



JPIP
2021-22

21
22

ANNUAL REPORT



JNANA PRABODHINI'S INSTITUTE OF PSYCHOLOGY



GLIMPSES OF 2021-22 AT JPIP

Year 2021-22 was indeed a year of many happenings for Jnana Prabodhini's Institute of Psychology. Covid 19 was still in the picture and many of the employees and their relatives suffered in the second wave, however despite all the difficulties, everyone performed their best to mobilize the work which had been little hampered during lockdown.

JPSS (JPIP) Proposal of YUVA-SATHI received the Runners up prize in the HCL Foundation Grant competition after going through a very tough and stringent evaluation process. This activity also got support from Palladium (Australia) through Keema foundation for scaling up. This was a challenging task as schools were still not opening for the field work. However, the team and trained YUVA SATHI mentors kept their patience and grabbed their chance in December as soon as the schools reopened. The YUVA SATHI from Kolhapur also approached some Urdu medium schools where they got a very encouraging response from teachers and parents both. The same stood true for SAIYAM – the Anti Addiction drive financially assisted by TRST in Pune city. Both these projects reached their goals in spite of the challenging circumstances. The collaborative project with Maharshi Karve institute (MKSSS-SSC) on the 'Mental health status of women officers in government and Police during COVID-19' is on the verge of completion. The experiences of these women officials are important to understand how women folk has contributed in the Covid battle with utmost strength. Two more research projects generating rich qualitative information through studying impact of Covid on psychosocial aspects have also been completed in this year.

All the extension activities of JPIP could reach out to significant number of people in groups or individually by providing them different insights on parenting, coping with personal issues, how to trigger personality development of children, enhancement of thinking skills, selection of careers / vocations , handling organizational human resources effectively etc. The unique academic courses conducted by JPIP also received a very encouraging response from students coming through varied , rich experiential worlds. The total reach out of all these activities including action research projects is more than 12000 persons of different age/ gender/ social and geographical backgrounds. This indeed depicts the need people experience for such development and look towards JPIP as one of the best organizations to depend upon. It was indeed a pleasure for us to have collaborated with renowned organizations in the industrial, academic and social sector details of which can be found in the report ahead.

JPIP believes in spreading its knowledge wealth to society and becoming self-reliant so as to generate more future focused knowledge for the society. This report reflects such efforts and gives an overview of the our sincere efforts taken to attain our objective in 2021-22. We appeal you to spread this word and help JPIP to reach out to hundreds and thousands of people in the coming year.

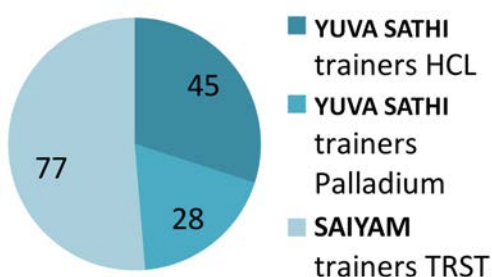
Dr. Anagha Lavalekar
Director, JPIP

Dr. Ajit Kanitkar
Secretary, JPSS

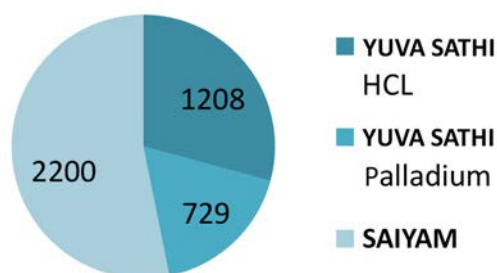
RESEARCH

JPIP conducts basic and applied research in different domains of psychology like Giftedness, Quality of life, Psycho-social climate, Gender studies and Motivation

- Project **YUVA SATHI** as well as **SAIYAM** aims at Capacity building of Mentors (Teachers, Volunteers, Youth etc) to facilitate self-management habits amongst adolescents to foster responsible sexuality and anti addiction motive.



Number of Trainers involved



How many children reached out ?



YUVA SATHI

HCL foundation,
Keema Foundation - Australia

The unique experience of field trainers was that they could convince a religious minority school (Anglo-Urdu high school with Urdu medium) in Kolhapur to have sessions conducted for their 8th and 9th class students. The goal of the project and these sessions were well appreciated by the authorities of the society running this school, principal, parents as well as Gram-panchayat members and Ex-Sarpanch. They have asked to conduct these sessions for 10th standard students as well.

In another experience from field trainers of HCL Foundation funded Yuva-Sathi project in Pune and Aurangabad districts, it was mentioned that there were lots of questions from students in Anatomy, Addiction and Sexual Abuse sessions. They could very well relate to these topics. However, our youth field trainer 'taai' had to face some obnoxious comments, swear words and inappropriate teasing from boys in the class. But it stopped after Sexual Abuse session.





SAIYAM

(Tarachand Ramnath Seva Trust) Action Projects

Diary of a Field Trainer: Today one girl from 8th STD came forward and narrated an incident of Sexual Harassment which happened to her on just a day back during night at her home..

*That day I had taken 'Sexual Harassment awareness' session in the classroom. Unfortunately a very sad incident took place. But it was very brave of that girl to come forward and report the incident..

We informed the school authorities and her class teacher and made sure that they will take the appropriate action.

they called for her parents..Unfortunately the girl tried to tell her mother but she did not pay attention.

**Sad Reality - But SAIYAM project is so worthy....at least one girl got the courage to come forward and inform .



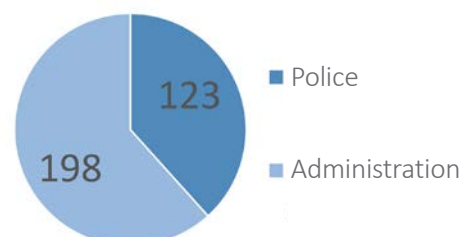
NCW project

(National Commission for Women) Action Projects

The pressure tide: Experience of a Dean in a Government Hospital in Marathwada.

During the first wave of Covid-19, I got a call early morning at 6 am from the hospital saying 'the O2 tank pressure is reducing fast..' which meant that the life of 40 patients in the ICU was at risk. I jumped on my cell and started calling people , simultaneously getting ready to move out. My team of 40 was at the hospital at the 10th minute from the call. It had technically sound engineers, technicians, expert medicos; everybody! We approached other hospitals to get extra oxygen. It was hell of a running around that day. Somehow we managed to fill up the O2 tank at the last moment and saved those 40 lives. The media was acting like paparazzi all the time. Attending the emergency was far more important than answering their unreasonable queries.. I felt!!

- Project on **Mental health of women officers in Covid – 19 Pandemic from Police and beurocracy** (National Commission for Women in association with Maharshi Karve Stree Shikshan Sanstha –Siddhivinayak Mahila Mahavidyalay)



Other Research Projects

- A qualitative study of people's coping process during lockdown due to pandemic COVID-19
- Effect of spiritual practices on psychological well-being and quality of life of Individuals

As **PhD center of S.P.P.U.**, JPSS -JPIP is now well established. in 2021-22, one student received her Doctoral degree, while three students have submitted their final theses. Now JPSS has six experts affiliated as PhD guides. in the coming year 20 and odd students will be perusing their doctoral research at the center. .

in 2021-22 , Five research articles were published in refereed/ indexed journals (two of them in international journals). One book titled ' Intelligence and Creativity: An Indian perspective ' authored by Prof. Usha Khire and Ms. Dhanashree Sowani was published by Himalaya Publishers, New Delhi.

Research Methodology workshop

Jnana Prabodhini's Institute of Psychology conducted five days workshop on **Research Methodology: Application in Social Sciences** using mixed mode-online and offline. The main focus of this workshop was to cater to the need of budding researchers, facilitate their research ideas, and orientate them about research steps and research skills. A total of twenty-six participants from various fields of social science participated in this workshop.



PSYCHOMETRICS

Psychometrics involves development and standardization of psychological tools and instruments.

During last three years the Test battery for Aptitude in making :

Measurement of innovation & design thinking abilities: A New Aptitude test battery in making: Final form of eight sub-tests being standardized. This is a unique contribution in the field which can be useful for academicians and professionals both.

Application of one important tool measuring two aspects of positive mental health efficiency and autonomy and six common mental health problems like depression, anxiety 'Mind Search' started in three important sectors

- Education: personnel working with pre-primary and primary students
- Security personnel: corporate VIP's
- Health: Hospital employees.



Discussion on Selection of Items after analysis



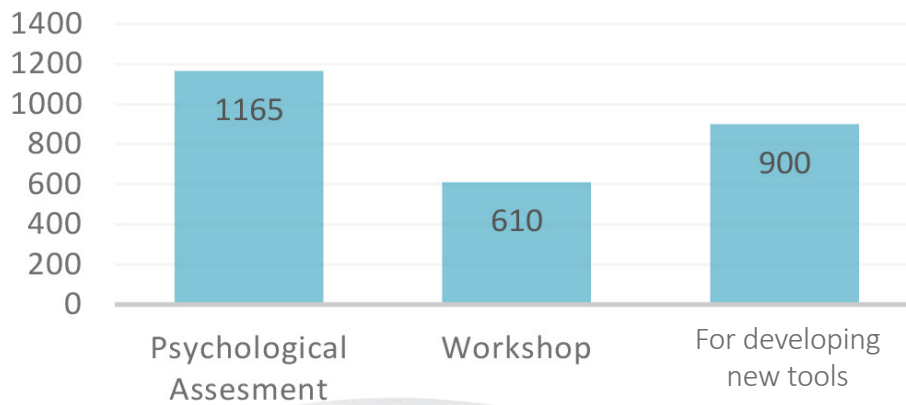
HRDU

Human Resource Development Unit (HRDU) caters the needs of various professional as well as non profit organizations for their selection/ placement/ relocation and soft skills training of their employees or members

Tool development projects	<ul style="list-style-type: none"> John Deere Pvt Ltd, Sanaswadi Quality And Safety protocol 	<ul style="list-style-type: none"> Mahindra & Mahindra Auto & Farm Division
Psychological Assessment	<ul style="list-style-type: none"> Bajaj Auto Ltd, Chakan, Waluj Mahindra CIE, Pvt.Ltd Kirloskar Brother Pvt.Ltd Baner Kumar builders 	<ul style="list-style-type: none"> Mahindra & Mahindra Pvt.Ltd , kandivali, Nashik, Igatpuri, Haridwar, Chakan (2) Mahindra Gears Pvt.Ltd Bajaj Auto Ltd, Chakan, Waluj, Pantnagar Kirloskar Brother Pvt.Ltd, Baner
Behavioral Training	<ul style="list-style-type: none"> Gajanan Kaat Factory – Chiplun Vivekanand Hospital, Latur Parivaar Super Market, Nanded Netaji Bose college – Nanded Sudhagd Tehsil, Pali, Online Training 	<ul style="list-style-type: none"> Mahindra & Mahindra Pvt.Ltd , Kandivali, Nashik, Igatpuri, Haridwar, Chakan (2) Vivekanand Hospital, Latur Klassik NX Fashion, Nanded Parivaar Super Market, Nanded Business Network International (BNI) (Prosperity Chapter Pune)



JPIP:HRDU: Beneficiaries



A continuous training program on the theme **'Swayamvikas to Samsthavikas'** was being conducted at Vivekananda Hospital, Latur for a full year. . Training was being imparted to security guards, cleaning and helping staff, nurses, receptionists, OPD staff, and medical store staff. Continuity in training' has illustrated a positive effect on staff behavior. including their personal life. Some of the representative responses in follow up meeting were- 'Now the OT staff takes initiative in preparing mindset of patients and relatives for the procedure as well as post operative dialogue to reduce their anxiety.,' 'We are able to manage the crowd at the medical shop in a better way.. without getting into reaction mode.,' 'we have accepted that we need to continue learning at this stage also..' 'We are becoming better parents now..!! This intervention has proved to be important value addition in increasing the efficacy in the hospitality and health care sectors.





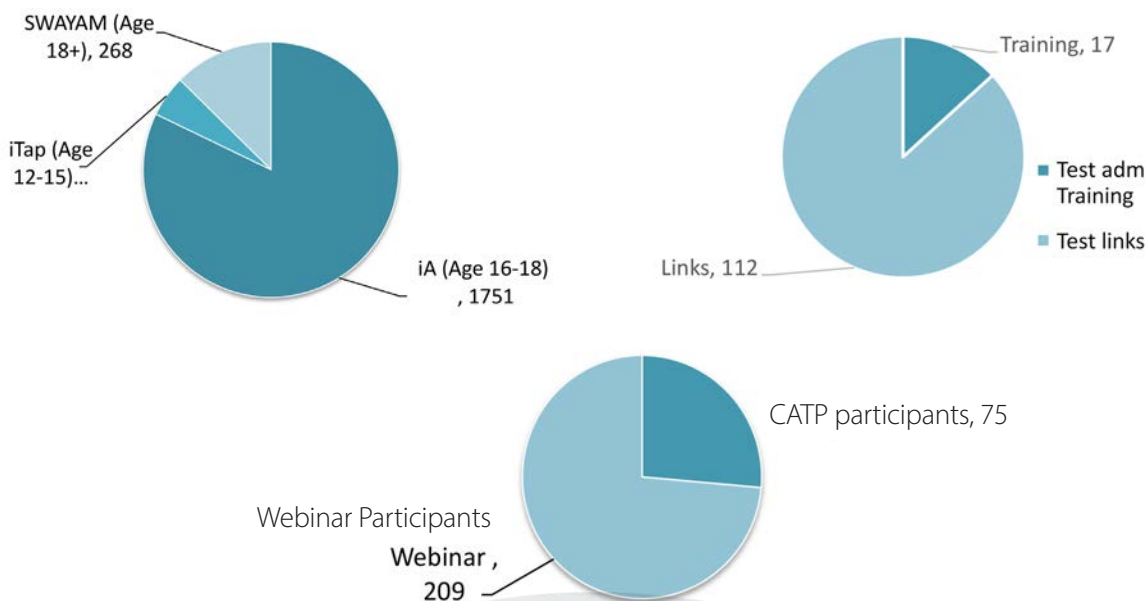
Apptitude Testing and Career Guidance (ATCG) is instrumental in navigating the high schoolers, 10th and 12th graders as well as youth for overall developmental guidance, choice of vocation/ career based on psychometric assessment and appropriate guidance

iTap: Intelligence and adjustment along with personality mapping for developmental guidance to high schoolers

iA: Intelligence and Aptitude Measurement test Battery for 10th and 12th graders

SWAYAM: Studies and Work related Aptitude in Youth Advanced Measurement

CATP: Career Advisor Training Program



One company at Belgium wanted to assess their employees on SWAYAM. It was scheduled just after the first COVID 19 lockdown. JPIP members (all women) were travelling out of state for the first time after the lockdown. RTPCR was mandatory for all. Good sign was, it proved to be negative.. All geared up for the job.. We left Pune early morning in zest however the police held us on the Kranatak Border at Kolhapur. They were not ready to let us go even after showing the reports. Lot of telecommunication with the hospital authorities took place. Finally we could leave and reach our destination where a new problem arised. Our booking at hotel was wrongly dated. Again series of telecalls took place. Finally after all these glitches, we could do that assessment for almost 200 ppersons and took a breath of relief.. This gave us an experience of facing and swimming through uncertainties and reaching our desired goal.



Potential Enhancement Section (PES) conducts short and long duration enhancement programs for children, parents, teachers and child facilitators with different needs

Prajna Maitra Program

Experiences of a parent, member of the Prajna Maitra, Texas, USA, and attends the sessions online. She says as the concept of intelligence and high abilities started unfolding in the Pragya Maitra group, she was better able to understand her 6-year-old daughter who displayed extreme sensitivity and a responsive attitude. She also added that she got an opportunity to observe other parents who are trying to nurture the high potentials of their children and this brought a change in the way she communicated with her daughter. She understood that there are numerous ways and strategies to nurture the high abilities of the student so that they reach their maximum potential. The importance of such a support group for parents of high-ability students is emphasized by the example above.



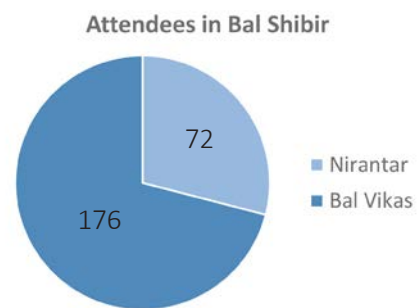
Prajna Prabodhan Varg

Prajna Prabodhan Varg conducted sessions for std 6th, 7th, and 8th on Empathy, Compassion, and Prosocial Behaviour. As a part of this module, students visited Jnana Prabodhini's Prajna Vikas Karyakram, Janata Vasahat. One student of Prajna Vikas Karyakram was paired with one of Prabodhan Varg's students. Students were encouraged to talk to their pairs about their routine life, family, school, traveling, and experience of lockdown. This community field visit offered an opportunity to motivate and connect students to appreciate and understand classroom concepts and also provided students exposure to real-life situations that are different from their routine lives.



Nirantar Balvikas Upkram: An experience shared

Comprehensive Child Development Program is designed for children in the age group of 7 to 10 years. This allows children from different economic backgrounds and geographical locations to participate in the program. Under this initiative, sessions were planned on the theme 'Gratitude' and it we decided to invite 12 soldiers. The students conducted interview of each of the officers in groups. Students prepared the interview protocol about the work structure of the soldiers, their importance and why should we express our gratitude towards the them with the help of facilitators. This session was really memorable for every one of us. The soldiers posted a message to the facilitators which read, "The citizens take us, the soldiers, for granted and no one really take that effort and time to expresses gratitude, but today through this session we got such beautiful and heart touching gratitude letters. All this was absolutely mesmirsing.





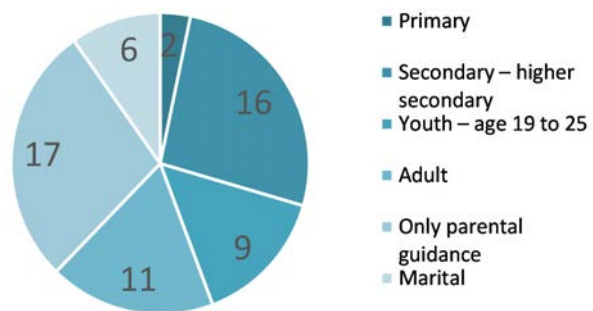
GUIDANCE and COUNSELING

G & C offers individual and group counseling to people with mental health/ adjustment/ scholastic / habit formation issues through personal sessions as well as group workshops

Individual Counseling cases -

Average sessions conducted per case are minimum 2 to 5 of one hour each.

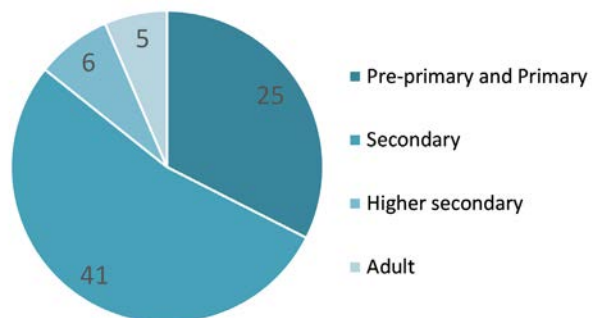
Total number of cases - 71



Individual Testing and Guidance

Each student needs 4 to 5 sessions as follows -

- 1 case history session,
- 2 to 3 sessions for testing,
- 1 session for report discussion.



Variety of Problems Addressed:

Students

Most of the cases have the spectrum of Mobile obsession.

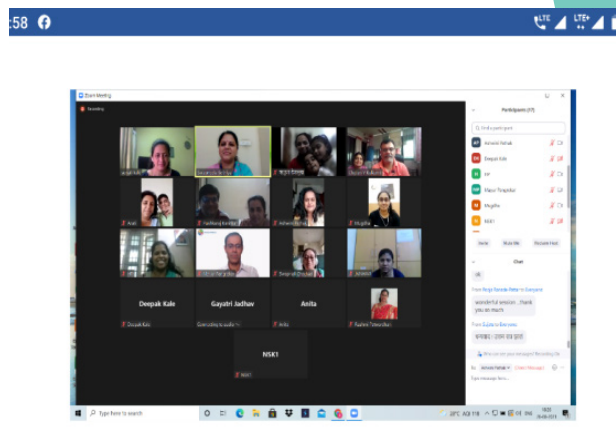
Major problems are...

- Online studies ,
- Lack of self-motivation,
- Problems with socialization,
- Fear of corona,
- Adjustment issues with family members,
- Lack of appropriate study habits.

Adults

- Family planning,
- Problems in career,
- Low self-esteem and weight loss,
- Problems in family relationship,
- Childhood abuse and low self-esteem in adulthood.
- Relationship management issues,
- Ack of self-image,
- Post traumatic depression

- A special two step workshop for handling mobile addiction in children was arranged for parents.
Step1 - online session for parents
Step2 - face to face activity based workshop for children
- An in depth test administration training for using '**Indian child Intelligence Test**' was conducted for counselors, researchers along with certification.



Story of Ansh: The Corona challenge

Ansh, a 9th std kid, from a rich family in rural Pune, pampered by all except the mother. He scored well till 8th, average category student. During corona, the school was irregular and Ansh started moving out with uncle for business, getting into bad company and habits. This adolescent kid started dreaming of earning thousands and spending a luxurious life. He has stolen a big cash from home, to buy a bike and had taken 50 K from grandma to start a hotel. This was really worrisome. When we met earlier he was hesitant but slowly after knowing that I was a neutral listener, unfolded his feelings. I could help him realize the gap between his self image ('I am grown up') to the real image ('I am still growing'). he started re- thinking about his cluttered thoughts and emotions. This helped him to take a pause and go back to his original, more age appropriate behavior. He displayed trust in the counseling process which was more important for me..



ACADEMICS

JPIP conducts two SPPU recognised post graduate courses namely in School Psychology Educating the Gifted along with an autonomous in depth program in child and adolescent psychology

Post Graduate diploma in School Psychology students reached 3000 + people in pandemic period, getting motivated from discussions in the classroom

Their work included

- Setting up systems of relief work, and helping police personnel
- Spreading awareness about precautions to be taken,
- Counselling covid patients and their relatives,
- Collecting and distributing materialistic help

Post graduate Diploma in Education of Gifted alumni team prepared and submitted recommendations to the Central Ministry of Education on Nurturing Giftedness in Children: Guiding Framework

Online teaching-learning experiences

- Online psychological testing and psychological guidance exposure
- Conscious efforts to maintain motivation and positivity in online class
- Class discussions prepared students to cope up with real life challenges effectively
- Intermittent offline activity workshops to get connected and to retain motivation
- A student participating in a workshop in PPE kit
- A student attending lectures from hospitals
- Cohesiveness and cooperation in the class in spite of online medium
- More than 60% students became COVID +ve during courses

Testimonials of students

About the course

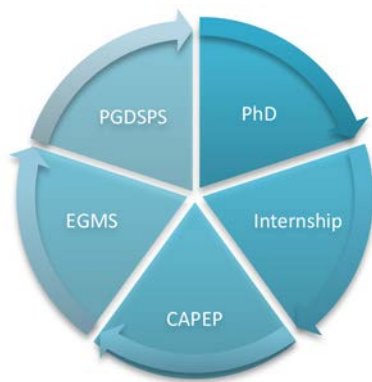
- Application based and insightful course
- Vast syllabus covered very smoothly
- Course taught lot of practical skills
- Learnings immediately applicable in daily life
- Exam and library facilities were smoothly run during online mode as well

About faculty, and office staff

- Experienced with lot of knowledge about and outside the subject matter
- Always ready to answer queries and give the feedbacks
- Smooth interaction was possible with teachers
- Always encouraging and guiding faculty

Impact of courses on students' life

- My entire personality changed
- Course helped me to rediscover myself
- New perspective towards life
- Learnings here are helpful for emotional balance

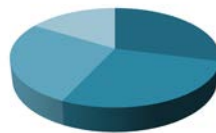


Background of Students



Places - Pune, Ratnagiri, Kolhapur, Mumbai, Satara, Nasik, Jalgaon, Solapur, Jalna, Ranchi

Age-wise distribution of students



■ 20-30 yrs ■ 30-40 yrs ■ 40-50 yrs ■ 50+ yrs

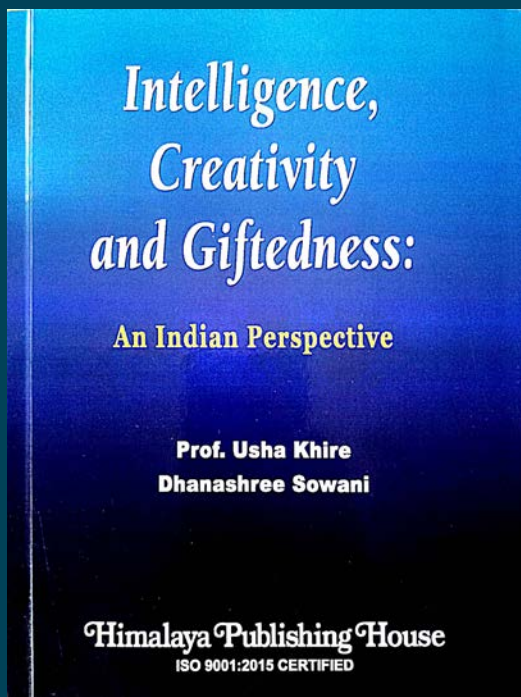
Online teaching-learning Benefits

- Reach outside Pune/ Maharashtra- Students outside of Pune= 20%
- Saved papers, storage space
- Some light in the dark side of pandemic
- New learnings and understandings- technical sides, online appropriate evaluations/ material/ strategies, various psychological processes like teaching-learning, role of perceptual integrity in learning, fatigue due to divided attention, etc.





PUBLICATION



'Intelligence, Creativity and Giftedness: An Indian perspective'

By Prof Usha Khire, Dhanashree Sowani

This book is a reference book published by Himalaya Publishing House, Mumbai, for all those who work in any discipline concerned with human development, especially to teachers, teacher-trainers, professors, educationists, psychologists. A broad and holistic conceptualization of concepts of intelligence, creativity and giftedness is provided in this book. Expanse of the content of this book is vast, right from ancient Indian thinking and practices from Vedic literature to a recent western thinking. It also gives current Indian scenario related to gifted education and also glimpses of trends in other countries. A new theory of giftedness proposed by Prof. Usha Khire is described in detail in this book. A complete case study of 'Jnana Prabodhini', as an institute undertaking the challenge of identifying and nurturing giftedness is provided.

We appreciate your support: Donations are welcome

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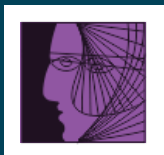
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