



Janata shikshan Sanstha's

Kisan Veer Mahavidyalaya, wai
Department of Psychology



**Report of Five Day National Workshop on
Cognitive Behaviour Therapy (CBT) and Rational
Behavior Therapy (REBT)**

1. Title of Programme - Five Day Residential Workshop on Cognitive Behaviour Therapy (CBT) and Rational Behavior Therapy (REBT)
2. Day Date of the Programme - 31st May 2019 To 04th June 2019
3. Venue of the Programme - Kisan Veer Mahavidyalaya, Wai
4. Collaboration Agency - Sarth Sanman Sanstha, Satara and Kisan veer Mahavidyalata, wai
5. No of Teacher Attended Programme-01
6. No of Students attended Programme -10
7. Resource Persons of Workshop-
 1. Dr. Animish Chavan-M.D. Psychiatrist, Tenner Of REBT
 2. Dr. Vaishali Chavan - M.B.B.S. , Tenner Of REBT
 3. Miss. Asira chirmule- Tenner Of REBT
 4. Miss Prachi Mastoli - Tenner Of REBT

8. Objective Of Workshop-

1. To Understand the CBT and REBT theory.
2. Applying the principles of CBT and REBT to self as well as to clients.
3. A Perfect blend of CBT and REBT Theory and practice.

9. Short Report of Workshop-

Five Days National Level Workshop on 'Cognitive Behaviour Therapy & Rational Emotive Behaviour Therapy' organized by department of Psychology on 31st May 2019 To 04th June 2019 workshop inaugurated by our Principal Dr. C. G. Yeole.

The purpose of this national workshop was to educate counsellor about these very useful psychoanalytical skills about CBT and REBT Theory and also educate them about advance future of this theory.

In the 1st day Dr. Animish Chavan, delivered lecture on 'Psychotherapist's Skill: Basic & Beyond', and in the 2 and 3 session he explains about in detail about counselling skills regarding CBT theory.

In the 2nd day of workshop Dr. Animish Chavan Give the brief introduction about CBT theory and in the 2 and 3 session he explains about how the counsellor apply this theory directly to persons having issue about mental health.

In the 3rd day Miss. Ashira Chirmule & Miss. Prachi Mastoli explained about REBT theory and the core factor of Irrational Beliefs and in the 2 and 3 session Cognitive Disputation and Behavioural Disputation explain with practical demonstration.

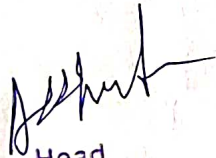
In the 4th day session 1.,2, and 3rd conducted by Miss Ashira Chirmule & Dr. Vaishali Chavan. All these sessions are for practically how to apply the theory on patient. In the last session 'Case Demonstration'. 'Peer Counselling Session' conducted.

In the last day of the workshop Dr. Vaishali Chavan Chavan & Miss. Ashira Chirmule focused on Common Errors of REBT. Animish Chavan focused on Limitations of REBT. The workshop ended with full Demonstration session & Peer Counselling.

The number of seats are limited because this workshop was made for only counsellor and residential not for students. The residence of participants made in the girls and boys hostel of our college.

10. **Valedictory Session - In the Valedictory Session**

Prin.Dr.C.G.Yeole Spoke Regarding the important of moral values and ethical thinking in daily life and Prof. Anand Ghorpade make a vote of thanks.



Head
Head of Psychology
Kisan Veer Mahavidyalaya
Wai



PRINCIPAL
KISAN VEER MAHAVIDYALAYA
Wai, Dist. Satara



प्राध्या. आनंद घोरपडे
मानसशास्त्र विभाग
दि. 26/08/2019

प्रति
मा. प्राचार्य,
किसन वीर महाविद्यालय,
वाई.

विषय- परवानगी मिळणेबाबत...

महोदय,

मानसशास्त्र विभागातर्फे २०१८-१९ या शैक्षणिक वर्षामध्ये ३० मे ते ०३ जून २०१९ या कालावधीत मानसशास्त्र विषयातील समुपदेशन या विषयाशी संबंधित सी बी टी व आर.इ बी टी या दोन समुपदेशन पध्दतीच्या स्वतंत्र कार्यशाळा घेण्याचा मनोदय आहे. या साठी आपण मैत्र क्लिनिक, सातारा यांचेशी MOU केलेलाच आहे. व यापूर्वी सन २०१६-१७ या वर्षी जून २०१७ ला अशाचप्रकारची तीन दिवशीय निवासी कार्यशाळा घेतली होती

या सर्व कार्यक्रमासाठी लागणाऱ्या खर्चाचा प्राथमिक अंदाज व इतर बाबी पुढीलप्रमाणे देत आहे. तरी कृपया याबाबत मान्यता मिळावी, ही विनंती.

सी.बी.टी. कार्यशाळा

१. कालावधी- ३० मे ते ०१ जून २०१९
२. आसन क्षमता - किमान २० (अजून वाढविता येऊ शकेल)
३. प्रशिक्षक-१. डॉ. अनिमिष चव्हाण, सातारा (M.D. Psychiatry and CBT Trainer)
२. डॉ. वैशाली चव्हाण (REBT Trainer)
३. कुं. असीरा चिरमुले (REBT Trainer)
४. कुं. प्राची मास्तोळी (CBT Trainer)
४. फी रु. ४०००/-

Allowed &
Inform to Sanstha
26/08/19

PRINCIPAL
KISAN VEER MAHAVIDYALAYA
Wai, Dist. Satara



Janata shikshan Sanstha's

Kisan Veer Mahavidyalaya, wai

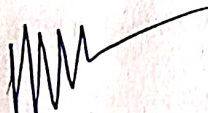


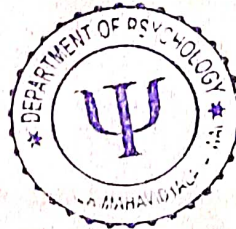
Department of Psychology

**Five Day National Workshop on Cognitive Behaviour Therapy (CBT) and
Rational Behavior Therapy (REBT)**

Participant List

Se.No	Name Of Participant's	Address	Sig.
1	Miss.Vaishali Bawake	Maharashtra	--sd--
2	Miss.Mrudu Ohari	Maharashtra	--sd--
3	Mr.Amrut Mujumdar	Chattisgadh	--sd--
4	Mr.Achche Lal Rajak	Madyapradesh	--sd--
5	Miss.Megha Patil	Maharashtra	--sd--
6	Miss.Najrana Mulla	Maharashtra	--sd--
7	Miss Sayali Bokare	Maharashtra	--sd--
8	Miss.Priya Jadhav	Maharashtra	--sd--
9	Miss.Manjire Patil	Maharashtra	--sd--
10	Miss. Jayashree Tungar	Maharashtra	--sd--


Head
Head of Psychology
Kisan Veer Mahavidyalaya
Wai





■ Shri. Prataprao Bhosale - President & Trustee ■ Shri. Laxmanrao Jadhav (Patil) - Vice President & Trustee
Janata Shikshan Sanstha, Wai

Janata Shikshan Sanstha's
KISAN VEER MAHAVIDYALAYA, WAI, (Dist. Satara) Maharashtra Pin: 412803
Affiliated to Shivaji University, Kolhapur, S. U. Am. T-2-28741
NAAC Accredited Status: B with CGPA 2.885

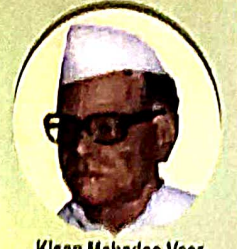
जनता शिक्षण संस्थेचे,
किसन वीर महाविद्यालय, वाई, (जि. सातारा) महाराष्ट्र पिन : ४१२८०३

शिवाजी विद्यापीठ, कोल्हापूर शि. वि. सं. टी - २-२८७४१ संलग्नीत

नॅफ अधिस्विकृती : 'बी' सीजीपीए २.८८५

Website : <http://www.kvmwai.org> E-mail: prin.kvmwai@rediffmail.com oskvmwai@rediffmail.com

Principal
Dr. C. B. Yoolo
M.Sc. Ph.D.,
Ph. (Off/Fax) 02167-220130
Principal : 02167-221972



Kisan Mahadoo Voo
Founder President
Janata Shikshan Sanstha, Wai

प्राचार्य
डॉ. सी. जी. येवले

एम्.एस्सी. पीएल्.डी.

दूरध्यानी : (कार्या./कॅम्प) ०२१६७-२२०१३०

प्राचार्य - ०२१६७-२२१९७२

Ref. : ७११/१६१
संदर्भ :

- HD -

Date :

दिनांक : ३०/०५/२०१९

प्रति,
मा. सचिव,
जनता शिक्षण संस्था, वाई

विषय - मानसशास्त्र विषयाच्या नॅशनल लेव्हल वर्कशॉप उदघाटन संमारभाबाबत....

महोदय,

आपल्या महाविद्यालयातील मानसशास्त्र विभागातर्फे दि. ३१ मे २०१९ ते ०४ जून २०१९ या कालावधीत सी.बी.टी. व आर.ई.बी.टी. या मानसशास्त्र विषयामध्ये सिधांतावर आधारित पाच दिवसीय नॅशनल लेव्हल वर्कशॉप मानसशास्त्र विभागात घेण्यात येणार आहे तरी कृपया आपण शुक्रवार दि. ३१ मे २०१९ रोजी सकाळी. ०९.४५ वा. या वर्कशॉपच्या उदघाटन संमारभास प्रमुख अतिथी म्हणून उपस्थित राहून सहभागी समुपदेशकांना मार्गदर्शन करावे हि विनंती.

कळावे.

आपला विश्वासू

प्राचार्य

सोबत - कार्यक्रम पत्रिका

PRINCIPAL
KISAN VEER MAHAVIDYALAY
Wai, Dist. Satara

Five Days National Level Workshop on
Cognitive Behavior Therapy & Rational Emotive Behavior Therapy

Organised by

Kisan Veer Mahavidyalaya, Wai

In collaboration with

“Swa. Tantraa Brain and Mind Gym”

31st May to 4th Jun, 2019

Friday 31st May 2019 Time 9.40 am to 10.00 am

Venue of Workshop – Department of Psychology

- Introduction
 - Prof. Anand Ghorpade
Head Department of Psychology
(02.00 Minute)
- Felicitations of Trainer of Workshop
 - By Principal Dr. C.G. Yeole
(02.00 Minute)
- Introduction of Participant
 - All Participants
(04.00 Minute)
- Inaugural Address
 - Principal Dr. C.G. Yeole
Kisan Veer Mahavidyalaya, wai
(05.00 Minute)
- Vote of Thanks
 - Dr. Animesh Chavan
Director Swa Tantraa Brain and Mind Gym
(02.00 Minute)

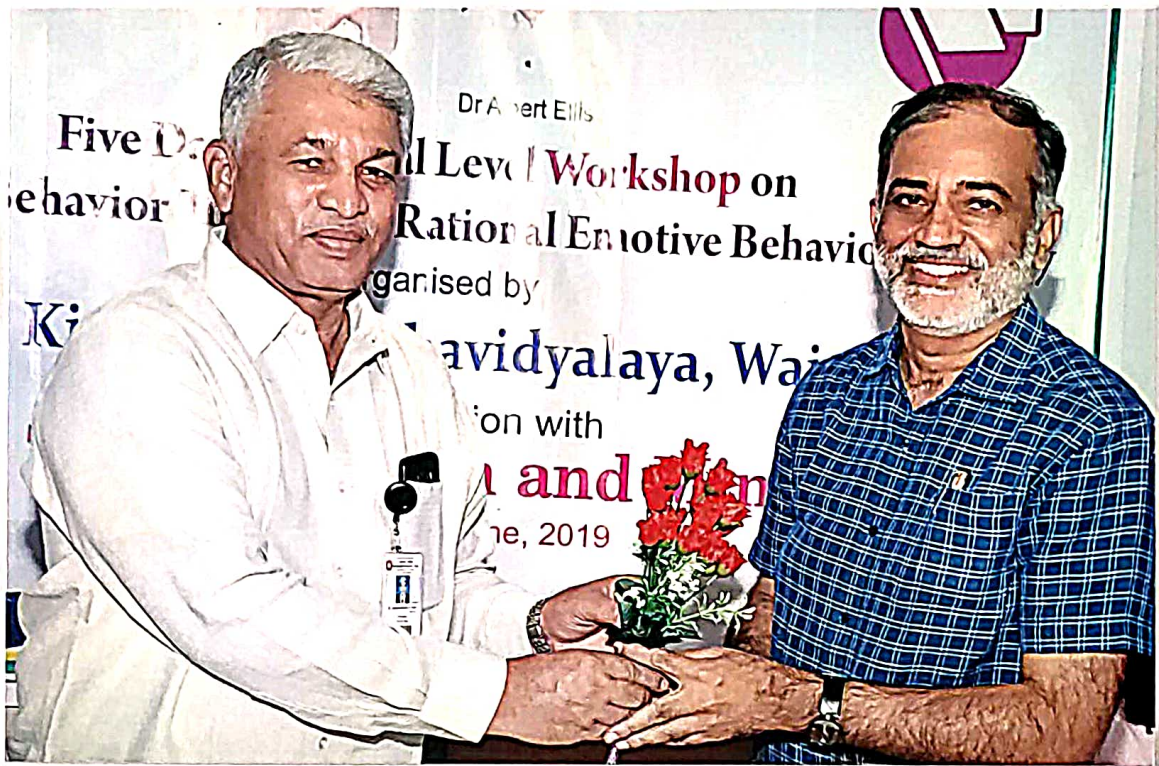


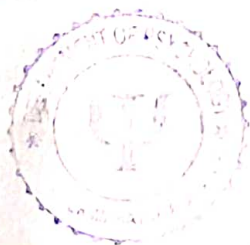
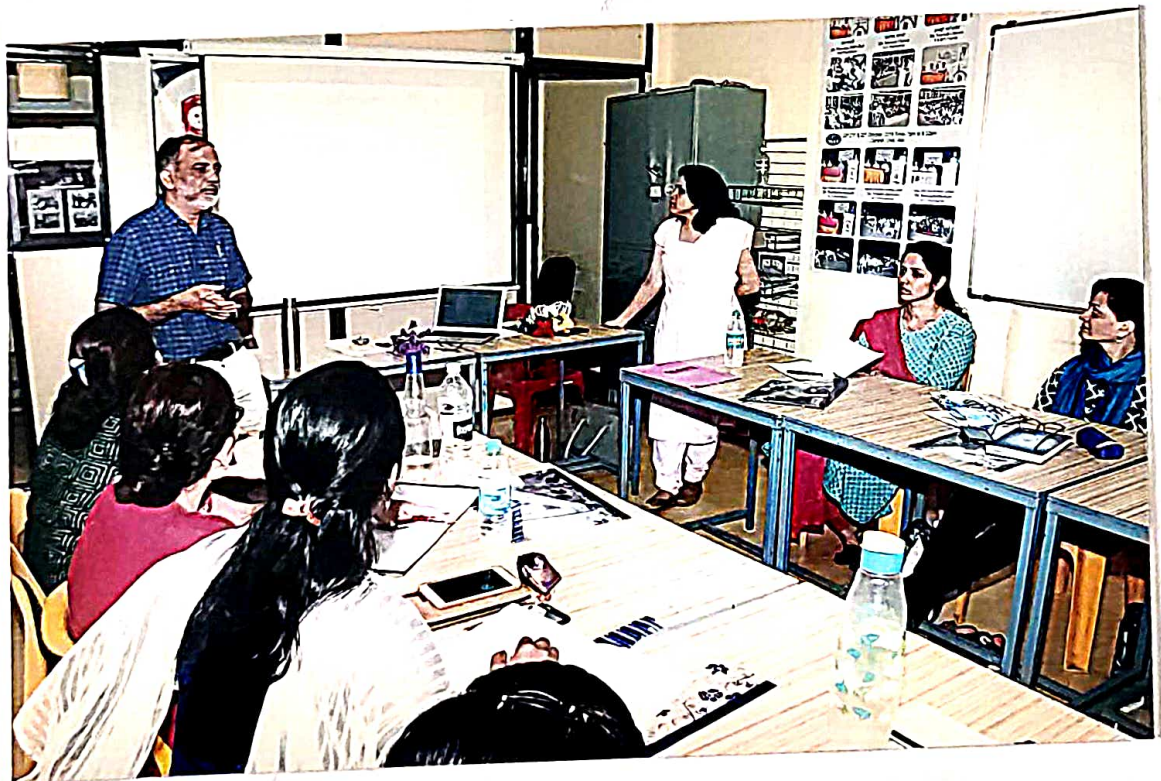
**CBT-REBT Workshop
Attendance Sheet**

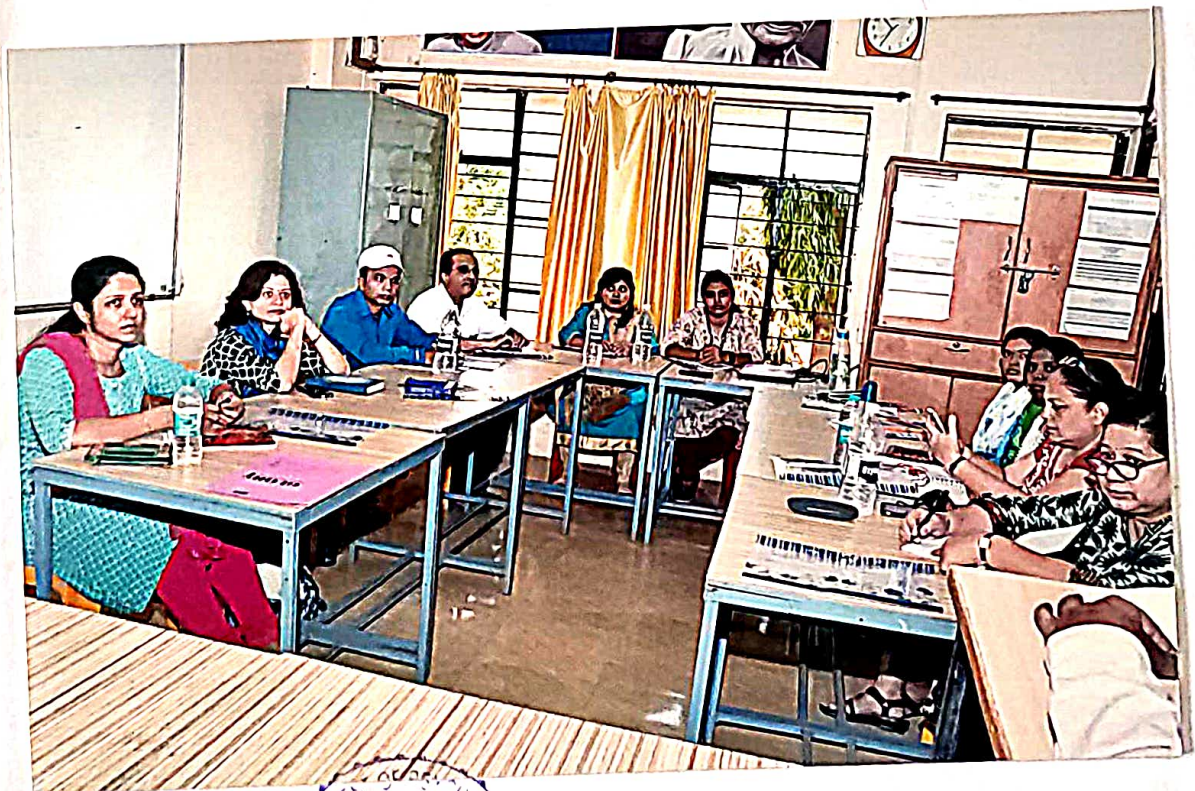
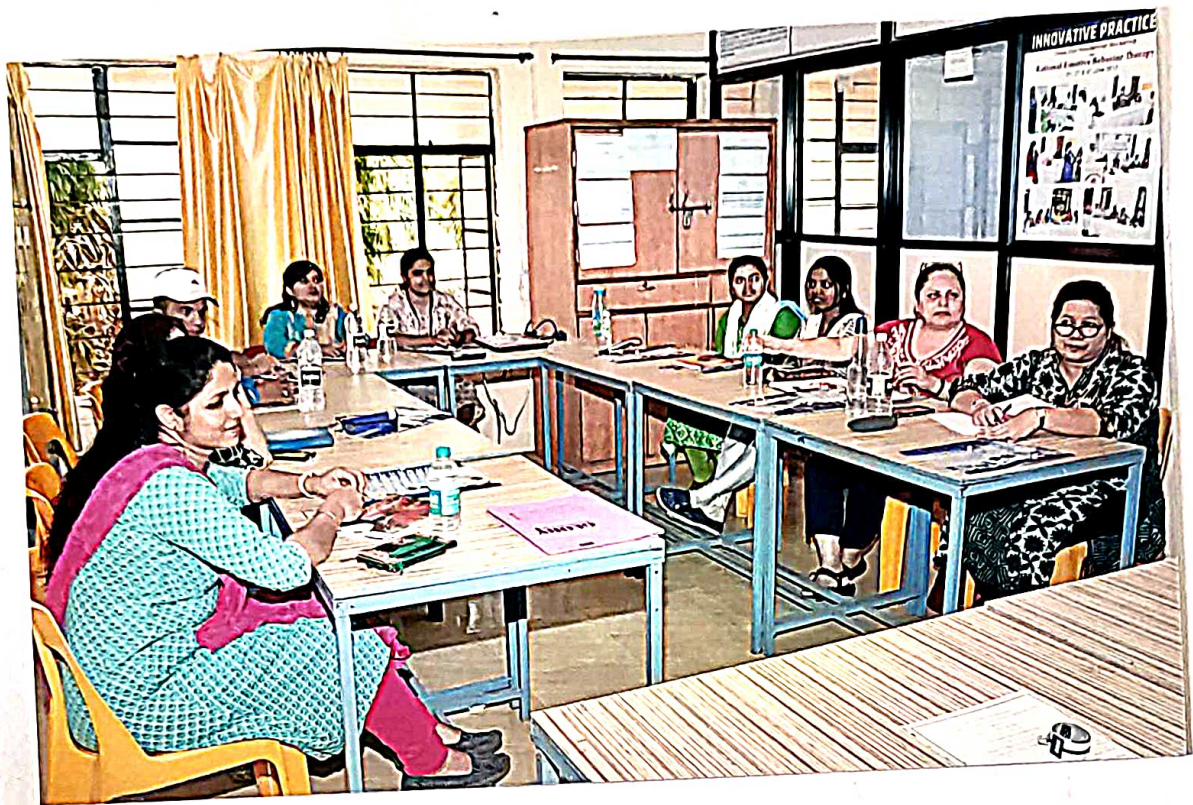
Sr. No.	Name of Participants	31-05-2019	01-06-2019	02-06-2019	03-06-2019	04-06-2019
1	MS VAISHALI BAWLE 8000 online	Bawle	Bawle	Bawle	Bawle	Bawle
2	MRIDUL OHARI 8000 online	OH	OH	OH	OH	OH
3	AMRUT MUZUMDAR 8000 cash online	Amr	Amr	Amr		
4	Achchhe Leel Rajjak 8000 cash	Ach	Ach	Ach	Ach	Ach
5	Megha B. Potil 8000 cash	MPatil	MPatil	MPatil	MPatil	
6	Najarana D. Mulla 8000 on-line	Nalla	Nalla	Nalla	Nalla	Nalla
7	Sayali S. Bokare 4000 online	S.S. Bokare	S.S. Bokare	S.S. Bokare	S.S. Bokare	S.S. Bokare
8	Priya R. Jadhav 4000 online (only CBT)	P.R. Jadhav	P.R. Jadhav	P.R. Jadhav	P.R. Jadhav	P.R. Jadhav
9	Manjima Patil 8000 online	Manjima	Manjima	Manjima	Manjima	Manjima
10	Jayashree Tungar 8000 online	Jtungar	Jtungar	Jtungar	Jtungar	Jtungar

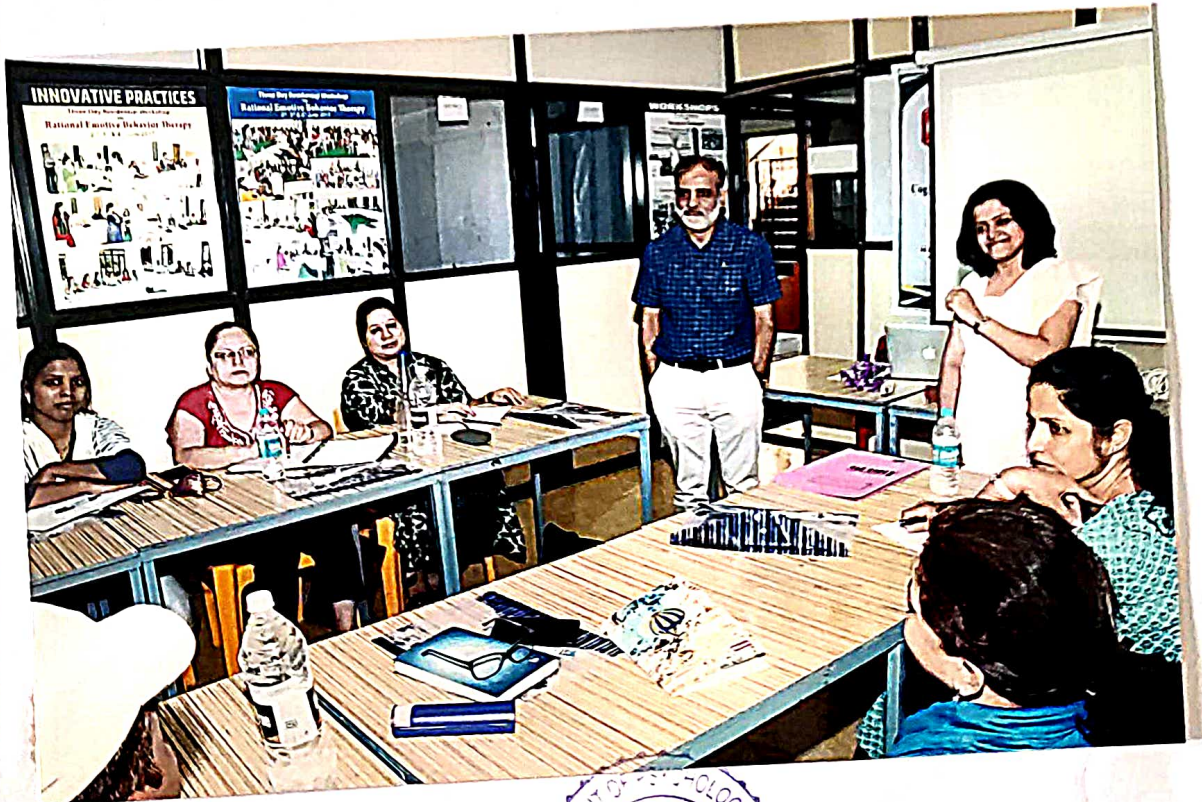
HMM
Head of Psychology
Kisan Veer Mahavidyalaya
Wai













Five Day's State Level Workshop on Rational Emotive Behavior Therapy

Organized by

Kisan Veer Mahavidyalaya, Wai

In Collaboration with

Sw. Tantraa Brain and Mind Gym

Dates : (31st May 19 to 4th June 2019) Feedback Form

Feedback Form – CBT/REBT

The purpose of this feedback sheet is to get your views on the format and content of workshop, with a view to refining the material to meet the needs of the institutes, to the maximum extent possible. Circle the response that most closely reflects your feeling on the statement made. Please use the free text space to help us improve the next programme material. Thanks you for your engagement and feedback!

1. Did you find training interesting ?

Strongly agree Agree Unsure/Didsgree Strongly disagree

2. Did you find the training valuable?

Strongly agree Agree Unsure/Didsgree Strongly disagree

3. Which part of the training did you find most enjoyable? Why?

- a. Lectures
- b. Peer Counseling
- c. Therapy demonstration

Why ?

4. Which part of the training did you find least enjoyable ? Why?

- a. Lectures
- b. Peer Counseling
- c. Therapy demonstration

Why ?

5. What have you learned that will be of most help to you?

The detailing within CBT framework will help to interact with the client.

6. What additional training do you need?

Next Level

7. What changes will you suggest, which would improve the training?

A longer duration is desirable.

8. The course folder (Slides and notes folder) was useful to record the content of the workshop.

Strongly agree Agree Unsure/Didsgree Strongly disagree

9. Any other Specify !

10. Which other Techniques workshop you need.

Stress Management
Depression
Cancer Patients

