged between 17yrs to 35yrs in Pune city and compared the males and females on 8 cognitive abilities, 5 orientations, 7 coping strategies and 6 personality factors.

An independent sample t-test was used to compare the Means between Males and Females. The results revealed that females scored significantly higher than males in seven out of eight abilities such as logical ability, verbal ability, spatial ability, cognitive ability, convergent thinking, evaluation, and social abilities, whereas no significant difference was observed in numerical ability. Female scores were significantly higher on Artistic orientation whereas males were significantly higher in practical and power orientation. In terms of coping with stress, females favored rational behavior thinking and compulsiveness whereas males favored firmness in thought as a coping strategy. Males scored higher on task and goal inclinations. The mean difference is significant at the 0.05 level.

Co-investigators - Soniya Virani, Neha Kshirsagar Advisors – Dr. Meenakshi Gokhale, Nilima Apte Guide – Dr. Usha khire Duration - 1 Year

3) A study of parent's feedback about iA Aptitude Test and Career Guidance

Every parent aspires for a good quality of life, career stability, and financial security for his/ her child. In order to ensure these for their children, parents of young students opt for Aptitude tests after Board examinations of Std. 10th and 12th. Results of the test guide students and parents regarding the choice of careers with respect to the student's aptitude and personality. Intelligence and Aptitude Measurement (iA) test is one such tool that measures a student's abilities and orientations. With an objective to study the feedback of parents regarding career guidance based on the iA test, a survey method was employed to collect data from 278 students of Std 10th and 12th who took the iA test between 2011 and 2016 at Aptitude Test and Career Guidance (ATCG) Department at Jnana Prabodhini Samshodhan Sanstha (JPSS), Pune. A simple percentage analysis was applied for analysing the feedback received from parents after a telephonic questionnaire was answered. Results revealed that 89% (247) of parents found the career advisor's guidance 'satisfactory' whereas 11% (31) parents found it unsatisfactory. Out of the parents who found the guidance satisfactory, 68% (169) chose the stream suggested by the Guidance counsellor whereas 32% (78) opted for a stream of their own choice. Out of students who chose streams as per the guidance 28% (47) reported making good progress, 64% (108) reported making satisfactory progress and 0.8% (14) reported making unsatisfactory progress in the chosen stream. The result suggests that the iA test is a good measure of the student's innate abilities and guidance based on the results are helping the students significantly.

Principal Investigator - Nilima Apte Co-Investigator - Anuradha Ohol Advisor – Dr. Sujala Watve Duration – 1 year

4) Psycho-social impact assessment of Community building (मनसंधारण) of Participating Villages in the Satyamev Jayate Water Cup Competition

The state of Maharashtra experienced its first severe drought in 1972-73. Since then, till 2016, a plethora of schemes, interventions, and convergence activities have been initiated by the state government, by the government at the centre and by civil society organizations with aid and technical inputs from bilateral and multilateral donors. With the vision of a 'Drought-free Maharashtra' (दुष्काळ मुक्त महाराष्ट्र) Paani Foundation (PF) launched Satyamev Jayate Water Cup Competition (SJWC) which in its fourth year generated significant momentum in rural areas of Maharashtra. Beginning with

116 villages in 3 talukas of 3 districts in 2016, the competition acquired the character of a mass movement in four years, as evident in the scale and scope of its activities. In these four years, villages from four administrative regions of the state (Western Maharashtra, Marathwada, Vidarbha, and North Maharashtra) have participated in the SJWC. A noteworthy departure of SJWC's efforts from earlier interventions has been а clear articulation of the theory of change squarely emphasizing Manasandharan (मनसंधारण), the building of the community. In March 2019, the Paani Foundation (henceforth referred as PF) mandated Jnana Prabodhini's Institute of Psychology (JPIP) to study the psycho-social impact (later referred as community building or Manasandharan (मनसंधारण)) of the Satyamev Javate Watercup Competition (SJWC). JPIP proposed a new model of Manasandharan (मनसंधारण) for measuring the impact under this study.

Six critical pillars that lead to strengthening community bonding were identified.

1. Inclusion- cohesion: (IC): Refers to identifying oneself with a group converging cognitive and affective needs with a larger group, and feeling positive about being in the company of fellow human beings. 2. Group motivation (for a superordinate goal): (GM): Refers to preferring to sacrifice personal gains for group benefits and willingness to contribute to the achievement of the goal. 3. Leading by selfless behaviour: (LSB): Refers to cherishing a sense of service to the society, willingness to initiate in adverse situations, being persistent and focused in work, and to keep away from obvious glory without personal monetary gain. 4. Agency and Feeling empowered: (FE): Refers to a feeling of being in control of initiating the change process, a belief in the power of self and group both keeping pragmatic outlook and disregard of learned helplessness. 5. Commitment to actions: (CA): Refers to awareness about internal and external resources with a willingness to tap them promptly, actual participation in actions towards the common goals in different ways and being consistent by believing in hard work. 6. Adaptive vibrant community: (AVC): Refers to an enhanced understanding of positive directions for change, increased awareness about emergent opportunities for wellbeing and readiness to cope with exigencies.

Tools used for Impact Assessment were multi-fold.

Village Information Sheet (VIS), a quantitative tool to measure *Manasandharan* (About Our village – 'आमच्या गावाबदल'), Tools to conduct focussed-group discussions (FGDs) and individual interviews of lead persons trained by PF. There were separate checklists for interviewing representative common men and women in the village. All the tools were piloted in five villages before the commencement of the main fieldwork. Feedback obtained from these villages was incorporated to modify the tools.

Forty-five villages representing four regions of the state were selected as samples. In addition to the regional diversity, participation in the SJWC and performance in the SJWC (as evaluated by the PF) were two additional criteria for sample selection. Three villages were picked up for documenting detailed case-studies. The population of the village was not considered while sampling the villages. Sixteen teams consisting of 45 members from JPIP participated in the fieldwork. All of them were trained in a two-day-long orientation program in JPIP in Pune. The teams completed the fieldwork in 45 villages from 16th May 2019 to 17th June 2019. Each team spent at least two days in each village for data collection. None of the team members were informed about the 'Performance' of the village in the SJWC.

From 45 villages, 864 respondents consisting of 451 men and 413 women responded to the questionnaire. In addition to 45 Village Information Sheets, 178 interviews (93 lead person interviews,

85 common person interviews) and 89 FGDs were conducted across the sample villages. With the consent of the respondents, all interviews were recorded to be used later for transcription and qualitative analysis. SPSS package was used for statistical analysis of data collected through questionnaires. Separate software was developed for analysing qualitative data. From the transcripts of all interviews, a group of words or phrases were marked and tagged to one of the six themes of *Manasandharan* as per the operational definition. After tagging the transcripts, the frequency of occurrences across all the uploaded documents was recorded. The average number of occurrences according to each theme for all the uploaded transcripts was noted down. Based on these, four group comparisons were done.

The key findings are-

- Villages that obtained either high or low performance (HP or LP) scores in SJWC (2017 or 2018) have reported exactly similar results on the measurement tools used in the JPIP study. Comparison of HP and LP villages across ALL factors of *Manasandharan* report similar trends. All HP villages scored high on all six factors such as inclusion, commitment to work action, etc.
- Women have reported high scores on most of the factors including Inclusion and Cohesion (IC). Women thus, the most affected, have been at the forefront of change processes, however, their role in a leadership position needs to be strengthened.
- Triangulation with village information indicates that villages with high or medium water scarcity and low or nil irrigation facilities have reported a high score on *Manasandharan* as also similar performance in the SJWC.
- Size of the village (less than 750 or more etc.) does not seem to influence the *Manasandharan* nor correlates with the performance in the SJWC.
- Similarly, the social capital of the village measured in the village information (before participation in SJWC) does not seem to have a direct relationship with either the performance and or the *Manasandharan*.
- Two externalities seem to assume a critical influence on the output-outcome-impact cycle. Annual rainfall (an event after the SJWC) and elections to the local *Gram Panchayat* (either before or after the SJWC) have both positive and negative influence in strengthening or eroding the *Manasandharan* as also performance in the SJWC. A good rainfall results inadequate water storage in treatment areas and village communities see concrete results of their efforts in the SJWC and thereby further resolving to work towards the vision of a drought-free village. A converse situation can result in a negative spiral. Elections to local bodies fought on party affiliations lines can potentially bring forth to surface tensions and divisive tendencies thereby eroding all that is built for SJWC. Matured leadership can positively handle the same challenge. In all the above situations, thus predicting a certain outcome of an intervention might be slightly premature.
- In short, a village struggling with acute water scarcity and inadequate irrigation facilities, if supported with appropriate training interventions, does report a positive and robust *Manasandharan* process enabled by a core team of a selfless leadership group. External factors such as adequate rainfall and bipartisan electoral politics can further strengthen the will of the communities to become a self-driven village.

Principle Investigator - Dr. Ajit Kanitkar **Co-investigator -** Dr. Anagha Lavalekar **Research Assistant -** Kanchan Pande, Vinay Lande **Duration** – 6 months **Experts involved -** Shirish Joshi, Pramod Sadolikar, Dr. Deepak Gupte, Dr. Pranita Jagtap, Shivalee Waychal, Sumedha Kulkarni

Quality of Life

5) Quality of life across generations

The concept of QOL, though appears to be highly relevant, it poses new challenges in front of the researchers due to its complexity and subjectivity. This study tries to explore how different generations perceive the quality of life and how far they feel that they enjoy it as per their expectations. It also tries to explore the gender differences across gender and educational levels of the respondents as both these factors may have a considerable influence on the perceptions and experiences of QOL in one's life. The tools used for this purpose were - Comprehensive Quality of Life Scale by Robert Cummins (objective indicators), My idea of QOL. Both these tools cover the aspects namely- material wellbeing, health, intimacy, productivity, safety, place in the community, and emotional wellbeing. The second tool was - Carol Ryff's scale on Psychological wellbeing covering aspects: self-acceptance, personal growth, purpose in life, environmental mastery, autonomy, and positive relations with others. Semi-structured interviews of highest and lowest scorers on the Comprehensive Quality of Life Scale were conducted.

The sample covered for the study was 330 (M=167, F=163). There were different age groups (ranging from 20 to 60+), different educational levels, and different occupations to ascertain the representative nature of the sample. Data was collected from different socio-economic strata of the population (lower-middle, middle, and upper-middle).

Significant differences were found on material well-being, health, productivity, safety, and total factual quality of life across four age groups namely 20-29, 30-39, 40-59, 60-60+. No significant differences were found on the importance and satisfaction domain of Quality of Life. On My Idea of Quality of Life, which covers the ideas/priorities sought under Quality of Life, significant differences were seen on factors like material well-being, health, and productivity. Also on Ryff's scale of Psychological Well-being, intergroup differences were obtained on positive relations with others, environmental mastery, personal growth, and total psychological well-being.

Gender differences were observed on productivity (factual) of quality of life and no significant differences with respect to gender were seen on the importance and satisfaction domain of quality of life. On Ryff's scale of psychological well-being, males and females differed on the following dimensions namely, autonomy, purpose in life, and total psychological well-being.

Principal Investigator - Dr. Anagha Lavalekar Research Assistant - Dr. Sanhitta Karmalkar Duration – 2 years Funded by - University Grants Commission

Motivation

6) Development of Achievement Motivation Scale for Adolescents

Adolescence is a period of rapid physical, emotional, social, and cognitive development. In this stage of transition from elementary to middle school, achievement motivation in adolescents is changing. Achievement motivation is one of the key factors in determining individuals' scholastic and career success. But very few scales are available which measuring the achievement motivation of Indian adolescents. Thus, the scale of achievement motivation for adolescents is decided to develop. The scale is an objective type, self-report, paper-pencil, and Likert type - 1) strongly agree 2) agree 3) disagree 4) strongly disagree. After the review of the literature, characteristics of the person of high

achievement motivation were identified and grouped into eight categories: Perseverance, Independency, Involvement, Overcoming obstacles, Goal setting, Emotional states, Attribution style, and Achievement thoughts.

Items writing for each factor was completed and the content validity of items was checked by five experts in the field of education, clinical and counselling psychology. Pilot testing was conducted to check the suitability of the items, response patterns, and instructions. Final scale comprising of 40 items, including positive and negative worded statements. For the standardization process, schools in the city of Pune and Pimpri-Chinchwad were approached. After permission by the principal, students were randomly selected from each school. The scale was administered to the 416 students, both boys (167) and girls (249) studying in secondary schools. All data were scored and cleaned before the analysis of reliability and validity. For calculating the discrimination index, students were divided into high and low scorer based on total scores. The result of *the t*-test indicates that all items are significantly discriminate at .001 level. Inter-item and item-total correlations are also significant which shows the internal consistency of the scale is good. Cronbach α (alpha) reliability is .82, which falls into a good category. Norms are developed. The scale is available in Marathi (माइयाविषयी थोडेसे) and English (About Myself) language. Tentative 20-25 minutes is required to administer this scale. The scale will be useful for counsellors, teachers especially working with secondary school students, as well as researchers. In the future online version of this scale will be available.

Principal Investigator - Dr. Pranita Jagtap **Duration** – 1 year

Bio-medical field

7) A cross sectional study to assess the status of psychosocial well-being and factors associated with it in cancer patients after completion of curative treatment

This is a cross-sectional exploratory study assessing the status of psychosocial well-being and factors associated with it in cancer. The sample collected 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. The total number of patients was 136. The research was carried out in 2 stages. Stage 1 consisted of a personal data sheet, consent form, and 3 questionnaires. The questionnaires were about psychological well-being, coping, and spirituality. Stage 2 included 14 patients from stage 1 based on their test scores and their availability and in-depth face to face, semi-structured, open interviews of them were conducted. The data collected from 136 patients in stage one was analysed using statistical software R 3.2.5 and Statistical Package for Social Sciences (SPSS) version. Results of the study show that spirituality and psychological well-being show increasing trend as time point changes from 1 month after recovery to 2 years after recovery. Coping doesn't show any statistically significant difference between time points. No statistically significant difference was seen between spirituality, coping, psychological well-being, and perceived recovery based on age.

Principal Investigator – Dr. Sachin Hingmire Co-investigators - Dr. Dhananjay Kelkar, Ms. Sayli Agashe Field workers – Nivedita Ponkshe, Mrunmayi Adawadkar, Neha Pendse Advisors - Dr. Usha Khire, Dr. Sujala Watve Duration – 2 years

8) Physiological and Psychological Effects of Gayatri Mantra Intervention Program on Healthy Adult Population

This was an exploratory pilot study proposed to assess the physiological and psychological effects of Gayatri Mantra Chanting in a group. This study tried to explore, already agreed but less scientifically explored, the significance of the Gayatri Mantra in human physiology and psychology. Hospital staff around 100 was explained the concept of training in the Gayatri Mantra. Those 70 persons who willingly showed consent to participate in the study were included in the sample. They were randomly divided into two groups. One group (N=30; 15 males, 15 females) was exposed to a 2-month intervention of Gayatri Mantra chanting and another group (N=30; 15 males, 15 females) was for comparison purpose which was not exposed to any other intervention. Pre, intermediate (after one month), and post-assessments of both the groups were taken. In the physiological domain, blood pressure, pulmonary function, body composition, hand-eye-coordination, breath-holding time, and resting metabolic rate were measured.

In the psychological domain, reaction time, immediate memory, divergent production, attention, and resilience were assessed by using the following tools:

- 1. Resilience- Connor-Davidson Resilience Scale (CD-RISC)
- 2. Memory- Memory of Symbolic Systems memory (Prajnamaan Kasotimala-224)
- 3. Divergent thinking- Divergent thinking of semantic units (Prajnamaan Kasotimala-331)
- 4. Reaction Time- online test by- humanbenchmark.com
- 5. Attention- Symbol cancellation

In physiological domain variables, like sleep pattern (N=30) and heart rate variability (N=24) were also assessed. The pre-intervention assessment consisted of measures on the five psychological tests and physiological parameters of all the participants from control and comparison groups.

The intervention program was designed after repeated discussions with experts from various fields, such as psychology, physiology, Gayatri Mantra training, to decide the standardization of sitting position, instructions, rhyming, timing, pauses, tone, etc. The intervention program included 4 days of training and 60 days of chanting Gayatri Mantra for 15 minutes, to the comparison group.

The results of this study showed changes in resilience at a significant level (p=0.06) and attention (p= 0.08) where the intervention group showed more improvement in scores than the control group. The rest of the variables- memory, divergent thinking, and reaction time showed no significant difference. Out of the variables measured, positive effects were observed on resting diastolic blood pressure (p < 0.05), total sleep and deep sleep durations (p < 0.05), medical history, and perceived pain, whereas no significant differences occurred in hand-eye coordination and breath-holding time. Ambulatory blood pressure increased (p < 0.05) and heart-rate variability decreased (p < 0.05) during the actual chanting. No adverse effects were observed during the intervention.

The results of this study showed directions for further focused trials in relation to different physiological and psychological illnesses. The outcome of such interventions can be used for lifestyle and healthcare improvement.

Principal Investigator - Dr. Dhanajay Kelkar
Co-Investigators – Dr. SujalaWatve, Dr. Sanjay Phadke
Research Associates – Dr. Shubhankar Kulkarni, Isha Kanhere
Yoga Trainer – Shraddha Rajwaday
Advisor – Dr. Pramod Patil
Duration – 1 year
(A collaborative project of Jnana Prabodhini Samshodhan Sanstha and Deenanath Mangeshkar Hospital & Research Center)

Research projects in-progress

In Psychology

Human Potentials/Intelligence/Giftedness

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

This research study aims to study the careers of the alumnae of Jnana Prabodhini Prashala (JPP) and is designed in two phases: the first phase comprised of a survey of the alumnae. Sixty alumnae expressed their willingness to participate in the study and submitted their responses. In the aforesaid period, we commenced with the second phase- interviewing a sample of the respondents. A purposive sample of eight respondents was drawn using the Maximum variation strategy. The interview schedule was drafted and tried-out in an earlier period. In the current period, semi-structured interviews of the sample were conducted by PI and RA trying to capture how each participant perceived her giftedness, faced her challenges, and made her career choices within her context. The narratives are being qualitatively analysed in light of different theories to explore their psychosocial processes in the course of Career Development.

Principal Investigator - Dr. Sujala Watve Research Assistant - Aparnagouri Phatak Advisor - Dr. Anagha Lavalekar Duration - 2 years

2) Aptitude test for Designing (APT-D)

Aptitude test for designing (Apt-D) is newly being developed test for students who are interested in the field of designing. Conceptualization work has been completed. Seven ability subtests, namely, Cognitive, Verbal, Working Memory, Critical Thinking, Creative Thinking, Visual-Spatial, and Social along with a Personality Checklist are finalized to be part of this battery. Initially, a core group of four held series of meetings with 8 to 10 external experts for creating items pool so that possible item types could evolve.

Some examples of item types that evolved from the item pool that were discussed and shortlisted are - for Cognition Encoding-decoding, Template-matching, for Visual-Spatial ability Mental Rotation, Verbal Illustrations, etc. Varieties of the content included are Figures, numerals, symbols, objects, maps, etc.

A small group of two or three members worked for each subtest. Every group took the responsibility of one or two abilities for item writing. Each group used operational definition of the ability, shortlisted item types along with examples as reference. One group started working on a personality subtest. In all of seven internal experts and about eight more members were involved in the item-writing. Item-level try-outs were conducted and item-sets modified as per tryout results. By the end of August 2019, three sets; Critical Thinking and Language in English, Working Memory in Marathi were ready for try-outs.

A few changes were made in groups to speed up the work. Item writing in English for Creative Problem-solving, Visual-Spatial, and Cognition was carried forward while tryouts of ready sets were being done simultaneously.

Many of these item sets were translated once they were tried out and modified. A separate test for language in Marathi was constructed as translation, in this case, cannot work.

Final forms of Personality, Critical Thinking, and Creative Problem Solving sub-tests are triedout on 40, 40, and 80 students respectively.

Scoring for all subtests except for Creative Problem Solving is objective. Creative Problem Solving subtest being open-ended, the key is prepared by using responses obtained from the tryout sample.

Principal Investigator - Dr. Sucharita Gadre Co-investigators – Aparnagouri Phatak, Nilima Apte Research Assistants - Jayashree Nangre, Soniya Virani, Sai Mulay Guide - Dr. Sujala Watve Duration - 3 years

Quality of Life

3) Olakh sparshachi: Developing, standardizing and executing the training to prevent child sexual abuse to emotional health of children

Emotional safety and security are one of the basic needs of the emotional health of any individual. Increasing incidences of child sexual abuse are posing a potential threat to the feeling of emotional safety among children all over the world. The present study tries to unfold a systematic & organized effort to help children maintain their emotional health by making them aware of the 'Good touch and Bad touch' and ways to safeguard one-self from abuse. The said project involves a trainer's training for teachers/volunteers, educators to attain mastery over the content and skills to inculcate this awareness among children between age 7 to 12 years. This day-long training with the help of a scientifically developed and tested standard operating manual involving 30 mater trainers has so far reached 804 adult participants from 12 tahasils of Pune district they, in turn, have conducted classroom sessions for more than 76000 children in primary schools in the vicinity. A sentence completion test and a researcher-made attitude scale have been used to map the impact of the training on the attitudes of the trainers towards the issue of child sexual abuse. The sentence completion exercise (N=735) reflects the concepts and awareness of the trainee teachers regarding the issue addressed. The pre-postanalysis of the attitude scale (representative N=128) indicates a significant positive change. The feedback from the trainee participants regarding the children's responses in classroom sessions and outside, has indicated towards a significant impression in the desired direction. Multiplication of such timely efforts owned by grass-root persons will surely empower the children to resist the potentialities of being abused and make them feel safer and emotionally well off.

Principal Investigator - Dr. Anagha Lavalekar Research Assistant - Sujata Yadav, Shubhangi Patwardhan Field workers - 30 master trainers from Sanvadini Group Duration – 2 years Funded by - Bajaj Finserv

4) Impact of life skills intervention on creativity and personality aspects of pre-adolescent children from deprived section

Processes of learning and the transfer of learning are central to understanding how people develop important competencies. Learning is important because it builds the ability to function competently as an adult in society. The deprived section of the society is often denied the opportunity to fully explore and utilize its abilities and thus enjoy a good quality life.

Research shows that experiential learning is important in the consolidation of memory for a long time and it also facilitates practical applications of learning in day-to-day lives.

The research objective was to examine the effect of the intervention on the personality aspects of deprived class students from the concrete operational stage as seen through the notion of transfer of learning. Life skills are important for the holistic development of students. Therefore, the intervention program focused on helping the children explore their thinking abilities and enhance them. The activities in the intervention triggered different aspects of intelligence like, convergent thinking, divergent thinking, mathematical reasoning, linguistic intelligence, etc. It also helped the students to develop basic cognitive skills like understanding, observation, imagination, and problem solving, etc. Purposive sampling (with single group experimental pre-post design) was used. Students from corporation schools were enrolled in the program (N=100, G-43, B-57, Age-10 to 12 years). The quantitative data were collected by using 'Torrance Test of Creativity Thinking (TTCT) and Behavior Observation Rating Scale (BORS)'. The 't' test was used to draw inferences from data collected from the primary source. Significant changes were observed in TTCT scores and in various areas of personality as assessed by BORS. It indicates that the children could use the skills learned during the intervention in their day to day life which was tapped with the help of observation checklist.

Principal Investigator - Sujata Honap **Co-Investigator -** Prasanna Alone **Duration –** 1 year

5) Self Awareness in Youth for Anti Addiction Motive (SAIYAM)

Increasing addiction in adolescents is a major challenge in India's progress. As a solution to this problem, Jnana Prabodhini's Institute of Psychology and Tarachand Ramnath Seva Trust, Pune are jointly carrying out a project - SAIYAM - 'Self-Awareness in Youth for Anti-Addiction Motive'. The focus of this project is on substance abuse, media, and internet abuse and sexually risky behaviour. The aim is to create awareness among the adolescent children in Pune city about the prevention of and abstinence from the above-mentioned addictions through 'self-control and self-regulation'.

Sexuality Education and Gender Sensitization program is being used as an instrument for the development of adolescents towards preventing/fighting addiction at various levels.

The objective is to bring in a significant change in this helpless, powerless, and dependent selfperception of the children by triggering self-reliance and empowering them to bring in the desired change in their quality of life on their own.

Topics like Concept of personality - Panchkosha vikasana (Indian concept of a fully bloomed personality), Anatomy and Physiology of both sexes, Sexual abuse, Media, Friendship, Goal setting, and Addiction (How to self-regulate) were addressed to the trainers and then to children by them. For assessing the impact of the training two tools were used as Pre and Post tests - mainly - माझे जान, माझे आरोग्य चाचणी (My knowledge, My health questionnaire) for all the students wherever the SAIYAM sessions were conducted (N=6000). A test has been conducted for व्यसनाधीनता समज व गैरसमज प्रश्नावली

(Myths and Misconceptions about Addiction questionnaire) for all the students where the SAIYAM trainers conducted the sessions (N=5500) and for some students, it was conducted as pre and post both (N=500). A third tool namely - काय आहे मनात प्रश्नावली ('What do I think' questionnaire) was conducted at Pre and Post training time for some students (N=500). The data analysis is ongoing.

Principal Investigator – Dr. Anagha Lavalekar Project chief coordinator – Shamangi Deshpande, Project Assistant - Rupali Deshmukh Duration – 1 year Funded by - Tarachand Ramanath Seva Trust

6) 'Healthy Police Healthy Families' - Phase I

The first phase of the Healthy Police, Healthy Families project focused on the exploration of the present status of mental health, marital satisfaction, emotional intelligence, and behavioural characteristics important for providing peer support among police inspectors. A healthy mind, satisfaction in personal life, and emotionally intelligent inspectors can make up a good support group for the police organization. Through these tests, some such inspectors are shortlisted for further training as mental health facilitators.

The participants in this study were newly promoted Police Inspectors from Maharashtra Police. A total of 268 responses were collected through cluster sampling.

A set of four tools Mind Search, Marital Satisfaction Scale, Emotional Intelligence questionnaire, and Behaviour Checklist was used for assessment in Phase I. A survey type design was used.

Policing is known to be a highly stressful job. The review of literature has also established that stress can lead to various psychological and psychosomatic problems for police officers. Therefore, a need to explore the mental health of police officers was felt. For this purpose, the test Mind Search was used. Mind Search measures negative and positive domains of Mental Health – Negative domains are those which suggest mental ill-health or vulnerability to ill-health; while positive domains are those which suggest mental well-being or good mental health. All these domains are measured on both *frequency* (how many times did a particular experience occur) and the *intensity* (with what strength did it occur).

The results of this study show that an average of 63% of the respondents rarely experiences any major signs of psychological ill-health and 3% of the respondents are facing serious psychological problems. Results also show that an average 34% of the individuals are vulnerable to mental health problems. The frequent and intense experience of positive domains of mental health is reported by only 3% of the sample dimensions. This report of low levels of productivity and autonomy needs close attention. Perhaps this can be explained by two reasons. Firstly, the structure of the police organization requires complete conformity in daily functioning, and obeying all orders received from the superiors is the norm. The junior officers are expected to follow orders rather than think of new ways. The second reason is closely linked to the first one. These expectations of conformity are seen as boundaries and restrictions within which the officers must operate. With such a mindset they are likely to stick to norms and miss out opportunities that come their way to maximize efficiency within their boundaries.

Mind Search results also point to the mental health needs of the police. Mind Search measures the 'grey area', which is the state of MH between mental wellbeing and mental ill-health. Timely

detection of signs and symptoms of the grey area ensures that the individual can get the necessary intervention. Two dimensions depression and behavioural problems need immediate intervention as the maximum percentage of sample report moderate signs and symptoms of problems in these areas average 42% and 35% respectively. The respondents have reported problems dimensions Anxiety, Psychosomatic disturbances, Unhealthy Thought and Emotion and Difficulties in social behaviour in decreasing order of percentage. This indicates that at present, depression poses the maximum risk to the police.

In order to study the marital Satisfaction experienced by Police Inspectors, the test Marital Satisfaction Scale (Lavalekar, et. al, 2010) was used. On average, 45% of the police officers are highly satisfied with their marital life across all dimensions. The areas with lower level of satisfaction are more relevant to relationship with partners like Growing in and with the relationship, Views on child-rearing, Personality of the spouse, Sharing of thoughts, and Definition of marital satisfaction (DEF). It may be due to this very reason that police officers need to stay away from home for extended periods of time, the officers may not get enough time to bond and share things with their spouses thus impacting their marital satisfaction.

To measure the Emotional Intelligence of the Police Officers, the Emotional Intelligence Scale (Schutte, 1998) was used. Results show that 4% of the respondents have a below-average EI, 43% of the respondents have average EI, while 31% have above average and 21 have a superior EI. Just 1% has a very superior EI. Thus the development of EI is another important area of focused attention.

Since Policemen need to support/ help many individuals, behavioural characteristics required for such helping behaviour were measured by a Checklist. The four dimensions in this checklist are the various aspects effective helping behaviour. Almost half of the sample has scored average scores on all dimensions. This shows that enhancing these skills is necessary.

Fifty-three candidates were shortlisted who were the most mentally healthy, satisfied in their personal/marital life, possessed good Emotional Intelligence, and had a higher level of capabilities measured by the behavioural checklist. We could identify 53 such candidates from among a total sample of 268 police inspectors.

On the basis of these results in phase I, training will be planned for the selected personnel. Training will focus on the facilitation of positive mental health domains of productivity and autonomy and the reduction of mental health problems.

It can cover coping skills and emotional intelligence as useful tools. Component of awareness about mental health and removal of the stigma associated with seeking professional help will be considered.

Principal Investigator - Dr. Sucharita Gadre Co-investigator - Dr. Sanjay Tungar Research Assistants - Jayashree Nangre, Avani Pendse

7) Development of Life skills test kit

Life skills defined by WHO as abilities for adaptive and positive behavior which enable individuals to deal effectively with the demands and challenges of day-to-day life. In 2005, CBSE has launched life skills education as an integral aspect of the school curriculum for 6th to 10th standard through continuous and comprehensive evaluation (CCE). But lack of standardized tests measuring life skills is one of the important problems faced by many teachers, research fellows, NGOs. To cater to this need, it is decided to develop a tool kit assessing the life skills of students. This test kit comprised of standard wise three different life skills tests. It measures ten life skills defined by WHO and

NCERT- Self-awareness, Interpersonal Relationships, Effective Communication, Coping with stress, Managing Emotions, Empathy, Decision making, Problem-solving, Critical thinking, and Creative thinking in addition to that five skills are included- Learning Skills, Accountability, Goal setting, Planning, Motivation. Experts finalized the indicators for each skill by referring to operational definitions. After that item writing is completed for three different levels - level one - 5th to 7th standard, level two - 8th to 10th standard, and level three - 11th and 12th standard. Items are written parallelly in English, Hindi, and Marathi. Content validity is established. Now test kit is ready for pilot testing and further test standardization process.

Principal Investigator - Dr. Pranita Jagtap

Team of Experts - Dr. Sujala Watve, Dr. Sucharita Gadre, Smita Nirgudkar, Savita Kulkarni, Sonia Virani, Aparnagouri Phatak, Jayashree Nangare, Saugandha Deshmukh

In Sanskrit and Indology

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

A discussion group on Education creates motivation and helps for self-development in the Muslim Women' is working on this subject. In October one interview was held. 2 meetings were done with HOD Shri. Vishvanath Gurjar to take a review of the work and decide about the plan. The group is planning a survey of 500 Muslim female students. Discussions on Research Methodology, Review of literature has started. The group members are studying Minority commission reports, research papers and newspaper cuttings, online study material.

Researcher- Dr. Manisha Shete, Manasi Bodas, Rajyashri Kshirsagar **Advisors -** Dr. Vanita Patwardhan, Dr. Shamsuddin Tamboli **Duration -** 1.5 years

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

- Developed manual for "Olakh Sparshachi" for 1st-8th grade used for training by master trainers
- Developed picture calendar for visual impact
- Developed DVD for explaining material to the children

In Sanskrit and Indology

Ganesh Pratishthpana, Lakshmipujan and Satyanarayan pooja app is made available on the Jnana Prabodhini and Santrika website free of cost.

Lectures, Seminars and Workshops

Organized by JPSS

In Psychology

Sr. No.	Name of Workshop	Period	Coordinator
1	Comprehensive Child Development Program	15-21 April 2019, 29 April - 5 May 2019, 6-12 May 2019, 13-19 May 2019, 20-26 May 2019, 27-31 May 2019, 27 May-3 Jun 2019	Sujata Honap and others
2	Pradnya Prabodhan	1-5 May 2019, 8-12 May 2019	Sandhya Khasnis and others
3	Ability Building Program (Kshamata Samvardhan workshop)	27 May - 3 Jun 2019	Sujata Honap and others
4	Capable Parenting	11-12 May 2019, 18-19 May 2019, 25-26 May 2019, 2-3 June 2019	Sujata Honap and others
5	Proctors' Training	16 June 2019, 16 November 2019, 12 January 2020	Dr. Sujala Watve, Dr. Sucharita Gadre, Dr. Pranita Jagtap
6	Nirantar Bal Vikas Shibir	6 July 2019 - 8 February 2020	Sujata Honap and others
7	Nirantar Kumar Vikas Shibir	July 2019 - January 2020 (1 session per month)	Sujata Honap and others
8	Prajna Maitra (Parenting the gifted children)	July 2019-January 2020	Uma Bapat and others
9	Career Advisor Training Programme	10-11 August 2019, 4-5 January 2020	Nilima Apte and others
10	Test Administration Workshop	27-31 January 2020	Dr Vanita Patwardhan
11	Trainer's training Workshop	12-13 October 2019, 15-16 February 2020, 18-19 November 2019	Sujata Honap and others
12	Seminar on Adolescent Health: Physical and Psychological	26 January, 2020	Dr. Anagha Lavalekar, Dr. Sujala Watve and others
13	Child and Adolescent Psychology: Enhancing Potentials (CAPEP)	16-17 November 2019	Dr. Sujala Watve and others
14	Vegalepan Japatan	14 August 2019	Dr. Sujala Watve and others

In Sanskrit and Indology

15	Priestlyhood classes	15 July - 15 August 2019	Dr. Aarya Joshi and others
16	Trainers -training for Ganesh Pratishthpana	24 and 26 July 2019	Dr. Aarya Joshi
17	Ganesh Pratishthapana	18 August 2019	Dr. Sujata Bapat, Urmila Betkar, Madhuri Karvade
18	Lakshmipujan	16 October 2019	Neela Khadkikar, Dr.Sujata Bapat

Inter-disciplinary Lecture by Samajik Shastra Adhyayan Kendra

In this year, overall 19 lectures were arranged. Distribution of lecture topics based on the subject areas are categorized as follows:

i) National Integrity (8 sessions including 3 follow-up group discussions), ii) Economics (3 sessions),

iii) Technology (2 sessions), iv) Social Systems/Design/Media (2 sessions), v) Research (1 session), vi) Leadership (1 session), vii) Politics (1 session), viii) Evolution (1 session).

Invitations to these sessions were sent by Whats App and Google Groups. Discussion about the related topics happens on the Whats App Group 'Jnana Prabodhini Abhyas Gat'. Recordings of the sessions and notes are shared through emails.

Sr. No.	Speaker	Topic of Speech	Date
1	Dr. Anagha Lavalekar, Suvarna Gokhale	Research Approach in day to day work - Some Examples/Case Studies from Stree-Shaktee Grameen Department	13 April 2019
2	Veena Limaye	Gof Janmantareeche - Part 3', Dr. Sulabha Brahmnalkar	20 April 2019
3	Abhaya Tol	Economic thought in the book 'Varool Puran'	04 May 2019
4	Dr. Gurudas Nulkar	Economics, Environment and Disparity - Part 1- Problems	18 May 2019
5	Dr. Ulhas Bapat	Parliamentary Democracy	01 June 2019
6	Prof. Mahesh Sane	Analysis of 2019 Loksabha Elections	16 June 2019
7	Prof. Sanjay Tambat	Social Media - Reliability, Constructive Use and New Opportunities	06 July 2019
8	Prof. Ram Dimbale	Narendra Modi's Leadership Style and Life Journey	20 July 2019
9	Dr. Gurudas Nulkar	Economics, Environment and Disparity - Part 2- Directions towards Solutions	10 August 2019
10	Dr. Girish Bapat	'Rashtra Vicharala Chhed Denare Aadhunik Vicharpravah'	31 August 2019
11	Dr. Girish Bapat	Rashtrakaranachee Vividh Ange'	28 September 2019
12	Deepali Patwadkar	Counter Argument to Arguments Against the Cultural Integrity of India	12 September 2019
13		'Rashtra Vicharala Chhed Denare Aadhunik Vicharpravah'- Group Discussion	09 October 2019
14	Dr. Girish Bapat	'Aadhyatmik Rashtrayog'	16 October 2019
15		Rashtrakaranachee Vividh Ange'- Group Discussion	21 December 2019
16		Aadhyatmik Rashtrayog' - Group Discussion	04 January 2020
17	Pradeep Paranjpe	Abundance	25 January 2020
18	Atulchandra Kulkarni, Aseet Argade	National Security, Internal Security and National Integrity	08 February 2020
19	Santosh Gondhalekar	Abundance in Energy	22 February 2020

Paper presented in seminars / conferences / workshops

In Psychology

Sr. No.	Name of Participant	Торіс	Workshop name	Organised by	Dates
1	Sandhya Khasnis, Kshama Datar, Aakash Chowkase	Use of reading resolution as a motivational strategy to improve reading speed among high ability students	2019 Biennial Conference of the International Research Association for Talent Development and Excellence (IRATDE)	National Taiwan Normal University, Taiwan	12-16 April 2019
2	Ashwini Deshpande, Aakash Chowkase, Sandhya Khasnis	Effect of summer residential camp on affective domain of high ability students	2019 Biennial Conferance of the International Research Association for Talent Development and Excellence (IRATDE)	National Taiwan Normal University, Taiwan	12-16 April 2019
3	Swati Ranade, Sandhya Khasnis, Aakash Chowkase	Effect of integrating parent intervention in a talent development program	2019 Biennial Conferance of the International Research Association for Talent Development and Excellence (IRATDE)	National Taiwan Normal University, Taiwan	12-16 April 2019
4	Dr. Anagha Lavalekar, Anita Gurjar, Anjali Railkar	Say No- Stop Abuse (a demonstration of awareness building session for prevention of child sexual abuse)	Graduate Women International Centenary conference	Geneva	22-26 July 2019
5	Dr. Anagha Lavalekar	Empowering youth to internalize and spread gender parity through sexuality education	Graduate Women International Centenary conference	Geneva	22-26 July 2019
6	Dr. Anagha Lavalekar	Methods for early recognition of mental health problems among uniformed personnel	National conference on Occupational Stress and Mental Health Issues among Uniformed Personnel in India	Indian Institute of Public Health, Gandhinagar	10-11 October 2019
7	Dr. Sucharita Gadre	Exploring the mental health of police inspectors of Maharashtra, India	National conference on Occupational Stress and Mental Health Issues among Uniformed Personnel in India	Indian Institute of Public Health, Gandhinagar (IIPHG)	10-11 October 2019
8	Dr. Vanita Patwardhan	Personality Differences in Adult Learners & How to motivate them (panel discussion)	87th National Symposium for Heads of Police Training Institutes	Delhi	December 2019

Sr.	Name of	Торіс	Workshop name	Organised by	Dates
No. 1	Participant Sujata Honap	Comprehensive Child Development Programme	Teacher's training workshop	Shanta Vaidya Memorial Foundation	3-4 September 2019
2	Dr. Vanita Patwardhan	Self Awareness for Career Choice	Seminar on Life Skills for Career Success	Tawang, Arunachal Pradesh	29 September 2019
3	Sujata Honap and others	Comprehensive Child Development Programme	Workshop	Dnyanada Prashala, Karvenagar	22-24 October 2019
4	Dr. Sucharita Gadre	Mental Health of Police	Healthy Police Healthy Families	Center For Police Research Pune	18 December 2019
5	Dr. Anagha Lavalekar	Family values and Adolescents (discussion forum)	Seva Sangam- Sevaa kata	Seva Sahayog , Pune	18 January 2020
6	Dr. Anagha Lavalekar	Effectiveness in Counseling'	Workshop on 'Effectiveness in Counseling'	Shanta Vaidya Memorial Foundation, Pune	February 2020
7	Dr. Anagha Lavalekar	Experience and views sharing	Role of Corporate sector in social inclusion of socially deprived classes	Social Studies Foundation, Pune	February 2020
8	Dr. Vanita Patwardhan	'IO & AQ'	Teacher Development Program	Commerce faculty, S. P. College, Pune	February 2020
9	Prasanna Alone	Multiple intelligence	Trainer's training	Garware balbhavan, Pune	18 February 2020
10	Dr. Vanita Patwardhan	Enriching with Psychology	Soft Skills Sessions	Webinar from Katy, Houston	16 June 2019
11	Dr. Vanita Patwardhan	thinking beyond	Soft Skills Sessions	Manjuji's home, Katy, Houston	20 June 2019
12	Dr. Vanita Patwardhan	Celebrating International Yog Day	Soft Skills Sessions	Terrace Gable Circle Lawn, Katy, Houston	21 June 2019
13	Dr. Vanita Patwardhan	Family Culture - towards Happy Family	Soft Skills Sessions	Keshav Smruti, Sugarland, Houston	22 June 2019
14	Dr. Vanita Patwardhan	thinking beyond	Soft Skills Sessions	River stone Park, Sugarland, Houston	26 June 2019
15	Dr. Vanita Patwardhan	Graceful Senior Years	Soft Skills Sessions	Keshav Smruti, Sugarland, Houston	27 June 2019
16	Dr. Vanita Patwardhan	Assertive Behavior	Soft Skills Sessions	Kailas Shaakhaa, Sugarland, Houston	29 June 2019
17	Dr. Vanita Patwardhan	Kaleidoscopic Parenting	Soft Skills Sessions	Webinar from Katy, Houston	1 July 2019
18	Dr. Vanita Patwardhan	JPIP-FCI Training	Soft Skills Sessions	Katy, Houston	22 June and 6 July 2019

Participated as resource person in workshops / seminars / conferences / lectures

Sr. No.	Name of Participant	Торіс	Workshop name	Organised by	Dates
19	Dr. Vanita Patwardhan	Family Culture - towards Happy Family: Follow up Session	Soft Skills Sessions	Webinar from Katy, Houston	6 July 2019
20	Dr. Vanita Patwardhan	Assertive Behavior	Soft Skills Sessions	Madhav Shaakhaa, Sugarland, Houston	7 July 2019
21	Dr. Vanita Patwardhan	Family Culture	Lecture	Mahila Manoranjan Kendra, Sahakarnagar, Pune	April 2019
22	Sujata Honap	Developmental stages of children & role of parents	Lecture	Balranjan Kendra, Pune	24 April 19
23	Dr. Anagha Lavalekar	Relationships for Enhancement	Lecture	Bharatiya Stree Shakti	13 July 2019
24	Dr. Vanita Patwardhan	Awareness about Ragging - Psychological Approach	Lecture	D. Y. Patil University,Tathawade, Pune	August 2019
25	Sujata Honap	SOI model: Intelligence development through activities and use of Observation rating scale	lectures	Jnana Prabodini Prashala, Pune	August, September and October 2019
26	Dr. Anagha Lavalekar	Beti Bachao beti Padhao- Adishakti puraskaar	Lecture	DES nursing college	22 February 2020
27	Dr. Sujala Watve	Gifted Education Policy	Lecture	Agastya Foundation, Andhra Pradesh	February 2020

In Sanskrit and Indology

Dr. Manisha	Jnana Prabodhini Centre,	17-18 August
Shete Ganesh Pratishthapana Swayam Pourohity	Chiplun	2019

Attended workshops / seminars / lectures / conferences

In Psychology

Sr. No.	Name of Participant	Name	Organised by	Dates
1	Dr. Pranita Jagtap	Mental Health, Migration and Resilience: Innovative methodologies for Research, Policy and Practice in India	Tata Institute of Social Sciences (<i>TISS</i>), Institute of Health Management Pachod (IHMP), the National Institute of Mental Health and Neurosciences (NIMHANS) and De Montfort University (DMU)	17-18 September 2019
2	Prasanna Alone	National Conference on 'Online interests, Offline Consequences: Navigating Complex Sexualities in Digital Contexts	KEM hospital, Psychiatric Department, Pune	5 October 2019
3	Dr. Anagha Lavalekar, Sumedha Kulkarni	India Impact Forum	UWM, CSRBOX	5 th February 2020
4	Dr. Pranita Jagtap	Completed one-month residential course (12 credits) on Yoga	Swami Vivekananda Yoga Anusandhana Samsthana (S- VYASA) University, Bangalore	1-31 August 2019

Publications

- Honap, S., Shepal, V., Paranjpe, M. (2019). Gender Differences in Emotional and Moral Responses among Children. *Indian Journal of Social Work*, Vol. 80 (1)
- Honap, S., Shepal, V., Paranjpe, M. (2019). Effect of Comprehensive Child Development Program (CCDP) on Cognitive and Interpersonal Responses among Middle Aged Children: A Gender based study. *Indian Journal of Psychology and Education*, Vol. 9(2), ISSN-231-1432
- 3) Phalnikar, P., Lavalekar, A., Pande, K. (2019). Work life balance, positive affect, and life satisfaction of paramilitary personnel. *The Indian Police Journal*, 66(3), 45-54.
- 4) Jagtap, P.R. (2020). Determinants of Mental Health of Adolescent Girls in Pune City. *Journal of Pyschosocial Research*, *15*(1), ISSN : 0973-5410 | e-ISSN : 0976-3937

Training/Teaching

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

Twenty-eight students got admitted to this course in 2019-20. This was 25th batch of this course. As a part of the curriculum the following activities were conducted in the last one year

- Individual Testing: Students did well in administering, scoring and interpreting Bhatiya Battery of Intelligence Tests
- **Psychological Testing**: Reading ability was assessed through Group testing conducted by the students in Dnyanaganga English Medium School, Karve nagar. Reading Ability Test was administered to students of standard 6th to 9th. Test administration, scoring, interpretation and report writing was done by the students of this Diploma.
- **Group guidance**: This year students' group guidance sessions were organized through Saiyam Project. In all more than eleven clock hours were utilized to communicate different topics like Panchkosh, concept of beauty, health and hygiene, friendship, addiction, impact of media, sexual deviance, goal fixing, stress management etc. The Marathi medium sessions were conducted in Maharshi Karve University school, and English medium sessions were conducted I VIT school and Gole Vidyalay. Apart from these sessions students designed two sessions to enhance rational thinking.
- Individual counseling- 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- Prashant Divekar
- Communication skills- Smita Nirgudkar
- Creativity- Dr. Prasanna Hulikavi
- Career Guidance- Urmila Dixit
- Positive Thinking, Stress Management- Dr. Deepak Gupte
- REBT- Dr. Anagha Lavalekar
- Play therapy- Anupama Ganu
- Person Centered therapy, Cognitive behavioral therapy, Behaviour Therapy- Anaya Nisal
- Two day trainers' trainings for Sexuality Education with special emphasis on issues related to addiction was conducted under Saiyam project.
- Students received two day intensive **training for facilitation skills**. The training was given by Potential Enhancement Section.

Other Activities:

- A hands-on experience of **class observation** in the school was provided to the students of PG Diploma
- Field visits were arranged to Bal Kalyan Kendra, Aundh, Jnana Prabodhini Navanagar Vidyalay, Nigdi, Punarutthan Samarasta Gurukulam, Chinchwad and Paalavi de-addiction centre, Katraj. These visits provided exposure to different educational models and use of psychological principles in controlling addictions. Students in the batch took initiative in organizing the visits.
- Demonstration for computerized 'iA' test battery was given to the students and SWAYAM test was administered on them and guidance was provided.
- Film week screening 5 films namely *Amhi asu ladke, Kitaab, Wonder, August Rush, Udaan, 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. Relationship dynamics, characteristics of characters and other processes were discussed with students

 Patterns 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 year 5 students were admitted to this course. This year too, the theory lectures were arranged on Saturdays and Sundays, and practical was arranged on week days. Following activities were conducted during the course-

- General Intelligence was tested using SPM and CPM tests. Assessment of 103 school children was conducted by the students in Pandit Deendayal Upadhyay Vidyalaya, Kothrud and Siddheshwar Madhyamik Vidyalaya, Deulgaon Raje.
- The students went for a field visit to Jnana Prabodhini Navnagar Vidyalaya, Nigdi and Punarutthan Samarasta Gurukulam, Chinchwad.
- Lectures and workshops by experts
 - Kshama Datar- Model of Giftedness by Gagne. Gifted individuals with learning disability
 - Sheetal Harpale 'Giftedness as potential for advance development' theory by Dr. Usha Khire
 - Dipali Mhaskar Social-emotional Life of Gifted, Gifted Underachievers
 - Dr. Vanita Patwardhan- Family Environment, Creativity in relation to giftedness
 - Yuvaraj Mahagaonkar- 'Over excitabilities from Dabrowski's Theory'
 - Meghana Gokhale- counselling the Gifted
 - Amol Phadke & Saugandh Deshmukh- Introduction to Leadership
- On 8th February, 2020 an orientation program "Giftedness: Understanding and Discovering at Young age- Part 1" was held for the Educators of Preprimary and Primary level children. It was attended by around 50 participants. Dr. Sujala Watve, Mr. Pushkraj Marathe and Ms. Sakhee Bhadkamkar facilitated the session. Posters related to giftedness were put outside the Prabodh Sabhagruh. Finally, Dr. Sucharita Gadre and Dr. Sujala Watve were there for the Question & Answer session in the end.

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

Extension Activity

Testing/Training/Workshops (Participants)

In Psychology

Individual Testing iTap Testing	112 240
Mensa Testing (Pune, Bangalore, Chennai, Kolkata, Nashik, Delhi, and Mumbai Chapter)	830
Mensa Dhruv (Delhi)	1225
Tribal Mensa	1381
Aptitude Testing (iA) (computerized)	2377
Aptitude Testing (iA) (paper-pencil)	944
Aptitude Testing (SWAYAM)	42
Engineering Aptitude Testing	1864
BEAM Testing	9
Career Advisor Training Program	60
Trainers' Training Workshop	13
Comprehensive Child Development Program	715
Ability Building Programme	38
Nirantar Balvikas	128
Parenting Workshop	101
Pradnya Prabodhan	88
Pradnya Maitra	118
Child and Adolescent Psychology: Enhancing Potential (CAPEP)	50
Vendors (iA) link	1870

(Distribution of vendors across India: Goa, Hyderabad, Ahmedabad and Distribution of vendors across Maharashtra: Aurangabad, Jalna, Sangli, Nashik, Pune, Mumbai, Kolhapur, Durg)

Psychological assessment for selection or placement was offered to renowned industries such as Bajaj Auto Ltd., Mahindra Gears Ltd., KUL Foundation, Mahindra & Mahindra CIE, Pravaha Foundation, Coca Cola India Pvt. Ltd, Shell India Pvt. Ltd, etc. The testees (N=659) included applicants or trainees. Counselling and training was also conducted for Swaymsiddha Mahila Udyog and Police Commissioner Office, Pune (N=49 included applicants or trainees)

Donor's List

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Yadavendra Yogeshwar Joshi	15,000.00
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Shubhangi Patwardhan	9,000.00
Total (R&D)	1,00,23,300.00

Non R&D

Name	Amount
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Anant Dattatray Joshi	11,000.00
Beena Vivek Rege	11,000.00
Makarand Govind Bhave	11,000.00
Reshma Joshi (Sapre)	11,000.00
Niteen Deshpande	10,001.00
Arun Vaman Bapat	10,000.00
Asha Ramesh Mirakhur	10,000.00
Dr.Varsh Niteen Phadke	10,000.00

Name	Amount
Radha Bhide (Mundle)	10,000.00
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Shridhar Bharatan	10,000.00
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Shubhangi Handale/Deshpande	7,500.00
Suvarna Sharad Deshpande	7,500.00
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Leena Rajan Raje	5,100.00
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Name	Amount
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Ananya Kulkarni	4,000.00
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Name	Amount
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Sindhu Ganjawala	3,950.00
Meenal Dhananjay Wakhale	3,000.00
Sunetra Ramchandra Pendse	3,000.00
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Arun Beke	3,000.00
Pranav Lele	2,600.00
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Ravindra Surange	2,500.00
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Shantanu A Dange	2,001.00
Prasad Kulkarni	2,001.00
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B.R.Naik	2,000.00
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Madhuri Limaye	2,000.00
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Vinay Wagale	2,000.00
Vinod Vasarkar	2,000.00
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Pratibha Re	1,300.00
Vijay Deshpande	1,300.00
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Chitra Deshpande	1,250.00
Madhav Gupchup	1,250.00
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Archana Oak	1,200.00
Arvind Naik	1,200.00
Ashok Patil	1,200.00
Atul Gupte	1,200.00
Atul Zingarde	1,200.00
Chandrashekhar Modak	1,200.00
Devdatta Modak	1,200.00
Jagdish Ghorpade	1,200.00
Malhar Lande	1,200.00
Mohan Chandavale	1,200.00
Mrutunjay Bhide	1,200.00
Pallavi Kulkarni	1,200.00
Pandharinath Samant	1,200.00
Prakash Rahane	1,200.00
Rahul Godbole	1,200.00
Rajas Deshpande	1,200.00

Name	Amount
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Sandeep Ghal	1,200.00
Sanjay Pawar	1,200.00
Saroj Joshi	1,200.00
Sharad Rege	1,200.00
Shriniwas Bapat	1,200.00
Shrutayu Kale	1,200.00
Sunanda Jadhav	1,200.00
Sunil Angal	1,200.00
Sunita Jadhav	1,200.00
Sushant Ghorpade	1,200.00
Tejonidhi Bhandare	1,200.00
Tushar Bakshi	1,200.00
Varsha Mapara	1,200.00
Vidhyadhar Marathe	1,200.00
Vikramaditya Dhamdhare	1,200.00
Vinay Datar	1,200.00
Vishvas Tamhankar	1,200.00
Vivek Luktuke	1,200.00
Yogesh Yawalkar	1,200.00
Kakkad	1,200.00
Avinash Pathak	1,150.00
Naresh Mande	1,105.00
Harshad Karkhanis	1,101.00
Sanjay Rao	1,101.00
Amey Paranjape	1,100.00
Aparna Gandhe	1,100.00
Arvind Ranade	1,100.00
Atul Chauthai	1,100.00
Avinash Satpute	1,100.00
Balkrushna Deshpande	1,100.00
Bhakti Dhavalikar	1,100.00
Deepak Kulkarni	1,100.00
Deepak Parandekar	1,100.00
Dhananjay Govardhan	1,100.00
Jitendra Kalyankar	1,100.00
Manish Patil	1,100.00

Name	Amount	
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Mukund Palvankar	1,100.00	
Pramod Wakare	1,100.00	
Puja Marathe	1,100.00	
Rajashri Chorage	1,100.00	
Sanjay Paranjape	1,100.00	
Satish Karekar	1,100.00	
Ujjawal Athalye	1,100.00	
Yogesh Shukl	1,100.00	
Arvind Chinchalikar	1,050.00	
Manish Khopkar	1,050.00	
Ranjan Khot	1,050.00	
Anil Anant Bondre	1,001.00	
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Nandkumar J. Devare	1,001.00	
Nirmal Pradeep Kelkar	1,001.00	
Sheela Sogal	1,001.00	
Sujata Anand Sharma	1,001.00	
Adwait Joglekar	1,001.00	
Deepak Datar	1,001.00	
Dilip Mandavgane	1,001.00	
Kailas Mehendale	1,001.00	
Latika Dixit	1,001.00	
Mandar Thite	1,001.00	
Manjiri Lele	1,001.00	
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Vidhyadhar Kulkarni	1,001.00	
Yatin Korade	1,001.00	
Abhijit Khandekar	1,000.00	
Aditi Shethe	1,000.00	

Name	Amount
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Ajit Deshpande	1,000.00
Ajit Tokhekar	1,000.00
Amit Aathale	1,000.00
Amit Abhyankar	1,000.00
Amit Devdhar	1,000.00
Amita Juvale	1,000.00
Amruta Krushnanath Kulkarni	1,000.00
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Anil Bondre	1,000.00
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Anjali B.Argula	1,000.00
Anjali Kishor Bhagwat	1,000.00
Anjali Uday Inamdar	1,000.00
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Anuradha Date	1,000.00
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Apurva Deshpande	1,000.00
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Archana Bhalchandra Kondhare	1,000.00
Arihint Valsangkar	1,000.00
Arun Karmarkar	1,000.00
Arundhati Joshi	1,000.00
Arvind Pitake	1,000.00
Arvind Pitre	1,000.00
Ashok Joshi	1,000.00
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Bhaurao R.Patil	1,000.00
Chaitrali Mangaonkar	1,000.00
Chirag Kodgule	1,000.00
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Deepak Bhopatkar	1,000.00
Deepak Kashalkar	1,000.00
Deepak Yande	1,000.00

Name	Amount
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Dipali Shekhar Buva	1,000.00
Geeta Bhide	1,000.00
Gurunath Joshi	1,000.00
Hari Sathe	1,000.00
Hemant Joglekar	1,000.00
Hemant Joshirao	1,000.00
Hemant Page	1,000.00
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Jagdish Patankar	1,000.00
Jayashri Badhekar	1,000.00
Jyoti Abhay Bhujbal	1,000.00
Kapil Kulkarni	1,000.00
Kedar Chichnikar	1,000.00
Kedar Potdar	1,000.00
Keshav Kulkarni	1,000.00
Keshav Tamhankar	1,000.00
Kshama Kathale	1,000.00
Kunda Edake	1,000.00
Laxman Pawar	1,000.00
Madhavi Moreshwar Kunte	1,000.00
Madhura Joshi	1,000.00
Madhva Kulkarni	1,000.00
Mandar Apate	1,000.00
Manjiri Padhye	1,000.00
Manoj Bhagwat	1,000.00
Milind Apate	1,000.00
Milind Deshpande	1,000.00
Milind Gupte	1,000.00
Minal Dhananjay Vakhale	1,000.00
Mohan Ghaisasi	1,000.00
Mugdha Naik	1,000.00
Mukund Joshi	1,000.00
Nandini Mayur	1,000.00
Nandkumar Bhagwat	1,000.00

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Neeraja Pendase	1,000.00	
Niharika Avdhut Kankekar	1,000.00	
Niketan Natu	1,000.00	
Nilima Apte	1,000.00	
Niranjan Kulkarni	1,000.00	
Nishigandha Palimkar	1,000.00	
Nitin Kolhatkar	1,000.00	
Nitin Nayak	1,000.00	
Parag Vartak	1,000.00	
Parikshit Vedpathak	1,000.00	
Pradeep Kulkarni	1,000.00	
Pradnya Devlalkar	1,000.00	
Prakash Bapat	1,000.00	
Prakash Narayan Belsarkar	1,000.00	
Pramod Sankas	1,000.00	
Prasad Deshpande	1,000.00	
Prasad Dixit	1,000.00	
Prasad Kulkarni	1,000.00	
Prasad Mithar	1,000.00	
Prasad Naik	1,000.00	
Prasad Patki	1,000.00	
Prashant Phansalkar	1,000.00	
Pratap Nikam	1,000.00	
Pratibha Balvar	1,000.00	
Pratima Joshi	1,000.00	
Punam Vivek Dhake	1,000.00	
Pushakar Subhedar	1,000.00	
Pushpatai Savardekar	1,000.00	
Radhika Purandare	1,000.00	
Rajani Rajendra More	1,000.00	
Rajendra Deshpande	1,000.00	
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Renuka Kulkarni	1,000.00	
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