

Aakalan

Inspiring Insights

In nutshell

Aakalan is an effort to consolidate training effort of IPH in the area of mental health. Aakalan is built on strong foundation of IPH built over last 16 years. It is also to best utilize newly acquired infrastructure. Aakalan's USP would be in shift from teaching and training to learning and experiencing. It is meant for benefit of medical professionals, para-medical professionals, students and others. Aakalan will draw its faculty from IPH's qualified and experienced team members and experts from diverse fields.

Aakalan is designed to act as a centre to provide comprehensive training and learning opportunity in mental health.

Aakalan

Imparting knowledge through integration

1. What is Aakalan?

Aakalan literally means understanding, appreciating or internalizing. **Aakalan** is the latest initiative of **Institute for Psychological Health (IPH)** in the area of mentoring.

Aakalan aims to achieve:

Reaching out to more people with insights

Establishing integrated therapy practices

Expanding IPH's role formally as "Knowledge Imparters"

Main thrust of **Aakalan** is on teaching, learning and skill training for everyone in the vocation of mental health. Aakalan launch has been timed to coincide with World Mental Health Week.

2. IPH backdrop

Institute for Psychological Health (IPH) is an NGO working as a social enterprise to achieve community mental health. IPH has been providing wide range of services, programs and projects for last 16 years. It combines in itself vision, experience and infrastructure to work as a laboratory to validate conventional and modern knowledge. Students, researchers and professionals have benefited by doing internship programs. With larger, well designated and well equipped house for IPH activity, it is our effort to streamline, consolidate and offer learning opportunity in a systematic way. IPH is an established name in the field of mental health care.

3. IPH footprints

Established in 1990.

Mission – Mental health for all

Focus – Increase awareness about mental health

Effort to increase mental performance and productivity.

Infuse ability to adapt to change and to cope with adversity.

Work at three levels – In-house work

Community outreach work

Industrial outreach work

Congregation of Mental Health Professionals, students, volunteers and beneficiaries.

Freedom to contribute for the mission and learn.

Large number of Indian and foreign students benefited.

Services offered through therapy groups like Suhrud, Tridal.

IPH has a dream and Aakalan is part fulfillment of that dream

4. IPH's related initiatives so far

Counseling skill workshops

Training course in REBT

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5. From the desk of Managing Trustee

6. From the desk of Program Director

IPH is conducting innovative programs and projects in the field of mental health for last 16 years. Students and professionals alike have visited IPH to learn. This learning has been experiential and informal. Many structured models have emerged through evolution at IPH.

Aakalan is an effort to integrate these proven models, structure them and consolidate the learning process into a system to benefit maximum number of people. This systematic way is also aimed at

smooth conduct of this learning process, organize feedback and publicize it to global community.

In today's globalized world, mere degree or certificates are fast becoming obsolete. Ability to take up challenges of handling real life and practical problems nanoseconds after completing the syllabi has become a reasonable expectation. This is in sharp contrast with the academic world where theoretical learning is often the only tool available even now. IPH since its beginning has been focusing on a balanced approach of theory and practical teaching. Aakalan project thus is a proactive effort to structuralize what IPH can teach.

Since 1990, many teaching modules were formed through efforts of resourceful team members as IPH is always sensitive to changing social trends and needs. Thus many teaching and course modules are already established.

7. Aakalan for benefit of

Mental Health professionals - psychiatrist, Psychologists, Social Workers.

Non mental Health professionals – General practitioners, other medical specialists, nurses, paramedical professionals.

Students of mental health and paramedical courses- Psychiatry Residents, Students of Psychology, Humanities, Social work, speech therapy.

Teachers and trainee teachers

Care givers for patients of mental diseases

Community volunteers

Foreign students

Self help groups

8. Aakalan an altogether different approach

First and foremost feature of Aakalan will be marked visible shift from teaching to learning. It will be learning in an informal setting with stress on hands-on work and experiments. IPH's role will be that of a facilitator only breaking path for itself in jargon free, electronic gadgetry free facilitative learning experience. Abundant opportunities will be offered to develop one's own insights.

9. Courses offered

Courses offered are listed in separate Annexure. Details in respect of courses include:-

- Duration in hours/sessions/days/months
- The outline of all themes covered
- Mode of Teaching – (Details of practical, field work, observation etc)
- Number of participants
- Course fees, deposit and other charges

In keeping with the objective of training and skill enhancement, Aakalan plans to bring out a wide array of learning modules to cater to a multi dimensional group. The list annexed is a peek into the events scheduled for the coming year. In course of time, Aakalan will be adding a number of new programmes to this list. Knowledge enrichment will be through various modes – 1 or 2 day workshops, Special CME, Certificate Courses and Internship through Clinical Observer Programme

For latest addition of courses, course time-table and updated information visit our internet site www.healthymind.org

10. Learning methodology

It will be through lectures and workshops. There will be assignments, interactive sessions, role plays, case discussions, stimulated case studies, live case demonstration depending on learning content. Audio visual aids and hands-on training will be used for some courses.

11. Faculty

Faculty will be drawn from well knit, qualified and experienced team of IPH. Guest faculty will be invited for bringing fresh ideas and latest knowledge and research to learners.

Following is the list of IPH team members who will be shouldering responsibility of Aakalan:-

1. Anuradha V. Sovani

M.A., M.Phil., Ph.D., Mumbai University

Recipient of Chancellor's Gold Medal at Masters' level. Recipient of various scholarships and awards at various conferences for the best scientific contributor, Reader at Mumbai University & Ph.D. guide in Psychology. Has vast experience of 20 years. of teaching and authored 4 books on mental health and chapters in Psychology text books.

2. Anand N.Nadkarni

M.B.B.S. (Mumbai University),
M.D.(Psychiatry) , stood first in Mumbai University
F.I.P.S.

Began his career in the field of mental health from KEM hospital, Mumbai in 1984.

After receiving international recognition for his pioneering work in drug & alcohol addiction, as well as becoming co-founder of Mukhtangan de-addiction centre, which is recognized by United Nations & other international organizations for its impact & social outreach.

Founded IPH (Institute for Psychological Health) at Thane in 1990, which is an NGO with mission of 'mental health for all', and this non-profit organization has been active in initiating several mental health

related projects, as well as community programs on a charitable basis.

His experience of communicating effectively with a small group of 5 people to large audience of 5000 people for last two decades has made him a very sought after facilitator & anchor, not only in mental health but various other settings/ topics as well.

Expert in the areas of Music, Film Appreciation. Has authored more than 12 books (a trilogy of 3 books on REBT in Marathi) and achieved a name as a playwright.

3. Arun P.Naik

B. Com.

M.M.S. (Marketing),

L. L. B., M. A. – Psychology.

Trained Hypnotherapist Lead Auditor for ISO-9000-2000. Associated with I.P.H. since 1996 as trainer & Counselor. Trainer & Facilitator since 1992 conducting Training Programs, Seminars, and Workshops for Various Organizations on topics ranging from Stress Management, Communication Skills and other mental health related topics to Industrial Relations & Quality Management Systems. Also conducting various enrichment programmes for college students on various topics .Associated with IPH project `Jidnyasa ` since its inception.

4. Deepika Dabke .

M.A. (Counseling Psychology) Mumbai University

(with 2 gold medals) .

NET & SET Exams. in 1998.

With IPH since 1998 and has been in corporate training with IPH team. Her areas of interest are research, teaching and Emotional Intelligence (work she is pursuing for her Ph.D.)

5. Geeta Joshi.

B. Sc. (Botany)

M.A. (Psychology)

D.M.& S.P . NIMHANS , Bangalore

Ph.D. (Clinical Psychology) S.N.D.T. university, Mumbai.

Has been working as Clinical Psychologist for Municipal Corporation of Greater Mumbai, R.N. Cooper & Mulund Hospital till March. 2007. Joined IPH as Akalan Programme director since then. Her areas of interest are stress & related issues , AIDs counseling , diagnostic testing and teaching.

6. Kuldeep Date .

M.S. (Clinical Psychology) Mumbai University

With IPH since 1997. Part of the Corporate training team. Area of expertise & Interest is research, planning, designing, statistical analysis & presentations. Computer Buff with all kinds of computerized scoring and data presentation. Psychotherqapy for adults & adolescents.

7. Manjushri Patil

M.A. (Special Education) S.N.D.T. University.

Has been with IPH for over 8 years, consulting Special Educator to various schools & also consultant in curriculum planning. A free lance teacher educator conducting workshops for teachers. An accomplished classical vocalist performing since her age of 5 years.

8. Pooja D. Thakkar

M.A. (Educational Psychology) Mumbai University

Ph.D. Mumbai University

D.P.C. (Diploma in Personal Counseling)

She has been with IPH since its inception and has a vast experience of 22 years in the area of child assessment , vocational guidance , parental counseling and slow learners. She along with Ms. Pratima Naik is in planning and commissioning our project ` Shikshak Prabodhini.

9. **Pratima S. Naik**

M. A (Family & Child Welfare) Tata Institute of Social Science
(TISS)

B. A (Economics & Political Science) Mumbai University

Has over 20 years experience of working with children & families. Organiser and faculty in our programme 'Little Beginnings' for children between 2 and half years to 6 years. She along with Ms. Pooja Thakkar is in planning and commissioning our project ` Shikshak Prabodhini. A 3 years project on developing teachers as Mentors which started 15 months ago.

10. **Savita Apte**

M.A. (Clinical Psychology) Mumbai University

Ph.D. (Clinical Psychology) Mumbai University on Caregivers of Schizophrenia

With IPH since 1994. Her work with caregivers of schizophrenia & Tridal an activity center for patients recovering from Schizophrenia is commendable. Areas of interest are research and rehabilitation. Has done Diploma in Comparative Mythology from Mumbai University. One year Diploma in Research Methodology from TISS .& Advanced P.G. Diploma in Urdu language from Mumbai University.

11. **Sharmila Londhe .**

M.A. (Counseling Psychology) Mumbai University .

With IPH since 1992 . Her areas of interest & expertise are child & parental counseling. Has been vocational planning consultant for the past 15 years. Has a diploma in Hindustani Vocal classical music from Mumbai university and gives individual recitals.

12. **Shubha S. Thatte.**

M.A. (Clinical Psychology)

Ph.D. (Clinical Psychology)

Has been a founder trustee of IPH . Was Clinical Psychologist in K.E.M. Hospital & Seth G.S. Medical College for 25 years. Has a vast experience of 35 years of working in this field. Has been Ph.D. & M.Phil. guide for Mumbai University & presently for Yeshvantrao Chavan Maharashtra Open University .

13. Siddika Panjwani

M.A. (Clinical Psychology) Mumbai University.

With IPH since 2002. Her special area of interest is Neuropsychology & has been visiting Neuropsychologist to Lilavati & Hinduja Hospitals since 2005. Pursuing her Ph.D in the area of Neuropsychogy .

14. Sunila R. Dingankar .

M.A. (Clinical Psychology)

Advanced Applied Behavior therapy
University A- Grade
Behavior Assessment
A- Grade

St Cloud State

Minnesota- USA

With IPH since 1993. A dedicated therapist working with children with autistic features and their parents. Organiser and faculty in 'Little Beginnings' our programme for children between 2 and half years to 6 years. Has vast experience of working with parents & children with different behaviour problems & has been training in Behaviour modifications.

15. Venkatesh Iyer .

M.A. (Industrial Psychology) Mumbai University.

With IPH since 1999.His areas of interest are industrial training (in corporate training with IPH team) & working with children's groups and statistical analysis. Has been Editor of IPH's house magazine 'Manas' for the past 7 years.

12. Infrastructure facilities

IPH has proudly relocated itself in its new and bigger premises. It has total area of ** sq feet spread on three floors. The area includes class rooms, library with latest publications and books on mental health care, Research Cell, 2 AC Conference Halls, 12 counseling cubicles, separate play room, separate Learning Room, a large hall to conduct presentations, internal seminars and workshops with attached cafeteria for snacks and food is also part of facilities.

The facilities include internet connection for net search facility, one-way vision screen, personal computers, LCD projector, printers and other peripherals.

Experts in the field of Psychiatry and Psychologists who visit IPH are also available for guidance and direction.

13. Procedure for registration

1. Fill in the prescribed registration form which is available on our internet site aakalan@healthymind.org
2. Application duly filled in may be submitted online or posted separately.
3. Prescribed fee (Schedule of fees is available on our site aakalan@healthymind.org) may be remitted by Demand Draft drawn in favour of **Institute for Psychological Health payable at Mumbai**. Fees can also be paid in cash at our Thane office.

14. How to reach IPH?

IPH is situated in the heart of Thane city which is on outskirts of Mumbai. Thane is well connected by road and railway and is only an hour's drive from Mumbai International Airport. Many long distance trains have a halt at Thane railway station. Thane city is also a terminus for suburban local trains.

Kindly refer to Map of Thane (West) specifying location of IPH on Page ** for reaching IPH.

15. Aakalan dream

Aakalan sees itself as a separate, integrated, residential training and learning centre away from crowded cities of Thane and Mumbai in near future.

16. Details for communication

Institute for Psychological Health

9th and 10th Floors, Shree Ganesh Darshan,

Shiv Smruti Co-op Hsg Society, LBS Marg,

Between Three petrol Pump and Hari Nivas Junction,

Naupada, Thane 400 602.

Tel nos. 2543 3270, 2536 6577, 2542 8183

Mobile Ms. Deepa / Ms Rupa 98700 88143/ 98702 96694

Time for Contacting: Monday to Saturday – 11 am To 5 pm

Email : aakalan@healthymind.org