

ANNUAL REPORT AND ACTIVITIES 2011-12

Aadhar Gyan Dhatri Samiti works through Aadhar Center, which is a Center for Child Development, and Psychological Counselling based at Bhopal.

- Aadhar started a school readiness program for special children who are differently abled. The main ideology is inclusion and mainstreaming of every child in regular schools therefore helping children overcome the trauma and social rejection, thus preventing alienation of these children from society. This is an activity based learning program to facilitate smooth transition of special children to mainstream schools. Mrs Seema Rathore, Mrs.Swati Pandya, Mrs Babita Vaidya, Mrs Kalpana Parihar are resource persons, looking after this project of aadhar under supervision of Dr Jagmeet K Chawla. It is self supported on going program.
- On April 12th 2011, an awareness workshop was organized at Aadhar center for the teenagers of malin basti on the topic of changes during puberty. The resource person was Dr Jagmeet K Chawla and Dr Preeti Mathur. Nearly 45 girls participated in this workshop. The purpose of this activity was to create awareness about changes during puberty, and the way they should be prepared and how to tackle these changes. It was a good interactive session wherein the participants got answers to a lot of their queries.
- Aadhar participated in program called Rubaroo organized by Parvarish museum school. It was to provide opportunity to socially advantaged and disadvantaged groups of children to interact and live together at same premises for three days with privileged children. Aadhar helped in psychological analysis of all the participants and in report writing. It was a successful program.
- A unique Personality development Camp SUCCESS MANTRA was organized from 8/5/2011 to 12/5/2011 at Aadhar center on the topic of Success Mantra. About 24 children (in two batches of 12 each) participated and got tips on life skills, positive attitude, memory enhancement, etc. the resource person were Dr Jagmeet, Dr Preeti Mathur, Mrs. Anupma Maheshwari, Mrs Renuka and Ms Pinki Munshi. Success Mantras a camp to empower Youth was held for youth between 13-21 years. It was a fun-filled activity based workshop.
- Aadhar Participated as resource person, in training program from 15 to 17 June 2011, organized by Institute of Company Secretaries of India (ICSI) Bhopal Chapter. Dr Preeti Mathur, Mrs Anupma Maheshwari, and Dr Jagmeet Chawla were resource persons for this program. Topics covered were team building, problem solving, self awareness, time

management, and stress management. It was activity based program and each module was of 3 hrs. Nearly 102 budding CS participated in the program.

- Teacher's awareness program was conducted on 20th June 11 at Orion international School to sensitize them towards learning disabilities. The program was named "Every child is Special". Dr Jagmeet & Dr Preeti Mathur were the resource persons. Nearly 34 teachers participated in the program. Program started with PPT presentation and was very interactive and well appreciated.
- Teacher's awareness program was conducted on 21th June 11 at Sharda Vidya Mandir. Nearly 56 teachers participated in the program. It was accompanied by a comprehensive PPT presentation and was very interactive. Topics like disciplining the child, assessment of children with special needs and their management was discussed in the entire session of 3 hrs. It was well appreciated by the teachers. Dr Jagmeet & Dr Preeti Mathur were the resource persons.
- On 24th July, seminar for Principals was held at Aadhar on the topic "Challenges and Issues in School Education" There was good participation by CBSE, ICSE and MP Board Principals. The consensus reached was that challenges and issues are many but are not insurmountable and the main task was to prepare students for life ahead and achieve human excellence.
- A Parent advocacy and orientation program was organized by Kendriya Vidyalaya No.1 under NAEP(National Adolescent Education Program). Dr Jagmeet K Chawla was the resource person. Parents of class Xth students were addressed by Dr Chawla on developmental issues. It was well appreciated by the participants.
- On August 17-18th, two days workshop was organized for the paralegal workers of NGO's Taal and Sangini on Counselling Skills. Dr Preeti Mathur was the resource person. Para legal workers work at community level in basti's and the major emphasis in this workshop was on communication and listening skills.
- On 18th Aug a health check up was carried out under supervision of Dr Jagmeet K Chawla, in Aanganwadi block 573. Fruits and medicines were distributed to all mothers and children after the health check up.
- Two days workshop (27 august and 3rd September) was organized at premises of NITTTTR by Aadhar centre on MULTIPLE INTELLIGENCES. Total 12 participants including teachers and parents enrolled themselves and worked on issue of multiple intelligences.
- In September 15-16, a workshop was held at Aadhar centre on Management of Poor School Performance, where teachers from different schools participated. The resource

persons were Dr Jagmeet K Chawla, Dr Preeti Mathur and Mrs., Anupma Maheshwari. It was planned to sensitize and train teachers regarding identification, assessment and management of children who are not performing up to their full potential. Total no. of participants was 23 teachers of different schools of Bhopal.

- Adolescent girls of Kendriya Vidyalaya no 1 interacted with Dr Jagmeet Chawla on issue of changes during puberty on 24th of September in their school premises. This program was organized under NAEP.
- Medical camp was organized at Rajeev Gandhi School under supervision of Dr Jagmeet K Chawla, on 12th and 13 October'12. Along with Dr Chawla, Dr Jisha Antony and Dr Rachna Gupta rendered expert services on pediatric health, dental health and ophthalmic checkup respectively.
- A lecture for the esteemed doctors of Indian Academy of Pediatrics was held on 16th Oct 2012 at Jahanuma Palace Hotel Bhopal. Dr Jagmeet was the speaker. Topic was on "Vulnerable Newborns."
- Career talk show was organized by Aadhar at their own premises on 22nd October . This program was moderated by Mrs Anupma Maheshwari . The topic of the show was "Role of parents in career selection." 36 students of different schools and colleges participated in the program.
- On the occasion of children's day Aadhar organized painting competition for students of Parvarish the museum school on 16th November 12 at premises of State Museum at Shyamla Hills Bhopal. Budding talents were honoured by Aadhar . At the same time a Fancy Dress show for disabled children was also organized. Children from Aadhar , CRC, Digdarshika and Umang and various NGO's participated in this event. Ms Deepti Singh and Mrs Shilpi Agnani of BITIYA club were our honorable Guests.
- With the partnership of Peoples samachar, Aadhar organized Greeting card making competition on 24th December for disadvantaged children. Participants from Parvarish The Museum school, Aarambh, Nitya Seva and Aadhar showed their creativity which was judged by Mrs Preeti Bawa Of Kala Vihan and Dr R.S. Pagare renowned painter and retired Head of Dept. of ENT Hamidia Hospital were the judges and Mrs Ujjwala Mishra President of Ladies Club of SBI was our honorable guest.
- From 9th of January to 13th of January Aadhar participated as resource pool for Principal training program organized by Academy of Administration. Dr Chawla discussed the "Issue of Physical and Mental Health in Schools", Mrs Anupma Maheshwari discussed the "Tools And Techniques Of Career Counselling" And" Role Of Parents and Teachers In Career Selection." Dr Preeti discussed the "Need of Life Skill Training in School."

- One day orientation program for trainee counselors of International Course of Guidance and Counselling was organized by Regional College of education on 11th Jan. Dr Preeti discussed the importance of Listening skills in counselling.
- Career college of Education organized a life skill training program for students on 30th January 2012. In this half day training program , Dr Preeti Mathur as a resource person throw light on Communication Skills, Decision Making and problem solving. Nearly 200 students participated in this workshop. This was well appreciated by staff and students.
- **On 31st January, 2012 Dr Jagmeet K Chawla participated in training program of STI counselors as a resource person. She discussed the Causes of STI infection and the ways to handle the STI person. 46 participants from Western region of India participated in the program. It was well appreciated program and rated 5 out of 5 by the participants.**
- From 31st January to 15th February Aadhar organized an awareness campaign for the adolescent. In this program team of Aadhar visited to different bastis of urban Bhopal to sensitize them on adolescent issues. Major basti's covered were Rishi nagar, Bhadbhada, Akbarpur phase III, Kolar colony, Ishwar Nagar Basti. In these Basti's Dr Jagmeet talked about physical health and hygiene, Mrs Anupma discussed the various career opportunities for the students, Dr Preeti Mathur focused on mental Health, study skills and other life skills. These programs were organized with small- small groups at basti level. Lots of queries and issues came and were tackled by team of aadhar. It concluded with high level of satisfaction and enthusiasm to do a lot for these children.
- Dr Jagmeet and Dr Preeti participated in Phone in program of ARSH Clinic run by NRHM on 3rd and 10th February respectively. Dr jagmeet talked about 'Importance of Hygiene during Puberty' and Dr Preeti talked about "Role Of Parents In Mental Health Of Their Children Especially In Days Of Examination".
- Workshop on sanitation was organized by Polytechnic Bhopal at Sarojini Naidu Govt. School on 21st February. As a resource person Dr Jagmeet talked about changes during Puberty and how to maintain Health and Hygiene. All the students of class 9th -12th of the school participated in the program. It was an interactive program. Children come up with lots of queries on these issues which was tackled very beautifully by Dr Jagmeet.
- Aarambh and Child line Bhopal organized a workshop for agencies working with disadvantaged children in Bhopal on "Identification and management of child abuse". In this workshop as a resource person Dr Jagmeet talked about "Understanding Child Protection" and Dr Preeti talked about "identification of Child Abuse". Nearly 42 participants from different agencies participated in the program.

- MAPCOST sponsored Workshop on sanitation was organized by Polytechnic Bhopal at Kamla Nehru Govt. School on 29th February. Dr Jagmeet talked about “Health and Hygiene” as a resource person. All the students of class 9th -12th of the school participated in the program. Children come up with lots of queries on these issues. It was an interactive program.
- Similar program was organized under MAPCOST sponsored Workshop on sanitation at Polytechnic Bhopal on 2nd March. Dr Jagmeet was the resource person.
- College of Excellence organized a career Counselling program for the students of social sciences on 6th March 2012. Mrs Anupma Maheshwari talked about Need of Career Counselling, Off Beat Careers and Career in Humanities. This program was very informative and appreciated a lot by students and faculty.
- Aadhar organized Women’s Day with TAAL on 6th March. 60 Paralegal workers of different bastis were participants. Taal initiated Program with movie on domestic violence and violence at workplace which was followed by discussion onact. After Lunch, team of aadhar divided all the participants in 12 groups and some topics related to women were given to them for the role play. All the groups very enthusiastically, creatively and beautifully portrayed the given issues through role play. At the end the stage was opened to these ladies to show their hidden talents. The day ended with lots of energy and dreams in eyes to help and change the society.
- On 19th March second orientation program for trainee counselors of International Course of Guidance and Counselling was organized by Regional College of education. Dr Preeti discussed the issues related to counselling and different counselling skills.
- On 21st Mrs Anupma Maheshwari interacted with students of Sociology Department , Nutan college in CRISP, Bhopal. She talked about various career options in the field of Sociology.
- Other than this Aadhar provided counselling sessions to students on weekly basis at Canyon Higher Secondary School & Kendriya Vidyalaya No.1 throughout the year.
- In house counselling sessions, psychotherapy, psychological assessments, career assessments, and individual sessions of speech therapy, physio therapy and special education to the Children with autism, ADHD, and learning disability were conducted at Aadhar in year 2011-12.