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२६ वे वेध संमेलन २०१८, ठाणे

शून्य ते शिखर



शुक्रवार ७ डिसेंबर, सायंकाळी ६.०० ते ९.३०

शनिवार ८ डिसेंबर आणि रविवार ९ डिसेंबर दुपारी ३.०० ते १०.००

स्थळ : श्री समर्थ सेवक मंडळाचे पटांगण, श्री हनुमान व्यायामशाळा,
गडकरी रंगायतन समोर, डॉ. मूस रोड, ठाणे ४०० ६०१



Institute for
Psychological
Health

Mental health for all !

www.healthymind.org



शून्य ते शिखर वेध गीत २०१८, ठाणे

शून्य आणि शिखर दोन्ही
फक्त आहे एक असणे
त्या क्षणावर मूल्यमापन
तू स्वतःचे कधी न करणे

रात्र काळी येई
आणि लुप्त होई तेज सारे
सर्व कौशल्ये असूनी
वाहती बदनाम वारे

अपयशाच्या दरीतही कधी
न देसी शंकेस थारा
गुण तुझे अन यत्न अंती
कीर्तिचा चमकेल तारा

शून्य आणि शिखर दोन्ही
भिन्न दृष्टीचे 'पहाणे'
तूच तो आहेस मित्रा
हर क्षणाला 'स्वत्व' जपणे





वेध गीत २०१७ : पुणे आणि परभणी

मन की धून में मगन रहो तो
सुख दुख से क्या लेन देना
घनी रात या नाया सवेरा
आसमान को बस है छूना ॥ धु ॥

कोरस : अपनी धून में मगन ही रेहना
अपनी धून में मगन ही रेहना

धडकेगा ये कभी कभी दिल
राह बनेगी मुश्किल मुश्किल
खुदासे जादा खुदपे भरोसा
हर कठिनाई आना जाना ॥ १ ॥

कोरस : अपनी धून में मगन ही रेहना
अपनी धून में मगन ही रेहना

कदम कदम है नन्ही मंज़िल
साथ नै है कोई बुज़दिल
मनमें ज्योती जग उठी तो
भूल गए हम रोनाधोना ॥ २ ॥

कोरस : अपनी धून में मगन ही रेहना
अपनी धून में मगन ही रेहना

ढलें न पलभर लक्ष्य से नजर
मायूसी से रहे बेखबर
हंसते हंसते मान लिया अब
आँधी और तूफान का होना ॥ ३ ॥

कोरस : अपनी धून में मगन ही रेहना
अपनी धून में मगन ही रेहना

मन कि धून में मगन रहो तो
सुख दुख से क्या लेना देना
घनी रात या नया सवेरा
आसमान को बस है छूना ॥ ४ ॥

कोरस : अपनी धून में मगन ही रेहना
(आलापी और कोरस)





ठाणे वेध २०१५ From Cover to the Core

बाहर से सब लागे न्यारा, सुन अंतर के बोल
मितवा मन कि आँखे खोल ॥ धृ ॥

बाह्य कवच है, अंदर रस है, सृष्टी कि हर चीज
समझ ले दोनों, एकरूप हैं जैसे फ़ल में बीज
शरीर, मन भी, मिल गये दोनों बन जाते अनमोल
मितवा मन कि आँखे खोल ॥ १ ॥

हर कोई आया, साथ में लाया, नकशा अपना एक
पहचानो तुम, हर रेषा को, नजर लगा के नेक
ना जाने तो, आना जाना, बन जाएगा फोल
मितवा मन कि आँखे खोल ॥ २ ॥

तुम ना अकेले, साथ है तेरे, राही कितने खास
दिखे अलग, लेकिन अंदर की, जान ले उनकी आंस
इक दुजेके मिलनेसे ही, बन गयी दुनिया गोल
मितवा मन कि आँखे खोल ॥ ३ ॥





वेध गीत पुणे २०१६

मकसद

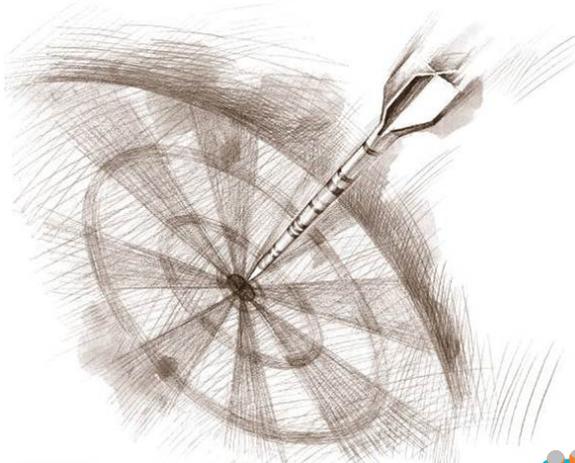
हेतूविण प्रयास, दिशेविण प्रवास
O₂ ओटूविना तोकुडा प्रत्येक श्वास ॥ धृ ॥

कृतीविण मती, भावाविण कृती
सेहाविना कोरडा, प्रत्येक ध्वास ॥ १ ॥

बळाविना यत्न, धीराविना बळ
मिठाविना अधुरा, प्रत्येक घास ॥ २ ॥

जळीं मग्न मीन, मी 'न' म्हणे मन
अवघा रंग एक, कर्म होई खास ॥ ३ ॥

नामा, तुका, जनी हुंकारती मनी
जगण्याच्या सार्थकाची, लागली गे आस ॥ ४ ॥





वेध गीत ठाणे २०१६

निर्मिती आणि नियोजन

रात्रीमागूनि दिवस येतसे, ऋतुचक्राची गती निरंतर
पहाट होता कळी उमलते, नाविन्याने भरले अंबर ॥ १ ॥

नाविन्याने भरले अंबर, फूल जाहले सन्मुख सुंदर
परागकण ते वाहत नेती, सातत्याचे दूतच तत्पर ॥ २ ॥

सातत्याचे दूतच तत्पर, वनराईने फुलले डोंगर
वैविध्याचे रंग आगळे, जुळले जरी ते अंतःस्वर ॥ ३ ॥

जुळले जरी ते अंतःस्वर, हर एकाचे स्वतंत्र हुन्नर
रागमालिकेचा आकार, स्वरतालातील मिटले अंतर ॥ ४ ॥

स्वरतालातील मिटले अंतर, मुग्ध जाहले सर्व चराचर
निर्मितीत लय नियोजनाची, अद्वैताचा जणू ओंकार ॥ ५ ॥





Aakalan workshops schedule – January 2019 to June 2019

**Dr.Geeta Joshi – Coordinator, Aakalan Learning Centre,
IPH – 9819374503**

Early bird discount and group discount available.

For more details please contact

Ms. Roopa More – 9870600283

Sr. No.	Date	Topic
1.	7th to 12th January 2019	IQ Testing in Children
2.	18th, 19th & 20th January 2019	Substance & Non-Substance Addictive Behavior in Adolescent
3.	11th to 16th February 2019	Adult Psychometry
4.	15th to 17th February 2019	Imparting Sex Education
5.	5th to 9th March 2019 Part 1 25th to 29th March 2019 Part 2 Both parts are compulsory	Basic Communication & Counseling Skills
6.	11th to 16th March	SWINDIA
7.	12th, 13th & 14th April 2019	Workshop on Personality Disorders
8.	22nd to 27th April 2019	Children with Special Need – LD, ADHD, Autism
9.	4th & 5th May 2019	TAT, CAT, SCT, RCPT
10.	6th to 11th May 2019	Adolescent Counseling
11.	10th to 14th June 2019	Adolescent Psychometry



Palakshala

A unique parenting workshop for the parents of children in a age group of 12 to 21 This program will focus on areas like Rational parenting, emotions, communication, discipline, study skills, media influence, sexuality etc.

Date : To be announced soon

Time : Sat. 6.30 p.m. to 8.30 p.m.

Sun 5.00 p.m. to 7.00 p.m.

Fees : 1500/-

Contact : Sandhya Bhaskar - 9870115693/

Vinita – 8291982565

IQ Assessment in Children

Dates : To be announced soon

Fees : Rs. 12,500/- (for 5 days inclusive of Breakfast,
Lunch & 2 tea/coffee)

Eligibility : Clinical Psychologists, Counseling Psychologists
& School Counselors Faculty :

IPH Team For Registration: Roopa – 9870600283





ABCD of REBT (Marathi Batch)

A two day introductory learning programme on how to think and feel rationally; how to combat unwanted emotions, and how to look at yourself more unconditionally! The contents are based on Rational Emotive Behaviour Therapy, propagated by Dr. Albert Ellis, famous Psychologist.

Date : 23rd & 24th February 2018 - Saturday / Sunday.

Timing : 2 full days 10 to 5

Fees : 3000/-

Faculty : Dr. Sukhada Chimote

Contact : Sandhya Bhaskar – 9870115693/

Vinita - 8291982565

LETS TALK ABOUT SEX !

This is an innovative workshop designed to address issues about men's sexual health and building healthy attitudes towards sexuality. This workshop will also cover myths and concerns around sexuality for Men above 18 years of age who are keen to learn about physical and psychological aspects of sexuality.

Date : To be announced soon

Timing : 3.00 pm to 7.00 p.m.

Registration fee : Rs. 600 per person

Contact Sandhya : 9870115693





Basic Communication and Counseling Skill Training for Helping Professions

Dates : To be announced soon

Time : 10.00 am to 5.00 pm.

Topics : 1st Part --- Basic Communication Skills and Counseling Principles

: 2nd Part --- Basic Counseling Skills and Techniques

Eligibility : Mental Health Professionals (Psychologists, Psychiatrists, Social Workers), Other Medical Professionals (GPs, Homeopaths, Ayurvedic Physicians), Teachers, Nursing professionals.

Fees : Total Rs. 20,000/- (Attendance for both weeks is Compulsory)

Faculty : Dr. Geeta Joshi, Ms. Pratima Naik, Dr. Savita Apte

For Registration : Roopa – 9870600283





बहर

अठरा वर्षावरील स्त्रियांसाठी व्यक्तिमत्व विकास शिबिर
आत्मशोध , आत्म-जाणीव , आत्म -स्वीकार , सुसंवाद , आग्रहीपणा साधून ताणतणावांना
यशस्वीपणे तोंड देऊन स्वतःचा विकास करू या आणि बहरूया !

दिनांक : कार्यशाळेच्या तारखांसाठी आमच्या संकेतस्थळाला भेट द्या
बहरचे उदघाटन एका सुप्रसिद्ध महिलेच्या हस्ते बुधवार,
१० जानेवारी रोजी सायं. ६ ते ८ या वेळेत आय. पी. एच. मध्ये होईल.

वेळ : सकाळी १० ते ५

शुल्क : रु. २५००/- फक्त (जेवणासहित)

समन्वयक : सौ. शर्मिला लोंढे , डॉ. पूजा ठक्कर व सौ. कुसुम यादवा

संपर्क : संध्या - ९८७०११५६९३

शुभकरांची कार्यशाळा

(स्कोझोफ्रेनिया या आजाराने त्रस्त असलेल्या व्यक्तींची काळजी घेणाऱ्या व्यक्तींसाठी)
शुभकरांची कार्यशाळा. या कार्यशाळेत या आजाराची शास्त्रीय माहिती , शुभार्थना
सांभाळताना येणाऱ्या समस्या या ताणनिवारण या विषयी तज्ज्ञांचे मार्गदर्शन व त्यांच्याशी चर्चा
होईल.

दिनांक : कार्यशाळेच्या तारखांसाठी आमच्या संकेतस्थळाला भेट द्या

वेळ : सकाळी १० ते सायंकाळी ५

प्रशिक्षक : डॉ. आनंद नाडकर्णी , डॉ. शुभ थत्ते, डॉ. सविता आपटे, सौ. अस्मिता मोकाशी

शुल्क : रु. १०००/- प्रत्येकी (दोघांसाठी १६००/-) (चहा व जेवण धरून)

संपर्क : संध्या - ९८७०११५६९३





अरे संताप संताप

संताप हि अशी भावना आहे जी अनुभवताना आपल्याला खूप शक्ती देणारी आणि न्याय्य वाटते पण प्रत्यक्षात स्वतःवर, आजूबाजूच्या मंडळींबरोबरच्या परस्पर संबंधांवर आणि आपल्या प्रगतीवर दूरगामी विपरीत परिणाम करणारी असते. त्याचप्रमाणे आपल्या जवळची व्यक्ती खूप संतापी असल्यास त्याच्याशी वागतानाही आपण हतबल होतो. या ४ तासांच्या कार्यशाळेत संताप व त्यानंतर होणाऱ्या भावनिक त्रासाला तोंड देण्यास शिका.

दिनांक : कार्यशाळेच्या तारखांसाठी आमच्या संकेतस्थळाला भेट द्या
वेळ : दुपारी ३ ते सायंकाळी ७ पर्यंत
प्रशिक्षक : डॉ. शुभा थत्ते
शुल्क : रु. ६००/-
संपर्क : संध्या भास्कर - ९८७०११५६९३

निरामय वार्धक्य

निवृत्तीनंतर काय ? साठीनंतर सर्वांच्या पुढे भेडसावणारा हा प्रश्न ! त्यासाठी आधीपासूनच योग्य त्या भावनिक, आर्थिक, व वेळेच्या व्यवस्थापनाची गरज असते. वृद्धापकाळातील स्मृतीतील बदल व इतर मानसिक समस्याही चिंता निर्माण करतात. या सर्व गोष्टींना समर्थपणे सामोरे जाण्यासाठी निरामय वार्धक्य हा ४ तासांचा कार्यक्रम , पन्नाशी पुढील व्यक्ती या ज्यांच्या घरात वृद्ध मंडळी आहेत अशा सर्वांनाच मार्गदर्शक ठरेल.

दिनांक : कार्यशाळेच्या तारखांसाठी आमच्या संकेतस्थळाला भेट द्या
वेळ : दुपारी ३ ते सायंकाळी ७ पर्यंत
प्रशिक्षक : डॉ. शुभा थत्ते / सिद्धिका पंजवानी
शुल्क : रु. ६००/-
संपर्क : संध्या भास्कर - ९८७०११५६९३





THE RELATIONSHIP

प्रेम, नातेसंबंध, ब्रेक अप याबाबतीत मानसशास्त्र काय सांगतं.. ?? प्रेमाचा हा अनुभव स्वतःसाठी तसेच पार्टनर साठी अधिक समृद्ध कसा करता येईल? रिलेशनशिप मधली धोक्याची बाजू कशी ओळखावी ? ब्रेक अप सारख्या कटू अनुभवाला समर्थपणे सामोरे जात येऊ शकते का? त्या नंतर पुढचा प्रवास कसा ? या आणि अशा असंख्य प्रश्नांची वैज्ञानिक उत्तरे शोधण्यासाठी एक नवा प्रयोग.. आय पी एच ची नवी कार्यशाळा..प्रेमात असलेल्या तसेच नसलेल्या सगळ्यासाठी ..

शनिवार : १५ डिसेंबर २०१८ रोजी दुपारी ३ ते संध्याकाळी ७
प्रवेश शुल्क : फक्त ६०० रुपये प्रति व्यक्ती
ठिकाण : आय.पी.एच.
संपर्क : संध्या भास्कर – 9870115693





Name : Shriyans Bhandari

A master in Entrepreneurial Leadership Graduate from Babson college , Shriyans is very passionate about his vision of bridging the social, economic and environmental gap through Greensole which is a company refurbishing discarded shoes to comfortable footwear and for creating an infrastructure, which enables everyone to have the basic necessity of footwear , forever.

He is also the director of Heritage Girls school, which is a girls' residential school in Udaipur with CBSE and Cambridge board. The school is ranked among the top 10 girl's boarding schools in India by Education Today and was also awarded for best school infrastructure.



Name : Mandar Bharde

Started his career as a producer of documentary films and later was a director and producer for few daily soaps on Television.

In 2008, he started his own aviation company named MAB aviation. MAB Aviation is one of the luxury air charter companies in India. Their interesting slogan is 99.9 is not equal to 100. MAB aviation is preferred by corporate entities, Group travellers and individuals looking for an efficient, time saving, safe and stylish air travel.

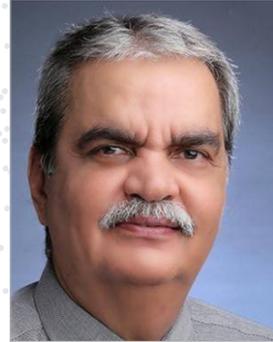
Currently they are working on building a network of private air ambulance services.





Name : Dr. Bharat Vatwani and Dr. Smita Vatwani

Psychiatrist by profession, Dr. Bharat and Dr. Smita conceptualised and founded “Shraddha Rehabilitation foundation” in 1988, a charitable institution which got its official registration in 1991. Since then this NGO has been dedicated to the rescue, treatment, rehabilitation and reunification with their families, of the wandering mentally ill destitutes from the streets of india, for the past 30 years. Recently Dr. Bharat won the most prestigious Ramon Magsaysay award for his relentless work in the field of mental health.



Name : Pradnya Keskar

Pradnya Keskar conceptualised and founded Bakeys foods and it was a major step towards green revolution in a real sense. She says.... It stunned the world when a film went viral on Edible Cutlery made by Bakeys foods pvt ltd in 2016. Something shook the viewers of all ages. Disbelief to doubt to ridicule, surprise, shock to high appreciation all rolled in each mind. This was exactly our journey between 2006 (when the first spoon was made) till March 2016.





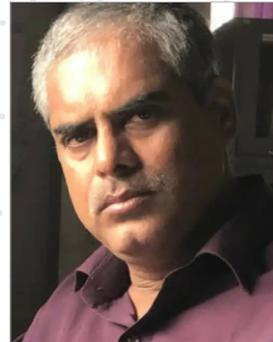
Name : Ujwal Nirgudkar

First Indian to get U.S. patents in film technology and first Indian to get fellowship award from the society of Motion pictures and television engineers. UJWAL Nirgudkar is a member of the Academy of Motion Picture Arts and Sciences , joining the class of 2017. He is the first indian to join the academy at large having worked in the film industry for 36 years.



Name : Bindumadhav Khire

Bindumadhav Khire is a techie who gave up his career in the US to return to India and got involved with issues close to his heart. Based in his native Pune ever since his return, Bindu is a gay rights and AIDS activist. He has been speaking about queer issues at various forums in India, particularly in his city. In 2005, Bindu donned the hat of a Marathi writer with his novel, 'Partner'. NGOs working in the field of sexuality have been using 'Partner' for sensitisation. Bindu's latest book, 'Indradhanu: Samalaingikateche Vividh Ranga' (Rainbow: the various hues of homosexuality), discusses different aspects of homosexuality from an Indian perspective. 'Indradhanu' promises to be of value to people from various backgrounds, especially gay and bisexual youth struggling with their sexual orientation, and their parents and friends; people from the medical fraternity; NGOs working in related fields; policy makers; corporates; and the media.





Name : Kaustubh Divegaonkar

An IAS topper from Latur Maharashtra cleared his UPSC in 2012 with flying colours. He stood 1st in Maharashtra and All India Rank 15

He joined as Asst Collector in Thane and then he was posted to Delhi as assistant secretary Ministry of Environment, Forest and Climate change, New Delhi, Government of India.

He was also an Additional Collector and Project officer at Gadchiroli Maharashtra

Currently he is Commissioner, Latur Municipal Corporation

His other areas of interest are Reading, watching movies and caricatures



Name : Abhijeet Thorat

CA Abhijeet Thorat is CFO at Nikhil Group who is also a founder member of Nadan Parinde Foundation which is working for financially deprived students in slum and rural areas.

In his childhood he faced lot of difficulties and had to struggle for his education.

Recently he published his book called "slumdog CA" on his struggle to become a chartered account. He visits various schools and colleges for

the awareness of higher education, challenges faced and how to overcome the same.





Name : Sumitra Bhave

Sumitra is noted for her work in Marathi cinema and Marathi theatre industry. The winner of several national and international accolades, Sumitra after completing her education, started to do voluntary work with several social welfare and humanitarian organizations. She also worked as a teacher at the Karve Institute of Social Service, Pune for about 10 years before eventually working a Marathi-language newsreader.



Sumitra Bhave's tryst with filmmaking began in 1985 while she was working as the Director of a research project for Stree Vani. Sumitra Bhave made her feature film directorial debut with Doghi (1995), which also marked her maiden collaboration with Sunil Sukthankar.

Name : Anuradha Prabhudesai

A retired bank manager is on a mission to bridge the gap between civilians and soldiers.

She started Lakshya Foundation in 2009 with a team of self -volunteers creating an emotional bond with soldiers and their families.

Has delivered more than 1200 lectures in various schools, colleges, corporate houses on Valour O Indian Armed Forces.

Through Lakshya Foundation she spreads the saga of sacrifice of these young soldiers and aims to instil the spirit of patriotism in the citizens of India by adopting various means such as using AV presentations, programs, TedX talks and others.





Name : Disha Pinky Sheikh

Disha Pinky Sheikh is one such woman, who was abandoned by her family in Yeola, Nashik for discovering her true self. As a third gender, her focus is on getting respect for being a “she” in the society. Currently living in Shirirampur with her mentor and other colleagues, she strictly follows a tradition, that of a Teacher-Student also known as the “Guru- Shishya parampara”. For her, she believes there are relationships that go beyond the normal relationships, which are generally accepted in the society. Using the social media as a platform for people to have a glimpse of her daily life right from the way she manages her daily expenses, to the poems that she writes. Describing her education status on social media, she says the world is her school.



Name : Snehal Londhe

A successful managing director of Payod industries Pvt Ltd, a company whose mission is to be a world class glove manufacturer by providing top quality products with excellent services through continuous improvement and innovation. In 2008 she started a project to ensure a dignified life for the vulnerable and underprivileged sections of rural society through skill enhancement and technological inputs for generating alternative livelihood opportunities. She has been awarded with the prestigious awards like Best Enterpeneur, Prerana Puraskar and ShivGaurav Puraskar.





Name : Rohini Hattangadi

Rohini Hattangadi is an Indian film, Marathi theatre and television actress. She has won two Filmfare Awards, one National Film Award, and is mostly known for being the only Indian actress to win the BAFTA Award for Best Actress in a Supporting Role for her performance as Kasturba Gandhi in the film Gandhi (1982). She is also noted for her roles in Mahesh Bhatt's two art films, Arth (1982) and Saarang (1984).



She joined National School of Drama (NSD), New Delhi in 1971. After her graduation in 1974, Rohini was awarded the Best Actress award and also an award for Best All-round Student. Rohini also received training in Indian classical dance forms, Kathakali and Bharatnatyam for more than eight years, under the guidance of Professor Surendra Wadgaonkar.

Over the years, she has acted in over 70 films in all, and in each she has portrayed her characters as powerfully as she does in her theatre performances.

Name : Sharada Bapat

Only out of curiosity Dr. Sharada Bapat took medicine as the subject for her studies and took a degree of MBBS. Earlier she was a graduate in English and passed her LLB successfully.

She has done an extensive research contributed in many of the medical journals till now.

She also holds a private pilot license for CESSNA 152. She is passionate about music and successfully passed Grade 4 exam from Trinity college of London.



She is associated with Society for the prevention of Cruelty to animals. Also she is a part of Beauty without cruelty, people for ethical treatment of animals, WWF, Greenpeace etc.





Name : Ravi Bapatle

Born in a farmers family Ravi wanted to serve the nation by joining the army. After completing his graduation he attempted to join civil services where he failed and decided to pursue journalism. But one day he saw the sorrows of hiv affected children and decided to work for them. So he founded Sevalaya.

Sevalaya is a not for profit, non governmental organization for kids with HIV AIDS. It is a Dream Ravi Bapatle turned to reality, a home for these

kids.It is based on a farmland donated by a generous farmer “Manmatappa Mukta” near the village of Hasegaon in Latur District of State of Maharashtra in India.

It has around 60-70 children of different age groups. They follow a routine as any other kid of their age of going to school, playing and studying, forgetting all their health and other problems. This is one of the major goals of Sevalaya, to give them a normal life.



Name : Deepak Ghaisas

Deepak Ghaisas is the chairman of Gencoval Strategic Services Pvt Ltd. Previously he was the CEO - India Operations and CFO of [I-flex Solutions Ltd., India](#). He has worked in the software industry since 1987.

In 1993, Ghaisas joined as the CFO of I-flex Solutions Ltd., India for its global operations. In 1997, he added the role of the CEO (India Operations), while retaining the CFO position.

He has been involved in the software industry in a number of roles, including:

- Executive Member of The [NASSCOM Executive Council](#)
- Member of CII Executive Council for Western India

Deepak resigned from i-flex on 8 August 2008, just before it was renamed as Oracle Financial Services Ltd.





Name : Niranjan Paranjape

Niranjan is CTO at Go-Jek Indonesia, Southeast Asia's fastest growing startup. He has 13 years of experience as a hacker, programmer, consultant and entrepreneur.

As CTO at Go-Jek, he is responsible for building a high performance engineering culture focused on passion for new technologies, code quality and product thinking.

Niranjan obtained his degree in Mechanical Engineering with the intention of doing research in the field of operation research, only to discover that his true passion lay in programming. He started his career at Infosys, before moving to ThoughtWorks where he consulted for Fortune 500 clients.

In early 2010, Niranjana co-founded C42 Engineering, a boutique software engineering consulting firm, with Aakash and Sidu. C42 Engineering helped various startups in India and Silicon Valley to build and scale their products. Niranjana helped building C42's products - RubyMonk and TrustedRishta.

In early 2015 C42 Engineering switched it's focus to fast growing startup ecosystem in Indonesia. In October 2015 C42 was acquired by Go-Jek to expand it's engineering arm to Bangalore.

He is a trustee of the Emerging Technology Trust, the non-profit that organises India's national Ruby, Golang and DevOps conferences.





SUPPORT GROUPS RUN by IPH

Sr. No.	Name	For	Venue	Day/Time
1.	TRIDAL	Schizophrenia Rehabilitation for low functioning Shubharthis	Saptasopan	Mon - Fri. (2 - 5 p.m.)
2.	CAREGIVERS	Family members of Shubharthis (Schizophrenia)	Saptasopan	1st Saturday (4.30 p.m. - 6.30 p.m.)
3.	TRENDSETTERS	High Functioning Shubharthis (Managing Mentalhealth problems)	Saptasopan	2nd Saturday (6 - 8 p.m.)
4.	LOC	Parents of Personswith extreme behaviour problems (Antisocial & Borderlinepersonality disorder)	IPH	1st Sunday (3 - 5 p.m.)
5.	ANKUR	Developmental group for Childrenof Recovering Addicts	Saptasopan	2nd Sunday 10.00am
6.	PERFECT	Patients suffering with OCD &their relatives	Saptasopan	2nd Saturday (5-7 p.m.)
7.	SAMAYOG	Parents of children with Autism	Saptasopan	1st Sunday (5.30 to 7.30)
8.	SAAHAS (Sexuality Acceptance Awareness Health & Support	Therapy group for members of the LGBTQIA+ community.	Saptasopan	3rd Sunday (11.00 to 1.00)



SUPPORT GROUPS AT IPH BUT NOT MONITORED BY IPH

Sr. No.	Name	For	Venue	Day/Time
9.	UTTEJAN	Persons with Epilepsy	IPH	4th Sunday (3.30 p.m.)
10.	MUKTANGAN MITRA & SAHACHARI	Alcohol Fighters & Caregivers (Spouse) of alcoholics	Saptasopan	2nd Sunday (10.30 a.m.)
11.	CHAITANYA GAM-ANON	For the Family Members of Gambler	IPH	2nd Sunday (1.00 p.m.)



वेधच्या मध्यंतरामध्ये चवदार OPTIONS

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त्रिदलची विविध उत्पादने

अल्पोपहार

१) चिवडा (२०० ग्राम)	५०/-
२) चिवडा (४० ग्राम)	१२/-
३) रवा लाडू (१ नग)	१२/-
४) पौष्टिक वडी (२ वड्या)	१०/-
५) मसाला दूध	३०/-
६) लिंबू सरबत	१५/-

घरी घेऊन जाता येईल असे काही

१) कल्पो (२५० ग्राम)	८५/-
२) थालीपीठ भाजणी (२५० ग्राम)	६०/-
३) अळशी चटणी (१०० ग्राम)	३५/-
४) लसूण चटणी (१०० ग्राम)	४०/-



प्रार्थना

जे टाळणे अशक्य
दे शक्ती ते सहाया
जे शक्य साध्य आहे
निर्धार दे कराया ॥ १ ॥

मजा काय शक्य आहे
आहे अशक्य काय
माझे मला कळया
दे बुद्धी देवराया ॥ २ ॥

God, Grant me the serenity,
To accept things which I cannot change,
Give me the courage
To change the things that I can
And the wisdom
To know the difference

जिसे टालना नामुमकिन हो ।
दिल से कर स्वीकार ।
जिन लम्होन को बदल सको ।
जा हिम्मत से उस पार ॥

मर्यादा है कौनसी मेरी ।
क्या है शक्ती स्थान ।
पहचानू मैं गौर से इनको ।
बुद्धी दे भगवान ॥

