

Annual Report

2023



Assisting children, individuals & Parents through counselling, mentoring & development programs

Registrations

AADHAR GYAN DHATRI SAMITI

- Madhya Pradesh Societies Registration Act, 1973
- Section 52 of the Disabilities Act National Trust, Ministry of Social Justice & Empowerment, Government of India
- 12A and 80G of the Income Tax Act

ACAT AADHAR COUNSELLING AND THERAPY COUNCIL

- Section 8 of the Companies Act, 2013 (18 of 2013). License Number – 126534
Corporate Identity Number – U85300MP202INPLO56436

ABOUT US

Aadhaar Counselling and Therapy Centre (ACT2Enable) is a Bhopal-based social developmental organization and we provide comprehensive care to children and adolescents.



It is led by medical, academic and counselling professionals, incorporating career counselling, focusing on holistic development and psychological support.

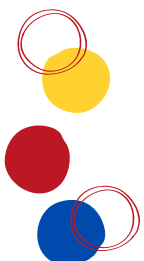


VISION

Touching every human life to flourish by
“Adding Value”

MISSION

- To assist children, individuals & parents through counselling, mentoring & therapy programs.
- To reach the unreached by ensuring that every individual understands and advocates their rights.
- To enable them to participate fully in society without barriers.



FOCUS AREAS



Counsellors

- Training
- Mentoring
- Internships



Parents

- Customized Counselling for Parents
- Mentoring and Sensitization Program
- Digital Mindfulness



Children

- With Special Needs
- Underperformers
- Behavioral Issues



Adolescents & Youth

- Career Counselling
- Psychosocial Counselling
- Career Development
- Vocational Training
- Digital Mindfulness
- Health – oriented



Schools

- Remedial Program for Underperformers
- Dropouts
- Special Needs students
- Digital Mindfulness Program for Students
- Programs for Career Counselling and Guidance for students



Teachers

- Sensitization & Awareness on Mental Health Issues
- Digital Mindfulness

OUR IMPACT



38818+
Youth &
Adolescents



4534+
Children



108+
Schools &
Colleges



1,00,000+
Trainings for
Teachers,
Counsellors &
Parents conducted


OUR COLLABORATORS



ACT2Enable
Aadhaar Counselling & Therapy
aadhaarcentre



Program Directors



**Dr.
Anupma
Maheshwari**



**Dr.
Jagmeet
Kaur
Chawla**



**Ms.
Sonali
Karkun**

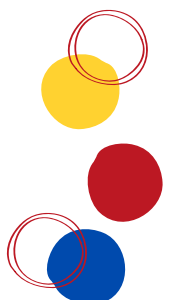
OUR TEAM

- Developmental Paediatrician
- Special Educator
- Speech Therapist
- Physiotherapist
- Occupational Therapist
- Caregivers
- Student's Career Practitioner
- Career Counsellor
- Rehabilitation Counsellor
- Behavioral Counsellor
- Psychosocial Counsellor
- Vocational Counsellor
- Educator
- Remedial Teacher

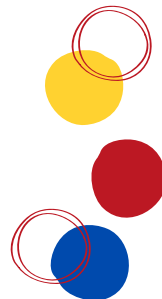


Events & Activities

(January 2023 – December 2023)



JANUARY – APRIL 2023



23rd January 2023 – Talk on “Swasthya Darpan”

Dr. Jagmeet Kaur Chawla with Rajesh Bhat at Akaashvani talked about thought provoking conversation on the crucial role of families in promoting the health and well-being of the girl child.



24th January 2023 – Personality Development Program (7 Days)

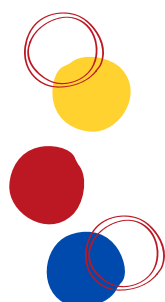
A 7 days workshop on personality development, which is a vocational certificate course, was conducted at Rajiv Gandhi College by Dr. Anupma Maheshwari. This insightful workshop included lots of activities with not only theoretical but practical aspect as well.

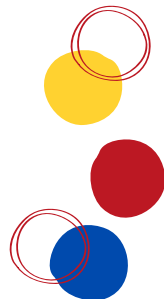
20th February 2023 – Orientation Program of Diploma in Guidance & Counselling, Regional Institute of Education, NCERT.

Dr. Anupma Maheshwari is the resource person for modules of Career Development & Counselling for the batch 2023–24.



3rd March 2023 – Dr. Anupma Maheshwari was given the honour of participating in the Development of Module on Student Support System under NISHTHA by Pandit Sunderlal Sharma Central Institute of Vocational Education.



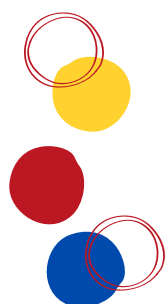


25th & 26th March 2023 – ACT Fest 1 – Aadhaar organised a Creative Workshop “Artitude – Unleash Your Inner Artist” at Baithak Hall. It was an event of a lifetime, where participants unlocked their inner creative genius and prioritized their mental well-being.

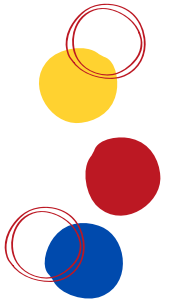
1st April 2023 – ACT Fest 2 – The second event as part of ACT Fest was a Talk Show “Judge Me Not” at Baithak Hall. The event provided a platform for students to openly discuss their struggles with body shaming, bullying, and career confusion without the fear of judgement.



**2th April 2023 – World Autism Day
Shades of Blue, Bright with Hope: Aadhaar celebrated Autism Day at Amer Palace. A proud Graduation Ceremony for seven remarkable graduates was also held to mark their achievements and celebrating their journey of growth.**



MAY – AUGUST 2023



3rd May 2023 – On Maternal Mental Health Day, Dr. Jagmeet Kaur Chawla had a privilege of being a part of the webinar organized by Sangath, where she spoke eloquently on the effect of Maternal Mental Health on newborn development.

5th June 2023 – On the occasion of World Environment Day, Aadhaar arranged a Plantation Day, where children and teachers dressed up in green colors, made seedballs and planted seeds in pots painted by the children of Aadhaar.

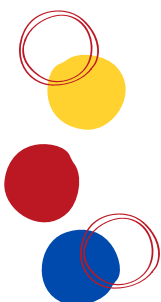


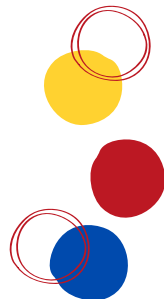
8th July 2023 – **Mudra Therapy for Mental Well-being** – A wonderful session was organised by Aadhaar for parents of children with special needs. The parents learnt a lot about managing their stress and handling their children by simple methods of Mudra Therapy.

19th August 2023 – **Digital Youth Ambassador Search on – A Step Towards Digital Maturity.**

Unveiling of Aadhaar's new initiative – **Digital De-Addiction Program.**

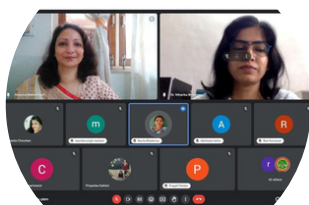
Youth participated enthusiastically came forward to create Digital Mature Community as “Digital Ambassadors” aiming to spread digital awareness among the Youth.





22nd – 24th August 2023 – Dr. Jagmeet Kaur Chawla was invited as Technology Application Expert in field of Healthcare for the prestigious BIRAC SIIP Venture Design Workshop at AIC CCMB Hyderabad.

24th August 2023 – Dr. Anupma Maheshwari was invited as expert speaker at National Webinar on “Various Dimensions of Personality” conducted by Higher Education Department, MP Govt, Khandwa.

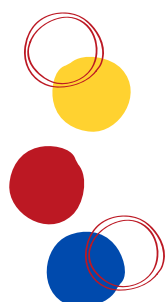


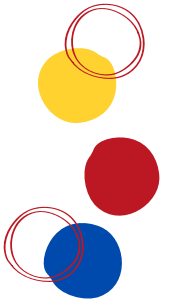
26th August 2023 – Dr. Anupma Maheshwari was invited as expert speaker at National Webinar on “Skills based learning & employment” conducted by Higher Education Department, MP Govt, Khandwa.

SEPTEMBER – DECEMBER 2023

1st September 2023 – Namaskar MP on Doordarshan. Dr. Jagmeet Kaur Chawla was invited as expert on important topic on “Digital De-Addiction”

9th September 2023 – Starting of first batch of **Digital Youth Ambassador Program**





10th September 2023 – Aadhaar celebrated Grandparent's Day by honoring grandparents of our children.

27th September 2023 – Celebration of 19th Foundation Day of Aadhaar



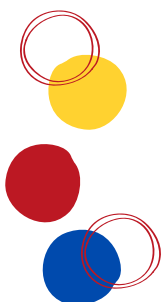
16th – 31st December 2023 – Trained Career Counsellor Certificate Program – In-person sessions.

19th October 2023 – Career Guidance for STEM Girls under project Jyoti, Ministry of Education at JNV Vadodra by Dr. Anupma Maheshwari.

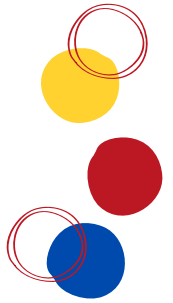


4th November 2023 – Parents' Group Counselling and Empowerment session was held at Aadhaar on the topic – Sensory Processing Issues.

14th November 2023 – Aadhaar celebrated Children's Day at Regional Science Centre, where our kids had a happy interactive session to break barriers and enhance their social skills.



**23rd November 2023 – Workshop on
“Different Career Options” for students of
class 9th and 10th of KV No. 3 by Dr. Anupma
Maheshwari.**



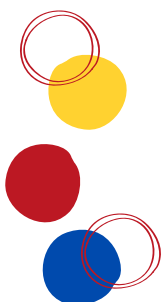
**3rd December 2023 – Celebrated International Day
of People with Different Abilities with fun games, a
unique Japanese Musical Chairs and heartwarming
moments.**



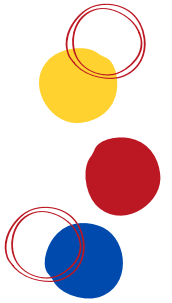
**14th December 2023 – Dr. Anupma
Maheshwari guided students through insightful
and intellectual conversation on their career
paths at PM Shri Kendriya Vidyalaya No. 2.**

**21st December 2023 – Dr. Jagmeet Kaur Chawla was
honored to be invited as the Chief Guest of the Annual
Function of Sardar Patel School.**

**30th November – 30th December 2023 – Aadhaar
associated with Child in Need Institute (CINI) for
development of Career Guidance Manuals for the project
named “Umang Kishor Helpline” .**



Voices of Interns



We learned how to be patient and co-operate with children who need a little more attention towards studies. How to handle children who have intellectual disabilities like autism, cerebral palsy, ADHD etc and to make things easier for them.

-Anusha Masood

2nd year

**BA Psychology Hons,
BSSS Bhopal**

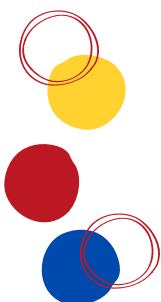
The experience was very helpful in subjecting the theoretical parts of psychology in practice and treating or managing children with different disabilities and ages.

Aadhaar is a place which helps a person to grow as an individual as well as connect with society in an empathetic way.

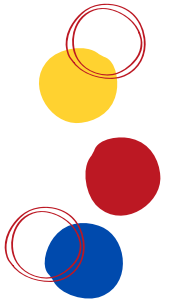
-Tamanna Gupta

2nd year

**BA Psychology Hons,
BSSS Bhopal**



Voices of Interns



In my first week at Aadhaar, I immersed myself in understanding its operations, actively supporting the team, and crafting the inaugural newsletter. This experience provided a valuable and inspirational opportunity to engage with teachers, counsellors and students.

-Asmi Malhotra

2nd year

Architecture,

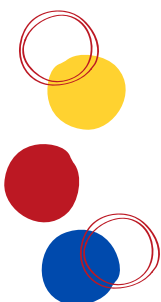
IIT, Kharagpur


In Aadhaar, I observed unwavering dedication to aiding children with special needs. I engaged with industries, advocated our cause, and secured crucial funds for the "Aadhaar at your doorstep" initiative and witnessed the transformative impact of Aadhaar's on the lives of children and their parents.

-Harsh Singh

MBA

SPJIMR, Mumbai





**Address: E-4/223, Arera Colony,
Bhopal 462016 (M.P)**

Email: act2enable@gmail.com

**Contact No.: +91 9109548885,
+91 7225905551**

Website: www.act2enable.com

YouTube: Career Counsellors India

Instagram: [aadhaar_centre](https://www.instagram.com/aadhaar_centre)

**LinkedIn: Aadhaar Counselling &
Therapy**

