



Aadhar Gyan Dhatri Samiti

Annual Report 2014-15

Aadhar Gyan Dhatri Samiti is a non-profit organization working in the city of lakes Bhopal (Madhya Pradesh) since 27th September 2004. It is a Child Welfare Organization formed by Doctors, Therapists & Professional Counselors and is devoted to assist and aid in 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, 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 Pediatrician, Clinical Psychologist, Career Counselor, Counselors, Special Educators, a Physiotherapist, Speech Therapist, Occupational Therapist, Nutrition Specialist, Educational Experts, and Yoga Therapist who have been trained and are experienced to work with such children and their families.

Our Mission

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

Our Vision

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/she gets love, care and understanding, thereby laying the “AADHAR=base” for a responsible citizen.

Aadhar Centre mainly handles Child Development, Psychological Counseling and Career Counseling issues related to children and adolescents. 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 19years.

Aadhar Centre also helps students with their career selections as and when needed. It also provides counseling and training facilities to their families.

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

Aadhar runs an integrated pre-school education program for children with developmental disabilities. The resource room is located in our premises and has the capacity to train 40 children with special needs at a time. We intend to extend this program to more schools in order to promote a model of inclusive education.

The training provided at Aadhar School is highly structured. Every child, together with inputs from their parents, is assessed on the basis of a functional curriculum, which incorporates various areas such as communication, socialization, gross and fine motor skills, pre academic concepts and imitation skills. The results of these assessments 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 then discussed with the parents and a copy is given to them. Regular activities at Aadhar School are planned according to a daily schedule which have items such as morning assembly, circle time, IEP time, free play, exercise and break time. Parent-teacher meetings are held every week 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 catering to individual needs of every child.

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. During the week, our preschoolers enjoy art and fun activity classes that promote integration, creativity, language development & socialization.


LIFE CYCLE HOLISTIC APPROACH OF AADHAR:

Aadhar School Readiness Program



The Centre For Child Development & Psychological Counseling

Aadhar School Readiness Programme

<p>This School is for children</p> <ul style="list-style-type: none"> ● 1. Age- 2 to 10 years. ● 2. Children with Mental Retardation , ADHD, Autism, Cerebral palsy. ● 3. Children with Speech and Hearing Impairments. ● 4. Children with Physical and Health Problem. ● 5. For high risk Newborns or newborns with prematurity birth asphyxia convulsion etc. 		<p>Therapeutic Intervention Programme by</p> <p>Developmental Paediatrician</p> <ul style="list-style-type: none"> - Development Assessment - Physical Assessment - Medical Assessment
<p>Our Strategy</p> <ol style="list-style-type: none"> <li style="background-color: purple; color: white; padding: 5px;">1. Assessment. <li style="background-color: blue; color: white; padding: 5px;">2. Individualized Educational Plan. <li style="background-color: green; color: white; padding: 5px;">3. Applied Therapy <li style="background-color: orange; color: white; padding: 5px;">4. Parents meeting <li style="background-color: red; color: white; padding: 5px;">5. Monthly Review <li style="background-color: pink; color: white; padding: 5px;">6. Home Based Program 	<p>School Timing</p> <p>1st Shift - 10:30am to 1.30pm 2nd Shift - 2:00am to 5.00pm</p> <p><small>Facility for individual sessions also available on demand For more Details Visit Our Website www.aadharcentre.org</small></p>	<p>Special Educator</p> <ul style="list-style-type: none"> - Personal - Social - Academic
		<p>Occupational Therapist</p> <ul style="list-style-type: none"> - Sensory Integration Therapy - ADL Training - Hand Writing Assessment
		<p>Speech Therapist</p> <ul style="list-style-type: none"> - Delay Speech & Communication - Misarticulation & Dysarticulation
		<p>Physiotherapy</p> <ul style="list-style-type: none"> - Physical Development - Range of Motion - Power, Reflexes and Tone
		<p>Counselor</p> <ul style="list-style-type: none"> - Counseling of Parents - Behavioral Therapy

Contact us at :- "Aadhar" The Centre For Child Development & Psychological Counseling Ph. - 0755-4275551
E7 HIG 405, Arera Colony, Near 1100 Hanuman Mandir Opp. Dr. Gajendra Chawla Eye Clinic, Bhopal Timing : 10am - 5pm

Customized Counseling Program for Parents (CCPP)

Aadhar School, apart from other activities, also runs a Training Program for parents with special needs children. This is run with the help of a team comprising

of a Developmental Pediatrician, Dr. Jagmeet Kaur Chawla and a Consultant Psychologist, Dr. Preeti Mathur. They are in turn assisted by Special Educators.

They assess the problems 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 Learning Disability Clinic

Aadhar is authorized by CBSE as **Certification authority for learning disabled students** to avail 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.

Aadhar Adolescent Clinic

The Aim of Aadhar Adolescent Clinic is towards sensitization of Youth about changes during Puberty, to help adolescents to overcome their emotional, academic & behavioral problems and to help them in choosing stream and in career selection.

Aadhar Centre conducts in house & out house counseling which includes both Personal counseling and Career counseling. To sensitize them about changes during puberty, various workshops, orientation programs, talk shows and life skill training programs are conducted in a child friendly environment through a multidisciplinary approach.

Aadhar is also providing a helping hand to persons in need through psychological counseling. We offer face to face counseling as well as group counseling sessions for children, adolescents, parents, and care takers to empower them, so as to be able 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. Aadhar Centre is well equipped in psychological testing and psychological therapies.

In addition to school students, we are also empowering out of school children and adolescents through our Out-Reach Programs with the ultimate goal of reaching persons in need and to empower them to deal with and resolve the issues which make life miserable for them.

Aadhar Centre also conducts Training programs for budding counselors, teachers, mentors, parents and students on various psychological and life skill related issues.

Career Guidance and Academic Counseling is an integral part of Aadhar Centre. As proof of its utility, students approaching Aadhar Centre for Career Counseling, has grown by leaps and bounds. 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 in life. 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 every student, on the verge of his/her career, would be in a position to actually CHOOSE and do what he/she likes.

Students of 10th Std. onwards are accompanied by their parents to undergo Career Counseling. The Career Counselor helps 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 helps guide the counselor to make an unbiased assessment and suggest appropriate remedial measures for best results.

Many Career Workshops are conducted in schools, colleges and other forums to create awareness and impart information on various career options.

JEEVAN AADHAR- ADOLESCENT HELPLINE, BHOPAL

To address the need to implement Adolescent friendly Reproductive and Sexual Health Counseling services, a helpline was established at district level in JP HOSPITAL Bhopal , in collaboration of NRHM Bhopal and CMHO , Bhopal,

Madhya Pradesh. The aim was to fill the huge gap in information related to reproductive sexual health, contraception, pregnancy, infant and child health related issues and availability of reliable information on these issues.

The overall objective of the process was to provide a helping hand to adolescents in the special needs and to empower them through counseling skills so that they are better equipped to respond to their needs more effectively, efficiently and with greater sensitivity.

Jeevan Aadhar is an Adolescent Helpline and counseling cell caters mainly to adolescent section of the population, to provide reliable and confidential information on ARSH issues. The services, however, do not substitute for the services of a qualified doctor. Here we provide Psychological Counseling, Educational Counseling, Sexual and Reproductive Health Counseling, Vocational Counseling, Nutritional Counseling and Life Skill related Counseling, telephonically as well as through face to face counseling at the toll free no. 1800-233-1250. The timing is 8 am -8pm, all working days except national holidays.

Aadhar Gyan Dhatri Samiti is looking after the HR part. The team comprises of Project Director, Counselor –in- Charge, 2 Project Coordinators, 6 project associates and 2Office Assistants. The entire team is well qualified and trained by professionals.

COMPILED REPORT OF CALLS RECEIVED at JEEVAN AADHAR

(FROM 1ST APRIL 2014- 31MARCH 2015)

The Helpline started working at district level but we have been catering to calls from whole of MP as well as all over India. It is proposed to make it a state level helpline. Although the Helpline was started for adolescents only, the Helpline has been getting calls from people in the age range of 10-58years. Till September 2014 we were receiving calls in hundreds but the initiative taken by the Chief Secretary, regarding exhibiting helpline number in all 50000+ Gram Arogya Kendra across all the districts, has helped a lot in increasing the number of calls at Helpline .

Table 1-Total number of calls received at helpline from 1st April 2014 to 31st March 2015.

Total calls	23286
-------------	-------

Males	16647
Females	4250
Blank calls	2389

Table 2-Caller Details on the basis of age and sex

Age	Male unmarried	Male married	Male total	Female unmarried	Female married	Female total
10-14	217	0	217	131	0	131
15-19	10357	47	10404	2330	33	2363
20-25	4462	214	4676	915	187	1102
26-30	598	322	920	138	209	347
30+	102	618	720	41	237	278

In the age range of 10-19 years, the Helpline received calls from 10621 males and 2494 females.

Table 3- Counseling details-based on focus area

S.No.	Area	Male	Female	Total
1	Nutrition	1185	801	1986
2	Skin	480	153	633
3	Premarital	30	443	473
4	Sexual	2105	44	2149
5	Contraception	465	66	531
6	Abortion	4	18	22
7	RTI/STI	376	116	447
8	Substance abuse	1	32	33
9	Learning Problem	795	109	904
10	Stress	1381	281	1662
11	Depression	103	176	279
12	Suicidal	43	40	83
13	Violence	2	3	5
14	Sexual abuse	4	14	18
15	Educational	3498	807	4305
16	Career	2879	612	3491
17	Personal	3318	917	4235
18	Reproductive health	480	263	743

19	General health	1021	359	1380
20	Growth	636	134	770
21	Other mental health	5	7	12
22	Others	2099	647	2746

Clients in Helpline for face to face counseling

There is provision for face to face counseling at Jeevan Aadhar Helpline for adolescents

From April 2014 to March 2015, 186 clients registered in the clinic with different psychological issues. A total of 1661 clients approached Helpline for Face to Face Counseling.

Table 4 – Focus Areas of In-house counseling

	Area of Counseling	Male	Female	Total
1	Suicide prevention	54	18	72
2	Premarital counseling	16	9	25
3	Career	49	4	53
4	Behavioral issues	19	7	26
5	Poor scholastic performance	7	3	10
	Total	145	41	186

Suicide is one of the most preventable forms of death. Majority of the time, youth who attempt suicide have given definite signs or talked about suicide. The key to prevention is recognizing the warning signs and knowing what to do to help. Jeevan Aadhar Helpline has helped 72 clients to give up the thought of suicide. It is observed that most of the suicidal youth don't want to die, they just want their pain to end and taking their own life may seem to them as the only option. Talking about suicide provides them an opportunity for communication and search for better options to live life happily.

In Premarital Counseling those young couples were helped who were going to get married very soon. They came with lots of apprehensions and queries regarding

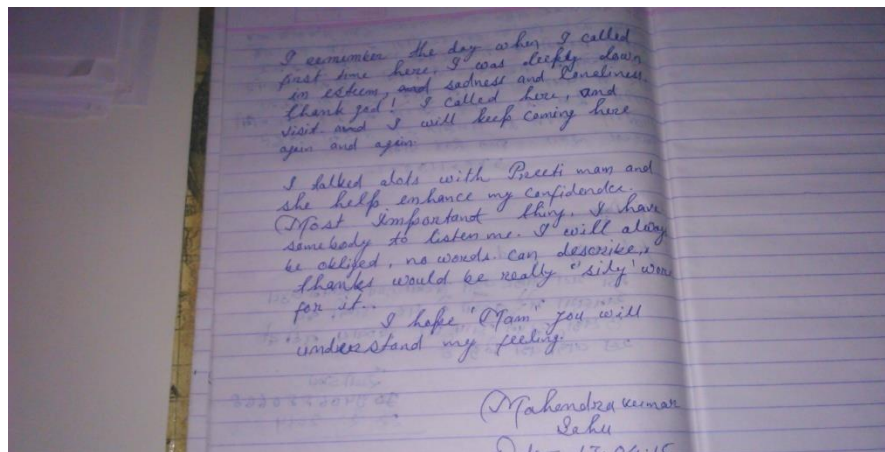
their married life. Counseling provides support to them by giving information to empower them. In these sessions counseling was given regarding physical health, reproductive health, nutrition, contraception, self awareness etc.

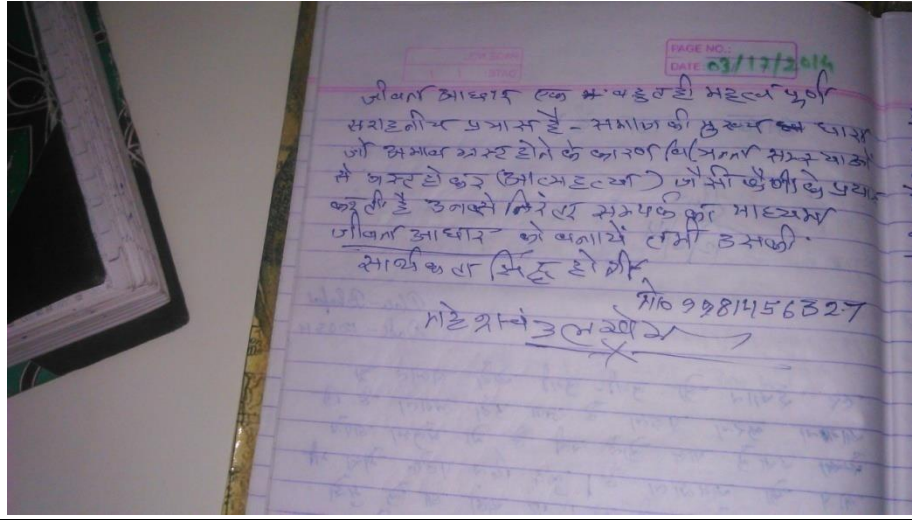
Career Counseling is done by empowering the client by a career consultant of our team. Counseling helped them to explore their strengths and weaknesses and by opening the world of work to them.

Stress, aggression, bullying, abuse, affairs etc are the issues handled under the category of behavioral issues.

Some children with poor scholastic performance were the referral cases from schools. To solve their problem in academics, these adolescents were given counseling, successfully.

Some testimonials of our clients with their consent





OUTREACH ACTIVITIES CONDUCTED AT HELPLINE DURING 1ST APRIL 2014 TO 31ST MARCH 2015

HR working in Helpline tried to promote helpline services by conducting workshops, training programs and other activities in order to help adolescents and to promote helpline services, details are given below

May 2014

- Teachers Orientation Program at Bal Bharti School, Bhopal “ Empowering Teachers on Adolescent Issues on 1st May 2014 (Resource person Dr Preeti Mathur)
- “Helpline- Jeevan Aadhar “ at Radio Mirchi with RJ Roopak on 15th May 2014(Resource person Dr Preeti Mathur and Dr Anupma Maheshwari)

- Services at Helpline on Sahara Samay on 18th May , 2014(Resource person Ms Priyanka Rajpoot)
- “Helpline- Jeevan Aadhar” on program Helpline of DD MP , by Doordarshan Kendra Bhopal ,on 21st May 2014(Resource person Dr Preeti Mathur)
- “परीक्षा परिणाम क्या अंतिम परिणाम है ? एक परिचर्चा” organized by Doordarshan Kendra Bhopal , on 22nd May 2014 ((Resource person Dr Preeti Mathur)
- Ms. Mekhla Shrivastava participated in training program organized by NIPPCID Indore 21-23 May 2014 on topic “Orientation Training on Schemes/Programs of Ministry of Women and Child Development for Functionaries of Voluntary Organizations (Date: 21-23 May, 2014; Venue: NIPCCD, Indore). In this she interacted with 17 participants from different organizations and 7 states and disseminated the information of Jeevan Aadhar Helpline.
- Visit in Anganwadi of Itwara, Jehangirabad and Berkhedi and interacted the adolescents and their mothers on different adolescence related issues (Resource person Dr Preeti Mathur)
- “Need of counseling in today’s world- role of medical Practitioners” as Resource person Dr Preeti Mathur discussed the various counseling skills and its need with newly appointed medical officers in their orientation training program organized at Administration Academy Bhopal on 29th May 2014.

June 2014

- Orientation training program for teachers in MGM college Vidisha on adolescent issues and helpline services
- Orientation training program for teachers in Canyon Higher Secondary School Bhopal on adolescent issues and helpline services.

July 2014

- Outreach done with 84 girls and 26 boys of SOS village Khajuri Kalan , Bhopal
- Helpline program in Doordarshan MP.

August 2014

- In school- 5 schools of old Bhopal- **Hamidia , Jhangiriya Victoria , Rashidia and Sultaniya** schools were contacted and information of helpline services was explained to students and their queries were solved.
- Groups of students of BSSS College and Excellence College were contacted and services offered at Helpline discussed with them.
- Adolescent boys and girls of **Kolar basti, Rishi Nagar, Sai Baba Nagar and Vidya Nagar** were contacted with the help of Anganwadi workers and their queries were sorted out and services provided at Helpline was discussed with them.

September 2014

- In 7 Government Schools– **Hamidia Boys, Hamidia Girls , Jhangiriya 1, Jhangiriya 2, Shaskiya Vidya Vihar School, Shaskiya Naveen School, Sardar Patel School**- 108 males and 325 females were counseled and helpline services were explained to them
- Students of Excellence College of Bhopal were detailed about Helpline Services
- Groups of paralegal workers working in different communities were oriented and helpline services were detailed to them.

October 2014

- Girls and boys of **SOS Village** and adjoining area were counseled on adolescent issues growth, menstruation, nutrition issues.

November 2014

- In 6 schools–**Vikram School , Bonie Foi School, Satya Sai Girls, Satya Sai Boys, Shaskiya School Anna Nagar, Pooja Convent Higher Secondary School** - 90 males and 1425 females were counseled in groups and helpline services were detailed to them
- Helpline services were detailed in **Kamla Nehru B.Ed Maha Vidyalaya, MVM College Bhopal .**

December 2014

- In schools– **25 Battalion Police Line School, Kopal School, Canyon Higher Secondary School** - 43 males and 85 females were counseled and helpline services were detailed to them.
- Out of school – **Bhadbhada Basti, Shyam Nagar, Baans Khedi, Rishi Nagar, Kolar 2** – adolescents were contacted and counseled about adolescent issues.

January 2014

- Participated in workshops on adolescent health for convergence with other departments

February 2014

- By conducting **22 programs in different communities of urban Bhopal**- 826 adolescents in the age range of 10-19(501 Female and 325 male)were counseled on the topic “**Exam Stress Management**”

March 2014 -Two Out Reach programs conducted in urban communities and 39 males and 63 females were oriented about different adolescent issues.



जीवन आधार
किशोर - किशोरियों हेतु नि:शुल्क
हेल्पलाइन एवं परामर्श केंद्र
विषय विशेषज्ञों द्वारा परामर्श की सुविधा

राष्ट्रीय ग्रामीण स्वास्थ्य मिशन जिला भोपाल के अन्तर्गत संचालित
किशोर - किशोरियों हेतु नि:शुल्क हेल्पलाइन एवं परामर्श केंद्र

उपलब्ध सेवाएँ

- मनोवैज्ञानिक परामर्श
- शैक्षिक परामर्श
- पोषण आहार हेतु परामर्श
- यौन एवं प्रजनन स्वास्थ्य संबंधी परामर्श
- व्यक्तिगत परामर्श
- व्यवसायिक/ कॅरियर परामर्श
- जीवन कौशल संबंधी परामर्श

सभी जानकारियाँ गोपनीय रखी जाती हैं

हेल्पलाइन समय - सुबह 8 से शाम 8 बजे तक • काउन्सलिंग समय - सुबह 9 से शाम 5 बजे तक

जिला स्वास्थ्य समिति जिला भोपाल

टेल फ्री नं. 1800-233-1250

Service Providers:

To spread awareness on ARSH issues and services provided under the Helpline, support is being provided to “USHA – Shahri Asha’s”, Sabla, Sakhi Saheli, ARSH Counselors. As these workers are interacting with out of school adolescents at community and grassroots level, so they need to be empowered on a regular basis. The counselors frequently interact with them personally, via email or telephone and sort out their queries about growing up changes and other adolescent issues.

Presence in Media-

Aadhar made its presence felt throughout the year in Electronic and Print Media. Experts from Aadhar were invited on various occasions to Doordarshan, Radio Mirchi and Red FM to give their expert opinions on topics like-

In Print media also, Experts of Aadhar team were invited to present their views on topics like-Counseling, Parenting, Careers, Health, Nutrition, Life skills etc as Expert advisors.

Our Associations:

Experts from Aadhar are associated with many organizations as Life Skills Trainers, Expert Faculty and Counselors.

Private Schools :

Kendriya Vidyalayas 1, Bairagarh, Itarsi, Hoshangabad.), Sharda Vidya Mandir, Red Rose Group of schools, DAV School, Canyon Hr Sec. School, Delhi Public School, Sanskaar Valley School, Gyan Ganga School, Sagar Public School (Saket Nagar and Lal Ghati.), International Public School, Billabong High School, Kidzee School, Green Valley school, Bal Bhavan School, Demonstration School, Rajeev Gandhi School, World way International School, Orion School, Mithi Gobindram School.

Government Schools:

Sarojini Naidu Girls School, Kamla Nehru School, Naveen Higher Secondary School, Dam Kheda Govt School, Sultania School, Akbarpur School, Raja Bhoj School, School of Excellence, Shahjehanabad School.

Institutes-

Indian Academy of Paediatrics, IES College, Regional College, Administrative Academy, IGNOU, MPIHT, CRISP, NRHM, UNFPA, Rajya Siksha, WCD

NGO's:

Taal, Sangini, Samavesh, Aarambh, Child Right Observatory. SOS Children Homes, Aangan Trust and BGVS.

Ongoing Programs:

Aadhar professionals are also providing training to different professionals from the corporate sector on **life-skills**, to Aaganwadi personnel, STI Counselors, Paralegal workers, Professionals from Company secretaries etc.

Educational Activity- Aadhar is an IGNOU study centre for Masters in Counseling and Family Therapy (M.Sc CFT)Course.

Counseling professionals- Aadhar conducts Counseling skill training program every year to train counselors in various skills required in Counseling. Aadhar is the Program Centre for **MSC CFT** (Counseling and Family Therapy) launched by

IGNOU. It is also the Special Study Centre for CIG (**Certificate in Guidance**)and **DECE(Diploma in Early Childhood Care).**

We are also affiliated to **International Course of Counseling and Guidance** by NCERT, and **Diploma in Guidance and Counseling** in Barkatullah University, Bhopal.

Activities of Aadhar

During April 2014, Aadhar celebrated World Autism Day at Top n Town, New Market with a band playing, motivating and exhilarating numbers and the crowd responding enthusiastically. With fliers, banners and placards dotting the skyline, the public passing by were forced to pay attention to the cause that was Aadhar.

April 2014

The month was spent in various other activities-Drs. Preeti Mathur and Anupma Maheshwari conducted a Workshop at Regional College of Education on 4th April.

Dr. Anupma Maheshwari held a Career Workshop at Delhi Public School on the 15th &19th and on the 16th an ARSH Workshop for Health Counselors, as well as a Workshop on Career Guidance was conducted by Dr.A. Maheshwari for TAAL on the19th of April.

\Between 21st&26th of April, Dr.Preeti Mathur and Dr.Anupma Maheshwari conducted a Training Program for Arsh Counselors .On the 22nd A program on Helpline related matters was aired by Radio Mirchi, the coordinators were Dr.Anupma Maheshwari and Dr.Preeti Mathur.

On April 24th Dr.Preeti Mathur acted as an observer at Bal Ayog,a child welfare committee, which works under CWC,on 27th Rashtriya KishoreSwasthya Karyakram (RKSK)Launching took place and

A day long Workshop was held at Hotel Jehanuma, on 28th of April. It was conducted by Dr. Preeti Mathur and Dr.Anupma Maheshwari and was organized by NRHM .

May 2014

The importance and relevance of Team Building was elaborated upon by Dr.Preeti Mathur, at a Teacher Training Workshop, held at Bal Bharti School on 1st of May.

On 15th of May, Adolescent Issues were addressed on a Talk Show, aired by Radio Mirchi. The program was conducted by Dr.Preeti Mathur and Dr.Anupma Maheshwari.

A similar Program was held on 20th and 21st of May,2014, on Adolescent and Helpline Issues. This was held by Doordarshan and conducted by Dr.Preeti Mathur.

On the 23rd of May a Seminar on Msc.CFT-a course run by IGNOU,was coordinated by Dr. Anupma Maheshwari while a program about Jeevan Aadhar Helpline was shown on Doordarshan,conducted by D.Preeti Mathur

June 2014

Menstrual Hygiene Day was held on the 4th of June 2014, conducted by Dr.Preeti Mathur and Helpline Counselors,

On 19th June a Medical Officer's Training, which was conducted by Dr. Anupma Maheshwari and Dr. Preeti Mathur,was held at Academy of Aministration.

A Seminar on The role of Multiple Intelligence in Career Selection was held on 24th June 2014 at Regional Institute of Education, which was conducted by Dr. Anupma Maheshwari

IGNOU & Aadhar came together, to organize a Press Conference for MSc CFT on 26th of June 2014 at Aadhar Office which was conducted by Dr. Anupma Maheshwari and on the 27th of June 2014 a Personality Workshop was held at Regional Institute of Education for their students. This was conducted by Dr. Preeti Mathur.

On 14th of July 2014 a program on Anger Management, conducted by Dr. Preeti Mathur was shown on Doordarshan-Bhopal.

August 2014

Dr. Preeti Mathur and Dr. Anupma held classes for Counselors & Teachers of Regional Institute of Education on 4th & 5th of August and 22nd of August 2014

September 2014

A 7days Refresher Training Workshop for ARSH Counselors was organized by Aadhar in collaboration with NRHM on 5th of September 2014, in which counselors from various parts of Madhya Pradesh took part enthusiastically.

On 11th a Career Exhibition was organized at Regional Institute of Education and its exhibits were judged by Dr. Anupma Maheshwari and Dr. Preeti Mathur Classes were held at Regional Institute of Education on 16th of September 2014.

On 16th September a Program on Adolescent Helpline Issues was shown on Doordarshan. This Program was conducted by Dr. Preeti Mathur

A Personality Assessment Workshop for ARSH Counselors was conducted by Dr. Preeti Mathur and Dr. Anupma Maheshwari on 18th and 19th September 2014

On 26th September 2014, AADHAR-The Center for Child Development and Psychological & Career Counseling celebrated 10 years of existence!

The important day was celebrated by a function held at HIG-405, Arera Colony, the local office. The day began with introduction of all members of the AADHAR family and their responsibilities in the organization, introduction of the parents accompanying the children and welcoming The Chief Guest- Ms. Ila Dwivedi, a Beauty Consultant, a high ranking member of The Lioness Club and a member of various other organizations. She was hugely appreciative of the AADHAR team, the progress of the children as stated by the parents and the interesting RAMP WALK by the children.

The walls of the hall decorated by the beautiful cards made by the children, decorated photographs of the children, balloons et al completed the festive occasion.

On the 29th of September 2014, Dr. Preeti Mathur, conducted a Training Session on Life Skills with SAKSHAM & TAAL

November 2014

Dr. Anupma Maheshwari conducted a Career Workshop at Academy of Administration & SOS Village on the 19th of November 2014

Dr. Anupma Maheshwari also held a Workshop for Principals at Administrative Academy on the 26th of November 2014

December 2014

Aadhar Centre celebrated its existence of 10 years since inception on 7th of December 2014 with a unique cultural program at the State Museum, Shamlu Hills.

Various dignitaries from different walks of life, graced the occasion, namely: Dr Manohar Agnani, Commissioner Food and Civil Supplies, Dr. Rajshree Bajaj, Deputy Director ARSH a program of NRHM, Dr R.S. Pagare, ENT Surgeon, Dr. Uday Jain, Retired Head Of Dept Psychology of Barkatullah University, Mrs. Ila Dwivedi a Lion and Lioness and Mrs. Aparijita Agarwal.

The Program started with lighting of the lamp by the dignitaries and invocation of Goddess Saraswati with Sarawati Vandana, a music and dance performance, presented by Mrs. Rakhee.

AADHAR's program was based on the work done by this centre and the lives touched in this journey of 10 years. A unique aspect was the basis of the whole program on the acronym AADHAR starting with **Aadhar ka Aadhar, Accha baccha**, where children presented a playful dance drama on the theme of 'Stop Labeling and Start Enabling.' This was a perfect way of small children giving a very important message. This was followed by a Ramp show by Special Needs children. The love and pride in the eyes of the parents and teachers and appreciation by all present in the audience truly made them true STARS.

The Youth forum of Aadhar Centre presented a drama on **Dream Vocations and Career Counseling**-the 2nd important branch of the centre. The Adolescent Helpline, run by NRHM at JP Hospital and managed By Aadhar was the next presentation. It was a short film which the volunteers, staff of Aadhar and parents' of the children presented and the theme was beautifully presented by them. The effect of Counseling and its wide ranging effect was very well depicted by the next act **Aao Baat Karein**.

Reaching out was the final part of the work of Aadhar which was depicted in a beautiful and soul stirring manner. The whole audience took a pledge by lighting candles to take this journey ahead and reach out to as many people in the star children created a mesmerizing and wonderful program which will remain in the hearts of all for a very long time.

Regional Institute of Education organized a Workshop about Module Development on Inclusive Education from the 15th -19th of December, which was attended by Dr.JagmeetK.Chawla,Dr.Preeti Mathur & Dr. Anupma Maheshwari

A Presentation was given on Preventive and Social Medicine at Gandhi Medical College by Dr. Preeti Mathur on the 15th of December

On the same day, 15th of December 2014, a Workshop was presented on Preparing a Frame Work for Peer Educator Training by Dr.Jagmeet K.Chawla and Dr.Preeti Mathur

A Career Guidance Program-Room to Read was conducted on 21st December 2014, by Dr. Anupma Maheshwari

A Life Skills Program was conducted by Dr.Anupma Maheshwari on 22nd December 2014 at SOS Village

From 27th -30th of December 2014, classes were taken at UTD Dept.of Psychology by Dr. Anupma Maheshwari

Life Skills Training was imparted at a 5 Day Workshop held at Rajya Shiksha Kendra by Dr.Preeti on 31st December 2014

January 2015

Kasturba Gandhi Balika Vidyalaya Wardens attended a Life Skills Workshop on 4th January 2015,at Rajya Shiksha Kendra which was conducted by Dr.Preeti Mathur

A Workshop to introduce new activities under the topic Adolescent Health was conducted by Dr.Preeti Mathur on the 6th of January 2014

A program on Careers –Kadam dar Kadam was broadcast on Akashvani on 16th January 2015. This was conducted by the Career Expert of Aadhar Dr.Anupma Maheshwari

Dr.Jagmeet K.Chawla, Dr.Preeti Mathur and Dr.Anupma Maheshwari conducted a Module Development Workshop at Regional Institute of Education from 27th to 29th January 2015

FEBRUARY 2015

On the 17th of February 2015, a program on Careers was aired by Red FM, which was conducted by Dr.Anupma Maheshwari

Another Career related Program,conducted by Dr.Anupma Maheshwari, our Career Expert, was broadcast by Radio Mirchi on the 18th of February 2015

A Counseling Skills Workshop for Medical Officers was conducted by our Counseling Expert Dr.Preeti Mathur at Academy of Administration on the 25th of February 2015

An Outreach Program on Stress Management was jointly held by Aadhar and World Vision in different Bastis of Bhopal between 20th-27th of February 2015 . Kolar,Piplani,Bag Sevania, Anna Nagar and other slums of Bhopal were covered during this week long program.

MARCH 2015

2nd-4th- A Workshop on Module Development was held at RIE-Regional Institute of Education in which Dr.Jagmeet K.Chawla,Dr.Anupma Maheshwari and Dr.Preeti Mathur participated to give their valued inputs

In a Program- SAMA SAMA –an introduction about Jeevan Aadhar Helpline was given on the 12th of March 2015. This Program was held at Asha Niketan Training Institute and was conducted by Dr. Anupma Maheshwari

On the same day the 12TH of March 2015 an Induction Program on Counseling Skills for Medical Officers conducted by Dr.Preeti Mathur at The Academy of Administration

13thDr.Anupma Maheshwari, The Career Expert and Ms.Ratna Mukerji, Secretary of Gyan Dhatri Aadhar Samiti attended an Interactive Session at Police Lines on Women's Safety. Many participants from other NGOs of Bhopal attended this informative session.

At Sagar Public School's Graduation Day Function of KG children, held on the 17th of March 2015, the Chief Guest was Dr.Jagmeet K.Chawla-Developmental Paediatrician and Director of Child Development Clinic-Aadhar

At The National Conference on Women Empowerment organized by and held at Bhopal School of Social Sciences, on 30th and 31st of March 2015,the invited Expert Speakers Dr. Jagmeet K.Chawla, and Dr. Preeti Mathur, gave an interesting and informative discourse to the eager gathering.

A struggling start but full of varied achievements amply reflected through the numerous children and their parents' faces who have walked in with worried brows and left our doors, with head held high and smiles on their faces. All this and more has made it so very worthwhile.

Now for the future- The plan is to increase our outreach, try and help many more such children and their families, to come out of the shadows of society into the sunlight. To mainstream such children has been our main focus and will continue to be so, diagnosing the problem, counseling , guiding and long term handholding both for the child and their parents.

Hoping to achieve this goal, we will, as always put our best foot forward and extend a helping hand –as always.

Card Making Workshops For Parents at Aadhar Centre

Aadhar runs an integrated pre-school education program for children with developmental disabilities. As part of this, we run Training programs for parents of special needs child. To foster camaraderie and skill development, short workshops

are conducted for parents particularly mothers wherein they express their creativity, enhance their inherent skill sets and spend time with other parents.

Recently a week long card making workshop was held in the month of January 2015. In this workshop the mothers learnt card making under the guidance of certain members of the organisation while their children were undergoing therapy. The feedback received from the parents' emphasized the fact that such activities bring about increased bonding amongst parents.

Regional Institute of Education Activities-

In April a workshop was organized at Regional Institute of Education with Drs. Anupma and Preeti as Resource persons. Later in June with Dr.Anupma as Resource Person a Workshop was held on 'Multiple Intelligence for Career Selection' and a Personality Development Workshop with Dr.Preeti as Resource Person

In August classes were held for Counselors & Teachers by Drs. Preeti and Anupma and in September a Career Exhibition was held which was judged by Drs. Preeti and Anupma, while some classes were held over a period of two days for RIE students which were taken by Dr.Preeti and Dr.Anupma. In December a Workshop was held on Module Development on Inclusive Education which was attended by Dr.Jagmeet Kaur Chawla, Dr.Anupma Maheshwari and Dr.Preeti Mathur. Also in January an Orientation Program for students of DEGC was held which was conducted by Dr.Preeti and Dr.Anupma. Another Module Development Workshop was also held in January and one in March, attending the same were Dr.Anupma, Dr.Preeti and Dr.Jagmeet

A struggling start but full of varied achievements amply reflected through the numerous children and their parents' faces who have walked in with worried brows and left our doors, with head held high and smiles on their faces. All this and more has made it so very worthwhile.

Now for the future- The plan is to increase our outreach, try and help many more such children and their families, to come out of the shadows of society into the sunlight. To mainstream such children has been our main focus and will continue

to be so, diagnosing the problem, counseling , guiding and long term handholding both for the child and their parents.

Hoping to achieve this goal, we will, as always put our best foot forward and extend a helping hand –as always.

.