

Annual report 09-10

- An Awareness program for the teachers of Sahodaya group was organized on **17/4/09**. The Principals were appraised about Poor school performance and the need to identify such pupils and give them help. They also stressed on need for appointing SENCO or Special education needs coordinators in each school.
- Workshop on importance of Guidance and Counseling was carried out on **15th Jun 09** date at Aadhar . The Speakers were Dr. Jagmeet k Chawla, Dr. Preeti Mathur and the Moderator was Mrs Renuka Tiwari. The Purpose of Program was to create awareness among general public on the Importance of Guidance and Counselling-Nearly 59 people from different sectors participated in this program. This program was initiated by Dr chawla. She covered topic of importance of guidance and counseling in different areas and different sectors of life. There were many queries regarding need, relevance, and importance of such programmes. These queries are well tackled. Topic need of career counseling was taken up by Dr.Preeti Mathur. She discussed the relevance and the process of career counseling. This program is well appreciated by the participants.
- Free Health check up camp is organized at aaganwadi Kendra no. 573 on **25/8/09** . The purpose of this program was to create awareness and to sort out the queries of mothers regarding health, food & nutrition and personal hygiene. The camp started at 10:30 am with the health checkup. All the children of aaganwadi gone through this check up and report are submitted to volunteer of aaganwadi. Mothers came up with lots of queries, which was sorted out by the professionals in very easy manner. Mrs. Amita Singh dietician talked to the mothers and volunteer of aaganwadi regarding healthy food in economical cost. Dr. Chawla talked about personal care and home base remedies for children.
- **Awareness Workshops on Adolescent life skills was organized in month of Aug & Sep 2009** in different schools of Bhopal- KVI, Red Rose , Canyon Hr Sec School, Gyan Ganga School Bhopal by Dr. Jagmeet K Chawla and Dr Preeti Mathur on topic- Changes during Puberty.All the students of class IX- X of the school participated in this program. The purpose of this program was to create awareness and to sort out the queries of these students. The entire classes were divided into two groups i.e. boys and girls. Group one starts with pediatrician and talked about changes during puberty and the queries regarding growth & development. Psychological problems were discussed

by another group and there problems were tackled. Then in second phase which was scheduled next day groups were interchanged. Boys were taken up by psychologist and girls were taken up by pediatrician. Information was disseminated and queries were tackled. All the students came up with lots of queries. Over all the session was very informative and well appreciated.

- Self help group was formulated for urban slum girls. Their monthly meetings were conducted at Aadhar under supervision of Dr Jagmeet
- Teacher Training Program in various schools was carried out **Sep and Oct 2009** Gyan Ganga Academy, Bhopal, Red Rose, Zee High, KV1, KV3, Deepmal Pagrani school. The resource persons- Dr. Jagmeet K Chawla, Dr Preeti Mathur on the topic of Helping the child in need. Program summary- The purpose of the program was to create awareness as well as to help the teachers to identify the children in need and to help them at school level. Dr. Chawla talked about the problem child and their identifying markers. Dr. Preeti Mathur threw light on Causes and Management of these children at school level. This session was followed by question answer session. In which the queries were tackled very efficiently.
- Composite Rehabilitation Centre (CRC) and aadhar centre organized a free parent seminar- Choti si asha on developmental management of differently abled children and their future prospects. This seminar was held at Aananddham Old CRC Near Nutan college on 20th Dec. 2009 Sunday . this program was well appreciated by parents of children with developmental problems, children with high risk. it was addressed by DR Somnath Banerjee , associate specialist in community paediatrics, East Kent Hospitals University NHS Trust, Convenor George still forum and British association of community Child health school & child Health. The main topics covered were Autism, Developmental Delay, ADHD and associated disabilities.
- Malin Basti Girls Program was organized at aadhar on 18.11.09. Speakers- Dr. Jagmeet k Chawla, Dr. Antardhyan Kaur Sadana, Dr. Preeti Mathur, & Mrs Renuka Tiwari . This Program was sponsored by Donors. Topic was *Physiological & Psychological Changes During Puberty*. This was organized to sensitize adolescents and to help them in enjoying their growing up as adolescent age with correct information. Nearly 75 girls from urban slums participated in this program. This program was moderated by Mrs Renuka Tiwari. This program was initiated by Dr Jagmeet K Chawla. She covered physiological changes during puberty. There were many queries regarding personal hygiene, menstruation cycle, precautions to be taken during periods, eating habits and healthy life style. There queries are well tackled. Psychological changes were taken up by Dr. Preeti Mathur and importance of family value system is taken up by Dr Antardhyan K Sadana. All the queries are well taken by the speakers.
- On 25th Nov 2009 Aaadhar centre organized a camp for all children of Museum school Parvarish. This is a school for slum children of 3 bastis. Medicines were also distributed

to the children. The purpose of this program was to create awareness and to sort out the queries of mothers regarding health, food & nutrition and personal hygiene. The camp started at 10:30 am with the health checkup. All the children of school gone through this check up and report are submitted to volunteer of school and mothers. Mothers came up with lots of queries, which was sorted out by the professionals in very easy manner.

- Gayatri Shakti Peeth and Aadhar Centre organized 2 workshops for Parents and children on Exam phobia and facing exams fearlessly at Gayatri Shakti Peeth Mandir premises in Feb 2010. It was well attended by Parents and students. There was a team of Developmental and Adolescent Pediatrician – Dr Jagmeet Kaur Chawla, Psychological Counsellor- Dr Preeti Mathur, Career Counsellor – Mrs. Anupma Maheshwari, Dietician – Mrs. Amita Singh and Educationist – Mr. Ajay Sharma Principal DPS Bhopal. It was well attended and number of queries of parents and teachers were solved.
- Dr Preeti Mathur was associated as visiting counselor in KV 1, Canyon Higher sec. school, and Sanskaar Valley school to counsel the children with behavioral issues and to help them in tackling issues related to adolescent age and puberty through out year 2009-10.