

aadhar
आधार

*The Centre for Child Development
Psychological Counseling &
Career Counseling*



Link to our website:

<http://www.aadhaarcentre.org/>

Visit us on our Facebook and Instagram pages, click on the logos below to go the official pages of Aadhar.



ANNUAL REPORT 2018-19



Vision

Our Vision

To assist and aid the growth of every child into a healthy and socially responsible human being and ensure a child grows in an environment where he gets love, care and understanding. Thereby laying the “aadhaar” for a responsible citizen.

Our Mission

Reaching and empowering every child in need. To provide a helping hand in a situation of crisis, and to make people self-sufficient to handle their personal and educational problems by themselves in future.

To provide helping hand in career selection.

And Mission



About Us

Aadhaar Gyan Dhatri Samiti was set up on the 27th of September 2004. Aadhaar's organisational structure is governed by the Societies Act of 1860 as a non-governmental organisation (NGO).

It is a Child Welfare Organization formed by Doctors, Therapists and Professional Counsellors and is devoted to assist and aid the growth of a child into a healthy & socially responsible human being.

There are mainly 2 divisions of Aadhaar- Child Development Division and Psychological Counselling Division. The psychological counselling division is further subdivided into personal counselling and career counselling division.

These divisions cater to children with developmental, behavioural, emotional and learning difficulties, from birth to 19 years of age. It also provides counselling and training facilities to their families.

Aadhaar is the only centre authorized by CBSE for certification of children with Learning Disability.



SPECIALITIES



Child Development

TEAM

- Dr. Jagmeet Chawla
- Mrs. Raksha Vighne
- Mrs. Deepali Kekre
- Mrs. Sheela Verma
- Ms. Sapna Gupta
- Ms. Anamika Sharma
- Ms. Anuparna Shikha
- Mrs. Pushpa Negi



FOLLOW UP OF NICU GRADUATES: Neonatal Intensive Care Unit (N.I.C.U.) Graduate Program: For high risk new born.

Introduction: The whole purpose of having expensive high technology NICU is defeated if there are no follow up services. Improving perinatal and neonatal care has led to increased survival of infants who are at-risk for long-term morbidities such as developmental delay and visual/hearing problems. Moreover, many of these neonates (e.g. extremely low birth weight infants) tend to have higher incidence of growth failure and ongoing medical illnesses. This highlights the need for a follow-up care service that would ensure systematic monitoring of the general health and neurodevelopmental outcomes after discharge from the hospital. The monitoring would help the infants and their families (early identification of problems and hence early rehabilitation services) as well as the physicians involved in their care. Follow up programs help to optimize health outcomes for NICU graduates. Follow up services provide feedback for improvement of medical care in the NICU

Target: High Risk Infants

- ELBW & VLBW babies
- Neurologic disorders: Perinatal asphyxia
- IVH Gr. III or IV
- Meningitis Persistent seizures
- Neurologically -abnormal on discharge
- Ventilated neonates
- Hypoglycaemia with seizures
- Hyperbilirubinemia requiring exchange transfusion



Neonatal Intensive Care Unit (N.I.C.U.)

Methodology: By identifying a baby who already has or is at potential risk for developing a handicapping condition & subsequently providing remedial measures to lessen its effects. This encompasses wide variety of medical, nutritional, educational, & psychological treatments for an at risk baby or one with neurodevelopmental abnormalities or visual or hearing impairment.

- Early Intervention
- Development supportive care in NICU
- Positioning
- Feeding
- Oromotor stimulation
- Tactile stimulation
- Auditory stimulation
- Visual stimulation
- Vestibular stimulation



- **Expected Outcome :** Compensatory mechanisms exists for all cerebral functions & this plasticity of brain is encouraged by stimulation & early intervention
- **No. of Patients:** Visits were carried out by Dr Jagmeet Kaur Chawla in 3 Pediatric Hospitals and about 8 children were referred and followed up for a period of 3-6 months
- **Outcome Observed:** Out of 8 children, only 2 continued to come for follow up and therapy. The parents of NICU graduates were more often in a denial mode about the neurodevelopmental outcome of their wards. The reason for this could be primarily the fact that the children after going through a difficult and arduous journey of survival; now appeared normal vis a vis feeding, movement and sleep, etc.
- **Future Planning:** Increased awareness and knowledge dissemination about the benefit of early assessment and intervention in order to prevent bad neurodevelopmental outcomes.

School Readiness Program

Criteria for Selection of students with special needs for school readiness:

Children with special needs can be broadly classified into 3 categories (mild, moderate and severe) on the basis of their disability or special needs and individual education programmes customized for each of them. Broadly speaking, mild to moderate categories of children with special needs can be taken in the school readiness program after initiating Early Intervention. On the basis of this classification, the tentative time-frame of mainstreaming these children is initiated. In special needs children the Developmental age rather than the chronological age and the acquisition of functional needs is taken as the criteria for entering School Readiness program.

Objectives of the Program:

A long term goal of Successful School Readiness and mainstreaming in Regular school is constituted with a tentative time frame. This long term goal is then broken into Short term goals which are carried out by a structured methodology.

Methodology:

- The training provided at the school is highly structured. Every child together with inputs from the parents, is assessed on a functional curriculum, that incorporates various areas such as communication, socialization, gross and fine motor skills, preacademic concepts and imitation skills. The results of this assessment lead to the development of an Individualized Educational Plan (IEP) for each child wherein goals for each area are selected and teaching strategies are planned. The IEP is discussed with the parents and a copy is given to them. Regular parent-teacher meetings are held and these incorporate a strong training component.
- The children are regularly assessed for achievement of their goals and appropriate modifications to the IEP are made. Every three months a review of the IEPs is conducted and new programs are prepared for every child.



School Readiness Program

Activities: of school are planned according to a daily schedule which has items such as

- Morning assembly and Prayer
- Circle time
- IEP time
- Free play
- Exercise and
- Tiffin time.

The daily plan is explained to the children using a visual schedule. Since our focus is on inclusion, we try our best to ensure that all the children have an opportunity to interact by many common art and fun activity classes that promote integration, creativity, language development and socialization.

Outcome: 36 children of School Readiness out of which 16 children are Below Poverty Line Mainstreaming of 3 children in schools done.



School Plus for Children with Poor School Performance

Introduction: School Plus is an initiative to provide Specific Academic Assistance through remedial classes to the students who fall behind their peers in schools.

It fills the gap between 'what student knows and what he is expected to know.

Target Group: The curriculum is designed to complement the needs of each individual student, preferably within the age group of 10 to 14 years. Step by step technique is adapted as per the student's learning pace. Parents mentoring is also a part of this remedial class. Focus areas are language recovery (reading, writing) and Mathematics.

Method

- Evaluation of areas of learning difficulties through clinical tools.
- Error Analysis
- Develop Instructional Technique.
- Teaching the School text parallel.
- Duration - 10 hrs per week (Monday to Friday)



Learning Disability clinic

Aadhaar is authorized by CBSE as Certification authority for learning disabled students for availing CBSE provisions. It is the only authorized centre in Madhya Pradesh. Aadhaar is running a LD clinic to help in identification and management of children with learning disabilities. So far 30 students are certified as Learning Disabled by the centre.



Psychological Counselling

**TEAM: Dr. Geetanjali Jha
Mrs. Nidhi Sahu**

Aadhaar's objective is to provide helping hands in a situation of crisis and to make people self-sufficient to handle their personal and educational problems on their own, in future.

With people's hectic lifestyles, and ever mounting pressure to reach their goals and expectations, there is a need for some form of guidance to help them with what sometimes seem like insurmountable issues. Most of the problems arise from life situations and they significantly affect the performance. This is when we can take the help of a trained professional to help resolve and deal with our problems/issues, before they take a life of their own.

Alternatively, people sometimes wish to focus on enhancing their skills, maximizing their potential and thereby empowering themselves to lead a successful life. This calls for life coaching.



Psychotherapy/Counselling

Counselling is a talking treatment. In this treatment, focus is on helping the person by identifying his potential and utilising them to sort out the best solutions of the problem.

Process

In psychotherapy/counselling sessions, the clients and the therapist, work together on exploring and clarifying the various aspects of the problem experienced by the clients. Various psychological therapeutic methods are used to assist them in acquiring techniques that will help them better cope with the problems that they are facing. It also helps develop self-awareness and enables them to perceive alternative choices of thought, feeling or action. Primarily the cognitive therapy techniques are used but in order to help maximally, other therapeutic methods like that of: psychoanalytic therapy; gestalt therapy; person-centred therapy; existential therapy can be used.

Beneficiaries

88 families who successfully utilised and benefited through counselling.



Customized Counselling Program for Parents (CCPP)

A forum for parents with special needs children is formed by Aadhaar Centre and they are given Customized Counselling Programme For Parents (CCPP). It is a continuous process which involves sensitizing the parents and empowering them with the knowledge and skills to move on further in their lives with their children. Each set of parents is counselled once a month initially. Each quarter, group discussion with all parents of special needs children is held. Special workshops on various topics eg. Feeding, Behaviour issues, Stress in parents, etc are held. This session continues for the sole reason that special needs students and their parents need hand holding at every step of their life.



CAREER COUNSELLING

Team: Mrs. Anupama Maheshwari

Career Counselling: Career Testing

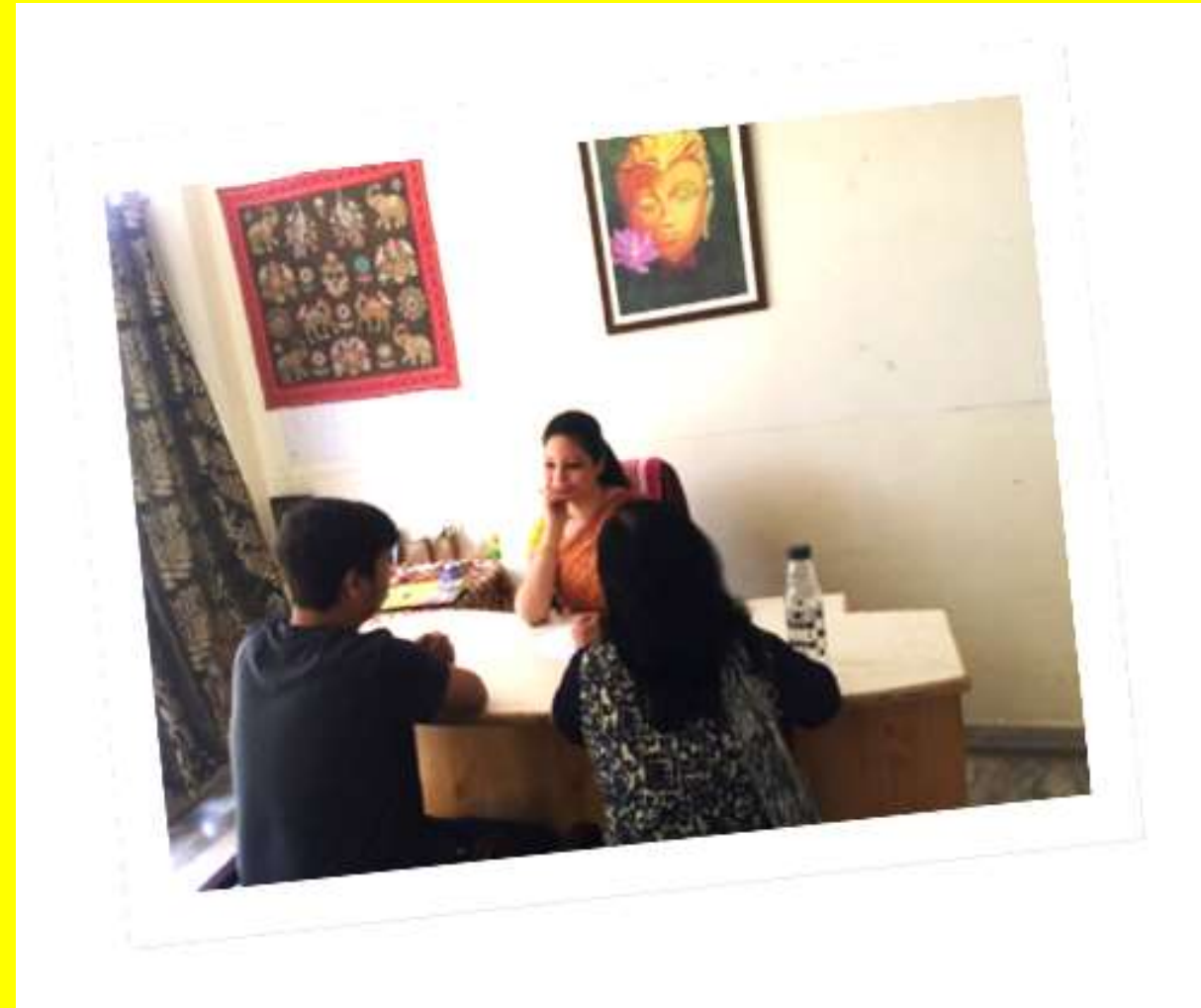
The Career Counselling Division at Aadhaar Centre conducts Psychometric Career Testing for students of Class IX onwards. This career testing assumes the greatest significance after the class X exams to help the students, parents and the school to decide about the Stream selection for the student. It also helps both the student and the parents to determine the nature and extent of his or her strengths and weaknesses and the best career to select. It helps the students find what they are wired for!



- Testing is done individually as well as at group level. Target Group for career counselling is students of class 10th and 12th.
- Individual counselling session includes registration, pre-counselling session, testing session and post counselling session.
- We use standardized, reliable and valid psychological tools for this purpose. Reports are generated within 10 days.
- We also conduct Group Testing in the schools.
- In Group counselling session we test 40 or more students per session.
- Group counselling session includes registration, testing session and post counselling session.

Career Development Program

It is a special program designed to expose the students to all aspects of a particular career. It is held for the group of fifty or more. Here the group can select any four careers from the Career Bank and then each career is dealt with in one session of 45 minutes to one hour. In these programs our motive is to provide maximum information to the students regarding the chosen careers. It includes the following aspects: Introduction and identifying with the issues of career planning, importance of career planning, factors influencing career decision making, methodology for making right career decisions, options within each stream.



Life Skill Training Program

According to WHO, life skills may be defined as “abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life... Every school should enable children and adolescents at all levels to learn critical health and life skills.”

Life Skills training provided by Aadhaar, has shown its impact by turning classrooms into child friendly spaces, where there are no barriers between the teachers and students. Whereas the training has helped the teachers to enhance their effectiveness in classroom transactions, it is also turning children into independent thinkers, who have the capacity and competency to learn and grow on their own terms.

SCHEMES FOR THE BPL

DISHA

Early intervention and school readiness scheme.

Objective:

This is an early intervention and school readiness scheme for children in the age group of 0-10 years with the four disabilities (Autism, Cerebral Palsy, Mental Retardation and Multiple disabilities) covered under the National Trust Act that aims at providing training and counselling to both children and parents.

Facilities:

- Medical help
- Assessment and evaluation
- Counselling
- Transport facilities

These facilities are completely free for B.P.L. category.

Eligibility criteria:

Following are the eligibility criteria that a PWD should have to be enrolled under Disha Centre, whether funded by the National Trust or not.

- PWD should be in the age group of 0-10 years.
- PWD should have one of the disabilities covered under the National Trust Act 1999.
- PWD should not be registered under Samarth Scheme.

NIRAMAYA HEALTH INSURANCE SCHEME

Objective: The objective of 'Niramaya' scheme is to provide affordable Health Insurance to persons with Autism, Cerebral Palsy, Mental Retardation and Multiple disabilities.

Scheme Description: The scheme envisages delivering comprehensive cover which will-

- Have a single premium across age band
- Provide some coverage irrespective of the type of disability covered under the National Trust Act.
- Insurance cover up to Rs. 1.0 lakhs on reimbursement basis only.
- All persons with disabilities under the National Trust Act with valid disability certificates will be eligible and included.
- Services ranging from regular medical checkup to hospitalization, therapy to corrective surgery, transportation as per the benefit chart issued/ revised by the National Trust which may be revised from time to time.
- No pre-insurance medical tests.
- Treatment can be taken from any hospital.

PWD CATEGORY	ENROLMENT FEE (IN Rs.)	RENEWAL FEE (IN Rs.)	REQUIRED DOCUMENTS
BPL	250/-	50/-	<ul style="list-style-type: none"> ▪ Disability certificate (self-attested) issued from district hospital or appropriate Governmental authority. ▪ BPL card ▪ Address proof ▪ Proof of payment
APL	500/-	250/-	<ul style="list-style-type: none"> ▪ Disability certificate (self-attested) issued from district hospital or appropriate Governmental authority. ▪ Address proof ▪ Proof of payment

ACTIVITIES AND WORKSHOPS 2018-19

1.) 2nd April 2018 WORLD AUTISM DAY

Aadhaar Centre for Child Development took the initiative of celebrating World Autism Awareness Day on 2nd April at Amer Bakery Hut, Link Road. People from all walks of life participated with full vigour and enthusiasm to contribute their share in this benevolent initiative.

The performances by the children of Aadhaar depicting the culture of India, allured the spectators. The famous guitarist Samar Mehdi mesmerized everyone with his performance. Aadhaar was successful in giving a strong message to the society that Autism should be viewed as a different ability, which only few people are god gifted with, rather than a disability.



The event was supported by The Optimist Citizen. The program was sponsored by Amer Bakery Hut, National Trust, Allahabad Bank, Trophy House and Vishal Fitness Club.



2. #chooseyourcareerbyyourchoice

On the 12th of April 2018, the Inherent Talent Mentor from Aadhaar, Dr. Anupama Maheshwari conducted a Career counselling session at St. Joseph Convent School, Bhopal, for the students getting promoted to 11th grade. The aim of the session was to emphasise the importance of self-awareness and therefore making the right career choices.



3. Physical and Mental Health Assessment

On the 14th of April 2018, Dr Jagmeet Kaur Chawla, Developmental Pediatrician and Director of Aadhaar Centre was invited to assess the children for developmental and behavioural issues at the newly inaugurated **Manglam School** at Obidullaganj, Bhopal. Dr. Chawla assessed the children and also interacted with their parents. The school's efforts to incorporate physical and mental health of each and every student by experts is commendable for this would ensure the children's holistic development and general well - being.



4. Eid celebrations at Aadhar

On the 15th of June 2018, the specially abled kids at Aadhaar celebrated Eid. The venue for the celebration was the special education room, where 15 children and the staff celebrated Eid from 10 am to 1pm. The kids were made to understand the significance of the festival, they were told about the appearance of the moon and the stars, were made to wear new clothes, were told about the *Namaz*, all of them hugged each other and ate *seviyan*; they also played games and danced to songs.

5. Parenting workshop at Asnani School

Dr. Jagmeet Kaur Chawla senior paediatrician and founder director of Aadhar Centre for Child development, psychological and career counselling was invited as Chief Guest in Asnani School Bhopal for the celebration of Doctor's day on 7th July 2018 in the school premises. She interacted with the children in her inimitable style and even made the little children of Grade 1 and 2 be an active part in her address. She inspired the children to follow their dreams and take care of their health by eating well, drinking adequate water and exercise. She also urged the students to dream big and become anything that they wished to. Dr Umesh Patel and Dr Agarwal and Ms Abhiruchi also addressed the children and shared their thoughts with them. The whole program was conducted beautifully and ended on a patriotic note with the National Anthem.



6. Handling special children and understanding their behavior.

Dr. Jagmeet Kaur Chawla was invited as an expert for a special session at the Franchisee Meet of Brainy Bear Foundation School on 2nd Aug 2018. She spoke on the topic of “**Handling Special Children & Understanding their Behaviour**”. She started her session with explaining the concept of who is a special child and briefed the gathering about their behavioural traits and in her unique inimitable style kept the session interactive and simple to understand by every participant. The participation by the principals, teachers and franchisees was so evident in the fact that they continued sharing their experiences and getting clarifications about issues with children in their schools. It was an informative session well appreciated by all.



7. Capacity Building Workshop for Members of Child Welfare Committee of Madhya Pradesh at NLIU Bhopal.

Capacity Building of Members of Child Welfare Committees of Madhya Pradesh was organized by: Department of Women and Child Development, UNICEF-Madhya Pradesh and NLIU at Bhopal from 2 August-4 August 2018 at NLIU Bhopal. The first session was on "Understanding the Psychology of Trauma faced by Children in Need of Care and Protection". Its objective was to explain the basis of trauma and the participants were made to do an activity following which the understanding became clear and lucid. The participants understood the main premise that empathy, sensitivity and compassion are what is mainly needed to understand the children in need of care and protection. Dr Jagmeet took a session which was on "Communication with Children in need of Care and Protection" Dr Jagmeet started her session with clear understanding of what is communication and where it is needed and also the most important aspects of communication which are mainly non-verbal and body language. For a better understanding about communication, she conducted an activity where the participants were divided in pairs and one participant was child and the other participant was the CWC Member. This activity brought to the fore all the aspects of good and bad communication and made the participants aware of their shortcomings in dealing with this sensitive issue. The presentations were very effective in bringing home the message of good communication, empathy and compassion and the tremendous role the CWC Members can play in the betterment of Children in need of care and protection.



8. Orientation Workshop on Various settings used in a Counselling Centre

An informative workshop on various settings in a counselling session was conducted by Dr. Jagmeet Kaur Chawla and Dr. Anupma Maheshwari for the students of Regional College, Bhopal. On 21st August around 39 adult learners along with their faculty at Regional Institute of Education Shyamla Hills Bhopal visited Aadar Centre of Child Development, Psychological Counselling and Career Counselling Bhopal. The learners were from various parts of the country. It was a very interactive and informative session wherein they were given an orientation on the psychological counseling and career counselling departments by Dr. Anupama Maheshwari, Director of Counseling Division. She discussed the various settings used in counseling.



9. Orientation Workshop on Special Needs Children for the students of RIE.

On the 21st of August 2018, Dr. Jagmeet Kaur Chawla director of Child Development division explained aspects of normal development in children and delayed development in children with special needs to the group of students from RIE. She also elaborated on the biological disorders particularly Autism Spectrum Disorder, ADHD, Specific Learning Disability, etc. Following this the students were taken on a visit to the various departments of Aadhar Centre and they also had an opportunity to interact with the therapist and children with special needs.



10. Rakshabandhan Celebrations at Aadhaar

On the 26th of August 2018, the students at Aadhaar celebrated Rakhi together. The celebration was held from 10am-1pm and then again from 2pm- 4:30pm for the two batches of students. The brothers and sisters tied hand-made *rakhis* on each other's wrists. Ms. Amita Sarkari, Director of Stories and Beyond also participated in the celebrations. Ms. Sarkari conducted a story-telling session for the children, performing a story about the lion and the mouse with her inimitable style and mannerisms which left the children and the faculty alike in splits with laughter.

11. Workshop for Empowering Parents with Specially Abled kids

Aadhaar Centre, in continuation with its purpose of Empowering Parents, conducted a workshop on : “Empowering myself to handle my child with special needs” by acclaimed Counsellor and internationally accredited ACT therapist Ms. Noorjahan on 6th October 2018, for parents of children with special needs at Aadhaar Centre, from 10:30am to 12 noon.

The workshop began with an introduction to the concept and was followed by an activity- Happiness activity wherein she divided the group into pairs and conducted it. This was an activity to make the participants aware about all the things we all are blessed with. This set the tempo for the workshop and it touched on numerous aspects of parenting and emotions, particularly guilt, doubts and fears. She urged the parents to become mindful and shared tips on how to be aware in every activity. The session was followed by an open house and the parents shared their thoughts, journeys, tribulations. This got the parents to feel more connected. This need for such activities was further felt more strongly, the reason being this establishes a community where parents with special kids can come and speak about their concerns and feeling.



12. LIC Donates a Van for the Specially Abled

On the 8th of October 2018, LIC under the aegis of Golden Jubilee Foundation donated a Van for transporting specially abled children from their home to Aadhaar Centre and back, in an official ceremony.

The venue for the ceremony was Aadhaar centre from 11am to 1 pm. The van was donated specially for the Below Poverty Line students, for whom

Aadhaar has been working relentlessly for the last 14 years. The dedication of the Van was done by Zonal Manager, Shri Shashikumar to the Secretary of Aadhar Mrs Ratna Mukerji in a beautiful ceremony, in the presence of all the students and staff of Aadhaar.



13. Awareness Session at Jheelnagar

On Saturday, 13th October, four staff members and three volunteers from Aadhaar Centre went to Jheelnagar Slum area, Ayodhya Bypass Road, where a Disability Awareness Camp was conducted for children from 11am to 2pm, to make them aware of the possible signs of physical and developmental disabilities. Families were informed of Aadhaar Centre's special program for families falling below the poverty line, where we take care of the child's therapy, learning and transportation, free of cost. The Aadhaar team also conducted a painting competition for the children, where the children made paintings which were not only beautiful, but also beautifully addressed social issues like cleanliness, education, peace etc. The staff, volunteers and the residents interacted freely and learned a lot in the process.



14. Seminar on Juvenile Delinquency at Jagran Lakecity University

Dr. Anupma Maheshwari was invited as an expert speaker by JLU School of Education, Jagran Lakecity University. They organized a Seminar on Juvenile Delinquency: Issues & Concerns (Identification for Early Intervention) on Tuesday, 13th November 2018 commemorating National Education Day. The idea was to share real case studies and to understand signs & symptoms of children before they lose their innocence due to lack of support and care.



15. Children's Day Celebration

On the 14th November 2018, the Aadhaar team celebrated, Children's Day by taking all the kids to Nandan Kanan park from 10am to 1 pm, and celebrating a day out. The kids enjoyed the slides and the swings there, played games together and went for a nature walk. They also had a picnic of their own sharing their food while their teachers told them about the relevance of the day and how it was their day.



16. Training workshop for mentors on Reproductive health organised NHM

Dr. Jagmeet Kaur Chawla conducted a training session for Adolescent master trainers on reproductive Health. The sessions on RTI, STI & NCD were covered in a day long workshop. The training was held at AICUF Ashram Bhopal near Shahpura Lake on 15th and 19th November 2018.



17. Training Session Organised by Rajya Shiksha on Identification, Assessment and Evaluation of Children with Learning Disability.

Rajya Shiksha Kendra organized a training workshop for Mobile Resource Coordinators of various districts of Madhya Pradesh at AICUF Ashram at Bhopal on 25th of Nov 2018. Dr Jagmeet Kaur Chawla Master trainer of Learning Disability was invited as a speaker. She explained all the details of Learning Disability in a simple and understandable way. The participants interacted actively and took active participation in the session.



18. Awareness Campaign on Mental Well-being.

On 25th of November 2018, twelve staff members and twenty five volunteers from Aadhaar moved in five different groups saying slogans and flaunting banners across Lake View, Bhopal. Emphasis was to stop putting labels on anyone and helping the special kids to grow and help blossom their unique personality. To encourage individuality. All the groups interacted with the people there, including the street vendors, shop keepers, tourists and the localities there. They were asked to write their thoughts on mental health and the specially abled, on sheets and also were made aware of the stigma and the stereotypes associated with it and were asked to encourage the cause by sensitisation.



19. Annual Day

On, The International day of Disability, The Aadhar Centre for Child Development, Psychological and Career Counselling organized their Annual Day on 3rd December 2018 at Gandhi Bhavan Bhopal.

Aadhar Centre also celebrated its 14th Inception Day with a range of cultural activities and events. The event was attended by a group of 400 people. The event started with a Saraswati Vandana and to the delight of all, Maa Saraswati was depicted by a special child. The cultural event included a dance drama, Boogie Woogie; The Jungle Book by special children and their siblings. A sibling also dedicated her dance to her elder challenged sister. The program progressed with performances by parents and their special kids.



A skit on problems faced by adolescents and youth including depression, suicide was vividly portrayed by The Pitara Group. Followed by an interactive session on mental wellbeing among the experts Dr. Ratna Sharma, Dr. Shikha Rastogi, RJ Bani, Ms. Ritu, Dr. Anupma Maheshwari and Dr. Jagmeet Kaur Chawla. A soul touching dance presented by Ms. Aparna_Soni emphasized the need for an Aadhaar in all our lives. A beautiful ceremony of students graduating from Aadhar and joining mainstream was presented followed by a speech by Ms. Anamika which welled up emotional feelings in all and also re-emphasized that self-resolve and support or Aadhar is what each one of us needs to become successful. A souvenir highlighting the journey of Aadhar with its trials, tribulations and success in trying to break the barriers of taboos regarding disability and counselling was released by the Chief Guest #Mrs Jayshree Kiyawat, Commissioner Public Instruction.



20. **Career Guidance Session Organised by International NGO World Vision for Adolescents of Urban Slums of Bhopal**

International NGO World Vision Organised a career guidance session for the adolescent of urban slums of Bhopal on 7th Dec 2018. **Dr. Anupma Maheshwari**, the Inherent Talent Mentor from Aadhaar was invited as an expert speaker to interact with the students.

21. Psychology Students from International Public School Visit Aadhaar

On 14th December 2018, a group of about 20 students of class XII, from International Public School Bhopal, who had opted for psychology as a subject were brought on a field visit by the school counsellor Ms. Nehal to Aadhaar. The students first interacted with both the Directors Dr. Jagmeet Kaur Chawla and Dr. Anupma Maheshwari who in a very lucid and interactive way explained the basics of Psychology and Counselling. The students were appraised about the various developmental problems viz. autism, development delay, intellectual disability, learning disability etc. That children have and their interventions. They were introduced to the children and were made to observe the characteristics of special children and how interventions take place. The students were given a briefing about career counselling and personal counselling. The hands on approach followed at Aadhaar helped the students clear a lot of their doubts and misconceptions.



22. Christmas Celebration at Aadhaar

On the 25th of December, the children at the Aadhaar centre, celebrated Christmas. They celebrated from 10am to 1 pm, where students from both the batches were present. The teachers told the children about the relevance of Christmas and why it is celebrated and the traditions associated with it. All the children, staff members and volunteers were dressed in red, Mr. Animesh a staff member also dressed as Santa Claus for the kids and distributed chocolates. 15 volunteers celebrated there day with the kids and Roopsi Narang sang songs for the kids and with the kids.



23. Alfaaz

Aadhar organised an OPEN MIC – ALFAAZ (meri awaaz suno) at '**Baithak**' **The Art House** on the 16th of March 2019, from 4:30pm onwards. The theme of the show was dreams and desires. The participants sang, danced, put up plays and mimes, celebrated poetry and much more on the given theme. Amongst them were selected, the performers for The 2nd April Show.



24. Basant Panchmi Celebrations at Aadhaar

Basant Panchami was celebrated with traditional fervour and enthusiasm by the staff and students of Aadhaar Centre on the 8th of February 2019. Ms Ekta Ranjan Realtor and Property dealer expert was invited as a special guest. The celebration were held between 10am to 1pm and then from 2pm to 4:30pm, for the two batches. The highlight of the celebration was the invocation of Goddess Saraswati and where Goddess was depicted by two students, Ridhima and Shreyanshi. The students were made to participate in a Pooja and had sweets later.



25. Training session at Govt. Concept School

Under the aegis of the outreach program of Aadhar Centre, Ms. Mekhla Shrivastava and Ms. Priyanka Rajput delivered a lecture on the topic "Health and hygiene and how to prepare yourself during exams " on the 23rd February 2019, from 2pm to 4 pm, for the students of "Govt. Concept school (Govt.Samrat Ashok) Shahpura Baba Nagar Bhopal. 40 students participated in the discussion on the topic. The session was very interactive.



26. Session on Empowering Adolescent Girls at Shyam Nagar by Courtyard Marriott.

On 26th February 2019, Courtyard Marriott organised a session on Empowering Adolescent Girls. It was held at Shyam Nagar from 11am to 12 noon, about 35 adolescent girls took part in the session. Mrs. Mekhla Shrivastava from Aadhaar took charge of discussing Menstruation and hygiene with the girls. They also engaged in a dancing and singing competition.

At the end of the programme, sanitary napkins and hand washes were distributed to the girls.



27. Holi Celebrations at Aadhaar

Holi The festival of colours was celebrated with fervour and joy at Aadhaar Centre, on the 20th of March 2019, from 10am to 1pm and then from 2pm to 4:30pm, for the two batches of students. The staff and children along with their parents participated actively and enjoyed. The students were told the significance of the day and the famous fables of “Holika”. They played holi by putting colors on each other and had sweets. They had Smt. Leela Devi the matriach of Ramani family and Shri Kishore Ramani, Director, Top n Town Ice cream as special guests for the day.



28. Women's Car Rally by ACES Bhopal

Aadhar Centre was invited to be the special guest at the 10th Women's Car Rally organised by ACES at Bhopal on the 24th of March 2019. The participants, organisers and volunteers actively took part in the function. The children from Aadhar with volunteers brought in a positive cheer to the atmosphere with their enthusiasm on the stage. Dr Jagmeet Kaur Chawla Director of Aadhar in her address to the gathering also invited all to the World Autism Awareness Day celebration with #Light_it_up_blue as it's tagline internationally at Amer Bakery Hut next to Prakash Tarun Pushkar on 2 nd April 2019 at 4 pm with #blue dress-code.



PUBLICATION



विषय या करियर चुनने की उलझन सुलझा सकता है उचित मार्गदर्शन!

मध्यप्रदेश में राज्य बोर्ड और सीबीएसई बोर्ड की परीक्षाएं या तो समाप्त हो गई हैं, या अगले कुछ दिनों में होने वाली हैं। अब बच्चों को आगे के लिए अपने पसंदीदा विषय या करियर चुनना है। क्योंकि बात भविष्य की है, यह न केवल छात्रों के लिए बल्कि अभिभावकों के लिए भी बड़ी चुनौती है। प्रतियोगिता और बेरोजगारी के दौर में यह तय करना और भी कठिन हो जाता है। ऐसे में सही मार्गदर्शन उनकी मदद कर सकता है।

यदि आप विद्यार्थी हैं अथवा आपके परिवार का कोई सदस्य इसी उलझन से जूझ रहा है तो आज हैलो नवदुनिया में उचित मार्गदर्शन के लिए कॉल करें।



डॉ. अनुपमा माहेश्वरी
करियर काउंसलर

आज

समय 5:30 से 6:30 तक

Expert tips on how to beat exam stress

TIMES NEWS NETWORK

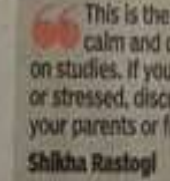
Bhopal: With board exams around the corner, counsellors of Bhopal share tips on how to deal with exam stress. Shikha Rastogi, CBSE counsellor said that it is natural to have anxiety due to exam stress. She said, "This is the time to keep calm and concentrate on studies. It is important to have a confidant to share your problems with. If you feel anxious or stressed, discuss it with your parents or friends. They will hear you out and comfort you which will help you relax".

Along with studying and revising for exams, health should not take a backseat. Rastogi said, "You need to take care of your health and diet. Drink a lot of water to keep yourself hydrated. Keep doing some physical exercises like yoga and



While preparing for the exams is very important, don't forget that health and peace of mind are no less important

Anupama Maheshwar



This is the time to keep calm and concentrate on studies. If you feel anxious or stressed, discuss it with your parents or friends

Shikha Rastogi

deep-breathing to keep your mind cool. Meditating for 15-20 minutes every day can also help lower stress levels and improve concentration". As far as preparation for exams is concerned, Rastogi sa-

id, "Practice sample papers so that you have an idea about the exam pattern. Go through the syllabus and pay more attention to subjects having more weightage and keep revising them. Follow a proper routine with 10 minute break after every one hour. This will help the mind relax".

Regarding exam preparation, counsellor and psychologist Anupama Maheshwar said, "While preparing for the exams is very important, don't forget that your health and peace of mind are no less important. Every one of you has his or her own way to study and you must not compare it with your friends. While some of you are early birds, others are night owls. You have to find your own routine to study. You must make it a point to eat healthy during exams as a healthy mind resides in a healthy body".

Navduniya

Times of India



हेलो नवदुनिया कार्यक्रम में करियर काउंसलर डॉ. अनुपमा माहेश्वरी ने कहा बच्चों के सबसे ज्यादा अच्छे करियर काउंसलर होते हैं उनके माता-पिता



बिना किसी लक्ष्य के अपने करियर को बनाना मुश्किल होता है। डॉ. अनुपमा माहेश्वरी ने कहा कि माता-पिता बच्चों के करियर को चुनने में मदद कर सकते हैं। डॉ. अनुपमा माहेश्वरी ने कहा कि माता-पिता बच्चों के करियर को चुनने में मदद कर सकते हैं।

डॉ. अनुपमा माहेश्वरी को नवदुनिया लाइव में देखने के लिए हेल्पलाइन नंबर 1800-11-8004 पर कॉल करें।

रुचि के आधार पर ही पढाई करें तो बेहतर, तब ही करियर में होगा अच्छा

- बच्चों के करियर चुनने के लिए उनका रुचि को ध्यान में रखें।
 - रुचि के आधार पर ही पढाई करें।
 - रुचि के आधार पर ही करियर चुनने में मदद करें।
- रुचि के आधार पर ही पढाई करें।
 - रुचि के आधार पर ही करियर चुनने में मदद करें।
- रुचि के आधार पर ही पढाई करें।
 - रुचि के आधार पर ही करियर चुनने में मदद करें।

Stress-buster tips for kids in 'testing times'

Shuchita.jha@timesgroup.com

Bhopal: As exams near, counsellors are advising students to have a healthy diet and take regular breaks between long study sessions. This will help the students keep stress at bay, say counsellors asking parents not to put unnecessary pressure on their children.

For the students, who tend to feel depressed and are unable to cope up with the stress, the Central Board of Secondary Education (CBSE) will open its counselling line from February 1. Students can call on the toll free number of CBSE: 1800-11-8004, and ask for guidance.

"Stress during exams is very natural, but students should also know how to keep it at bay."

Firstly, I would like to tell parents not to create unnecessary pressure on students as it only increases their stress levels. They need to be physically present and be aware of their child's behaviour to avoid any untoward happening," says Shikha Rastogi, counsellor, CBSE.



Pressure mounts due to unrealistic expectations. It is necessary to know where you stand and work accordingly, said Anupama Maheshwari, a career counsellor.

"Exams are a method to gauge how much a child has studied throughout the year. If you have studied only 50%, and expect to score 90% marks, it is not possible. It causes unneces-

sary stress. You can only prepare according to your capability, but expecting a miracle in one month is totally unrealistic. Children need to be true to themselves," says Maheshwari.

"Parents as well as teachers tend to blow the board exams out of proportion, which then transfers their anxiety to the children. They need to realize that these are just exams and not the end of the world. Teachers, parents as well as students need to take board exams casually instead of panicking," she adds.

To prepare well for exams, children need to have a healthy diet and drink plenty of water. It keeps the brain cells hydra-

ted, says Rastogi. "It is necessary to take care of your health while preparing for exams. Neglecting health and proper diet will only cause more stress. Children should drink lots of water while studying and keep a bottle of water next to them while studying. They should also avoid drinking too much of tea and coffee and go for fresh juices and home-made soups instead. Getting seven to eight hours of sleep every day is also vital for proper functioning of the brain," she adds.

Meditation and listening to soothing music before going to bed can be very helpful in reducing stress, says Geetanjali Thakur, who is a counsellor at one of the private schools.

माधुरिमा



विषय नहीं, भविष्य चुनें

3 (टीवी पर प्रसारित का पसंदीदा कार्यक्रम चला रहा था, लेकिन वह कहीं पूरा नहीं हो पाया, अपने ही विचारों में गुप्त रूप से डूबा। वो नहीं पता था कि क्या विज्ञापन उसके पास आकर बैठेगा। उन्होंने उसके लिए पर हथ फैलाकर उसे पढ़ने विचार से काम निकाला।

‘क्या सोच रही हो?’

‘अपने दसवीं के बाद कौन-सा विषय पढ़ाऊँ?’ प्रोजेक्ट ने धारणा से पूछा।

‘इससे क्या फायदा होगा?’ अजय मुझे उस विषय का कोई काम नहीं। उन्होंने इससे हुर्र करवा।

‘लेकिन आपको पता कैसा चलता कि आपको फोटोग्राफी ही करने है?’ प्रोजेक्ट ने आश्चर्य से पूछा।

‘यह छोटी, तुम बताओ तुम्हारे पसंद के क्या काम हैं?’

‘डॉस बनाना, सजावट करना, पेंटिंग करना, बैचिंग करना... उष्ण और ठंड, धुआँक भी।’ प्रोजेक्ट चकचकाते खड़े।

‘इसमें से कौन-सा काम तुम्हें सबसे ज़्यादा खुशी देता है?’

‘उष्ण... यह काम तो चुनिकल है।’ प्रोजेक्ट कुछ सोचकर बोली।

‘कॉलेज हमारे घरे में बहुत कुछ करता है। अपने ही घरे में ही काम को करके देखो, यह तुम्हें बताएगा कि सही पढ़ाने में तुम्हें तुम्हारे कौन देता है। मैंने भी यही किया था।’ प्रोजेक्ट ने समझाया।

‘होली अपने ही समय में ही, लेकिन उसे एक दिन तक दे सकते हैं।’

‘ले मैं विषय कौन-सा चुनूँ, जिससे सही करियर चुन सकूँ?’ प्रोजेक्ट की आँखों में चमक भर गई।

‘मैंने तो हम ललकी कर बैठते हैं। इतना विषय ही हमारा करियर नहीं होता। बस उसे तुम्हारे पसंदीदा अधिनेता का समूह या करियर में पढ़ने का विषय था। यहाँ तक कि आज हमने यहाँ से पढ़ाने का तुम्हारे विचारों में विषय के बारे में पूछा है।’

‘अच्छा पाठ, मेरी ललकी करियर से रही है तो मैं भी...?’ प्रोजेक्ट सन्तुष्ट बन गई।

‘जिसमें ने इंटरनेट काट देना, जब तुम कोई टुंग लेने जाले तो वो किन्हीं तुम्हारे चुनने हो, किन्हीं करियर हो। जब हम टीवी से छोटी चीज लेने के लिए इतना सोचते हैं, तो प्रकृति के बारे में क्यों नहीं? अपने करियर के लिए सम्पूर्ण होने में कोई बुराई नहीं।’

‘अपने इतने अभावों से इतने जितना काम कैसे सम्पन्न करते हैं?’ प्रोजेक्ट ने अचम्बित हो गई।

‘क्योंकि हमें तुम्हारे जगह में भी था। बस तुम्हारी जगह तुम्हें को रखकर देना रहा है।’ प्रोजेक्ट ने सोचें पर दिखते हुए कहा।

‘मैं सोच रही थी कि अलोग टीवी कैम कैमरे हैं, अपनी ललकी है, सजावट है तो मैं भी टीवी को ललक करके लेती हूँ?’ प्रोजेक्ट आश्चर्य से बोली।

‘देखो, सच तो अपनी क्षमताएँ होती हैं और उसमें भी डाकरी है। डिप्लोमा विषय जो भी चुनें उसमें तुम्हारी डिप्लोमा पढ़ाएँ। अलोग को इस काम में तुम्हें मिलती है। क्या तुम्हें मिलेगी?’ प्रोजेक्ट ने पूछा।

‘सच्चाई पर मुझे तो सही विकल्प पसंद नहीं, लेकिन पैसा कमाने के लिए सही अजय तो डाकरी है।’ प्रोजेक्ट ने मुँह बिकावड़ा।

‘किन्हीं काट? यदि ऐसा होता तो हर करियर एक सौभाग्य होता।’

मिलने लगे। ‘पैसा कभी भी तुम्हारे नहीं लाना देता। मैंने फिर तुम्हारे मत है कि काम करते हुए दिन कम गुजरता है जब नहीं पढ़ाने और किन्हीं इतने भी हम एक साथ बैठकर काम करते हैं। पैसा मैं तुम्हारे दुःखों के कारण कम में दूरी तो पैसा अपने आप आ जाएगा।’

‘उस इतना जो खोजने में समय बर्बाद कर को जो तुम्हारे पसंद नहीं है, लेकिन जो अपने प्रकृति है उसे किन्हीं को करियर करी।’

‘मैंने सोचने अलगी करती है कि तुम्हें ललका करियर चुनना पसंद, साकारो अपना ललक करके उनसे काम अपनी सही होती है, पैसा-सजावट होता है, सब सम्पन्न करते हैं।’ प्रोजेक्ट ने कहा।

‘अब जानें कि ललका से अर्थ क्या है? दरमाम, इसे सही प्रकारसे पसंद करते हैं जहाँ तक कोई विषय ले जाल है जैसे अलोग, पैसा अधिनेता। यहाँ कि विषय से भी अपने करियर मिलने में जैसे रहे या डॉक्टर लेकिन यदि किन्हीं विषय में पढ़ नहीं ललका तो और भी बेहतर करियर किन्हीं ललका सकते हैं। हमेशा यह सोचें कि टीवी ललका पसंद हो ललक नहीं होता।’

‘हां, यदि किन्हीं को पसंद करना है, किन्हीं करियर है या फोटोग्राफ बनाना है तो उसके लिए विषय चुनने को डाकरी हो नहीं।’ प्रोजेक्ट को सही जवाबें कहीं ललका नहीं चुकी थी।

‘अरे यार! तुम तो बहुत ही जल्दी समझ गईं। किन्हीं ने उसके पसंद पर हथ फैलाकर अपने पसंद ललका करे, हर हीने को करके देना, किन्हीं को देना-देना पसंद करो, किन्हीं भी ललका करे फोटोग्राफी से प्रकृति पसंद हो, विषय जो भी चुनें अपना समय पढ़ने में रही, ललका करे तो उनके सोचों भी और इन सही प्रकृति में, मैं तो हमेशा तुम्हारे पसंद हूँ ही।’

सच और मिथ्या में भेद

कॉलेज को लेकर हर बच्चे के माता-पिता से और माता-पिता के बच्चों से कई प्रश्न रहते हैं, लेकिन यहाँ उपयोगी नहीं होते ही उनकी जगह मिथ्याओं में ले ली है।

कॉलेज से जुड़े कुछ ऐसे ही सामान्य: तुने जाने वाले मिथ्या और उनकी सच्चाई।

मिथ्या: अपनी हीने अपना करियर नहीं हो सकता।
सच्चाई: कॉलेज के चुनने में हीने का बड़ा योगदान होता है। कॉलेज ललका करके हीने अपने पसंद करके ले सकते हैं।

मिथ्या: कॉलेज पैसा कमाने का स्रोत है।
सच्चाई: कॉलेज पैसा कमाने का स्रोत नहीं है। पैसा कमाने के लिए काम करना पड़ेगा।

मिथ्या: एक बार किन्हीं चीज में जाने का अर्थ है सच सही करके।
सच्चाई: आप कभी भी अपना पैसा कमाने नहीं, किन्हीं भी काम में हीने का अर्थ है जो अपना पैसा कमाने लगे हैं, जोकरा करी।

मिथ्या: जो पैसा/टीवी और टीवी में किन्हीं सही तुम्हें भी करके है।
सच्चाई: यदि अपना कोई करियर करके किन्हीं काम में जानें हैं तो जल्दी ही किन्हीं काम में जानें हैं।

मिथ्या: किन्हीं विषय लेने का हीने करियर होता है।
सच्चाई: यदि हीने, किन्हीं का किन्हीं विषय लेने का हीने करियर होता है।

जेईई मेन-2 एग्जाम के रजिस्ट्रेशन शुरू, 7 तक कर सकते हैं आवेदन

सिटी रिपोर्टर | भोपाल

ऑनलाइन मोड में किया जाएगा। परीक्षा का रिजल्ट 30 अप्रैल को घोषित होगा।

आईआईटी, एनआईटी सहित देशभर के इंजीनियरिंग कॉलेजों में एडमिशन के लिए आयोजित होने वाली जेईई मेन-2 एग्जाम के लिए ऑनलाइन रजिस्ट्रेशन शुक्रवार से शुरू हो गए। नेशनल टेस्टिंग एजेंसी (एनटीए) द्वारा आयोजित किए जाने वाले इस एग्जाम के लिए ऑनलाइन आवेदन की अंतिम तारीख 7 मार्च 2019 है। कैंडिडेट्स जेईई मेन की आधिकारिक वेबसाइट www.jcemain.nic.in पर जाकर आवेदन कर सकते हैं। वहीं आवेदन फीस जमा करने की अंतिम तारीख 8 मार्च 2019 है। जेईई मेन 2 का आयोजन 6 अप्रैल 2019 से 20 अप्रैल तक

- जेईई एडवांस्ड 19 मई को**
- इस साल जेईई एडवांस्ड परीक्षा आयोजित कराने की जिम्मेदारी आईआईटी रूड़की को दी गई है। जेईई एडवांस्ड का आयोजन दो पालियों में 19 मई 2019 को किया जाएगा। आईआईटी रूड़की इसका नोटिफिकेशन बाद में जारी करेगी। यह है महत्वपूर्ण तिथियां
- आवेदन 08 फरवरी से शुरू
 - आवेदन की अंतिम तिथि 07 मार्च
 - एडमिट कार्ड जारी 18 मार्च
 - परीक्षा तिथि 06 से 20 अप्रैल

भास्कर स्वास • अब दो स्तर पर आयोजित होगी गणित की परीक्षा, स्टैंडर्ड गणित का सिलेबस मौजूदा स्तर का गणित का डर कम करने के लिए सीबीएसई की पहल, अगले सत्र से 10वीं के छात्र स्टैंडर्ड या बेसिक गणित में विकल्प चुन सकेंगे

स्टैंडर्ड मैथ्स के मुकाबले बेसिक मैथ्स आसान होगा

भास्कर न्यूज़ | नई दिल्ली

सीबीएसई 10वीं के छात्रों में गणित की परीक्षा का डर कम करने के लिए अहम बदलाव करने जा रहा है। सीबीएसई सत्र 2019-20 से 10वीं की गणित की परीक्षाएं दो स्तरों पर कराएगा। सीबीएसई के स्कूलों के मुताबिक ये दो स्तर मैथमेटिक्स स्टैंडर्ड और मैथमेटिक्स बेसिक होंगे। स्टैंडर्ड का सिलेबस मौजूदा स्तर का ही होगा, जबकि बेसिक को आसान बनाया जाएगा। स्टैंडर्ड लेवल उन

छात्रों को ध्यान में रखकर बनाया गया है, जो आगे की पढ़ाई गणित के साथ करना चाहते हैं। वहीं, बेसिक लेवल उनके लिए होगा, जो गणित में उच्च शिक्षा हासिल नहीं करना चाहते। छात्र परीक्षा परीमे भरते वकत स्टैंडर्ड या बेसिक मैथ्स में एक का विकल्प चुन सकते हैं। अगर छात्र गणित में फेल हो जाता है तो कंपार्टमेंट परीक्षा में परीक्षा का स्तर बदल सकता है। अगर छात्र ने मैथमेटिक्स बेसिक को चुना है और वह यह एग्जाम पास कर लेता है, तो वह अपना स्तर सुधारने के लिए कंपार्टमेंट एग्जाम में मैथमेटिक्स स्टैंडर्ड की परीक्षा दोबारा दे सकता है।

सिलेबस के बारे में वह सब कुछ जो जानना जरूरी है

• 10वीं गणित परीक्षा के स्टैंडर्ड लेवल और बेसिक लेवल में क्या अंतर है? मौजूदा गणित परीक्षा स्टैंडर्ड लेवल पर होती है। 2020 की परीक्षा में स्टैंडर्ड लेवल और बेसिक लेवल के प्रश्न पत्र एक ही सिलेबस से लिए जाएंगे। पहला पेपर तो स्टैंडर्ड लेवल का रहेगा, जो अभी है। बेसिक लेवल का प्रश्न पत्र थोड़ा आसान होगा।

• क्या दो स्तर करने से छात्रों का बोझ और बढ़ जाएगा? बिल्कुल नहीं। छात्रों को इसमें

ऑप्शन चुनने का अवसर मिलेगा कि वह कौन से लेवल की गणित की परीक्षा देना चाहता है। हालांकि सिलेबस एक ही रहेगा।

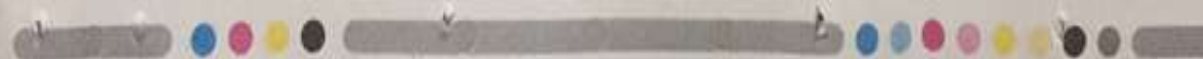
• क्या इससे गणित का सिलेबस या पढ़ाई और कम और नहीं हो जाएगी? नहीं। उद्देश्य यह है कि छात्रों का सही मूल्यांकन हो और तनाव कम हो। खासकर उन छात्रों का इससे तनाव कम होगा जो 10वीं के बाद गणित नहीं लेना चाहते।

• क्या छात्रों को स्टैंडर्ड और बेसिक दोनों ऑप्शन लेने का मौका मिलेगा?

नहीं। छात्र केवल एक ही ऑप्शन ले सकेंगे। स्टैंडर्ड या बेसिक लेवल में से एक।

• 10वीं, 12वीं या उच्च गणित की पढ़ाई करने वाले छात्रों को कौन से लेवल की परीक्षा पास करनी होगी? गणित को सीनियर सेकेंड्री लेवल पर आगे पढ़ाई करने वाले 10वीं के छात्रों के लिए स्टैंडर्ड लेवल से परीक्षा पास करनी होगी।

• क्या इसके दौरान पेपर मिलेंगे? सैपल पेपर सीबीएसई की वेबसाइट पर उपलब्ध करा दिए जाएंगे।





aadhaar

CENTRE

igniting inherent talent

Unveiling the New Aadhaar

On the occasion of World Autism Day, on the 2nd of April 2019, Aadhaar Centre hosted an event at Amer Bakery Hut, link Road, Bhopal and celebrated the day by getting talents of all age groups and genres on the stage. The programme was to spread awareness and sensitise. The event was attended by a group of 350 people. The Aadhaar centre on this special occasion unveiled their “New Branding Logo” in front of the city. The new logo is more vibrant, like the children the NGO has and has an extra “A” in the name “Aadhaar”.

The unveiling was done by the children of Aadhaar and the special guests, Mrs. Aruna Mohan Rao, ADG Railways and Mr. Das, Regional Manager LIC.





aadhaar

CENTRE

igniting inherent talent

**Child
Development**

**Psychological
Counselling**

**Inherent Talent
Mentorship**

PARTNERS



एन सी ई आर टी
NCERT

