



EMPOWERING PEOPLE



SUMMARY



Ashray Psycho Integration Centre, set up in 2016 is a proprietary trade registration under Indian Registration Act 1908 with the commitment to empower the various stakeholders to live effectively in the society. It has offices in Delhi and Uttarakhand. The organization's Founder, Dr. Madhavi Osta has immense and diverse experience of over two decades in the Social development sector. The organization is carrying out its activities in the Social Development Sector comprising issues such as education, Personality development, Life-Skill Education, Stress Management ,LDE , motivation, Mental Health Counselling & research, IEC development and Monitoring & Evaluation of NGOs .Operations are pan India. Projects have been undertaken in NE India apart from Uttarakhand, Delhi, Maharashtra, Bihar, Rajasthan, J&K, Punjab, Orissa, TN, Kerala and HP. The primary goal of the organization has been to provide individuals and groups with a supportive platform ,in order to:-

- Promote their psycho- social integration in the society. To make them self- sufficient. Instill the ability make informed choices through integration of the life skills in their lives.
- Evolve to become better humans for the good of the society



Dr Madhavi Osta

PhD in Clinical Psychology

Dr Madhavi Osta is a Doctorate in Clinical Psychology from the only Central University in Uttarakhand - Hemvati Nandan Bahugana University and has been a resource person with NART (MHRD), UNODC, UNICEF, UNFPA. She has worked extensively in the field of Counselling in Delhi and Uttarakhand apart from five other States. Has worked in conducting Life Skill related programs with over 334 NGOs. Conducted training sessions for over 8500 employees of PSUs, Government Bodies and Private Institutions. Was the Core Team member of the Technical Support Group (Delhi government) that was instrumental in formulating the YUVA Model for school children in Government schools in New Delhi. An expert in addressing Gender related issues.

Colonel Andrew Abraham VSM

Consultant in the Development Sector



In the Team, we have Colonel Andrew Abraham VSM, a veteran, who has been decorated five times and apart from being an experienced motivational speaker , conducts the LDE module for all age groups. An expert in Risk Management in NGOs . Has been the COO of a large Ed Tech NGO.

OUR VISION

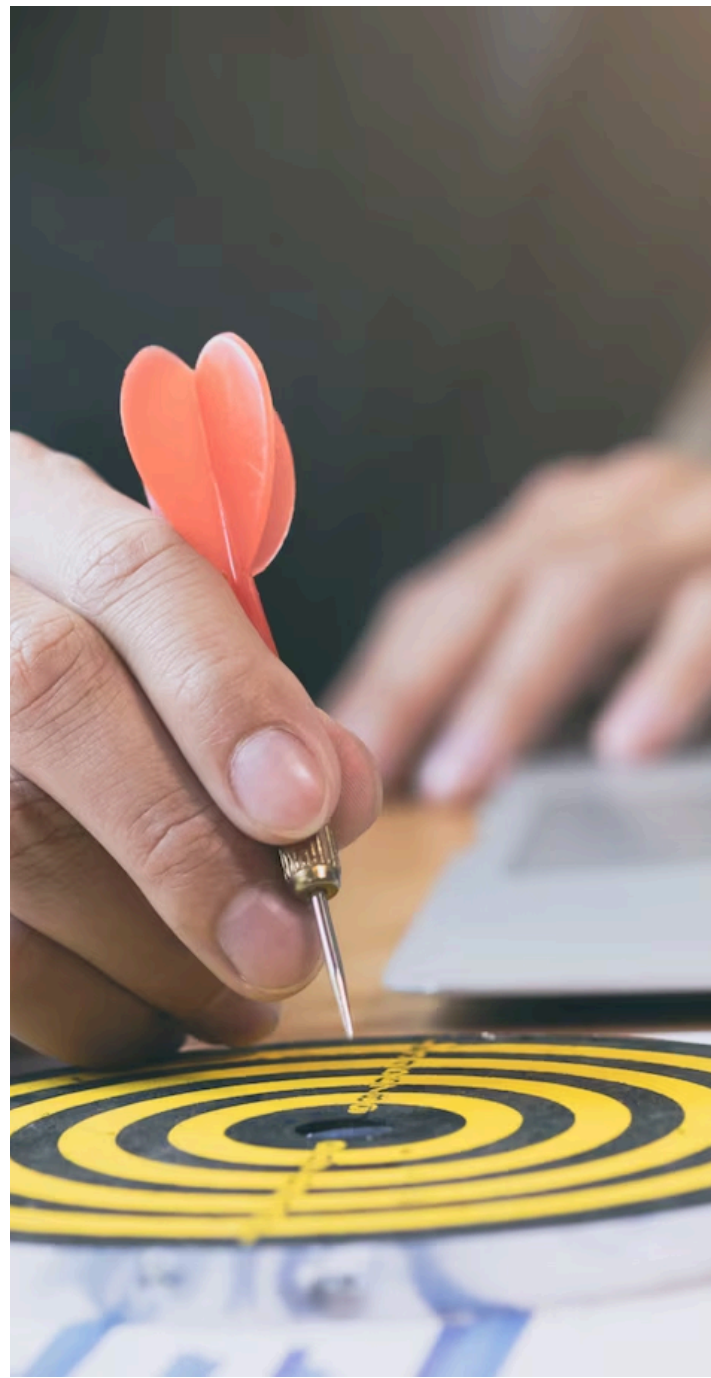
“EMPOWERING
PEOPLE TO EMPOWER
THEMSELVES.”

OUR MISSION

Impart Life Skill Training to School & college students in the aspirational districts with emphasis on stress management, career counselling & prepare them to crack the Board and Competitive exams. Extend the same to Corporate & Public Sector employees.

Impart LDE & Motivational training to High School & College students so as to help them overcome any inherent complexities they may have.

Conduct workshops for Trainers & Master Trainers to address issues related to ARSH, Substance Abuse, Sexual Harassment. Evolve and rise to the level of Self Esteem.





WHAT WE DO

Conduct workshops wherein the candidates are exposed to the skillsets that are aligned to Life Skill Education training. All our sessions are interactive and the principle of the Joy of Learning is the key instrument.



LSE WORKSHOP FOR DELHI POLICE

We intend to expand the Team to include certified Master Trainers to build capacity so as to have separate verticals for different categories of our target audience. APIC has a huge reservoir of training material and tools that have been tested and are constantly reviewed.



OPERATIONS PHILOSOPHY

- Bespoke Modules- Participatory Sessions.
- Target Audience - Adolescents in Schools & Colleges to young employees in Corporates & Government Bodies.
- 10 Core Life Skills - Covered in Five working Days / 40 Hours or 3.5 days in 27 Hours. Each Session is 6-8 Hours a day.
- Single day Sessions for 8 hours - for a single category of Life Skills - Social/ Thinking or Emotional Skills.
- Multilingual Sessions based on the language the audience is comfortable with.
- We suggest the Topics to the institution based on the requirement of the institution.
- Activities stem from the case studies we present to the participants.
- Paid Workshops - we are not an NGO.

ISSUES COVERED IN OUR WORKSHOPS

- 10 Core Life Skills- LSE and Leadership Development & Excellence (LDE) & Motivation.
- Responsible Sexual behavior (ARSH).
- Gender Equality at the Workplace.
- Dealing with POSH & POSCO cases at the Institutional Level.
- Dealing with Mild/ Deep Depression without the support of medication.



We work within the framework of the guidelines issued by the W.H.O & our government bodies such as NACO & NART.

We Support small and Mid Sized NGOs with Consultancy Services

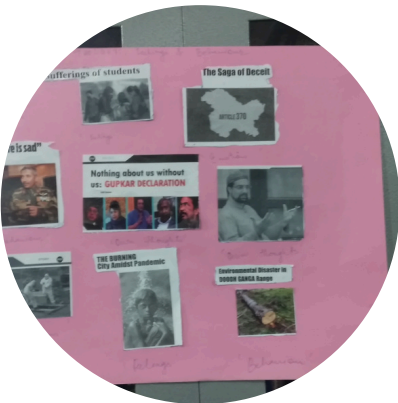
- Proposal Writing - Need Assessment & Response Analysis.
- Third Party Evaluation of ongoing projects - Impact Assessment.
- Capacity Building for the Staff - Optimum Utilisation of Resources and Economy in Effort.
- Risk Management.
- Facilitate Liaison with Stakeholders.
- Due diligence of potential NGO Partners - Including identifying the Partner NGOs.





Workshop Conducted for the Training Cell of the Delhi Police - An ongoing commitment





A three day workshop on Life Skill Education was conducted for the students of the Departments of media and Psychology in the Sher E Kashmir Srinagar Campus with effect 03 March 24. The sessions were witnessed by the Dean of the University - Dr. Khursheed Ahmad Butt Dean college development Council, University of Kashmir and the HoD Dr. Dr. Salima Jan, Media Adviser, Public Relation center , University of Kashmir and Director ,EMRC





Four day workshop for the Mizoram Social Welfare & Tribal Affairs Department Government of Mizoram

Training & Evaluation of an NGO working with Transgenders in Rural Orissa.





Workshop conducted for UG/ PG and PhD students at IIT Roorkee on 21 Sept 24. The sessions were organised by the CDC at IIT Roorkee.



I LIFE SKILLS TRAINING - PRESS RELEASE GOVERNMENT OF MIZORAM

Four Days Training of Trainers (TOT) on Life Skills in the Field of Drug Abuse Prevention was held on 24th February, The closing ceremony was held on 27th February, 2020 at ICPS, Training Hall. Pi A. Vanlalzawni, Joint Director, Social Welfare & Tribal Affairs, Social Welfare Department attended the closing ceremony. Social Welfare & Tribal Affairs Joint Director presented certificates to the participants and wished them all the best.

The purpose of this training is to teach adolescents life skills that are important for their daily lives. The Ministry of Social Justice & Empowerment and AIIMS New Delhi have jointly conducted the 2019 Nation Survey “Magnitude of Substance Use in India”. Opioids Drugs (Heroin, No.4) user is the highest in the country. Drugs Abuse prevention is a very important issue in the country. The training aims to teach life skills to the youth of the country who are not yet affected by drugs and to teach them life skills to reject drugs.

The training was attended by Government Department, College teachers and NGO representatives who have experienced various skills in drugs and related issues. The resource person for the training was Pi Madhavi Vincent Osta, New Delhi, who is currently being used as a resource person in the Ministry of Human Resource Development, UNODC and UNICEF. She is one of the authors of the Adolescence Education Program Module, the Yuva Module Joyful Learning and Life Skills, which is currently used in all New Delhi Government Schools. She also wrote on Life skills in NCERT and NIOS textbooks. The training was sponsored by the National Institute of Social Defence, Ministry of Social Justice & Empowerment.

WE PROUDLY ASSOCIATE WITH



A GLIMPSE INTO OUR ACTIVITIES





WE EMPOWER THE NEEDY

Contact Us.

 Ashray Psycho Integration Center

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