



Institute for  
Psychological  
Health

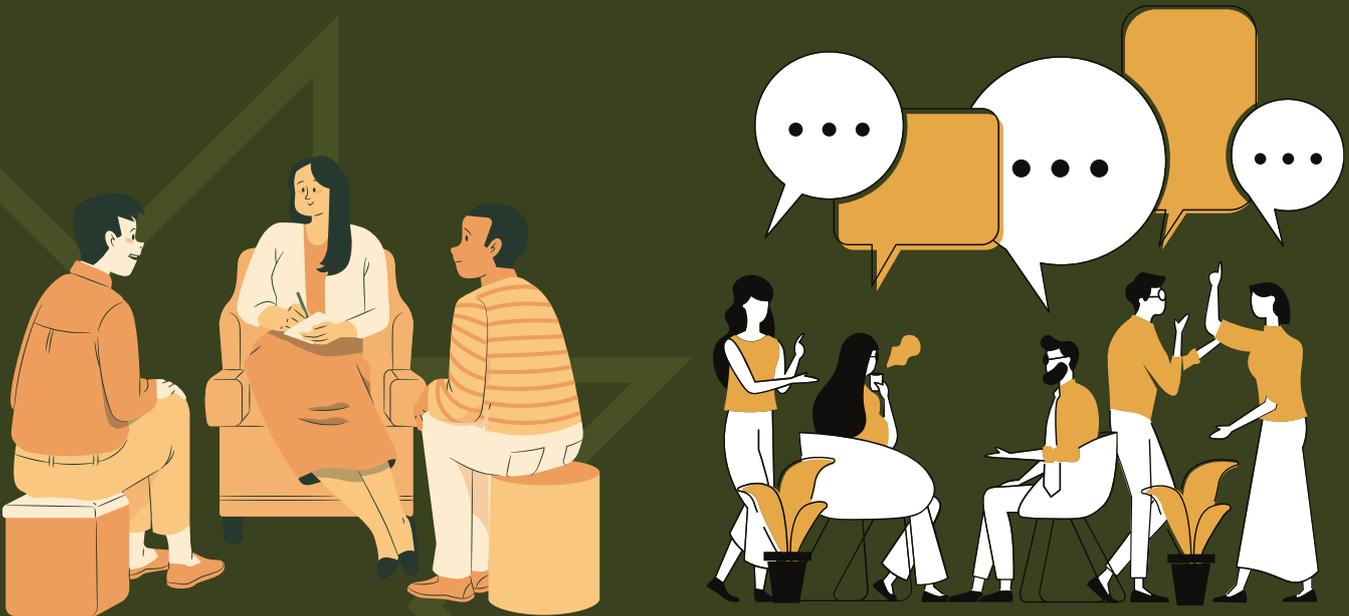
Mental health for all !

# MANAS

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## *Trainings at Institute for Psychological Health*





# Editorial

Professional trainings and community workshops about mental health are very important in today's world. Mental health affects how people think, feel, and act every day. When people learn about mental health, they can better understand themselves and others. This knowledge helps reduce confusion and fear around mental health problems.

Professional trainings help teachers, healthcare workers, managers, and community leaders gain the right skills. Through training, they learn how to notice early signs of stress, anxiety, or emotional struggles. They also learn how to respond in a calm and supportive way. This makes schools, workplaces, and public spaces safer and more caring. Community workshops are helpful because they are open to everyone. They give people a chance to learn in a friendly and relaxed setting. In these workshops, people can learn how to manage stress, handle emotions, and build healthy habits. They also learn that it is okay to talk about feelings and ask for help.

These programs also help reduce stigma around mental health. When people talk openly and learn together, mental health becomes a normal topic, not something to hide. This makes it easier for people to support each other and show kindness. Understanding mental health helps build stronger connections in families and communities.

In this issue of Manas we focus on different trainings conducted at Iph. Right from corporate trainings, community workshop of manovikas are part of this issue. Programs which are aimed for varied population. Aaklan, the training centre of IPH, is focused on by discussing different domains that it addresses. Pradnya parisar prakalpa is a training aimed for educational institutions and Basics of REBT is for general population to address emotional management in day to day life.

Take a glimpse of training domains of IPH. Be part of our community workshop. And share feedback with us, about this issue of MANAS.



Mrunmayee Agnihotri  
Ketaki Joshi  
Team Emanas

# Manovikas training- एक अनुभव

२०१० मध्ये मी मनोविकास कार्यकर्ता म्हणून मनोविकास गटाचा भाग झाले. मनोविकास हा समाजामध्ये मिसळून मानसिक आरोग्य जाणीव जागृती करण्याचा iph चा कार्यक्रम. मोठ्या समुदायांसमोर बोलण्याची भीती नसल्यामुळे आणि असं बोलण्याची आवड असल्यामुळे हे मला अर्थातच आवडायला लागलं. मनोविकास हा एक बांधलेला कार्यक्रम असला तरीही त्यात बदल घडवण्याची मुभा आहे. रोजच्या आयुष्यातल्या घटना लोकांपुढे सादर करून त्याद्वारे मानसिक आरोग्याची माहिती लोकांपर्यंत पोचवणे हा याचा उद्देश. त्यामुळेच समोर बसलेला audience कोण आहे हे बघून त्यांच्याशी निगडित असलेल्या प्रसंगांद्वारे आपण हा कार्यक्रम सादर करत असतो. विद्यार्थी असतील तर वेगळे प्रसंग निवडायचे, जेष्ठ नागरिक असल्यास वेगळे प्रसंग, फक्त महिला असल्या तर वेगळे, अशी लवचिकता या script मध्येच आहे. त्यामुळेच बदलाची तयारी हा संस्कारच नकळतपणे सगळ्या संवादकांवर होतो. मानसिक आरोग्य जाणीव जागृतीच्या पुढे जाऊन आनंदी नातेसंबंध कसे ठेवता येतील याचे प्रसंग आणि tips हेही आता मनोविकास कार्यक्रमाचा भाग बनला आहे. मनोविकासच्या माध्यमातून आपण रोजच्या आयुष्यात काय छोटे छोटे बदल केले तर आपलं आयुष्य आनंदी होऊ शकेल हे सांगण्याचा प्रयत्न करतो. आपलं मन म्हणजे काय? ते कसं काम करतं? सकारात्मक किंवा नकारात्मक दृष्टिकोन म्हणजे नेमकं काय? तो कसा अंगी बाणवायचा हे सगळं या कार्यक्रमाचा भाग आहेत. हा कार्यक्रम जनजागृतीचा असल्यामुळे यात तांत्रिक शब्द (Jargons) नसतात. त्यामुळेच हा विषय स्वयंसेवकांमार्फत वेगवेगळ्या स्तरातील लोकांपर्यंत नेणं सहज शक्य होत आणि सर्वांना समजण्यासाठीही सोपा होतो. मनोविकासच्या इतक्या वर्षांच्या अनुभवानंतर IPH च्या हे लक्षात आलं की या कामाची गरज खूप मोठी आहे आणि फक्त iph हे मोठं काम नाही करू शकणार. जेवढे हात या कामाशी जोडले जातील तेवढा हा विषय जास्तीत जास्त लोकांपर्यंत पोचवता येईल. समाजात जाऊन प्रत्यक्ष काम करणाऱ्या गटांनाही या कामाचं महत्व लक्षात येत होतं आणि त्यांनीही वारंवार ही गरज आमच्यापर्यंत पोचवली होती. यातूनच IPH ने हे मनोविकासचं training वेगवेगळ्या सामाजिक संस्थांच्या स्वयंसेवकांना द्यायला सुरवात केली. माझ्यासाठी हा एक वेगळा अनुभव होता. Community मध्ये जाऊन १ तासाचा मनोविकासचा कार्यक्रम करणे आणि २ दिवसांचं training घेणं यात फरक होता. याचा विचार करताना महत्वाची बाब लक्षात आली की या कार्यक्रमात काय करायचं हे तर आपल्याला सांगायचं आहेच पण काय करायचं नाही हे सांगणंही तितकंच आवश्यक आहे. त्यामुळे या training मध्ये आम्ही यावर सुद्धा भर दिला.

शरीर आणि मनाचा संबंध सांगणं ही प्रथम गरज. पूर्वापार शरीर आणि मनाला आपण वेगवेगळं मानत आलोय. पण मनातलं प्रत्येक आंदोलन आपल्या शरीरावर उमटत असतं हे वेगवेगळ्या उदाहरणातून लोकांपर्यंत पोचवलं की त्यांनाही हे जाणवत की अरे खरंच हे जे काही सांगतायत ते सगळं आपणही अनुभवत असतोच की. मग लोकं आपल्याशी जोडले जातात आणि पुढचा विषय आपल्यासाठी सोपा होतो. मनाच्या कार्याचा विचार मांडताना वेगवेगळ्या activities द्वारे हा विषय कार्यकर्त्या स्वयंसेवकांना अगदी व्यवस्थित कळणं महत्वाचं आहे त्याशिवाय आपला मुद्दा लोकांपर्यंत पोचवणं सहज शक्य नाही होऊ शकत. मानसिक आरोग्य या विषयाचा stigma अगदी शिक्षित लोकांमध्येही असतो. त्यामुळे खूप हळुवारपणे याचं महत्व पोचवायला लागतं. प्रसंगी आपण मानसिक आरोग्य तज्ज्ञांची मदत घ्यायला हवी हे देखील लोकांना पटेल या भाषेत सांगायला लागत.

मनोविकास या कार्यक्रमाची तयारी करताना अनेकदा संवादकांना खूप specific, unique असे प्रसंग घ्यावेसे वाटतात. पण अशा कार्यक्रमात आपण असे प्रसंग घेतले तर audience मधील अनेक लोक त्याला relate करू शकत नाहीत आणि मग आपल्या बोलण्यातला त्यांचा interest संपू शकतो. म्हणून जास्तीत जास्त लोकांशी निगडित असलेले प्रसंग घेतले तर त्यांनाही वाटतं की अगदी असंच नाही पण यासारखं माझ्याही बाबतीत घडतं आणि याच्याशी कसं deal करायचं हे मला समजून घेतलं पाहिजे. तसंच भावनांच्या बाबतीतही.

# Manovikas training- एक अनुभव

राग, लोभ, निराशा, भीती या आपण माणूस असण्याचं लक्षण आहे आणि या भावना जगण्याच्या संघर्षातून माणसांमध्ये आलेल्या आहेत, हे उदाहरणांमधून लोकांना पटलं की मग या नकारात्मक विचार, भावना येऊच नयेत हा विचार मागे पडतो. सकारात्मक दृष्टिकोन ठेवणे म्हणजे फक्त आनंदी राहणे असं नसून दुःख, राग, नैराश्य या भावनांचा सामना करत त्यातून बाहेर पडताना कसा विचार करायला हवा हे पटायला लागतं. आणि या भावनांना मी कशाप्रकारे सामोरे जाणार यावर माझं मानसिक आरोग्य अवलंबून असणार हा विचार सुरु होतो. पण हे सगळं जेव्हा संवादकांना मनापासून पटतं तेव्हाच ते लोकांशी बोलताना त्यांच्याशी जोडले जातात. म्हणून training मध्ये संवादकांच्या प्रत्येक शंकेला योग्य उत्तर मिळणं आवश्यक असतं. मनोविकासशी जोडलं गेल्यावर आपलंही आयुष्य आनंददायी होतं हे मनापासून पटलं की training ही आनंददायी होतं.



वैदेही भिडे  
मानसिक आरोग्य कार्यकर्ता

# Aakalan - The IPH Learning Centre's Educational Wing for Knowledge and Excellence

Project Aakalan , the IPH Learning Centre's Educational Wing for Knowledge and Excellence was launched in October 2007 during the World Mental Health week. Since its launch, Aakalan has evolved into a nodal center in providing educational and skill training inputs with emphasis on understanding and management in mental health care. Over the years, Aakalan has imparted training to a whole gamut of health professionals; from mental health professionals comprising of psychiatrists, psychologists and social workers, non mental health professionals like general practitioners and doctors in other medical specialty domains to interested individuals working in and contributing to mental health care.

The in-roads that Aakalan makes towards imparting this knowledge are mainly through these initiatives constituting of Skill Training workshops, Staff Development Lectures, Educational Field visits and Internship Programs. In heading all these initiatives, my personal journey, right from designing the programs to their implementation and ensuring them to fruition, has been a process, dynamic in nature, evolving over time and continues to be a very satisfying learning experience.

If walls could speak, the research room on the 10<sup>th</sup> floor of IPH, Thane would be able to tell the story of Aakalan's growth graph; being a witness and privy to the exciting atmosphere of camaraderie, brimming with information exchange, sharing of views and churning out of innovative ideas, many of which have culminated into various skill training workshops.

Aakalan, being committed to it's role as a learning source, continued functioning during the lockdown period. In fact, the lockdown was declared during an Aakalan ongoing workshop and the one-day remaining learning was subsequently completed through the online portal.

The lockdown phase was a period which forced everyone to think of innovative learning strategies and Aakalan too, rose up to the occasion. I learnt two takeaways from this new training modalities with aaklan. The first insight was that online teaching and training were possible and could be effective and the second was the extent of the student outreach. There were students who logged in from different states in India and also from USA, Australia, UAE and Europe. After the Covid pandemic, Aakalan has continued this practice of conducting workshops using all these 3 modalities – the online format, hybrid format ( a combination of both online and offline teaching) and in-person, offline skill practice.

# Aakalan - The IPH Learning Centre's Educational Wing for Knowledge and Excellence

Many of the current training workshops of Aakalan were envisaged way over 15 years back and have evolved over time. One example is the workshop on **Counselling Skills for Helping Professions**. This venture started in 2008, initially as 100 training hours of input spread over triweekly 3 hour sessions for 3 months. Over time, due to various challenges, the number of training hours reduced to 60 hrs over 2 months followed by 36 hours over 2 weeks. The online version, started during the lockdown period in 2020 continued up to 2024 was of 30 training hours over 10 days. The current learning format is one of an in-person training of 30 hours, lasting over 5 full days of 6 hours each day. The workshop totally focusses on participant skill development.

Deliberations and discussions are encouraged and this process is followed by participant skill practice.

Trainings for foreign students were imparted through the **SWINDIA** project. SWINDIA comprised of a collaborative Indo-Sweden exchange program for Graduate students of Social Work from Sweden, as part of their externship in India. IPH has been associated with the SWINDIA project from 1995, and once Aakalan came into being, this student training became more varied and structured. In January 2020, IPH was awarded a memento and a Certificate of Appreciation for the completion of a 25 year IPH – SWINDIA partnership.

**The Aakalan Internship programs** are conducted through Observation learning. There are internships for students of Psychiatry, Post graduate students and Undergraduate students of Psychology. The student pay for this internship exposure. The Psychiatry and PG Psychology interns get customized schedules and individually observe the OPD sessions of the IPH MHPs. The PG interns are either those who are qualified and choose to skill- train post their qualification or are students who need to do an internship as part of their curriculum requirement. The UG internships are conducted in groups and get exposed to mental health care through a structured schedule designed using lectures, role plays, skill practice.

**Educational Field visits** are conducted for the PG, UG students of Psychology and Nursing students. These students come from various colleges and from different places in India. The field visits are a one day affair and the main thrust is to give the students an opportunity to learn about IPH's Mental Health Clinical Practice and observe the activities which are part of the Community Mental health and Rehabilitation activities.

# Aakalan - The IPH Learning Centre's Educational Wing for Knowledge and Excellence

There is no ceiling age for learning is demonstrated through the **Staff Developmental lectures** which are held in-house. This updating of knowledge takes place through the sharing of new learnings acquired by the MHPs eg a new therapy or interesting new research. Clinical case discussions also play a prominent role in this venture, ensuring effective learning. One major takeaway from clinical case discussions which are mentored by senior professionals is that there is an assurance of quality control in the work meted out.

To sum it up, heading **Aakalan, IPH Learning Centre's Educational wing** for Knowledge and Excellence continues to be a delightful experience for me, making it worthwhile, especially when that journey is shared with an enthusiastic and ready- to- learn-together group of colleagues!! Wishing Aakalan a continuous and delightful joy ride!!



Dr Geeta Joshi  
Sr. Psychologist &  
Cordinator, Aaklan

# 'Elegance': Towards an Empowered Workspace

In the world of corporate training, it is easy to find programs that focus on productivity, targets, and skill enhancement. However, very few initiatives pause to understand the human being behind the employee. This is where Elegance IPH stands distinctly apart.

As a coordinator with Elegance, my experience has been deeply enriching, not just professionally, but personally. Elegance is an initiative of the Institute for Psychological Health (IPH), an organization that has been working in the mental health space since 1990 with a strong foundation in care, prevention, and development. This legacy is clearly reflected in every Elegance program. The focus is not merely on performance, but on people, their attitudes, behaviors, emotional patterns, and inner capacities.

What makes Elegance fundamentally different from regular corporate training is its psychology-driven approach. Instead of offering generic motivational sessions or one-size-fits-all workshops, Elegance begins by asking deeper questions: Why do people behave the way they do at work? What internal patterns influence stress, conflict, leadership, or disengagement? By applying psychological knowledge to real workplace challenges, Elegance helps organizations gain insights that are often invisible but extremely impactful. Another key differentiator is the strong emphasis on assessment before intervention. Through psychometric assessments, Elegance identifies the right talent for the right role, understands individual strengths and growth areas, and provides meaningful feedback. This ensures that training and development efforts are relevant, personalized, and effective rather than superficial or forced. From my experience coordinating programs, I have seen how thoughtfully designed these interventions are. Elegance does not believe in “fixing” people. Instead, it works on nurturing existing potential. Training sessions are highly interactive and experiential, involving role plays, group discussions, reflective exercises, and audio-visual tools. Participants are encouraged to reflect, engage, and apply insights rather than passively consume information. This creates a lasting impact far beyond the training room.

What also stands out is Elegance’s ability to balance organizational goals with individual well-being. While businesses seek efficiency, leadership readiness, and retention, Elegance ensures that emotional intelligence, coping mechanisms, communication styles, and mental health are not overlooked. This holistic lens helps organizations build not just better employees, but healthier teams and sustainable work cultures.

# 'Elegance': Towards an Empowered Workspace

Working closely with the Elegance team has also shown me the depth of expertise behind every program. The trainers and consultants come from diverse mental health and management backgrounds, bringing decades of experience in assessment, psychotherapy, training, and corporate consulting. This blend of clinical insight and corporate understanding is rare, and it shows in the quality of delivery.

In essence, Elegance IPH offers clarity, insight, and meaningful change. It helps organizations look beyond surface-level problems and address the real human factors that drive performance. As a coordinator, being part of this journey, bridging organizations and psychological wisdom has been a truly fulfilling experience.

Elegance is not just about developing professionals; it is about developing people. And that, in today's demanding corporate world, makes all the difference.



Aisha Khan  
Coordinator, Elegance  
IPH

# Pradnya Parisar Prakalpa: Empowering Educational Spaces

The state has a very important role to play in a country as diverse as India. Even so, a sustained change is better achieved if it is initiated by the society. Better still, if the state and the community hold hands in moving towards a shared objective. These lines capture the spirit of Pradnya Parisar Prakalpa (PPP)—A project developed and executed by the Maharashtra State Faculty Development Academy (MSFDA) in association with the Institute for Psychological Health (IPH), an NGO working in the field of community mental health for over three decades.

As willing and unwilling partakers of the higher education system, we are privy to its seen and unseen components. Entrances, arduous admission procedures, a series of lectures and projects, the annual programmes, administrative procedures and management decisions make up the seen components. They are concrete or tangible aspects of the higher education system.

The New Education Policy crafted by the center is beautifully conceptualized to hone the ‘seen’ components of the education system of the nation.

Below this ocean of the seen, lies an unseen bed. Life at college is rich in thoughts, emotions and behavioural patterns. It would not be an exaggeration to say that there are as many worlds in a college as people. That brings us to a fundamental human component—emotional experience. Each wave of happenstance in our college creates a subsequent wave of emotions in its stakeholders—entrances may be accompanied by zeal, admission process most probably by irritation, college programmes and a mundane college day by excitement, and so on. After a point, these emotional experiences may be interwoven in spaces such as the canteen, classrooms, parking spaces, amphitheatres, laboratories, etc. It is these emotional experiences that make a college space one’s ‘own’. It creates belongingness, etching memories of people and places in our minds forever.

The Pradnya Parisar Prakalpa is an initiative to rejuvenate the emotional ‘unseen’ in a higher education institution. The aim is to develop a solid ‘architecture’ of emotionally friendly campuses. Campuses that acknowledge, validate, and help in managing the fundamental human experience and expression of emotions in all its stakeholders.

Such a unique and stellar idea requires diligent execution. To execute a project as wide in reach and as deep in conception as the Pradnya Parisar Prakalpa, a systematic process was adopted. This was a three year programme in which more than thirty nine colleges and universities participated. From each university came representatives of various stakeholders in any institution: management members, professors, students and non teaching staff. In the first year of training, the universities were divided into three groups and a training module was delivered for these three groups. The focus was to orient the members towards PPP, basic concepts of mental health such as ‘what is mind’, ‘what are emotions’, ‘emotional management’, ‘evolution of emotions’, ‘event management’ and it all finally culminated into the universities developing their own blueprint of how they would carry on the movement that PPP is in their respective institutions. Ideas included film clubs, book clubs, volunteers patrolling campus during admissions, appreciation trays; talent clubs instead of competitions; ‘pet plants’ that would be nurtured by every subsequent batch of students; counselling centers named ‘psy fun’ that would be situated in the vicinity of the gymkhana, drawing parallels between physical and mental health; and many more.

# Pradnya Parisar Prakalpa: Empowering Educational Spaces

Or the idea of 'pet plants', where each new batch of students would inherit pet plants from the previous batch as a legacy to care for. There were tens of more ideas that focused on making the educational institutions more personal, resonant and emotionally safe for each stakeholder.

In the second year, a few new institutions joined us, and a new set of modules was delivered to the participants. This training focused on teaching designing principles. The understood motto of PPP is delivering an experience, because experiences that churn out strong emotions are most influential. Through short films, and a study of IPHs celebrated projects such as VEDH, Kaanamaatra Kaanmantra Counselling che, etc., the participants learnt how to use principles of design thinking for designing experiences under PPP.

Year three training covered change management, lifestyle changes and how to manage them and also focused on another stakeholder in the institutions: parents and the concerns that they have.

The project is currently at the stage where its impact is being analysed. We owe it to future generations of catalysts and institution- builders to study and document this significant project. If one studies these ideas, they are much like groundwater—unseen again, but directly impacting the seen surface water levels. When implemented over a period of time, it is hypothesized that these activities would have a positive impact on the institution's environment, making each experience rich in wisdom and emotion for all stakeholders.

In order to build this legacy of emotion friendly campuses over-time, the first trained 'catalysts' would share their understanding of Pradnya Parisar Prakalpa and the blueprint with a group of secondary catalysts. 'Catalysts', yes! An unseen agent who accelerates the process of building emotion friendly campuses.

Through this three year long programme, IPH would hand hold each HEI and university; a Pradnya Parisar Prakalps, a community driven initiative set in higher education institutions exemplifies the true essence of 'of the people, for the people and by the people'.



Me. Ketaki Joshi  
Counselling Psychologist  
IPH, Thane

# ABCD of REBT : वर्कशॉप आणि दृष्टिकोन

## सुद्धा

मानसिक स्वास्थ्य म्हणलं की सगळ्यांनाच खरतर औषधं आणि थेरपी या दोनच गोष्टी डोळ्यांसमोर येतात. पण ते तेवढ्यावरच limited नाही आहे. आपलं मानसिक स्वास्थ्य उत्तम ठेवण्यासाठी आपल्याला तशी संरचना उभी करावी लागते. त्यात कधी काही activities असू शकतात, कधी त्यात काही पुस्तक असतात, काही माणसं असतात तर कधी workshops असतात, जे माझ्या मानसिक स्वास्थ्याच्या प्रवासात मला मदत करतात. आपण असं म्हणू शकतो कि औषध आणि थेरपी हे दोन महत्वाचे आधारस्तंभ आहे आणि बाकीच्या गोष्टी हे छोटे आधारस्तंभ आहेत. यापैकीच एक भाग म्हणजे आमचं ABCD of REBT चं workshop .

अंदाजे १० वर्षांपूर्वी पहिल्यांदा माझी REBT (Rational Emotive Behavior Therapy ) अर्थात विवेकनिष्ठ मानसोपचारपद्धतीशी ओळख झाली ती २ दिवसांच्या Basics of REBT या workshop मधूनच. त्यावेळी डॉ. सुखद अभिराम हे workshop घेत असत. मानसशास्त्राची विद्यार्थिनी म्हणून कुतूहल होतंच पण आपल्या भावना आणि विचारांकडे बघण्यासाठी फक्त उपचारपद्धती म्हणून याच्याकडे न बघता , आयुष्याकडे बघण्याचा हा approach असू शकतो हे पहिल्यांदाच कळलं. जसजसे शिक्षण पुढे गेलं , तसं REBT या विषयांत फॉर्मल training घेतलं . काही वर्षांपूर्वी, हे workshop घेयायची संधी मला पहिल्यांदा मिळाली.

REBT अर्थातच विवेकनिष्ठ विचारपद्धती ही या दोन दिवसांच्या शिबिराचा मूळ गाभा आहे. IPH मधील बऱ्यापैकी मानसोपचारतज्ज्ञ आणि समुपदेशक या पद्धतीबद्दल अभ्यास करतात किंवा त्याची practice करतात. आपले विचार , भावना , आणि वर्तन यांची एकमेकांशी कशी सांगड घातली जाते, त्याचा आपल्या मानसिक आणि भावनिक आरोग्यावर काय परिणाम होतो हे समजून घेणं या workshop महत्वाचं उद्दिष्ट. community workshop असल्यामुळे दुसऱ्यांना कसं सुधारवायचं हा फोकस दिलाच जात नाही. प्रत्येक व्यक्ती workshop ला येते ती स्वतःसाठी, स्वतःमध्ये बदल करण्यासाठी. आपल्याला होणाऱ्या भावनिक त्रासाची जबाबदारी कुठपर्यंत आणि कशी घेयायची, त्यात बदल घडवायचा म्हणजे नक्की काय करावयचं हे सगळे चर्चेचे विषय असतात. सगळे participants अगदी विश्वासाने आणि उत्साहाने त्यांचे अनुभव, त्यांचा अडचणी सांगतात.

विवेकनिष्ठ विचारपद्धतीने आपल्याला त्या अडचणींकडे कसं बघता येईल याच्यावर चर्चा होते आणि स्वतःमधील बदलांवर काम करण्याचे प्रयत्न घेयायला participants तयार होतात. मुळात, नुसतं lecture घेण्यापेक्षा जेव्हा workshop मध्ये ऍक्टिव्हिटीएस, गाणी, role plays येतात, तेव्हा चर्चा होणारे विषय आणि विवेकाची संकल्पना अजून relatable आणि जवळची वाटते. workshop ला हमखास, विविध वयोगटाच्या लोक येतात. कुणी साठी पार केलेलं असतं , तर कुणी मानसशास्त्राबद्दल कुतूहल असलेला विद्यार्थी असतो. कधी एखादी कॉर्पोरेट मधली उच्च पदावरची व्यक्ती असते, तर कधी समुपदेशकांची सांगितलंय म्हणून आलेली व्यक्ती असते. प्रत्येक व्यक्ती आयुष्याच्या वेगळ्या टप्प्यावर उभी असते, पण आम्ही नेहमी बघतो कि, भावनेच्या आणि विवेकाच्या पातळीवर सगळे एक होतात. २ दिवस विचार, भावना, विवेक, अविवेक, भावनांचे नियमन अशा अनेक संकल्पनांवर चर्चा होत असताना, एखादा participant निघताना हमखास म्हणतो की, विवेकाच्या शाळेत आज आमची बालवाडीत admission झाली असंच वाटतंय अगदी !

# ABCD of REBT : वर्कशॉप आणि दृष्टिकोन

## सुद्धा

माणूस म्हणून आणि समुपदेशक म्हणून सुद्धा, या workshop मधून येणार माझा अनुभव नेहमी नावीन्यानी भरलेला असतो. कधी, स्वतःच्या शिकलेल्या संकल्पना पुढा तपासून बघायची संधी मिळते तर कधी स्वतःच्या अडचणी आणि भावनांवर पुन्हा प्रकाश पडतो. विविध लोकांशी या २ दिवसात संपर्क येतो, आणि स्वतःमध्ये बदल घडवण्याच्या माणसाच्या जिद्दीचं दरवेळी कौतुक नव्याने वाटत राहतं.



मृण्मयी अग्निहोत्री  
counselling psychologist  
IPH

# Photo Gallery

**स्वभावाला औषध आहे  
program in Alibaug**

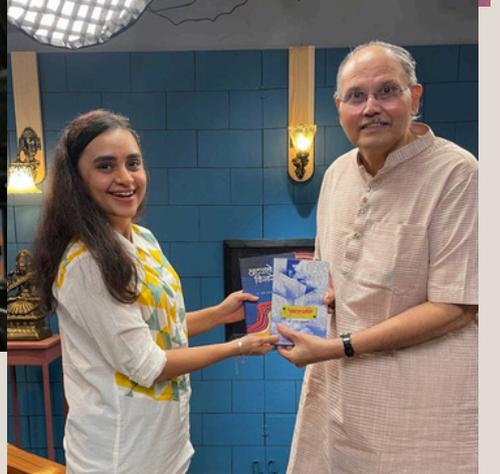
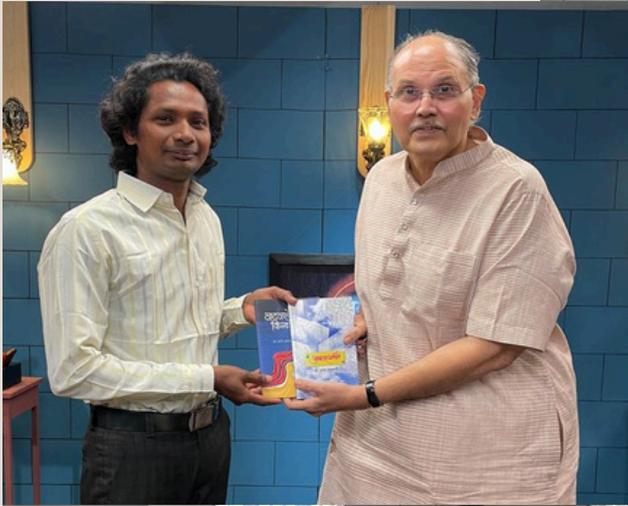


**Cool Club  
Annual Trip**

**Mantarang Film  
Festival in  
Nashik**



# Photo Gallery



**VEDH shooting  
in AVAHAN  
studio**



# Photo Gallery



**Mission Excellence mentees at different sport events**



**Dr. Shubha Thatte's book inauguration**

**Shikshak mitra program in Thane**



# Photo Gallery



**IPH Pune team at  
Kisan Exhibition  
discussing  
importance of  
Mental Health**



**At Mukangan with  
team.**



# Upcoming Workshops

## IPH Thane

IPH Thane presents

### BASICS OF REBT

A Path Towards Rational Living

Heard a lot about rational living and want to learn new techniques?

Want to apply REBT in day to day life?

We, at IPH are organizing a 2-days fun filled workshop for you to apply this theory and enjoy your life to the fullest!

Register Now

987 011 5693

www.HealthyMind.org



28 Feb - 1 Mar 2026  
(Saturday-Sunday)

10 am - 5 pm

Saptasopan, Thane

Fees  
₹ 4000  
(Offline Batch)

Dr. Swaroop Bhatankar  
Ms. Mrunmayee Agnihotri



आय. पी. एच. ठाणे,

### मानसशास्त्र आणि अध्यात्म

अनेक जणांच्या 'अध्यात्म' या शब्दाच्या व्याख्या वेगवेगळ्या असतात. आपले मन अध्यात्माचे नाते उपासनाधर्माची (व्यक्तीचा धर्म) जोडते. पण खरे तर मानसशास्त्र आणि अध्यात्म या दोघांचेही नाते मानवधर्माशी - म्हणजेच माणुसकीशी - आहे. आणि या माणुसकीच्या तत्त्वाचीही शास्त्रीय मांडणी व्हायला हवी.

या पार्श्वभूमीवर मानसशास्त्र, मेंदूविज्ञान आणि अद्वैत वेदांत तत्त्वज्ञान तसेच गौतम बुद्धांच्या धेरवाद आणि महायान शाखांचे नाते उलगडून सांगणारा हा ज्ञानप्रवास आयोजित करण्यात आला आहे.



कार्यक्रमाचे मार्गदर्शक

डॉ. आनंद नाडकर्णी

संघटनसहकारी मानसिक आरोग्याचे  
नवकल्पक आणि शिक्षक

प्रशिक्षण कोणासाठी आहे:

- मनआरोग्य क्षेत्रातील व्यावसायिक तसेच मानसशास्त्राचे पदव्युत्तर विद्यार्थी
- अध्यात्मामध्ये अधिक खोलात जाण्याची इच्छा असणाऱ्या व्यक्ती
- शिक्षण, उद्योजकता अशा क्षेत्रांमधील व्यक्ती
- मानसशास्त्र आणि अध्यात्म अशा दोन्ही विषयांबद्दलचे प्रेम बाळगणारे सर्व

शुल्क:

- १५ जानेवारी २०२६ पर्यंत: ₹ २५,०००/-
- १५ फेब्रुवारी २०२६ पर्यंत: ₹ ३०,०००/-
- १६ फेब्रुवारी २०२६ नंतर: ₹ ३५,०००/-

कृपया ह्याची नोंद घ्यावी:

- सर्व दिवस विविध ध्यानपद्धतींची सर्वा आणि प्रात्यक्षिके घेतली जातील.
- सर्व सत्रांना उपस्थिती अनिवार्य आहे.

वैदेही : 913 778 3243

संध्या : 773 826 4956



३, ४, ५ एप्रिल २०२६

१, २, ३ मे २०२६

५, ६, ७ जून २०२६

स. ९.३० ते सा. ५

आय. पी. एच. ठाणे

भाषा:

मराठी, इंग्रजी

नऊ दिवस आणि साठहून अधिक तासांचा ज्ञानप्रवास!

7738264956

Aakalan - IPH Learning Centre, Thane presents

### Skill Training Workshop on Basic Counselling Skills January 2026

What will be covered

- ✓ Counselling Values
- ✓ Counsellor Attributes
- ✓ Counselling Skills:
  - Empathy
  - Attending, Listening
  - Observation
  - Probing (Empathetic Questioning)
  - Reflection, Paraphrasing
  - Problem Solving
  - Summarizing
  - Termination

Who can attend

- ✓ Psychologists (Students/Qualified/Practicing)
- ✓ Social Workers
- ✓ Psychiatrists
- ✓ Those in NGOs related to Mental Health
- ✓ All those interested in working in the area of Mental Health



19-23 Jan 2026  
(Mon to Fri)

10 am - 5 pm

Dr. Geeta Joshi & IPH Team

Fees: Rs. 12,000/- (including GST)

For registration contact:

987 060 0283

Roopa More 11am to 6 pm (Mon to Sat)

aakalan@healthymind.org

www.HealthyMind.org

IPH presents

### PRINCIPLES & PRACTICE OF REBT



Facilitators

Dr. Anand Nadkarni

Consultant Psychiatrist, Practicing therapist of REBT for the last three decades

Dr. Sukhada Abhiram

Consultant Psychiatrist, Fellow supervisor, Albert Ellis Institute in New York

Registration Fee Schedule

- upto 10 Dec 2025 ₹35,000/-  
- 11 Dec 2025 onwards ₹40,000/-

(Incl: Training material, PPTs, breakfast, lunch, and tea/coffee)

For registration contact

Vaidehi : 982 009 9787

Sandhya : 773 826 4956

Workshop details

Participants need to attend sessions for all 8 days

30, 31 Jan, 1 Feb 2026

20, 21 & 22 Feb 2026

21 & 22 March 2026

9.30 am - 5 pm

IPH, Thane

- Limited Seats: Only 30 participants
- Only fully paid registrations are valid

Workshop is open to all!

Language: English & Marathi.

www.HealthyMind.org

www.healthymind.org/ Maitra Helpline: +91-73037038737

# Upcoming Workshops



## IPH Pune

- **10th Jan 2026 : Vocational Guidance batch**
- **16th Jan 2026 : Anger Management workshop**
- **17th to 30th Jan 2026: Intensive training in RECBT**
- **31st Jan & 1Feb 2026: ABCD of REBT**
- **7th Feb : Understanding teenage sexuality**
- **1st March 2026 : Mindfull of Anxiety**

# Feedbacks for IPH workshops



What began as the first ever internship experience for most of us quickly turned into a journey that helped us build resilience, broadened our horizons and inspired us deeply.

We are truly grateful to each & every mentor who gave us their valuable time & took efforts to ensure that we understood every step of the process!

Our heartfelt thanks to Dr. Shubha Thatte, Dr. Anand Nadkarni and Dr. Geeta Joshi as well as the entire team of IPH whose passion and sense of duty & purpose continue to inspire us deeply.

From practical sessions to observations, roleplays to discussions, these days are an experience we will continue to cherish!



# IPH THANE

Launched on 23rd March 1990 with humble beginnings, IPH today is a colossal unique NGO with its premises in Thane and Pune. It operates a number of Support groups & Developmental groups along with services ranging from a full fledged Audio Visual Unit to a Telephonic helpline and its independent Learning Centre. IPH believes in an 'Umbrella approach piloting varied services & being holistic in mental health. IPH functions at all three levels namely in-house work with individuals with problems & their care givers, Community outreach programs on awareness building and Industrial Training workshops. In pursuit of its goal, IPH would like to consider itself as a laboratory of community mental health, a place where competent service, community participation and creative education go hand in hand. IPH has been conducting innovative programs and projects in the field of mental health over the last 33 years. Our Mission :  
Mental Health For All

Clinical Staff-  
75+

Volunteers-  
150+

Non clinical staff-  
50+

Maitra calls-  
18069+

Clients treated  
till date-  
94289+

Charity OPD-  
4664+

# IPH PUNE



23rd March 2018 was an eventful day in the history of IPH with the launch of its Pune Centre. Pune is now a growing educational hub with Cultural diversity & its own challenges.

Its a blend of increasing population of young students, professionals and senior citizens along with psychiatrists in clinical practice. It was essential to have a team approach and participation of volunteers too. There was felt a need for a laboratory that will promote mental health and help in alleviating symptoms of mental disorders. IPH has developed a rich network in Pune city within two year of its functioning.

Clinical Staff-  
75+

Volunteers-  
150+

Non clinical staff-  
50+

Clients treated  
till date-  
19506+

Charity OPD-  
475+

# IPH MindLab NASHIK

IPH Mindlab is a collaboration between IPH Thane and Kulkarni Nursing Home, Nashik. Since October 2020, Mindlab has been working with the community on different levels. Initially, we started with psychometric assessments, but now different programs related to mental health are being conducted. Eg: support groups, sensitisation programs, film clubs. Along with this, we have also started counseling. We have been receiving extremely warm responses from citizens for all community programs that took place throughout the last two years.

Assessments  
conducted so far:  
795+

Upcoming events  
1. Manatarang film club  
2. Monthly de-addiction support group-  
Riyaz: for patients and  
Jagruti: for caregivers

Clients treated  
so far-  
173+

## AVAHAN IPH

AVAHAN is a Audio Visual Department of an NGO - Institute for Psychological Health, Thane.

Which basically does the Audio/video documentation including In house Film making documentary making, events and programs held in or by IPH, Thane.

Subscribers:  
435100+

Views in last  
month:  
202 million +

# AVAHAN IPH



## Top Five Trending Full Videos

- **Vaishali Made** [Link](#)
- **Nagraj Manjule** [Link](#)
- **Sonam Wangchuk** [Link](#)
- **Dr. Sharada Bapat** [Link](#)
- **Vishwas Nangare Patil** [Link](#)

## Top Five Trending Shorts

- **Padma shrikant KK Muhammad** [Link](#)
- **Anand Malligavad** [Link](#)
- **Prachi Shevgaonkar** [Link](#)
- **Esha Dey** [Link](#)
- **Mandar Bharde** [Link](#)



# .....And the journey continues!



## Credits :

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