

## **ANNUAL REPORT AND ACTIVITIES 2012-13**

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

- Aadhar runs 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 a self supported ongoing program.

### April

- Counselling Skill workshop was organized for paralegal workers of Samavesh (NGO) on 10<sup>th</sup> April. Dr Preeti Mathur was the resource person. 32 paralegal worker of old Bhopal participated in the program. The main focus of the workshop was on the communication skills. This activity based program helped paralegal workers in developing insight about how to communicate with difficult clients, different modes of communication, importance of nonverbal communication, and understanding body language.
- A Career Awareness workshop was organized by Aadhar Centre for the students of classes 10<sup>th</sup> -12<sup>th</sup> at Army Public School on 16<sup>th</sup> and 17<sup>th</sup> April 2012. The Resource person was Ms. Anupma Maheshwari. This was an interactive session in which students were informed about various career options available in the stream of Science, Commerce and Humanities.
- Dr Jagmeet. k Chawla and Dr Preeti Mathur participated as facilitators in a program organized by Taal, Samavesh and Sangini for paralegal workers on 17<sup>th</sup> April. Nearly 600 paralegal workers from different basti's of new and old Bhopal participated in the program. They also inaugurated a booklet on legal issues.
- Aadhar members participated as resource persons, in a training program from 18<sup>th</sup> to 20<sup>th</sup> April 12, organized by The Institute of Company Secretaries of India (ICSI) Bhopal Chapter. Dr Preeti Mathur and Ms Anupma Maheshwari were resource persons for this program. Topics covered were Life skills, Assertive Skills, Non Verbal Communication, and Decision Making. It was activity based program and each module was of 3 hrs duration. Nearly 98 budding CS's participated in the program.
- 28 April 2012, Dr Jagmeet Kaur Chawla addressed about 35 adolescent girls from urban slums on "puberty changes and growing up" at Chittransh College. It was an useful session with good interaction with the participants.

### May

- Dr Preeti Mathur took a motivational session on Personality Development for paralegal workers of Taal Organization on 15<sup>th</sup> May. This session was based on self awareness. It was an interactive and activity based program.

- On 16<sup>th</sup> May Dr Jagmeet Kaur Chawla addressed the students of SOS village Khajuri Kalan Bhopal. This was organized by Dr Veena Arora of SOS village. Dr Jagmeet talked about growing up changes and changing scenario with focus being on the need of girls to acquire knowledge of self and methods to take care of themselves. It was a well appreciated and interactive session.
- On 30<sup>th</sup> May, Dr Preeti Mathur took a session on Communication Skills for paralegal workers of Taal Organization . It was an interactive and activity based program attended by 36 paralegal workers.

## JUNE

- On 26<sup>th</sup> June, Dr Preeti Mathur and Dr Jagmeet Kaur Chawla addressed the teachers of DAV School on the topic of “Every Child is Special”. Both the speakers introduced the teachers to the problems of children with special needs and the various categories, characteristics and the ways to help these children towards Inclusion. About 45 teachers attended this session and it was very well appreciated.
- On 27<sup>th</sup> June Dr Jagmeet Kaur took a Training Session for STI counselors at Saksham, BSSS college. The topic was Adolescent Counseling and Handling of HIV AIDS in Adolescents. This very sensitive topic was handled in a beautiful manner by Dr Jagmeet Kaur Chawla. This and interactive session explained to the counselors the handling of such adolescents.
- 28<sup>th</sup> June, Dr Preeti Mathur participated as resource person for the students of Diploma in Guidance and Counseling of Regional College of Education, Bhopal. She took a session on Introduction to Counseling Skills.

## JULY

- As resource person Ms Anupma Maheshwari participated in a Personality Grooming and Communication Skills training programme for the students of School of Tourism and Hospitality Management, IGNOU. It started from 2<sup>nd</sup> July 2012 to September 2012.
- On 5<sup>th</sup> July an Orientation Program for paralegal workers of Taal was organized at Aadhar. Dr Preeti Mathur was the resource person. The topic covered was Understanding Non- Verbal Communication. Nearly 23 paralegal workers participated in the program.
- On 6<sup>th</sup> July , Dr Preeti Mathur participated as resource person for the students of Diploma in Guidance and Counseling of Regional College of Education, Bhopal. The session was on ‘Practical Implication in Counseling’.
- On 14<sup>th</sup> July, Dr Jagmeet. K. Chawla participated as lead speaker on “Adolescent Nutrition and Growing Up” at Sagar Public School Saket Nagar along with Dr Sumit Roy, Dr Kakoli Roy and Dr Ritu Nanda. The seminar was for all students from 8<sup>th</sup> onwards. It was a well informed session and was greatly appreciated.
- Ms. Anupma Maheshwari and Dr. Preeti Mathur participated as resource persons in the Orientation Program for the students of Diploma in Guidance and Counselling run by NCERT at Regional College, Bhopal. The subjects were Counselling and Career Counselling. It was held on 17 - 18 July.
- On 19<sup>th</sup> July, Dr Preeti Mathur participated in a Training Program organized by Saksham Bhopal for STI and HIV/AIDS counselors. The topic was “Post Test Counseling”.
- Ms. Anupma Maheshwari participated in Training Program organized by Saksham Bhopal for STI and HIV/AIDS counselors. The topic was “Stress Management”. It was an interactive and activity based session. It was held on 20<sup>th</sup> July.

## August

- Ms .Anupma Maheshwari participated as resource persons for the students of Diploma in Guidance and Counselling. This course is run by NCERT at Regional College, Bhopal. The topic was “Need of Career Counseling in Today’s World” These classes were held on 24<sup>th</sup> and 28<sup>th</sup> August.

## September

- On 1<sup>st</sup> and 2<sup>nd</sup> September, Dr Jagmeet.K.Chawla chaired a session in the “National Adolescon” a conference held at Ravindra Bhawan Margao, Goa. The speakers were Dr Nandita D’zouza who spoke on the topic Explosive Teens and Dr Pratima who spoke on Teenage Pregnancy. She also presented a paper on “Life skill Intervention with High Vibration Thinking to tackle Bullying in School Children” which was appreciated by the panelists of conference.
- On 7<sup>th</sup> Dr. Preeti Mathur participated in a Talk Show on Adolescent Issues at Doordarshan Kendra Bhopal. She talked about “Psychological Changes during Puberty”.
- 10<sup>th</sup> Sept, Dr Preeti Mathur took session on “Client Centered Psychotherapy” for the students of Diploma in Guidance and Counseling of Regional Institute of Education, Bhopal.
- On 13<sup>th</sup> September, Ms Anupma & Dr Preeti Mathur evaluated a career exhibition organized by the students of Diploma in Guidance and Counseling of Regional Institute of Education, Bhopal.
- On 25<sup>th</sup> Sept, a Career Counselling workshop was organized at Nutan College. It was addressed by Ms Anupma Maheshwari. The students of Chemistry Department were treated to a very interactive session in which queries of the students were resolved.
- Mahila Chetna Manch organized a Workshop for a group of adolescent girls of Tikamgarh. On 26<sup>th</sup> September Dr Jagmeet Kaur Chawla addressed the isasue of Growing Up and Changes during Puberty. She explained all the changes during puberty including the scientific reasons for menstruation and the care to be taken during it. The nutritional requirement during puberty was also dealt in a very simple and practical way. It was a very interactive session and Dr. Chawla resported to a number of questions put up by the participants. On 27<sup>th</sup> September, a Career Workshop was taken by Ms Anupma Maheshwari for the above mentioned adolescent girls. They were made aware about various schemes run by MP Government for the Economic Empowerment of girls. On 28<sup>th</sup>. September Dr Preeti Mathur discussed Life Skill with the same group. The whole program was appreciated by the organizers and it was very interactive and the girls received responses to a number of queries.
- On 28<sup>th</sup> September, Dr Jagmeet Kaur Chawla addressed the staff of Vikas Samwad in a 2 day Training Program on Cognitive Skills and Development. The various stages of Cognitive Development was dealt with in a lucid manner followed by a Presentation on Developmental Delay. How malnutrition affects development and particularly Cognitive skills was explained in a very clear and simple manner. It was an excellently received session with tremendous interaction by the participants.

## October

- On 4<sup>th</sup> Oct Dr Jagmeet Kaur Chawla and Dr Preeti Mathur addressed around 35 District Programme Coordinators from all over the state of Madhya Pradesh in the Peer Learning Program. They gave a Presentation on Learning Disability with the help of a PPT and later interacted with the participants. The presentation was well liked and appreciated.
- On 8<sup>th</sup> Oct Aadhar Organization received an award for exemplary work done in the field of Adolescent girls and for addressing their physical , psychological needs, nutritional needs and empowering them on all these aspects and opening them up to various Vocational and Career prospects. This award was conferred by the Minister of Women and Child Department Smt Ranjana Baghel under the Beti Bachao Abhiyan and was received by Ms Anupma Maheshwari, Dr Preeti Mathur and Dr Jagmeet Kaur Chawla.
- On 10<sup>th</sup> of Oct , Dr Jagmeet Kaur Chawla addressed the wardens of Kasturba Gandhi Kanya Vidyalayas from all over the state at AICUF Ashram and spoke on the topic of Learning Disability. It was an interactive session which was well appreciated by the Commissioner Rajya Shiksha Mission Smt Rashmi Arun Shami and others present.
- World Mental Health day which falls on 10<sup>th</sup> Oct was celebrated with the students of Parvarish Museum School on the 11<sup>th</sup> Oct at State Museum Shyamla Hills Bhopal. The students were divided in categories below 10 years and above 10 years. The Child Development Wing of Aadhar assessed the students in various perspectives of Developmental and Mental Health. Mrs Seema Rathore Special Educator and Mrs Babita Vaidya Speech Therapist carried out a comprehensive assessment along with Dr Jagmeet Kaur Chawla. Dr Preeti Mathur and Dr Anupma Maheshwari carried a complete Mental Assessment of children over 10 years by role play, story writing and games. They were assisted by Mrs. Kalpana Parihar, Mrs Pushpa Negi, Mrs. Renu Tiwari, Mrs Ratna Mukerji and volunteers of Aadhar.
- On 13<sup>th</sup> Oct an Awareness Program was organised in Durga Nagar slums for adolescent girls on Physiological Changes during Puberty. The session started by welcome the guests and a very moving and uplifting prayer. Dr Jagmeet Kaur Chawla and Mrs Renuka Tiwari handled the queries of the adolescent girls satisfactorily.
- Ms Anupma Maheshwari, Dr Preeti Mathur and Dr Jagmeet Kaur Chawla were invited as Guest Speakers for Career Counselling Training Program for school Principals from all over the state of Madhya Pradesh from 15<sup>th</sup> to 19<sup>th</sup> Oct at Administrative Academy Bhopal. The principals were given guidance on Career Counseling, Life Skills and Learning Disability respectively.
- On 17<sup>th</sup> Oct Dr Jagmeet Chawla addressed the students of Social Work and Sociology of BSSS College on the topic of Gender Bias. It was a very interactive and animated discussion. The students were very happy and received answers to a lot of queries.
- On 19<sup>th</sup> Child Rights Observatory of Madhya Pradesh organized a Workshop for teachers on “Corporal Punishment”. Dr Preeti Mathur addressed teachers from various schools of Bhopal on “ Strategies of Behavioural Management in Classroom”. It was an interactive and activity based presentation . It was appreciated by the Executive Committee of CROMP.
- On the 29<sup>th</sup> Dr. Jagmeet Kaur Chawla and Dr Preeti Mathur interacted with adolescent girls of Kolar colony on Adolescent Issues. This program was organized by Taal. Dr Chawla discussed physiological changes during puberty whereas psychological changes were discussed by Dr Preeti. The session was interactive and informative. The girls came up with lots of queries and their misconceptions were rectified by the speakers.

## November

- On 2-3 November, Dr Preeti Mathur participated as resource person in a Training Program organized by Ananda Foundation (NGO). This program was for Training of Personnel for Geriatric Care. Session was on Life Skills- Self Awareness and Understanding the need of elderly.
- On 5<sup>th</sup> November Dr Preeti Mathur participated in Training of STI counselors organized by SAKSHAM, Bhopal. This interactive session was on post test counseling and well appreciated by participants.
- On 17<sup>th</sup> November, an Interactive Panel Discussion was held at Child line, Bhopal on the topic “Say No To Child Abuse”. Dr. Jagmeet K Chawla and Ms. Anupma Maheshwari participated in it as panelist.
- On the same day Ms Anupma Maheshwari ,participated in Training of ANM’s organized by SAKSHAM, Bhopal. This interactive session was on Stress Management and well appreciated by participants.
- Aadhar participated in Candle march was organized by Child Line, Bhopal on the topic “Say No To Child Abuse” on 18<sup>th</sup> November.
- On 18<sup>th</sup> November Dr Preeti Mathur, participated in Training of Auxillary Nurse Midwife(ANM) organized by SAKSHAM, Bhopal. This interactive session was on Pre and Post Test Counselling. Nearly 42 ANM’s from all over the state participated in this program.
- On 19<sup>th</sup> November, Dr Jagmeet. K. Chawla took a session on Infant Feeding for ANM at BSS Saksham under Global Fund To Fight Aids, Tuberculosis and Malaria (GFTAM)Round 7.
- On 20 & 21<sup>st</sup> November, Dr Jagmeet .K.Chawla and Dr Preeti Mathur took a 2 day long orientation Training Program for teachers from 7 Govt. schools on Learning Disability at Rajya SHIKSA Kendra.the session was attended by 63 school teachers and with the help of PPT . Identification and Management of Learning Disability was discussed. It was full of information and was interactive. Teachers came up with lots of queries which were answered satisfactorily.
- On 23<sup>rd</sup> November, Dr Jagmeet .K.Chawla presented a Paper on Life Skills at the National Seminar on HIV AIDS and Gender at BSSS college. Her presentation was very well appreciated.
- On the 24<sup>th</sup> , Dr Jagmeet .K.Chawla and Dr Preeti Mathur were panelist at a Taining Program for Govt. Personnel under Integerated Child Protection Scheme (ICPS) organised by Women Child Department. and Aarambh-Child Line Bhopal.

## DECEMBER

- On 7 - 8 December, an Orientation Program was organized by IGNOU- Bhopal Regional office for Academic Counselors of IGNOU. Being a part of IGNOU as Program Center, Aadhar participated in the event. Ms Seema Rathore, Ms. Pinky Munshi and Dr Preeti Mathur represented Aadhar.
- On 8<sup>th</sup> December, Workshop on Parenting was organized by Sprouts School. Dr Jagmeet.K.Chawla and Dr Preeti Mathur participated as resource persons. Dr Jagmeet. K.Chawla discussed Good Parenting and General Health Care and Nutrition of Pre Schoolers. Dr Preeti Mathur discussed Psychology of Pre Schoolers and Management of Behavioral Issues. The session was well appreciated by organizers and participants.
- On 11<sup>th</sup> December , Rajya Siksha Kendra Bhopal organized a workshop on Learning Disability at AICUF ashram. This orientation program was taken up by Dr Jagmeet. K.Chawla with nearly 300 wardens from all over MP participated.

- On 13<sup>th</sup> December, Dr Preeti Mathur interacted with a group of Auxillary Nurse Midwife (ANM) under ageis of Saksham, Bhopal on Training of STI/HIVAIDS. The topic was Pre and Post Test Counseling.
- On 14<sup>th</sup> December, Ms Anupma Maheshwari conducted a Stress Management Workshop for the ANM's at the Training Program on STI/HIV AIDS . It was an interactive and activity based session.
- On 15<sup>th</sup> December, an unique health check up camp was organized by Aadhar at its own premises. Nearly 42 children were assessed by a team of Pediatrician, Psychologist, Special Educators, Speech Therapists and Occupational therapists.
- On 17<sup>th</sup> Regional Institute of Education organized an Orientation Program for students of Diploma in Guidance and Counseling. Dr Preeti Mathur evaluated the work done and gave tips to the budding counselors about counseling & its practical aspects.
- From 17 December to 17 January 2013 Ms. Anupma Maheshwari took Communication and Personal Grooming classes in **Hunar se Rojgar** programme. This programme was held under MP Government Vocational Scheme conducted at Madhya Pradesh Institute of Hospitality Training.
- On 18<sup>th</sup> Rajya Shiksha Kendra organized a Training Program for Wardens at AICUF Ashram. Dr Preeti Mathur directed them on Psychological Changes during Puberty. Participants came up with their queries and management techniques were discussed.
- On the 20<sup>th</sup> Dr Preeti Mathur interacted with employees of TAAL from Gandhwani Distt for Skill Enhancement. The sessions focused on Life Skills. Seven participants from team of Taal of Gandhwani participated in the program. It was an activity based program.

#### JANUARY 2013:

- On 8<sup>th</sup> and 9<sup>th</sup>, January, Dr Jagmeet. K.Chawla and Dr Preeti Mathur interacted with Govt School teachers and discussed checklist on Learning Disability and Giftedness. This program was organized by Rajya Shiksha Kendra, Bhopal as a Pilot Project.
- On 14 and 15<sup>TH</sup> Dr Jagmeet attended Training Of Teachers on Adolescent Mission Kishore Uday of Indian Academy of Pediatrics. She was decorated as an Ambassador of Adolescent Pediatrics and in charge of Bhopal and Sagar division.
- On 16<sup>th</sup> Dr Preeti Mathur interacted wit a group of Auxillary Nurse Midwife (ANM) under the ageis of Saksham, Bhopal on Training for STI/HIVAIDS. The topic was Pre and Post Test Counseling.
- On 19<sup>th</sup> Dr Preeti Mathur held a discussion with students of IGNOU undergoing the course of Counseling and Family Therapy.
- 28<sup>th</sup> Ananda Foundation organized a Training Program for functionaries of OLD Age Homes. Dr Preeti Mathur was the resource person. She interacted the topic- Counseling of Old people and Different ways of Communication.
- On 30<sup>th</sup> Dr Preeti Mathur interacted with employees of TAAL from Gandhwani Distt for Skill Enhancement. The session focused on Life Skills. There were 7 participants from TAAL team of Gandhwani who participated in the program. It was activity based program with emphasis on Personality Development, Team Building and Anger Management.

## FEB 2013

- On 8<sup>TH</sup> February , Ms Anupma Maheshwari & Dr. Preeti Mathur interacted with the new batch of Diploma in Guidance and Counselling organized by Regional Institute of Education, Bhopal. They discussed about the need of counselling in today's world.
- On 26<sup>th</sup> February, Dr Jagmeet .K.Chawla addressed students of class X of Kendra Vidhyalya, Bairhgarh on Stress Management. It was good interactive session.

## March 2013

- On 13<sup>th</sup> - 14<sup>th</sup> March, Dr Preeti Mathur interacted with a group of STI counselors under the aegis of Saksham, Bhopal on Orientation and Training for STI/HIVAIDS. The topic was Pre and Post Test Counseling and Basic Facts of Counseling.
- On 15<sup>th</sup> March, Dr Jagmeet.K.Chawla had an interactive Training Session with STI/HIVAIDS counselors at Saksham, Bhopal. The topic was Infant Feeding.
- On 16<sup>th</sup> March , Dr Jagmeet.K.Chawla and Dr Preeti Mathur interacted with parents of SPROUTS which is a foundation school run by Aakriti Group. In the light of Physiological and Psychological changes different rules and regulations of the schools were discussed in detail with parents in an interactive manner. It was appreciated by parents as well as school authority.
- On the 22<sup>nd</sup> Dr Preeti Mathur interacted with the trainee counselors of Diploma in Guidance and Counseling of RIE, Bhopal on "Process of Counseling".
- Other than these activities Aadhar provided counselling sessions to students on a weekly basis at Canyon Higher Secondary School, Rajiv Gandhi School for Excellence & DAV throughout the year.
- In house Counselling Sessions, Psychotherapy, Psychological Assessments, Career Assessments, and Individual Sessions of Speech Therapy, Physiotherapy and Special Education to the Children with Autism, ADHD, and Learning Disability were conducted at Aadhar in year 2012-13.