



MANOJAGRITHI

Annual Report

2021-22

Manojagrithi: “Manojagrithi” an organization with 9 years of successful service track record, is a group of more than 200 dedicated and skilled Psychologists and mental health professionals, established with the vision to spread Positive Mental Health Awareness and prevention of Mental Health Issues. ManoJagrithi working with government and Non Govt Organizations Education Dept. Social welfare & Tribal welfare Gurukulams, NYK, NIRD, Corporate companies, Engineering colleges, police departments, ‘SHE TEAMS’ and National level NGOs.

Vision: To create mental health awareness and Prevention of mental health issues for a healthy nation with a value system.

Mission: Helping people to help themselves through group counselling and individual counselling. Creating awareness on mental health through workshops and trainings

Message from Dr. Geetha Challa, Founder & Director



Manojagrithi has once again seen a year of many highlights and achievements as we continued to work towards improving mental health care across the globe. As I reflect on the work in 2019-20, it has undoubtedly been a year like no other as we have

all worked together to adapt during the COVID-19 pandemic.

“ Mental health is not a destination, but a process. It's about how you drive , not where you're going.” This is so very true.

COVID-19 pandemic and lockdown has brought about a sense of fear and anxiety around the globe. Even my mind was quarantined for a while thinking about the possibilities but Manojagrithi ventured virtually in responding to the COVID-19 pandemic managing the transition to different approaches to care ,while maintaining high- quality services for mental health patients not only across the state but every nook and corner by spreading awareness through its innovative health programs.

Surprisingly this virtual journey has been unique as we could develop emotional connections in supporting and enriching people across. We could help people be aware of the world around, reflect and appreciate what matters to them.

This pandemic will remain a memory in the history of Manojagrithi as we tried something new, discovered possibilities and took responsibility to accept challenges come what may. This learning has inspired confidence and I could strongly feel a sense of happiness

linked to the wider community.

For me, The pandemic was a chance to reach maximum people to help put their feelings and thoughts on the canvas of life. It has been a great example of the promotion of wellbeing through engagement in community activity.

My heartfelt appreciation to my committed team and all the well wishers for their continuous support under such strenuous conditions. Even impossible sounds possible with like minded people. The outcome is more than expected when it is taken by the POT - Power Of Team.



Dr. GEETHA CHALLA
Founder & Director

Qualification: MA, M.SC, MSW, PhD, RE & CBT
Position: Therapist Counseling & Child Psychologist



SRI. G.DAYANAND
Member & Secretary

Our Advisory Team



Dr. Niranjana Reddy.K

Qualification: M.Phil, Ph. D
Position: Clinical Psychologist



Dr. Venkata Subbaiah

Qualification: M.Phil
Position: Clinical Psychologist



Dr. George Reddy

Qualification: MBBS, DPM

Position: Psychiatrist (Healthy Brain Psychiatry Clinic)



Dr. Shekar Reddy

Qualification: MBBS, Dip.

Position: Clinical Psychiatry Psychiatrist (Adi Mind Clinics)



Dr. N.Radhika Acharya

Qualification: MA- Psy, M.Phil - Rehab Psychology, PDCP Clinical Psychologist

Position: Clinical Psychologist



Mrs. E.Aruna Reddy Member & Advisor

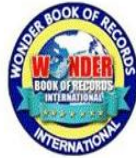


Mr. Arun Booda Member & Advisor



Mrs. T.Saroja Member & Advisor

S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
1	25-09-2021	Manojagrithi Foundation Day Celebrations	Concluding program for 33 online Marathon webinars	Manojagrithi	70 counselors	Dr. Geetha Challa & Manojagrithi Team



Dr. Geetha Challa
Founder Director
Manojagrithi



Chief Guest
Mr. Bingi Narendar Goud
India Chief Coordinator
Wonder Book Of Records
International



Special Guest
Mrs. S. Sujatha
Telangana Coordinator
Wonder Book Of Records
International



Spl. Guest
Mr. P Murali Krishna,
Commandant,
T S S P,
8th Battalion
Kondapur.

Invitation is extended to
celebrate
the World Mental Health Day ,
Manojagrithi Foundation Day
And
On Successful completion of
33 Marathon Webinars Online
for 33 Districts of Telangana
By 66 certified counsellors
in 6 days
(20th to 25th Sept 2021)

From Team Manojagrithi

Date : Saturday 25th September, 2021.

Time : 3 pm onwards

Venue : Bikshapathi Yadav Function Hall, 8th Battalion, TSSP, Kondapur



Join us



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The Wonder Book of Records International Success Meet was conducted on 25th September, 2021 at 4:30 PM by welcoming the chief guest Shri B Narender Goud, India Chief Coordinator, International Wonder Book of Records, with a guard of honor.



Other guest, Shri Ganagaram, Additional Commandant, 8th Battalion, Kondapur, Smt S. Sujatha, Coordinator, Telangana State, Wonder Book of Records were also welcomed.

Kumari Chetana Dhulipala welcomed and enthralled the audience with her Kuchipudi dance performance.



The guest were welcomed on to the dais by Smt. Ushahsree Kandala & Smt. Jeevani Gadde.

The function was inaugurated by salutations to the Lamp and lighting the lamp by Dr. Geetha Challa, Smt S. Sujatha, Mrs. T. Saroja, Mrs. Aruna Reddy, Mrs. Richa Mittal and Mrs. Radhika K. The salutations were accompanied with a beautiful song '*Shubham Karoti Kalyanam*', rendered by Ms. Ushahsree Kandala. This was followed by our National song 'Vande Maatharam'.



A power point presentation of the glimpses of 33 techniques demonstrated by 66 counselors & Psychologists in 33 Districts of Telangana was screened and appreciated by the Guests.

The record created by Manojagrithi in International Wonder Book of Records was announced by Shri Bingi Narender Goud, India Chief Coordinator, International Wonder Book of Records

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and this was followed by the presentation of award to Dr. Geetha Challa, Founder and Director, Manojagrithi.



Shri Bindi Narender Goud later spoke in detail about his association with International Wonder Book of Records and his interest in Manojagrithi doing the Webinar for a social cause thereby, setting a record with International Wonder Book of Records.



The Counselors and Psychologists who conducted the webinars celebrated the occasion with a lot of jubilation and enjoyment on Manojagrithi entering the International Wonder Book of Records.

On this occasion, Dr. Geetha Challa, Founder Director, addressed the guests followed by a speech by Shri Gangaram, Additional Commandant, 8th Battalion, Hyderabad.

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The Counselors and Psychologists who demonstrated the 33 techniques were presented with the awards by Shri Bingi Narender Goud & Shri Gangaram.

On this occasion all the students of Sahaya and Sporthi were also invited. The successful students of *Basic Counseling Skills – Sahaya August 2020-February 2021* batch students were awarded their Diploma Certificates. Similarly, the successful participants of *Spoorthy* were also awarded with their certificates.



Later, Shri Bingi Narender Goud, Shri Ganagaram and Smt S Sujatha were felicitated by Dr. Geetha Challa.

Smt. Richa Mittal proposed Vote of Thanks, thanking all the guests, Participants, sponsors, counselors and Psychologists and all the family members of Dr. Geetha Challa.

All the counselors and psychologists then had taken an Oath by lighting the candles and reading out the Oath all together.



The program was concluded with the National Anthem.

All the Counselors and Psychologists had an opportunity to interact with their seniors, batch mates and had photo sessions.

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The event was officially concluded with the distribution of Snacks and Soft drinks to all the guests and participants.

At the end of the day, all the counselors and psychologists of Manojagrithi had a jubilant feeling and were all smiles with contentment having contributed themselves to the society in a big way and created a record with International Wonder Book of records.

Celebrations



Special Thanks to Sri P Murali Krishna, Commandant, **Telangana State Special Police, 8th Battalion**, Kondapur, Hyderabad who have provided the space for the function to go on smoothly.

Our thanks to all the guests and well-wishers who were around 90 people following the Covid 19 Protocol.

Press Coverage :



V6 TV News coverage: https://youtu.be/XVJya_Xg4R8



Disha, Suryapet Press Coverage

హాం తెలంగాణ ఆంధ్రప్రదేశ్ శ్రీలంక సిగిమా శాతీయం రాజకీయం విశ్వాసం చైన్-స్టోల్ తెలంగాణ

వందర్ బుక్ ఆఫ్ వరల్డ్ రికార్డ్స్ లో డాక్టర్ గీత చల్లా పేరు

September 28, 2021 10:15 pm

దిశ, వెబ్ డెస్క్ : మానసిక సమస్యలతో బాధపడి వారిని సంపూర్ణ ఆరోగ్యవంతులుగా మార్చడమే ద్వేయంగా ప్రముఖ మానసిక నిపుణురాలు, మనోజాగృతి సంస్థ పౌండర్ డాక్టర్ గీత చల్లా బి.కె.ఎస్. కృషి చేస్తున్నారు. ఆక్టోబర్ 10వ తేదీన మానసిక ఆరోగ్య దినోత్సవం, మనోజాగృతి వ్యవస్థాపక దినోత్సవం సందర్భంగా తెలంగాణలోని 33 జిల్లాల్లో 200 మంది మానసిక నిపుణులతో ఆన్ లైన్ మారథాన్ నిర్వహించారు. మానసిక నిపుణుల బృందంతో కలిసి ప్రజల మానసిక, శారీరక ఆరోగ్యం, సాంఘిక శ్రేయస్సు కోసం అడుగుపెరిగి సేవలు అందిస్తున్నారు. ప్రజలను మానసిక సమస్యల నుండి కాపాడడమే మనోజాగృతి సంస్థ ముఖ్య ఉద్దేశం అని డాక్టర్ గీత చల్లా పేర్కొన్నారు.

డాక్టర్ గీత చల్లా 33 జిల్లాల్లో చేపట్టిన ఆన్ లైన్ మారథాన్ ద్వారా కొన్నింటిని మానసిక శారీరక, మానసిక, సాంఘిక శ్రేయస్సు కోసం 33 బి.కె.ఎస్.తో వివరణాత్మకంగా ప్రజలకు వివరించారు. గీతా సందర్భానికి సంబంధించిన పుస్తకాలు, మానసిక వైద్యనిపుణులు, వైద్యకృషి ఉన్నత అధికారులు, విద్యా, పోలీస్ శాఖ అధికారులు, విద్యార్థులు మద్దతు ఇచ్చారు. ఇమి చేస్తున్న సేవలను గుర్తించి వందర్ బుక్ ఆఫ్ వరల్డ్ రికార్డ్స్, వారు వందర్ బుక్ ఆఫ్ వరల్డ్ రికార్డ్స్ లో డాక్టర్ గీతా చల్లా పేరును నమోదు చేశారు. ఈ రికార్డును ఆ సంస్థ సభ్యుడు సరేంద్ర గౌడ్ అమెరికన్ హైదరాబాద్ లో హైటెక్ లో అందజేశారు. గీతా చల్లాతోపాటు మారథాన్ వెబ్ సైట్ లో పాల్గొన్న మానసిక కొన్నింటిని అభినందించి వారికి సెల్ ఫోన్, మెమోరియల్స్ అందజేశారు.

ఈ సందర్భంగా న్యూఢిల్లీ జిల్లా కేంద్రంలో నిర్వహించిన ఆన్ లైన్ మారథాన్ లో పాల్గొన్న మానసిక నిపుణురాలు వింగాల రేణుక మాట్లాడుతూ నేటి కాలంలో ఎంతో మంది మానసిక సమస్యలు, డిప్రెషన్ తో బాధపడుతున్నారని వారందరికీ డాక్టర్ గీతా చల్లా మనోజాగృతి సంస్థ ద్వారా ఆరోగ్యవంతులుగా మార్చడానికి కృషి చేస్తున్నారని కొనియాడారు. న్యూఢిల్లీలో నిర్వహించిన కార్యక్రమానికి 200 మందికి పైగా పేర్లు నమోదు చేసుకోని పాల్గొన్నారు రేణుక తెలిపారు.

<https://www.dishadaily.com/dr-geeta-challas-name-in-the-wonder-book-of-world-records>

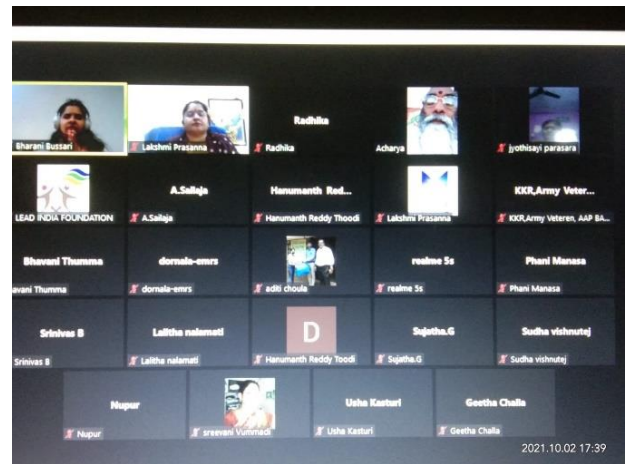
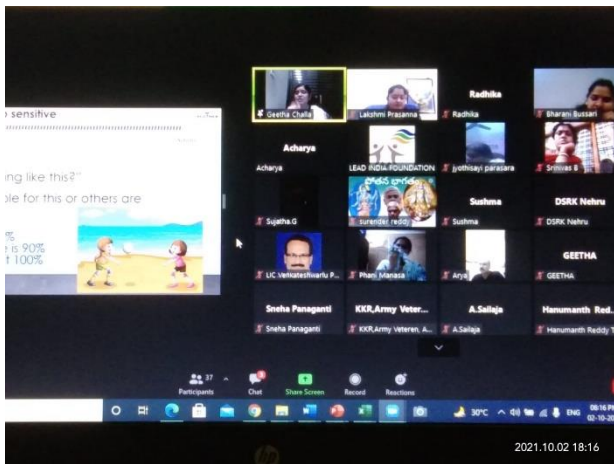
District wise participation during Wonder Book of Records International

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[Online Marathon Webinars Details 20th -25th September 2021:](#)

District Name	Participation count
Jagityal	385
Hyderabad	193
Adilabad	170
JayashankerBhupalpal	98
Jangaon	121
Karimnagar	238
Kamareddy	280
Jogulamba Gadwal	117
Kumaram Bheem	205
Yadadri Bhuvanagiri	86
Khammam	270
Mahbubnagar	396
Mancherial	250
Medak	258
Medchal	121
Mulugu	300
Nagarkurnool	150
Narayanpet	251
Nirmal	154
Nizamabad	142
Peddapalli	105
Rajanna Sircilla	300
Rangareddy	286
Sangareddy	124
Suryapet	198
Siddipet	313
Wanaparthy	123
Vikarabad	118
Warangal Rural	546
Warangal Urban	82
Bhadradi	90
Nalgonda	120
Mahbubabad	91

S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
2	02-10-2021	Manojagrithi Conducting Mental Health Awareness Programs for Different Age Groups	Women Empowerment (Mental Health in Women)	Lead India & online		Speakers of the Day 1. Dr. Lakshmi Prasanna - Trustee (LIF) 2. Bharani Bussari - Alumni (Australia) 3. Dr. Geetha Challa - PhD Psychologist (National Director) 4. Hanumanth Acharya - President (Teachers Empowerment) 4. Dr. Prasuna - Project Director (Women Empowerment Wing)



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S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
3	10-10- 2021	Manojagrithi Foundation Day Celebrations & World Mental Health Day	Manki Baath Manojagrithi ke Saath	Manojagrithi & online	70 counselors	Dr. Geetha Challa & Manojagrithi Team

A Report on MAN KI BAAT, MANOJAGRITHI KE SAATH

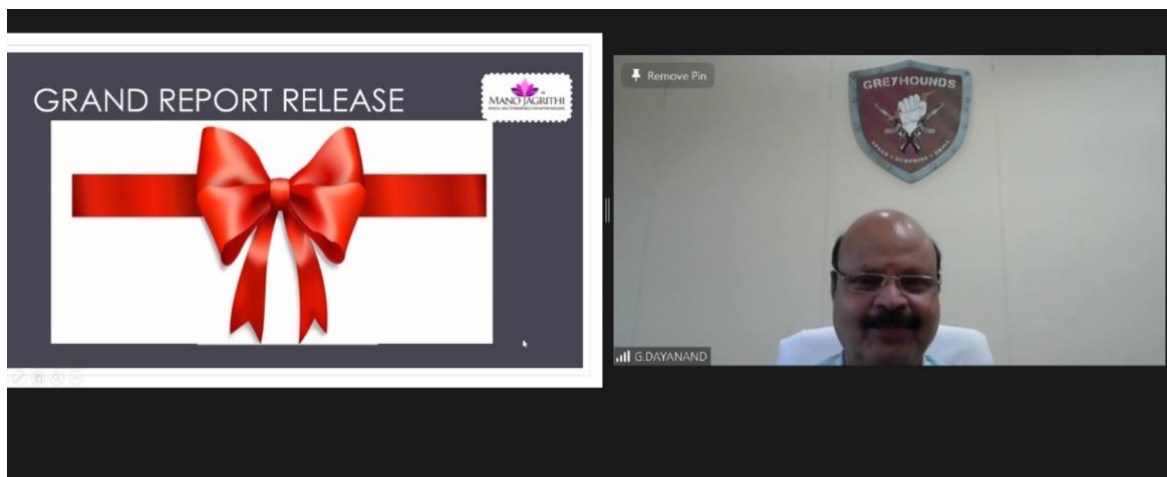
Date: 11th Oct 2021

Manojagrithi , a mental health organisation, was founded on the same day as World Mental Health Day , 10th of Oct 2012. This wasn't by coincidence, but by a concious choice, laying emphasis on the fact that Mental Health is our foundation and core of our work.

Every year, a massive Mental Health program is carried out by Manojagrithi, and this year, a **Marathon of Webinars on 33 Well Being Techniques**, taking Mental health to all the 33 districts of Telangana, which was recognised by **International Wonder Book of Records on September 25th, 2021.**

Manojagrithi turned 10 years young and to celebrate the achievements and its foundation day, falling on the same day as World Mental Health Day, an e-Convention by the name **Man ki Baat, Manojagrithi ke Saath**, was organised on the **11th of Oct 2021 on Zoom platform.** All its passionate counselors, abassadors, beneficiaries were invited and had shared their experiences.

A Grand report 2012-2021 of Manojagrithi was released by Shri G. Dayanand Garu, Secretary of Manojagrithi Foundation. This report encompassed the grand journey and initiatives taken in the Mental Health space by Manojagrithi. Also, the Annual Report 2020-21, was released by Dr. Geetha Challa, Founder- Director of Manojagrithi.



As a tribute to the Manojagrithi and its work, our counselors had penned a few words honouring and adorning Manojagrithi.



It was one of the finest occasions to announce the addition of new members to the Advisory Committee of Manojagrithi. Three of its members, Mrs V. Roja, Mrs B. Aruna Reddy and Mr. Arun Boda had been with Manojagrithi since inception. As a tribute to their commitment to the organization, they have been awarded the title of Advisors of Manojagrithi.

congratulations

NEW ADVISORS OF MANOJAGRITHI

		
Mrs V. Saroja Member & Advisor	Mrs B. Aruna Reddy Member & Advisor	Mr Arun Member & Advisor

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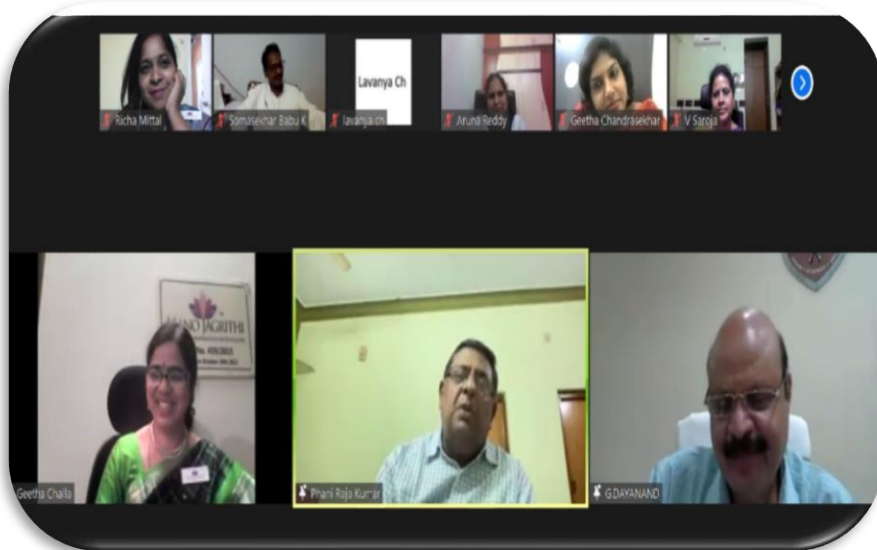
Manojagrithi, also laid down **its 5 year plan**- an inspiring and ambitious one. A snippet of the goals are:

- ♣ Taking mental health to **rural nooks and corners**
- ♣ **Inspiring more students to take up Psychology**, to meet the dearth of mental health Professionals
- ♣ **Empowering professionals** in various domains to provide Psychological First aid.
- ♣ **Developing AV aids** about mental health and wellness.
- ♣ **Blending mental health awareness into colloquial music** as songs and poetry for wider reach.
- ♣ **Strengthening district wise MJ teams** and conducting mental health awareness in districts, for wider, faster accessibility.
- ♣ Bringing policy level change to include **Psychology as one of the subject of study** from KG to PG to build healthy and mentally strong nation.
- ♣ **Developing affordable Psychological First Aid & counselling** model to make effective mental wellness and health accessible to the underprivileged.

And then the floor was open for the Man ki Baat, where all the MJ family had an open heart to heart talk about their experience and journey with Manojagrithi. It was very heartening to hear it's family members, inspire each other with their journeys.



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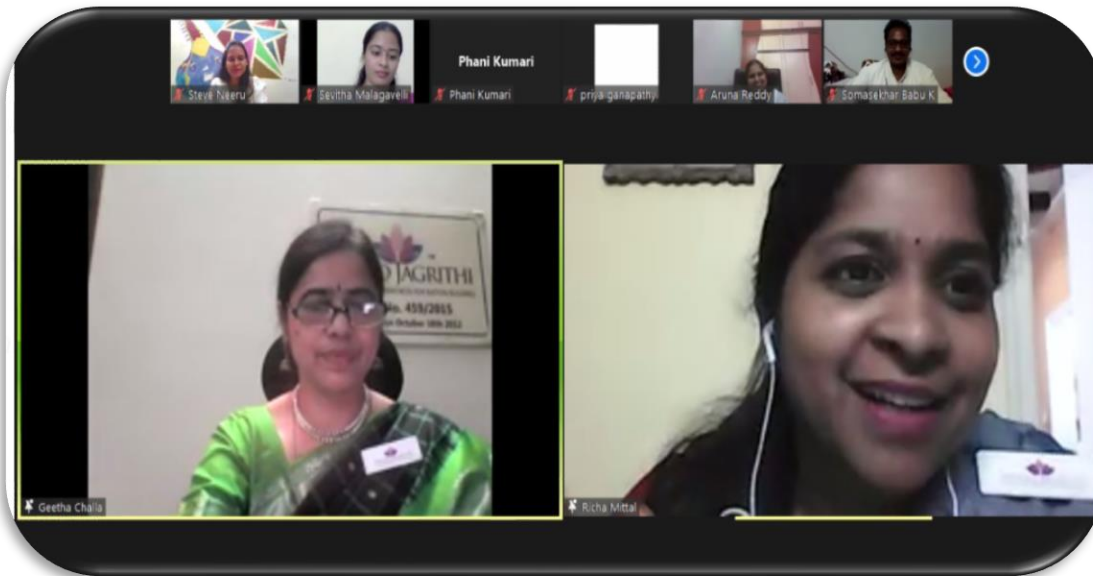


Before the program could end, all the counselors and Manojagrithi family members took a 10 point oath, marking and reiterating their commitment to the files of Mental Health and Wellness.



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The vote of thanks was delivered by Mrs. Richa Mittal, counselor, Manojagrithi.



The program ended with a lot of inspiration and a direction to move forward. We convey our best regards and greetings to the entire fraternity of Mental Health Professionals on the occasion of World Mental Health Day.

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S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
4	26-10-2021	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	“Know Yourself and Psychological Wellbeing”	JNTU, Kukatpally, Hyderabad & online	30 Staff of HRDC department	Dr. Geetha Challa & Manojagrithi Team

On October 26th, 2021, a webinar was conducted to the staff of HRDC department JNTU, Kukatpally, Hyderabad, which was designed to create awareness on mental well-being and also provided well-being techniques. The webinar was very interactive and had around 30 participants. The first half of the session focused on the techniques which provide insight about oneself, and the second half focused on providing wellbeing techniques which can be used after getting an insight about self. Later, queries and feedback were taken from the participants. The participants had expressed their connectivity and insightfulness regarding the techniques.

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S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
5	30-10-2021	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Well Being Techniques for Raj Bhavan Govt School Children	Raj Bhavan Govt. School	350 students 18 counselors	School Management & Manojagrithi Team

Manojagrithi, in its effort to bring mental health awareness for nation building has held a session with the Raj Bhavan Govt High School on Saturday, October 30th, 2021.

These Well Being techniques were discussed with 8th,9th & 10th classes by 18 Psychologists and Counselors.

There were many amazing techniques which were shared by the Counselors during the discussion. It all began with a very innovative session of Ice breaking and continued by a fabulous explanation of the importance of the Body and Mind. It is a new experience for all the kids listening to all these techniques and there was a sense of excitement on their faces. Children have been told what is Mindful Eating and why is it important in everyone's life to be mindful in their acts and deeds. Also, different stages in *Power Breathing techniques* have been practiced, which included some fun tasks like paper blowing and feel the breath. The significance of *Gratitude* in one's life, importance of *appreciation and apology* have been discussed with simple techniques, which instilled a sense of belonging and being appreciated. Gratitude boxes have been placed in the class rooms to be practiced by children every day. Many other techniques which help the body to release *Happy Hormones* were practiced.

In order to drive the point of how to respond to hardships in life, these techniques were narrated to children in the form of exciting stories which were well received by the children. There was joy and happiness in air and on their faces while listening and practicing in the sessions. Altogether, it was a brilliant session conducted by the organization Manojagrithi which created a smile on the faces of children.

The Program concluded with a Q&A session where the children expressed their feelings of their lives.

Raj Bhavan school program photos



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
6	01-11-2021	Manojagrithi presence in Print & Electronic Media	Eenadu Paper article			



సోమవారం నవంబరు 1, 2021

ఈనాడు

మాయదారి లోకం..

మోసపోతే శోకం!

- ప్రేమ, ఆస్కారంతో పేటల వలలో పడుతున్న అమ్మాయిలు
- అవాంఛిత గర్భంతో చిక్కలు
- అప్రమత్తంగా ఉండాలంటున్న నిపుణులు

■ మర్యాదగూడలే ఓ బాలిక(17)ను వివాహం చేసిన దిగ్గరి వంతుడే లోబరుతున్నాడు. ఆ కారణంగా ఆమె గర్భం దాల్చింది. ఆకలి ముఖం చాచినాడు. అమె మాత్రం ఆకలి పోషాన్ని నవనూనాలు మోసింది. దివంగి రహస్యంగా దీర్ఘను ప్రసవించి.. ముగ్ధుడొకడే పేదనీ, కాను బానిలో ధూకి ఆత్మహత్య చేసుకుంది.

■ ఇటీవల హైదరాబాద్ లోని ఓ మెటర్నిటీ ఆసుపత్రి వద్ద ఆశ్చర్యే పుట్టిన శిశువును పది తిన్నవల మూతలను సీసీ కెమెరా పుట్టితే ద్వారా పోలీసులు గుర్తించారు. ప్రయుతు మోసం చేయటంతో కుమార్తె భవిష్యత్తుకు ఇబ్బందిగా భావించి తామే పదితినెక్కినట్లు బాలిక తల్లిదండ్రులు అంగీకరించారు.

■ సామాజిక మాట్లాడుల ద్వారా పరిచయమైన బాలిక(17), బాలుడు(15) కలిగింకా దిగ్గరి య్యారు. కుమార్తె గర్భవతి అని తెలియడంతో పోలీసులకు పిల్లలు చేశారు. హైదరాబాద్ నగరం హైదరాబాద్ మంగళవారం ఈ పుట్టిన వెలుగుతుంది.



తప్పితుగులు వర్షం నుమా..

బాల్లం నుంచి యవ్వనంలోకి అడుగుపెట్టే వయసు అంతా కొత్తగా ఉంటుంది. వేరేవేరే వ్యక్తుల పరిచయాలూ.. అనేక అభివృద్ధులు. చదువుకుంటున్నారే.. కొలువు చేసే సమయంలోనే ప్రేమ, పెళ్లి వంటి మాయమూటలు తలొగ్గిన అదవిల్లలు మాయగాళ్ల వలలో చిక్కు తున్నారు. తప్పితుగులు చేస్తున్నారు. వాస్తవం తెలుసుకునేలోపే కడపల్లో మరోకటి ఉపేది పోషకుం లోంది. మోసగించిన వారు మాత్రం మునుం రాజీవున్నారు. ఆ తాళాటా వర్షవసానాలు మాత్రం ఆద విభ్రలే అనుభవిస్తున్నారు. ఈ క్రమంలో కొందరు పెద్దవాళ్లకు భయపడి ఆత్మహత్యకు పాల్పడుతున్న ఉదాహరణలు ఉన్నాయి. మరీకొందరు తమ భవిష్యత్తుకు అడ్డంకిగా మారతానే ఉత్తేకంతో దూరప్రాంతాలకు వెళ్లి ప్రసవించి పుట్టి దీర్ఘలను వదిలేసి మళ్ళి

వాళ్లు పంపకొర్రు.. మరమే తెలుసుకోవాలి

'భయభ్రంశం ఆద విల్లలు సాగ్ని దీక్షిణం. చెగితే పెద్దలు ఏలా ప్రతిస్పందిస్తాలోనే భయంతో ప్రేమ, మోసపోకడం వంటి విషయాలు రాస్తారు. ఆటా వంటి వారి మనసులో భావం గర్భించి పరిస్థారం చూపాల్సిన బాధ్యత పెద్దలపై ఉండదు' గిలోపరీలోని యువశిక్షణం గోరల్ అధికారి రాజ్ కృష్ణ హిమమించు తెలిపారు. మహిళాశక్తి కేంద్రాలలో కలిసి బిచ్చిలో అవగాహన కలిగించే నిర్వహిస్తున్నామని, అంతా కొందరు మోసపోతున్నారు. 'కేవలకేలి, గుడ్/బ్యాడ్ అండ్ ప్రేమ, ఆకర్షణ బాలోదేవుణులు వంటి ఆస్తి అంతా అనుభవించే విధంలో మాట్లాడాలి. తప్పితుగుల చేయకండా తమను తాము అనుభవించే మార్గాలను చూపాలి. కుటుంబ వాతావరణం భాగంకేలా చూడటం, తల్లిదండ్రుల ప్రేమ, ఆస్కారంతలు కాలా దిబ్బలు నుంచి విల్లలను బయటపడేస్తాయి' అని ఆమె చెప్పారు.



ఆ బాల్యత తల్లిదండ్రులదే

- డాక్టర్ గీత చల్లా, మనస్తత్వ విజ్ఞాపిణులు
బయట ప్రాంతాల్లో ఉండే బాలికలకి అనుగుణ్యం అభోహలోనే పెద్దలు ఉండి పోయాడు. భావివయలు మరదిన అయినవాళ్ళే తమ దీర్ఘలను చేదింపులకు గురిచేస్తున్నారనే వాస్తవాన్ని గమనించడం. ఇటువంటి పరిస్థితులు నుంచి బయటపడేయాలంటే తల్లిదండ్రులు విల్లలను తప్పిస్తులను విడమరించి చెప్పాలి. సున్నితమైన అంశాలను ఏలా చెప్పాలో తెలియని వారు విల్లలుల సాయం తీసుకోవాలి. అదవిల్లలంటే బలహీనులు అనే భావనను తొలగించాలి. మోసనీ, కంకా, కలిగకంగా తమను తాము కాపాడుకునేలా చారించి తీర్చిదిద్దాలి. అన్ని విషయాలు పండుకునే స్వేచ్ఛను దీర్ఘలకు ఇవ్వాలి. అమ్మమ్మమ్మలతో పండుకుంటే తమ సమస్యలకు పరిష్కారాలు లొరుకు అవుతున్నాయి అని చెప్పారు.



శిశువపాల్లో వదిలిస్తే కాపాడటం

- ఐ.ఆర్.కే.ఎస్.రావు, జిల్లా సంచీమ అధికారి, హైదరాబాద్
మానవత్వం లేకుండా, శిశువుల ప్రాణాలకు ఆపాయం మరీ తెలిసినా ప్రమాదకర ప్రదేశాల్లో వదిలిస్తే వెళ్లటం బాధాకరం. విల్లలు బారకరం బానిస్తే శిశువపాల్లో వదిలేయండి. ఏంతుకు తీసుకొచ్చారనే అంశాలను బారకరం శిశువులను కంటికిరెప్పలా కాపాడతాం. భావిభారత పొరులు తీర్చిదిద్దతాం.



ఈనాడు, హైదరాబాద్ వెంగళరావునగర్, స్టూడియో

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
7	02-11-2021	Manojagrithi with Telangana State Police & SHE Teams	SHE Bharosa Cyber Lab launching program	Women Safety Wing, Lakdikapool, Hyderabad & online	100 Telangana SHE Team officers	Telangana DGP Mahender Reddy IPS and CP of Rachakonda, Hyderabad, Cyberabad, Smt. Swati Lakra ,IPS, Additional Director General of Police ,Women Safety including SHE teams and Bharosa Centres, Telangana State and Smt B. Sumathi IPS DIG,CID Women Protection cell, Telangana State.& Dr. Geetha Challa



Manojagrithi is happy to be a part of women safety wing new initiatives launching program.

Telangana DGP Mahender Reddy, IPS and CP of Rachakonda, Hyderabad, Cyberabad, Smt. Swathi Lakra , IPS, DIG, CID Smt. B. Sumathi, graced the occasion.


Manojagrithi and team was applauded by all of them for their selfless services from the inception of SHE teams and Women safety wing and the dedication in counselling minors all these years

Manojagrithi Annual Report 2021-22



**Women Safety Wing
Telangana State Police**
cordially invites you to the inaugural ceremony of
SHE-Bharosa Cyber Lab
in presence of
Dr. M. Mahendar Reddy, IPS,
Director General of Police, Telangana State,
Hyderabad
November 2, 2021, 3PM



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
8	07-11-2021	Manojagrithi presence in Print & Electronic Media	Eenadu Paper article			

బడి బుడతలు గాడిలో పడేదెలా?

- మానసిక సమస్యలతో విద్యార్థులు సతమతం
- మార్పులు కాదు... పాఠశాలకు వెళ్లేలా ప్రోత్సహించండి
- చదువుపై దృఢం పెంచేలా చూడాలంటున్న నిపుణులు

ప్రతివారూ అసలు అధికారికంగానే పిల్లలు అభ్యుదయంతో చదువుకు దూరమయ్యే ప్రమాదం ఉందన్నది నిపుణుల మాట.

తనాడు, చైదారాబాద్: వంటి నైపుణ్యాలకు దూరమయ్యాడు. ప్రస్తుతం మళ్ళీ బడికి వెళ్తున్న నేపథ్యంలో తీవ్ర మానసిక ఒత్తిడికి లోబడినట్లుగా ఉంది. కొందరైతే తరగతి గదిలో ఏదేమిటి గుండు టిపికా కూర్చోవడానికే ఇబ్బంది వస్తున్నట్లు... దిశా, కోపం, నిశిత శాంతి లేకుండా ఏదేమిటి చేస్తున్నట్లు నిపుణులు గుర్తించారు. త్వరలో ప్రాథమిక తరగతులను ప్రత్యక్షంగా ప్రారంభించేందుకు వైదేయ పాఠశాలలు కనీసం చేస్తున్న నేపథ్యంలో... పిల్లల్లో పాఠశాలకు వెళ్లాలనే ఉత్సాహం రెండెంబే దెలా పాఠశాల విద్యార్థులందరికీనూ మళ్ళీ విద్యార్థిని పూర్తిస్థాయికి తీసుకువచ్చేదెలా తరగతి విషయాలను ముప్పాళ్ళు పోషించాలా రాజ్ కర్ పల్లా గీత వివరించారు.

బడి బుడతలు గాడిలో పడేదెలా?

(మొదటి పేజీ తరువాయి)

సుదీర్ఘ కాలం అన్ లైన్ తరగతులు నడచిన కారణంగా పిల్లలు అప్పటికే పుస్తకం లేదా బాండ్ తరగతులకు పాఠశాలకు వెళ్లాలనే భయంతో బాధపడ్డారు. నితరతరాలలో అలాంటి భయం లేకుండా పాఠశాలకు వెళ్లాలనే భయం గలకు, గుండు తరగతులకు ముందుగా లేదా సిద్ధమవాలి. అంటే బడి



ఆరోగ్య సూత్రాలపై అవగాహన ముఖ్యం

ఆరోగ్య చిరతరలై అవగాహన పెంచే బాధ్యతను తల్లిదండ్రులు/ఉపాధ్యాయులు తీసుకోవాలి. బడిలో మాస్కు తీసేయడం, వ్యక్తిగత దూరం పాటించుకోవడం వంటివి సరికాదు చెబు తూ... వాటిపై బిగ్గె అవగాహనా చివరించాలి.

యాన్నే నితరతరలై క్రమంగా మాట్లు తీసు కొన్నే ప్రయత్నాన్ని తల్లిదండ్రులు ఆలోచించి చాలి. అవి లోపంపాటు నిర్దేశక సమయంలో



నితరతరలై సిద్ధమై బడికి వెళ్లి... అదివారం ఏదైనా పర్యాటక ప్రదేశానికి తీసుకొస్తానని పాఠశాల బహుమతి ఇస్తానని చెప్పాలి. కచ్చితంగా ఆ హామీ నిరవేరాలి.

యాంత్రిక జీవనం నుంచి రుస్తి ముక్తం

ఏదావికైనా కాలంగా అన్ లైన్/పద్యుతర తరగతులలో పిల్లల జీవనశైలి మారిపో యింది. ఈ పరిస్థితుల్లో చదువు సంగ తీసుకుంటే ముందు పిల్లలను బడికి ఆల వాటించేయడానికి ఉపాధ్యాయులు ప్రాధాన్య వివ్వాలి. అందుకోసం మళ్ళీ బడికి యొగింపే(దిజిటలైజేషన్) డిజిటిల్ పద్ధతులు పాటించాలి. మాస్కులు అడ్రాంకా కాకుండా, లావాలను వ్యక్తపరచే భయం పద్ధతులు అను సరించాలి.

-ఎస్.వి. వాగవడ, కె.ఎస్.ఎం. సైకాలజిస్ట్



అభ్యుదయ కార్యక్రమాలను సహజంగా

అన్ లైన్ తరగతులలో కూర్చుంటున్న పాఠశాల విద్యార్థులు. ఇప్పుడు ఏకదిన గంటల తరబడి తరగతి గదిలో కూర్చోలేక పాఠశాల ద్వారా వెళ్లాలనే భయంతో బడికి వెళ్లాలనే భయం ఉపాధ్యాయులు వ్యవహరించాలి.

- కొన్ని రోజులపాటు తరగతి బయటకు వెళ్లమన్న మద్దతు, తర్వాత జీవనం కి నిమిషాల వ్యవధి ఇవ్వాలి.
- తరగతి గదిలో కూర్చోలేక బయటకు వెళ్లమన్న వ్యూహం వేయాలి.
- చివరకు వంటి పనులు(యాక్టివిటీ) చేయాలి.

అభ్యుదయ కార్యక్రమాలను సహజంగా

విద్యార్థులపై గుండ్రం ఉన్న అందమైన ఉపాధ్యాయులు తగ్గించాలి. పిల్లలు మళ్ళీ పుంజుకుంటూ ఉత్తేజవరంగా ఉంటారు. ఆ దిశగా అన్ని అవకాశాలూ వారికివ్వాలి.

- ముఖ్యంగా అతరగతులలో బోధించడం మానుకోవాలి.

అభ్యుదయ కార్యక్రమాలను సహజంగా

కొన్ని నెలలూ అందమైన అభ్యుదయ కార్యక్రమాలను తీసుకోవడం తగ్గించాలి. అందుకు పిల్లలు ఇష్టం/అసక్తిగా తన, తరగతి తరగతికి అవకాశం సిద్ధపెట్టి ఇవ్వాలి. అంకీపుటకు దూరంగా ఉంటారు.

వస్తువులు సభ్యమనాలి

ఏదాదిగా బడికి పుంజుకుంటూ కార్యక్రమాలను ముందుగా తీసుకుంటూ వెళ్లాలి. అందుకు అవకాశం ఉంటుంది. దీనిని దూరం చెప్పాలి. పిల్లల వ్యవహారాలిని తిరిగి గుండ్రంపెట్టేందుకు ప్రయత్నించాలి.

మరునటి రోజు వచ్చేలా...

ఇప్పటి పరిస్థితుల్లో బడి నుంచి బయటకు వెళ్లాలి. మరునటి రోజు అంత ఉత్సాహంతో పాఠశాలకు వెళ్లాలి. ముందు అభ్యుదయ ప్రయత్నం. అందుకోసం కృత్యాధార జీవనం అనుసరించాలి. వేరే కొత్త రోజు బయటికి వెళ్లాలంటూ వారికి సులభమైన భయం చెప్పాలి. అలాంటి భయం మరల కార్యక్రమాలకు ప్రాధాన్యం ఇవ్వాలి.

- మళ్ళీ చదువుపై దృఢం పెంచాలి. ముందుగా బడికి వెళ్లాలి. అందుకోసం కృత్యాధార జీవనం అనుసరించాలి. ముందుగా వారికి సులభమైన భయం చెప్పాలి. అలాంటి భయం మరల కార్యక్రమాలకు ప్రాధాన్యం ఇవ్వాలి.

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
9	08-11-2021	Certificate Courses conducted by Manojagrithi	SNEHA Report of online free workshop for the students of psychology	Manojagrithi & online	50	Dr. Geetha Challa

Sudisha Counselling Centre, a part of Manojagrithi organisation, functioned by Dr Geetha Challa, has taken a brave initiative to conduct a live counselling session. This brave initiative is to help the budding counsellors/Psychologists who are in need of a live practice.

This workshop was conducted on 08th of November 2021, evening 5 to 6 pm through online platform. There were more than 50 participants who were all professional and budding Psychologists.

This session helped the participants to learn the techniques of counselling and how to deal with the client when they are taking the session.

The participants were really thankful for the Initiative taken by Dr Geetha Challa, as they were in need of this workshop. The feedback was very positive towards the workshop and were looking forward for more sessions like these which could help them build their career.

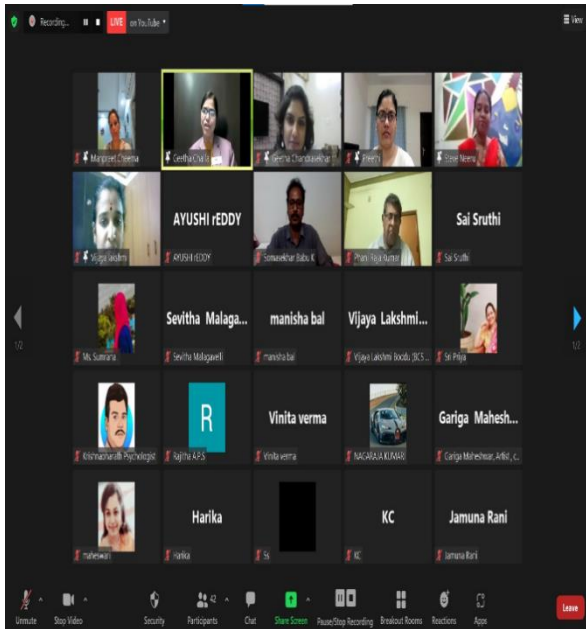
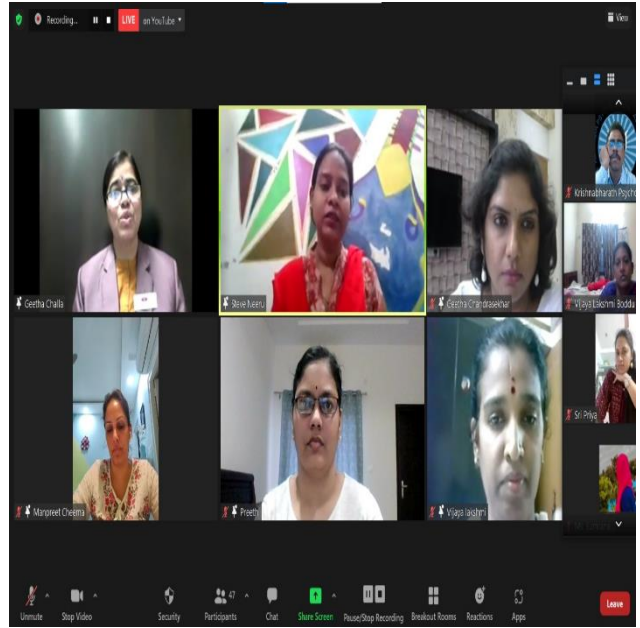
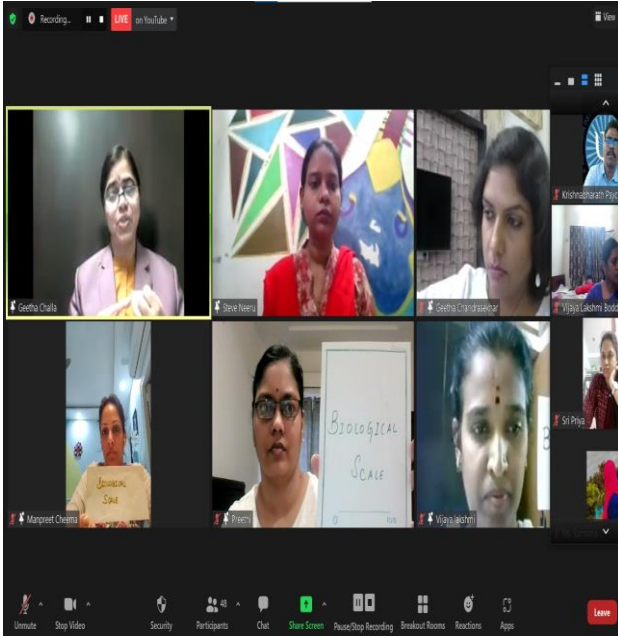
They have even expressed their gratitude for the selfless service towards the budding Psychologists for providing these workshops absolutely free.

The session ended up Motivating the participants and the team of Sudisha. The workshop ended successfully.

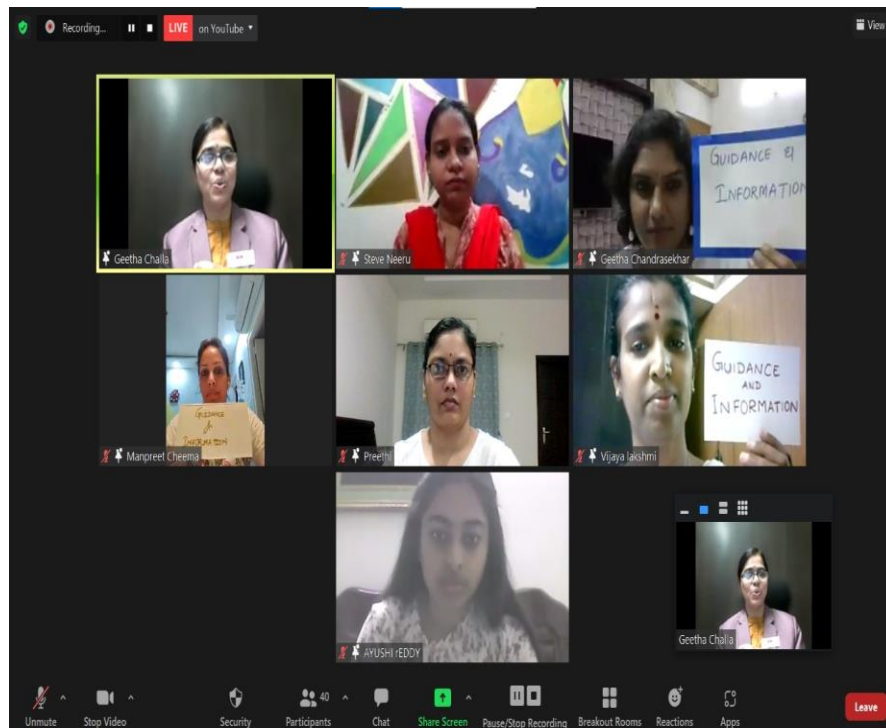
Volunteers in this workshop

1. Dr Geetha Challa (Counsellor)
2. Nirmala (Client)
3. Preethi (Student of Internship)
4. Geetha Chandhrashekhar (Student of Sahaya)
5. Manpreet (Student of Internship)
6. Vijaya Laxmi (Student of Sahaya)
7. Sevitha (Technical)

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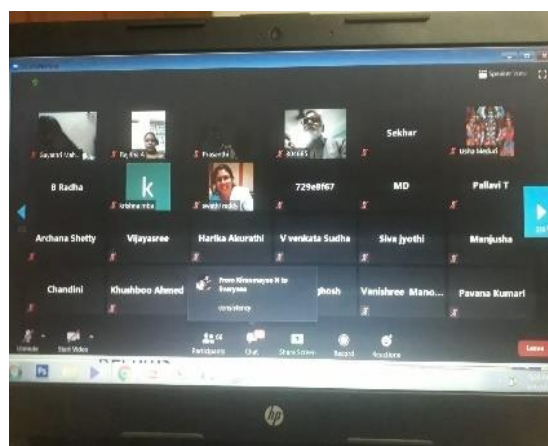
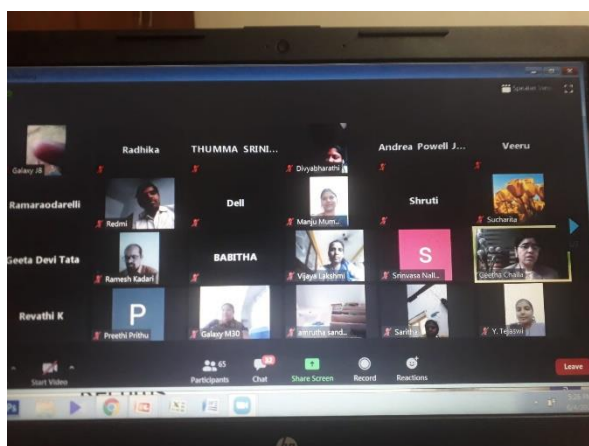


S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
10	13-11-2021	Certificate Courses conducted by Manojagrithi	SPOORTHI - Positive Parenting workshop	Manojagrithi & online		Dr. Geetha Challa

A Live session on parenting was conducted for the parents to create awareness on how the session takes place and how it will be helpful in managing themselves when an issue arises while parenting

Dr. Geetha Challa, an eminent psychologist, REBT and CBT therapist took the session. During the session one of the parent had come up with live example of the issue faced as a parent. The counsellor started the session with introduction and progressed through open ended questions. The counsellor made the client/parent to open up and present the issue with the feelings, behaviours and thoughts connected to the activating event. Further made the client/parent to write down all thoughts and applied cognitive behavioural therapy and worked on each thought in simple and practical way that other participants also easily understood and got connected. Through story narration technique the counsellor made the client as well other participants to understand the limitations of parents while bringing up children.

During the question and answers session parents shared their experiences and their queries were answered by Dr. Geetha Challa simultaneously. At the end of the session, a precise presentation was given on importance of parenting skills and their need for the parents in the present scenario. All the participants had given their feedback and they all felt the session was worthy and felt glad for having interacted with Dr. Geetha Challa.



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
11	18-11-2021	Manojagrithi Conducting Mental Health Awareness Programs for Different Age Groups	Mental Health for Women	Manojagrithi & online		Dr. Geetha Challa

Mental Health for Women

Dr. Geetha Chall started the session by welcoming the audience and introducing herself and her achievements. She explained about multi-tasking ability of woman which makes her a superwoman. The importance of mental health, rates of mental health disorders in women, risk factors and barriers to access mental health service were discussed.

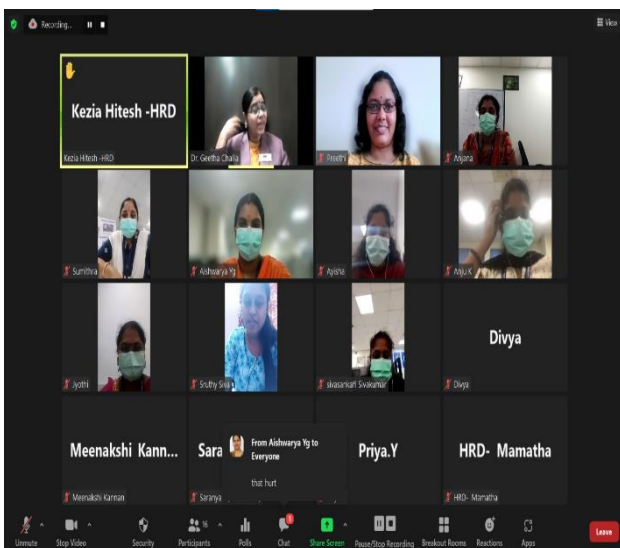
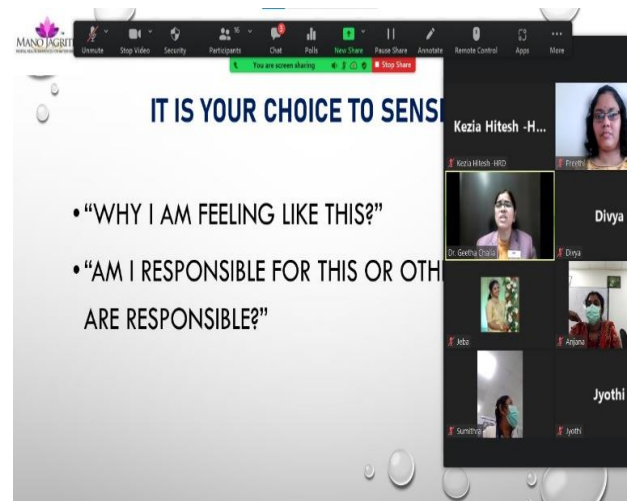
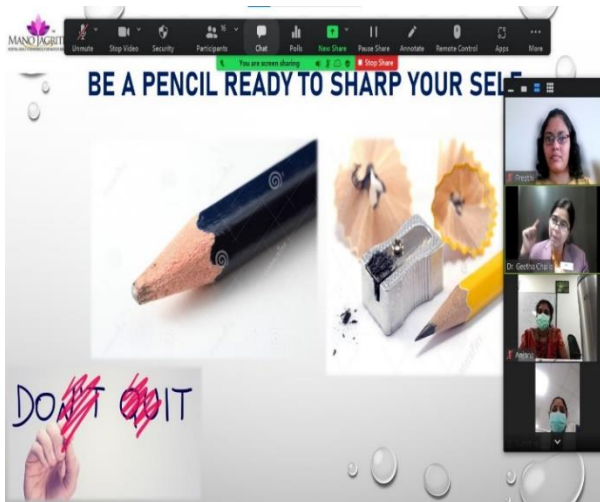
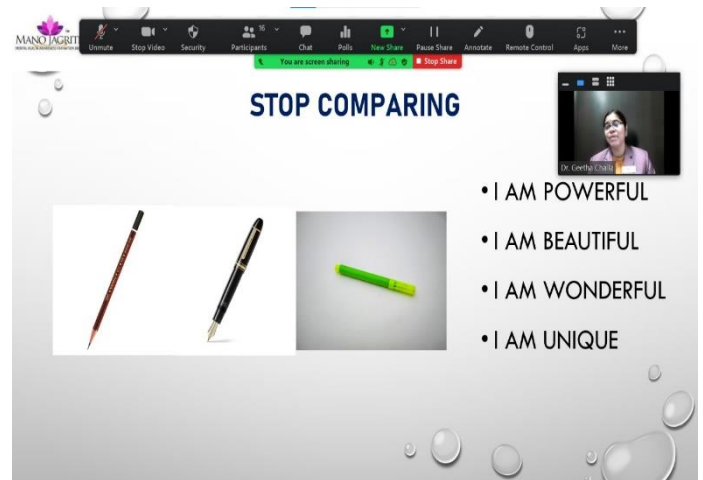
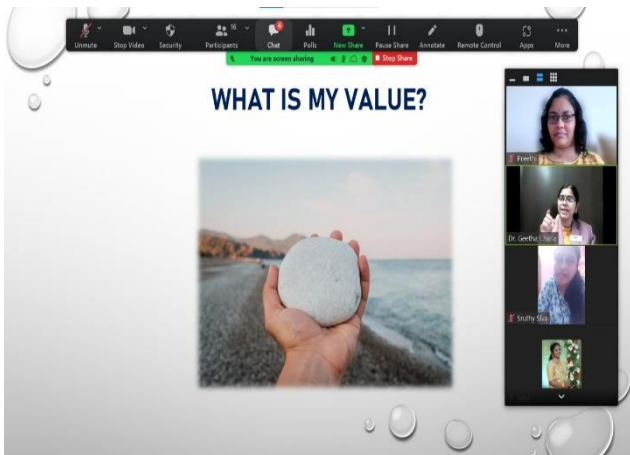
Body and mind balance, general mental health issues were introduced. The definition, technique and coping card were discussed for some general mental health issues such as stress, anger, too sensitive, low self-esteem, tension/worry, distraction of internet/tv, low motivation, mood-off, negative thinking, increased attraction towards opposite sex.

Egg, potato, coffee bean story was explained and self-love importance was insisted. Also, emphasis was placed on empowering every woman as a global leader.

The program ended with Question and Answer session and this was then followed by sharing a video clipping of Sudisha Counselling center and it's services.



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S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
12	2-12-2021	Manojagrithi with Telangana State Police & SHE Teams	Offline counselling for minors and majors”	Women Safety Wing, Lakdikapool, Hyderabad & online	64 (minors&majors) respondents	Smt. Swati Lakra, IPS, Additional Director General of Police, Women Safety & Dr. Geetha Challa & Team

On December 2nd, 2021, a one Day offline counselling program was conducted (12 PM to 3 PM) at Bharosa & SHE Team Centre, Hyderabad to all respondents (64 Minors & Majors) in the SHE Team related offences of Telangana State. The program was held under the guidance of Dr. Geetha Challa and her team of 8 counsellors who focused on “Ideal Behavior tool kit”. The Telangana women safety wing headed by Ms. Swathi Lakra, ADGP has initiated this reform in offenders’ program by giving them a chance to change and do something good for themselves.

Dr. Geetha Challa took this initiative as an opportunity to contribute for the betterment of the society and also to get a new and a better generation ahead. And, this is to let the respondents understand, take this as an opportunity and not as a punishment. Dr. Geetha Challa, along with her team of counsellors and psychologists make an interactive program so that it will be a good communication and interesting program. The session started with good information. This session was made interactive with beautiful stories & activities that would make the offenders realise their offense. Many respondents understood their folly and were determined to grow into a more responsible citizen. A Guided Imagery was done so that the respondents develop EMPATHY and understand the effects of eve teasing. The counselling was a successful one.





S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
13	08-12-2021	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	safety of girls session to all the girls of koti women's college	Koti Women's College – koti Hyderabad offline	200 students	Dr. Geetha Challa & Sevitha

A One Day offline program was conducted on the safety of girls at Koti Women's College, Hyderabad, on 8th Decemcer, 2021. More than 200 students attended this program. The session was held by Dr. Geetha Challa and her counselor Sevitha. This program is mainly to counsel the girls about Girl's safety. The session was completed successfully. There was a good feedback from the students.



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S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
14	10-12-2021	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	“Wellbeing techniques for wonderful life”	JNTU, Kukatpally, Hyderabad & online	300 students	Dr.Geetha Challa & Manojagrithi Team

On 10th, December, 2021 a seminar was conducted to the students of JNTUH college of Engineering, Kukatpally, Hyderabad which had around 300 participants and was allotted for one and a half hours. The students were from the first year of B-Tech from all the departments. Thus, the speaker focused on providing insight about how to understand oneself and created awareness on mental wellbeing and its importance to a person along with demonstrating powerful wellbeing techniques which would benefit a student throughout their student life and beyond. The speaker also focused on conveying the importance and limits of friendships and gave them an insight about the differences between the main activities to be done in a student life and the sub-activities. The session was concluded by students sharing their experience where they expressed their gratitude and also mentioned that they look forward for many more such session from the speaker.



S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
15	10-12-2021	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Cognizance fest	SUMMIT pre-school	40 students	Dr. Geetha Challa & Manojagrithi Team

Kids fest was an hour online program which was conducted by Summit pre-school on 10th December, 2021, at 9:00A.M. There were approximately 40 people including principal, staff, pre-primary kids along with their parents and the chief guest. Dr.Geetha Challa, an eminent child psychologist was the honorary guest of the program. she was introduced and welcomed with a virtual bouquet by the principal of the school.

The program was to enhance the creativity, focusing skills during child development in the pre-primary kids. The pre- designed recorded activities done by the kids were showcased online during the program, which were beautifully performed by the kids of age of 3 to 6years.

The honourable guest Dr. Geetha Challa has appreciated the kids for showcasing their talent and also congratulated the principal and appreciated their staff for inculcating cognitive skills in kids from pre-primary level for doing a special program on child cognizance and she also gave her valuable suggestions to the teachers and parents who attended the program. Also, Dr. Geetha Challa appreciated all the school management and staff for the great initiation and implantation. She concluded by blessing kids for their bright future. The session ended by thanking guest and kids' parents who attended the session.



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
16	15-12-2021 & 16-12-2021	Manojagrithi with Telangana State Police & SHE Teams	Online counselling for minors and majors”	Women Safety Wing, Lakdikapool, Hyderabad & online	around 1000 minor and major respondents or accused caught by she teams from all the 33 districts of Telangana	Smt. Swati Lakra ,IPS, Additional Director General of Police ,Women Safety including SHE teams and Bharosa Centres, Telangana State and Smt B. Sumathi IPS DIG,CID Women Protection cell, Telangana State.& Dr. Geetha Challa

Women safety wing, Telangana police, SHE teams in collaboration with Manojagrithi has conducted an online counselling program for around 1000 minor and major respondents or accused caught by she teams from all the 33 districts of telangana on 15-Dec-2021 and 16-Dec-2021 from 2.0 pm to 5.0pm. The session was organized by SHE Module and all the respondents were gathered in their respective district police stations under the guidance of respective district S.Is and staff. The gathering was addressed by Smt. Swathi Lakra, IPS, Addl. Director General of Police and Smt. B. Sumathi, IPS, Deputy Inspector General of Police where they spoke about the importance of counselling and the change they have seen in the previously counselled respondents and that this should be taken as an opportunity to make a difference in their respective lives. Dr. Geetha Challa and her team of trained counsellors (Mrs. Radhika, Mrs. Amreen, Mrs. Vijaya Lakshmi, Mrs. Rajitha, Mr. somshekar babu, Mr. veerabadra Rao, Ms. Sevitha and Ms. Sai Sruthi) have made the session very interactive. Demonstrations, pictorial representation, role play were used to bring the realization in the respondents and guide them in a proper direction. Dr. Geetha Challa has made the sessions very interactive and demonstrative which had a great influence on the respondents. The whole team of officers and the staff of every district in telangana made sure that all their respondents have attended and gained some output out of the session and the officers thanked Manojagrithi and Dr. Geetha Challa for making the counselling very effective.

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S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
17	22-12-2021	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	well-being techniques for stress, tension, anxiety and Low Mood.	ARORA PG college Ramanthapur.	300 students	Dr. Geetha Challa & Manojagrithi Team

On 22nd December, 2021, a very insightful session was conducted from 11.30 PM to 1.0 PM for students of MBA, MCA at ARORA PG college, Ramanthapur, Hyderabad. The session focused on the importance of mental health, well-being techniques for stress, tension, anxiety and low Mood. Students were very active and interactive., The session was applauded by all of them and the feedback was very encouraging. Dr. Geetha challa and Ms. Sai Sruthi, counselor at Manojagrithi, together made the session successful. The time spent for this session become valuable as 300 students were enlightened.



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
18	16-12-2021	Manojagrithi presence in Print & Electronic Media	Velugu Paper article			

గృహ హింస కేసులు పెరుగుతున్నాయ్

సఖి సెంటర్లలోనే మూడేండ్లలో 23 వేల కేసులు

హైదరాబాద్, తెలంగాణ:

రాష్ట్రంలో గృహ హింస కేసులు పెరుగుతున్నాయి. ఆర్థిక సమస్యలు, అసహనాలు, ఇగోలు, దామి నేషన్ల మంటి కుటుంబాల్లో కలహాలను రేపకం చేస్తున్నాయి. ఈ ప్రయంలో కొందరు మహిళలు తమ ప్రాణాలను తీసుకుంటుండగా, మరికొందరు కన్ను పిల్లలనూ చంపి, ఆత్మహత్య చేసుకుంటున్నారు. కొన్ని కేసుల్లో కుటుంబాలు విడిపోతున్నాయి. పోలీసు స్టేషన్లు వాకుండా ప్రభుత్వం ఏర్పాటు చేసిన సఖి సెంటర్లలోనే ఇలాంటివి మూడేండ్లలో 23 వేల కేసులు నమోదయ్యాయి. 2017 ఆగస్టు నుండి ఈ ఏడాది అక్టోబర్ వరకు సఖి కేంద్రాల్లో 33,538 కేసులు నమోదైతే అందులో టాపెస్టిక్ పంపిణీకింద నమోదైన కేసులే ఎక్కువగా ఉన్నాయి.



- ఏడాదికి సగటున 8 వేల కేసులు నమోదు
- పోలీస్ స్టేషన్లలో అంతకంటే ఎక్కువ కంప్లయింట్లు
- భరించలేక ప్రాణాలు తీసుకుంటున్న మహిళలు

ఈ ప్రభుత్వానికి ఇచ్చిన రిపోర్ట్లో పేర్కొన్నారు. ఈ లెక్కన ఏడాదికి యాభై శాతం 8 వేల కేసులు నమోదవుతున్నట్లు ఆఫీసర్లు చెప్పన్నారు. సఖి కేంద్రాల్లో కాకుండా నేరుగా పోలీస్ స్టేషన్లలో నమోదవుతున్న కేసులు ఎక్కువగానే ఉంటాయని అంటున్నారు. ఇంట్లో ఏన్నో విషయాలు పెద్దదిగా చేసుకుని గొడవలు పడుతున్నారని, ఎక్కువగా చదువుతున్న వాళ్లు, ఉద్యోగాలు చేసేవారే గృహ హింసకు పాల్పడుతున్నారని ఆఫీసర్లు చెప్పన్నారు.

హింస, వధింపులపై 11౦౦౦ కార్లు
ఆదవాళ్ల మీద చైంగిక వేదింపులు, గృహ హింస, సుఖువల్ అబ్జూన్, రేపి, క్రాఫికింగ్ వంటి వాటిపై స్పందించి తగిన చర్యలు తీసుకునేందుకు సఖి కేంద్రాలకు 181 ఏమెస్ హెల్ప్ లైన్ నంబర్ ఏర్పాటు చేశారు. దీనికి అప్పటి వరకు 11.08 లక్షల కార్లు వచ్చాయి. అందులో 11 లక్షల కార్లును అబిండ్ చేసి, జాస్టింటికి ఫోటోలోనే సరి చేయగా, మరికొన్నింటికి కౌన్సిలింగ్ ఇచ్చి క్లియర్ చేశారు. ఈ కార్లలో 70% గృహ హింసకు సంబంధించినవే ఉన్నాయి. కొందరు ఎంత కౌన్సిలింగ్ చేసినా వి ఉపయోగపడతే వారిపై కేసులు రిజిస్టర్ చేశారు. న్యాయ, చైద్య, పోలీసు శాఖల సమన్వయంతో

ఆదాళ్లు ప్రతిఘటించాయి
మహిళలు మీద గృహ హింస కేసులు పెరిగిన మాట వాస్తవమే. సువరేఖ్ మాడ్యూల్ కూడా పెళ్లం, గణంల చాలామంది మహిళలు కేసులు పెట్టేందుకు ముందుకు రాకపోతుండే. ఇప్పుడు పరిస్థితిలో మార్పు వచ్చింది. ఎవరైనా సరే డిమెండ్స్ వయొల్వికింద ఫిర్యాదు చేస్తే సమన్లు పిటి అనే దాని మీద ఎంక్విరీ చేస్తాం. కౌన్సిలింగ్ ఇప్పిస్తాం, అయినా గొడవలు జరగడం, మహిళలను హింస చేసే పుణ్యం, చివ్ కౌన్సిలింగ్ వాళ్లు ఆదవాళ్లు కర్షణంగా ప్రతిఘటించారు.
- **స్పృశి లక్ష్మి, అడిషనల్ డిప్యూటీ సెషన్స్, భరణి**

ఆలోచనల్లో మార్పు రావాలి
మధ్యం అంబాటు, ఇన్ఫియారిటీ, తనవే వదిలాలనే ఆలోచనలతో కుటుంబాల్లో గొడవలు పెరుగుతున్నాయి. కష్టం విషయాల్లో భార్య వేలు పెట్టకూడదు. భర్త కిం చేసినా ఎదురు చెప్పకూడదు. భర్త కూర్చుని బట్టి నడుచుకోవాలి అనే మగవాళ్ల ఆలోచనల్లో మార్పు రావాలి. ఆదవాళ్లు కూడా ఏదైనా తియితిస్తే అరిగితే దానికి ముందర్లోనే కుంచించాలి. లేదంటే భరించలేని పుక తరలు వెళ్లి వాళ్లకు వాళ్లు ఏదో చేసుకుంటున్నారు.
- **డాక్టర్ గీతా చిట్టా, హైదరాబాద్**

సఖి సెంటర్లలో ఉచిత సేవలను అందిస్తున్నారు. **ప్రతి ముగ్గులలో ఒకరికి గృహ హింస** కేంద్ర వైద్యార్య శాఖ రిపోర్ట్ చేసిన నేషనల్ ఫ్యామిలీ హెల్త్ సర్వే ప్రకారం ప్రతి ముగ్గురు ఆద వాళ్లలో ఒకరు గృహ హింస ఎదుర్కొంటున్నారు. 27% మంది ఆదవాళ్లు పదిహేనేళ్ల లోపే శారీరక హింసకి గురవుతున్నారు. కరోనా ఫస్ట్ వేవ్లో గృహ హింస ఎక్కువగా పెరిగిందని, కంప్లయింట్ చేస్తే హింస ఇంకా ఎక్కువవుతుందని, సమాఖం చిన్నచూపు చూస్తుందని చాలామంది కేసులు పె

ట్టలేదని సఖి సెంటర్లో పనిచేసే ఆఫీసర్ ఒకరు తెలిపారు. కుటుంబ పరువు, పిల్లల పరిస్థితి ఎదువుతుందన్న ఆలోచనలో వెనక్కి తగ్గిన వాళ్లూ ఉన్నారని చెప్పారు.
901 బ్యాలెన్ హింసోలు
మహిళలు, యువకులపై షరణుల వేదింపులు తీవ్రమయ్యాయి. వీటిపై సఖి కేంద్రాల్లో లాగిగా కేసులు నమోదయ్యాయి. పరకట్టు వేదింపుల కింద 1,705 కేసులు ఉన్నాయి. బాల్య వివాహం లపై 901 కేసులు, సైబర్ క్రిమి, చీటింగ్ కేసులు 1,556, పోజో కింద 956, కిచ్చామ్, మిస్సింగ్ కింద 1,559, సుఖువల్ హత్యామింట్ కింద 268, కేపి కింద 348 కేసులు నమోదయ్యాయి. అప్రెన్టీస్, నేరుగా తమను ట్రాక్ మెయింట్ చేస్తున్నా తని మరహింత మంది కేసులు పెళ్లారు.

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S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
19	27-12-2021 & 28-12-2021	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Mitra - Life skills and Values Inculcation in children for Students, Spoorthi for parents & Prerana for Teachers	Aryabhata International academy	230 students, 500 parents & 50 Teachers	Chief guest District collector Dr. R. Raga Priya, IAS, Chairman of the school M. Sudhakar Reddy, Principal Aravindakshan Dr. Geetha Challa & Manojagrithi Team

Manojagrithi conducted 2 days MITRA workshop at Aryabhata International Academy, District Yadgir, Karnataka on 27th and 28th Dec 2021.

The program was focused on 3 areas:

MITRA – Life skills and Values Inculcation in children was conducted for 223 students from grade 3rd to 10th (girls - 85 and boys -138)

MITRA covered many amazing techniques and artefacts such as General Mental Health issues, Interventions, ABCD safety of girls, ISI Behavior Management for boys, Jewelry Making, Butterfly Making, Story Telling using puppets, Drama, Movement Therapy, Fun games, Mindfulness activities, Coping Cards, Crown Making – Walking confidently, Brain Gym, Clapping Techniques, Poem Writing and Goal Chart Preparation. The entire MITRA program was very vibrant and productive.

SPOORTHI – Positive Parenting workshop was conducted which was a 2hrs session where nearly 500 parents attended.

District collector Dr. R. Raga Priya, IAS was the chief guest for the program. Along with her, the Chairman of the school M. Sudhakar Reddy, the Principal Aravindakshan and Manojagrithi Director, Dr. Geetha Challa and other counselors were present.

The program was enthralled about What Parenting is, Parenting Styles, Issues faced by the children, understanding Child Psychology and Tips for Positive Parenting. The parents were contented and shared good feedback about the workshop. The same was applauded by the collector as well.

PRERANA – Psychological First Aid & understanding students Psychology was also conducted for 50 teachers for 1hour. The session's main focus was on Motivation, Psychological first Aid, & tips for becoming an effective teacher and role model as a teacher.

The workshop was very much appreciated by the teachers and great transformation was seen among them.

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The 2 day-workshop was successfully completed by the active participation, dedication & commitment of dynamic Manojagrithi Counselors' Team of 12 members as mentioned below:

1. K. Radhika
2. E. Aruna Reddy
3. K. Ushahsree
4. R. Sai sruthi
5. A.P.S. Rajitha
6. R. Veerabhadra Rao
7. Sevitha Malagavelli
8. K. Somashekar Babu
9. Geetha Chandrashekar
10. Reshma Amreen
11. B. Kishore Kumar

Looking forward to conduct more workshops in coming future. Thanks to Aryabatta School Academy Management, Mr. Sudhakar Reddy, for giving this great opportunity.





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S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
21	09-01-2022	Manojagrithi Conducting Mental Health Awareness Programs for Different Age Groups		Lead India & online		Dr. Geetha Challa



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
22	23-01-2022	Manojagrithi presence in Print & Electronic Media	Eenadu Paper article			



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
23	23-01-2022	Manojagrithi Conducting Mental Health Awareness Programs for Different Age Groups	Dr Louis Braille, 213 th Birth Anniversary Celebration	Offline KK Function Hall, Langer house		Dr. Geetha Challa

Commemorating the birth anniversary of the inventor of the braille system, Louis Braille, and remembering his contribution towards the welfare of visually impaired people, January 4th is observed as the world Braille Day. So on that note Anthar nethra foundation organised a small event on 23-01-22 to celebrate 213th birth anniversary. The foundation invited various NGOs and visually impaired students to be the part of the event. Anthar Nethra foundation has also invited Founder and director of Manojagrithi, Dr Geetha Challa, along with her Senior counsellor Mr Veerabadhra and two junior counsellors Karunya and ananya were also the part of the event.

The event started off with lamp lighting, followed by speeches of various other intellectuals. Our beloved Dr Geetha challa has spoken about the five important terms that one should remember i.e A- accept things, B- Be happy, C- Cool, D- Don't compare, and E- encourage.

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S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
24	22-01-2022	Certificate Courses conducted by Manojagrithi	Sneha free online webinar for the students of psychology	Manojagrithi & online	60 students	Dr. Geetha Challa

Sudisha Counselling Centre, a part of Manojagrithi Organisation, functioned by Dr Geetha Challa, has taken a brave initiative to come up with the Live Counselling session. This brave initiative is to help the budding counsellors/Psychologists who are in need of a live practice and to break the confusion of choosing a career in psychology. Dr Geetha Challa had shared her own experience in building her career and clarified all doubts relating to career choices in budding psychologists.

This workshop has conducted on 22nd of January, 2022 from 5 PM to 6 PM through online platform. There were more than 110 participants who were all professional and budding Psychologists.

This session helped the participants to learn the techniques of counselling and to deal with the client when they are taking the session.

The participants were really thankful for the Initiative taken by Dr Geetha Challa as they were in need of this workshop. Their feedback was very positive towards the workshop and were looking forward for more sessions like these which could help them building their career.

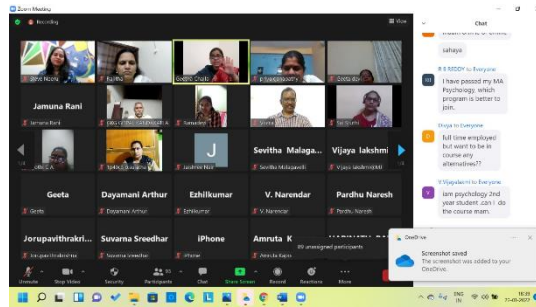
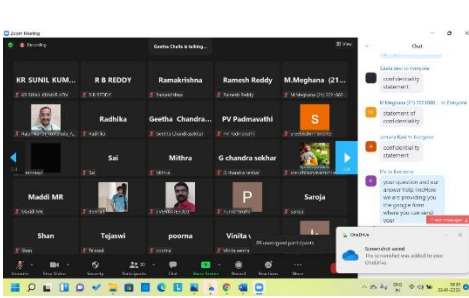
They have even expressed their gratitude for the selfless service towards the budding Psychologists for providing these workshops absolutely free.

The workshop ended successfully and the participants were very much motivated.

Volunteers in this workshop

1. Dr Geetha Challa (Counsellor)
2. Sai Shruthi (Client)
3. Veera sir (Student of Sahaya)
4. Priya Ganapathi (Student of Sahaya)

5. Rajitha (Student of Sahaya)
6. Sevitha (Student of Sahaya)
7. Vijaya Laxmi (Student of Sahaya)



S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
24	22-01-2022 & 23-01-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	webinars on discipline and time management	AIMS Patasala.	300 students	Dr. Geetha Challa & Manojagrithi Team

Manojagrithi has conducted a two day webinar for the children of AIMS patashala on 21-01-2022 at 3-4pm for classes 1&2. Dr. Geetha Challa had interacted with the students and gave them an insight about discipline and time management. On 22.01.2022 from 11.30am to 12.30pm the webinar was conducted from 11.30 AM to 12.30 PM for the students of 3rd to 7th standard. Both the webinars were made interactive and insightful by Dr. Geetha Challa where she used movement therapy, visual relaxation, storytelling techniques and demonstrations to communicate values and time management techniques in children. There was a very positive response from the children, parents and the school management and were looking forward for more such sessions in future that would inculcate values in students along with the academics. The meeting was conducted on the zoom platform. Dr. Geetha Challa along with her counsellor R.Sai Sruthi had made the session a successful one.

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S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
25	26-01-2022	Manojagrithi presence in Print & Electronic Media	Manodisha YouTube videos launching			



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
26	29-01-2022	Manojagrithi presence in Print & Electronic Media	Eenadu paper article			



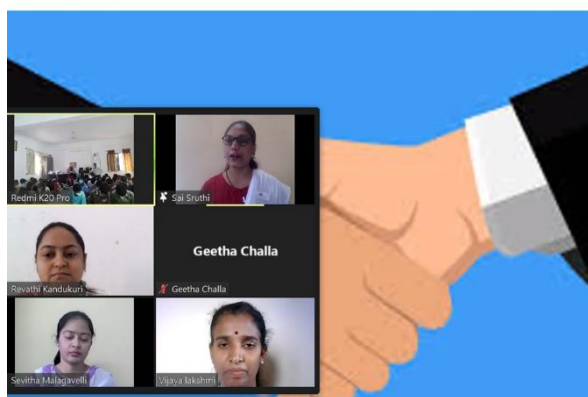
S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
27	29-01-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	MITRA Free counseling	Manojagrithi & online	students	Dr. Geetha Challa & Manojagrithi Team

Manojagrithi Organisation had conducted a free Group counselling on Self-motivation for around 80 children of Keshav Reddy school, Chittoor, Andhra pradesh as part of Mitra Project. Keshav Reddy school principal requested for a session on self-motivation for students of 9th and 10th class. Dr. Geetha Challa along with her team of counsellors organised two hours online group counselling session for the children on self-motivation.

The session was enriched with different interventions like stories, guided imagery, Psycho education on motivation, hard work, goal setting and Time management along with activities and coping sentences. The session was more of interactive method. Students participated with interest and enthusiasm. Students also expressed that the session was really useful and made them realize the importance of Self-motivation in their preparation for board exams and also for the success in future life.

The Principal expressed his gratitude to Dr. Geetha Challa and her team for organising such a valuable session.

LET US INTRODUCE OURSELVES



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
28	02-02-2022	Certificate Courses conducted by Manojagrithi	WHAT NEXT? After completion of master's in psychology	Manojagrithi & online	60 students	Dr. Geetha Challa

Manojagrithi Organisation, under the programme SNEHA conducted a free online live webinar for psychology students on the topic 'What next after completion of Master's degree in Psychology'.

The main aim of the webinar is to provide 360⁰ knowledge on career opportunities for post-graduate Psychology students and build their confidence.

The workshop was conducted on 2nd of February, 2022 through an online platform. There were more than 60 participants who were all professional and budding Psychologists.

The session was planned effectively with information on career opportunities in psychology field in different sectors, followed by live sharing of experiences by the psychologists who were presently working in diversified sectors. They are the alumni of Sahaya course, who are successful and fully satisfied with their careers. The students were given an opportunity to interact with professionals and get their doubts clarified.

The session had really served the purpose of helping the participants in providing knowledge and thereby, boosting their confidence levels.

All the participants expressed their happiness and thanked Dr. Geetha challa for taking such an initiative which encouraged students to choose psychology as career with confidence and hope for a bright future.

The feedback was very positive towards the workshop and participants were looking forward for more sessions like these which would help them build their careers and be successful psychologists.

The participants expressed their gratitude to Manojagrithi Director, Dr. Geetha challa and her team for their selfless service.



ONLINE WEBINAR FOR THE STUDENTS OF PSYCHOLOGY

What Next after Masters in Psychology?

Join the **FREE** webinar "Sneha" to find out!

Also, in the webinar? Live Interaction with Psychologists who got placements and working

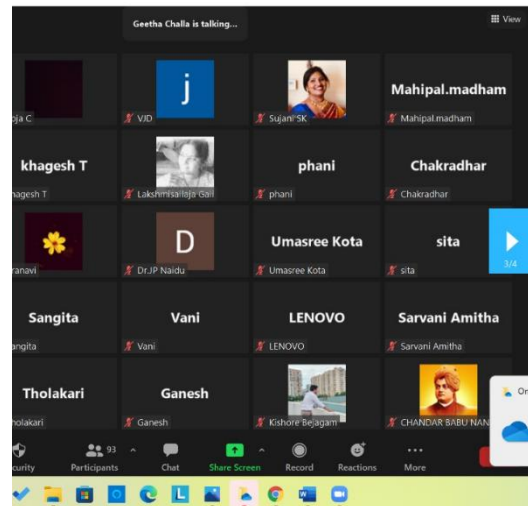
- In Govt Sector/ NGO's
- As Wellness coaches in MNC
- As School Counselors

With Dr Geetha Challa
Psychologist

Wednesday, 2nd February
05:00 pm

Fill the google form in the description to register

For queries Contact:
9866016812, 9014474656, 9502363293



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
29	07-02-2022	Certificate Courses conducted by Manojagrithi	New batch Int & Sahaya Basic counselling skills	Manojagrithi & online	50 students	Dr. Geetha Challa & Team



SNEHA PSYCHOLOGY INTERNSHIP PROGRAM
Your hunt for the best Internship ends here

We have successfully completed 20 batches of online and offline

Course Contents

- Basic counseling skills and stages
- Activities for rapport building with the clients
- Case note/soap note writing
- MSE (mental state examination)
- Orientation on 5 therapies – CBT, REBT, PERSON CENTERED THERAPY, SFBT, BT.
- Learning about severe mental health disorders From DSM
- Psychoeducation and Interventions on 30 General Mental Health Issues
- Ethics in Psychology

Duration -2 months
Fee-6000
Timings- From 7th Feb 2022, 3 days a week ,4 pm to 6 pm

Perks

- Shadowing opportunity for 2 cases with Dr. Geetha Challa
- Full length practice of intake session
- Screening and assessment tools
- Career mentorship program

Your mentor Dr. Geetha Challa
M.A., M.Sc., M.S.W., Ph.D
Psychologist RCI Certified & RE & CBT therapist Albert Ell's Institute of New York
Member of IAC

To register & Further queries – 9866016812, 9014474656, 9502363293



SAHAYA
(HELPING THE PEOPLE TO HELP THEMSELVES)
6 MONTHS DIPLOMA IN BASIC COUNSELLING SKILLS
We have successfully completed 11 batches of online and offline

Duration -6 months
Timings- From 7th Feb 2022, 3 days a week ,4 pm to 6 pm

Course Contents

- Module 1-Self-Awareness and Self-Transformation
- Module 2-Basic Counseling Skills and Stages, Process of Counseling, Psychological first-Aid Techniques, Activities for Rapport building
- Module 3- Therapy based Interventions for 30 General Mental Health Issues, Screening and Assessment Tools, MSE (mental state examination)
- Module 4-Psychopathology (DSM-V), Insight on abnormal psychology, different disorders
- Module 5-Orientation and brief introduction to Therapies (CBT, Client Centered Therapy, REBT, Creative Movement Therapy, Art Therapy, Play Therapy, Mindfulness, Relaxation, Psychoanalysis, Behavior Therapy)
- Module 6-Practical Counselling Sessions: DEMO, Role Play, Supervised Counseling, Shadowing, Soap Note Writing, Clinic Management, Field Visits.
- Ethics in Psychology

Perks

- Shadowing and supervised practice of 10 cases with Dr. Geetha Challa
- Full length practice of intake session
- Guest lectures by national and international psychology professionals
- Exposure to group counseling to gain personal experience
- Guidance for higher education and support for establishing a counseling center
- Career mentorship program

Your mentor Dr. Geetha Challa
M.A., M.Sc., M.S.W., Ph.D
Psychologist RCI Certified & RE & CBT therapist Albert Ell's Institute of New York
Member of IAC

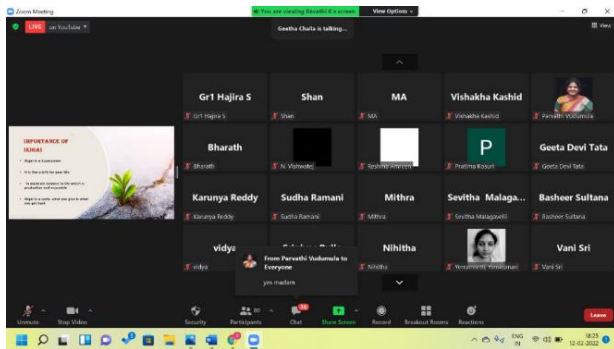
To register & Further queries – 9866016812, 9014474656, 9502363293

Manojagrithi Annual Report 2021-22

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
30	12-02-2022	Certificate Courses conducted by Manojagrithi	Free webinar on Ikigai.	Manojagrithi & online	60 students	Dr. Geetha Challa

On 12th February, 2022, a live webinar was conducted on IKIGAI by Manojagrithi, and around 90 participants followed the webinar live on youtube.

The Ikigai was all about exploring one's passion, profession, mission and vocation. It was mainly designed to meet the student's requirements to show them a path to find their Ikigai and lead a happy and healthy life. The session was very interactive, practical and activity oriented and at the end of the session question and answers of the participants were addressed by Dr. Geetha Challa.



Manojagrithi Annual Report 2021-22

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
31	14-02-2022 & 18-02-2022	Manojagrithi Conducting Mental Health Awareness Programs for Different Age Groups	Grief counselling at MNC	Offline		Aruna & Revathi

On 14th and 18th of February, 2022, Manojagrithi counsellors Aruna and Revathi had visited an MNC in Jubilee Hills, Hyderabad to address the employees who were in grief following the loss of one of their colleagues. The event took place between 11 AM to 5 PM. The HR briefed about the event and how the employees were disturbed because of the incident. The two counsellors did individual counselling for about 10 to 12 employees and a very positive response had come from employees as well as the management. The management was very positive about these sessions and hoping to have more such counselling sessions for the well-being of their employees. Many individuals cleared their mind blocks about stress, fear, tension in the sessions.

S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
32	19-02-2022	Manojagrithi Conducting Mental Health Awareness Programs in TSWRIES schools/colleges	MITRA Free counselling	TSWRIES schools/colleges TSWRS/JC(G) JAGADGIRIGUTTA offline	More than 100 students	Mrs. Aruna Reddy

An offline group counseling session was conducted on 19-02-2022 at TSWRIES schools/colleges TSWRS/JC(G) JAGADGIRIGUTTA on crisis management



S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
33	22-02-2022	Manojagrithi Conducting Mental Health Awareness Programs in TSWRIES schools/colleges	MITRA Free counseling	TSWRIES schools/colleges Gowlidoddy, Gachibowli.	More than 150 students	Mr. Veerabhadra Rao, Shiv Kumar & Prabhu

An offline group counseling session conducted on 19-02-2022 at (TSWRIES) Telangana State Social Welfare Residential College , Gowlidoddy, Gachibowli on crisis management

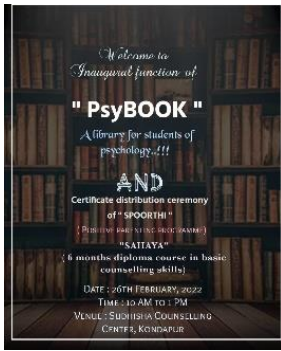
Feedback was taken from students and they were happy and satisfied about the session




S. No	Date	Event category	Event		Host Organization & Venue	No. of participant & category	Guests
34	26-02-2022	Certificate Courses conducted by Manojagrithi	Inauguration of PsyBOOK (library for the students of psychology). certificate distribution ceremony for the students of Sahaya & Spoorthi positive parenting	Manojagrithi & online	60 students		Dr. Geetha Challa


On 26th, February, 2022, Saturday (12.30 PM to 2.0 PM) the inauguration of PsyBOOK (library for the students of psychology) took place along with the certificate distribution ceremony for the students of Sahaya course, batch 11 (6 months diploma course in basic counselling skills) and the students of Spoorthi positive parent training course..The program began by a prayer song and all the students had expressed their experience and feedback about Sahaya course. This was followed by the distribution of certificates by Dr. Geetha Challa. Each student was given a special tag describing their strengths. Finally, Dr. Geetha Challa addressed the students where she spoke about the Manojagrithi's vision of creating quality counsellors and also explained about the ethics need to be followed to be a better counsellor. Later all the counsellors took the oath of counsellor and concluded the program.





S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
35	02-03-2022	Certificate Courses conducted by Manojagrithi	Mitra 10 th class 2 hours online/offline workshop on motivation & SMART Study skills flyer released	Manojagrithi & online		Dr. Geetha Challa


DEAR SCHOOL PRINCIPALS & TEACHERS GRAB THIS OPPORTUNITY
MITRA 10TH CLASS
 2 Hours Online/Offline workshop
 on Motivation & SMART study skills



Content covered in workshop

- A. Self motivation
- B. Managing Stress and exam anxiety
- C. SMART study skills
 - Memory,
 - Focus & Concentration,
 - Speed reading,
 - Presentation on paper,
 - Time Management,

Resource Person:
 Dr. Geetha Challa, Psychologist
 & Expert & experienced psychologists of Manojagrithi

Further Detail & Registration :
 9866016812, 9014474656, 8851479981

Manojagrithi Annual Report 2021-22

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
36	07-03-2021	Manojagrithi International Women's day celebrations	As a Guest speaker on International Women's day Program ((offline)	Winners foundation of BDL along with National foundation for Blind	150	Dr. Geetha Challa

On 07th March, 2022, Winners foundation of BDL along with National foundation for Blind has organized women's day celebrations. On this occasion Dr. Geetha Challa was invited as the chief guest to address the visually challenged girls and the ladies. The program took place from 12 Noon to 2.0 PM. The participants were given insight about the strength and capabilities of a woman and that they need to be strong and empower themselves to lead a successful life. The session was very interactive and the response from the participants was very positive and everyone expressed their gratitude towards Dr. Geetha Challa and her motivating words. There were around 150 participants who were presented with gifts that included the necessary items for their everyday life. Later the organizers felicitated Dr. Geetha Challa and concluded the program with a vote of thanks.





S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
38	08-03-2021	Manojagrithi International Women's day celebrations	As a Guest speaker on International Women's day Program at offline	MLRIT(Marri Lakshma Reddy Institute of Technology and Pharmacy)		Dr, Geetha Challa

8-March-2022, Tuesday, on the occasion of International Women's day MLRIT (Marri Lakshma Reddy Institute of Technology and Pharmacy) has organized Women's Day celebrations from 3.0 PM to 4.0 PM where Dr. Geetha challa was invited as a special guest to address the young girls of the college on motivation and empowerment. The event was made very interactive and also two students were given a cash prize of Rs 500/- each for answering the questions asked by Dr. Geetha challa at the end. The management and the students expressed their gratitude for having her on this special occassion and felicitated her. The event was concluded by vote of thanks.



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
39	08-03-2021	Manojagrithi International Women's day celebrations	As a Guest speaker on International Women's day Program at online			

On 8-march-2022, Tuesday, Surekha. R and Darshana. K, POSH Trainers organized a panel discussion on an interesting topic called BEYOND PoSH and the Panelist include -

- 1) Dr Geetha Challa (Director, Sudisha Counseling Centre & Manojagrithi)
- 2) Sheela Divekar (Founder, Synergy Talent Managers)
- 3) Ddharnikota S (International Commercial and Corporate Lawyer)
- 4) Anand Dhruv (Head, Talent Management)

Dr. Geetha Challa, being a panel member addressed the queries related to the mental state of the complainants, the services which our government is providing through SHE teams, Barosa and many more under the women Safety Wing along with other speakers. The discussion was conducted online. It started at 6.0 PM and concluded by 7.0 PM.



Manojagrithi Annual Report 2021-22

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
40	08-03-2021	Manojagrithi International Women's day celebrations	As a Guest speaker on International Women's day Program (offline)	Jagrithi colony, kondapur community		Dr. Geetha Challa

On 8th March, 2022 women's day celebrations were conducted for and by the ladies at kondapur from 4.30 to 5.30pm where Dr. Geeta Challa being a member of the kondapur community has participated along with the women and celebrated the women's day with all the ladies of her community through which she shows the importance of connecting with ladies of our surroundings and trying to stand together as a strong team of the community.

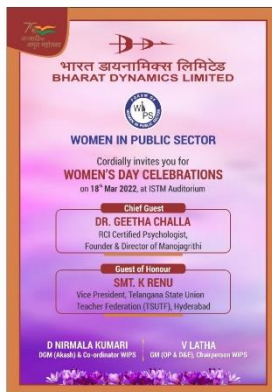


S. No	Date	Event category	Event	Host Organization & Venue	No. of participants & category	Guests
41	08-03-2021	Manojagrithi International Women's day celebrations	As a Guest speaker on International Women's day Program at offline	Bharath Dynamics Limited BDL ,Kanchanbagh	200	Dr. Geetha Challa

Women's Day celebration, BDL, kanchanbagh.

On 18th March,2022 (Friday), Bharath Dynamics Limited BDL, Kanchanbagh has celebrated women's day from 10.30 AM to 1.0 PM where Dr. Geetha challa was chief Guest along with many officials of BDL. She addressed 200 women employees of BDL. Dr. Geetha challa addressed the women who were around 200. The session focused on mental health of women, traps which women get into and many more. The session was made very interactive and all the employees appreciated and expressed their heartfelt gratitude for her presence. Four of the participants were gifted with a book. Counsellor Sai Sruthi supported Dr. Geetha challa in making this event successful.

Thanks to BDL for giving this opportunity to be a part of women's day.



S.No	Date	Event category	Event	Host Organization & Venue	No. of participants & category	Guests
42	19-03-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Mitra – 10 th class students on motivation & SMART study skills	Ekalavya Model Residential School, Andhra Pradesh.	102	Manojagrithi team

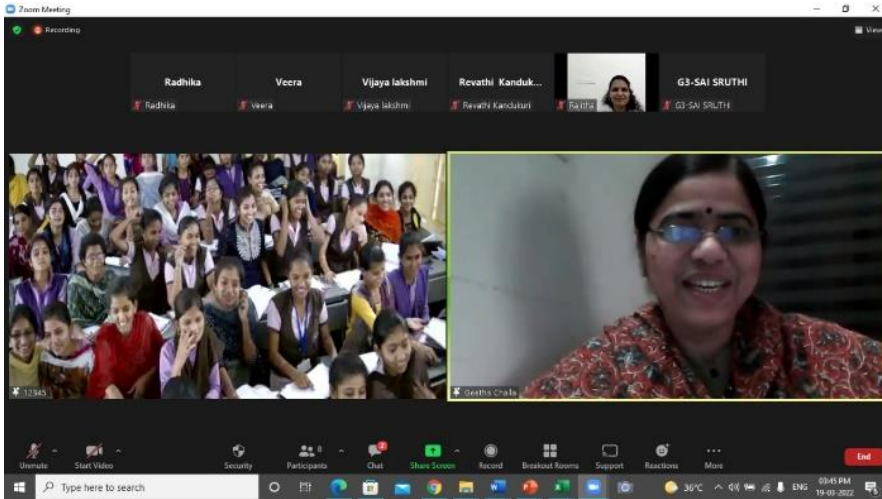
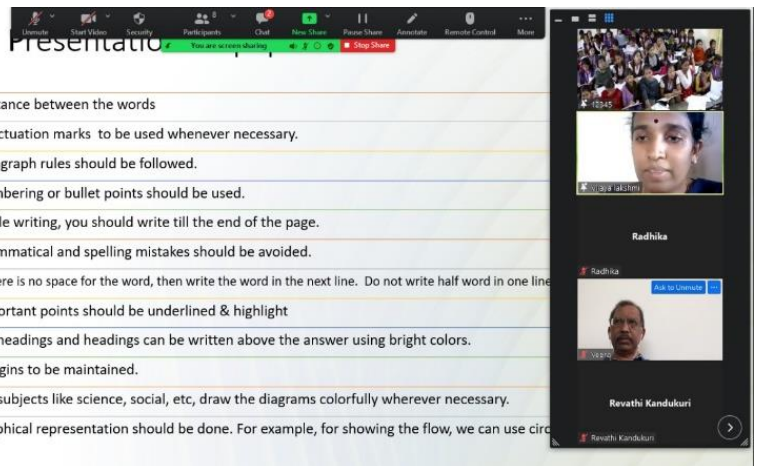
Manojagrithi Organisation conducted Group counselling on Self-Motivation and SMART study skills for around 102 children of Ekalavya Model Residential School & URJC, Peddadornala, Prakasam district Andhra Pradesh as part of Mitra Project on 19th, March, 2022 at 2.00-4.00pm. The main aim is to help children to be free from exam anxiety and to give their best for the exam preparation with the available time and be successful in their exams.

One of the teaching staff Mrs. Jhansi Rani took initiative and requested for a session on self-motivation and SMART study skills for students of 9th and 10th class. Dr. Geetha Challa along with her team of counsellors organised two hours of online group counselling session for children on the topic.

The session was enriched with different interventions like stories, guided imagery, Psycho education on motivation, hard work, goal setting, Time management, importance of SMART study in comparison to hard study, memory techniques, presentation on paper and techniques on how to overcome exam anxiety. All the topics were dealt in the form of activities and made more interactive. Children were given coping sentences as home activity. Students participated with interest and enthusiasm and counsellors felt very much satisfied. Students also expressed that the session was really useful and made them realize the importance of motivation and SMART study skills in their preparation for board exams and also for their success in future life.

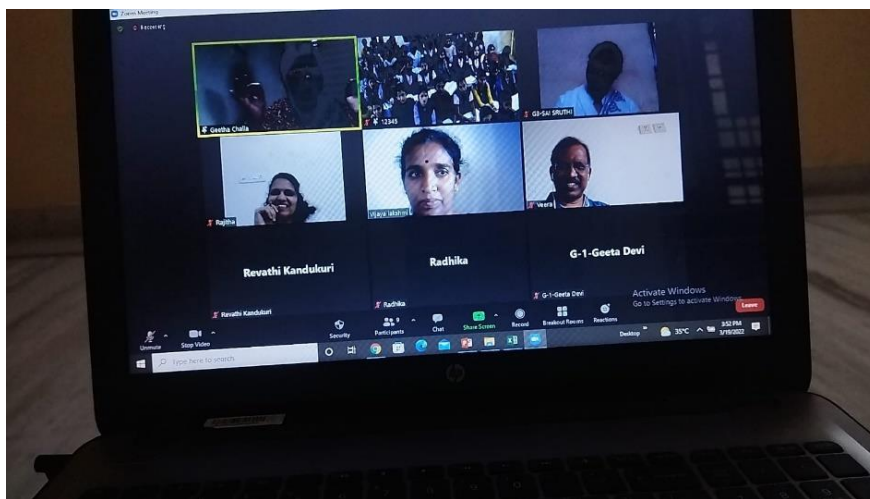
The staff and students expressed gratitude to Dr. Geetha Challa and her team for organising such a valuable session.

Manojagrithi Annual Report 2021-22

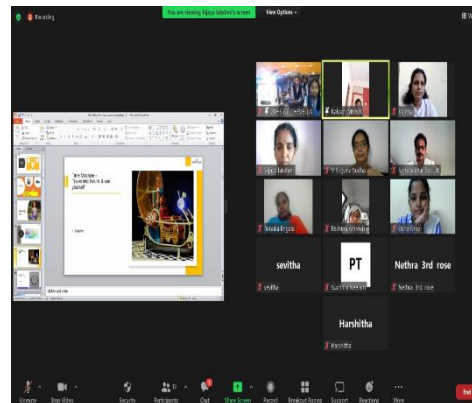
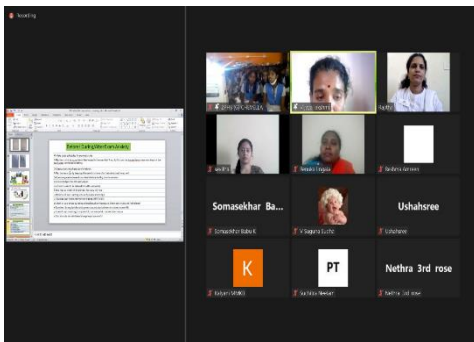



Presentation

- Distance between the words
- Punctuation marks to be used whenever necessary.
- Paragraph rules should be followed.
- Numbering or bullet points should be used.
- While writing, you should write till the end of the page.
- Grammatical and spelling mistakes should be avoided.
- If there is no space for the word, then write the word in the next line. Do not write half word in one line
- Important points should be underlined & highlight
- Subheadings and headings can be written above the answer using bright colors.
- Margins to be maintained.
- For subjects like science, social, etc, draw the diagrams colorfully wherever necessary.
- Graphical representation should be done. For example, for showing the flow, we can use circles



S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
45	26-03-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Mitra – 10 th class students on motivation & SMART study skills	Zilla Parishad Girls High School, Chevella, Vikarabad district, Telangana	100	Manojagrithi team



Manojagrithi Organisation as part of 4th month of Mitra project on 26-3-2022 conducted a Free Group counselling on Self-Motivation and SMART study skills for around 100 children of Zilla Parishad Girls High School, Chevella, Vikarabad district, Telangana from 2.00 PM-4.00 PM with the main aim of helping children to be free from exam anxiety and to give their best for the exam preparation in the available time and be successful in their exams.

The school headmaster took initiative and requested for a session on self-motivation and SMART study skills for students of 9th and 10th class. Dr. Geetha Challa along with her team of counsellors organised two hours online group counselling session for children on the topic.

The session was enriched with different interventions like stories, guided imagery, Psycho education on motivation, hard work, goal setting, Time management, importance of SMART study in comparison to hard study, memory techniques, presentation on paper and techniques

Manojagrithi Annual Report 2021-22

on how to overcome exam anxiety. All the topics were dealt in the form of activities and made more interactive. Children were given coping sentences as home activity. Students participated with interest and enthusiasm and counsellors felt very much satisfied. Students also expressed that the session was really useful and made them realize the importance of motivation and SMART study in their preparation for board exams and also for their success in future life.

The staff and students expressed gratitude to Dr.Geetha challa and her team for organising such a valuable session.

S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
46	04-04-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Pullareddy school	G. pulla Reddy School, Hyderabad		Manojagrithi team

CONVOCATION CEREMONY OF PRE PRIMARY CHILDREN AT G.PULLA REDDY SCHOOL

Dr. Geeta Challa (Founder and Director of Manojagrithi) was invited as honourable chief guest for the Convocation ceremony of Preprimary children of G.Pulla Reddy High School, Mehdipatnam by the school principal Mrs. Sangeeta Palem on 4th April, 2022.

The program started with lighting the lamp followed by sloka recitation by the pre-primary kids. Later all the little ones show cased their amazing talents. It was such a wonderful treat to the eyes.

Mrs. Sangeeta addressed the parents about what was taught in the school for the kids, what they have learnt and what they are supposed to learn from the parents during the holidays. Later Dr.Geeta Challa addressed the parents. It was a wonderful speech given by her in a small nut shell. She spoke about the 3x3 formula for positive parenting as mentioned below:

3 TRAPS

- Responsibility Trap
- Perfection Trap
- Should and Must Trap

3 DONTs FOR PARENTS

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- Do not compare the child
- Do not label the child
- Do not correct your child

DOs FOR PARENTS

- Do what you want your child to do
- Invest in your child
- Monitor your child's physical and mental health

After the speech by Dr. Geetha Challa the convocation started where all the kids were presented certificates and medals. The children who won in various competitions conducted by the school were also awarded. Parents were asked to provide feedback about the program. They disclosed that they were overwhelmed by the speech given by Dr. Geeta Challa and thanked all the teachers and principal for making the program a huge success.

In the end, Dr. Geeta Challa was felicitated by the school principal Mrs. Sangeeta Palem. The program ended with a vote of thanks.



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S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
47	09-04-2022	Manojagrithi presence in Print & Electronic Media	Eenadu Paper article			



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
48	03-05-2022 to 23-05-2022	Certificate Courses conducted by Manojagrithi	Bala mitra	Manojagrithi & online		Dr. Geetha Challa

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
49	15-04-2022	Manojagrithi presence in Print & Electronic Media	Eenadu Paper article			



Eenadu paper on 15-04-2022

చిన్నోళ్లకు పెద్ద పఠిక్కు!

చిన్నోళ్లకు పెద్ద పఠిక్కు! చిన్నోళ్లకు పెద్ద పఠిక్కు! చిన్నోళ్లకు పెద్ద పఠిక్కు!

చిన్నోళ్లకు పెద్ద పఠిక్కు! చిన్నోళ్లకు పెద్ద పఠిక్కు! చిన్నోళ్లకు పెద్ద పఠిక్కు!



SUMMER CAMP

BALA MITRA 2022

Story time for Personality Development

21 days online programme

3rd May to 23rd May, 2022

Fee: Rs. 750/- only

Registration fee: Rs. 500/-

Bank details: DR. GEETHA CHALLA

Child Psychologist, M.A. M.Sc. M.S.W. Ph.D.

S.No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
50	25-04-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Prerana program Pullareddy school	G. Pulla Reddy High School		Manojagrithi team

On 25th April, 2022 (Monday), Manojagrithi has conducted a workshop called Prerana for the school teachers to understand the psychology of children, at Pullareddy high school, Mehdiapatnam, Hyderabad from 9.30 AM to 12.0 Noon. Dr. Geetha challa has addressed the teaching staff where she gave an insight to the teachers about various issues identified in the children from pre- primary to higher standards on how they can identify various red flags and

Manojagrithi Annual Report 2021-22

also their role in supporting, understanding and helping the children. Counsellor Usha Shree and Sai Sruthi helped to make the program successful.



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
53	31-05-2022	Manojagrithi presence in Print & Electronic Media	Eenadu Paper article			

SISTER NIVEDITA SCHOOL, AMEERPET

Expert talks about parenting skills

There is no such thing as a perfect parent. So just be a real one. Parenting is no doubt one of the most difficult jobs. The best kind of parent one can be is leading by example.

The Virtual Meet and Chat with renowned Child Psychologist, Dr Geetha Challa was organised by the Sister Nivedita School, Ameerpet on April 29, 2022, for the benefit of parents. With the changing scenario in society coupled with the overt exposure to technology and gadgets, parents often face challenges and most often find themselves clueless in dealing with their children.

Keeping in view the challenges faced by parents, Principal Dr T Lalitha Kumar took the initiative to resolve the problems confronted by the parents, by identifying and arranging a live session with an expert.

The virtual meet began with the welcome address by the faculty of the English Department.

The speaker initiated her communication by briefing the parenting style and asking them to introspect. It included challenges such as unrealistic expectations of parents, failure in mending moral life, unable to balance work and home/family background, the stress of modern life, health issues, tackling children with special needs, and unable to spend quality time with children.

The session was followed by interaction with parents on a case-to-case basis. The resource person focused on how to respond and not to react, to strengthen the children emotionally, the need to expose children to various life skills, the importance of love and care, detoxifying mobile, dealing with sibling rivalry, and self-esteem of the child.

The interaction session was inspiring and motivating. It ended on a satisfying note. The Principal expressed happiness and thanked the resource person for her invaluable input.



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
55	06-04-2022	Manojagrithi with Telangana State Police & SHE Teams	Online counselling for minors”	Women Safety Wing, Lakdikapool, Hyderabad & online	around 1000 minor and major respondents or accused caught by she teams from all the 33 districts of Telangana	Smt. Swati Lakra ,IPS, Additional Director General of Police ,Women Safety including SHE teams and Bharosa Centres, Telangana State and Smt B. Sumathi IPS DIG,CID Women Protection cell, Telangana State.& Dr. Geetha Challa

ONLINE COUNSELLING PROGRAM TO ALL MINOR RESPONDENTS IN SHE TEAM RELATED OFFENCES OF TELANGANA STATE

ON 6TH APRIL, 2022

Manojagrithi conducted a group counselling session for minors caught in SHE Team related offences, etc on 6th April, 2022 (Wednesday) at 2 PM on Zoom. The group counselling was an effort from SHE teams to provide the minors from all the districts of Telangana with a chance to improve themselves and their lives for a better future.

The program was organised by Smt. Swati Lakra, IPS (ADGP Women Safety Wing) and Smt. Sumathi IPS (DIG Women Safety Wing). It was attended by approximately 200 minors, Mr. Ram Kumar (Additional SP Women Safety Wing) and various officers of Sub Inspector, Inspector, SHO ranks from across districts, Manojagrithi. the team of 14 counsellors, headed by Dr. Geetha Challa.

Contents discussed-

- Introduction and an ice breaking activity
- Emotional Trauma of girl after eve teasing
- Eve teasing effects
- ISI – behaviour, communication, relationships
- Mind is a master, body is a follower

Manojagrithi Annual Report 2021-22

- Controlling 5 senses
- ID, Ego & Superego
- Pleasure/happiness
- EAR – Thought Reframing Technique
- White/black dog – Feed your Good personality
- Friendship issues - Ingredients of chai
- Poem writing
- Story time on ‘No Gain, without Pain’
- Role play on effects of eve teasing
- Important character in life
- Goal chart preparation
- Big rock theory – Time management
- ‘Break it or make it’ - life is choice

Methodology- power point presentation, activities the methodology used by all the counsellors included listening to soft music to calm the respondents down, role plays, ice breaking activities, poem writing, various stories, etc. These methods helped the respondents to open up to the counsellors and participate actively in the counselling process.

Feedback from respondents- the respondents opened up towards the counsellors and understood the consequences of eve teasing. A 9th standard boy from Cyberabad also shared how the counselling process helped him in understanding the consequences of eve teasing and how he realised the importance of discipline and respect in life. He told the counsellors that he would keep all of this in mind and not repeat such a behaviour. Such a response was received by various minors present there.

Minors were more open to experiential / activity-based learning we conducted but it will be good if she teams can orient the respondents in advance what to expect, specifically mention to them about the number of hours the training will run & why we chose activity-based methodology & that they must actively participate to benefit from it. This will help the counsellors in avoiding certain reluctance which few majors showed during the training

The participation in Minors Counselling was very good. The respondents were willing to interact. A 9th class student from Cyberabad had said that this Counselling has helped me to feel responsible. He would change his companionship and respect his parents and elders.

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Totally 6 respondents interacted from Cyberabad. The next was from Rachakonda. Then there were responses / interactions from respondents of Nalgonda, Nizamabad, Hyderabad SHE Teams 2 and Khammam

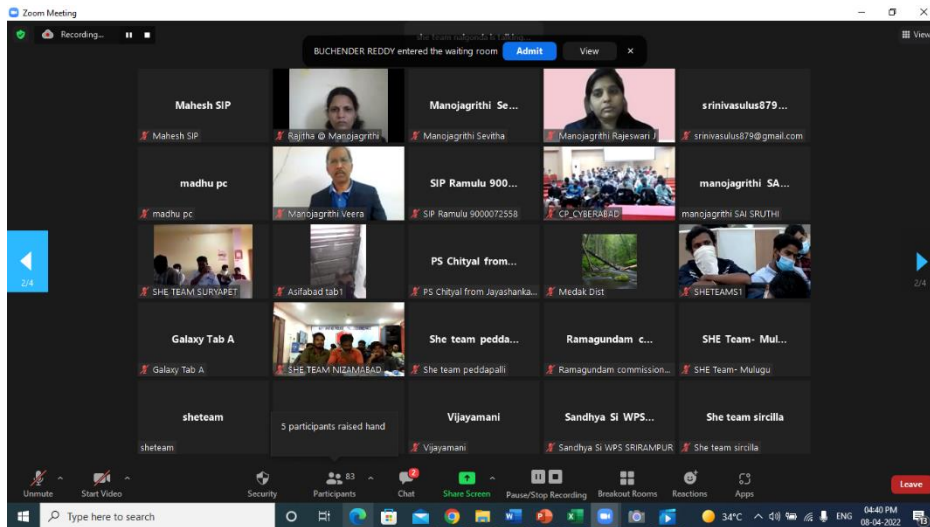
Feedback from Officers- Smt. Sumathi IPS (DIG Women Safety Wing) addressed everyone after the counselling process ended. She mentioned the importance of counselling in a minor's life and how it could be beneficial for them receive another chance to transform themselves and not repeat such behaviours.

Suggestions:

- The respondents should be seated before time
- Attendance from all districts should be taken in advance to save time
- Everyone should be provided with a notebook and a pencil to note down the activities in the counselling
- The officers should let the respondents sit near the camera and the mic, and should be seated behind themselves
- The minors were more open to experiential/activity-based learning
- It would be beneficial for the counsellors if SHE teams could orient the respondents in advance about what to expect and mention them about the number of hours the training will run
- The respondents should also be told about why the counsellors choose an activity-based methodology and that they must actively participate to benefit from it

Overall, content of training was well received by the respondents as they were real life scenarios quoted in the form of role plays, stories or examples. It helped the respondents in connecting with the training and be more active.

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S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
56	08-04-2022	Manojagrithi with Telangana State Police & SHE Teams	Online counselling for majors”	Women Safety Wing, Lakdikapool, Hyderabad & online	around 1000 minor and major respondents or accused caught by she teams from all the 33 districts of Telangana	Smt. Swati Lakra ,IPS, Additional Director General of Police ,Women Safety including SHE teams and Bharosa Centres, Telangana State and Smt. B. Sumathi IPS DIG,CID Women Protection cell, Telangana State.& Dr. Geetha Challa

Manojagrithi Annual Report 2021-22

Online counselling program to all the major Respondents in SHE Team related offences of Telangana State on 08-April-2022

Manojagrithi in collaboration with women safety wing, SHE Module, Telangana Police, has conducted an online group counselling session on 8th April, 2022 (Wednesday) at 2 PM on Zoom for the major respondents who have been caught in the offences related to eve-teasing. The counselling process provided to the major respondents is a combined effort of SHE teams along with the Manojagrithi team whose objective lies in providing the respondents with a chance to realize their mistake and to guide them in a professional manner which would help them in becoming better individuals in the society. The counselling stands as an opportunity for the respondents rather than a punishment.

- The counselling program was organized by the Women Safety Wing and witnessed and addressed by **Smt. Swati Lakra, IPS, Addl. Director General of Police, Smt. B.Sumathi, IPS, Deputy Inspector General of Police** and attended by all the officers holding the ranks of ASP, DSP SP, SI, & Constable office etc. along with 250 major respondents from all the districts of Telangana and the counselling process was taken forward by **Dr. Geetha Challa, Counselling Psychologist, RCI Certified, RE & CBT** therapist along with her team of 14 trained Counsellors.

The counselling process started off with an introduction activity where the majors were made to write down the likes and dislikes in themselves, then it proceeded by giving them an insight about the choice of life they have (break it or make it), demonstrating the consequences of forcing someone to act against their own desire (I don't want coffee), showing that emotional damage is irreversible (crumble the paper & objects can be repairable not damaged emotions), ripple effect explaining the effect of eve teasing, the affected areas of life in a girl/woman's life after experiencing eve teasing, giving an insight about the importance of thoughts and the technique to control them (body vs mind and EAR technique), making them understand that a person has both good and bad within and the focus makes it strong, effects of addictions on one's life (you are the master, habits should be your slave), slowly giving them space to realize the reason for the offences done by them by closing their eyes using music as background along with counsellor's verbal guidance (find the reasons), reminding them that they can make or break their family within a span of a one minute (just a minute),

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importance of character in life (loss of money, health and character), black dot on a white paper, U-turn, dharmas of life, social balance sheet, explaining that all girls possess the qualities similar to their mothers (WHO AM I, WHERE DID I COME FROM), and concluded the session by making them to take an oath as a responsible citizen of the nation who will not repeat the offences again and change their behaviour.

Contents discussed:

- 1) How their acts affect not just them but many around them - women, society, youth etc.
- 2) Different areas of life of a woman that gets affected due to their acts
- 3) Their role in the society that they must understand and strive towards nation building by making use of this opportunity that she teams has provided for them to change
- 4) Be role models for youth by changing their habits, thought patterns, behavior etc., also educating them about the opportunity to become a volunteer for the activities of Manojagrithi for awareness on girl safety and women safety wing

The methodologies used in the counselling were demonstrations, worksheets, role plays, guided imagery for realizing the reasons, along with the activities involving **the** interaction of the respondents to make the process more effective and productive.

The response from the respondents picked up momentum as more and more people started sharing.

- 1) Few realized their mistake and liked the fact that content was explained in simple terms, easily understandable and were willing to change
- 2) Majority of them were confident of changing & actively participated, wrote the coping cards given to them by counsellors
- 3) Few were reluctant to sit through the entire duration as they were informed that session will end in 1 hour
4. Some of them expressed their desire to reform and not to become a trouble causing factor for their parents,

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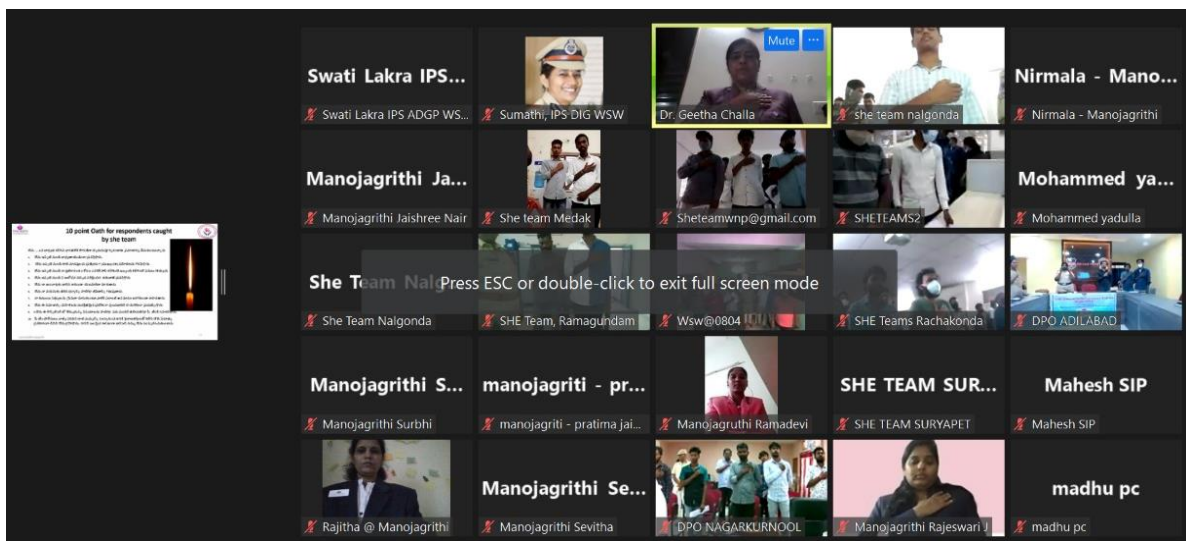
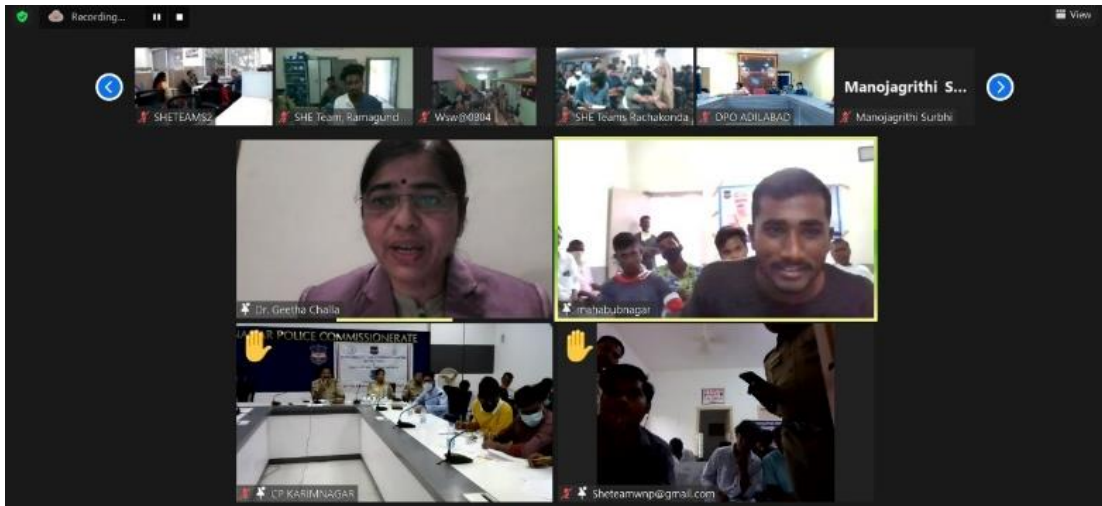
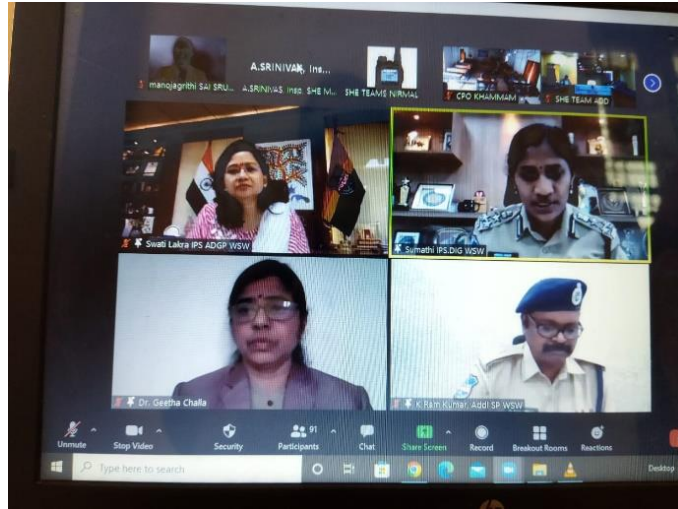
5. Motivated to focus on the strengths when they were asked to shared their past achievements.

The officers of the SHE team were happy with the protocol and the methodologies which were used in the counselling and also to witness the hope of change created in the respondents by listening to their sharings. All the counsellors of Manojagrithi had a great experience and happy to see the willingness to transform in the respondents by the end of the session.

Suggestions for future sessions

1. Timings should be informed to the respondents in advance
2. Materials should be provided in advance
3. Attendance may be scheduled prior to the counselling session
4. Respondents should sit near to the mic
5. All the respondents should be encouraged to speak/interactive
6. SHE Team Officers act as facilitator during the counselling process to support the counsellors
7. Worksheet can be redesign based on experience and learnings
8. Parents can be arranged with a separate session
9. 10 points Oath and other important concepts to be printed and distributed

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S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
57	16-06-2022	Manojagrithi with Telangana State Police & SHE Teams	Online counselling for minors and majors”	Women Safety Wing, Lakdikapool, Hyderabad & online	around 1000 minor and major respondents or accused caught by she teams from all the 33 districts of Telangana	Smt. Swati Lakra ,IPS, Additional Director General of Police ,Women Safety including SHE teams and Bharosa Centres, Telangana State and Smt B. Sumathi IPS DIG,CID Women Protection cell, Telangana State.& Dr. Geetha Challa

Report

Online Counseling for Respondents of SHE Team Telangana

Manojagrithi conducted a group counselling session for minors caught in SHE Team related offences, etc on 16th June, 2022 (Wednesday) at 2 PM on Zoom. The group counselling was an effort from SHE teams to provide the minors from all the districts of Telangana, with a chance to improve themselves and their lives for a better future. There was online counseling session conducted by the SHE TEAM WING WOMEN SAFETY in Telangana state.

Smt. B Sumathi, IPS Deputy Inspector General of Police WSWTS and Smt. Swathi Lakra, IPS. Addl. Commissioner of Police, Crimes & SIT. convened the program. Other Dignitaries from the department of SHE TEAM & Police department were present in the session. Sri. K. Ram Kumar, Addl SP WSW TS Coordinated the collaboration between Manojagrithi and She Team. Dr. Geetha Challa, a Psychologist and her efficient counsellor’s team have conducted counselling to 14 minor respondents from 3 districts (Cyberabad, Warangal & Rajanna Sirsilla)

Respondents from Cyberabad SHE TEAM have responded effectively and could find out their strengths and weaknesses. By the end of the session they could understand that their behavior towards the Society, their family and themselves should change and become a good citizen of the country. The session included Demonstrations & Role plays. The session was INSIGHTFUL for them as they could realize that they have to change their behavior and promised the same.

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Feedback from respondents- the respondents opened up towards the counsellors and understood the consequences of eve teasing. A 9th standard boy from Cyberabad also shared how the counselling process helped him in understanding the consequences of eve teasing and how he realised the importance of discipline and respect in life. He told the counsellors that he would keep all of this in mind and not repeat such behaviour. Such a response was received by various minors present there.

Minors were more open to experiential / activity-based learning we conducted but it will be good if the teams can orient the respondents in advance what to expect, specifically mention to them about the number of hours the training will run & why we chose activity-based methodology & that they must actively participate to benefit from it. This will help the counsellors in avoiding certain reluctance which few majors showed during the training

The participation in Minors Counselling was very good. The respondents were willing to interact. A 9th class student from Cyberabad had said that this Counselling has helped me to feel responsible. He would change his companionship and respect his parents and elders.

Feedback from Officers- Smt. Sumathi IPS (DIG Women Safety Wing) addressed everyone after the counselling process ended. She mentioned the importance of Counselling in a minor's life and how it could be beneficial for them receive another chance to transform themselves and not repeat such behaviours.

A Respondent (Minor) from Warangal has realised that he should not waste his time wandering around girls. He is ready to change his behavior and will bring good name to his parents.

A Respondent from Rajanna Sircilla felt guilty for his behavior and was ready to concentrate on studies.

Respondents from Minor groups realised how their actions had negative impact on women after role play.

They also had a realisation how bad friendship leads to bad ways after the 'Chai' demonstration. From the Major group, the respondents realised how they were influenced with wrong deeds after '5 senses control demo' and some of them expressed wanting change.

Some respondents actively participated in Chai demonstration and received the learning very well

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Suggestions:

- The respondents should be seated before time
- Attendance from all districts should be taken in advance to save time
- Everyone should be provided with a notebook and a pencil to note down the activities in the counselling
- The officers should let the respondents sit near the camera and the mic, and should be seated behind themselves
- the minors were more open to experiential/activity-based learning
- It would be beneficial for the counsellors if SHE teams could orient the respondents in advance about what to expect and mention them about the number of hours the training
- The respondents should also be told about why the counsellors choose an activity-based methodology and that they must actively participate to benefit from it

Overall, content of training was well received by the respondents as they were from real life scenarios quoted in the form of role plays, stories or examples. It helped the respondents in connecting with the training and be more active.

Report on Online SHE team counseling

Manojagrithi conducted a group counseling session for minors caught in SHE Team related offenses, etc on 16th June, 2022 (Wednesday) at 2 PM on Zoom. The group counseling was an effort from SHE teams to provide the minors from all the districts of Telangana, with a chance to improve themselves and their lives for a better future.

The program was conducted on 16th June, 2022 at 2:30 PM to the Respondents in the SHE TEAMS related cases held by Women Safety Wing in Telangana state.

Sri K Ram Kumar, Addl SP WSW TS has coordinated with SHE Teams and Manojagrithi

Smt B Sumathi IPS Deputy General of Police, WSW TS and Smt Swathi Lakra IPS, Addl, Director General of Police, WSW, TS has convened the program, other dignitaries of SHE Teams and Police Department were present in the session. Smt Dr Geetha Challa eminent Counseling Psychologist, Manojagrithi and her efficient counseling team have conducted counseling to 208 Major respondents (Boys aged 18 and above) from all the districts of Telangana state. The respondents have actively participated in the session.

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The session started with interactive questions posed by the counsellors to the respondents, The respondents actively interacted, the session progressed through the insightful introspection of their strengths and weaknesses and their realization of the mistakes and faulty behavior towards girls and women, Session was effective with demonstrations, role plays, etc. Dr Geetha Challa's inspiring speech, interactive counseling has made the respondents to realize that they are in debt towards their mother, father, community, country, Nature and God. By the End of the session, the respondents promised to set a goal in 3 areas for development and change- in their behavior and understanding their responsibility to be an acceptable person in the family and the society.

Suggestions:

- The respondents should be seated before time
- Attendance from all districts should be taken in advance to save time
- Everyone should be provided with a notebook and a pencil to note down the activities in the counseling
- The officers should let the respondents sit near the camera and the mic, and should be seated behind themselves
- the minors were more open to experiential/activity-based learning
- it would be beneficial for the counselors if SHE teams could orient the respondents in advance about what to expect and mention to them about the number of hours the training will run
- The respondents should also be told about why the counselors choose an activity-based methodology and that they must actively participate to benefit from it

Overall, content of training was well received by the respondents as they were real life scenarios quoted in the form of role plays, stories or examples. It helped the respondents in connecting with the training and being more active.

Feed back from The Respondents

All district respondents actively participated in the demonstration. Wanaparthy respondent demonstrated well and he actively answered the questions and also was ready to learn.

In the Minor group, Cyberabad respondent participated and responded well.

The event was well planned and executed by the Manojagrithi team.

The participation of respondents showed that they were really in need of counseling and it was beneficial to them.

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The respondents could, with the help of the program, identify the causes of their behavior.

Particularly, after the role-play, they spoke and expressed feelings of empathy for women who undergo eve teasing.

The event was for a large audience. There were many groups, due to which setting took a long time. If it can be done for smaller groups, we can have more participation from respondents.

The event was very interesting. All the districts of Telangana participated well.

In the major group Wanaparthy respondent Varun responded well to the demonstration done by the counselor.

In the minor group, Cyberabad respondent Vishal answered the questions posed and wanted to change his behavior.

Major groups from Cyberabad were more participating and involving. A few respondents involved in Why activity and could figure the reason behind their behavior. The activity done by them also helped them realize the effects of eve teasing on women.

One respondent was asking to translate the activity in Hindi as he didn't know Telugu to which Dr Geetha Challa translated it in Hindi for which he was thankful and was ready to change his attitude towards Girls and women.

Respondents from Minor groups realized how their actions had a negative impact on women after role play...

They also had a realization how bad friendship leads to bad ways after the experiential and activity-based learning by the counselor.

From the Major group, the respondents realized how they were influenced by wrong deeds after 5 senses controlled the demo and some of them expressed wanting change.

Some respondents actively participated in demonstrations by the counselor and received the learning very well.

A respondent from Hyderabad one who works in a private automobile company (Volkswagen) changes his mind to be regular to his office and will look after his family and work in his future.

A respondent from Mahaboobnagar completed his MA. B.Ed wanted to focus on his future and will not repeat the mistake whatever he has done .

Srimanth from Karimnagar realized about life and made up his mind to forget the girl who said breakup after five years of love affair.

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A respondent from Narayanpet realized how his activities are troubling his parents. He was ready to transform himself by reducing his anger and will prepare well for Group 2 exams and will become a Thasildar and will forgive the girl who broke up after 2years of love affair.

A respondent from Nizamabad realized what friendship is and want to leave the bad friends and be away from drugs and addictions.

Respondents from Medak realized why to respect women.

Nagarkurnool respondents realized that it is important to think before act, why and how to control emotions.

A Respondent (Minor)from Warangal has realized that He should not waste his time wandering around girls. He is ready to change his behavior and will bring good name to his parents.

A Respondent from Rajanna Sircilla felt guilty for his behavior and was ready to concentrate on studies.

Totally 9 respondents interacted from Cyberabad. The next was from Rachakonda then there were responses / interactions from respondents of Wanaparthy, Mahaboobnagar, Rajannasircilla, Warangal, Nagarkarnool, Nizamabad, Hyderabad She Teams 2 and Khammam.

Feedback from Officers- Smt. Sumathi IPS (DIG Women Safety Wing) addressed everyone after the counseling process ended. She mentioned the importance of counseling in a minor's life and how it could be beneficial for them to receive another chance to transform themselves and not repeat such behaviors.

Sri K Ram Kumar Addl SP WSW, TS appreciated and thanked the team of Manojagrithi for their inspiring counseling for the Respondents of all the districts of Telangana.

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
58	02-07-2022	Certificate Courses conducted by Manojagrithi	New batch Sneha internship program	Manojagrithi , online & offline	11 students	Dr. Geetha Challa & Team

Dear students of Psychology,
are you searching for good Internship Program,
if answer is YES

YOUR HUNT FOR THE BEST INTERNSHIP ENDS HERE

SNEHA ONLINE/OFFLINE INTERNSHIP PROGRAM

Course Contents

- Basic counseling skills and stages
- Activities for rapport building with the clients
- Case note/soap note writing
- MSE (mental state examination)
- Orientation on 5 therapies - CBT, REBT, PERSON CENTERED THERAPY, SFBT, BT.
- Learning about severe mental health disorders From DSM
- Psychoeducation and Interventions on 30 General Mental Health Issues
- Ethics in Psychology

Duration - 2 months

Fee-6000

Timings- 3 days a week,
4 to 6 pm

To register & Further queries -9866016812, 9014474656, 9502363293

Batch starts from
14th June 2022

Perks

- Shadowing opportunity for 2 cases with Dr. Geetha Challa
- Full length practice of intake session
- Screening and assessment tools
- Career mentorship program

Your Mentor

Dr. Geetha Challa
M.A, M.Sc, M.S.W, Ph.D Psychologist
RCI Certified & RE & CBT therapist
Albert Ellis's Institute of New York
Member of IAC




Dear students of Psychology,
are you searching for good Internship Program,
if answer is YES

YOUR HUNT FOR THE BEST INTERNSHIP ENDS HERE

SNEHA

ONLINE/OFFLINE
INTERNSHIP PROGRAM

Batch starts from
28th June 2022

Duration - 2 months
Fee-6000
Timings- 2 days a week
4 to 6 pm

Your Mentor
Dr. Geetha Challa
M.A, M.Sc, M.S.W, Ph.D Psychologist RCI
Certified & RE & CBT therapist Albert Ellis's
Institute of New York
Member of IAC

To register & Further queries - 9866016812, 9014474656

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
59	09-07-2022	Certificate Courses conducted by Manojagrithi	New batch Sneha internship program	Manojagrithi, online & offline	8 students	Dr. Geetha Challa & Team



DEAR STUDENTS OF PSYCHOLOGY,
ARE YOU SEARCHING FOR GOOD INTERNSHIP PROGRAM,
IF ANSWER IS YES

SNEHA

ONLINE INTERNSHIP PROGRAM

WEEKEND
BATCH STARTS
FROM
9TH JULY 2022

DURATION - 2 MONTHS
FEE-6000
SATURDAY 4 TO 6 PM
&
SUNDAY 11AM TO 1PM

YOUR MENTOR
DR. GEETHA CHALLA
M.A, M.Sc, M.S.W, PH.D
PSYCHOLOGIST RCI CERTIFIED & RE &
CBT THERAPIST ALBERT ELLIS
INSTITUTE OF NEW YORK
MEMBER OF IAC

TO REGISTER & FURTHER QUERIES
9866016812, 9014474656, 9515426779



Dear students of Psychology,
are you searching for good Internship Program,
if answer is YES

YOUR HUNT FOR THE BEST INTERNSHIP ENDS HERE

SNEHA

ONLINE/OFFLINE
INTERNSHIP PROGRAM

Batch starts from
28th June 2022

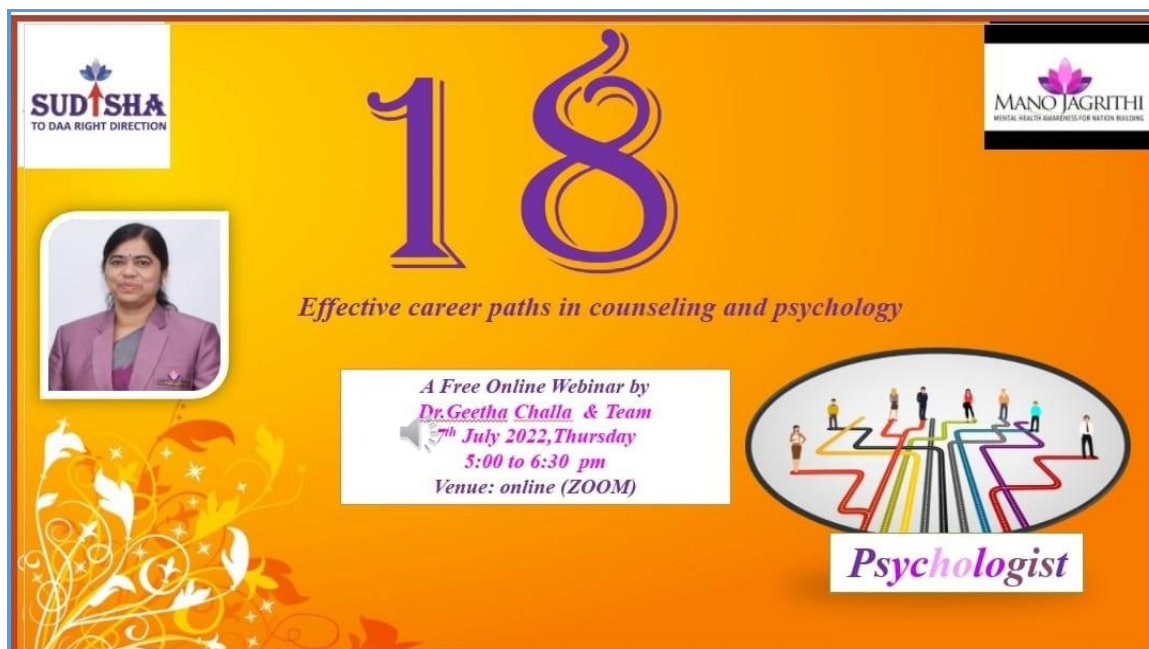
Duration - 2 months
Fee-6000
Timings- 2 days a week
4 to 6 pm

Your Mentor
Dr. Geetha Challa
M.A, M.Sc, M.S.W, Ph.D Psychologist RCI
Certified & RE & CBT therapist Albert Ellis's
Institute of New York
Member of IAC

To register & Further queries - 9866016812, 9014474656

Free online webinar on 18 effective career paths in counselling and psychology

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
60	07-07-2022	Certificate Courses conducted by Manojagrithi	18 effective career paths in counselling and psychology	Manojagrithi & online	88 students	Dr. Geetha Challa



Report on Online webinar on 18 effective career paths in counseling and psychology

Manojagrithi conducted a webinar on “18 effective career paths in counselling and psychology”. The main aim is to provide 360⁰ knowledge on career opportunities for post-graduate Psychology students and build their confidence.

The workshop was conducted on 7th July 2022 through online platform. There were more than 88 participants who were all professional and budding Psychologists.

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The session was planned effectively with information on career opportunities in psychology field in different sectors, followed by live sharing of experiences by the psychologists who were presently working in diversified sectors.

Manojagrithi conducted a group counseling session for psychology students and students who want to build their career in psychology who doesn't know the varied career opportunities that are available in psychology and counselling.

The webinar started with Dr. Geetha Challa asking what were their expectations from today's webinar for which the participants responded and told Ma'am that they were not clear where to go, where to find a job, what all are the career opportunities they have. Once the participant put forth their doubts Ma'am cleared them by showing them 18 effective career paths in psychology and counselling by saying that they can excel in this field by becoming a school /college counselor, Freelancer/EAP counsellor, Wellness/ happiness coach in MNC, working in a counseling center, smart study skills trainer, working with NGO, parenting coach and Dr. Geetha Challa presented live examples by making interactive talk with the people who have already excelled in those fields. This helped the participants in gaining confidence and were made aware of the ways in which they can reach their goal. By the end of the session participants were happy to have their doubts clarified and were very hopeful about career paths.

Free webinar on Digital detox by students of Sahaya batch 12 Group 2

WEBINAR ON DIGITAL DETOX

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
61	9-07-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Free online webinar on DIGITAL - DETOX (BY STUDENTS OF SAHAYA BATCH 12)	ONLINE	110 participants	Dr. Geetha Challa & Manojagrithi Team

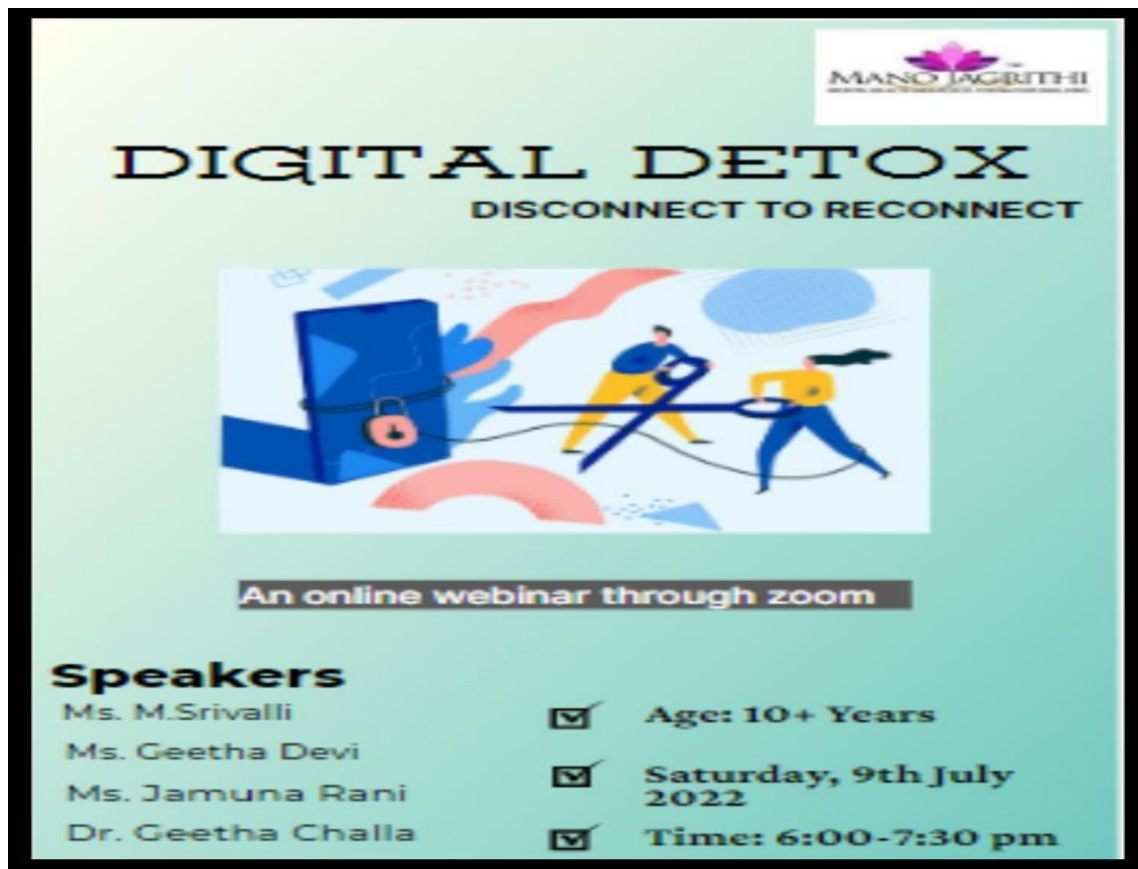
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Report - Webinar - Digital Detox

Manojagrithi gave an opportunity to their students to conduct a webinar as part of Diploma in Basic Counselling skills. A group of students (G2) conducted a free online webinar on the topic DIGITAL DETOX on Saturday, 9th July 2022 at 6 PM. The speakers of the topic were Ms. M. Srivalli, Ms. B. Geetha Devi and Ms. Jamuna Rani, counselling psychologists under the guidance and mentorship of Dr. Geetha Challa, Founder, Director of Sudisha Counseling Centre which is a Unit of Manojagrithi, Hyderabad.

The purpose of the Webinar was to provide insights and make the audience aware of the effects of Digital utilization and teach interventions to decrease the usage of the same. The targeted audience were people above 10yrs from any/all professions. The participation was on an overwhelming number with 110 participants joining the webinar group. The program was conducted with lots of activities and insightful information on Digital detoxification. Participants enthusiastically took part in the activities and noted down the details. The queries of the participants were promptly addressed by Dr. Geetha Challa and the program ended with a thank you note. The audience in-return thanked the hosts for enlightening them with the interventions and insights.

<https://youtu.be/nCfPumoOp9o> This is you tube link for digital detox.



The poster features the Manojagrithi logo at the top right. The main title 'DIGITAL DETOX' is in large, bold, black letters, with the subtitle 'DISCONNECT TO RECONNECT' below it. The central illustration shows a hand holding a smartphone with a padlock, and two people in business attire walking away from it, symbolizing digital detoxification. Below the illustration, it says 'An online webinar through zoom'. At the bottom, there is a list of speakers and event details with checkmarks.

Speakers

Ms. M.Srivalli	<input checked="" type="checkbox"/>	Age: 10+ Years
Ms. Geetha Devi	<input checked="" type="checkbox"/>	Saturday, 9th July 2022
Ms. Jamuna Rani	<input checked="" type="checkbox"/>	Time: 6:00-7:30 pm
Dr. Geetha Challa	<input checked="" type="checkbox"/>	

Manojagrithi Annual Report 2021-22

A webinar with young energetic girls of MLRITM ON Psychological self defence

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
62	15-07-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	ABCD SAFETY FOR GIRLS (A webinar with young energetic girls of MLRITM ON Psychological self-defence)	MLRITM - DUNDIGAL	200 students	Dr. Geetha Challa & Manojagrithi Team

A webinar on “ABCD for Safety of Girls and Psychological Self-Defence” was done by the counsellors’ team of Manojagrithi on 15th July 2022 at 11:30am. The main purpose of conducting the webinar is to create awareness in adolescents about their safety. It went for about one and half hour with a strength of about 235 students of MLRITM as participants.

The session started as “Why to learn safety?” as an activity. Students nicely participated and realised about safety in the session. The awareness was explained in four ways as ABCD. Where A stands for awareness of place, time, people. B stands for be alert and C stands for careful and D stands for Self-Defence. In general, self-defence was given to the children in terms of physical, but here in this session it was projected in psychological way. Psychological self-defence increases the physical self-defensive behaviours in adolescents, is the cause to know Psychological Self-Defence techniques.

The level and intensity of situations were explained in terms of signal lights, how, where and whom to approach at those situations were given to the students. The assertiveness training and ‘where to say no’ in terms of psychological safety, was clearly informed to the students.

Demonstrations were also done to understand better to know who is good friend and who is a bad friend. Along with that safety apps for women to safeguard themselves were informed. In addition to that the contact numbers of SHE teams and women protection cells (if something goes wrong) were also given to the students.

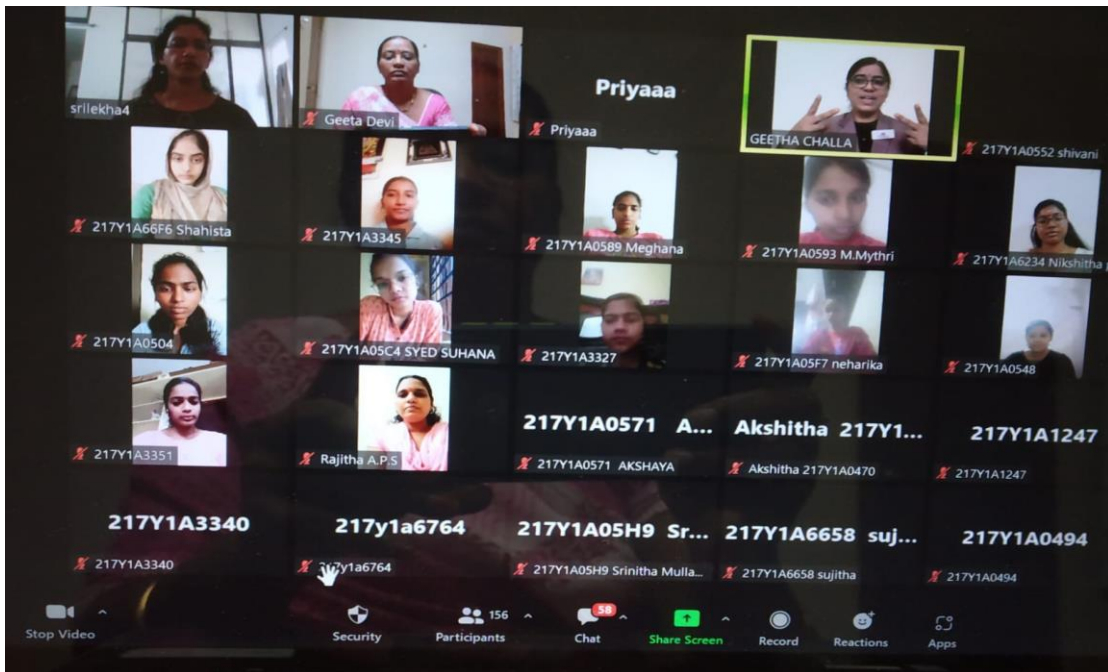
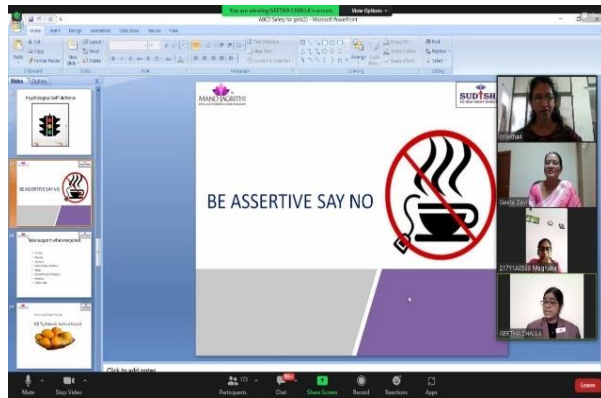
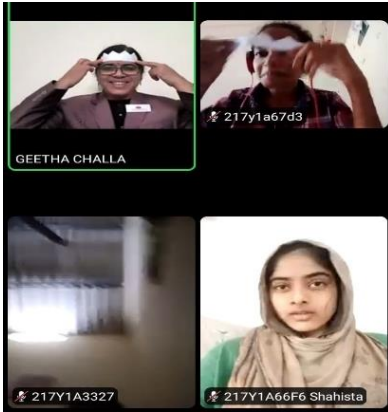
Last but not least, the empowerment in different angels of accepting, valuing, forgiving, trusting, loving themselves was explained nicely to the students. The session was fruitful and insightful. Students’ involvement and coming up with different psychological issues made session more interactive. Students are interested to have a session personally. They requested

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Manojagrithi team to join with them personally in guiding them for women safety and to develop psychological self-defence.

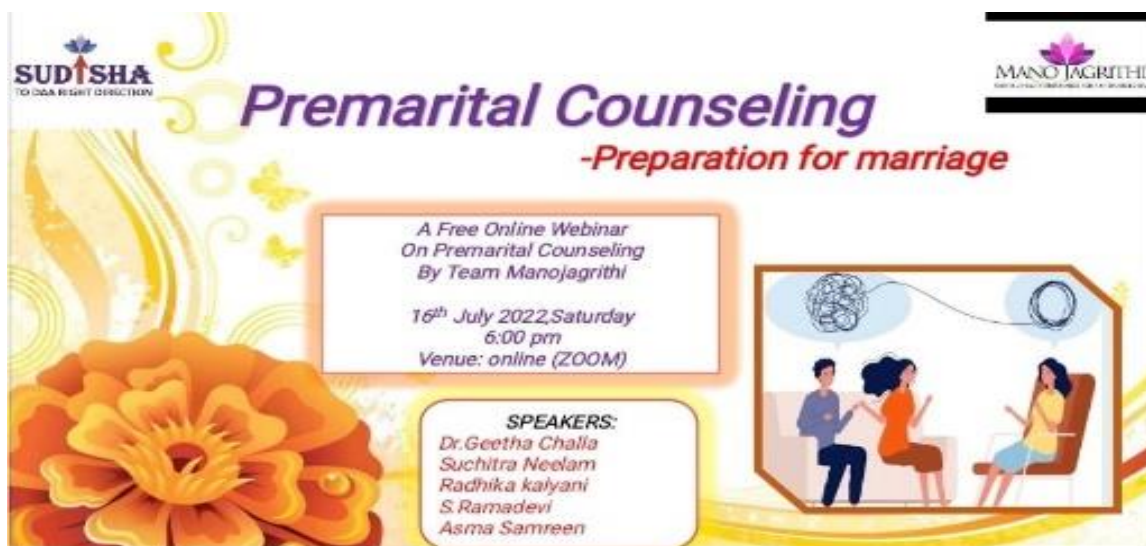
Thank you to the management of MLRITM in organising this webinar of showing the responsibility of women safety. A special thanks to Hema Latha Madam, who is the co-ordinator of the programme.

An interactive programme with MLRITM students on ABCD for safety of girls and Psychological Self-Defence. Students are so happy and requesting a personal meet.



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
63	16-07-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Free online webinar on “ Premarital counselling - preparation for marriage’ (BY STUDENTS OF SAHAYA BATCH 12)	ONLINE	90 participants	Dr. Geetha Challa & Manojagrithi Team

<https://youtu.be/KAQrjt3CXgY> you tube link for premarital counselling



Report on premarital counseling Online and webinar.

Manojagrithi is an organization with 10 years of successful service track record is a group of more than 200 dedicated and skilled Psychologists and mental health professionals holding a Vision to Create Mental Health Awareness and Prevention of Mental Health Issues for a Healthy Nation with a Value System. With the Mission of Helping people to help themselves through Group and Individual counseling.

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Manojagrithi conducted a group counseling session to create awareness among people about premarital counselling. There were around 109 participants in the webinar. The session started with Dr. Geetha Challa explaining the importance of premarital counseling for the people who are getting married. Later the session was handed over to Sahaya students Asma samreen, Raadhika kalyani, Suchitra neelam and Ramadevi. The counsellors emphasized beautifully the importance of premarital counselling through role plays, threw light on what is premarital counselling and also explained the need for such counselling sessions in the present scenario. A few interventions were given by the group to help people change their view regarding marriage, look for solution, control and influence circle etc. The session was then open for question and answer by Dr. Geetha Challa. It was an interactive session and was appreciated by the participants.

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
64	23-07-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Free offline webinar / workshop	OFFLINE	200 students	Dr. Geetha Challa & Manojagrithi Team

WELLBEING SEMINAR AT WOMEN'S COLLEGE KOTI ON JULY 23RD, 2022.

Our Team Manojagrithi consisting of the 12th batch of Sahaya Students and a few senior Psychologists conducted a 90 minute mental well-being seminar at Womens' College, Koti on July 23rd, 2022. The event was hosted by Telangana Medical & Health Women Empowerment Association.

The team was headed by Veerabhadra Rao along with Ushahsree Kandala, Sumrana Wahed, Jaishree Nair, Jamuna Rani, Radhika Kalyani, Suchitra and Uzma.



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Veerabhadra Rao has commenced the program with the introduction to the **Mental Well-being**. Ushahsree took over by speaking about **Dr. Geetha Challa**, Founder Director and **30 Mental Health Issues**. She explained to the students that **Mind is the Master over the Body** with a brief activity.

All the Psychologists and Counsellors have introduced themselves. Uzma has done an activity to help the students to speak about themselves and build a rapport with our Team.

Sumran helped the students to relax by demonstrating the importance of breath in our life and had made the students to do 2 simple **breathing techniques** which will also help them to relax before facing any exam.

Radhika Kalyani spoke about **mindfulness** with an activity and also helped the participants with an activity to get relieved with their unnecessary thoughts.

Veera and Ushahsree did a skit on how we BEATUP ourselves unnecessarily and end up being in guilt.

Jamuna Rani demonstrated how to **manage our Worries** and also express our **Gratitude** to everyone in our lives.

The expression of Gratitude leaves us and others with a smile. Jaishree spoke about the happy hormones and helped the students with an activity to generate happy hormones irrespective of our moods and feelings thus getting away from sadness.

In this hectic and mechanical life style we are left with stress. Suchitra spoke about **6 Healthy Principles of Life** which helps us to relieve from stress and live happily. Veera helped the participants with a simple **visual relaxation technique** which will help them get connected to nature and also helps them to sleep.

There are so many incidents in our life which are not in our Control and we get impacted by them. Uzma narrated the technique which will help the students, how to **take control of their life**.

In our day-to-day life we come across so many situations which makes us angry. Jaishree Nair has demonstrated 2 simple and yet **Powerful Anger Management techniques** with which an individual can reduce Anger.

Suchitra has made an effective demonstration which helped the participants how to respond to situations in our life when faced with adversities.

The current generation is so much influenced by the media that most of our youngsters end up in **BODY SHAMING**. Ushahsree helped the students how to overcome Body shaming. The influence of peers is so high on the students that they tend to imitate and get influenced. Veera spoke to the students how they get **TRAPPED** by acting on an impulse without even giving a second thought about the consequences. The program was concluded with a Q&A session and helped them to seek the assistance of specialised professionals like Psychologists in dealing effectively with their Mental health issues. Veera proposed the Vote of Thanks.

Powerful techniques for Happy and Peaceful pregnancy

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
65	23-07-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Free online webinar on “Powerful techniques for a Happy and Peaceful Pregnancy” (BY STUDENTS OF SAHAYA BATCH 12)	ONLINE	110 participants	Dr. Geetha Challa & Manojagrithi Team

<https://youtu.be/cQCEVjWFSQU> you tube link of webinar



The graphic features a floral border with pink and red flowers. On the left, there is an illustration of a pregnant woman in a red top and blue pants, carrying a yellow bag. The text in the center reads: "10 POWERFUL TECHNIQUES FOR A PEACEFUL AND HAPPY PREGNANCY". Below this, a yellow banner says "A Free Online Webinar through Zoom". To the right, the Manojagrithi logo is visible. At the bottom, there are two columns of text: "Save Your Date" and "Speakers:".

10 POWERFUL TECHNIQUES FOR A PEACEFUL AND HAPPY PREGNANCY

A Free Online Webinar through Zoom

Save Your Date
Saturday, 23rd July 2022
Evening 6.00 PM – 7.30PM

Speakers:

1. Dr. Geetha Challa
2. Ms. M.Srilekha
3. Ms. P.V.Padmavathi
4. Ms. Dayamani
5. Ms. L.Renuka

Report Writing on Ten (10) Powerful Techniques for Happy and Peaceful Pregnancy

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The webinar was conducted on 10 powerful techniques for a happy and peaceful pregnancy by G4 (group of three) Sahaya students. It was done under the guidance of Dr. Geetha Challa, as part of Sahaya course on 23rd July 2022 on “Zoom” platform at 06.00PM. Dr. Geetha Challa, Ms. Srilekha Maddika, Ms. Dayamani Arthur and Ms. P.V. Padmavathi were the speakers who addressed the audience. The purpose of the webinar was to provide insights and make the audience aware of physiological and psychological changes of a woman during pregnancy.

The tagline for the webinar was given as “Ten (10) powerful techniques for a happy and peaceful pregnancy”. Session started with the information about the organization and continued with an ice breaking question to the audience. This was followed by a small video clip on the beautiful journey of a woman to a motherhood.

Physiological changes during pregnancy, psychological changes during pregnancy are explained. Psychological changes during pregnancy like stress, anxiety, depressive symptoms and panic disorders were explained. Also explained about pre-menstrual syndrome, PMDD (pre-menstrual dysphoric disorders), post-partum syndrome. The correlation between all above three disorders was also explained.

10 powerful Techniques given to the audience were:

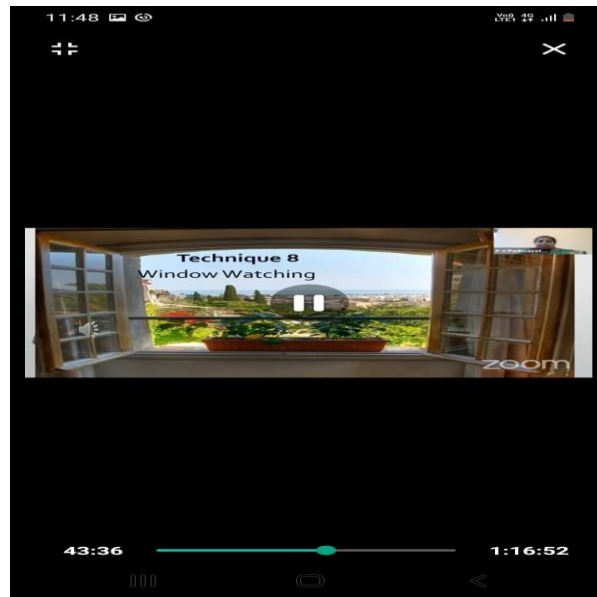
1. Six principles for healthy life
2. Visual relaxation with nature music
3. Conscious breathing along with backward counting 20-1.
4. 5-4-3-2-1 grounding technique
5. Look at the bigger picture
6. EAR technique
7. Nature photography
8. Window watching
9. Scribble your emotions
10. Do things that makes one happy

The summary of the webinar was revisited after completion of above 10 techniques. This was followed with “who we are”. Later, the Question and Answer session was taken by Dr. Geetha

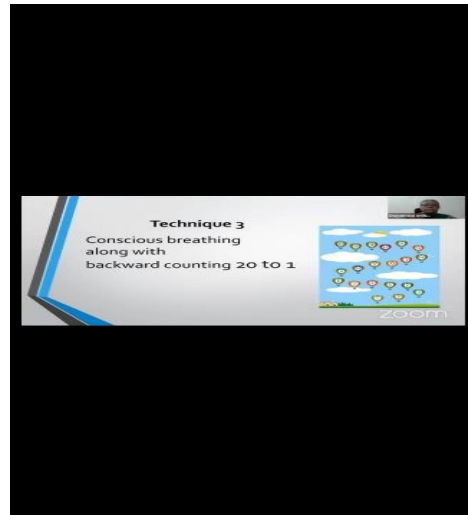
Manojagrithi Annual Report 2021-22

Challa. She clarified all the doubts expressed by the audience and gave extra information about psychological changes during pregnancy time and post- partum depression. All the audience had actively and enthusiastically participated during the entire session. The session ended with a vote of thanks to all the participants and Dr. Geetha Challa.

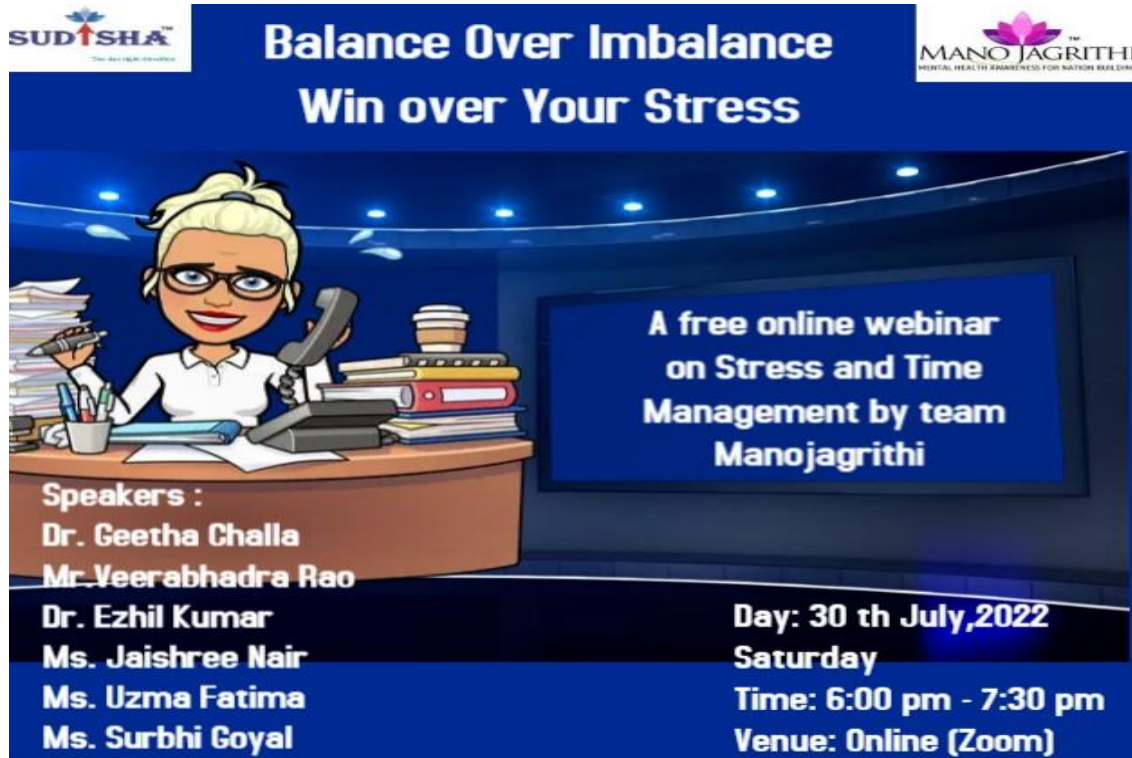
The webinar was a part of our Sahaya course curriculum. The webinar gave us more understanding of how to prepare ourselves to provide good and useful information. The likely questions by audience and handling them with effective answers was also understood.



Balance Over imbalance win over your stress



S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
66	30-07-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Free online webinar on “Balance over imbalance win over your stress” (By Stude)OFAYA BATCH 12)	ONLINE		Dr. Geetha Challa & Manojagrithi Team



SUDISHA™
The Mind-Body Connection

MANO JAGRITHI™
MENTAL HEALTH AWARENESS FOR NATION BUILDING

Balance Over Imbalance Win over Your Stress

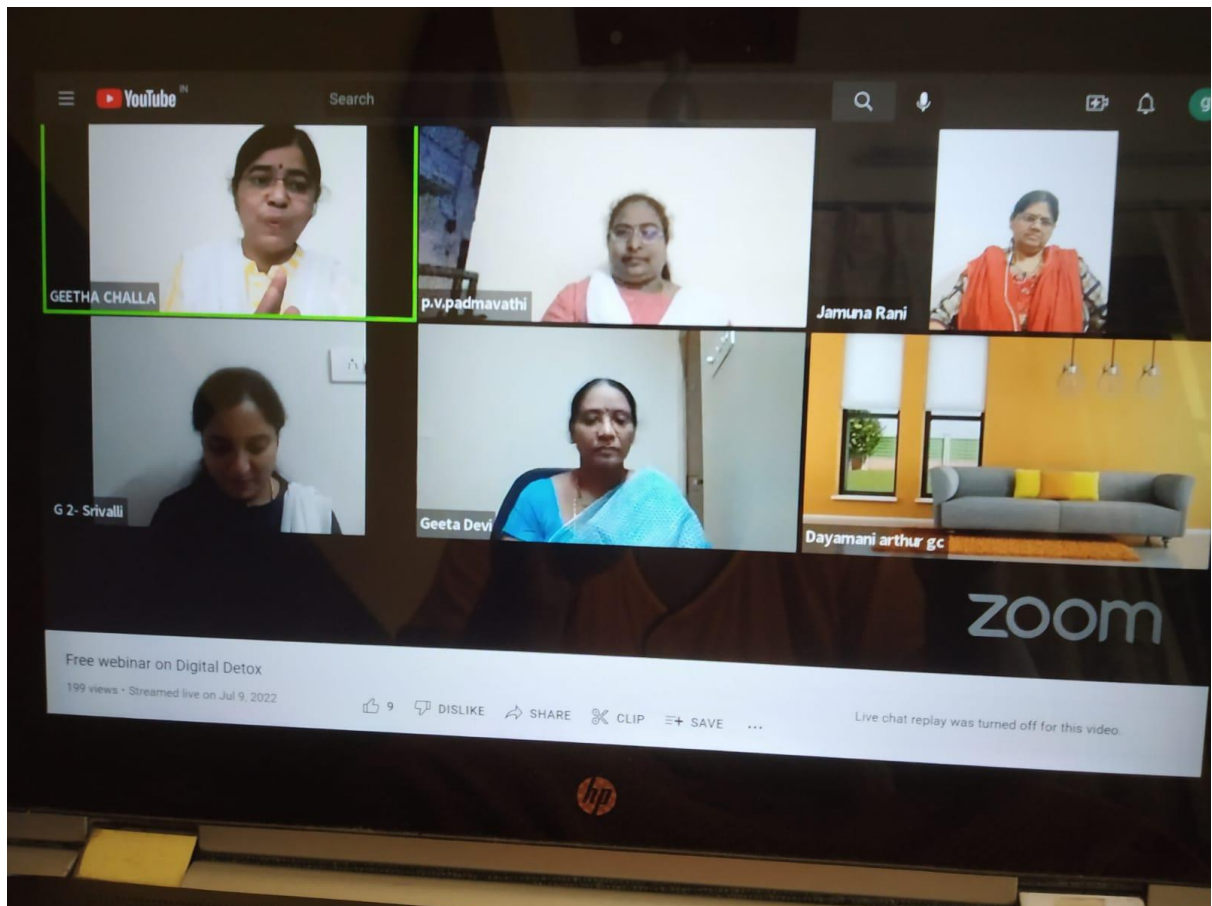
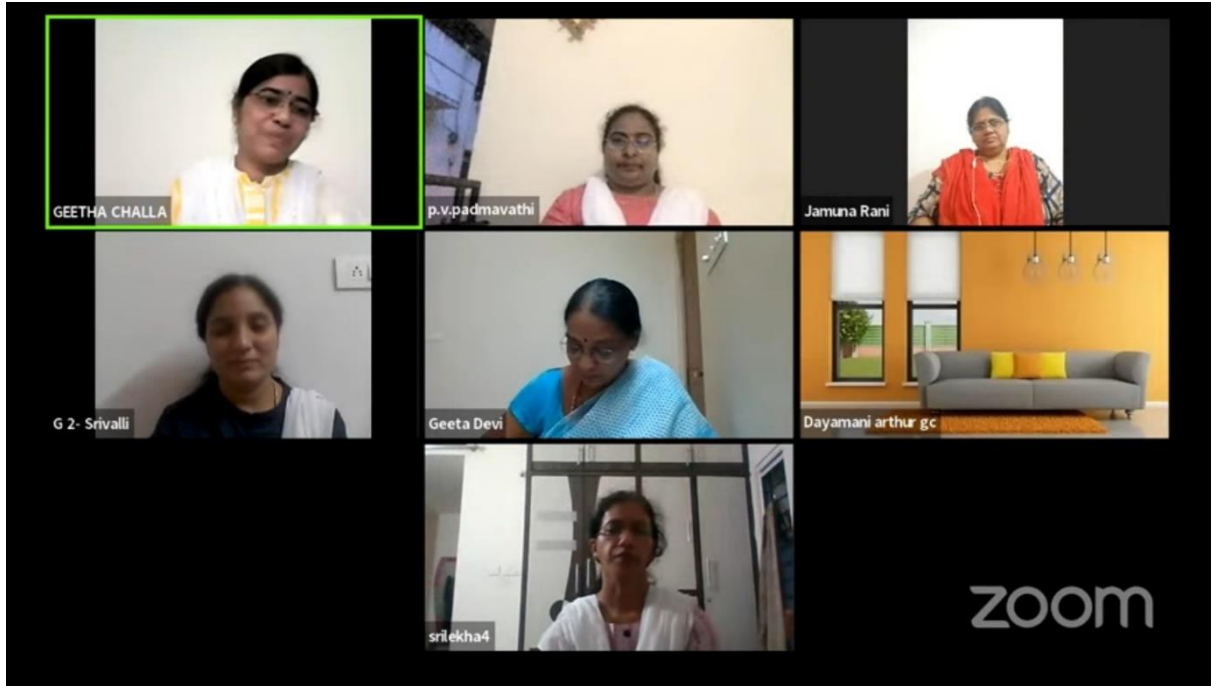
**A free online webinar
on Stress and Time
Management by team
Manojagrithi**

Speakers :
Dr. Geetha Challa
Mr. Veerabhadra Rao
Dr. Ezhil Kumar
Ms. Jaishree Nair
Ms. Uzma Fatima
Ms. Surbhi Goyal

Day: 30th July, 2022
Saturday
Time: 6:00 pm - 7:30 pm
Venue: Online (Zoom)

A Webinar on Stress and Time management was conducted on 30th July 2022, by students of Sahaya -Basic Counseling Skills course. The webinar was a part of the course module. The webinar focused on educating participants on understanding stress, its causes and time management skills. A segment of the webinar also highlighted lack of time management skill as a major stressor leading to stress. During the course of the webinar, participants were enlightened and empowered with techniques and tips to cope with stress in a healthy way. And practical tips were shared to develop better time management skills. The webinar was presented by the counsellors, Dr. Ezhil Kumar, Ms Jaishree Nair, Ms. Uzma Fatima and Ms. Surbhi Goel along with their trainer counsellor Mr.Veerbhadra Rao. Webinar was well applauded and received a positive feedback from the participants.

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S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
67	6-08-2022	Certificate Courses conducted by Manojagrithi	Celebrations of 12 batch Sahaya BCS on completion of course, Potluck and felicitation of senior faculty	Manojagrithi & online	14 students	Dr. Geetha Challa



Report on Potluck

On account of successful completion of Sahaya course work a potluck was organised on 6th August, 2022 at Sudhisha counseling center at 11:30 AM to 3:30 PM. All the Sahaya 12th batch students gathered at the center with their delicious food items. The students of Sahaya took this gathering as an opportunity to share their experiences with respect to the course work, supervisors and their mentor Dr. Geetha Challa. Sudhisha counseling center turned to be a platform to enjoy, interact and exchange love, gratitude and knowledge. All the Sahaya 12th batch students prepared appreciation cards and gifted to their buddy pairs and also appreciated, applauded and exchanged their love, gratitude and best wishes to each other. Dr. Geetha Challa provided many facilities for the get together to go on smoothly. Madam felicitated Mrs Radhika, Senior counselor, on her last working day. Also, Mr. Veerabhadra Rao and Mrs Priya Ganapathy were felicitated for their services. The potluck was a grand success and there was happiness, joy and gratitude flowing flawlessly.





S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
68	07-09-2022	Certificate Courses conducted by Manojagrithi	13 th batch SAHAYA- 6 months basic counselling skills	Manojagrithi , online & offline	17 students	Dr. Geetha Challa & Team

SAHAYA

(HELPING THE PEOPLE TO HELP THEMSELVES)
6 MONTHS DIPLOMA IN BASIC COUNSELLING SKILLS

We have successfully completed 12 batches of online and offline

Course Contents


a)Module 1-Self-Awareness and Self-Transformation
b)Module 2-Basic Counseling Skills and Stages, Process of Counseling, Psychological first-Aid Techniques, Activities for Rapport building
c) Module 3- Therapy based Interventions for 30 General Mental Health Issues, Screening and Assessment Tools, MSE (mental state examination)
d)Module 4-Psychopathology (DSM-V), insight on abnormal psychology, different disorders
e)Module 5-Orientation and brief introduction to Therapies (CBT, Client Centered Therapy, REBT, Creative Movement Therapy, Art Therapy, Play Therapy, Mindfulness, Relaxation, Psychoanalysis, Behavior Therapy)
f)Module 6-Practical Counselling Sessions: DEMO, Role Play, Supervised Counseling, Shadowing, Soap Note Writing, Clinic Management, Field Visits.
g)Ethics in Psychology

Duration -6 months

Timings-
From 7th september, 2022,
3 days a week ,4 pm to 6 pm

Perks

- 1.Shadowing and supervised practice of 10 cases with Dr. Geetha Challa
- 2.full length practice of Issue based intake session
- 3.guest lectures by national and international psychology professionals
- 4.exposure to group counseling to gain personal experience
- 5.guidance for higher education and support for establishing a counseling center
- 6.Career mentorship program



Your mentor
Dr.Geetha Challa
M.A, M.Sc, M.S.W, Ph.D Psychologist
RCI Certified & RE & CBT therapist
Albert Elli's Institute of New York)
Member of IAC

To register &Further queries –9866016812, 9014474656,9515426979

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
69	07-09-2022	Certificate Courses conducted by Manojagrithi	New batch Sneha internship program	Manojagrithi, online & offline	3 students	Dr. Geetha Challa & Team



2 months internship program for psychology students , teachers and special educators

SNEHA



DR. GEETHA CHALLA

M.A, M.Sc, M.S.W,Ph.D

ChildPsychologist&

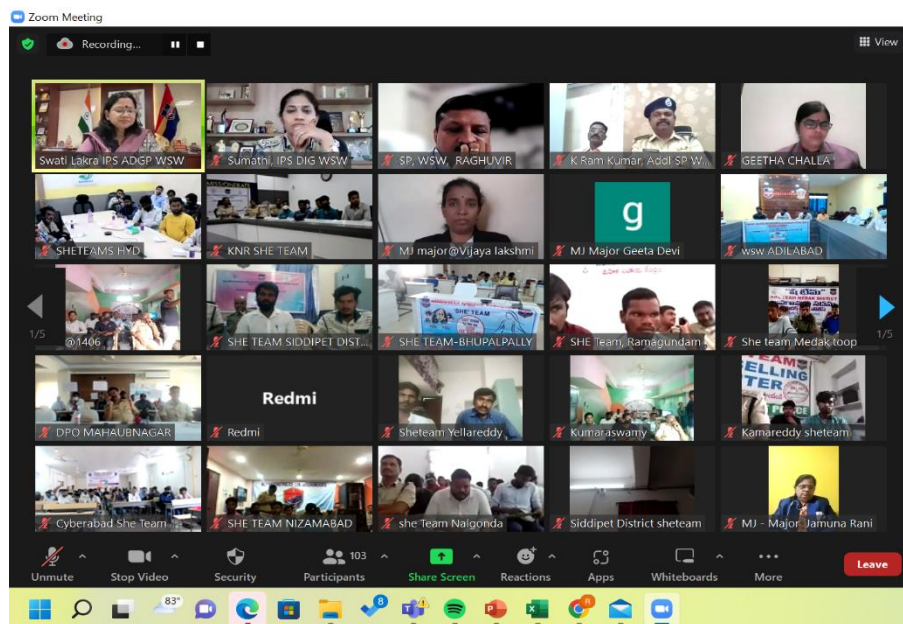
RE & CBT Therapist

() (Albert Elli's Institute of New York)

- Batch Starts from:
- 7th September,2022
- Timings -
- Mon, wed and sat
- from : 4pm to 6pm
- Fee - 6,000/-

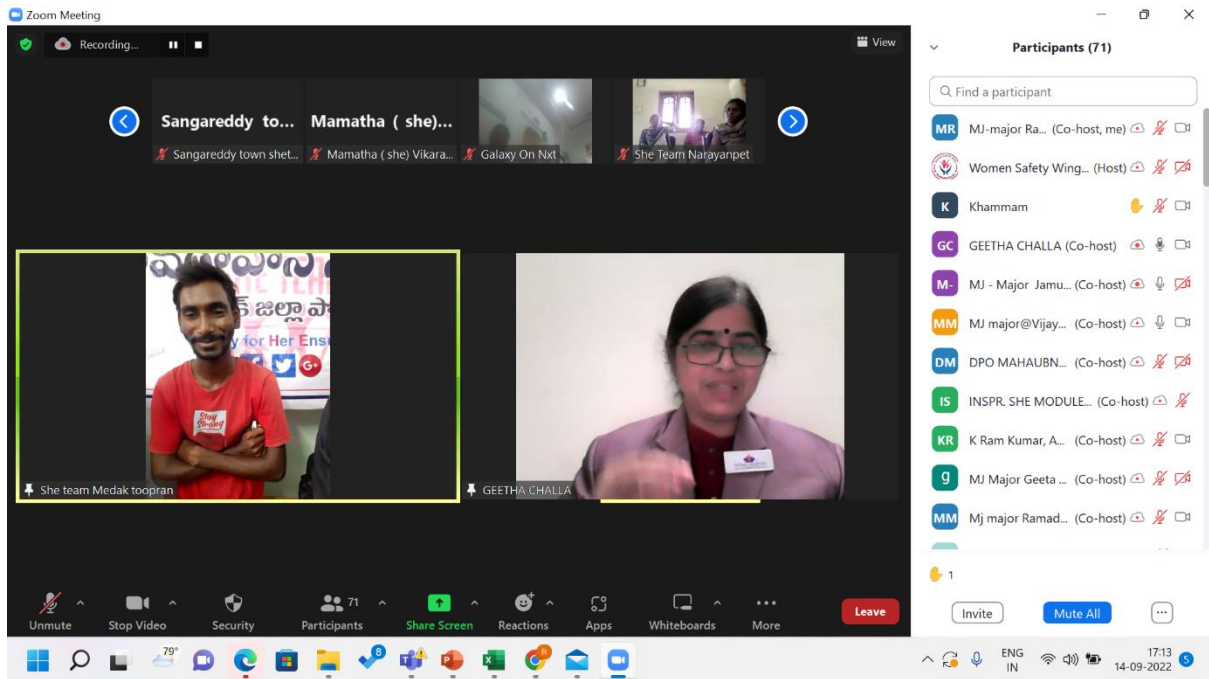
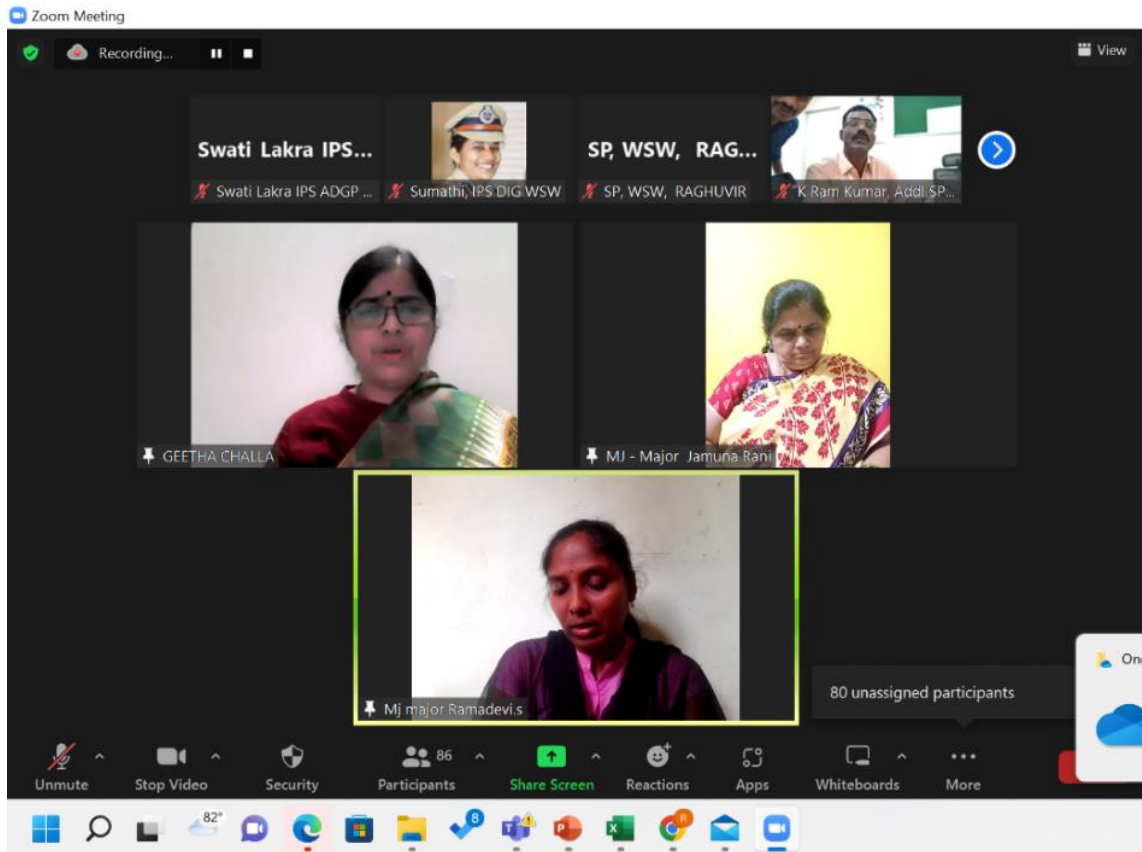
CONTACT :98660 16812. 90144 74656.

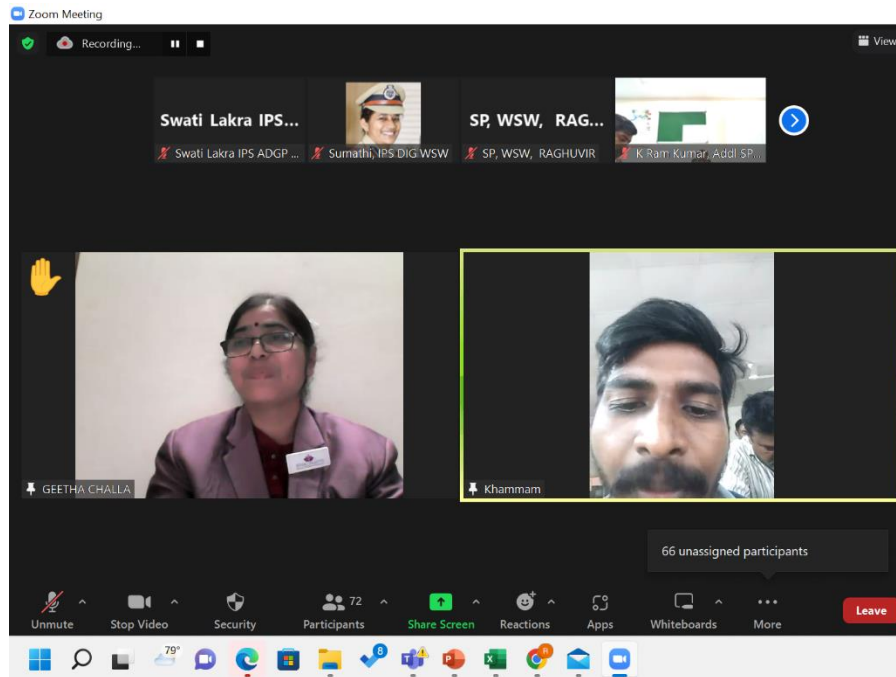
S. No	Date	Event category	Event			Host Organization & Venue	No. of participant & category	Guests
70	14-09-22	Manojagrithi with Telangana State Police & SHE Teams	Online counselling for minors and majors”	Women Safety Wing, Lakdikapool, Hyderabad & online	578 major and 30 minors respondents or accused caught by she teams from all the 33 districts of Telangana	Smt. Swati Lakra ,IPS, Additional Director General of Police ,Women Safety including SHE teams and Bharosa Centres, Telangana State and Smt B. Sumathi IPS DIG,CID Women Protection cell, Telangana State.& Dr. Geetha Challa		



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Counsellor doing a roleplay as part of counselling to bring realization among the respondents





A one-day counselling program was organized by Manojagrithi and Womens' Safety Wing (Telangana) on 14 September, 2022.

It was for all the respondents in the SHE Team related offences in the Telangana state.

The program was attended by respondents from 30 units from which there were 578 majors and 30 minors.

The counselling program was done by Dr. Geetha Challa with her team of 11 Counselling Psychologists from Manojagrithi.

There were simultaneous programs for the group of major and minor respondents.

The use of psychology techniques like role play, storytelling, demonstrations etc was effectively used and well appreciated by the participants, police officers and by Smt. Swati Lakra Mam, IPS, Addl. Director General of Police and Smt. Sumathi Mam, IPS, Deputy Inspector General of Police.

The event was a big success in terms of its effectiveness on the respondents who expressed how beneficial and inspiring today's Counseling was for them.

The overall the program was phenomenal in it's execution and in terms of touching lives of the participants.

The counsellors from Dr. Geetha Challa's team who participated are

1. Swarna Dayamani

2. Redla Veerabhadra Rao
3. Radhika Kalyani BKP
4. Ramadevi. S
5. Suchitra Neelam
- 6.Thakur Jamuna Rani
- 7.Rajitha.Bodhapally
- 8.Vijayalakshmi Bodireddy
9. Tata. Geeta Devi
- 10.Renuka Lingala
11. Uzma Fatima

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
71	15-09-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	An induction program for B.tech 1 st year students	OFFLINE	500 students (Civil and Mechanical)	Dr. Geetha Challa & Manojagrithi Team

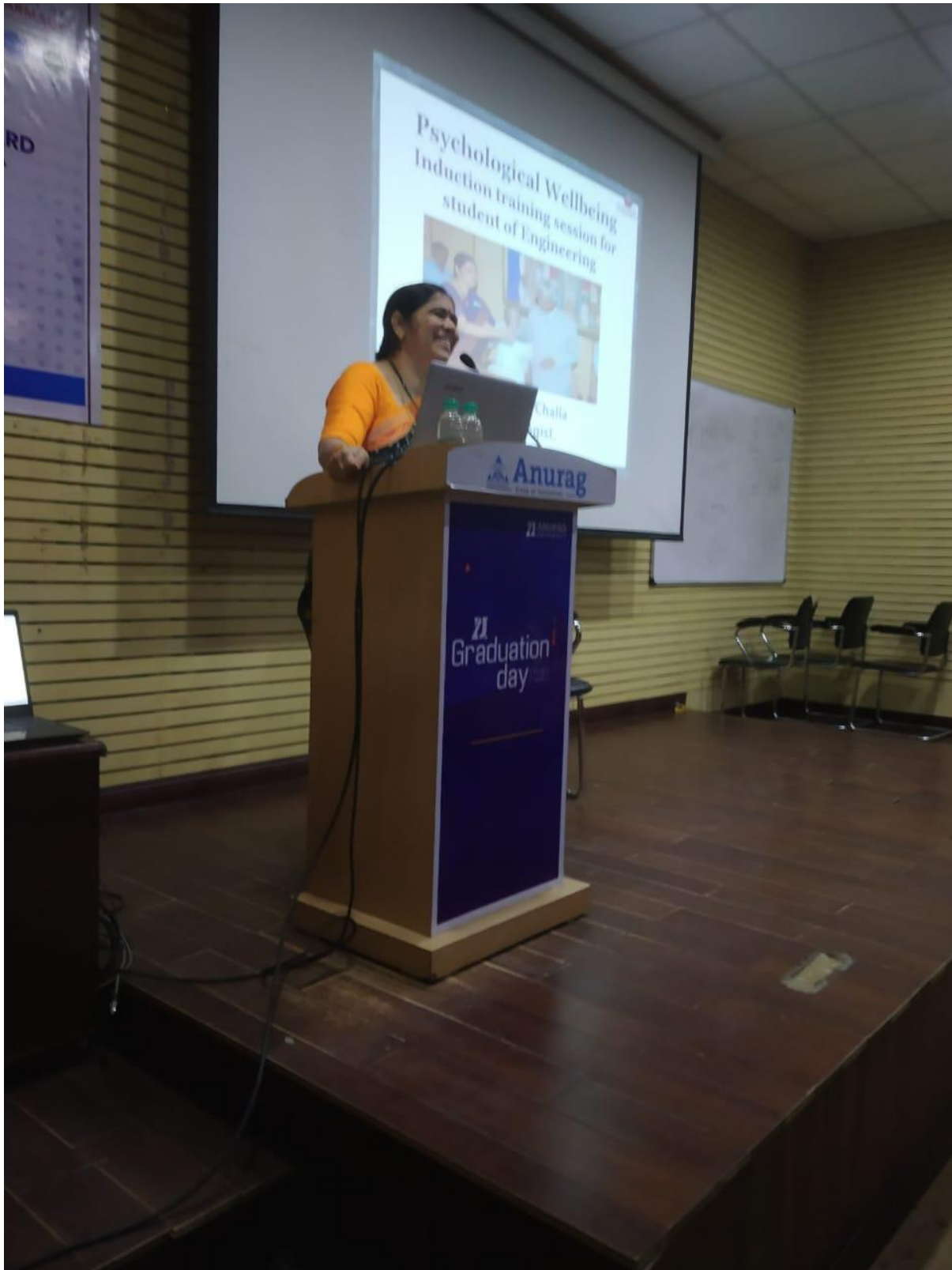
An induction program was conducted by Dr. Geeta Challa to 500 students of first year B. Tech at Anurag University on 15th of September, 2022.

It was a wonderful, motivational and awareness creating program where students were not in a mood to leave the auditorium.

Students were emotionally attached to the program. Interventions are so affective that some students ventilated there itself. It was really a successful program where students were benefited extensively. Dr. Geetha Challa was supported by Mrs. Geetha Devi Tata, a Manojagrithi family member.









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S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
72	19-09-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	An induction program for B.tech 1 st year students at Anurag university	OFFLINE	500 students (Computers and IT)	Dr. Geetha Challa & Manojagrithi Team



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An orientation program was conducted by Dr. Geeta Challa to 500 students of 1 st year B. Tech (computers and IT) at Anurag University on 19th of September, 2022.

It was a wonderful motivational and awareness creating program where students were not in a mood to leave the auditorium.

Students were emotionally attached to the program. Interventions are so affective that some students ventilated there itself. It was really a successful program where students were benefited extensively. Music therapy, Dance therapy and Let Go Balloon activities were demonstrated during the session. By the end of the program, the students were very much motivated and committed to reach their goals. Dr. Geeta Challa was supported by Mrs. Geetha Devi Tata, a Manojagrithi family member.

S. No	Date	Event category	Event	Host Organization & Venue	No. of participant & category	Guests
73	21-09-2022 and 23-09-2022	Manojagrithi Conducting Mental Health Awareness Programs in Private Schools & Colleges	Workshop with LEAD INDIA foundation	OFFLINE	Students, Correspondents	Dr. Geetha Challa & Manojagrithi Team

A change agents TOT Program was conducted by Lead India foundation on 20th September, 2022. Dr. Geeta Challa addressed 150 students on the topic, Global skills.

Dr. Geeta challa addressed 150 students, 500 correspondents in 2 different venues on two different days as a part of Dr. A.P.J. Abdul kalam's Vision 2020 training program. She focused on global skills for global leadership and impact of training program on individual development and national development.



