



# **GURUJI EDUCATION FOUNDATION**

## **Quarterly Report**

**January – March 2025**

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# ABOUT GEF

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Guruji Education Foundation (GEF) is a registered trust, which works with underprivileged students to enable their holistic education, and thus provide them with a more equitable access to opportunities and success. As part of its mission of “Education for All”, GEF provides support for holistic education of underprivileged students, based on the principles of:

- Inclusivity
- Quality over quantity
- Cycle of giving
- Customized career planning
- Holistic development
- Collaboration

GEF runs 2 broad flagship programs:

i) Holistic Higher Education (HHE), where high-potential college students from underprivileged sections are identified to catalyze their all-round development by providing them with resources that they may need. The resources could include interest-free loans (to be paid after they start earning), personal mentoring, career counselling and more

ii) Adolescent Development Program (ADP), which aims at enabling schools, especially those catering to underprivileged children, to provide holistic education spanning physical literacy, psychological strength, intellectual prowess, life skills, and entrepreneurial thinking

GEF accords special attention towards education of students from a distressed backgrounds including orphans, single parent families, and families impacted by cancer, covid etc. More than academic brilliance, the emphasis is on providing these students an education that is appropriate to their abilities and can help them in getting meaningful employment.

# THE QUARTER IN A NUTSHELL

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The January–February–March 2025 quarter was abuzz with events and activities. The highlights of course, were the online Scratch Day which marked the grande finale of our Winter Scratch Festival, and the Annual Days at our Nanded, Pune, Mumbai+Thane, Tuljapur, Sambhajinagar, and Nagpur Centres.

The quarter also saw the launch of our all new website, with more content, and a more vibrant and engaging look.

On the Holistic Higher Education (HHE) front, we have crossed the 325 mark in terms of number of alumni and students covered under the program, and their performance continues to make us proud.

Our Adolescent Development Program (ADP) program continues to grow, and the count of schools being supported has now reached 55. The Math Lab initiative which was launched in the July–August–September quarter, is receiving rave reviews from teachers and students alike.

We are making steady progress in the priority areas that we have identified for ourselves. In addition to the new website, we have also initiated steps towards systematically collecting data, for improved analysis and presentation of the impact of our efforts. We have also undertaken a massive exercise of reaching out and individually connecting with all over alumni. This effort is now in its final rounds.

Executive Committee  
**Guruji Education Foundation**

# HIGHLIGHTS

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## Scratch Day marks the culmination of Winter Scratch Festival 2025

Scratch Day held on 7th February 2025, marked the culmination of Winter Scratch Festival 2025. Participants from 55 locations joined the event, which was held online.

Shri Sunil Raithatha, Managing Director, Vinodrai Engineers Pvt. Ltd., and Chairman, Board of Governors, SGGSI&T, Nanded, along with Shri Sunil Chitale, President, Kalpavruksha Systems Ltd., were the Chief Guests for the day.

In his address, Shri Raithatha spoke about the importance of Creativity in this era of Artificial Intelligence, and the need for right tools for expressing creativity. He commended GEF's efforts of reaching out to students from remote villages, providing them with access to the right tools such as Scratch, and helping them develop programming skills and critical thinking.

Shri Sunil Chitale related programming to the students' day-to-day life, by using examples of concepts that the students had learnt in Scratch, and showing them how those concepts can be applied to various real-life situations.



*Shri Sunil Raithatha (above) and Shri Sunil Chitale (below) addressing the students*



The proceedings of the entire Scratch Day event were conducted by our school students – Sharvari Katmore, Shravani Kashid, Prathamesh, Renuka Kachare, Shayan Tamboli, Santosh Satpute, Pranav Deshmukh, Shritej Shinde, Gayatri Patil, Lalit Mahale, and Mahek Shaikh.

*Contd. on next page*

# HIGHLIGHTS

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Following school teams were declared as the Winners of the Project and Quiz contests which were conducted as part of the Winter Scratch Festival:

## Scratch Project Winners:

### Senior Category:

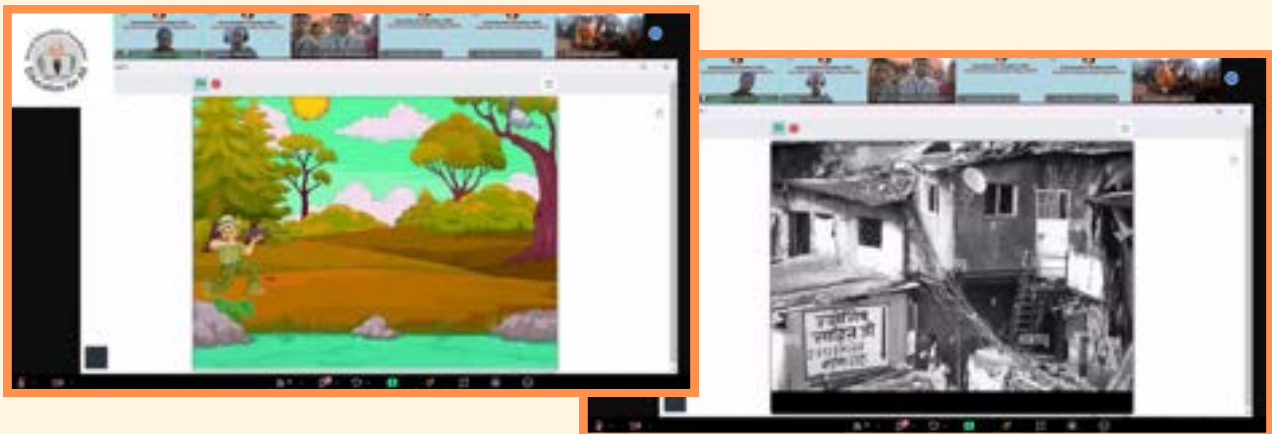
**First:** TULASHIDAS JADHAV PRASHALA, VAIRAG, DIST. SOLAPUR – Ruturaj Jetithor, Varad Bhosale, Aditya Bhalshankar, Sarthak Walke

**Second:** KAI YADAV DAGADU PATIL MADHYAMIK VIDYALAYA, TANDULWADI, DIST. JALGAON – Akshara Patil, Komal Patil, Bhagyashree Patil, Sakshi Patil, Nandini Mahajan, Sanjana Pardeshi

**Third:** JANATA VIDYAMANDIR, TRIMBAK, DIST. SINDHUDURG – Ovi Bhogate, Shravani Mestry, Prachi Kumawat, Arya Ghadigaonkar

### Junior Category:

**First:** NEW ENGLISH SCHOOL, CHILEWADI, DIST. SATARA – Shreyasi Shedage, Riya Salunkhe, Madhuri Dhole, Purva Salunkhe, Dhanashree Dhole



*The Winning Projects - Showcasing creative thinking*

## Quiz Winners:

**First:** KAI JIBHAUSO PANDURANG SHAMRAO PATIL MADHYAMIK VIDYALAY & JR . COLLEGE BHAMRE BK., DIST. JALGAON – Arnav Patil, Divya Chaudhary, Yash Patil

**Second:** AMBEDKAR NAGAR, RABALE, NAVI MUMBAI, DIST. THANE – Aadesh Jadhav, Om Sutar, Hanok Vaggenaru

**Joint Third:** H. D. B. K. SCHOOL, PIRAWADI, DIST. SINDHUDURG – Niraja Warang, Gauri Udgire, Swara Talwadkar

**Joint Third:** BORGAON HIGH SCHOOL, BORGAON, DIST. SATARA – Anvita Ghadge, Vedika Khandkar, Nandini Ghadge

# HIGHLIGHTS

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## Annual Days 2025

Annual Days, are a celebration of our collective journey, showcasing the brilliance of our students and the dedication of our teachers.

This quarter witnessed a series of 6 Annual days conducted by our Nanded, Pune, Thane+Mumbai, Tuljapur, Sambhajinagar, and Nagpur centres. The Annual Days were fully managed by our students – right from the early conceptualization and planning stages, to final execution.

Here are a few highlights from across centres.

### NANDED:

The Annual Day at Nanded was held on 11 January 2025 at Shri Guru Gobin Singhji Institute of Engineering & Technology (SGGSIE&T), Nanded.

Shri Abhijeet Rajendra Raut, DM-Nanded, and Dr. L.P. Shinde, Principal, Science College, Nanded, were the Chief Guests for the function. Director of SGGSIE&T, Dr. Manish B. Kokare, and institute faculty Prof. Vijaya Thool, Prof. Balaji Shetty, Prof. Tilak Jadhao, Dr. Y.V. Joshi, Prof. Akshay Fajge, Dr. B.R. Bombade, and Dr. Lenina Birgale also graced the function.

Shivam Yadav, our student from SGGSIE&T, led the student team which organized the event.



*Prof. Vijaya Thool being welcomed by Shreya Nandgaonkar*



*Prof. Balaji Shetty being welcomed by Pratik Wasekar & Pandurang Jadhav*



*Team Nanded*



# HIGHLIGHTS

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## PUNE:

The 2025 Annual Day of our Pune location was a spectacular success, with over 80 participants attending the event held on 26th January 2025, at Anantrao Pawar Engineering College, Pune.

Interviews with our invited guests, Shri Vivek Sawant, Nominee Director and Chief Mentor of Maharashtra Knowledge Corporation Limited (MKCL), and Mrs. Jayashree Kale, Founder of Jagruti Seva Sanstha, were the highlights of the Annual Day. Mrs. Kale, who happens to be the daughter of renowned Marathi poet and Dnyanpeeth Award winner, Late Shri Vinda Karandikar, brought alive his memories with a recitation of his select poems. Our third special invitee, Mrs. Shilpa Gondkar, delivered an engaging presentation on the importance of Yoga and some Yoga practices.

Renowned violinist Pandit Atul Kumar Upadhyay, presented a brief Introduction to Violin, and left the audience asking for more with his performance of a few pieces on the instrument.

Besides the sessions with invited guests, there was a mesmerizing lineup of events including:

- Swagat Geet by Sakshi Sabnis, Prachi Tari, and Dhanashree Bhovar
- Ice-breaking activity conducted by Gayatri Phatak and Dhanashree Bhovar
- Presentation on GEF by Arun Mattami
- A tribal song performed by Anita Mule and her friends
- A Quiz on the Constitution conducted by Niraj Kumbhar
- GEF Experience shared by Rahul Tonde, Janhavi Gundawar, Kalyan Garde, Mounika Rathod
- Pasaydaan by Anita Mule and her friends
- Vote of Thanks by Varsha Bansode

The entire event was organized under the leadership of GEF alumnus Deepti Kawle.



*Shri Vivek Sawant being interviewed*



*Violin presentation by Pandit Atul Kumar Upadhyay*



*Team Pune*



# HIGHLIGHTS

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## TULJAPUR:

Our Tuljapur centre celebrated its Annual Day on 16th February 2025, at the Tata Institute of Social Sciences (TISS), Tuljapur Campus.

Prof. Bal Rakshase, Campus Director, TISS-Tuljapur, and Former Deputy Director, TISS-Mumbai, and Shri Nandkumar Jagdale, Entrepreneur and Vice President of Shri Shivaji Shikshan Prasarak Mandal, Barshi, were the Chief Guests for the event.

Prof. Rakshase, who was interviewed by Om Moharkar and Gauri Gadekar, spoke about addressing health issues with a holistic approach that integrates physical, mental, and social well-being. He also touched upon various dimensions of sustainable healthcare solutions such as awareness, open conversations, stigma reduction, policy, community involvement etc., for dealing with challenges such as mental health and HIV/AIDS.

Shri Nandkumar Jagdale's interview by Chaya Betkar and Mahesh Kamble, covered a vast ground, and provided interesting sights into entrepreneurship, resilience, and the meaning of success in life.

Other special invitees included Prof. Ramesh Zare, Former Campus Director, TISS Tuljapur, and Shri Ganesh Chadre, GEF Faculty Coordinator, TISS Tuljapur, who spoke on various aspects of education, and TISS-GEF relationship. Ms. Sumita Bhadrige, Counsellor, TISS Tuljapur, conducted a session on Mindfulness and Meditation.

The day was marked with a string of student activities and performances that included ice-breaking and networking, a skit, songs, dances, poetry recitation and more. There was also a novel and creative video montage of students talking about what GEF meant to them. The event was executed under the leadership of TISS student, Abhijeet Waghchaure.



*Prof. Bal Rakshase being interviewed by Om Moharkar and Gauri Gadekar*



*Shri Nandkumar Jagdale being welcomed by Chaya Betkar and Mahesh Kamble*



*Team Tuljapur*

# HIGHLIGHTS

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## **SAMBHAJINAGAR:**

Annual Day 2025 of our Sambhajinagar centre was held at Government College of Engineering, Chhatrapati Sambhajinagar on 2nd March 2025. With over 45 attendees, it was a great forum for all our students, alumni and mentors to connect.

Shri Baiju Patil, widely acclaimed Wildlife Photographer and winner of many national and international awards, Shri Rafiq Shaikh, the first policeman from Maharashtra to have climbed Mount Everest, and Dr. S.S.Dambhare, Principal of Government College of Engineering, Chhatrapati Sambhajinagar, were our distinguished invitees for the Annual Day.

In his deeply inspirational address, Shri Baiju Patil exhorted students to follow their passion, and also be passionate about whatever they do. Shri Shaikh's highly motivating session, very effectively conveyed the message of not stopping until the destination has been reached. Dr. Dambhare in his address underlined the importance of aiming for perfection.

Amar Somvanshi, a GEF student who is pursuing his degree in Music, and happens to be visually impaired, stole the show with his soulful rendition of songs.

Kudos to the team of Manish Burande, Renuka Kachare, Shravani Sarode, Bhagyashri Bahirat, Sujay Kadve, Vaishnav Bansode, Ganeshwari Dholke, and the students of Kai Yadav Dagdu Patil Madhyamik Vidyalay, Tandulwadi for excellently planning and conducting the Annual Day, under the leadership of Vaibhav Bansode, student of GEC, Sambhajinagar.



*Team Sambhajinagar*

# HIGHLIGHTS

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## THANE + MUMBAI:

GEF - Thane & Mumbai celebrated its Annual Day on 02 Feb 2025, with over 100 attendees participating in the event held at IIT Mumbai's Metallurgical Engineering & Materials Science Department (MEMS).

The event started with a few fun ice-breaking activities conducted by Nishtha Dalvi, Meghana Karlekar and Dr. Lalita Deshpande. The highlights of the day were of course the chat sessions with our distinguished invited guests, all accomplished and highly recognized individuals in their respective fields - Prof. Parag Bhargava, Professor, MEMS, IIT-Bombay, Dr. Urmila Diwekar, President, Vishwamitra Research Institute and Stochastic Research Technologies LLC, and Shri Vineet Thakar, Director, Sales, Marketing & Technology, Foseco India Pvt Ltd. While Prof. Bhargava spoke about the significance of Holistic Education, Dr. Diwekar's session covered the critical themes of Resilience and Perseverance. The chat with Shri Vineet Thakar touched upon the definition of success, and the importance of physical and mental health. A novel item in the day's agenda, was a session of presentations by PhD scholars from MEMS.

As usual, the entire event was managed by our students and alumni, with the following being the main contributors:

- Lead and event co-ordinator: Archana Rohane
- Anchoring: Sakshi Ghadge and Vishwa Shetty
- Decoration: Meghana Karlekar and Nimisha Dalvi
- Chat sessions with guests: Swastik Ohol, Meghana Karlekar, Atul Kshirsagar, Ravindra Rathod, Aditya Gurjar, Jay Shirke
- Overall: Nishtha Dalvi, Prachi Ole, Riddhi Pagey, Rajat Pujari, Prafulla Tembhe, Niraj Kumbhar



*Prof. Parag Bhargava's chat session with Swastik Ohol & Meghana Karlekar*



*Atul Kshirsagar & Jay Shirke in discussion with Dr. Urmila Diwekar*



*In conversation with Shri Vineet Thakar: Aditya Gurjar & Ravindra Rathod*



*Team Thane + Mumbai*



# HIGHLIGHTS

## NAGPUR:

Our GEF Nagpur Centre celebrated its Annual Day on 9<sup>th</sup> March 2025 at Veer Savarkar Sabhagruh, Nagpur. With over 65 attendees, the event was a great forum for the Nagpur GEF family to get together.

The day featured an interesting line-up of distinguished invitees from different walks of life. In his interview with our students, Dr. Sharad Nimbalkar, Ex-vice Chancellor of Dr. Panjabrao Deshmukh Krishi Vidyapeeth, provided interesting and motivating insights into his own life and journey. He emphasized the importance of staying connected with one's roots, and not forgetting the people who may have supported you in this journey. Our next guest, Dr. Prashant Nimbalkar, a medical doctor and Founder of Precision-scan Hospital, was equally inspiring as he shared his experiences and stories of raw courage as an Army Doctor during the Kargil War. He very effectively communicated the message of giving back to the nation that has nurtured us and given us so much. Shri Santosh Gawankar, Superintending Engineer, Water Supply Department, Govt. of Maharashtra, spoke about the importance of health, exercise, and meditation for leading a happy and healthy life.

The day also featured a delegation from Ashadeep Sanstha, Nagpur, led by Dr. Pratima Shastri, President, and Dr. Anagha Naseri, Treasurer, who spoke about their work as an NGO working in the area of upliftment of the specially abled. They also appealed to the audience for volunteering to write exams for specially-abled students, and help them achieve their rightful status in the society.

Other than the sessions with our invited guests, the day was filled with a wide variety of ice-breakers, games, quizzes, dance etc. As usual, the entire event was planned and executed by the Nagpur student and alumni team of Rupal Walchale, Saylee Kelkar, Juhi Barai, Priyanka Wanjari, Anuja Vaidya, Vedant Walchale, Parth Sharma, Shubham Lingayat, Swanand Buwa, Harshal There, Shweta Tarotkar, Komal Hore, Mayur Kalyani, and Shivsharan Masalkar, with Shiwansh Mishra leading the team, under guidance from Shri Mohan Varadpande, Centre Head.

Others who contributed remotely, included Aditya Kulthe, Anjali Kulthe, Ruchika Girde, Mayuri Shriwaskar, Riddhi Page, Sharvari Halmare, and Shreya Gawali.



*In conversation with Dr. Sharad Nimbalkar*



*Ashadeep Sanstha*



*Team Nagpur*

# HIGHLIGHTS

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## Launch of new GEF website

The reimagined website of Guruji Education Foundation, <https://www.gurujifoundation.in>, went live online on the auspicious occasion of Holi, on 14th March 2025.

The new website has more content that showcases the work being done by GEF, and its impact. With a vibrant look and feel, and more engaging content of interest to different stakeholders, we hope to build further on this base, and strengthen our online presence in the days to come.

The website was developed by Shivam Yadav, our student from SGGSI&T, Nanded, under the guidance of GEF supporters – Sandeep Raut, Digital Strategist, and Vidyut Navelkar.

We invite you to take some time to explore the website, and share any feedback or suggestions that you may have,

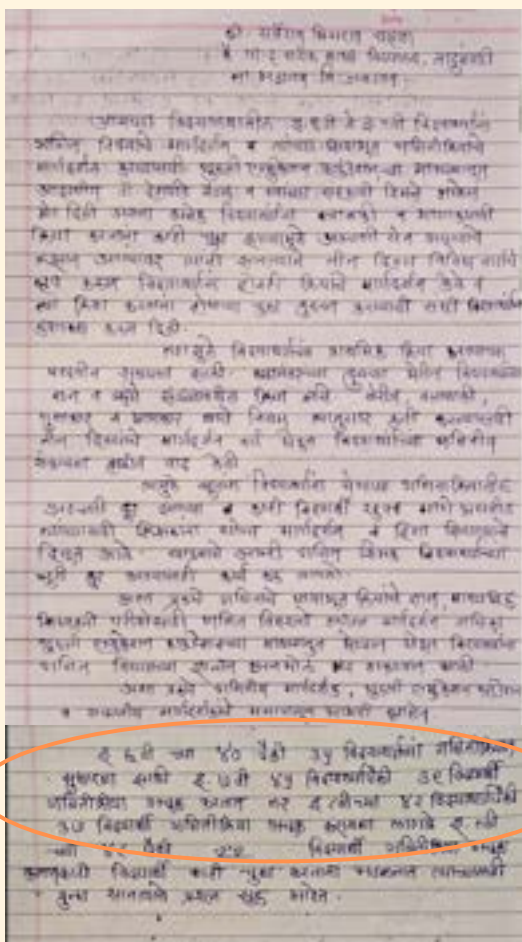


# HIGHLIGHTS

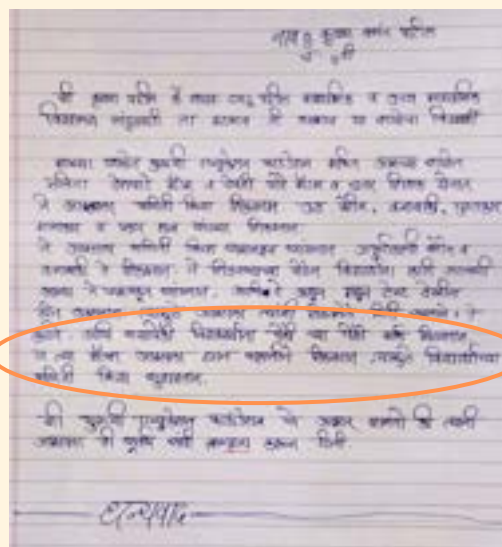
## Heartwarming reviews for Math Lab

In the July–August–September quarter, we had reported about the launch of Math Lab, with a workshop conducted for a set of schools by Ms. Vipula Abhyankar, an eminent Math educator, along with Dr. Lalita Deshpande from GEF. Since then, the Lab has been introduced at multiple schools, well-enabled by the handbooks conceptualized and developed by Ms. Abhyankar.

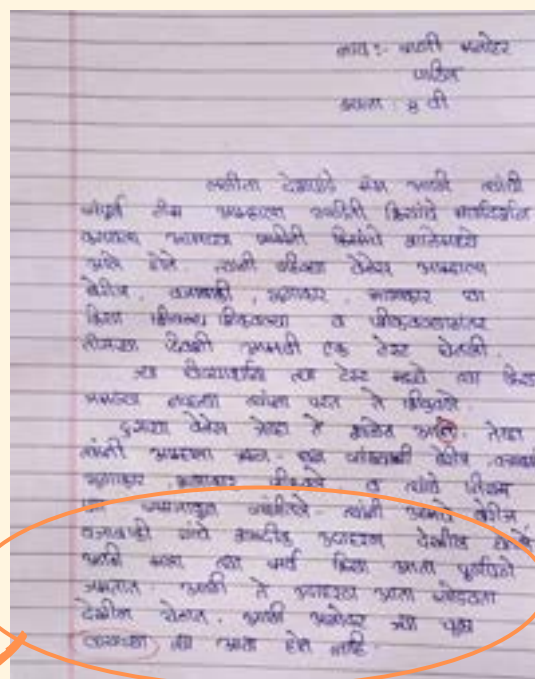
We have been receiving great feedback on the impact of the Math Lab and the effectiveness of the handbook. Here are a few heartfelt comments from both teachers as well as students.



... 35 of 40 students from VI Std, 39 of 45 from VII Std, and 37 of 42 from VIII Std, are now able to correctly solve math problems ...



.. many of the students are now able to score full marks. We have been able to improve our math because of the way Madam teaches us



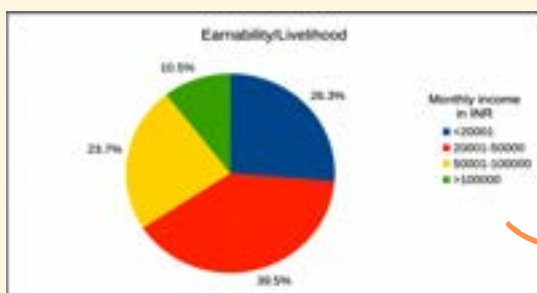
... I am now able to perform addition, subtraction, and solve word problems too. I no longer commit the mistakes that I used to make earlier...



# HIGHLIGHTS

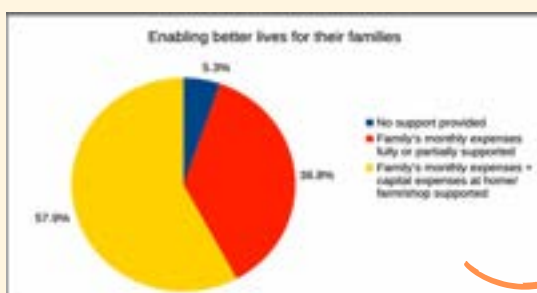
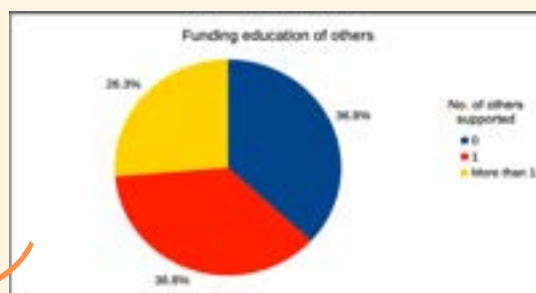
## Survey to study impact of our Holistic Higher Education program

This quarter also saw the launch of a survey for studying the impact of our Holistic Higher Education program. The results have been extremely motivating. We present here a few key findings that very effectively underline the impact that higher education has made to the lives of our alumni, their families, and their communities



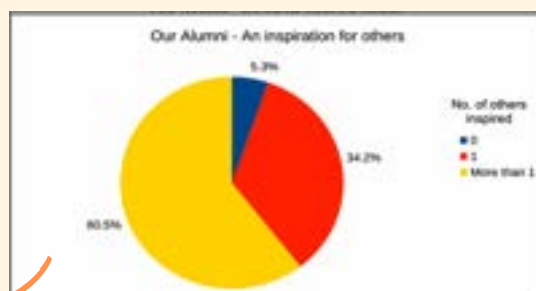
Over 73% of our alumni have monthly incomes exceeding INR 20,000

63% of our alumni have supported the education of 1 or more siblings or other family members. For those supporting more than 1, the average number of others being supported works out to 2.8. With a very conservative extrapolation of these numbers, we can safely assume 1 secondary beneficiary for each of our primary beneficiary (i.e. GEF alumnus) on an average.



Our alumni have not only succeeded in creating better lives for themselves, but have also been enabling better lives for their families. Over 36% support the monthly expenses of their family either fully or partially. Another almost 58% not only support the monthly expenses, but have gone beyond and supported capital expenses such as construction/buying/ improvement of home, buying appliances and equipments at home/farm/shop etc.

Our alumni have also been a source of inspiration to others in their family and community, for continuing their education, with over 94% of our alumni having inspired 1 or more others. For those inspiring more than 1, the average number of others inspired works out to 3.3. With a very conservative extrapolation of these numbers, we can safely assume each GEF alumnus inspiring 2.5 others on an average.





# HIGHLIGHTS

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## Tandulwadi school bags the First position in Majhi Shala, Sundar Shala program

We are proud of Kai Yada Dagdu Patil Madhyamik Vidyalay, Tandulwadi, District Jalgaon, one of the exemplary beneficiaries of our Adolescent Development Program (ADP), for bagging the first position in the district, in Phase-II of the Chief Minister's Majhi Shala, Sundar Shala program.

Here is what the chief of the school, Dr.Ravindra Nikam, has to say about the achievement and their partnership with GEF (translated from original message in Marathi):

"I am pleased to share that Kai Yadav Dagdu Patil Madhyamik Vidyalay, Tandulwadi has won the first place at the district level, under the Chief Minister's Majhi Shala Sundar Shala Program – Phase II. During our assessment, we spoke in great detail about the various programs such as Scratch Coding, English Speaking, Math Lab, and Sports (Physical Literacy), being run by Guruji Education Foundation (GEF), and also the overall guidance and support being provided to our school by GEF. I sincerely believe that this was an important factor noted by the assessment committee, and was instrumental in us winning the first position at the district level. A lion's share of the credit for our achievement goes to GEF, and we are deeply grateful to the entire team of GEF for their support. Sincere thanks."

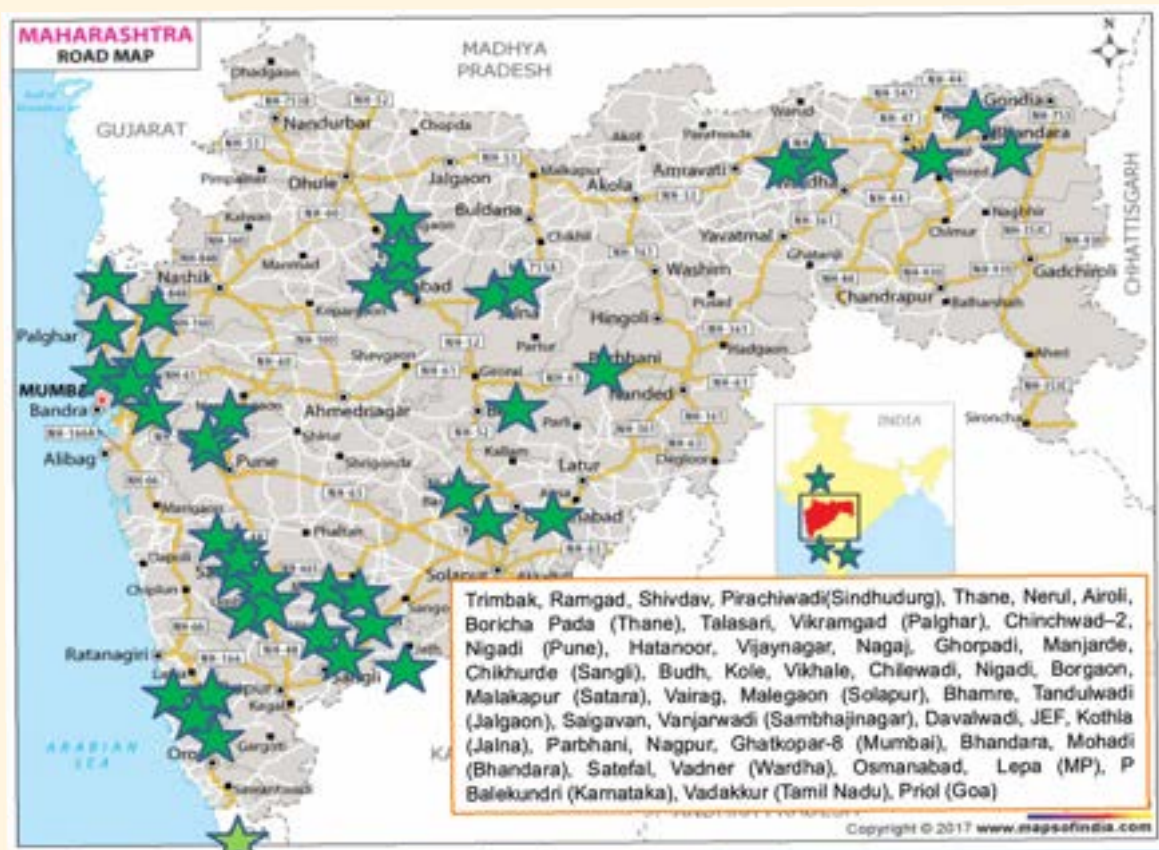


*Representatives of the school at the prize distribution function with dignitaries*

# UPDATES

## Adolescent Development Program

### Growing Spread



Over **10000** beneficiaries across **55** schools (including **33** rural)

"Education is the foundation upon which we build our future, shaping minds and molding destinies."

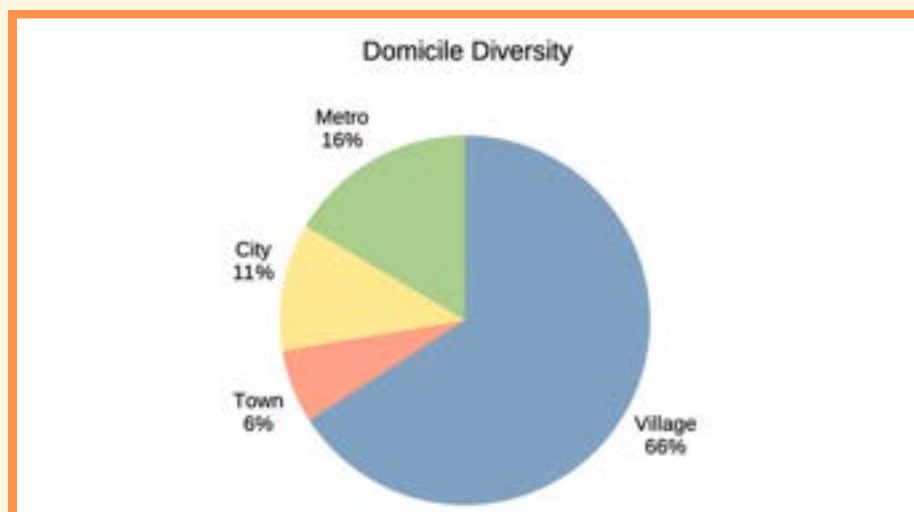
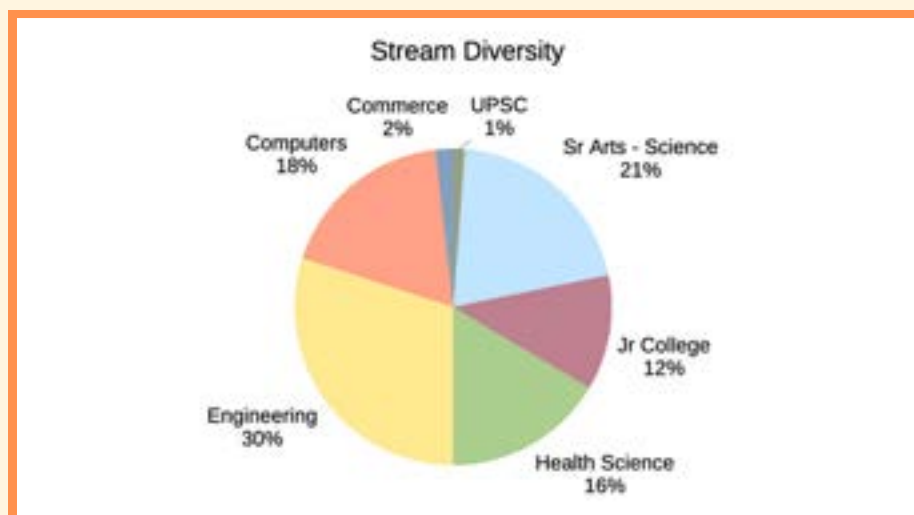
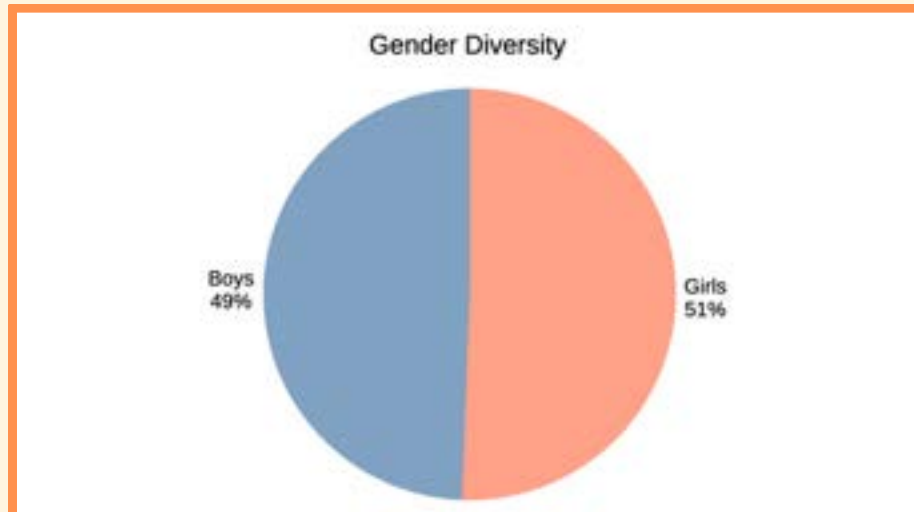
~ Anonymous

# UPDATES

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## Holistic Higher Education

### Catering to a diverse demographic spread





# STUDENT STARS



**Sakshi Sawant** who is currently pursuing B.Tech (Electrical), from SGGSIET, Nanded, has been selected for placement as a Graduate Engineer Trainee at Toyo Engineering.

Sakshi is presently doing an internship with SolarSquare Energy, Pune, as a Design Engineer Intern.

**Mahesh Kulsange** secured 2nd position in the Social Business Idea competition, for his idea "Vitafeed", which proposed a simple and effective solution for converting fruit and vegetable waste, into healthy and affordable feed for animals, poultry, and fish. The competition was a part of Ipreneur 2025, organized by the E-Cell of Tata Institute of Social Sciences (TISS), Mumbai.

Mahesh is currently pursuing his MA in Social Innovation and Entrepreneurship, from TISS, Tuljapur.



**Shreyash Madiwal** who is currently in the 2nd year of his B.Pharm program at Annasaheb Dange College of Pharmacy, Ashta, won the 1st prize in an Ideathon at his college.

Shreyash's idea RAKTSARTHI, proposed an app that connects blood banks together, and facilitates delivery of blood to patients in need.

Shreyash also secured 2<sup>nd</sup> place at a fashion show organized at the college.



# STUDENT STARS



**Atul Kshirsagar** who is currently pursuing his MPharm at ICT, Mumbai, represented his college in kabbadi at the Sports Saga inter-collegiate tournament, where ICT ended up as winners.

On the academic front, Atul stood second in the 1<sup>st</sup> semester of his MPharm program, and completed an industry certification in Control, Safety and Risk Management (CSRM). He also participated in the National Conference on Chemistry-Innovation and Translations in Drug Discovery 2025, organized by NIPER-Ahmedabad.

**Sharvari Halmare** who completed her B.Tech in Information Technology from Yeshwantrao Chavan College of Engineering, Nagpur, was awarded a Silver Medal for topping her branch, at the recently held convocation ceremony.



**Dr. Prachi Maske** who is currently doing her MBBS internship from Seth GS Medical College, was awarded her degree at a convocation ceremony held recently.

Prachi had also been an enthusiastic participant in various sports events and drama at the college level. She is now preparing for her NEET-PG exams.





# ALUMNI



# STARS



■ Prachi Ole who completed her Bachelors in Journalism,, followed by a post-graduate diploma from the Indian Institute of Mass Communication in 2023, was awarded the Young Leader Award at ABP Majha, where she works. This award was a part of the International Women's Day celebrations.

■ Pratiksha Ramesh Gharat, who has been working at Aevitas Pharma Growth Pvt Ltd, got promoted as Deputy Manager, from her earlier rank of Assistant Manager.

Pratiksha had graduated in 2014 with a B.E. in Chemical Engineering, and subsequently did a PGDM in 2020.



# WAY FORWARD

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With the successful conclusion of Winter Scratch Festival 2025, the ball has already started rolling for the next Scratch Festival. The call for participation in the event is expected soon....Watch out for the announcement!

As reported in this issue, we have made some progress towards strengthening our branding, communication, and outreach, with the newly launched website, and the survey of HHE Alumni. These will continue to be areas of high priority at least for the next few quarters. We will continue to work on improving our online presence, and collecting and analyzing data which would help us in communicating our outcomes more impactfully.

We also put in substantial efforts to reach out to each one of our alumni, with the intent of strengthening (or in some cases re-establishing) our connects with them. We are hopeful that this exercise will result in greater involvement and more active participation of our alumni, in terms of volunteering and giving-back.



# CLOSING THOUGHTS



वेध

प्रदीप वायचळ

## मानसिक समस्या विवेकाने हाताळण्याची गरज

जेव्हा मनाचा विचार मनात येतो, तेव्हा बहिष्काराची ती कविता आठवते. त्यांनी केवळ नऊ कडव्यांमध्ये मनाला वर्णिते आहे. शेवटी त्या म्हणतात 'देवा आसं कसं मन, आसं कसं रे घडलं'. तसं पाहता या मनाचा विचार अगदी वेदकाळीन ऋषिमुनींपासून अलिकडच्या इमॅन्युएल, तुकाराम संतांनीही केलेला आहे. आधुनिक मानसशास्त्र केवळ शंभर वर्षांचे वर्षांपूर्वी उदय पावले आहे. वर्तमान, संज्ञानायक, मानवतावादी, मनोविरलेपणायक आणि जैविक असे अनेक वेगळे प्रवाह या शास्त्राने अनुभवले. त्यात अतिकडे भर पडली आहे, ती म्हणजे विवेकनिष्ठ मानसशास्त्राची. जेव्हा हे शास्त्र अल्बर्ट एटिस यांनी मांडलं तेव्हा त्यांना विरोध झाला परंतु आज ही शाखा त्यातील मार्पादांसहित थोडी स्थिरस्थायी होत आहे. अनेक जण याचा वापर त्यांच्या मानसशास्त्रीय समस्या हाताळण्यासाठी करतात. काय आहे अल्बर्ट एटिसची विवेकनिष्ठ मानसोपचार पद्धती, हे आपण पाहू.

याचे मुख्य तत्त्व म्हणजे घडणारी घटना आणि त्याला आपल्याकडून भावना, विचार किंवा कृतीतून दिला जाणारा प्रतिसाद यांच्यामध्ये आपला दृष्टिकोन असतो. म्हणजे एखादा घटना अनेक जण अनुभवतात, तेव्हा प्रत्येकाचा प्रतिसाद वेगवेगळा असतो. आणि त्याला कारण म्हणजे त्यांचा त्या समस्याविरुद्धीचा किंवा सामान्य आयुष्य विषयीचा दृष्टिकोन. दोन सारख्याच बुद्धिमत्तेची मुले जेव्हा शिष्यवृत्तीच्या परीक्षेला बसतात आणि दोघांचाही नंबर येत नाही, तेव्हा त्या दोघांच्या पातकांची प्रतिक्रिया ही वेगवेगळी असू शकते. ते दृष्टिकोन कधी अविवेकी असतात तर कधी विवेकी असतात. आता ते कसे ओळखायचे? विवेकी दृष्टिकोन वस्तुनिष्ठ, तर्कनिष्ठ आणि आपल्याला हितकारक असतात. म्हणजे समजा मी कुठे चातलेतो आहे आणि माझी बस रद्द झाली आहे अशा वेळेला ज्याचा अविवेकी दृष्टिकोन आहे तो म्हणतो, "मी जातो तेव्हाच बस रद्द

होते, माझ्याच बाबतीत असे होतं, हे बस सर्व्हिसवाले सगळे कामचुकार आहेत." विवेकनिष्ठ माणूस बस रद्द झाल्यामुळे नाराज होतो परंतु आता काय करता येईल याचा विचार करतो. जसे की सर्वांना घेऊन बस कॅन्टीनकडे जाऊन काय झाले आहे याची चौकशी करणे, आपणही कुठली बस सोडता येते का हे पाहणे, कुठल्या वेगळ्या रुटवरून जाऊन आपल्या इच्छित स्थळी पोहोचता येते का हे पाहणे, वगैरे. म्हणजे आपण अविवेकी दृष्टिकोनामध्ये एखाद्या घटनेचे भयंकरीकरण करून टाकतो. विवेकनिष्ठ विचार पद्धतीमध्ये आपल्या दृष्टिकोनामधील अविवेकीपणा शोधून, त्याची छाननी, त्याचे विश्लेषण करून त्याचे रूपांतर विवेकीपणामध्ये केले जाते.

विवेकनिष्ठ विचार पद्धतीला एबीसीडीई थिअरी असेही म्हणतात. त्याचे कारण पुढे सापडेल. घडणान्या घटना (A-Actuating Event) आणि आपल्याकडून दिला जाणारा प्रतिसाद (C-Consequence) यांच्यामध्ये आपला दृष्टिकोन (B-Belief) आहे हे आपल्याला कधी कधी लक्षात येत नाही. एखाद्या घडणान्या घटनेला लगेच आपला प्रतिसाद मिळतो. त्याच्या मागचा आपला दृष्टिकोन काय होता आणि तो आपल्याला निपटित करता आला असता हे आपल्याला कळत नाही. म्हणजे मला कुत्र्याची भीती वाटत असेल तर कुत्रा बघितल्यावर लगेच मी तिथून पळायचा प्रयत्न करतो. कुत्रा दृष्टीस पडणे आणि एकदम भीती वाटून मी गर्भगळीत होणे यांच्यामध्ये एक दृष्टिकोन आहे. तो समजण्यासाठी थोडे कष्ट घ्यायला लागतात आणि नंतर त्याच्यामध्ये बदल करण्यासाठी कष्ट लागतात. याला Disputing (D) म्हणतात. त्याद्वारे आपल्या दृष्टिकोनामध्ये योग्य ते बदल (E-Effective Change) होऊन समस्यांचे निराकरण होऊ शकते. यासाठी अनेक वेगवेगळी तंत्रे विकसित केलेली आहेत. त्यातील मुख्य तंत्र म्हणजे सोक्रेटिस प्रश्न पद्धती. त्यात आपण प्रश्न विचारून अविवेकी दृष्टिकोनातला फोलपणा जाणून घेतो आणि विवेकी विचाराकडे वाटघात करतो. अविवेकी विचारांमध्ये 'च' येतो. मला एखादी नोकरी हवी असते. परंतु नोकरी मिळालीच पाहिजे असा जेव्हा आपण 'च' जोडतो, तेव्हा आपण परिस्थिती विकट बनवतो.

सामान्यतः आपल्या आयुष्यात येणाऱ्या अडचणी आपण या पद्धतीने सोडवू शकतो. माझा अनुभव असा आहे की सामान्य दृष्टिकोन विवेकी ठेवण्यासाठी आपण प्राचीन ग्रंथांचा, संत वाङ्मयाचा आधार घेऊ शकतो आणि तरीही आपल्याला एखाद्या अवघड प्रसंगात तोंड द्यायला लागतो की जिथे दृष्टिकोन विवेकी राहत नाही, तिथे आपण विवेकनिष्ठ विचार पद्धतीचा वापर करू शकतो.

९८२०४३९४८२

(लेखक गुरुजी एज्युकेशन फाऊंडेशनचे संस्थापक अध्यक्ष आहेत.)

In this Marathi article published in the Nagpur edition of "Tarun Bharat", Dr.Pradeep Waychal writes about Mental Health and Rational Emotive Behaviour Therapy.

Here is a link to the English version of the article  
<https://www.linkedin.com/feed/update/urn:li:activity:7269935338616221696>

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## **Contact**

**Regd. Office:** 17 GANADHISH, Veer Savarkar Society Sahakarnagar 2,  
Pune - 411 030

**Head Office:** B 1902 Jasmine Towers Vasantvihar Thane West 400 610

**Phone:** 0919820431482

**E-mail:** [info@gurujifoundation.in](mailto:info@gurujifoundation.in)

**URL:** [www.gurujifoundation.in](http://www.gurujifoundation.in)

**LinkedIn:** <https://in.linkedin.com/company/gurujii-education-foundation>