Link to our website: http://www.aadharcentre.org/

Visit us on our Facebook and Instagram pages, click on the logos below to go the official pages of Aadhar.
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Seed for Aadhaar was planted way back in the 90s when Dr Jagmeet was running a busy paediatric nursing home along with her husband Dr Amarjeet Singh Chawla. In the midst of the hustle and bustle of saving severely ill children and newborns, she always felt that there was a lot behind the physical manifestations of a disease. She wanted to explore the psyche behind illness, the effect of mind on illness and wellbeing and how the mind could be treated to bring positive results in physical health. She understood that human psychology and particularly counselling was needed to reach these depths. Concurrently, she started counselling her patients and getting good results, strengthened her resolve which goaded her into completing a course in Guidance and Counselling from Barkatullah University Bhopal. Here she met Dr Preeti Mathur a counselling psychologist who was one of the teachers of this course and Ms Anupma Maheshwari a co-student. Their friendship bloomed and genesis of Aadhaar Centre was laid.

Aadhaar Centre started in an office premises of Dr Amarjeet. Dr Jagmeet specialized in Developmental Paediatrics and also drew on her experience in Sion hospital where she worked under the mentorship of Dr Madhuri Kulkarni who was one of the pioneers in India in Developmental Pediatrics and runs the 1st Learning Disability clinic in Mumbai. Aadhaar started with 3 verticals: Child Development, Psychological Counselling and Career Counselling. Dr Jagmeet, Dr Preeti and Ms. Anupma Maheshwari took up the onus of the 3 divisions and started the work independently and in tandem with the visions and missions of Aadhaar. Aadhaar now has 101 members with 21 people working full time and rest in part time.
The major obstacles that they faced initially and are still facing were the response of society to these topics which were considered taboo. Disability was looked down upon and disabled children were considered a burden to the society. Psychological counselling was not considered of importance. When free advice is available, counsellors were not supposed to dispense their views with 'fee'! But gradually, when positive changes started manifesting the advantage of counselling and its value started spreading by word of mouth.

Dr Anupama, who is now a senior counsellor and founding member of Aadhaar, had gone through the phases of utter depression because of choosing wrong stream. She was a bright student and was not supposed to take so called trivial subjects like home science! Only when she switched streams and took up Home science and child development, on the advice of a counsellor her confidence restored. It gave a boost to her self-esteem and she went on to specialize in Career Counselling to get her PhD in the subject.
Aadhaar started its services in a 2 room infrastructure with only three experts in the area. Over the period of 14 years, the team increased and Aadhaar went from strength to strength with a complete multidisciplinary team of therapists viz. special educators, physiotherapists, speech therapists, yoga expert, etc. With in-house therapy and learning centre, they work untiringly... holding workshops in schools, colleges, for professionals, parenting workshops, career camps to name a few.
**Vision**

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 an environment where he gets love, care and understanding. Thereby laying the “aadhaar” for a responsible citizen.

Our Mission
Reaching and empowering every child in need. To provide a helping hand in a situation of crisis, and to make people self-sufficient to handle their personal and educational problems by themselves in future.

To provide helping hand in career selection.
Aadhaar Gyan Dhrati Samiti was set up on the 27th of September 2004. Aadhaar’s organisational structure is governed by the Societies Act of 1860 as a non-governmental organisation (NGO).

It is a Child Welfare Organization formed by Doctors, Therapists and Professional Counsellors and is devoted to assist and aid the growth of a child into a healthy & socially responsible human being.

There are mainly 2 divisions of Aadhaar- Child Development Division and Psychological Counselling Division. The psychological counselling division is further subdivided into personal counselling and career counselling division.

These divisions cater to children with developmental, behavioural, emotional and learning difficulties, from birth to 19 years of age. It also provides counselling and training facilities to their families.

Aadhaar is the only centre authorized by CBSE for certification of children with Learning Disability.
SPECIALITIES
Child Development

TEAM

- Dr. Jagmeet Chawla
- Mrs. Raksha Vighne
- Ms. Anamika Sharma
- Mrs. Sheela Verma
- Ms. Anuparna Shikha
- Mrs. Deepali Kekre
- Ms. Sapna Gupta
- Mrs. Pushpa Negi
Antenatal Clinics

These are usually for first-time parents and help both partners get involved in the preparations for labour, birth and early parenthood. Aadhaar has made a comprehensive capsule of 4 Specialists addressing couples in Antenatal clinic which is briefly as follows:

The Obstetrician who starts the session with taking the couple through the whole journey of pregnancy and the physical changes in the mother and the developing foetus; the Psychologist helps the mother and her partner to understand the emotional changes and how they can be tackled optimally; the Nutritionist who elaborates on the importance of diet, clears myths and suggests modifications to be made to ensure healthy mother and healthy child; The Neonatologist then goes into the details of handling the baby, feeding, care and answers the common queries and doubts.
Neonatal Intensive Care Unit (N.I.C.U.) Graduate Program: For high risk newborn.

Improving prenatal and neonatal care has led to increased survival of infants who are at-risk for long-term morbidities such as developmental delay and visual/hearing problems. Moreover, many of these neonates (e.g. extremely low birth weight infants) tend to have higher incidence of growth failure and ongoing medical illnesses. This highlights the need for a follow-up care service that would ensure systematic monitoring of the general health and neuro-developmental outcomes after discharge from the hospital. The monitoring would help the infants and their families (early identification of problems and hence early rehabilitation services) as well as the physicians involved in their care (to improve the quality of care provided and for research purposes).

It is carried out by identifying a baby who already has or is at potential risk for developing a handicapping condition & subsequently providing remedial measures to lessen its effects. This encompasses wide variety of medical, nutritional, educational, & psychological treatments for an at risk baby or one with neuro - development abnormalities or visual or hearing impairment. This programme is based on the research that compensatory mechanisms exists for all cerebral functions & the plasticity of brain is encouraged by stimulation & early intervention.
Aadhaar runs an integrated pre-school education program for children with developmental disabilities.
Methodology: The training provided at Aadhaar 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, pre-academic 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 month a review of the IEPs is conducted and new programs are prepared for every child.
The resource room is located in our premises and has the capacity to train 20 children with special needs at a time. We intend to extend this program to more schools, to promote a model of inclusive education.
School for Children with Poor School Performance

Children with scholastic problems can be found in all of our schools and at all age levels. The earlier we detect these problems, the better it is for the child. Common reasons to scholastic backwardness are emotional problems, developmental problem some age related issues, learning disability, children with borderline intellectual functioning and some neurological problems.

Methodology: The therapists and counsellors at Aadhaar Centre use sensitization and Life skills training programs for teachers and students in various schools of Bhopal and neighbouring districts to address Poor School Performance in students particularly Specific Learning Disability and other neurological problems viz. Autism, ADHD and emotional problems and aim at mainstreaming these children successfully!
Learning Disability clinic

Aadhaar is authorized by CBSE as Certification authority for learning disabled students for availing CBSE provisions. It is the only authorized centre in Madhya Pradesh. Aadhaar is running a LD clinic to help in identification and management of children with learning disabilities. So far 30 students are certified as Learning Disabled by the centre.
Personal counselling

Aadhaar's objective is to provide helping hands in a situation of crisis and to make people self-sufficient to handle their personal and educational problems on their own, in future. With people’s hectic lifestyles, and ever mounting pressure to reach their goals and expectations, there is a need for some form of guidance to help them with what sometimes seem like insurmountable issues. Most of the problems arise from life situations and they significantly affect the performance. This is when we can take the help of a trained professional to help resolve and deal with our problems/issues, before they take a life of their own. Alternatively, people sometimes wish to focus on enhancing their skills, maximizing their potential and thereby empowering themselves to lead a successful life. This calls for life coaching.
Psychotherapy/Counselling

Counselling is a talking treatment. In this treatment, focus is on helping the person by identifying his potential and utilising them to sort out the best solutions of the problem.

Process

In psychotherapy/counselling sessions, the clients and the therapist, work together on exploring and clarifying the various aspects of the problem experienced by the clients. Various psychological therapeutic methods are used to assist them in acquiring techniques that will help them better cope with the problems that they are facing. It also helps develop self-awareness and enables them to perceive alternative choices of thought, feeling or action. Primarily the cognitive therapy techniques are used but in order to help maximally, other therapeutic methods like that of: psychoanalytic therapy; gestalt therapy; person-centred therapy; existential therapy can be used.
Customized Counselling Program for Parents (CCPP)

As part of Aadhaar special school we run a forum for parents. Parents with special needs children are given Customized Counselling Programme For Parents (CCPP) With the help of a team comprising of Developmental Paediatrician, 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 with their children. Each set of parents is counselled once a month initially. Each quarter, group discussion with all parents of special needs 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.
CAREER COUNSELLING

Team: Mrs. Anupama Maheshwari

Career Programs

**Career Counselling: Career Testing**

The Career Counselling Division at Aadhaar Centre conducts Psychometric Career Testing for students of Class IX onwards. This career testing assumes the greatest significance after the class X exams to help the students, parents and the school to decide about the Stream selection for the student. It also helps both the student and the parents to determine the nature and extent of his or her strengths and weaknesses and the best career to select. It helps the students find what they are wired for!
• Testing is done individually as well as at group level. Target Group for career counselling is students of class 10\textsuperscript{th} and 12\textsuperscript{th}.

• Individual counselling session includes registration, pre-counselling session, testing session and post counselling session.

• We use standardized, reliable and valid psychological tools for this purpose. Reports are generated within 10 days.

• We also conduct Group Testing in the schools.

• In Group counselling session we test 40 or more students per session.

Group counselling session includes registration, testing session and post counselling session.
Career Development Program

It is a special program designed to expose the students to all aspects of a particular career. It is held for the group of fifty or more. Here the group can select any four careers from the Career Bank and then each career is dealt with in one session of 45 minutes to one hour. In these programs our motive is to provide maximum information to the students regarding the chosen careers. It includes the following aspects: Introduction and identifying with the issues of career planning, importance of career planning, factors influencing career decision making, methodology for making right career decisions, options within each stream.
Life Skill Training Program

According to WHO, life skills may be defined as “abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life… Every school should enable children and adolescents at all levels to learn critical health and life skills.”

Life Skills training provided by Aadhaar, has shown its impact by turning classrooms into child friendly spaces, where there are no barriers between the teachers and students. Whereas the training has helped the teachers to enhance their effectiveness in classroom transactions, it is also turning children into independent thinkers, who have the capacity and competency to learn and grow on their own terms.
SCHEMES FOR THE BPL

DISHA

Early intervention and school readiness scheme.

Objective:
This is an early intervention and school readiness scheme for children in the age group of 0-10 years with the four disabilities (Autism, Cerebral Palsy, Mental Retardation and Multiple disabilities) covered under the National Trust Act that aims at providing training and counselling to both children and parents.

Facilities:
- Medical help
- Assessment and evaluation
- Counselling
- Transport facilities

These facilities are completely free for B.P.L. category.

Eligibility criteria:
Following are the eligibility criteria that a PWD should have to be enrolled under Disha Centre, whether funded by the National Trust or not.
- PWD should be in the age group of 0-10 years.
- PWD should have one of the disabilities covered under the National Trust Act 1999.
- PWD should not be registered under Samarth Scheme.
**NIRAMAYA HEALTH INSURANCE SCHEME**

**Objective:** The objective of ‘Niramaya’ scheme is to provide affordable Health Insurance to persons with Autism, Cerebral Palsy, Mental Retardation and Multiple disabilities.

**Scheme Description:** The scheme envisages delivering comprehensive cover which will-

- Have a single premium across age band
- Provide some coverage irrespective of the type of disability covered under the National Trust Act.
- Insurance cover up to Rs. 1.0 lakhs on reimbursement basis only.
- All persons with disabilities under the National Trust Act with valid disability certificates will be eligible and included.
- Services ranging from regular medical checkup to hospitalization, therapy to corrective surgery, transportation as per the benefit chart issued/revised by the National Trust which may be revised from time to time.
- No pre-insurance medical tests.
- Treatment can be taken from any hospital.

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<tr>
<th>PWD CATEGORY</th>
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<th>RENEWAL FEE (IN Rs.)</th>
<th>REQUIRED DOCUMENTS</th>
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<td>50/-</td>
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<tr>
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<td>500/-</td>
<td>250/-</td>
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ACTIVITIES AND WORKSHOPS 2018-19

1.) 2nd April 2018 WORLD AUTISM DAY
Aadhaar Centre for Child Development took the initiative of celebrating World Autism Awareness Day on 2nd April at Amer Bakery Hut, Link Road. People from all walks of life participated with full vigour and enthusiasm to contribute their share in this benevolent initiative.

The performances by the children of Aadhaar depicting the culture of India, allured the spectators. The famous guitarist Samar Mehdi mesmerized everyone with his performance. Aadhaar was successful in giving a strong message to the society that Autism should be viewed as a different ability, which only few people are god gifted with, rather than a disability.
The event was supported by The Optimist Citizen. The program was sponsored by Amer Bakery Hut, National Trust, Allahabad Bank, Trophy House and Vishal Fitness Club.

2. #choosetheycareerbyyourchoice
On the 12th of April 2018, the Inherent Talent Mentor from Aadhaar, Dr. Anupama Maheshwari conducted a Career counselling session at St. Joseph Convent School, Bhopal, for the students getting promoted to 11th grade. The aim of the session was to emphasise the importance of self-awareness and therefore making the right career choices.
3. Physical and Mental Health Assessment

On the 14th of April 2018, Dr Jagmeet Kaur Chawla, Developmental Pediatrician and Director of Aadhaar Centre was invited to assess the children for developmental and behavioural issues at the newly inaugurated Manglam School at Obidullaganj, Bhopal. Dr. Chawla assessed the children and also interacted with their parents. The school’s efforts to incorporate physical and mental health of each and every student by experts is commendable for this would ensure the children’s holistic development and general well-being.
4. Eid celebrations at Aadhar

On the 15th of June 2018, the specially abled kids at Aadhaar celebrated Eid. The venue for the celebration was the special education room, where 15 children and the staff celebrated Eid from 10 am to 1pm. The kids were made to understand the significance of the festival, they were told about the appearance of the moon and the stars, were made to wear new clothes, were told about the Namaz, all of them hugged each other and ate seviyan; they also played games and danced to songs.
5. Parenting workshop at Asnani School
Dr. Jagmeet Kaur Chawla senior paediatrician and founder director of Aadhar Centre for Child development, psychological and career counselling was invited as Chief Guest in Asnani School Bhopal for the celebration of Doctor’s day on 7th July 2018 in the school premises. She interacted with the children in her inimitable style and even made the little children of Grade 1 and 2 be an active part in her address. She inspired the children to follow their dreams and take care of their health by eating well, drinking adequate water and exercise. She also urged the students to dream big and become anything that they wished to. Dr Umesh Patel and Dr Agarwal and Ms Abhiruchi also addressed the children and shared their thoughts with them. The whole program was conducted beautifully and ended on a patriotic note with the National Anthem.
6. Handling special children and understanding their behavior.

Dr. Jagmeet Kaur Chawla was invited as an expert for a special session at the Franchisee Meet of Brainy Bear Foundation School on 2nd Aug 2018. She spoke on the topic of “Handling Special Children & Understanding their Behaviour”. She started her session with explaining the concept of who is a special child and briefed the gathering about their behavioural traits and in her unique inimitable style kept the session interactive and simple to understand by every participant. The participation by the principals, teachers and franchisees was so evident in the fact that they continued sharing their experiences and getting clarifications about issues with children in their schools. It was an informative session well appreciated by all.

Capacity Building of Members of Child Welfare Committees of Madhya Pradesh was organized by: Department of Women and Child Development, UNICEF-Madhya Pradesh and NLIU at Bhopal from 2 August-4 August 2018 at NLIU Bhopal. The first session was on “Understanding the Psychology of Trauma faced by Children in Need of Care and Protection”. Its objective was to explain the basis of trauma and the participants were made to do an activity following which the understanding became clear and lucid. The participants understood the main premise that empathy, sensitivity and compassion are what is mainly needed to understand the children in need of care and protection. Dr Jagmeet took a session which was on “Communication with Children in need of Care and Protection” Dr Jagmeet started her session with clear understanding of what is communication and where it is needed and also the most important aspects of communication which are mainly non-verbal and body language. For a better understanding about communication, she conducted an activity where the participants were divided in pairs and one participant was child and the other participant was the CWC Member. This activity brought to the fore all the aspects of good and bad communication and made the participants aware of their shortcomings in dealing with this sensitive issue. The presentations were very effective in bringing home the message of good communication, empathy and compassion and the tremendous role the CWC Members can play in the betterment of Children in need of care and protection.
8. Orientation Workshop on Various settings used in a Counselling Centre
An informative workshop on various settings in a counselling session was conducted by Dr. Jagmeet Kaur Chawla and Dr. Anupma Maheshwari for the students of Regional College, Bhopal on 21st August. Around 39 adult learners along with their faculty at Regional Institute of Education Shyamla Hills Bhopal visited Aadhar Centre of Child Development, Psychological Counselling and Career Counselling Bhopal. The learners were from various parts of the country. It was a very interactive and informative session wherein they were given an orientation on the psychological counseling and career counselling departments by Dr. Anupama Maheshwari, Director of Counseling Division. She discussed the various settings used in counseling.
9. Orientation Workshop on Special Needs Children for the students of RIE.

On the 21st of August 2018, Dr. Jagmeet Kaur Chawla director of Child Development division explained aspects of normal development in children and delayed development in children with special needs to the group of students from RIE. She also elaborated on the biological disorders particularly Autism Spectrum Disorder, ADHD, Specific Learning Disability, etc. Following this the students were taken on a visit to the various departments of Aadhar Centre and they also had an opportunity to interact with the therapist and children with special needs.
10. Rakshabandhan Celebrations at Aadhaar

On the 26th of August 2018, the students at Aadhaar celebrated Rakhi together. The celebration was held from 10am-1pm and then again from 2pm- 4:30pm for the two batches of students. The brothers and sisters tied hand-made rakhis on each other’s wrists. Ms. Amita Sarkari, Director of Stories and Beyond also participated in the celebrations. Ms. Sarkari conducted a story-telling session for the children, performing a story about the lion and the mouse with her inimitable style and mannerisms which left the children and the faculty alike in splits with laughter.
11. Workshop for Empowering Parents with Specially Abled kids

Aadhaar Centre, in continuation with its purpose of Empowering Parents, conducted a workshop on: “Empowering myself to handle my child with special needs” by acclaimed Counsellor and internationally accredited ACT therapist Ms. Noorjahan on 6th October 2018, for parents of children with special needs at Aadhaar Centre, from 10:30am to 12 noon.

The workshop began with an introduction to the concept and was followed by an activity- Happiness activity wherein she divided the group into pairs and conducted it. This was an activity to make the participants aware about all the things we all are blessed with. This set the tempo for the workshop and it touched on numerous aspects of parenting and emotions, particularly guilt, doubts and fears. She urged the parents to become mindful and shared tips on how to be aware in every activity. The session was followed by an open house and the parents shared their thoughts, journeys, tribulations. This got the parents to feel more connected. This need for such activities was further felt more strongly, the reason being this establishes a community where parents with special kids can come and speak about their concerns and feeling.
12. LIC Donates a Van for the Specially Abled

On the 8th of October 2018, LIC under the aegis of Golden jubilee Foundation donated a Van for transporting specially abled children from their home to Aadhaar Centre and back, in an official ceremony. The venue for the ceremony was Aadhaar centre from 11am to 1 pm. The van was donated specially for the Below Poverty Line students, for whom Aadhaar has been working relentlessly for the last 14 years. The dedication of the Van was done by Zonal Manager, Shri Shashikumar to the Secretary of Aadhar Mrs Ratna Mukerji in a beautiful ceremony, in the presence of all the students and staff of Aadhaar.
13. Awareness Session at Jheelnagar

On Saturday, 13th October, four staff members and three volunteers from Aadhaar Centre went to Jheelnagar Slum area, Ayodhya Bypass Road, where a Disability Awareness Camp was conducted for children from 11am to 2pm, to make them aware of the possible signs of physical and developmental disabilities. Families were informed of Aadhaar Centre's special program for families falling below the poverty line, where we take care of the child's therapy, learning and transportation, free of cost. The Aadhaar team also conducted a painting competition for the children, where the children made paintings which were not only beautiful, but also beautifully addressed social issues like cleanliness, education, peace etc. The staff, volunteers and the residents interacted freely and learned a lot in the process.
14. Seminar on Juvenile Delinquency at Jagran Lakecity University

Dr. Anupma Maheshwari was invited as an expert speaker by JLU School of Education, Jagran Lakecity University. They organized a Seminar on Juvenile Delinquency: Issues & Concerns (Identification for Early Intervention) on Tuesday, 13th November 2018 commemorating National Education Day. The idea was to share real case studies and to understand signs & symptoms of children before they lose their innocence due to lack of support and care.
On the 14\textsuperscript{th} November 2018, the Aadhaar team celebrated, Children’s Day by taking all the kids to Nandan Kanan park from 10am to 1 pm, and celebrating a day out. The kids enjoyed the slides and the swings there, played games together and went for a nature walk. They also had a picnic of their own sharing their food while their teachers told them about the relevance of the day and how it was their day.
16. Training workshop for mentors on Reproductive health organised NHM

Dr. Jagmeet Kaur Chawla conducted a training session for Adolescent master trainers on reproductive Health. The sessions on RTI, STI & NCD were covered in a day long workshop. The training was held at AICUF Ashram Bhopal near Shahpura Lake on 15th and 19th November 2018.
Rajya Shiksha Kendra organized a training workshop for Mobile Resource Coordinators of various districts of Madhya Pradesh at AICUF Ashram at Bhopal on 25th of Nov 2018. Dr Jagmeet Kaur Chawla Master trainer of Learning Disability was invited as a speaker. She explained all the details of Learning Disability in a simple and understandable way. The participants interacted actively and took active participation in the session.
18. Awareness Campaign on Mental Well-being.

On 25th of November 2018, twelve staff members and twenty five volunteers from Aadhaar moved in five different groups saying slogans and flaunting banners across Lake View, Bhopal. Emphasis was to stop putting labels on anyone and helping the special kids to grow and help blossom their unique personality. To encourage individuality. All the groups interacted with the people there, including the street vendors, shop keepers, tourists and the localities there. They were asked to write their thoughts on mental health and the specially abled, on sheets and also were made aware of the stigma and the stereotypes associated with it and were asked to encourage the cause by sensitisation.
19. Annual Day


Aadhar Centre also celebrated its 14th Inception Day with a range of cultural activities and events. The event was attended by a group of 400 people. The event started with a Saraswati Vandana and to the delight of all, Maa Saraswati was depicted by a special child. The cultural event included a dance drama, Boogie Woogie; The Jungle Book by special children and their siblings. A sibling also dedicated her dance to her elder challenged sister. The program progressed with performances by parents and their special kids.
A skit on problems faced by adolescents and youth including depression, suicide was vividly portrayed by The Pitara Group. Followed by an interactive session on mental wellbeing among the experts Dr. Ratna Sharma, Dr. Shikha Rastogi, RJ Bani, Ms. Ritu, Dr. Anupma Maheshwari and Dr. Jagmeet Kaur Chawla. A soul touching dance presented by Ms. Aparna_Soni emphasized the need for an Aadhaar in all our lives. A beautiful ceremony of students graduating from Aadhar and joining mainstream was presented followed by a speech by Ms. Anamika which welled up emotional feelings in all and also re-emphasized that self-resolve and support or Aadhar is what each one of us needs to become successful. A souvenir highlighting the journey of Aadhar with its trials, tribulations and success in trying to break the barriers of taboos regarding disability and counselling was released by the Chief Guest #Mrs Jayshree Kiyawat, Commissioner Public Instruction.
20. Career Guidance Session Organised by International NGO World Vision for Adolescents of Urban Slums of Bhopal

International NGO World Vision Organised a career guidance session for the adolescent of urban slums of Bhopal on 7th Dec 2018. Dr. Anupma Maheshwari, the Inherent Talent Mentor from Aadhaar was invited as an expert speaker to interact with the students.
21. Psychology Students from International Public School Visit Aadhaar

On 14\textsuperscript{th} December 2018, a group of about 20 students of class XII, from International Public School Bhopal, who had opted for psychology as a subject were brought on a field visit by the school counsellor Ms. Nehal to Aadhaar. The students first interacted with both the Directors Dr. Jagmeet Kaur Chawla and Dr. Anupma Maheshwari who in a very lucid and interactive way explained the basics of Psychology and Counselling. The students were appraised about the various developmental problems viz. autism, development delay, intellectual disability, learning disability etc. That children have and their interventions. They were introduced to the children and were made to observe the characteristics of special children and how interventions take place. The students were given a briefing about career counselling and personal counselling. The hands on approach followed at Aadhaar helped the students clear a lot of their doubts and misconceptions.
22. Christmas Celebration at Aadhaar

On the 25th of December, the children at the Aadhaar centre, celebrated Christmas. They celebrated from 10am to 1 pm, where students from both the batches were present. The teachers told the children about the relevance of Christmas and why it is celebrated and the traditions associated with it. All the children, staff members and volunteers were dressed in red, Mr. Animesh a staff member also dressed as Santa Claus for the kids and distributed chocolates. 15 volunteers celebrated there day with the kids and Roopsi Narang sang songs for the kids and with the kids.
Aadhar organised an OPEN MIC – ALFAAZ (meri awaaz suno) at ‘Baithak’ The Art House on the 16th of March 2019, from 4:30pm onwards. The theme of the show was dreams and desires. The participants sang, danced, put up plays and mimes, celebrated poetry and much more on the given theme. Amongst them were selected, the performers for The 2nd April Show.
24. Basant Panchmi Celebrations at Aadhaar

Basant Panchami was celebrated with traditional fervour and enthusiasm by the staff and students of Aadhaar Centre on the 8th of February 2019. Ms Ekta Ranjan Realtor and Property dealer expert was invited as a special guest. The celebration were held between 10am to 1pm and then from 2pm to 4:30pm, for the two batches. The highlight of the celebration was the invocation of Goddess Saraswati and where Goddess was depicted by two students, Ridhima and Shreyanshi. The students were made to participate in a Pooja and had sweets later.
25. Training session at Govt. Concept School

Under the aegis of the outreach program of Aadhar Centre, Ms. Mekhla Shrivastava and Ms. Priyanka Rajput delivered a lecture on the topic "Health and hygiene and how to prepare yourself during exams" on the 23rd February 2019, from 2pm to 4 pm, for the students of "Govt. Concept school (Govt.Samrat Ashok) Shahpura Baba Nagar Bhopal. 40 students participated in the discussion on the topic. The session was very interactive.
On 26th February 2019, Courtyard Marriott organised a session on Empowering Adolescent Girls. It was held at Shyam Nagar from 11am to 12 noon, about 35 adolescent girls took part in the session. Mrs. Mekhla Shrivastava from Aadhaar took charge of discussing Menstruation and hygiene with the girls. They also engaged in a dancing and singing competition.

At the end of the programme, sanitary napkins and hand washes were distributed to the girls.
Holi Celebrations at Aadhaar

Holi The festival of colours was celebrated with fervour and joy at Aadhaar Centre, on the 20th of March 2019, from 10am to 1pm and then from 2pm to 4:30pm, for the two batches of students. The staff and children along with their parents participated actively and enjoyed. The students were told the significance of the day and the famous fables of “Holika”. They played holi by putting colors on each other and had sweets. They had Smt. Leela Devi the matriach of Ramani family and Shri Kishore Ramani, Director, Top n Town Ice cream as special guests for the day.
28. **Women’s Car Rally by ACES Bhopal**

Aadhar Centre was invited to be the special guest at the 10th Women’s Car Rally organised by ACES at Bhopal on the 24th of March 2019. The participants, organisers and volunteers actively took part in the function. The children from Aadhar with volunteers brought in a positive cheer to the atmosphere with their enthusiasm on the stage. Dr Jagmeet Kaur Chawla Director of Aadhar in her address to the gathering also invited all to the World Autism Awareness Day celebration with #Light_it_up_blue as it’s tagline internationally at Amer Bakery Hut next to Prakash Tarun Pushkar on 2nd April 2019 at 4 pm with #blue dress-code.
विश्वया करियर चुनने की उलझन सुलझा सकता है उद्धत मार्गदर्शन!

यदि आप विद्यार्थी हैं तो आप अपने परिवार को चुनाव सदस्य सुलझन तो आज है नवदुनिया में उद्धत मार्गदर्शन! के लिए कॉल करें।

डॉ. अनुपमा माहेश्वरी
करियर काउसलर
आज
तांत्रिक क रोज़ा 6.30 तक

PUBLICATIONS

Navduniya

Times of India
नवदुनिया लाइव

बच्चों के सबसे ज्यादा अच्छे करियर काउंसलर होते है उनके माता–पिता

हैलो नवदुनिया कार्यक्रम में करियर काउंसलर जी अनुपमा महेश्वरी ने कहा कि बच्चों के सबसे ज्यादा अच्छे करियर काउंसलर होते है उनके माता–पिता।

रूचि के आधार पर ही बच्चों को करें तो बेहतर, तब ही करियर में सफल अच्छा

एक कार्यक्रम में करियर काउंसलर जी अनुपमा महेश्वरी ने कहा कि बच्चों के सबसे ज्यादा अच्छे करियर काउंसलर होते है उनके माता–पिता।

Stress-buster tips for kids in ‘testing times’

Ehsaan: As exams near, counsellors are advising students to have a healthy diet and take regular breaks between long study sessions. This will help the students cope with stress, say counsellors.

Firstly, I would like to tell parents to not put unnecessary pressure on students as it only increases their stress levels. They need to be physically present and be aware of the child’s behaviour to avoid any untoward happening,” says Shilpa Rastogi, counsellor, CBSE.

Pressure mounts due to unrealistic expectations. It is necessary to know where you stand and work accordingly, says Anupama Meheshwari, a career counsellor.

Shilpa Rastogi says, “It is necessary to take care of your health while preparing for exams. Neglecting health and proper diet will only cause more stress. Children should have a well-balanced diet and keep a bottle of water next to them while studying. They should also avoid eating a lot of sweet foods, which can affect their anxiety levels. Children need to realize that these are just exams and not the end of the world. Teachers, parents and students need to take the board exams casually instead of panicking,” she adds.

To prepare well for exams, children need to have a healthy diet and drink plenty of water. It keeps the brain cells hydrated, says Rastogi.
विषय नहीं, भविष्य चुनें

आईआईटी, एनआईटी सहित देशभर के इंजीनियरिंग कॉलेजों में एडवांस के लिए आयोजित होने वाली जेई में-2 एंजाम के लिए ऑनलाइन रजिस्ट्रेशन शुरू हो गए। नेतृत्व टिंग एजेंसी (एनटीए) द्वारा आयोजित किए जाने वाले इस एंजाम के लिए ऑनलाइन आवेदन की अंतिम तारीख 7 मार्च 2019 है। कैडेट्स जेई में की आधिकारिक वेबसाइट www.jeemain.nic.in पर जाकर आवेदन कर सकते हैं।

आवेदन 08 फरवरी से शुरू है। वहीं आवेदन फॉर्म जमा करने की अंतिम तारीख 8 मार्च 2019 है। जेई में 2 का आयोजन 6 अप्रैल 2019 से 20 अप्रैल तक।
भारत स्वास्थ्य
अब दो स्तर पर आयोजित होगी गणित की परीक्षा, स्टैंडर्ड गणित का सिलेबस मौजूदा स्तर का
गणित का डर कम कराने के लिए सीबीएसई की पहल, अगले साल से 10वीं के छात्र स्टैंडर्ड या बेसिक गणित में विकल्प चुन सकेंगे

सिलेबस के बारे में कह सकते हैं कि कभी-कभी केटना जरूरी है:
- अगले परीक्षा के स्टैंडर्ड लेखन और बेसिक लेखन में विकल्प पता लगाएँ।
- 2020 की परीक्षा में स्टैंडर्ड लेखन और बेसिक लेखन में विकल्प पता लगाएँ।
- वार वर्षों के अंतराल में किसी भी परीक्षा में स्टैंडर्ड लेखन के लिए किसी से भी अधिक लाभ प्राप्त कर सकते हैं।
- बेसिक लेखन का प्रारंभ पक्ष बनाएँ.
- बेहतर स्तर करने का चुनौती या स्तर बनाएँ.
- आयकर बुझाने का अधिकार है।
- सब कुछ हो जाएँ.
Unveiling the New Aadhaar

On the occasion of World Autism Day, on the 2nd of April 2019, Aadhaar Centre hosted an event at Amer Bakery Hut, link Road, Bhopal and celebrated the day by getting talents of all age groups and genres on the stage. The programme was to spread awareness and sensitise. The event was attended by a group of 350 people. The Aadhaar centre on this special occasion unveiled their “New Branding Logo” in front of the city. The new logo is more vibrant, like the children the NGO has and has an extra “A” in the name “Aadhaar”.

The unveiling was done by the children of Aadhaar and the special guests, Mrs. Aruna Mohan Rao, ADG Railways and Mr. Das, Regional Manager LIC.
PARTNERS