

2023-24



**Sumantra
Psychological
Counseling Center**

Annual Report

**10 Years of Impact - Empowering
Lives, Inspiring Change!**



**Mah. Public Trust Act, 1950 Regn No. (F/45073/Pune)
Soc. Regi. Act 1860 No. (Mah. 1991/2014/Pune)**

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From the Founder's Desk

Dear well-wishers of Sumantra,

As we reflect on the past year, it is with great pride and gratitude that I am writing the foreword for the annual report of Sumantra Psychological Counseling Center for the year April 2023-March 2024. This report encapsulates our collective efforts, achievements, and the impact we have made in the lives of those we serve.



Amidst the challenges and uncertainties of the past year, our commitment to give children opportunity to fulfill their potential has remained steadfast. We have persevered in our mission to develop students who can create their own image, guided by our core values of nurturing the most valuable resource “our children”.

Throughout this report, you will find compelling stories of change and transformation, illustrating how our programs and initiatives have touched the lives of community and school children. Since the year 2018 we have been partnering with local schools and exploring pathways for success. We have seen tangible evidence of the positive outcomes of our work.

None of this would have been possible without the unwavering support of our donors, partners, volunteers, and dedicated team members. Their trust and commitment have been instrumental in driving our success and expanding our reach.

Looking ahead, we are inspired and energized to build upon our achievements and confront new challenges with innovation and determination. Together, we will continue to strive towards our vision of making learning a great pleasure.

I extend my heartfelt thanks to everyone who has contributed to our journey thus far. Your support enhances our determination to create a more inclusive world for all.

Thank you for your continued trust in Sumantra Psychological Counseling Center. Together, we are making a difference.

Sincerely,



Vinaya Avinash Bhosekar
Founder member and Advisor
Sumantra Psychological Counseling Center.
Kothrud, Pune



A note from our President

Dear Friends, Supporters, and Remedial Teachers of Sumantra Center.

I am filled with immense pride and gratitude to present this annual report to you all. You will note the strides we have made together at Sumantra Psychological Counseling Center. This annual report speaks volumes of the social cause for which we are working. Over the past year, despite facing unprecedented challenges, we have continued to make a meaningful impact in the lives of the school and community children. Through our 'Akshar Maitri' program activities, we have witnessed the transformative power of our collective efforts.



None of this would be possible without the generous support of our donors, the steadfast dedication of our volunteers, and the invaluable partnerships we have cultivated. Your contributions have been instrumental in driving our initiatives forward and expanding our reach to those who need it most.

As we look ahead, we are inspired by the progress we have achieved, yet mindful of the work that still lies ahead. Together, we remain committed to pushing boundaries, fostering innovation, and advocating for positive change in our communities. I extend my deepest gratitude to each and every one of you who has played a role in our journey. Your belief in our mission fuels our determination to continue making a difference in the world.

Thank you for your unwavering support and trust in our organization. Together, we are building a brighter future.

Warm regards,

Shruti Shirish Kale

President

Sumantra Psychological Counseling Center.

Kothrud, Pune.



Our Founder Members



VINAYA BHOSEKAR

FOUNDING MEMBER & EX PRESIDENT



NIKITA DESHPANDE

SECRETARY & CHIEF CO-ORDINATOR
FOR SUMANTRA PROGRAMMES



APARNA DHARMADHIKARI

TRUSTEE & CHIEF CO-ORDINATOR
FOR AKSHARMAITRI PROGRAM



VAISHALI BADHE

FOUNDER & EX TREASURER



ANUPAMA JOSHIRAO

FOUNDER



ADV. VIBHAWARI BIDVE

FOUNDER



**PROF. RANJIT
DESHMUKH**

FOUNDER

Meet Our Current Team



NIKITA DESHPANDE

SECRETARY & CHIEF CO-ORDINATOR
FOR SUMANTRA PROGRAMMES



APARNA DHARMADHIKARI

TRUSTEE & CHIEF CO-ORDINATOR
FOR AKSHARMAITRI PROGRAM



**SAMRUDDHI
KULKARNI**

PSYCHOLOGIST



SUKANYA KULKARNI

CHILD COUNSELOR



PRADNYA WAGH

REMEDIAL TEACHER



ASAVARI GOGATE

REMEDIAL TEACHER



HARSHADA KANDHARE

REMEDIAL TEACHER



PRIYANKA KULKARNI

REMEDIAL TEACHER



PRIYANKA GAJMAL

REMEDIAL TEACHER



GAURI DEV

REMEDIAL TEACHER



SARAS DESHPANDE

ACCOUNTS & ADMIN
EXECUTIVE

Vision And Mission

Vision

A struggling child should get a fair chance to be an achiever.

Mission

To spread awareness about learning disabilities, promote inclusive teaching techniques, and provide counselling to help children grow into confident, responsible, and productive members of society.

Sumantra Programmes

AKSHAR MAITRI



Akshar Maitri is a remedial movement striving to identify the learning disabilities amongst the children in mainstream schools and local communities and taking the corrective measures to overcome the same.

When studying the reasons for school dropouts, poor classroom performance was one of the leading causes. Although the intelligence level of these children was at par with the other better performing children in the class, learning disabilities or behavioural issues played a critical role in holding these children to perform well in the class.

The professional expertise at Sumantra conducts the psycho-educational assessment which leads to determining the intervention plan required for the children. Children from the age of 6 years to 15 years are included in this program.

Currently Akashar Maitri is working with the following schools :

Name of the School	No of Children
G R Palkar	23
Abhijat Madhyamik School	29
Dnyanada Pratishthan	30
New English School Tilak Road	32
MVM School Law College Road	54
Dnyanada ABC School Paramhansnagar Kothrud	7

Akshar Maitri is also working with the underprivileged community children from Sutardara, Kothrud where we conduct remedial teaching classes & currently 25 children are attending the classes.

Cumulatively 200 children are catered under Akshar Maitri during this year.

Along with educational intervention, our counseling facilities also strengthen a child's capability to cope with their regular studies in a normal way.

We are optimistic about helping struggling learners and curtailing the school dropouts due to poor performance in the class as a result of the steps taken under Akshar Maitri.

SRUJAN ANAND

The word Srujan means 'Creative'. Creative learning leads to happy learning which brings us closer to achieving our goal of education for maximum children.



Under this project Sumantra designs relevant, creative teaching aids which are used during the intervention programs of Aksharmaitri.





This program is specifically initiated to conduct various Psychometric tests like IQ tests, Personality tests, Aptitude tests , Screening tests (to identify the learning disabilities).

Play therapy and behaviour modification therapies are conducted for the children with psychological adjustment issues.

Aptitude tests and career counselling sessions are conducted for children in 10th and 12th Grade.

SAAKAV

The word Saakav literally means a bridge. Be it marital issues or family issues, mostly the reasons are communication gap. We at Saakav try to resolve the issues by building the communication bridges in the relations.

Saakav is also for premarital and marital counselling which helps in strengthening the family bonds.

AAVISHKAR

Aavishkar means discovering as the word depicts we help children discover their hidden talents and enhance the same. In Aavishkar we mainly focus on different age group children for their personality development and life skill education.

MANN DARPAN

Mann Darpan focuses on the early detection of the mental health issues faced by the people in the community. Counselling centres are set up in the local communities for the same. Mental health awareness programs are held in the self help groups of the community.

Activities conducted in the year 2023-24

Train the Trainer Programme



Date - April 2023

“Train The Trainer” (TTT) Program was designed for Sumantra Psychological Counseling Centre (SPCC) Pune. The purpose of this training was to train the resource persons at SPCC for future training programs at or through SPCC. The training covered the topics relevant to Specific Learning Disabilities, Assessment, Identification and Interventions, which are relevant to conducting training and awareness programs. The topics covered the basics, as brief introduction. The aim was to revise and revisit concepts and equip resource persons.

This training was conducted by Ms. Priyanka Chadchan Counseling Psychologist, Interventionist, Consultant and Trainer.

In the month of April Dr.Yogita Sane ,a general physician arranged an interactive session on “How to control digital addiction especially in vacation” in her residential society in Kothrud. Our senior counseling Psychologist Samruddhi Panse interacted with the 30 parents.

Summer Camp Sutardara



Date - 2 May to 20 May 2023

A summer camp was organized at Sutaradara Center from May 2 to May 20, 2023 for the Children. Various activities were conducted considering the age group and interests of the children. During the camp, children were taught activities such as Brain Gym, painting, origami, information about freedom fighters, film screenings, dance, storytelling, yoga, pranayama, tree plantation, and creating useful items from waste. Nutritious meals were provided to the children every day during summer camp. The children were very happy and eagerly attended the camp. Different volunteers (ताई) taught the children every day. The children would arrive even before



time, and the daily attendance ranged from 17 to 20. Samruddhi Tai planned the camp, and Jyoti Tai provided excellent support and assistance. The teachers of Sumantra participated extensively to make this Summer Camp a Joyful ride for all children.





Bal Melava (बाल मेळावा)



Date - 16 June 2023

On this day, Bal melava (A children's gathering) was organized in Gosavi Wasti, Kothrud. At Sumanta Sanstha, two MSW interns (Dhruvi Kale and Kritika Jagtap from Dhule), who were with the organization for a month, visited the children's homes at 10:30 AM to bid farewell. During their visit, they recorded the children's names, mobile numbers, school names, and noted whether the school operates in the morning or afternoon.

While documenting the details, they observed that some children could not properly articulate their names or the name of their school. A few children faced difficulties in speaking, and many struggled to sit quietly in one place.

Samruddhi and Sukanya conducted a children's gathering and shared information about the Akshar Maitri class with the parents who attended. During the event, they engaged in discussions with the women parents, and two of them showed enthusiasm for participating in and receiving training for the Akshar Maitri program.

While discussing the issues faced by the children, it was observed that many could read Marathi but struggled to write it. Similarly, the children faced challenges in mathematics—they could recite multiplication tables in sequence but could not answer if asked about a specific multiplication table out of order.

Once all the children arrived, games were conducted for them. Two songs, रावणाच्या घरी जेव्हा यायचे पाहुणे and जंगल झाडीत वाघोबा लपले, were sung. One of the girls narrated a story, followed by a drawing activity where the children were given coloring materials. Later, they were given chikki as a snack before being dismissed.

Additionally, a discussion was held with Anganwadi teacher Meena More regarding future testing plans.

A total of 39 children were registered, out of which 23 were present for the children's gathering.

Free Eye Check up Camp

Date - 03 July 2023

On this day, Sumantra Center arranged a Free Eye Check up in collaboration with Agarwal Eye Hospital. The check up camp was organized at Sutar Hall at Sutardara Kothrud. Mr. Sameer Dharmadhikari coordinated this eye check up camp & provided all information related to the arrangement of the camp. The camp started at 10:15 am. MSW Interns Krutika Jagtap, Deepti Dodani and Dhruvi Kale did all possible arrangements for the camp. Dr Parveen from Agarwal Eye Hospital conducted the camp efficiently. Agarwal Hospital also provided coupons to the children who came for eye check-up. Coupons were entitled for free eye check-up for family members of the children at the Hospital.

Total 38 children got their eyes checked. Some children had some eye issues and they were referred for further eye check up for free in the hospital. All the children who visited the camp were gifted a Tulsi Plant. In end of the camp, Krutika jagtap thanked Dr Parveen & other guests for their presence and support. Eye care awareness was enhanced by this camp.



Dyslexia Awareness Month

October 2023



The month of October is recognized as 'Dyslexia Awareness Month.' On the occasion of Dyslexia Awareness Month, Sumantra Center had organized free training sessions for remedial teachers. These workshops were conducted by Nikita Deshpande and Sukanya Kulkarni. The sessions were conducted on October 10 and 12, 2023, October 16 and 18, 2023, and October 25 and 27, 2023. A total of 15 teachers received free training. Nikita Deshpande began by introducing the organization and providing information about the various projects currently being conducted within the organization.

The concept of dyslexia was explained in simple, easy-to-understand language, point by point. The discussion was further enhanced by showing clips from the movie Taare Zameen Par, which is based on the theme of dyslexia. These clips helped to clarify the concept even better. It was explained that just like we believe in the existence of the mind without seeing it, the activities of the brain—such as experiencing pain, sadness, or happiness—are controlled by neurons. These neurons form what we call the "mind," driving different actions. Every individual is unique, and so is their brain, which functions and processes information differently.





Play Therapy Workshop

On October 30 and 31, 2023, a basic workshop on 'Play Therapy' was conducted at 'Sumantra Center.' A total of 11 participants took part in the workshop, which was facilitated by psychologists Bhavana Shiralkar and Aparna Dharmadhikari. The two-day session lasted for three hours each day.

In this workshop, the concept of therapy was explained in detail, starting with an overview of various therapies used for children. Different types of therapies were introduced, along with their features and the tools used in Play Therapy. Participants were guided on how to apply various techniques, and the benefits and limitations of Play Therapy were also discussed.

The facilitators addressed the participants' queries and conducted the session interactively. They demonstrated how to conduct a therapy session practically, discussed potential challenges that may arise during sessions, and explained how children might respond.

Participants were also given a specific scenario and asked to create a dramatized representation of it. Additionally, the use of various games and toys in Play Therapy was demonstrated, providing practical insights into their application.

Various case examples were shared and discussed during the workshop. Participants also shared their own experiences, highlighting the challenges they face while working with children. Vinaya Bhosekar prepared excellent notes summarizing the session, which were shared with all the participants.



Gammat Jatra (गंमत जत्रा)



Date - 30 December 2023



On Saturday, December 30, 2023, Sumanta Psychological Counseling Center organized a "Fun Fair" (Gammat Jatra) at Rajpath Auditorium to celebrate Sumanta's Foundation Day and Christmas. The event featured a total of eight stalls, offering various engaging activities such as postal transactions, tourism experiences, vegetable selling and buying, art and drawing, as well as games and dance performances. The fair provided children with a joyful and interactive experience.



At the beginning, the children had to step on numbers 1 to 20 to enter the event. The activities were designed to educate and engage the children with practical knowledge. The children learned about postal services, including filling out forms, handling tickets, cards, and transactions, as well as banking operations. For tourism, they were given information about various modes of transportation. To help the children understand transactions, they were provided with paper currency. They were then taught how to weigh vegetables and understand the dynamics of buying and selling in a market setting. In the art gallery section, the children enjoyed activities like getting tattoos drawn on their hands and creating greeting cards, making the experience both educational and fun.

Various stalls were set up for the children to play and learn. Activities included balancing paper plates and cups one on top of another, placing thermocol balls into glasses using straws within a minute, guiding a rabbit to reach a carrot through a maze, and tossing rings onto gifts. The event was filled with excitement, and all the children actively participated in the activities at every stall, thoroughly enjoying themselves.

Sumantra Secretary Nikita Deshpande, along with Sumantra teachers Pradnya Wagh, Samruddhi Kulkarni, Sukanya Kulkarni, Sneha Wavikar, Jyoti Farande, Saras Deshpande, and Avanti Deshpande actively participated in the event.

Ms. Sandhya Panhalkar, principal of ABC School and general body member of Sumantra, Sanika and Jahagiradar Madam teachers from ABC school provided immense support to ensure the success of the Gammat Jatra.

MVM School Felicitation

Date - 12 January 2024

In Paranjape Marathi Prathamik Vidyalay annual gathering held on 12th January 2024, Mrs. Vinaya Bhosekar was felicitated for her excellent contribution in fundraising for the needy children of the school



मराठी भाषा गौरवदिन



Date - 27 February 2024

आज सुतारदरा क्लास मध्ये मराठी भाषा गौरव दिवस अनोख्या पद्धतीने साजरा केला.

समृद्धी ताईनी मुलांना भाषा म्हणजे काय, मराठी भाषा तसेच इतर भाषांची माहिती सांगितली.

सुमंत्र च्या ट्रस्टी भावना ताईनी मराठी शब्दांचा पत्त्यांचा खेळ दिला आहे .तो खेळ घेतला, त्यासाठी समृद्धी ताईने मराठी अक्षरे असलेल्या फ्लॅशकार्ड कम पत्त्यांचा उपयोग करून खेळ घेतला. यामध्ये जसे नेहमी पत्ते खेळताना पाच-पाच पाने सगळ्या भिडूंना वाटून घेतो तशी वाटली. मात्र यामध्ये आपल्या कडे असणाऱ्या अक्षरांच्या पानापासून अर्थपूर्ण शब्द तयार करणे अपेक्षित होते. मुलांनी पण खूप आवडीने खेळात भाग घेतला आणि बरेच अर्थपूर्ण शब्द मुलांनी तयार केले. त्यातील प्रत्येक शब्दाचे अर्थ मुलांना पण विचारले आणि समृद्धीताई, ज्योतीताई, प्रज्ञाताई यांनी पण त्या शब्दांचे अर्थ मुलांना सांगितले.

तसेच प्रज्ञाताईने मराठी भाषा गौरव दिन साजरा करण्यामागचे कारण, महत्त्व आणि जेष्ठ कवी कुसुमाग्रज यांच्या कणा या कवितेचे वाचन केले आणि त्यावर क्लासमध्ये चर्चा झाली. ज्योतीताईने प्रश्न विचारले आणि मुलांनी खूप छान उत्तरे दिली.

Science Day Celebration

Date - 28 February 2024

On the occasion of Science Day on February 28, Samruddhi Tai and Pradnya Tai explained to the children of Sutaradara how science is used in daily life. They illustrated the concepts with numerous examples for better understanding.

In this, they explained how static electricity is related to our daily interactions, and how it can cause the fear of getting a shock. For example, when plastic and wood come into contact, a sudden electric shock occurs. Science has led to the invention of the mobile phone, which allows us to communicate with people far away. We also provided information about nutrition science, explaining the vitamins and other nutrients found in fruits and vegetables, and how their consumption improves our health. We shared information about water, stating that it makes up 70% of our body, and how it helps all bodily functions to work properly.

Pradnya Tai explained to the children the reason behind celebrating Science Day and shared information about Sir C.V. Raman. We explained which metal utensils are used in the kitchen, which ones should be used, and the harmful effects of aluminum and plastic.

Aryan Hasgude, a child, demonstrated experiment he performed at school, showing that when a cell and an electronic wire are rubbed together, a sound is produced.

In this way, science discussions took place, and the children eagerly asked questions.





Collaboration with *Maharashtra Dyslexia Association (MDA)*



Ms. Masarrat Khan is a CEO of Maharashtra Dyslexia Association (MDA). She visited Sumantra on 21st August 2023. MDA is impressed with Sumantra's work because Sumantra is working with underprivileged communities in Pune and does remediation in Marathi language. The Sumantra teachers had a meeting with Ms.Khan. Teachers explained their method of teaching and how students are progressing slowly but steadily in their studies. After the Teachers meeting Ms.Khan met President Shruti Kale, our Psychologist Aparna Dharmadhikari and Akshar Maitri consultant Shailaja Joshi. Ms.Khan discussed her views about the Sumantra publication Aksharmantra books.



Collaboration with *URMEE* NGO to conduct Sehat Sessions under Project HoPE

Urmee NGO Empowering through Education and Skills

Sumantra and Urmee have collaborated for Sehat segment in HOPE(Holistic and Progressive Education) Project supported by TATA Autocomp in Chakan, Hinjewadi and PCMC area. The Sumantra team conducts WASH(Water Sanitation and Hygiene) and Life Skill sessions in Schools. There were a total of 11 Schools and 1 Residential Home. 4 Schools in Hinjewadi area, Pachane, Pusane, Nere and Sugar factory. In Chakan there were 3 Schools Koregoan, Koye and Rajubai Vasti, Moshi, Dudulgoan, Jadhavwadi and Borhadewadi. All these are ZP Schools.

In 2023-24 we have held 7 sessions on WaSH and Life skills with 1st to 5th Std students, one full-fledged session on nutrition followed with nutritious Bhel. We also have conducted Health Check up camp in all Schools, to check health status, BMI and accordingly session inputs are designed. We also conduct only health Check up camp in SASA residential home for boys. Through this project we have reached more than 1500 students. Urmee has conducted pre and post tests with all the students to check improvement in their general knowledge and health. In the pretest 8 % students could give the right answers to questions in the post test more than 75% answered correctly and also in testimonials they have mentioned that their health habits have improved because of health sessions. It was an enjoyable and enriching learning experience for the students.





Collaboration with *SpacEce* Organization

SpacECE India Foundation (SpacECE) and Sumantra Psychological Counselling Centre (SPCC) are collaborating to launch a comprehensive program aimed at fostering the holistic development of children from underprivileged communities. This initiative encompasses activities tailored for young learners, home-based engagements, and targeted remedial interventions, aimed at making children school ready and preparing them with essential life skills.

Children from vulnerable backgrounds face significant challenges that hinder their holistic development and academic success. Factors such as poverty, limited access to resources, and exposure to adverse experiences can have profound and lasting effects on their wellbeing. Recognizing the critical need for continuous and tailored support throughout their crucial developmental stages, it is imperative to address their evolving needs as they progress through different age groups. Without consistent interventions, these children risk perpetuating cycles of disadvantage and missing out on opportunities for future success. In response to these challenges, collaborative partnerships play a pivotal role in ensuring that children from vulnerable backgrounds receive the comprehensive support they require. By leveraging the expertise and resources of multiple organizations, such partnerships can create a more impactful and sustainable approach to addressing the complex needs of underserved children. The partnership between SpacECE and SPCC exemplifies this collaborative effort to provide continuous support and guidance to underserved children. Through coordinated efforts and targeted interventions, these organizations aim to make a meaningful difference in the lives of vulnerable children, empowering them to break the cycle of poverty and achieve their full potential. By fostering academic, emotional, and social development from early childhood through adolescence, this partnership seeks to create pathways for success and opportunities for a brighter future for all children, regardless of their background or circumstances.

Currently Sumantra and Space ECE are working in Gosavi Vasti and sharing one room in the community premises. In the morning Space ECE conducts parent training and in the afternoon Sumantra conducts remedial classes from 3:30pm to 5:30pm. We are grateful to Aparna and Sachin founders of Space ECE.

“Akshar Maitri” Success Stories

विद्यार्थ्यांचे नाव : समर (नाव बदलेले आहे)

समर हा दुसरीपासून ‘सुमंत्र’ च्या रेमिडीएल क्लासला येतो आहे. मुळाक्षरांपासून त्याचा सराव घ्यायला सुरुवात केली. समर हा सुरवातीला एका जागेवर स्थिर बसत नव्हता, क्लास सुरु झाल्यावर मध्ये मध्ये बोलायचा त्यामुळे अभ्यास घेण्यात अडचणी येत होत्या. मराठी ज्ञ, ठ, झ ह्या अक्षरांमध्ये गोंधळ होता. पण सरावामुळे आता हे वाचता येतात, आणि जोडाक्षरे पर्यंत वाचन करता येत. समरचे वाचन व्यवस्थित होते, पण लेखन कामात खूप चुका असायच्या, त्याचा विशेष गोंधळ म्हणजे दोन मात्रांच्या शब्दांमध्ये होणारी चूक उदा. सैल- सैईल, सैनिक- सैईनिक, बैरागी-बैईरागी. मग वारंवार या शब्दांचा उच्चार कसा करायचा याचा सराव घेतला म्हणायला सांगितले, दोन मात्रांमध्येच ‘ई’ या स्वरूपात उच्चार आपोआप होतो. हे सांगितले आता ‘क्ले’ खेळताना कोणता दोन मात्रांचा शब्द तयार करू हे स्वतःहून विचारतो. विविध भाषिक व गणिताचे खेळ, कृती त्याला आवडतात. अलीकडे ध्यानाची एक वेगळी पद्धत घेत आहे, ज्यामध्ये ‘ही मुले बागेत गेली आहेत, एखाद्या निसर्ग स्थळी या मुलांची सहल गेली आहे’, असे सांगण्यात येते. ध्यानाच्या ह्या पद्धतीचा समर छान आनंद घेतो. अजून असे ध्यान घ्या असे म्हणतो त्यामुळे समरची एकाग्रता वाढण्यास खूप मदत होत आहे, मध्यंतरी सुमंत्र ची मानसतज्ञ समृद्धी हिने एकाग्रतेची टेक्निक वापरली त्यामुळे त्याच्या मध्ये स्थिरता आली. त्याला समुपदेशन करून त्यांनी समरला खाऊसाठीचे सगळे पैसे खर्च न करता ते कसे साठवावे, त्याचा योग्य विनियोग कसा करावा हे सांगितले. समर सांगितलेल्या गोष्टीचे योग्य पालन करीत आहे. नियमित क्लास ला येऊन प्रज्ञा ताई च्या वेगवेगळ्या शिकवणीच्या माध्यमातून समर मध्ये बरीच सुधारणा झाली. तसेच त्याच्या वर्तनात खूप सुधारणा दिसून आली. तो सर्वाना खूप मदत करतो. हा सलग ४ वर्षे रेमिडीयल क्लास ला येत आहे. त्याच्यामध्ये दिसून आलेली सुधारणा आहे.

सुरवातीला समर क्लास ला वेळेत यायचा व न चुकता क्लास ला हजर राहाचा, त्याला क्लास आवडायचा. सुरवातीला ब्रेनजीम, प्रार्थना घेताना डोळे उघडायचा चुळबुळ करायचा, सुरवातीची activity घेऊन झाली कि अभ्यास करायला सांगितल किंवा काही जोडशब्द शिकवायला लागल कि मध्येच बोलणार, घरातील काहीतरी सांगणार, असं करायचा. खूप वेळा रेमिडीअल च्या ताई नी सांगितल की मध्ये बोलायचं नाही लिंक तोडायची नाही, हो म्हणायचा आणि पुन्हा क्लास डिस्टर्ब करायचा मग क्लास संपायच्या आधी त्याला रोज ५ मि समुपदेशन करायचे १ मि एकाग्रतेची activity घ्यायचे, जोडशब्द येत नव्हते त्याचा उच्चार कसा करायचा व जोडशब्दाची फोड करून कस वाचायचं हे सांगितलं.

थोड्या दिवसांनी समर ची केस हिस्ट्री घेतली तेव्हा समर सांगू लागला. आई मारते, शौनक चे सगळे लाड करतात त्या दोघांना हि त्यांचे वडील पैसे देतात पण त्यातील समर हा पैसे साठवतो व शौनक हा खर्च करतो, साठवलेले पैसे समर आई ला केव्हातरी भाजी ला देतो व खायला काही आणल तर सगळ्यांना देतो, शौनक तसं करत नाही म्हणून समर ला राग येतो. शौनक वयाने समर पेक्षा लहान आहे व हुशार ही आहे व त्याचे लाडही खूप करतात, म्हणून घरातील व्यक्ती म्हणतात तो लहान आहे, तूच ऐक शांत रहा अस सांगत राहतात, म्हणून त्याला वाटत ‘माझ कोण ऐकत नाही म्हणून मला राग येतो’, sibling rivalry आहे ‘attention seeking’ थोड्या प्रमाणात दिसून येत आहे . ‘समरला बाहेरचं खायची सवय’ आहे, त्याच्यात चांगले गुण सुद्धा आहेत. त्याचे वर्तन चांगले आहे, मदत करतो, बडबड्या स्वभाव आहे, त्याला समुपदेशन करताना सांगितल पैसे साठवायचे कसे त्याचे काय फायदे आहेत, त्याला महिनाभर टास्क दिला होता, त्याने तो यशस्वीपणे पार पडला Applied Behavioral Analysis therapy मधील token economy हि थेरपी वापरली शिक्षा व पारितोषिक असा जर त्याने क्लास मध्ये ५ मि शांत राहून दाखवल तर आवडती activity करायला द्यायची, नाही शांत बसला तर जास्त वेळ अभ्यास व नको असलेली activity करायला द्यायची. त्याच्या मध्ये सुधारणा घडून आली, एकाग्रता व समुपदेशन ध्यानधारणा यातून खूपच सुधारणा दिसून आली.

विद्यार्थिनीचे नाव : कनक

कनक ही वस्तीत राहणारी विद्यार्थिनी आहे. कनक हसरी आणि बोलक्या स्वभावाची आहे . तिच्याशी भरपूरगप्पा मारल्या , तिच्या विषयी थोडं जाणून घेतलं आणि आपल्या वर्गाविषयी तिला सांगितले. सुरवातीला तिला कोणती अक्षरे येतात हे बघितले. तिला 'म' आणि 'क' हे येत नव्हते. मग तिला प्लाश कार्ड देऊन 'म' दाखवला 'म' वरचे काही शब्द तिच्याकडं म्हणून घेतले. नंतर रांगोळी मध्ये 'म' गिरवायला सांगितले. तिने ते ऍक्टिव्हिटी आनंदाने केली. कनकचा जास्त कल खेळण्याकडे आहे त्यामुळे तिला सारखं खेळायचं असतं. तिच्या कलाकलाने तिला कधी खेळ देऊन तर कधी ऍक्टिव्हिटी देऊन असे वेगवेगळे खेळ देऊन तिला जे अक्षर येत नव्हती ती शिकवायचा प्रयत्न केला. तिला 'त' 'ल' 'न' 'य' अशी काही अक्षरं शिकवली. मग काही दिवस कनक गैरहजर होती. तिचं मन वळवण्यासाठी तिला एक दिवस बसून समजावले की हा वर्ग किती महत्त्वाचा आहे. तिच्या आई शी पण बोलले आणि मग ती वर्गाला नियमित येऊ लागली. असं करत करत कनकला हळूहळू एकेक टप्पा पुढे पुढे नेत गेले. आता तिला काना आणि मात्रा ची शब्द वाचता व लिहिता येतात. एकाग्रता वाढवण्यासाठी रोज एक्टिव्हिटी दिल्यानंतर तिचा समजून घेऊन सराव करण्याचा वेग वाढला व ती आपण होऊन पुढचं शिकायचंय असं म्हणू लागली. तिला गणिता करता वेगवेगळ्या टीचिंग एड वापरल्या . बेरीज-वजाबाकी करू शकते. अशाप्रकारे तिच्या मध्ये हळूहळू प्रगती होत गेली आणि तो आनंद तिच्या चेहऱ्यावर मला दिसू लागला. तिच्या अक्षरासाठी तिला गिरवा व वाचा वर्कशीट दिले, विविध eye -hand , फाइन मोटर कृती घेतल्या त्यामुळे तिच्या अक्षराला वळण आले आहे. ते ती अतिशय सुंदररित्या आणि आनंदाने करते. तिला रेमिडीयल क्लास ची आवड निर्माण झाली आहे . क्लास आवडू लागला. या क्लासमध्ये ज्या प्रकारे संकल्पना समजावून सांगतात त्याचे तिला आकलन होते आहे . आणि तिच्यात बदल दिसून आले. ते वर्गातही दिसून येत आहेत. तिचा आत्मविश्वास थोडा वाढला आहे.



“

Testimonials

“Since the Akshar Maitri program started, we have noticed considerable improvement in our children. Many of the problems that children previously faced in mathematics and language have now been resolved. Asavari Tai is guiding the children very effectively. Because of her, there has been a noticeable improvement in the children's behavior and discipline. She has helped clarify many of the concepts in mathematics and language for the children. Before the Akshar Maitri program began, some children scored as low as one or two out of twenty, but now their scores have improved to around eight to ten out of twenty. Therefore, we feel that the Akshar Maitri program should continue in our school.”

Mrs Poorva Mhalgi
Principal
G R Palkar Primary School.

“सुमंत्र सायकॉलॉजिकल कौन्सेलिंग सेंटर या संस्थेशी माझा संबंध आला 2024 च्या जानेवारी महिन्यात. मी गूगलवरच पुण्यातल्या अनेक संस्था, क्लिनिक, इस्पितळ अशा बऱ्याच ठिकाणी इंटरनशीप करता शोधाशोध करत होतो.. तेव्हा तिथे सुमंत्रची वेबसाईट दिसली. सगळ्या गोष्टी व्यवस्थित, पद्धतशीर होत्या म्हणून आपसूकच कुतूहल वाढलं. जी लहान मुलं, विद्यार्थी शैक्षणिक दृष्ट्या थोडीशी अक्षम आहेत, त्यांच्यासाठी हि संस्था काम करते हे कळल्यावर उत्साह आणखी वाढला. खऱ्या अर्थाने संस्थेशी जोडला गेलो ते 19 जानेवारी 2024 या दिवशी. अनुभवसंपन्न अशी इंटरनशीप पार पडली. मी सुमंत्र च्या शाळांमध्ये मुलांचं निरीक्षण करायला, हवी ती भावनिक मदत करायला आणि ‘दादा’ म्हणून त्यांचा विश्वास संपादन करून त्यांच्या विश्वात जायला हळूहळू सुरवात केली. सुमंत्र चे काम वस्तीपातळीवर चालते, जेव्हा तिथली पत्र्याची छोटी घरं पाहिली, तिथली अस्वच्छता आणि दारिद्र्य पाहिलं, तेव्हा माझ्याकडे जे जे आहे, त्या साऱ्यांबद्दलची माझी कृतज्ञता वाढू लागली. भविष्यात मी सुमंत्रशी कुठल्या ना कुठल्या कारणाने जोडला जाईनच. इथे जुळलेले संबंध हे तात्पुरते नसून दीर्घकाळासाठी असतील असा मला विश्वास आहे. मी कायम ‘दादा’ म्हणून मुलांसाठी जायला उत्सुक असेन. सुमंत्र सायकॉलॉजिकल कौन्सेलिंग सेंटर, यांना माझ्या मनापासून शुभेच्छा आणि आभार.”

Atharva Dhage
MA Part 2,
Counselling psychology SP college, Pune

As a part of our college curriculum MA part 1, we were looking for an internship. I have googled many organizations and consultancies. One of my friends suggested that I join SPCC. Immediately we approached them and the next day they called and interviewed us. After my placement, our field visits taught us many things, which were unknown to me. I would love to quote our field visits of Sumantra in communities, in schools made me think about my capabilities and my limitations. It was an enriching learning experience for me. Everyone in Sumantra supported and motivated us. If given a chance I would like to join SPCC as a Psychologist or Counsellor.

Bhargavi Babrekar
MA Part 1,
SNDT College, Pune

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We highly appreciate the gesture shown by our well wishers who have generously and consistently donated to our organization.

List of donors during April 2023 - March 2024

Eagle Burgmann Pvt Ltd	N G Paranjape Pratishthan
Ms Vimal Pawar	Ms. Varsha Sutaria
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Shri Atul Sudhakar Pawar	Ms Ashwini Thanedar



Shraddhanjali

**Late Shri. L. R. Ganeshan
(4 April 1937 - 26 March 2024)**



With profound grief and sorrow we convey the irreparable loss of Shri. L.R. Ganeshan Sir, our key partner and mentor for our organization.

Ganeshan Sir had extensive expertise and experience as a Management Consultant in the Corporate Sectors in Mumbai and Pune. But he also had a keen interest in social work. He showed deep level commitment to the Sumantra mission and goals. His commitment translated into his willingness to invest his time and money for our cause. He took a keen interest in discussing our flagship program “ Akshar Maitri “project from various angles.

He showed patience and perseverance in tracking our progress by regularly checking our reports. He was a visionary who had a long term perspective of our children’s future. He always used to question us about the sustainability of the project and kept us alert about the probabilities.

He played a critical role in providing us guidance ,support and financial resources necessary for the organization to thrive and achieve our mission effectively.

Ganeshan Sir always suggested innovative approaches that can enhance our effectiveness and efficiency. He was concerned about the growth and impact of our project.

He is forever in our memory and we all strive to maintain the high standards of efficiency he had set for us.

Homage from Founder members, Board of trustees, Remedial teachers, Volunteers and Staff.

Sumantra Psychological Counseling Center
Kothrud, Pune.

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List of Remedial Teachers during April 2023 - March 2024

Asavari Gogate	Pradnya Wagh
Supriya Mungale	Samruddhi Kulkarni
Sneha Wavikar	Chaitrali Avachat
Hemangi Thakur	Shubhada Deshpande

List of Interns during April 2023 - March 2024

Tanvee Kulkarni	Tanaya Deshpande
Anjali Jadhav	Deepti Dodani
Krutika Jagtap	Dhruvi kale
Atharva Dhage	Tanvi Wadke
Bhargavi Babrekar	Khushi Jangid



Accolades



This year we have selected Mrs. Samruddhi Kulkarni for the “Teacher of the Year” award. This award is given in the memory of Dr. Manisha Kawatkar, our invaluable volunteer. We appreciate Samruddhi’s abilities to keep the children involved and engaged in her remedial class. Samruddhi has shown her talents in singing wonderful songs and making innovative teaching aids.



Sumantra Balance Sheet for FY 2023-24

The Maharashtra Public Trusts Act, 1950

Schedule VIII [vide Rule 17(1)]

Name of the Public Trust: SUMANTRA PSYCHOLOGICAL COUNSELING CENTER
REG. NO.: F /45073/ PUNE

BALANCE SHEET AS AT 31ST MARCH, 2024

FUNDS & LIABILITIES	SCH. NO.	AMOUNT Rs.	AMOUNT Rs.	PROPERTY & ASSETS	SCH. NO.	AMOUNT Rs.	AMOUNT Rs.
Trust Fund Or Corpus:			79,200.00	Immovable Properties (At Cost)			
Balance as per last Balance Sheet		66,000.00		Balance as per last Balance Sheet			
Adjustments during the year		13,200.00		Less Sales during the year			
Other Earmarked Funds			0.00	Investments	3		99,724.00
(Created under the provisions of the trust deed or scheme or out of the income)				Furniture & Fixtures	4		18,621.00
Depreciation Fund		-		Other Fixed Assets	4		46,216.00
Reserve Fund		-		Loans : (Secured & Unsecured)			
Earmarked Funds	1	-					
Loans : (Secured & Unsecured)				Advances			5,000.00
From trustees		-		To trustees		5,000.00	
From others		-		To Employees			
			133,280.00	To Others			
Liabilities				Prepaid Rent			
For Expenses				Income Outstanding			13,925.00
- Professional Fees		90,770.00		Interest	5	4,580.00	
For advances		-		Other Income	5	9,345.00	
For rent and deposits	2	42,510.00		Cash and Bank Balances	6		771,312.52
For Sundry Credit Balances				Cash in Hand		7,263.00	
Income and Expenditure Account			742,318.52	Bank Balance		764,049.52	
Bal. as per Last Balance Sheet		426,954.14					
Less: Appropriations if any		-					
Less: Deficit as per I & E A/C							
Add: Surplus as per I & E A/C		315,364.38					
TOTAL			954,798.52	TOTAL			954,798.52

As per our report of even date
For S.V. BAPAT & CO.
CHARTERED ACCOUNTANTS

CA Aashay Hulyalkar
(Partner)

M. No. 129434

PLACE : PUNE

DATE : 04-09-2024

UDIN: 24129434BKFMEM6878



The above Balance Sheet to the best of my/our belief contains a true accounts of the Funds and Liabilities and of the property/and Assets of the Trust

For SUMANTRA PSYCHOLOGICAL COUNSELING CENTER

Trustee

Trustee





The Maharashtra Public Trusts Act, 1950

Schedule IX [vide Rule 17(1)]

Name of the Public Trust: SUMANTRA PSYCHOLOGICAL COUNSELING CENTER

REG. NO.: F/45073/ PUNE

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31st MARCH, 2024

EXPENDITURE	SCH. NO.	Amount (Rs.)	Amount (Rs.)	INCOME	SCH. NO.	Amount (Rs.)	Amount (Rs.)
To Expenditure in respect of properties		-	-	By Rent		-	-
Rates, Taxes, Cesses		-	-	By Interest		-	5,864.00
Repairs and Maintenance		-	-	On Securities		-	-
Salaries		-	-	On Fixed Deposits		5,864.00	-
Insurance		-	-	On Bank Account		-	-
Depreciation (by way of provision or adjustments)		-	-			-	-
Other Expenses		-	-			-	-
To Establishment expenses	7	-	434,335.12	By Dividend		-	-
To Remuneration to trustees		-	-	By Donations in cash or kind	9	-	1,699,551.00
To Remuneration (in the case of a math) to the head of the math, including his house-hold expenditure, if any.		-	-	By Grants from Government		-	-
To Legal expenses		-	-	By Income from Other Sources	10	-	99,229.00
To Audit Fees		-	-	By Transfer from Reserve	1	-	260,561.50
To contribution and fees		-	-	By (Deficit)/Surplus carried over to Balance Sheet		-	-
To Amounts written off		-	5,500.00			-	-
a) Bad Debts		5,500.00	-			-	-
b) Loan scholarships		-	-			-	-
c) Non recoverable items		-	-			-	-
d) Other items		-	-			-	-
To Miscellaneous expenses		-	-			-	-
To Depreciation	4	-	10,886.00			-	-
To Amounts transferred to Reserve or specific funds		-	-			-	-
To Expenditure on objects of the Trust		-	1,299,120.00			-	-
a) Religious		-	-			-	-
b) Educational	8	1,299,120.00	-			-	-
c) Medical Relief		-	-			-	-
d) Relief of poverty		-	-			-	-
e) Other charitable objects (As per Schedule No. "6")		-	-			-	-
To Surplus/ (Deficit) carried over to Balance Sheet		-	315,364.38			-	-
TOTAL			2,065,205.50	TOTAL			2,065,205.50

As per our report of even date
For S.V. BAPAT & CO.
CHARTERED ACCOUNTANTS

CA Aashay Hulyalkar
(Partner)

M. No. 129434
PLACE: PUNE

DATE: 04-09-2024

UDIF: 24129434BKFMEM6878



For SUMANTRA PSYCHOLOGICAL COUNSELING CENTER

[Signature]
Trustee

[Signature]
Trustee





Contact Us



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Counseling Center” on**



Journey of Sumantra from 2014 till 2024 & still going on strongly !!

