

ANNUAL REPORT

2017-18



ABOUT US

Aadhar Gyan Dhatri Samiti is a non-profit organization working in the City of Lakes, Bhopal (Madhya Pradesh) since 27th of September 2004. It is a Child Welfare Organization formed by Doctors, Therapists & Professional Counselors and is devoted to assist and aid the growth of a child into a healthy & socially responsible human being. Young people are our human capital for the future, therefore child and adolescent health is our most important investment. Health is indivisible and requires holistic approach throughout an individual's life.

We provide special health care to children and adolescents with developmental, emotional, behavioral, psychosomatic, neurodevelopment and educational problems in a child friendly environment through a multidisciplinary approach.

Our multidisciplinary team comprises of developmental paediatrician, clinical psychologist, career counselor, counselors, special educators, a physiotherapist, a speech therapist, occupational therapist, nutrition specialist, educational experts, and yoga therapist who have been trained and are experienced to work with children and their families.

Aadhar mainly deals with Child Development, Psychological Counseling and Career Counseling. It runs a school for special needs children, a school clinic and an adolescent clinic. It caters to children with developmental, behavioral, emotional problems and learning difficulties from birth to 19 years. Aadhar also helps them with career selections as and when needed. It also provides counseling and training facilities to their families. Aadhar is the only centre authorized by CBSE for certification of children with Learning Disability. Aadhar also runs a Tele Counseling Centre for adolescents named as “Jeevan Aadhar”.



1. **Inclusiveness:** We respect people, value diversity and are committed to equality.
2. **Participation:** We value and recognise contributions of volunteers within the organisation and across the communities.
3. **Excellence:** We deliver the evidence-based and highest quality services in all our endeavours.
4. **Ethics:** We strive to meet the highest ethical standards.
5. **Openness:** We are committed to a transparent work culture of teamwork and functional collaboration, both within the organisation and across organisations in the community space.
6. **Stewardship:** We take pride in being socially and financially responsible and accountable.
7. **Innovation:** We continually seek to learn, improve, be creative and enable change.

Range of Services

I. Comprehensive Assessment and Therapy Plan Developed Jointly by Professionals Comprising:

- Paediatrician
- Clinical Psychologist
- Physiotherapist
- Occupational Therapist
- Speech Therapist
- Special Educator
- Yoga Therapist

II. Psychological Services For:

- Behavioral Problems in Children
- Marital Problems and Impact on Child Growth
- Personal and Parental Counselling
- Career Counselling
- Gerontological Counselling
- Complete Psychological Counselling

III. Skills Assessment and Career Counselling

Services Offered

With the prime objective of reaching out to those in the society who need a helping hand and to increase the awareness of public, the therapists and counsellors at Aadhar Centre are carrying out several activities for various target populations. These include, inter alia, conduct of the following:

Assessments: Comprehensive assessment of child for development, emotional, behavioral, psychosomatic, neurodevelopment and educational problems.

Early Intervention Programme (EIP): For children with developmental delays, autism, ADHD, and other special needs.

Psychological Tests: Intelligence Quotient (IQ) Test, Personality Tests (objective & projective tests), Interest and Aptitude.

Therapies: Individual Therapy, Group Therapy, Behavior therapy, Cognitive Behavioral Therapy (CBT), Play Therapy, and Family Therapy.

Multi-modal Treatment for Children with Attention Deficit Hyperactivity Disorder (ADHD): Autism and other behavioral problems.

Counselling: Pre-natal and ante-natal counseling, adolescent counseling, behavioral counseling, crisis intervention.

Remedial Teaching for Children with Learning Difficulty.

Career Counselling: Individual as well as group counseling sessions for adolescents who are at verge of career selection.

Support in Parenting: Workshops on parenting, behavior management, life skills, adolescent problems and management, stress management, anger management, assertiveness training, exam phobia, personality development, self-development.

Training Programs: For parents, teachers, adolescents, educators, counselors.

School Health Programme: To promote positive physical and mental health in children and for early detection and intervention in emotional physical and psychological problems.

Capacity Building of Self-Help Groups: For parents, adolescents, teenagers, teachers, social workers, counselors to promote psychosocial education and awareness.

Study centre of IGNOU for a post-graduate course on MSc: Aadar is also a Study Centre for Counselling and Family Therapy (M.Sc. - CFT) under

school of disabilities. Also, it is a Study Centre for DNHE, CIG and CFN courses of IGNOU University.

Educational Activity:

Aadhar is an IGNOU Study Centre for Masters in Counseling and Family Therapy (M.Sc CFT), Diploma in Nutrition and Health Education(DNHE),Certificate in Food And Nutrition(CFN) , Centre for CIG (**Certificate in Guidance**). Aadhar is also affiliated to **Course of Counseling and Guidance** by NCERT, and **Diploma in Guidance and Counseling** in Barkatullah University, Bhopal.

Some of the Ongoing Programs: These include the following:

- ❖ Antenatal Clinics: Pregnant women and their partners
- ❖ Neonatal Intensive Care Unit (NI CU) Graduate Program: For high risk newborns
- ❖ The Early intervention programme is particularly for children with developmental delays, physical, mental, speech problems, autism, ADHD, learning disability, and other special needs.
- ❖ School Readiness Programme: For children with mild to moderated disability. Mainstreaming in regular schools has been done for 25 children successfully as of now.
- ❖ School Clinic: For children with Academic difficulties. Aadhar is the only centre authorized by CBSE for certification of children with Learning Disability.
- ❖ Customized Counselling Program for Parents (CCPP)
- ❖ Psychological Counselling Cell
- ❖ Career Counselling Cell
- ❖ Life Skill Training Program
- ❖ Jeevan Aadhar
- Capacity Building and Training Programmes on Adolescent issues, Child Protection and Counselling Skills.
- Study Centre for IGNOU for master's course in Counselling and Certificate and Diploma courses in Child health, Nutrition, Counselling and Psychology.

MISSION

Reaching and empowering every child in need. It provides children a helping hand in crisis situation and to make them self-sufficient so as to handle their personal and educational problems by themselves in the future.

VISION

- Assist and aid the growth of every child into a healthy and socially responsible human being. It ensures that a child grows in an environment where he/she gets love, care and understanding for thereby laying "Aadhar" for a responsible citizen.

FOCUS

To help create opportunities for abiding success for all individuals across all ages, including those with special needs in order to achieve our vision for an empowered society that cuts across age, socio-economic status and people with intellectual, mental and physical

Strategic Focus to Accomplish the Mission

I. Serve as an Open Forum and Catalyze Action for Institutional Networking in Promoting the Prevention of Occurrence of Disabilities and their Effective Mitigation

- *Alliance building with key stakeholders that are close to the Focus Groups (Target Audience) and have similar or shared beliefs.* It includes the following: High Risk Newborns, Children with Severe Disabilities, Children with Learning Disabilities, Children and Adolescents with Behavioral Issues and Psychosomatic Conditions, Child Behavioral Concerns Arising in Families with Marital Discord and Other Related Issues; and Students for Making Correct Career Choices.
- Identifying Necessary Complementing Skills (Media, Social Research, Policy Analyses etc.) in securing shift from the paradigm of “disability” and “illness” to “neurodiversity” perspective resting on the premise of advocacy for autism rights.

II. Advocate for Access to Identification and Support Interventions for an Extended Outreach

- Data Analysis and Review
- Mobilizing large numbers of diverse supporters and/or reach many regions towards extending scope of services
- Develop and update Standard Service/Treatment Protocols.

III. Foster Research in Evidence-based Best Practices

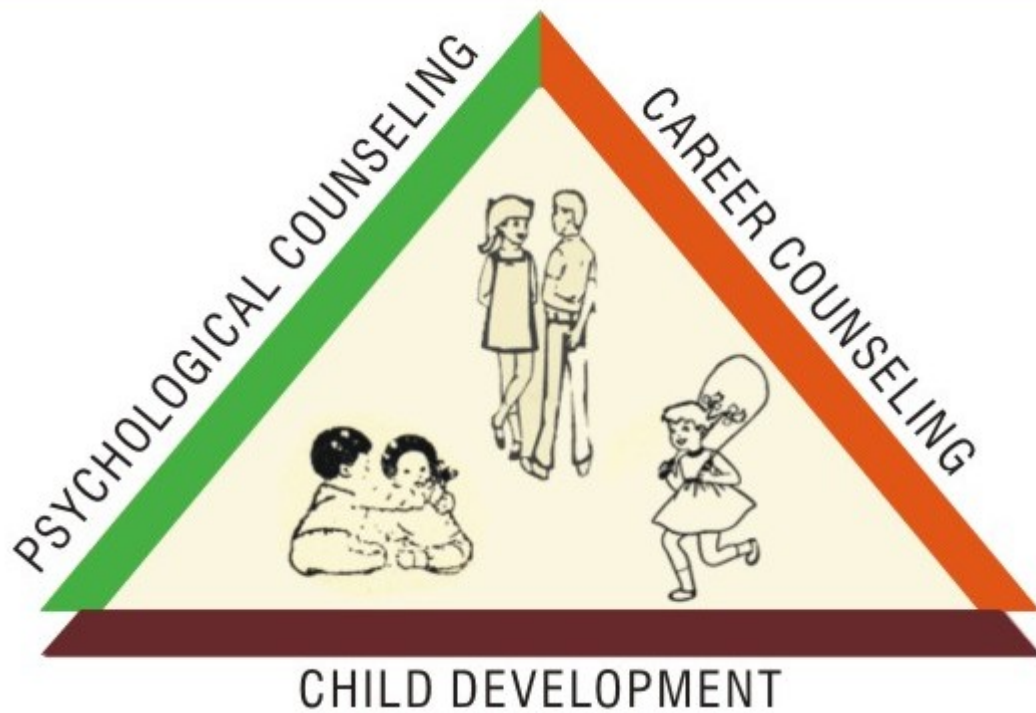
- Undertake Care Audit vis-à-vis Compliance with Current Research Evidence on Scientific Validation.
- Developing and Documenting Case Studies on Successes and Failures on Service Deliverance
- Cross-learning and Sharing Experiences

IV. Render Need-based Services

- Programme/Project Planning
- Creating the Critical Mass of Service Providers, Supervisors and Mentors
- Continuing Capacity Building of Service Providers
- Programme Monitoring and Evaluation



DIVISIONS OF AADHAR



CHILD DEVELOPMENT

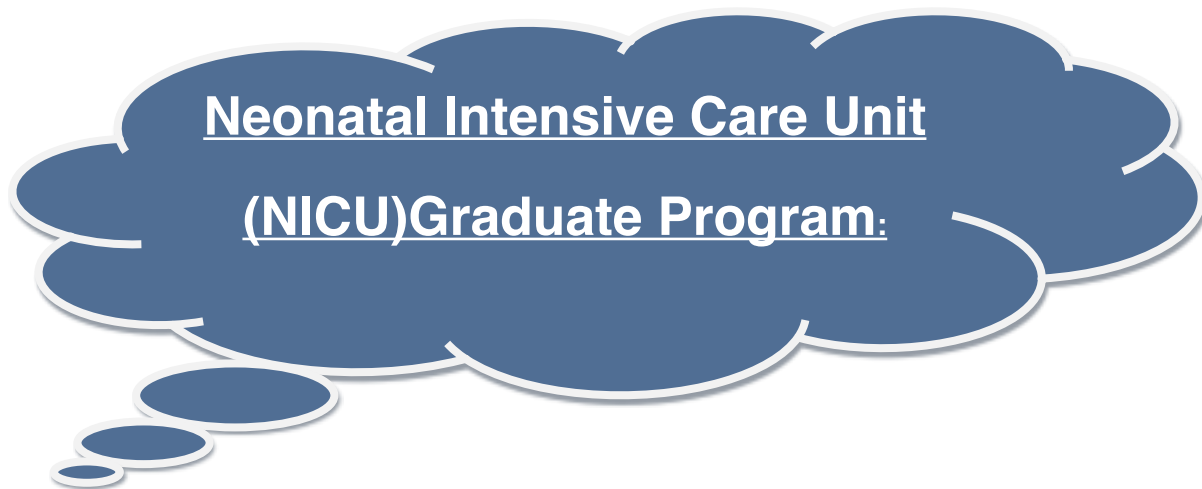


These are usually for first-time parents and help both partners get involved in the preparations for labour, birth and early parenthood. Aadhar has made a comprehensive capsule of 4 Specialists addressing couples in Antenatal clinic which is briefly as follows:

The Obstetrician who starts the session with taking the couple through the whole journey of pregnancy and the physical changes in the mother and the developing foetus; the Psychologist helps the mother and her partner to understand the emotional changes and how they can be tackled optimally; the Nutritionist who elaborates on the importance of diet, clears myths and suggests modifications to be made to ensure healthy mother and healthy child; The Neonatologist then goes into the details of handling the baby, feeding, care and answers the common queries and doubts. The success of this program is:

- Empowering the parents to look after themselves and the newborn optimally
- Health and well being of mother and child
- Promotion of Breast feeding, decline in Infection rate, immunization advice and care during illness.

- Significant reduction in Maternal Mortality rate, Neonatal Mortality Rate and Infant Mortality Rate.



Neonatal Intensive Care Unit
(NICU) Graduate Program:

The whole purpose of having expensive high technology NICU is defeated if there are no follow up services.

Improving prenatal 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. Numerous studies have shown that despite substantial improvements in the neonatal mortality, the incidence of chronic morbidities and adverse outcomes among survivors has not declined much. This highlights the need for a follow-up care service that would ensure systematic monitoring of the general health and neuro-developmental 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 (to improve the quality of care provided and for research purposes). Follow up services provide feedback for improvement of medical care in the NICU.

It is carried out 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 neurodevelopment abnormalities or visual or hearing impairment.

Follow up programs help to optimize health outcomes for NICU graduates

This programme is based on the research that compensatory mechanisms exists for all cerebral functions & the plasticity of brain is encouraged by stimulation & early intervention



The Early intervention programme is particularly for children with developmental delays, physical, mental, speech problems, autism, ADHD, learning disability, and other special needs. In this assessment is done by a multidisciplinary team comprising of a Developmental Pediatrician and therapists. An Individualized Education Programme IEP is formulated for each child and Special Education and other therapy given as per need. Prevention of behavioral and emotional issues through sponsored community efforts and parenting workshops is done. Mothers are empowered to train their children and be a partner in their child's growth.

School Readiness Programme

This programme is for children with mild disability. The main idea of this programme is inclusion and mainstreaming of every child in regular schools, therefore helping them overcome the trauma and social rejection, thus preventing alienation of these children from society.

The Right to Education and the ideology of Inclusive education has opened the doors of education for all students, but the ground reality is still very different. Children with special needs or Special children are still denied admission or with the changing scenario given admission in schools but not included in mainstream school. These children are seen as those who are neglected and left out, or bullied because of their different physical appearances or disability or speech impediments or mental challenges. These children are never fully assimilated because the teachers and caregivers are not aware of the strategy of teaching them. Thus they cannot cope up and are neglected or tormented more. In the under privileged sector, the blow to these children and their parents is manifold. These children become a burden on parents, teachers and society. As a result, they become school drop-outs and as they grow older, also get into anti-social activities. 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 program customized for each of them. On the basis of this classification, the tentative time-frame of mainstreaming these children can be initiated.



The team at Aadhar works on the principles of Multiple Intelligences and utilizes the different Learning styles and methods to teach these children with special needs. Research has proved that Inclusion for all children and Mainstreaming in regular schools is the key to assimilate all these children and make them a worthy part of society

This programme is being held with the specialized therapists' viz. Physiotherapist, Speech therapist and the special educator giving therapy on the basis of the IEP. The Developmental pediatrician assesses each child, formulates an IEP and continuously monitors the progress. Monthly meetings of the team and with parents are held to appraise the parents of the progress. Even after mainstreaming these children, they are assessed on a regular basis and support provided as and when necessary. The uniqueness of this program is that each special child is given therapy by specialized therapists and not school teachers.

Mainstreaming in regular schools has been done for 25 children successfully as of now.



Poor School Performance

Children with scholastic problems can be found in all schools, all over the country and beyond and at all age levels. The earlier we can detect these problems, the better for the child. Many problems in childhood and even in adolescence go unnoticed, only to manifest in later years. Often the child is held back in class in order to allow him to catch up with his peers. The students' along with his/her family may suffer from deep emotional scarring. It can have serious consequences including academic failure at school and consequent dropping out, depression, conduct disorders and even failed relationships.

Common reasons to scholastic backwardness are emotional problems; developmental problems also some age related issues, Learning disability, Children with borderline intellectual functioning and some neurological problems. So, a Multi-disciplinary approach is needed with Medical / Neurological examination, Vision, Hearing tests, Analysis of school reports, IQ testing, Educational assessment, and Counseling to resolve the issue of poor scholastic performance

Aadhar is the only authorized Centre by CBSE as Certification authority for learning disabled students for availing CBSE provisions.

The trained therapists and counselors of Aadhar Centre, being adept at handling similar situations are conducting Sensitization and Life Skills Training program for teachers and students in various schools of Bhopal and neighboring districts to address Poor School Performance in students particularly addressing Specific Learning Disability and other neurological problems viz. Autism, ADHD and emotional problems



Learning Disability Clinic



Aadhar is authorized by CBSE as **Certification authority for learning disabled students** for availing CBSE provisions. It is the only authorized centre in Madhya Pradesh. Aadhar 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 COUNSELING

Customized Counseling Program

For Parents



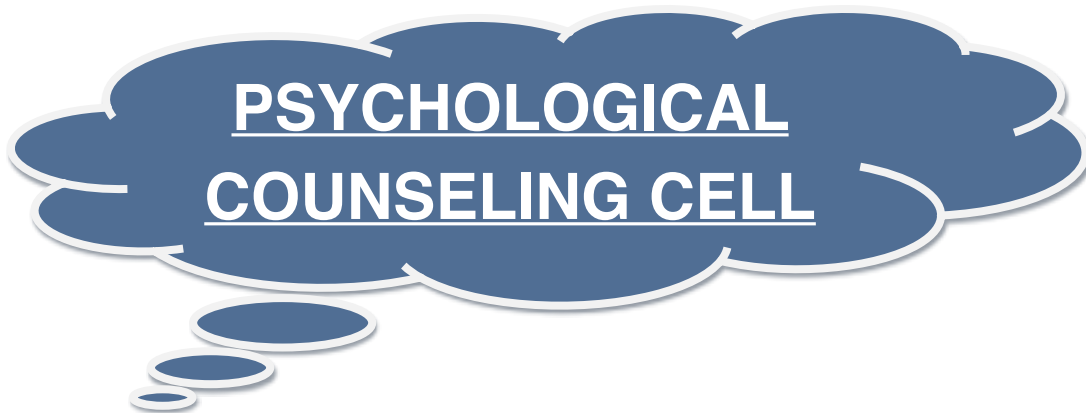


As part of Aadhar special school we run a training program for parents with special needs child. With the help of a team comprising of Developmental Pediatrician, Dr.Jagmeet Kaur Chawla , Consultant Psychologist ,Dr. Preeti Mathur assisted by Special Educators.



They assess the problem faced by parents and counsel them accordingly. 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 counseled once a month initially. Each quarter, group discussion with all parents of special need children is held. This session

continues for the sole reason that, special needs students and their parents need hand holding at every step of their life.



Aadhar is providing helping hand to persons in need through psychological counseling. We offer one to one counseling as well as group counseling session for children, adolescents, parents, and care takers to make them comfortable and empower themselves to resolve the issues in life and make their life better. Psychological counseling is also offered to persons with adjustment and psychosocial issues, educational problems, premarital issues and on life skills. Personal assessments of the client and testing if needed are carried out to help them in resolving issues. We are well equipped in psychological testing and different types of psychological therapies.

In addition to school students, we are also empowering out of school children and adolescents through our out- reach programs with ultimate goal of reaching to person in need and to empower them to deal with and resolve the issues which make life miserable. We also conduct Training program for budding counselors, teachers' mentors parents, and students on different psychological and life skill related issues.

CAREER COUNSELING

Career Counseling Cell



Career guidance and academic counseling is an integral part of Aadhar centre. It has been seeing a growing number of students as in the past year approaching for career counseling. Students are provided with the necessary tools to set career goals, and give them an understanding of the education and skills they need to meet their goals. With the continuous interaction of our career experts with students, parents and teachers of different schools of Bhopal, the most encouraging changes being brought in our system is that they have started thinking of choosing their careers according to their passion. This trend is definitely going to bring fantastic results where we have every student on the verge of his/her career being in a position to actually CHOOSE and do what he/she likes. Class 10th onwards students are accompanied by their parents to undergo career counseling. Our Career counselors help the students in clearing their confusion by using standardized psychometric tests. These

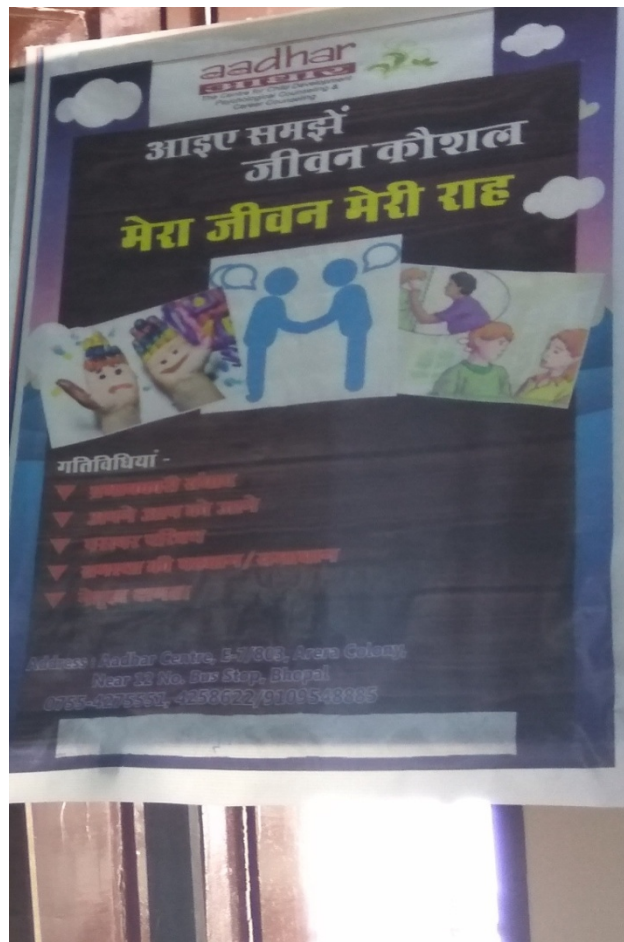
tests are reliable and valid instruments which are used worldwide to gather data. Testing and assessment help both the psychologist and the client to determine the nature and extent of his or her strengths and weaknesses and the best. It also guides the counselor to make an unbiased assessment. Many career workshops are conducted in schools, colleges and other forums to create awareness and impart information on various career options





Life Skill Training Program

Life skill training program is already showing its impact by turning classrooms into child friendly spaces, where there are no barriers between the teachers and students. While the training is helping the teachers to enhance their effectiveness in classroom transactions, it is also turning the children into independent thinkers, having the capacity and competencies to learn and grow on their own terms.



Targeted Service Recipients

Children and adolescents having developmental, emotional, learning and behavioral problems are the prime recipients of Aadhar's integrated and multi-disciplinary set of care and support services. These services comprise a range of differentiated individual-centric interventions include:

- Inter alia, securing efficacious Ante Natal Care (ANC),
- Early Childhood Care and Development (ECCD),
- Psychological Counselling and Support for children 5 to 9 years, adolescents of 10 to 14 years and 15-19 years,
- Career Counselling for the young adults upwards and special counseling for persons afflicted with stress and emotional distress. Thus, Aadhar reaches out to meet special needs of people across all ages.

Aadhar Team

Aadhar's 'Health Plus Team' includes

- Developmental Paediatrician for taking care of children from the foetal stage to 5 years and empowering the younger parents.
- Obstetrician,
- Psychologist,
- Nutritionist and
- Neonatologist

Aadhar's 'Special Care Plus Team'

- Clinical Psychologist,
- Physiotherapist,
- Speech Therapist,
- Occupational Therapist,
- Special Educators,
- Career Counselors and general Counselors,
- Educational Experts,
- Nutrition Specialist and
- Yoga Expert who address the special care needs of individuals from the age 5 years onwards.

The two teams comprise professional experts from amongst the Core Team as well as those from the Resource Pool. The Core Team includes the following:

1. Dr. Jagmeet Kaur Chawla
2. Dr. Anupama Maheshwari
3. Dr. Preeti Mathur
4. Ms. Kalpana Parihar
5. Ms. Deepali Kekre
6. Ms. Raksha Vighne
7. Ms. Sheela Verma
8. Ms. Pushpa Negi
9. Ms. Renuka Tiwari
10. Ms. Lata Jeswani
11. Ms. Priyanka Rajput



Services of the Resource Pool Experts across the range of disciplines are drawn upon as per the need. The following are a few of the Resource Pool Experts who are aligned with the Aadhar's mandate and service dispensation:

1. Ms Nidhi Sahu
2. Ms Geetanjali Jha
3. Ms Kavita Tamhaney
4. Ms Roli Mishra
5. Mr Lokesh Sonpure
6. Ms Aparna Thatte

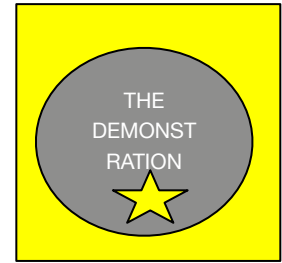
The total human resources strength at Aadhar is 101, with 21 people working full time and rest in part time.

Activities being undertaken by Aadhar

Experts from Aadhar are associated with many *government and private organizations* as *Life Skills Trainers, Expert Faculty and Counselors*. These include:

PRIVATE SCHOOLS





GOVERNMENT SCHOOLS



MODEL HIGHER SECONDARY SCHOOL
आदर्श उच्चतर माध्यमिक विद्यालय

SOUTH T.T. NAGAR, BHOPAL - 462 003
(Run By Board of Secondary Education, M.P. Bhopal)



OLD
CAMPION
SCHOOL

DAM KHEDA
GOVT
SCHOOL

SULTANIA
SCHOOL

AKBARPUR
SCHOOL

RAJA BHOJ
SCHOOL

SHAHJAHANABAD
SCHOOL

INSTITUTES



राज्य शिक्षा केन्द्र, मध्यप्रदेश

Enewsmp.com



**Ministry of Women and
Child Development**

ADMINISTRATIVE
ACADEMY

MPIHT

Non Government Organisations



**AARAMBH
BHOPAL**

ISO : 9001:2008 Certified NGO



workshops

MENSTRUAL HEALTH HYGIENE

Training program at Sewa Rural, Jhagadia

Three day orientation Training program from 26th April 2017 to 28th April 2017 on counselling skills was conducted at Sewa Rural Jhagadia Distt Bharuch Gujrat .

The vision of the training program was to empower the team of eight people to run Adolescent Helpline which is supposed to cover all adolescent issues of Gujrat and other states. Dr Preeti Mathur of Aadhar facilitated the training program.



Training program at Budhni

A 2 day training Program for Ground workers was held on 17th and 18th of May 2017 at Budhni. Around 48-50 participants including Aanganwadi workers, Madhya organization workers and Supervisors attended this training. The Resource person for the day was Dr Jagmeet Kaur Chawla from Bhopal who is Adolescent Ambassador and Expert in the subject of Menstrual Health Management.



COUNSELING SKILLS TRAINING

Institutions

Dr Anupama Maheshwari and Dr. Preeti Mathur conduct programs for training of upcoming counselors in various institutions of Bhopal. Some of these institutions include:

- Regional Institution for Education (RIE)
- Barkatullah University (BU)
- Indra Gandhi National Open University (IGNOU)

Counseling skills workshop

Ten Days counselling skills workshop was organised for the budding professionals in the field of counselling from 27th November to 7th December 2017. The vision of the training program was to empower counselling professional with necessary skills. Dr Anupama Maheshwari facilitates the training program. The main focus was on counselling, do and don't in counselling, process and types of counselling and important skills needed to be an effective counsellor.

CAREER COUNSELING WORKSHOPS

Aarambh society

A one day career guidance workshop was organised for youth group of AARAMBH society on 23rd May 2017. Total 25 adolescent and young participants (both gender). in the age group of 16-24 years attended this session. The main focus of the workshop was to provide information about opportunities after 10th and 12th standard, various professional courses, available online courses and the like.

Sagar Public School, Gandhi Nagar

An interactive seminar was conducted on the topic **Positive Thinking & Success** by Dr. Jagmeet Kaur Chawla for Classes VII, VIII & IX at SPS Gandhi Nagar.

Dr. Chawla also emphasised on higher order thinking skills and how they affect one's life and success. The seminar was interesting and informative with active participation of the students.



Career counseling at Akashvani

On 3rd November 2017, Dr. Anupma Maheshwari conducted a career counseling session at Akashvani.

St. Mary's Academy

On 18th November 2017 Dr. Anupma Maheshwari, Career counsellor and life skills Trainer took a session on “How to choose careers” for students of class 10th of St. Mary's Academy, Saharanpur.

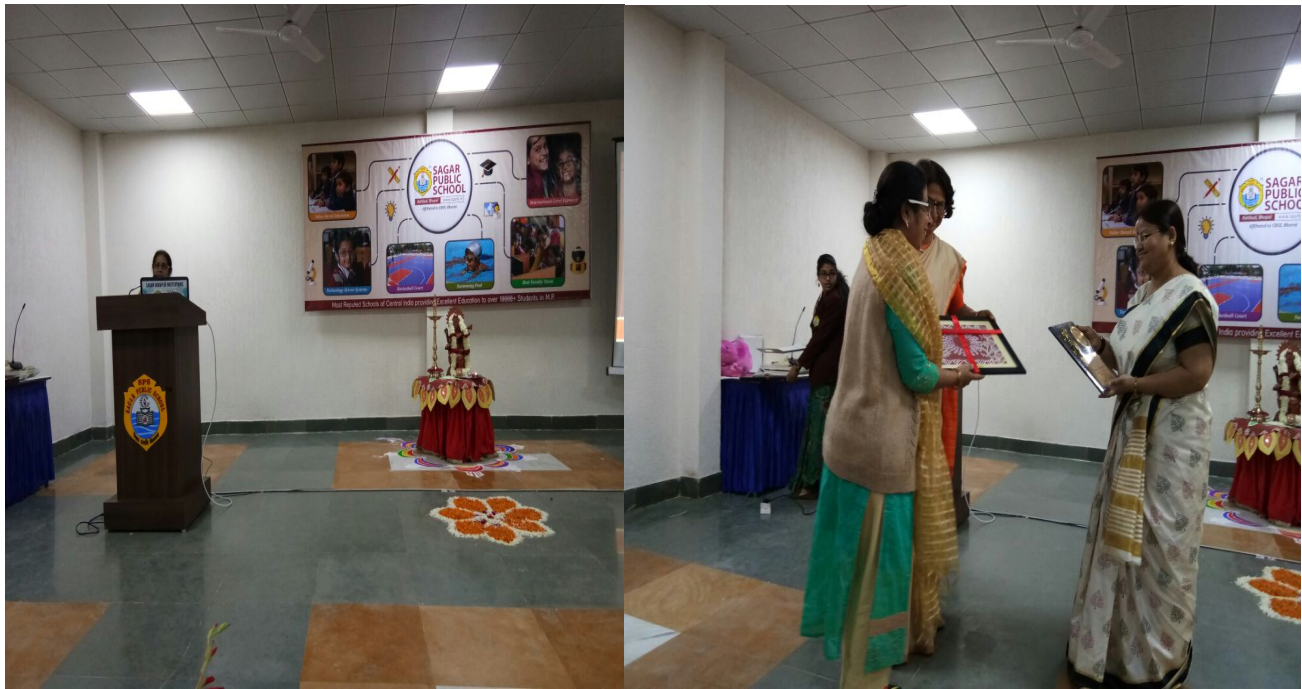
Career Day at Eastern Public School

A Career Day event was organised by Eastern Public School on March 12th, 2018 to emphasize and make students aware of all the career opportunities in various fields. Dr. Anupma Maheshwari a career counselling expert discussed the crucial importance of understanding yourself to match the most suitable career that you can surely succeed in.

SESSIONS FOR PARENTS

Parenting session at SPS, Ratibad

Sagar Public School Bhopal inaugurated its 4th branch on 27th November at Ratibad with a grand function and sessions on Parenting by Dr. Jagmeet Kaur Chawla and Ms. Noorjehan. The sessions were followed by open house interaction of parents.



Parenting session at SPS, Rohit Nagar

Sagar Public School Rohit Nagar organised a session on Parenting in their school on 17th Dec 2017. Dr Jagmeet Kaur Chawla, Developmental Pediatrician and Director of Aadhar Centre was invited as Chief Guest and main speaker for this session. She took the parents on a trip from the start of a child's life to the formative years, school life and adolescence. She beautifully explained the various growth and development stages and problems which could be associated with development along with healthy food habits in a lucid manner. Dr Ritu Nanda, Psychologist then took a session on behavioral issues of children. Following the sessions the house was opened for interaction which was very participative, interactive and animated.



SESSIONS FOR TEACHERS

Stop Labeling Start Enabling

Dr Jagmeet Kaur Chawla took a session for parents and teachers of Aryavart School, Arera Colony on 25th Nov 2017. The session was aptly named **“Stop Labeling Start Enabling”** as it was on Growth and Development of children emphasizing on how to understand normal growth and development and what is developmental delay.

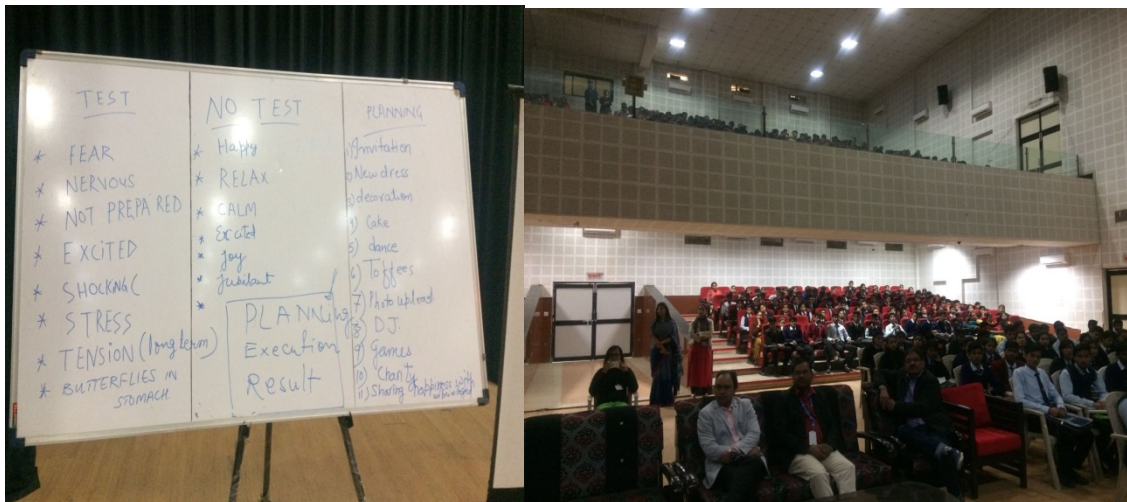


SESSIONS RELATED TO EXAMS

Model School, Bhopal

Model School Project on Positive Parenting and Counseling started with the 1st workshop for students of class 10th and 12th on Thursday 4th Jan 2018. Dr. Jagmeet Kaur Chawla took the session on “Exam Phobia”. She discussed about the causes of exam phobia backed up by scientific reasons.

To sum up the delirious effects of exam phobia, 3 case studies were presented highlighting cheating, psychosomatic problems and suicidal tendencies unfortunately leading to suicide in some cases.



CONSULTATIVE WORKSHOP

A consultative workshop on “Dissemination of key findings of Adolescent Empowerment to inform development of critical adolescent intervention in the State” was held at Hotel Jehan Numa Palace on 28th February 2018.

STUDY CENTRE



Study centre code –
15100D

Aadhar is a Study centre of IGNOU for the following courses

- MSc Counseling And Family Therapy(M.sc.CFT) under school of disabilities.
- Diploma in Nutrition and Health Education (DNHE)
- Certificate Course in Food and Nutrition (CFN)
- Certificate In Guidance (CIG)
- Certificate Course in Nutrition and Child Care (CNCC)



EXPOSURE VISITS

IPS students

An Exposure Visit to Aadhar Centre was scheduled for Class 12 students of Humanities stream who had opted for Psychology as subject from International Public School Bhopal. Around 19 students accompanied with their Psychology faculty Ms Anjali reached Aadhar Centre on 9th Nov 2017. They were introduced to the Directors of Aadhar Centre Dr Jagmeet Kaur Chawla and Dr Anupma Maheshwari who briefed them about the working of Aadhar Centre- and answered their numerous queries regarding counseling, children with special needs and career counseling.





NEW INITIATIVES

Hum Sath Sath Hai

Hum Sath Sath hai: A new initiative by Aadhar Centre was launched on 7th Jan 2018. This is a group formed of the siblings of children with special needs with the aim to give them a neutral nonjudgmental platform to air their opinions, concern and share their thoughts.

Ms. Deepali Kekre Special Educator of Aadhar Centre organized the first session which started with 5 children

Counselors Forum

Aadhar is providing hand holding to teachers and counselors to help the students in need . A forum is established in 2009 with 7 teachers and counselor and now it is increasing day by day. In this forum we provide help by organizing free workshops on different issues of students. In this forum teacher counselors discuss their problem and sort out the methods to solve them with the help of professionals.



1. CROMP
2. Child Right Alliance
3. Jagran Lakecity University, Member of Board of Studies
4. Counselors Forum, Bhopal
5. Bhopal School of Social Sciences, Member of Board of Studies
6. Adolescent Chapter of Indian Academy of Pediatrics
7. Neurodevelopment Chapter of Indian Academy of Pediatrics
8. International Developmental Pediatrics Association

EVENTS

World Autism Day

Aadhar Centre, the Child Welfare Organization celebrated World Autism Awareness Day on 2nd April, 2017 for the 4th successive year in a grand function at Amer Bakery Hut Link Road no. 1. This event was supported by Composite Rehabilitation Centre (CRC) and The National Trust working for welfare of the disabled. The highlight of this year's function was cultural performances by the differently abled children of Aadhar and theatrical performance by Kaafila Theatre Group. The main objective of this event was to help increase and develop knowledge of children with Autism and also as to how this should not be viewed as a disability but a different ability.



ORGANIZED BY:



SUPPORTED BY:

 & **CRC**

EVENTS:

- Cultural Events
- Theatrical performance by Kaafila Group.

TIMINGS:

- From 4:30 PM TO 7 PM

VENUE:

- Amer Bakery Hut, Link Road, Bhopal.





Summer Camp

Aadhar organised a summer camp from 1st to 15th May 2017 to encourage children to take part in extra curricular activities .

Kids summer camp
with Aadhar

Hey! Now you have awaited noons, Twinkling thoughts time to groom, Keep running and Sweating in the retiring rooms, Making Sure a little bud shines and blooms.

RS.1000
Per Activity
FOR ALL AGE GROUPS

ACTIVITIES:
★YOG
★DRAMA/DANCE
★ART & CRAFT/DRAWING
and many more exciting games...!!!

MAY 1- 15 2017
15 DAYS CAMP FUN

Timings: 9am-12noon
9am-10am: YOG
10am-11am: DRAMA/DANCE
11AM-12Noon:CRAFT/DRAWING

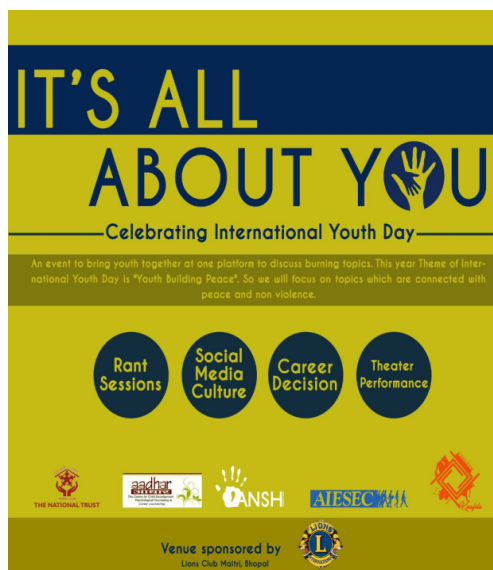
At E7-803 ARERA COLONY
CONTACT:
0755-4275551
9109548885

For more info Visit us: www.aadharcentre@gmail.com

PosterMyWall.com

International Youth Day

On 12th August 2017, Aadhar celebrated International youth Day. The event started with a fun game followed by an interactive session. The purpose of this rant session was to let the youth bring out their pent up frustration in an impassioned way. Thereafter, a theatre performance by 'Kaafila' threw light on the epidemic of loss called 'youth suicide'. The act highlighted the mental state of sheer helplessness which often pushes youth into taking the terrible step of ending their lives. In the end there was a short session on Career decision by Dr. Anupama Maheshwari where she reflected on the fact that youth often take wrong decisions in lack of guiding services and proper counseling then struggles hard to make through it.



Janmashtami celebration

A day before the celebrations started, Aadhar Centre was abuzz with feverish activities, since all had planned to do something different this year. True to the tradition a multi faceted Tableau "Jhanki" was planned, complete with tiny animals, roads, trees and the jail in which Krishna was born.

The sight of Krishna along with his parents Devki and Vasudev in the JAIL, was the piece de resistance as is said in French for the gathering present.

The parents, teachers, therapists, Directors and above all the children joined in the fun and made it a joyous occasion. The day ended with distribution of sweets, fruits and toffees for everyone present.



Aadhar's Birthday

The children, their parents, therapists and staff were all present to celebrate the 12th Birthday of Aadhar at its premises. The hall was festooned with banners, balloons and paintings. The children were prepared to perform to a few songs, the staff sang and a few parents narrated their emotional, physical experiences with Aadhar.



International Day of people with Disability

On 3rd december Aadhar centre celebrated disability day with a seminar organised for counselors , teachers, and principals of various schools of Bhopal. It was a well attended seminar with about 30 participants. Dr. Jagmeent Kaur Chawla started the seminar with a warm welcome and gave a presentation on “Every child is Special”.

All the participants were taken on a visit to the various facilities of Aadhar including the therapies, equipments and the methodology of work being done. In the end Dr Anupma Maheshwari extended the vote of thanks.



Lohri Celebration

Aadhar Centre celebrated Lohri with their children, staff and parents on 12th Jan 2018. The members of I Clean Bhopal were invited as guests for this occasion. The atmosphere at the centre was electrifying with students, teachers in their colorful traditional outfits and foot tapping loud Punjabi music reverberating in the background. The children, staff and guests went around the symbolic fire and one and all got into the mood and shook a leg to the music.

The team of IClean was felicitated with mementos and certificates in appreciation of their work for Aadhar.

PRESENCE IN MEDIA

सोशल मीडिया पर खुश, पर जिंदगी में संघर्ष

हरिमूमि न्यूज ॥ गोपाल

अंतरराष्ट्रीय युवा दिवस के अवसर पर अंश, आधार और आईसेक्ट के तत्वावधान में शनिवार को गांधी भवन में एक कार्यक्रम का आयोजन किया। जिसमें करीब शहर के विभिन्न कॉलेज से 120 युवाओं ने हिस्सा लेकर एक दूसरे परिचय प्राप्त किया। कार्यक्रम में करियर काउंसलर अनुपामा माहेश्वरी ने युवाओं को उनके आने वाले भविष्य के लिए मार्गदर्शन दिया और उनकी रोचक परेशानियों का हल बताया।

पीडब्लूडी के बच्चों ने किया रैपवॉक: कार्यक्रम में पीडब्लूडी के बच्चों ने म्यूजिक पर रैपवॉक करते हुए कार्यक्रम में चार चांद लगा दिए। अंत में सभी युवाओं ने एक साथ डांस करते हुए अंतरराष्ट्रीय युवा दिवस का जश्न मनाया।

- 120 युवाओं ने मनाया अंतरराष्ट्रीय युवा दिवस का जश्न
- युवाओं को बताई उनकी रोचक परेशानियों का हल



नाटक से दिया संदेश

कार्यक्रम में काफिरला गुप वे 15 मिनट के एक नाटक से संदेश दिया है कि हम अपनी परेशानियों को जितना ज्यादा शेयर करेंगे उतनी जल्दी परेशानों से बाहर निकल जाएंगे। फेसबुक पर हम जब कोई संदेश शेयर करते हैं तो लोगों को लगता है कि उस व्यक्ति को कोई परेशानी नहीं है, लेकिन वह अपनी परेशानियों को छुपाकर अपनी खुशियों को ही सबको दिखाता है। इस सत्र में युवाओं के प्रश्नों के उत्तर शक्तिज्ञ वरुण नामदेव ने दिए।

Parents counseling session organized at Sagar Public School

Chronicle Reporter, Bhopal

Sagar Public School, Ratibad Campus is the new addition in Sagar Public School which will begin its operations for year 2018-19. A parent counseling session was organized for parents showcasing the Ratibad campus.

Sagar Public School Ratibad campus has lush green gardens with a vibrant atmosphere for learning and a faculty rich in talent and experience. The CBSE affiliated school, strives to teach its students to celebrate tradition, peace, harmony and humanity. The school offers teaching and learning in a caring and purposeful environment where the teachers groom the child's mind, body and spirit with a holistic approach.

Personalized learning honors each student with state-of-the-art facilities, hands on tools, latest computer systems and programs etc support the basic efforts to integrate the curriculum with technology.

Tata Edge is another step in this direction for a smart classroom for the smart child. The campus also offers activities based learning which makes children active and smart yet nurture their talent and groom the intellect to be an unique SAGARITE.

Unlike other campuses, Ratibad campus too, will also have SPS ASPIRE - A specialized programme which integrates resources and experts, celebrities from various fields such as art, dance, film, music, sports, media, science and technology are invited to the school to motivate students, open their minds and add avenues for exploration.

The campus is equipped with world class sports infrastructure which comprise of Football, Cricket, Basketball, Tennis, Swimming and other games ensuring holistic development of mind, body and soul. The campus also offers customized transport facility which is supported and assist-



ed by trained drivers and assistants employed by the school duly verified by the Madhya Pradesh Police Department.

All vehicles are equipped with GPS tracker and CCTV surveillance to ensure compliance laid for a safe, comfortable travel with an own fleet of transport. The campus also of-

fers mess facility which comprise of well equipped clean kitchen with latest equipments. Dieticians plan nutritious palatable, hygiene and balanced diet for all the Sagarites, is cooked by trained chefs maintaining perfect hygiene and cleanliness to inherit eating habits and groom table

manners. The session began by seeking blessings of 'Maa Saraswati' followed by lightening of ceremonial lamp by Sudhir Agrawal Chairman, Sagar Group along with few parents. Addressing the parents Chairman said that, "It is my honor to welcome you all at the Ratibad campus of Sagar Public School.

Our aim is to develop the spiritual minds of students by fostering moral qualities for a good human being to build the nation. We will continue with our efforts each day for our mission. Ratibad campus of Sagar Public School will add value and will serve the communities around it with quality education."

The counseling session began with a welcome note from K K Dubey, Director, Human Resource Department, Sagar Group who guided parents and said that "Children require emotional support from parents and counseling support from teachers.

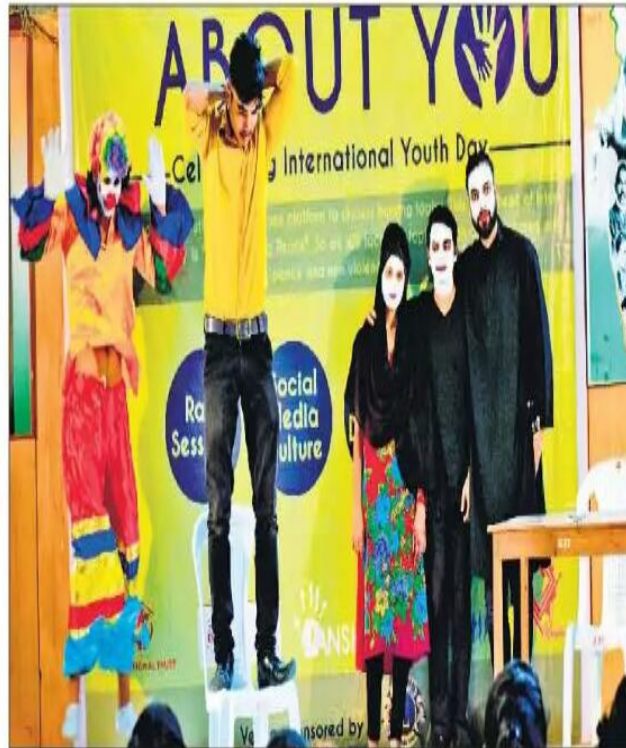
YOUTH DAY

Interactive sessions mark programme based on 'youth building peace'

Team Absolute | Bhopal
connect@absoluteindianews.com

International Youth Day 2017 is dedicated to celebrating young people's contributions to conflict prevention and transformation as well as inclusion, social justice, and sustainable peace. This year's theme was 'Youth Building Peace'. The day is celebrated across the globe and youngsters in Bhopal also organised a day long programme at Gandhi Bhawan. The programme was a collaborative effort of Ansh Happiness Society, Aadhar and AIESEC. The event started at 10 am with huge set of spectators around. It involved a series of performances ranging from speaking sessions to rant session and Jives activity.

Programme started with the interactive-cum-introductory session of youngsters where they asked each



other's name and hobby which was followed by physical activities and games. After every session there was rant session specially designed for the youth. They shared their problems and pent up their feelings in front of all. Ramp walk was another

charm of the programme where different kinds of walks were done by the youths. Anupama Maheshwari from Aadhar talked about career related problems and asked youngsters to contact Aadhar for any problem. The programme ended with

Play focuses on problems faced by youngsters

Kafila Theatre Group gave a special performance on this day and around 12 budding theatre artists acted and raised awareness about problems faced by youngsters. The performance moved the audience to tears. The actors presented a beautiful theme like consequence of a suicide. Also they give a message that we should speak instead of keeping our mouth shut. Our parents will always be there for us so we should speak.

the Jives performance of AIESECers where they shook their leg with the audience on different Bollywood numbers.

