ANNUAL REPORT
2018-19

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

Visit us on our Facebook and Instagram pages, click on the logos below to go the official pages of Aadhar.
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 Dhatri 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
TEAM

- Dr. Jagmeet Chawla
- Mrs. Raksha Vighne
- Mrs. Deepali Kekre
- Mrs. Sheela Verma
- Ms. Sapna Gupta
- Ms. Anamika Sharma
- Ms. Anuparna Shikha
- Mrs. Pushpa Negi
FOLLOW UP OF NICU GRADUATES:
Neonatal Intensive Care Unit (N.I.C.U.)
Graduate Program: For high risk newborn.

Introduction: The whole purpose of having expensive high technology NICU is defeated if there are no follow up services. Improving perinatal 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 neurodevelopmental 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. Follow up programs help to optimize health outcomes for NICU graduates. Follow up services provide feedback for improvement of medical care in the NICU.

Target: High Risk Infants
- ELBW & VLBW babies
- Neurologic disorders: Perinatal asphyxia
- IVH Gr. III or IV
- Meningitis Persistent seizures
- Neurologically abnormal on discharge
- Ventilated neonates
- Hypoglycaemia with seizures
- Hyperbilirubinemia requiring exchange transfusion
Neonatal Intensive Care Unit (N.I.C.U.)

Methodology: 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 neurodevelopmental abnormalities or visual or hearing impairment.

- Early Intervention
- Development supportive care in NICU
- Positioning
- Feeding
- Oromotor stimulation
- Tactile stimulation
- Auditory stimulation
- Visual stimulation
- Vestibular stimulation

Expected Outcome: Compensatory mechanisms exists for all cerebral functions & this plasticity of brain is encouraged by stimulation & early intervention

No. of Patients: Visits were carried out by Dr Jagmeet Kaur Chawla in 3 Pediatric Hospitals and about 8 children were referred and followed up for a period of 3-6 months

Outcome Observed: Out of 8 children, only 2 continued to come for follow up and therapy. The parents of NICU graduates were more often in a denial mode about the neurodevelopmental outcome of their wards. The reason for this could be primarily the fact that the children after going through a difficult and arduous journey of survival; now appeared normal vis a vis feeding, movement and sleep, etc.

Future Planning: Increased awareness and knowledge dissemination about the benefit of early assessment and intervention in order to prevent bad neurodevelopmental outcomes.
Criteria for Selection of students with special needs for school readiness:

Children with special needs can be broadly classified into 3 categories (mild, moderate and severe) on the basis of their disability or special needs and individual education programmes customized for each of them. Broadly speaking, mild to moderate categories of children with special needs can be taken in the school readiness program after initiating Early Intervention. On the basis of this classification, the tentative time-frame of mainstreaming these children is initiated. In special needs children the Developmental age rather than the chronological age and the acquisition of functional needs is taken as the criteria for entering School Readiness program.

Objectives of the Program:

A long term goal of Successful School Readiness and mainstreaming in Regular school is constituted with a tentative time frame. This long term goal is then broken into Short term goals which are carried out by a structured methodology.

Methodology:

- The training provided at the 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, socialization, gross and fine motor skills, preacademic concepts and imitation skills. The results of this assessment lead to the development of an Individualized 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.
School Readiness Program

**Activities:** of school are planned according to a daily schedule which has items such as
- Morning assembly and Prayer
- 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 by many common art and fun activity classes that promote integration, creativity, language development and socialization.

**Outcome:** 36 children of School Readiness out of which 16 children are Below Poverty Line Mainstreaming of 3 children in schools done.
School Plus for Children with Poor School Performance

**Introduction:** School Plus is an initiative to provide Specific Academic Assistance through remedial classes to the students who fall behind their peers in schools. It fills the gap between 'what student knows and what he is expected to know.

**Target Group:** The curriculum is designed to complement the needs of each individual student, preferably within the age group of 10 to 14 years. Step by step technique is adapted as per the student's learning pace. Parents mentoring is also a part of this remedial class. Focus areas are language recovery (reading, writing) and Mathematics.

**Method**
- Evaluation of areas of learning difficulties through clinical tools.
- Error Analysis
- Develop Instructional Technique.
- Teaching the School text parallel.
- Duration - 10 hrs per week (Monday to Friday)
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.
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.

Beneficiaries

88 families who successfully utilised and benefited through counselling.
Customized Counselling Program for Parents (CCPP)

A forum for parents with special needs children is formed by Aadhaar Centre and they are given Customized Counselling Programme For Parents (CCPP). 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. Special workshops on various topics e.g., Feeding, Behaviour issues, Stress in parents, etc., are 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 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 10th and 12th.

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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<th>PWD CATEGORY</th>
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<th>RENEWAL FEE (IN Rs.)</th>
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<td>• Disability certificate (self- attested) issued from district hospital or appropriate Governmental authority.</td>
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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.

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.

#choosetheycareerbyyourchoice
3. Physical and Mental Health Assessment
On the 14\textsuperscript{th} 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.
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.
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.
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.
15. **Children’s Day Celebration**

On the 14th 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 15\textsuperscript{th} and 19\textsuperscript{th} 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**

On, The International day of Disability, The Aadhar Centre for Child Development, Psychological and Career Counselling organized their Annual Day on 3\textsuperscript{rd} December 2018 at Gandhi Bhavan Bhopal.

Aadhar Centre also celebrated its 14\textsuperscript{th} 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 14th 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.
23. Alfaaz

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.
Basant Panchmi was celebrated with traditional fervour and enthusiasm by the staff and students of Aadhaar Centre on the 8\textsuperscript{th} 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.
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.
विषय या करियर चुनने की उलझन सुलझा सकता है उद्थत मार्गदर्शन!

महाराष्ट्र में राज्य बोर्ड और सीबीएसई बोर्ड की परीक्षाओं या तो समाप्त हो गई हैं, या अगले कुछ दिनों में होंगे वाले हैं। यह वात का कारण है कि, यह न केवल छात्रों के लिए वर्तमान अभिमानकों के लिए भी बड़ी चुनौती है। प्रतियोगिता और बेगूसरायों के दौर में यह तय करना और भी कठिन हो जाता है। ऐसे में सही मार्गदर्शन उनकी मदद कर सकता है।

यदि आप विद्यार्थी हैं अथवा आपके परिवार का कोई सदस्य इसी उलझन से जुड़ा रहा है तो आज है ताजा नवदुनिया में उद्थत मार्गदर्शन के लिए कॉल करें।

Dr. Anupama Maheshvari
करियर काउंसलर
आज 8 बजे से 10 बजे तक
बच्चों के सबसे ज्यादा अच्छे करियर काउंसलर होते हैं उनके माता-पिता

सबी के सामने के तत्व बताते हैं: क्या बच्चे को कैसे करियर प्लानिंग करानी है?

शटुम, रात्रि@timesgroup.com

शटुम: एजुकेशनल काउंसलर के मर्जों अनुपमा महेश्वरी ने बताया बच्चों के सबसे ज्यादा अच्छे करियर काउंसलर होते हैं उनके माता-पिता।

एजुकेशनल काउंसलर के मर्जों अनुपमा महेश्वरी ने बताया बच्चों के सबसे ज्यादा अच्छे करियर काउंसलर होते हैं उनके माता-पिता।

सबी के सामने के तत्व बताते हैं: क्या बच्चे को कैसे करियर प्लानिंग करानी है?
विषय नहीं, भविष्य चुटें

जेई एडवांस्ड 19 मई को आईआईटी, एनआईटी सहित देश के प्रमुख इंजीनियरिंग कॉलेजों में एडवांस्ड परीक्षा के लिए आयोजित होने वाली जेई मैन-2 एग्जाम के लिए ऑनलाइन रजिस्ट्रेशन शुरू करने की जिम्मेदारी आईआईटी रूढ़की को दी गई है। जेई एडवांस्ड का आयोजन दो बार में 19 मई 2019 को होगा। आईआईटी रूढ़की इसका नोटिफिकेशन बाद में जारी करेगी।

यह है महत्वपूर्ण तिथियां
- आवेदन 08 फरवरी से शुरू
- आवेदन की अंतिम तिथि 07 मार्च
- एडवांस्ड कार्ड जारी 18 मार्च
- परीक्षा तिथि 06 से 20 अप्रैल
मास्टर खास

रेडी डी टॉपर पर आयोजित होने गर्लिंग की परीक्षा, रेडी गणित का सिलेबस मौजूदा स्तर का गणित का दर कम करने के लिए सीबीएसई की पहल, अगले सत्र से 10वीं के छात्र रेडी या बेसिक गणित में विकल्प चुन सकेंगे।

रेडीभेक्स के प्रभाव के बारे में गणित का दर कम करने के लिए आयोजित जानकारी के लिए नजर रखें।

सीबीएसई ने 2019-20 में 10वीं की गणित की परीक्षा के नतीजे को जारी किया है। नतीजों के अनुसार, रेडी गणित में स्कोर पाने वाले छात्रों की संख्या कम हुई है। अगले सत्र से रेडी गणित में विकल्प चुनने की अनुमति दी गई है।

सिलेबस के बारे में यह सब कुछ जो जानना जरूरी है:

• 10वीं लघु परीक्षा के रेडी लैन्स और बेसिक लैन्स में बदलाव हुआ है।
• रेडी लैन्स और बेसिक लैन्स में 2020 की गणित की परीक्षा के बाद से बदलाव हुआ है।
• रेडी लैन्स और बेसिक लैन्स में बदलाव पर एक ही चर्चा के साथ रेडी लैन्स का चुनाव करना जरूरी है।
• रेडी लैन्स और बेसिक लैन्स का चुनाव पर ध्यान केंद्रित करें।
• रेडी लैन्स और बेसिक लैन्स का चुनाव पर ध्यान केंद्रित करें।

लेकिन रेडी लैन्स और बेसिक लैन्स के बीच चुनाव के बाद गणित की परीक्षा होगी।
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.
Child Development
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