



## Aadhar Gyan Dhatri Samiti Annual Report 2013-14

**Aadhar Gyan Dhatri Samiti** is a non-profit organisation working in the city of lakes Bhopal (Madhya Pradesh) since 27<sup>th</sup> 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, requires holistic approach throughout the 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 multidisciplinary approach.

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

### Our mission-

*Reaching and empowering every child in need. To provide helping hand in crisis situation and to make person self sufficient to handle their personal and educational problems by themselves in future.*

### Our vision-

*To assist and aid the growth of every child into a healthy and socially responsible human being and ensure a child grows in environment where he gets love care and understanding for thereby laying the "aadhar" for a responsible citizen.*

Aadhar mainly deals with Child Development, Psychological Counselling and Career Counselling. It runs a school for special needs children, school clinic and adolescent clinic . It caters to children with developmental, behavioral, emotional

and learning difficulties and career selections from birth to 19 years. 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 Counselling Centre** for adolescents named as “**Jeevan Aadhar**”.

**LIFE CYCLE HOLISTIC APPROACH OF AADHAR:**

- Aadhar School Readiness Programme

 <p><b>The Centre For Child Development &amp; Psychological Counseling</b></p>	
<p><b>Aadhar School Readiness Programme</b></p>	
<p><b>This School is for children</b></p> <ul style="list-style-type: none"> <li>● 1. Age- 2 to 10 years.</li> <li>● 2. Children with Mental Retardation , ADHD, Autism, Cerebral palsy.</li> <li>● 3. Children with Speech and Hearing Impairments.</li> <li>● 4. Children with Physical and Health Problem.</li> <li>● 5. For high risk Newborns or newborns with prematurity birth asphyxia convulsion etc.</li> </ul>	
<p><b>Our Strategy</b></p> <ol style="list-style-type: none"> <li><b>1. Assessment.</b></li> <li><b>2. Individualized Educational Plan.</b></li> <li><b>3. Applied Therapy</b></li> <li><b>4. Parents meeting</b></li> <li><b>5. Monthly Review</b></li> <li><b>6. Home Based Program</b></li> </ol>	<p><b>School Timing</b></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 <a href="http://www.aadharcentre.org">www.aadharcentre.org</a></small></p>
	<p><b>Therapeutic Intervention Programme by</b></p> <p><b>Developmental Paediatrician</b></p> <ul style="list-style-type: none"> <li>- Development Assessment</li> <li>- Physical Assessment</li> <li>- Medical Assessment</li> </ul> <p><b>Special Educator</b></p> <ul style="list-style-type: none"> <li>- Personal</li> <li>- Social</li> <li>- Academic</li> </ul> <p><b>Occupational Therapist</b></p> <ul style="list-style-type: none"> <li>- Sensory Integration Therapy</li> <li>- ADL Training</li> <li>- Hand Writing Assessment</li> </ul> <p><b>Speech Therapist</b></p> <ul style="list-style-type: none"> <li>- Delay Speech &amp; Communication</li> <li>- Misarticulation &amp; Dysarticulation</li> </ul> <p><b>Physiotherapy</b></p> <ul style="list-style-type: none"> <li>- Physical Development</li> <li>- Range of Motion</li> <li>- Power, Reflexes and Tone</li> </ul> <p><b>Counselor</b></p> <ul style="list-style-type: none"> <li>- Counseling of Parents</li> <li>- Behavioral Therapy</li> </ul>
<p><b>Contact us at :- “Aadhar”</b> <i>The Centre For Child Development &amp; Psychological Counseling</i> Ph. - 0755-4275551 E7 HIG 405, Arera Colony, Near 1100 Hanuman Mandir Opp. Dr. Gajendra Chawla Eye Clin ic, Bhopal <b>Timing : 10am - 5pm</b></p>	

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 the parents, is assessed on a functional curriculum, that incorporates various areas such as communication, socialisation, gross and fine motor skills, preacademic concepts and imitation skills. The results of this assessment lead to the development of an Individualised Educational Plan (IEP) for each child wherein goals for each area are selected and teaching strategies are planned. The IEP is discussed with the parents and a copy is given to them. Regular parent-teacher meetings are held 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 for every child.

Activities at Aadhar school are planned according to a daily schedule which has items such as morning assembly, circle time, IEP time, free play, exercise and tiffin time. 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 many common art and fun activity classes that promote integration, creativity, language development and socialization.

- **Customized Counselling Programme For Parents(CCPP)**



As part of Aadhar special school we run a training programme for parents with special needs child. With the help of a team comprising of Developmental Pediatrician, Dr.Jagmeet Kaur Chawla , Dr Preeti Mathur consultant Psychologist and Ms Seema Rathore and Ms Kavita Tamhaney 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 wd 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** for availing CBSE provisions. It is the only authorized centre in Madhya Pradesh. Aadhar is running LD clinic to help in identification and management of children with learning disabilities.

- **Samarpan Plus-**

District Administration Hoshangabad (MP) had taken an initiative SAMARPAN/समर्पण, which was a unique program for early identification, screening, treatment and rehabilitation of children with developmental delay or physically disability. It is a convergence model of Health, Women & Child Development and District Disabled Rehabilitation Centre (DDRC) with the leadership of District Administration. The medical checkup and follow-up checkups were also being carried out by multiple disciplinary specialist. The Collector of Bhopal Mr. Nishant Warvade took this program one step further in Bhopal and under the flagship of Samarpan Plus, included Therapy as Important component after identification and assessment . Aadhar is proud to be associated with the Government in this project and is giving services ranging from assessment and therapy with a very good success rate and satisfaction of parents.

### **Aadhar Adolescent Clinic**

The Aim of Aadhar Adolescent Clinic is sensitization of Youth about Changes during Puberty, to help adolescents in overcoming their emotional, academic & behavioural problems and to help them in stream and career selection.

Aadhar centre is doing 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 programmes are being conducted in a child friendly environment through multidisciplinary approach.



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 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 10<sup>th</sup> 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.



## Jeevan Aadhar - Adolescent Helpline

To address the need to implement Adolescent friendly Reproductive and Sexual Health Counseling services a helpline was established on 25/May/2013 at district level in JP Hospital Bhopal in collaboration of NRHM Bhopal and CMHO , Bhopal, Madhya Pradesh. The aim is 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 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 which is the 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.

The services provided here are Psychological Counseling, Educational counseling, Sexual and Reproductive Health counseling, Vocational Counseling, Nutritional counseling and Life skill related counseling telephonically as well as face to face counseling at the toll free no. 1800-233-1250. The timing is 8 am -8pm all days working 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 2 office assistants. The entire team is well qualified and trained by professionals.



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

जिला स्वास्थ्य समिति जिला भोपाल

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

**उपलब्ध सेवाएँ**

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

**टोल फ्री नं. 1800-233-1250**

## ACTIVITIES:

- ❖ Orientation Training Program for ARSH helpline and counselling cell.



On 13th of April 2013 an orientation for ARSH helpline and counselling Cell was organised by Aadhar Gyan Dhatri Samiti and CMHO Bhopal, at Palash hotel. Esteemed guests were *Dr. Pankaj Shukla* CMHO Bhopal, *Dr. Madhuri Chandra*, Gynecologist, Sultania Janana Hosiptal, Bhopal, *Dr. J S Tuteja*, President Indian Academy of Pediatrics, *Dr. Rashmi Dwivedi* Sr. Pediatrician Kamla Nehru Hospital, Bhopal and others, the program was formally inaugurated by CMHO, Bhopal.



## OBJECTIVE-

The overall objective of the training was to orient the Counsellors, Medical Practitioner, Media and others to understand-

- need for counselling in adolescents.



- various stages and situations where adolescents need counselling,
- various grey areas in telecounselling
- how a telecounsellor has to be more vigilant and work in specific situations.
- the need for counsellors to be aware of legalities needed in various cases of suicide, trafficking rape and harassment
- Need of good referral networks for telecounsellors. Telecounsellors should be aware of various resources and agencies which may help in rehabilitation of children and adolescents.

#### ❖ Orientation Workshop For Counselling Professional On Counselling Skills



- ❖ An Orientation Workshop for “Counselling Professional On Counselling Skills” was organized in the month of June 2013.

Aadhar the centre for Child Development and Psychological Counselling organized a 2 day workshop on Orientation Programme on Counselling skills for Counseling Professionals on the 17 and 18 June 2013 in its premises. It was very insightful and an eye-opener for all the participants to know the actual reality of practical issues in different counseling situations. This centre was well attended and appreciated by students of Counselling and teachers.

❖ Seminar on World Population Day “A Dialogue with medical practitioners and NGO partners on Adolescent Pregnancy”.



A seminar on burning issue of Adolescent pregnancy was organized on world population day by UNFPA and Aadhar Gyan Dhatri Samiti at Hotel Ashoka Lakeview *on Thursday, July 11, 2013* for medical practitioners and NGO Partners. **Dr Prakash Deo** State Program Cordinator, UNFPA initiated the program and discussed the **Importance of World Population Day and contribution of UNPFA.**

Dr Madhuri Chandra Professor Ob/Gy Sultania Hospital Bhopal, Mr Tejram Jat , state program officer UNFPA ,Dr Jagmeet K Chawla(Ambassador of Adolescent Pediatrics by IAP)and Dr Varuna Pathak were the esteemed speakers. Total 64 medical practitioners and NGO partners participated in the programme.

❖ Orientation Training Program for ARSH Counsellors-

The six day long training programme during October 21 - 26, 2013 is jointly organized by UNFPA, NRHM, GoMP and Aadhar. This intensive training programme aimed at enhancing the level of knowledge and building the capacity of ARSH counselors. It has covered significant topics such as growth and development of adolescents, communicating with adolescents, reproductive health, sexual health, safe motherhood, family planning



and contraceptive techniques, life skills, nutrition, RTIs and STIs, HIV/AIDS, gender, concept of counseling, techniques of counseling, understanding and practicing counseling skills. It is important for the counselors to realize their responsibility as a counselor and imbibe the desired skills. It is a matter of great pride that Madhya Pradesh is the first state to implement the ARSH programme. Hence, this is also a huge responsibility.

### Objective

The overall objective of the training was to orient the ARSH counselor about the special needs and concerns of adolescents and also to train them on counseling skills so that they are better equipped to respond to needs of the adolescents more effectively, efficiently and with greater sensitivity. At the end of the training process the ARSH counselors would be;

- Able to provide counseling services to adolescents
- More knowledgeable about the characteristics of adolescent development
- Able to understand the needs of adolescent
- Better equipped with information and resources, thereby able to provide adolescent friendly counseling services
- Able to make plan to indicate the changes in their work to deliver adolescent friendly counseling services through the routine clinics at district level.



## ❖ **PANEL DISCUSSION on “INTER-SPOUSAL VIOLENCE AND ITS IMPACT ON CHILDREN**

The UNFPA-spearheaded and sponsored campaign raising awareness about violence against women in collaboration with **Aadhar Gyan dhatri Samiti** was held in **Billabong High International School** on the 9th of December, 2013. This discussion which witnessed active participation focussed on issues like Eve-teasing, Domestic violence, Rape/torture of women. Besides **Billabong High International School** which co-hosted it, some of the leading schools of the city, namely **Delhi Public School, Sharda Vidya Mandir** and **Canyon Higher Secondary School** also participated in the discussion. The panel comprising **Dr. Prakash Dev, State Chief of the UNFPA, Dr. Raka Arya, Asst. Prof. NLIU, Ms Pragyan Mohanty, Program Co-ordinator IWID,** and renowned clinical psychologist **Dr. Sumit Roy** shared their invaluable knowledge and experiences with the young students who were extremely vocal and vociferous in their stand against suppression of women.

Gender Equality was identified as the primary attitude to be inculcated at an early age in every home through sensitization, most definitely to be endorsed by schools, teachers and parents. The enduring thought that was imprinted on every soul present was: “Be the change, you want to see in the world.”



## ❖ Health Camps

Two health camps were organized by professionals of “Aadhar” for complete physical, mental and emotional assessment of children. On 24/November/13 camp was conducted in Gurudwara, E-4, Arera Colony, Bhopal and On 1/February/14 at 1100 Hanuman Mandir, E-7, Arera Colony, Bhopal.

## ❖ OUT Reach Program

### A) In school adolescent girls and boys

To solve queries of students on various adolescent issues a workshop was organized for them. A question box was kept in the school premises atleast a week prior to the workshop and collected a day before. The queries received were sorted out; on the basis of need, specialists from aadhar visited the school to disseminate correct knowledge. Our experts' panel consists of adolescent pediatrician, consultant psychologist, career counselor, and other trained counselors.

Till date such programs were conducted in Canyon Hr sec school, Rajiv Gandhi School , Raja Bhoj, Old Campion, Kamla Nehru, Sarojini Naidu, Naveen Kanya, Raj pushp, Nalanda school and Sarojini Naidu School .



### B) Out of school boys and girls

To provide helping hand and to disseminate ARSH information ,some outreach programs were planned for out of school children of Bhopal. We targeted slums of Kolar colony, Rishi Nagar, Sanjay Nagar, Arif Nagar, Barkhedhi near Extol College, Jhangirabad, Sai Baba Nagar, Krishana Nagar, PC nagar, Ishwar Nagar, Durga nagar habibganj, Kolar colony 3 clusters, Akbarpur Phase IIBhadbhada, Walmi. Team of Aadhar have taken various sessions and informed them about the helpline facilities . Separate sessions were planned for boys and girls to solve their queries.



#### D) Service Providers:

To spread awareness on ARSH issues and services provided under helpline, we are also providing hand holding to “USHA - Shahri Asha’s”, Sabla, Sakhi Saheli, ARSH Counsellors. As these workers are interacting with out of school adolescents at community and grassroots level, so they need to be empower on a regular basis. . We frequently interact with them personally, on email or telephonically 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 are invited on various occasion in Doordarshan, All India Radio and FM to give their expert opinion on topics like-**Importance of Hygiene during Puberty, “Role Of Parents In Mental Health Of Their Children**

Especially In Days Of Examination” “Rajo nivriti ka mahilayon par mansik prabhav”, “Kishorawastha aur unki samasya”

“Significance of anti ragging Committee in colleges”, “Pariksha poorv bachoon ke mansik tanav” as a Resource Person.

In Print media also Experts from aadhar are invited to present their views on topics like-Counselling, Parenting, Careers, Health, Nutrition, Life skills etc as an Expert advisors.



❖ **Our Associations:**

Experts from aadhar are associated with many organisations as Life Skills Trainers, Expert faculties and Counsellors.

**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 Valey 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, Old Champion school, Dam kheda govt school, Sultania school, Akbarpur school, Raja Bhoj school, School of excellence, Shahjahana bad school.

### **Institutes-**

Indian Academy of Pediatrics, 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.

### **Upcoming Programmes-**

#### Reaching to the unreached

Aadhar is planning to start a Awareness Camp parents with special needs children "Know the rights of your special need child".

Prepare Home based therapy programme for special need children and their parents .

### Ongoing Programs:

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

**Educational Activity-** Aadhar is a IGNOU study centre for Masters in Counselling and Family Therapy(Msc CFT)course.

**Counselling professionals-** Aadhar conducts Counselling skill training program every year to train counselors in various skills required in Counselling. Aadhar is Program Centre for **MSC CFT (Counselling and Family Therapy)** launched by **IGNOU**. Also Special Study centre for **CIG (Certificate in Guidance)**and **DECE(Diploma in Early Childhood Care)**. We are also affiliated to **International Course of Counselling and guidance** by NCERT, and **Diploma in Guidance and Counseling** in Barkatullah University, Bhopal.



