ACT2Enable

Aadhaar Counselling & Therapy

aadhaar centre

Annual Report

2024



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

Registrations

ACAT AADHAR COUNSELLING AND THERAPY COUNCIL

- Section 8 of the Companies Act, 2013 (18 of 2013). License Number – 126534 Corporate Identity Number – U85300MP2021NPL056436
- 12A and 80G of the Income Tax Act

ACT2Enable
Aadhaar Counseling& Therapy
aadhaar centre

Registered Office:

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

Insights by esteemed Advisors

.

Dr. Armida Fernandez, Former Dean & HOD Neonatology , LTMG (Sion) Hospital, Mumbai, Former Medical Director, Holy Family Hospital; Mumbai Founder Trustee, SNEHA (India), suggested offering online consultations to expand access to services. She emphasized creating resources for parents to support their well-being and parenting journey. She stressed that collecting and managing data should be treated as a priority for the organization's growth and impact.



Dr. Sheela Bhambal, Professor Emeritus (Paediatrics), recommended pursuing accreditation for Aadhaar's training courses. She also suggested collaborating with the ICDS programme under the Womenand Child Development Department to strengthen support for women and children.



ACT2Enable
Aadhaar Counselling& Therapy
aadhaar centre

Dr. Madhuri Kulkarni, Honorary Senior Consultant Paediatrician, emphasized the importance of having a trial-tested product ready with evidence-based research to support its accreditation.



Dr. Kulkarni also recommended collaborating with the Sarva Shiksha Programme by conducting lectures and follow-ups for Anganwadi workers under the education initiative and advised working through government channels for better implementation and support.

Prof. Satyajit Majumdar, Social Entrepreneur, suggested offering vocational courses in collaboration with TISS to provide formal degree programs. He recognized Aadhaar as a massive organization and advised Aadhaar to become a narrative changer by creating and promoting new ideas that influence society.



ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

Dr. Sachin Kumar, Associate Professor (Ph.D.), emphasized the importance of transforming Aadhaar into a resource-based organization and highlighted the need to identify target locations, groups, services, and therapies to expand the organization's reach. He suggested exploring scale-up pathways such as the franchise model and replication strategies to ensure sustainable growth.



Dr. Madhav Sathe, Anesthesiologist and Social Entrepreneur, advised maximizing the use of Artificial Intelligence (AI) within the organization. He highlighted the benefits of ChatGPT as an effective tool for learning and knowledge enhancement.



Dr. Vandana Gambhir, Assistant Professor of Psychology, Psychometrician, Career Counsellor, Research Expert, and Behavioral Trainer, suggested the introduction of a standardized assessment to evaluate individuals' addiction levels. She recommended establishing contracts with individuals to ensure their commitment to the recovery process and sharing detailed assessment reports to help them realize the severity of their condition.



ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

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.

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

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.

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

Program Directors







OUR TEAM

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

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

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

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

OUR PROGRAMS

Early Intervention for Disability

Aimed at empowering children with moderate to severe disabilities and their parents from low socio-economic backgrounds, this program offers customized therapies provided by specialized professionals

School Readiness Program

Enabling Special Needs Children to seamlessly transfer into mainstream Schools

Career Counselling

Career planning and Goal-setting for Students & Professionals

Career Guidance

Career Exploration to make informed and mindful career choices

School Plus

Specific Academic Assistance for Underperformers to achieve the expected level of knowledge

Aadhaar Kaushal Vocational Program

Aims to create sustainable livelihood for school dropout employable youth from Below Poverty Line & youth with special needs

Digital Mindfulness Programme

Care to Cheer

Career Counsellors India

A Youtube channel that currently has 1.62 k subscribers and features a collection of 88 videos of Career guidance in hindi language.

ACT2Enable
Aadhaar Counselling& Therapy
aadhaar centre

OUR IMPACT

38818+
Youth & Adolescents

4534+
Children

108+
Schools & Colleges

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

Child Development



10 autistic children join societal mainstream at Graduation Ceremony

Children dance, sing at auditorium lit up in blue to mark World Autism Awareness Day

BHOPAL: A graduation ceremony and 'Mainstreaming' of 10 children was held at the curtain raiser event at the EPCO conference hall in the city on Tuesday. The children included Aviraj, Arav, Aayaash, Samayra, Nivin, Anaira), Archit, Khushi and Amrita. Two adolescent girls among them were school dropouts and they have now successfully integrated into the mainstream academics, with one of them even getting enrolled in a college.

The curtain raiser event was part of a year-long campaign, launched by ACAT Aadhaar Counselling & Therapy Council, Bhopal to Promote Inclusivity and Neuro-diversity Awareness on World Autism Day Awareness Day.

The auditorium was decorated with the theme "Light it up Blue" as per the UN mandate for the Day. A pi-ano and synthesiser rendition by Aarush Singh, an accomplished pianist from the Autism Spectrum kick started the event.

The event continued with a dance performance by all the children of ACAT, bringing smiles to every face in attendance. This was followed by a ceremony wherein all the therapists, counsellors, and office staff were felicitated. A special mention was made of the Long Service Award bestowed upon Pushpa Negi.

FREE PRESS Wed, 03 April 2024 https://epaper.freepressjo

Our program supported children with developmental delays and disabilities through personalized therapy with consistent support. We are proud to have graduated eight children with disabilities who are now ready to transition into mainstream schooling or less intensive support services—each child's journey reflecting the impact of early and focused intervention.



भोपाल सिटी भास्कर 03-04-2024

विश्व ऑटिज्म जागरूकता दिवस पर थेरेपी सेशन

डिग्री मिली... अब स्कूल जाएंगे हम

एक जिंदगी मेरी सो खवाइश, मैं पूरी करू...

ऑटिज्म क्या है ?

School Plus

The School Plus program provided specific academic assistance through remedial classes to students who were underperforming in their regular academics. This year, we proudly graduated two school dropout from BPL sector who had been part of the program.



ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

Career Counselling

This program made a meaningful impact by reaching out to students who are often overlooked—those with special needs, underperformers, and underprivileged backgrounds. Through personalized guidance and empathetic support, the program helped these students explore their strengths, interests, and possibilities beyond academic performance.



Digital Mindfulness Programme


दैनिक भास्कर सागर 23-02-2024

डिजिटल उपकरणों की लत से बच्चे व युवाओं को बचाने जागरुकता जरूरी

The program successfully reached a wide audience across generations, creating awareness about mindful digital usage and its importance in today's fast-paced online world. This outreach in various universities in Bhopal and Sagar, not only enhanced digital literacy but also sparked meaningful conversations around digital well-being, online safety, and mental health.


'Turn off Bluetooth, Wi-Fi, location on devices after use'

Stay alert to mitigate risks, say cyber experts

FREE PRESS

Care to Cheer

This is a unique initiative and socialization program for children and adolescents primarily facing challenges in socializing and interacting with others despite their abilities. We are now running the 4th cohort of this program, showing its ongoing success and growing impact. This time, we also introduced our first senior adolescent group, focusing on their unique social and emotional needs.



Across all programs, the focus on **diversity, inclusivity**, and **equity** ensured that support reached children, adolescents, parents, and youth from varied backgrounds —including underperforming, underprivileged, and special needs groups

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

OUR COLLABORATORS



ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

Events & Activities

(January 2024 - December 2024)

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

JANUARY - APRIL 2024



10th - 11th January 2024 - Dr. Anupma Maheshwari lights the way for Class 10th students at Kendriya Vidyalaya School NO. 3 in a thoughtful career guidance session.

10th January 2024 - On the occasion of Youth Day, Dr Niharika Bhawsar from Career Counsellors India took an Expert lecture on "Career Guidance" at Govt. Girls college, Itarsi for B.A., B.Sc. students.



13th January 2024 - Paving the pathway to bright futures: Exploring Child Development and Navigating Behavioral Challenges with Dr. Jagmeet Kaur Chawla – A Journey Towards Understanding and Support.

21th January 2024 - Aadhaar organized a Sports Day for our children.



ACT2Enable
Aadhaar Counselling& Therapy
aadhaar centre



25th January 2024 – Republic Day Celebration at Aadhaar.

5th – 6th February 2024 – Aadhaar's meeting with TATA Institute of Social Sciences.

14th February 2024 – 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 2024-25.

21st February 2024 – An Orientation Program on Digital Mindfulness was held at Sagar. Dr Diwakar, Dr Krishna Rao of Dr Hari Singh Gour University, Sagar and Mr KK Mishra of Jan Abhiyan District Co-ordinator were the esteemed guests.


सागर 23-0

डिजिटल उपकरणों की लत से बच्चे व युवाओं को बचाने जागरुकता जरूरी

24th February 2024 – Dr. Anupma Maheshwari was a member of interview panelist in the selection of counsellors, psychologists and special educators at Kendriya Vidyalaya Sangathan.

1st March 2024 – Orientation Day for Digital Mindfulness Program at Aadhaar.

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre



3rd March 2024 – Briefs of Thought-provoking Discussions on 'Hamara Shareer' with Youngshalla's 'Rubaru' Session by Dr. Jagmeet Kaur Chawla



7th March 2024 – Aadhaar became a part of the Asia Pacific Career Development Association

7th March 2024 – Dr. Jagmeet Kaur Chawla was felicitated on the occasion of International Women's Day by CBI and ACB.

12th March 2024 – Exclusive Online Experience Sharing Session on Career Counselling by Dr. Anupma Maheshwari with the final year students of PG Diploma in Counselling (Excellence College), conducted by CRISP.


AND THERAPY CENTRE

सिटी वीक

ऑटिज्म जागरूकता दिवस पर वॉकथॉन सेरेमनी आज

सुबह सवेरे

1st April 2024 – Press Meet for World Autism Day

2nd April 2024 – Aadhaar celebrated Autism Day at EPCO Hall.

A proud Graduation Ceremony for our remarkable graduates was also held to mark their acheivements and celebrating their journey of growth.



ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

8th & 12th April 2024 – Career Counsellor Dr Renu Singh has successfully conducted Career Guidance seminar for Class X at St. Arnold's Higher Secondary School, Vijay Nagar, Indore.

17th – 27th April 2024 – Dr. Anupma Maheshwari attended the Asia Pacific Career Development Association's International Conference. She had the opportunity to interact with internationally recognized career counsellors, discussing the scenario of career counselling in India and highlighting the ongoing need for innovation in career counselling. She won a prestigious price of a training course – Career Construction Masterclass Fundamental – by Dr. Kevin Glavin.



25th – 27th April 2024 – Dr. Anupma MAheshwari & Dr. Jagmeet Kaur Chawla were invited to be on the panel for the DoCC evaluations for PG Diploma in Management program of batch 2023-25, evaluating and engaging with the social projects undertaking as the part of DoCC 24. The panel consisted of representatives from NGOs, alumni, corporates and academics.

MAY - AUGUST 2024

14th May 2024 - Dr. Jagmeet Kaur Chawla was felicitated as Guest of Honour to take Keynote Address for a workshop on Special Needs for the students of MP Bhoj University.



18th May 2024 - Aadhaar hosted an award ceremony of the 1st Cohort of Awesome Digital Champions.

28th May 2024 - Dr. Jagmeet Kaur Chawla was invited on the occasion of "Menstrual Hygiene Day" by the Women & Child Development Department, MP in a webinar for girls.

6th June 2024 - Dr. Anupma Maheshwari conducted a seminar on "Portfolio Discussion" with the students of Regional Institute of Education.



26th June 2024 - On the occasion of World Environment Day, children of Aadhaar learnt how to make seed balls and later about how to plant trees.



27th - 28th June 2024 - Our program directors were a part of State-level Consultation on State Policy for Empowerment of Women & Girls organized by the Department of Women & Child Development, MP.

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

18th - 19th July 2024 -

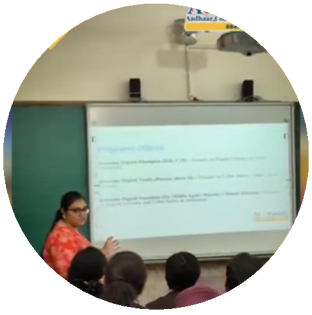
24th July 2024 - Planning Meeting for World Breastfeeding Week Celebration and Influencers Meet.



27th July 2024 - Aadhaar conducted an in-house Digital Mindfulness Session, where we conveyed information and digital mindfulness to the entire Aadhaar Family.

1st August 2024 - Dr. Jagmeet Kaur Chawla talked on the topic "Maa ka Doodh, Shishu ka Rakshak - Poshak" on Doordarshan/Akashvani's Prasar Bharti

7th August 2024 - Digital Campaigner Program was held at Bhopal School of Social Sciences. Students learnt to use the internet and social platforms for personal and professional growth and were educated on cyber safety.





10th August 2024 - On the occasion of Interntional Youth Day, a talk show was organized at CM Rise Subhash School of Excellence on the topic "Growing Up is Fun".

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre



12th August 2024 – Aadhaar conducted a Career Counselling Quiz competition “Career Counselling is the need of the hour” at IEHE College. This competition was held over the course of the next month at five different institutes.

14th August 2024 – Dr. Jagmeet Kaur Chawla held an interactive session on Stress Management at National Institute of Technical Teachers Training & Research.





15th August 2024 – Independence Day celebration at Aadhaar

22nd August 2024 – “Career Counselling is the need of the hour” quiz competition at Bhopal School of Social Sciences.



24th August 2024 – Aadhaar organized a “Rights Workshop for Parents – We Stand United for our Kids”. This workshop provided parents of children with disability with essential information and guidance on their rights and responsibilities.

28th August 2024 – “Career Counselling is the need of the hour” quiz competition at Sage University.

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

29th August 2024 – Aadhaar attended PsySem, organized by the Department o Psychology of Maharani Lakshmi Bai Girls College, which ws later followed by “Career Counselling is the Need of the Hour”quiz competition.

SEPTEMBER – DECEMBER 2024



3rd September 2024 – Dr. Anupma Maheshwari was invited to conduct a career guidance session at Army Public School, Gwalior for the students of class 9th to 12th.

4th September 2024 – Dr. Jagmeet Kaur Chawla conducted a Teachers’ Training session on the topic “Child Development and Behavioral Disorders – GTBT & POCSO”at Podar School.



25th September 2024 – Aadhaar began the celebration of completing 20 years “20 Saal Bemisaal”by having a cake cutting ceremony with the children of Aadhaar and their families.

25th September 2024 – Aadhaar organized a “Press Meet” to announce the celebration of “20 Saal Bemisaal”for the next two days.

26th September 2024 – The second day of celebrations began with Advisory Board Meeting. The advisory board offered valuable suggestions for the future of Aadhaar.





26th September 2024 – Aadhaar organized a National Symposium on “Navigating the Art of Career Counselling”, which was addressed by brilliant speakers and attended by enthusiastic students of Psychology.

27th September 2024 – On the Foundation Day of Aadhaar, a cultural event was organized where the children of Aadhaar lit up the stage with various performances, we witnessed the wisdom of our Advisors through discussions, and lauched our documentary “Aadhaar Ek Naya Sansar”





26th – 27th October 2024 – Aadhaar promoted their Digital Mindfulness Program at Ojjaswani Mela, where the public was engaged through positive affirmations and various psychological tests. They were introduced to the Digital Mindfulness Program and its need in today’s day and age.

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

29th October 2024 – Intoduction of a separate centre for our newly launched program Aadhaar Kaushal.

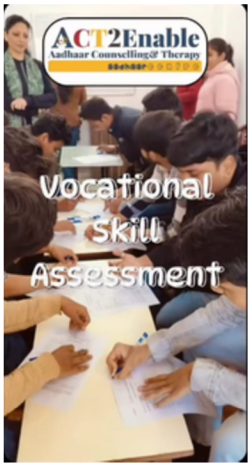
7th & 8th November 2024 – Dr. Jagmeet Kaur Chawla served as the jury member at the prestigious Social Impact Award at SPJIMR, Mumbai.



16th November 2024 – Dr. Jagmeet Kaur Chawla was invited at the Chief Guest at the Annual Function event of Sagar Public School, Ratibad – "Parivartan – Transformation of Human Mind".

3rd December 2024 – Today, on International Day of Persons with Disabilities, Aadhaar celebrated Sports Day with enthusiasm and joy! Our amazing children participated with beaming smiles, and infectious enthusiasm showcasing their unique talents and abilities.





18th Decemeber 2024 – Dr. Anupama Maheshwari conducted a workshop for children who have dropped out of school or are facing academic challenges. She provided guidance on "Vocational Skills Assessment" for these children to help them discover their interests and explore suitable career paths.

ACT2Enable
Aadhaar Counselling& Therapy
aadhaar centre

25th December 2024 – Aadhar Counselling and Therapy Centre celebrated Christmas by giving food packets to poor and needy kids.

As the spirit of Christmas believes in kindness, sharing and giving, Aadhar also upholds these values as its essence



20 SAAL BEMISAAL

We are elated to announce that Aadhaar has completed 20 years of its journey in 2024. What began as a vision of touching every human life to flourish adding value, has grown into a transformative journey that has fostered physical, psychological, academic and career growth of many individuals.

Here's a glimpse into the way we celebrated our 20 Saal Bemisaal



25th September 2024

To begin the celebrations of our 20 years, we had a cake cutting ceremony with our children and their families.

Everyone had a radiant smile on their faces, and together we prayed for a more diversed and brighter future of Aadhaar.

The ceremony was followed by a Press Meet, where we announced the lineup of the celebration for the upcoming two days.



आधार का '20 साल बेमिसाल' जश्न 26 एवं 27 को

स्वदेश संवाददाता, भोपाल

आधार मुख्य रूप से एजुकेशन, काउंसलिंग और मेंटल हेल्थ पर विगत बीस वर्षों से प्रमुखता से सक्रिय है। आधार का मुख्य उद्देश्य स्पेशल बच्चों एवं युवाओं को सभी प्रकार से

वंदना गंभीर, इंटरनेशनल एसोसिएशन एजुकेशन एवं वोकेशनल गाईडेंस के डायरेक्टर प्रो. सचिन कुमार तथा बी.एस.एस.एस. के प्रो. विनय मिश्रा परामर्श सत्र में उपस्थित रहेंगे। मॉडरेटर के रूप में आधार की डायरेक्टर डॉ. अनुपमा

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

26th September 2024

The second day of celebrations began with welcoming our Advisory Board.



During the meeting, the program directors presented an overview of the various programs run by Aadhaar and highlighted the significant impact achieved through these initiatives.



The advisors offered valuable suggestions on enhancing Aadhaar's reach and integrating technology into its strategies, paving the way for future growth and innovation.



Team Aadhaar met with the advisors following the meeting and had fruitful interactions during lunch.



26th September 2024

On the evening of the second day, Aadhaar was proud to organize a National Symposium on

"Navigating the Art of Career Counselling"



The event brought together brilliant speakers and enthusiastic students from the Psychology departments of various colleges. Together, we engaged in thought-provoking discussions on the future of career counselling and its crucial role in empowering the next generation.

The keynote speakers were –

- Prof. Satyajit Majumdar, Dean, School of Management and Labour Studies, Tata Institute of Social Sciences
- Prof. Sachin Kumar, Principal, WRS Govt College, Kangra, Himachal Pradesh, Board of Directors, International Association of Educational and Vocational Guidance.





- Dr. Vandana Gambhir, Assistant Professor, Department of Psyhology, Lakshmibai College, University of Delhi, Ethics & Standard Committee Chair for Asia Pacific Career Development Association
- Prof. Vinay Mishra, Head of Department, Bhopal School of Social Sciences

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

27th September 2024

20th Foundation Day of Aadhaar

We marked our 20th Foundation Day by organizing a cultural program.



The program began with a lamp lightening ceremony by out dedicated therapists and staff members, symbolizing their crucial role in lightening the way for the children in Aadhaar.

After Lamp Lighting, we proceeded with a Prayer Dance by the talented daughter of our Special Educator, who performed Ganesh and Saraswati Vandana to begin a new journey of Aadhaar seeking the blessings of the Almighty.





Our junior and senior stars lit up the stage with their vibrant performances. With every step, they reminded us that dreams are as limitless as the sky, and with determination and passion, we can flow with the oceans and rise to any challenge.





ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

27th September 2024

20th Foundation Day of Aadhaar



It was a pround moment for us to have launched our first documentary “Aadhaar Ek Naya Sansar” during the Foundation Day Event.

The documentary brilliantly potrays our 20 years of journey, from the lives we have reached to the people who have helped us in our growth.
We are grateful to Mr. Sunil Shukla and his team for encapsulating our journey so far so beautifully.





Our esteemed advisors, Dr. Madhuri Kulkarni, Dr. Armida Fernandes and Dr. Sheela Bhambal were humble enough to say heartwarming words about Aadhaar and endow us with their blessings. They gave important messages to parents on the importance of early identification and intervention. We learnt a lot from the experiances they shared of their individual journeys.

27th September 2024

20th Foundation Day of Aadhaar

We witnessed Dr. Madhav Sathe, Dr. Bhavin Jankharia, Prof. Satyajit Majumdar and, Prof. Sachin Kumar engage in a discussion on “Mental Well-Being is not just absence of illness”.



The discussion gave some valuable insights on triggers, role of education and teachers, and mental well-being in rural setup. The Panel Disussion was moderated by Prof. Sujay Dixit.



The program ended on a high note with Team Aadhaar dancing their hearts out to the lively tunes of the Band.

Our documentary “Aadhaar Ek Naya Sansar” is available to watch on YouTube:
https://www.youtube.com/watch?v=mH9Mn1P3Ksw

ACT2Enable
Aadhaar Counselling & Therapy
aadhaar centre

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
LinkedIn: Aadhaar Counselling &
Therapy

ACT2Enable
Aadhaar Counselling& Therapy
aadhaarcentre