

Consultant Psychologist,  
Psychotherapist & HRD  
Trainer, Dr Anupama Gadkari  
in conversation with  
Ananya Roy

**ACHIEVER**

# Vision & hard work brings success

**Q** What next..?

After marriage in the year 1994, I came to Nagpur and wanted to start practising here with some hospital. Unfortunately, those were the days when Psychologists did not form a section of the medical fraternity as, their significance was unknown to the people. An interesting question that was put forth to me was 'What type of people will come to you for treatment?' Anyways, I got a rental chamber at Shatayu Hospital here and started my practise.

**Q** Who is your biggest inspiration?

Not inspiration, but my biggest support is my husband Adv Vandan Gadkari. It was him, who encouraged me throughout and then to give me a boost, suggested me to start independent practise at my own clinic. With his support, I then started 'Srujan', the psychotherapy and counselling centre here in 2002. And when it comes to presentations and lectures, my 13-year old daughter, Anjor is my biggest critic. She is the one to tell me whether my presentations are up to the mark.

**Q** What were your main work areas?

My thrust has always been into treating learning disorders in children. 'Taare Zameen Par' has brought dyslexia into the limelight but, it has been bothering students since ages. To make it known to public at large I started training teachers and parents about the learning disorders amongst children. In the past fourteen years of my career, I have conducted more than 400 public lectures and has given more than 100 scientific presentations. I have also been taking mental health sessions for industries like Ispat, MOIL, Saint Gobain etc.

**Q** What according to you are the attributes required for becoming a good Psychologist?

One should know his/her own personality well, should empathise with people, have a considerable tolerance level and patience. To top it all, one requires passion for this profession. These days, no two doubts on the avenues opened up for practising psychologists. From schools, colleges to industries, every where psychologists are a part of the chain. It is becoming one of the sought after careers and is financially viable too.

**Q** What are the challenges one faces as a Psychologist?

The first is the awareness level amongst common man. The awareness has increased over the years about psychological disorders and their treatments but could not be termed as satisfactory. Second challenge is to convince the patients for their

cure. As there are no licensing provisions into this profession, many untrained people call themselves psychologist and mislead people. And the victims of those fake practitioners loose faith over the true ones and then it becomes really hard to win back the confidence of the patient. Unless, the patient trusts you, your treatment would not bear fruits. Working with families is also a big challenge where heterogeneous problems need attention at the same time. Last but not the least, it is the social taboo that is yet to be rooted out completely so as to let us do our duties well.

**Any memorable cases.....**

A case becomes memorable when you learn an unforgettable lesson from it. A 9-year old girl suffering from renal failure was not complying with the medication because she knew she was about to die in a few months. While treating her I got to learn the perspective of a child what they think about their elders and their behaviour towards children.

Another teenager, who came to me years back had an inferiority complex. Once she discovered her inner qualities and analysed her potential, it was a drastic change almost like a black duck turning into a beautiful swan. A dyslexic boy came to me with his mother for treatment. His entire family was reluctant to accept his ailment but only his mother stood by him and took the initiative to treat her boy. The boy did engineering and now is a successful player. This incident taught me 'even if only one person is willing and takes an initiative, it's enough to achieve the desired result.'

**Q** How would you sum up your experi-

ence so far?

It is the most satisfying feeling that you are making someone's life better. Even if you do not end up treating the problem, because of certain complications, standing by the person during their needs, leaves you content. Knowing the problems being faced by different people, you feel blessed to see your smooth running life. At times, it also shows you the positive side of your life.

**Q** Do failure depress you?

No, rather I feel challenged and think of alternatives I could have used to tackle the particular case. Any which ways, we have been taught to concentrate on our efforts, rather than contemplating the results.

## Message to the youth

*Be clear in your thinking. Decision regarding career should be taken at the right time and after thorough analysis of the individual's inclination. The blueprint of success is vision and hard work. Often, youngsters despite having the right vision fail to accomplish their missions just because the vision is not complemented with hard work.*



People get into a career either by default or by choice. When it is by choice, you put your heart and soul into it. This is exactly the case with Dr Anupama Gadkari, one of the noted psychologist and psychotherapist of the city. Born and brought up in Mumbai to Indian Navy personnel Vasant Deolalikar and an educationist Malti Deolalikar, she came to Nagpur around 14 years back. But, today is a known name and face amongst all city circles. It was her dedication towards her chosen field that earned her a distinct identity for herself. In a candid conversation with LT, she talks about her passionate career.

**Excerpts:**

**Q** How did you decide to take up this profession?

My mother was a teacher and was also involved in different social works. She used to visit J.J. Hospital and other big hospitals in Mumbai city regarding her social activities. It is there I first encountered Psychologists and Psychotherapists working towards social problems and assisting people in need; it was then I made up my mind to take up Psychology as my profession.

**Q** How did you proceed towards your goal then?

I scored 85% marks in my class X board examination and decided to go for Arts to pursue my graduation in Psychology. But interestingly, with that huge chunk of marks on my marksheet, I was advised to take up Science instead of Arts. My parents were called and only after learning that the decision was a unanimous one, did my college principal grant me admission to Psychology. I did my BA (Psychology Hons.) from Ulhasnagar college and then MA from Mumbai University. I specialised in 'Rational Immotiv Behaviour Therapy'.

**Q** When did you first start your career?

I was in the final year of my post graduation when I got an offer from Institute of Psychological Health, Mumbai. The founder of the institute was my teacher at the college and looking at my keen interest into practising Psychology, he absorbed me into his institute. I worked there for two years.

**Q** How was the initial experience?

There are two channels for a Psychology professional--academics or practising psychology. I chose the later and learnt the different traits of psychotherapy and counselling and was exposed to treating community mental health during the initial two years of my job. It was a big learning experience for me.