



Touching Every Human Life to flourish by
"ADDING VALUE"

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**ANNUAL
REPORT** **2025**

DIRECTOR'S DESK

Dear Well-wishers,

Warm greetings from ACT2Enable.

As we reflect on the year 2025 gone by, we extend our heartfelt gratitude to esteemed team of Advisors, our team, collaborators, institutions, parents, educators who have journeyed with us. Your trust and shared commitment have enabled ACT2Enable to deepen its impact and strengthen its purpose.

Our work is grounded in evidence-informed practice, inclusion, ethical engagement and a strong belief that every child and young person can thrive when supported with the right systems, skills and compassion.

Our programmes for children, adolescents, youth, parents and educators have focused on emotional regulation, resilience, informed decision-making and responsible behaviour, both in offline and digital spaces. Through sustained engagement and structured capacity-building, we have supported stakeholders in responding more effectively to the evolving psychosocial challenges faced by children and young people today.

DIRECTOR'S DESK

Our special gratitude to Kumi Modular Furniture Pvt. Ltd. company for their association with us as CSR partner for the year 2025-26 in our Child development early intervention programme.

We are also pleased to share the forging of international collaborations for our Trainer Programmes in Career Counselling, bringing global perspectives and strengthened pedagogical frameworks to capacity-building initiatives for professionals working with youth.

Our Digital Mindfulness Programme has reached a promising breakthrough stage. The Survey tool designed by us as a psychologically integrated, age-specific intervention, addresses digital overuse and online risks while fostering balance, self-awareness and responsible digital citizenship.

The results of Primary Survey conducted across the region of Central India Maharashtra and some states of Northern region have shown alarming digital health among the adolescents and youth wherein ACT2Enable plans to address the problem with the Digital First Aid, a solution based approach.

DIRECTOR'S DESK

Looking ahead, in the long run ACT2Enable is committed to expanding horizons ensuring quality services.

KEY FOCUS AREAS FOR THE YEAR 2025.

- Mental Health & Psycho-social Counselling
- Disability Habilitation, Inclusion & Early Intervention
- Academic support to children and youth underperforming students and dropouts
- Career Counselling & Mentorship
- Digital Wellbeing & Digital Mindfulness
- Parent & Educator Capacity-Building
- Training-of-Trainers (TOT) Programmes
- Evidence-based Documentation & Research Readiness

Achieved Goals

- Strengthened delivery of mental health, disability habilitation and inclusion programmes
- Expanded family-centred counselling and parental capacity-building initiatives
- Implemented structured adolescent and youth programmes focusing on resilience and responsible decision-making

DIRECTOR'S DESK

- Academic support school drop outs 'back to books', who could pursue higher education in the current academic year.
- Progress towards evidence-based research and publication pathways
- Established international collaborations for Trainer Programmes in Career Counselling
- Advanced the Digital Mindfulness Programme to a scalable, institution-ready stage
- Reinforced ACT2ENABLE's identity as a credible Section 8 social enterprise.

Forward & Achievable Goals (2025 -27)

- Extending the Services of the organization across rural, rural urban pockets Pan India.
- Scaling of the Digital Mindfulness Programme across schools, colleges and communities
- Publication of research papers, manuals and practice frameworks
- Development of Train-the-Trainer (TOT) models for educators, counsellors and youth leaders

DIRECTOR'S DESK

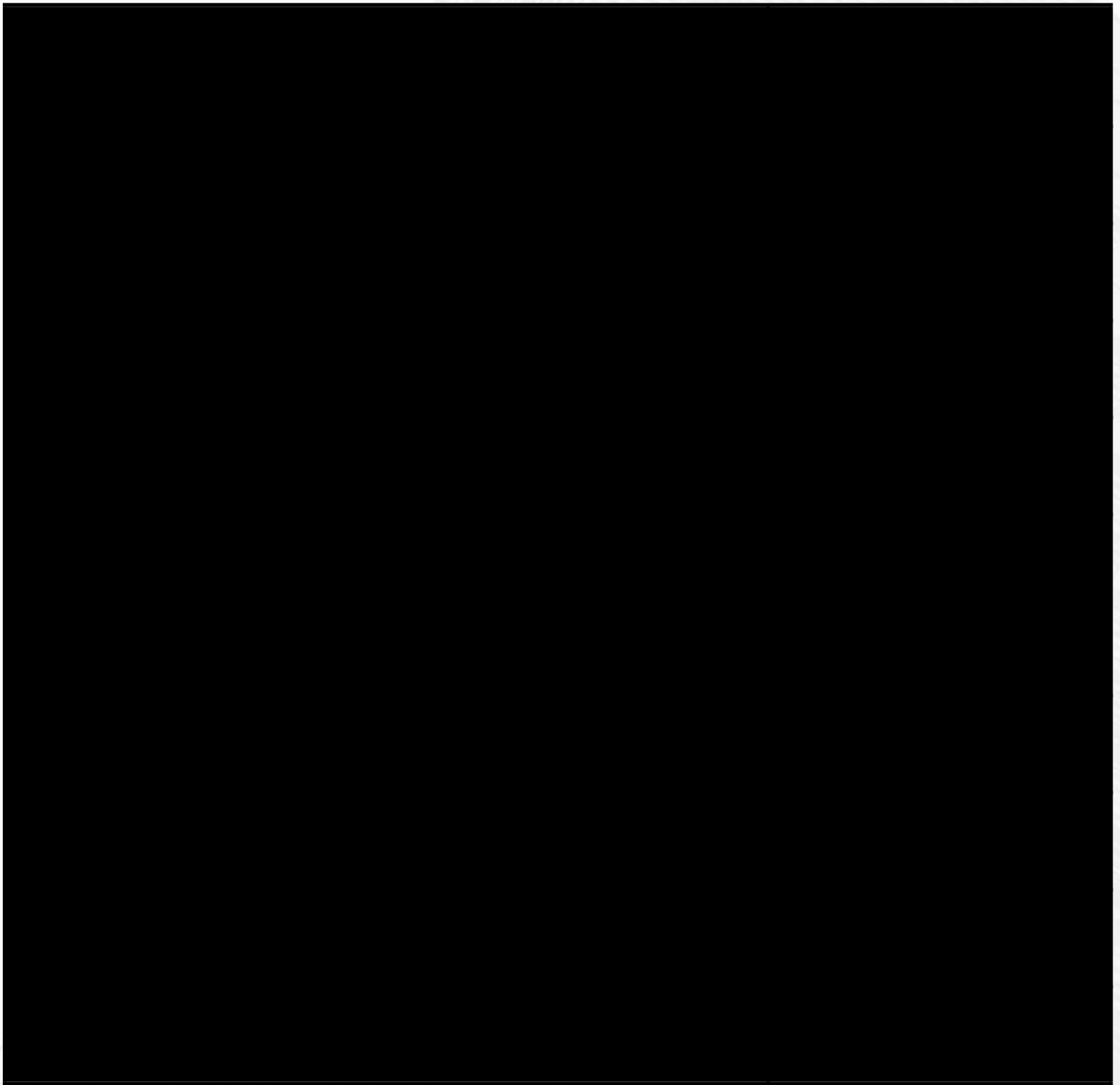
- Open for collaboration with Government, non-governmental organization with ACT2ENABLE's model for disability inclusion and early intervention, supporting the learner with learning difficulty, reducing school dropouts along with skill identification and guidance towards future career path (SDG 3, 4,8,10)
- Deepening national and international partnerships

Best wishes & Regards

**Ms Sonali Karkun, Dr. Jagmeet K Chawla,
Dr. Anupma Maheshwari
(Directors)**



INDEX



VISION

Touching every human life to flourish
by "Adding Value".

MISSION

01

To assist children, individuals & parents through counselling, mentoring & therapy programs.

02

To reach the unreached by ensuring that every individual understands and advocates their rights.

03

To enable them to participate fully in society without barriers.

OUR TEAM



CHILD DEVELOPMENT:

- ◆ Developmental Paediatrician
- ◆ Special Educator
- ◆ Speech Therapist
- ◆ Physiotherapist
- ◆ Occupational Therapist
- ◆ Caregivers

COUNSELLING:

- ◆ Student's Career Practitioner
- ◆ Career Counsellor
- ◆ Rehabilitation Counsellor
- ◆ Behavioural Counsellor
- ◆ Psychosocial Counsellor
- ◆ Vocational Counsellor

EDUCATION AND VOCATION:

- ◆ Educator
- ◆ Remedial Teacher
- ◆ Activity Teachers

OUR FUNCTIONAL MODELS

SOCIAL IMPACT INITIATIVES

- **Child Development**
- **Education and Vocation**



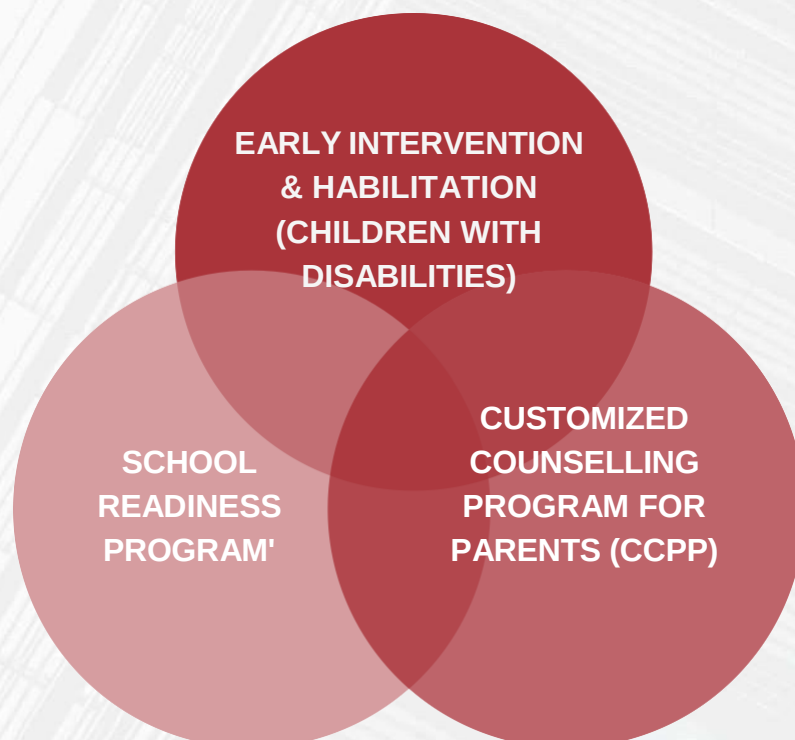
PROFESSIONAL INSTITUTIONAL SERVICES

- **Career Counselling and Guidance**
- **Training and Mentorship**
- **Psycho-Social Counselling**
- **Digital Mindfulness Program**



CHILD DEVELOPMENT

Aligned with **SDG 3 (Good Health and Well-Being)** and **SDG 10 (Reduced Inequalities)**, this initiative focuses on advancing children's health, learning, and social inclusion by strengthening sustainable and equitable support systems. Through early intervention, inclusive practices, and community-based care, it aims to reduce developmental gaps, address disparities in access to services, and promote long-term physical, psychological, and social well-being for all children.



SCHOOL READINESS PROGRAM

The School Readiness Program (SRP) is an early intervention flagship program . It is an accelerated and holistic therapy program which is catered to empower children with special needs and guide them to be able to attend mainstream/ normal educational institutions. Wholly Child centric program and follows an interdisciplinary approach readying the child for mainstream schooling.

Individualized Learning Plans

Motor Skill Development

Early Intervention Focus



Sensory Integration Support

Social & Emotional Skills



Inclusive & Play-Based Learning

Communication & Language Development



Parent Involvement & Training

Cognitive & Pre-Academic Skills

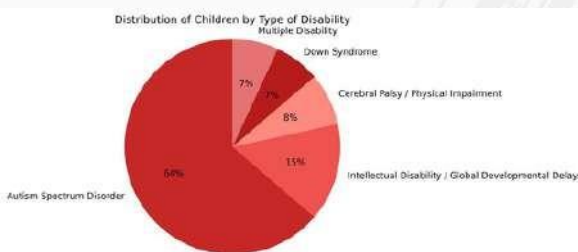
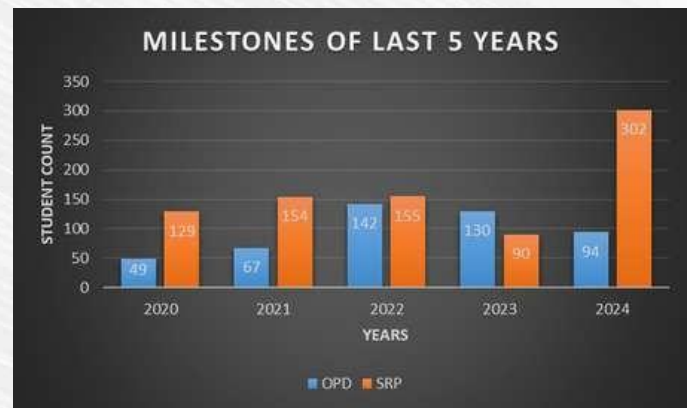
School Transition Support

SCHOOL READINESS PROGRAM (SRP): IMPACT SNAPSHOT (2020–2024)

Over the past five years, ACT2Enable has strengthened its early intervention efforts through the School Readiness Program (SRP), supporting children with developmental delays and learning needs in their transition toward formal schooling.

OPD Reach (2020–2024)

This graph indicates a consistent rise in SRP participation, increasing from 129 children in 2020 to 302 in 2024. While OPD numbers showed year-to-year variation, SRP steadily became the core service delivery model. Overall outreach peaked in 2024, reflecting program credibility and expanding community reach.



Type of Disability	Percentage
Autism Spectrum Disorder	65%
Intellectual Disability / Global Developmental Delays	15%
Cerebral Palsy / Physical Impairment	8%
Down Syndrome	7%
Multiple Disability	7%

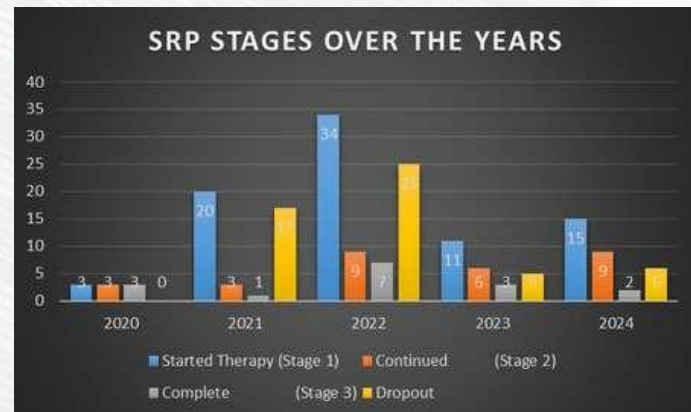
Significant Rise of Autism Spectrum Disorder in Early Intervention Cases (2020–2024)

- Over the past five years (2020–2024), ACT2Enable assessed a total of 483 children.
- Alarmingly, 65% of these cases were diagnosed with Autism Spectrum Disorder, making ASD the overwhelming dominant developmental issue.
- This stark prevalence signals an urgent public health crisis in early intervention, demanding immediate expansion of specialized resources and awareness to prevent long-term developmental setbacks.

SCHOOL READINESS PROGRAM (SRP): IMPACT SNAPSHOT (2020–2024)

Steady Progress in School Readiness Program (SRP) Stages (2020–2024)

The School Readiness Program continues to show strong progress. Therapy starts peaked at 34 in 2022 and remained solid with 15 in 2024. Completions have steadily increased, reaching 16 overall, while continued participation demonstrates growing family engagement and effective support. These positive trends reflect the program's success in guiding more children toward successful mainstream school transitions.



- **Expanding Impact:** Assessments grew from 49 in 2020 to a peak of 142 in 2022, totaling 483 children supported over five years—demonstrating strong community reach and potential for scaled partnerships.
- **Focused on Autism:** 65% of cases involve Autism Spectrum Disorder, positioning the centre as a key player in addressing a major national need through specialized early intervention.
- **Strong SRP Growth:** School Readiness Program milestones surged to 302 in 2024 (from 129 in 2020), showcasing effective therapy progression and school transition success.
- **Improved Engagement:** Steady therapy starts (peak 34 in 2022) and continuations, with 16 completions overall, reflect growing family trust and program effectiveness.
- **Inclusive Approach:** Covering diverse needs (intellectual delays 15%, cerebral palsy 8%, Down syndrome 7%), the centre promotes equitable development—ideal for collaborative CSR initiatives to drive lasting change.

SCHOOL READINESS IN ACTION: A CASE STUDY



Anuraj, a five-year-old child diagnosed with Autism Spectrum Disorder, began his journey with minimal functional speech and limited readiness for school. Coming from a below-poverty-line family, access to regular therapy was a significant challenge. Over one and a half years of consistent support, Anuraj showed remarkable progress in communication, social interaction, and emotional regulation. He successfully transitioned into a mainstream school and confidently participated in a school event, independently expressing himself on stage. Anuraj's journey highlights how timely intervention and sustained support can help children overcome barriers, build confidence, and move toward inclusion and independence.

click on the Anuraj's Picture to know more about his journey !

HABILITATION (DISABILITY INTERVENTION)

Advancing Special needs children's health, learning, and inclusion through sustainable, equitable support systems that reduce developmental gaps and promote long-term well-being.

BUILDING ABILITIES THROUGH HABILITATION

Nine-year-old Shiva(Anonymized name) reached ACT with moderate intellectual disability and autism, lacking speech, daily living skills, and emotional stability after inconsistent support and prior trauma. ACT applied a structured habilitation model: comprehensive multidisciplinary assessment, functional profiling, Individualised Education Plan with measurable goals, and mother trained as co-facilitator. In just six months, Shiva gained independence in bathing, grooming, basic self-care, toileting communication, simple household tasks, money concepts, and showed marked improvement in emotional regulation and confidence. This case powerfully illustrates how consistent, family-involved early intervention delivers significant functional gains and empowerment for children with complex needs.

BEFORE ACT INTERVENTION



AFTER 3 MONTHS OF HABILITATION



CUSTOMIZED COUNSELLING PROGRAM FOR PARENTS (CCPP)



- Customized parental counselling is provided at both individual and group levels to help parents understand their child's diagnosis, developmental needs, strengths, and challenges in a clear and empathetic manner.
- Along with structured training sessions and ongoing guidance, interactive activities are conducted to engage and encourage parents, helping them develop effective coping skills, strengthen family functioning, make informed decisions regarding therapies and schooling, and actively participate as confident partners in their child's developmental and habilitation journey.

A Father's Voice: Anuraj's Journey of Change

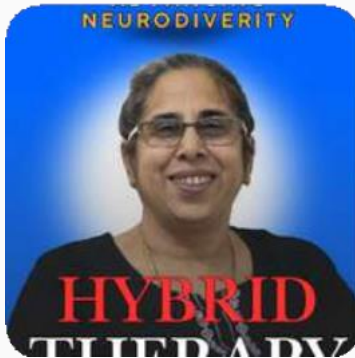
मैं अनुराज यादव का पिता आपसे अनुराज यादव की कुछ बातें Share करना चाहता हूँ। जब अनुराज 3 साल का था तब मेरे परिवार की परिचित प्रीति जी बताया कि अनुराज में कुछ ऐसी कमिया है जो साधारण नहीं है, जैसे कि बात को अनसुना करना, गुस्सा करना, सामान को फेंकना, बोल, न पाना, फिर हमने भी ध्यान दिया तो लगा कि सच में वह ओर बच्चों से कुछ अलग कर रहा हैं।



फिर कई जगह कई डॉक्टरों को दिखया पर कोई फायदा नहीं मिला। फिर प्रीति जी ने बताया कि आधार सेंटर में डॉक्टर चावला मैडम से अनुराज के बारे में बात करना चाहिए। फिर मैडम से बात करने से पता चला कि अनुराज को Autism का Problem है, जो कि थेरेपी से ठीक होगा। जिसमें समय लगेगा। फिर आधार सेंटर में आधार कि Team ने बहुत मेहनत के साथ अनुराज को थेरेपी दी समय-समय पर अनुराज में बदलाव देखने को मिला और अनुराज का School में Admission कराया। दो साल से अनुराज स्कूल जा रहा है, अब वह KG-1 में पढ़ रहा है अब अनुराज पूरी तरह से Normal Behavior करता है।

मैं आधार सेंटर की पूरी Team का बहुत-बहुत आभारी और बहुत-बहुत धन्यवाद करता हूँ।

KEY HIGHLIGHTS OF THE YEAR



2 April 2025 : Launching of Hybrid Therapy

On World Autism Day, we launched a hybrid therapy program for children with developmental disabilities, offering flexible online/offline support, personalized education, parental guidance, expert therapists, and inclusive, accessible care for all.



2nd April 2025 : Autism day

On World Autism Day, we launched a hybrid therapy program for children with developmental disabilities, offering flexible online/offline support, personalized education, parental guidance, expert therapists, and inclusive, accessible care for all.

10th May - 31st May 2025 : Summer Camp



27th September 2025 : Foundation day celebration

KEY HIGHLIGHTS OF THE YEAR



15th August 2025
Independence Day celebration

14th November 2025:
Children Day Celebration



**3rd December 2025 : Disability Day
Celebration**

**25th December 2025 :
Christmas Celebration**



SPREADING CHILD DEVELOPMENT AWARENESS

At ACT2Enable Aadhaar Counselling Center, we raise awareness about child development through interactive sessions for parents and teachers, providing practical guidance on developmental milestones and inclusive practices.



17th and 18th September
Rajguru Nagar (Bombay mother and child welfare
society), Maharashtra
Life Skills, Mental Well-Being, and Health Awareness
for Inclusive Development



28th November
Nurturing Development: A Paediatric Perspective
with VIBGYOR World School Academy



19TH-20TH December 2025
DoCC PGPM Internship 2025 | Social Project
Evaluations

COUNSELLING

ACT2Enable's counselling initiatives contribute to **SDG 3 (Good Health and Well-Being)** by fostering mental health and emotional resilience, **SDG 4 (Quality Education)** by enabling informed learning and career choices, and **SDG 8 (Decent Work and Economic Growth)** by preparing individuals for meaningful livelihoods.



CAREER COUNSELLING



INDIVIDUAL CAREER COUNSELLING

Aligned with SDGs 3, 4, 8, and 10, At ACT2Enable (Aadhaar Counselling and therapy), we support students from secondary school onwards in making informed career choices through a holistic, NEP 2020-aligned approach. Our career counselling programs integrate mental well-being, guidance, psychometric assessments, parental guidance, and personalized career planning. We offer Basic, Advanced, and Professional programs of counselling, providing a roadmap for students from ICSE and CBSE boards, **starting from Class 8 onward at both group and individual settings at both in-person and online modes.**

With a strong focus on empowerment and inclusion, our initiative improves student well-being, enhances quality education, facilitates access to decent work, and reduces opportunity gaps. Over the years, we have emphasized **counselling for children with special needs**, including autism, ADHD, intellectual disability, and locomotor disabilities. In addition, we extend our services to **individuals from EWS and BPL communities**, ensuring equitable and sustainable career development support for all.



Parent Testimonial: Impact of Career Counselling Support

We, Ms. Prarthana Mishra and Mr. Satya Prakash Arya, would like to express our sincere gratitude to Dr. Anupama Maheshwari, Counselor From Aadhaar Center Bhopal for her exceptional guidance and support in shaping our child's career.

At a crucial stage, Dr. Anupama Maheshwari conducted written assessments followed by detailed counselling and discussion sessions to understand our child's aptitude and interests. Based on this evaluation, she advised our child to appear for the NFAT (National Forensic Admission Test) and guided him on the required preparation strategy.

With her timely and structured guidance, our child prepared accordingly and successfully cleared the NFAT examination. He has now secured admission to the National Forensic Sciences University (NFSU), New Delhi, in the BBA–MBA integrated program.

We strongly believe that Dr. Anupama Maheshwari's professional counselling, clarity of approach, and constant motivation played a significant role in this achievement. We are truly thankful for her support and highly recommend her career guidance services to parents and students.

Ms. Prarthana Mishra
Mr. Satya Prakash Arya
Parents



Career Counselling For a Neurodivergent Person: When Strengths Are Seen, Futures Open : A Case Study

For many neurodiverse young people, career dreams are limited even before they are explored. Very often, they are guided towards a few “safe” options such as computer work or data entry—without understanding whether these roles match their interests, comfort, or happiness. Sujyant Yadav's journey shows how this story can change when strengths are truly seen.

Sujyant (Anonymized name), a young person on the autism spectrum, came to ACT2Enable at a crucial stage of life, carrying both questions and quiet fears about his future. At ACT2Enable, the focus was not on his diagnosis, but on who Sujyant is as a person. Through careful assessment and empathetic career counselling, his interests, learning style, and natural abilities gradually came into focus.

What emerged was not limitation, but possibility. Sujyant showed a clear preference for hands-on work, a natural connection with nature, and creative abilities that needed the right direction. Based on these strengths, he was guided towards career paths such as horticulture, nursery management, and design-related work—careers that offer dignity, independence, and genuine engagement.

This journey brought clarity and confidence to Sujyant and his family. It reflects ACT2Enable's belief that true inclusion means moving beyond stereotypes and empowering neurodiverse individuals to choose careers rooted in their strengths, interests, and self-worth.



CAREER EDUCATORS TRAINING AND MENTORING

At ACT2Enable, we have trained over 130 individuals this year, including practitioners, as career educators and counsellors, **aligned with SDGs 3, 4, 8, and 10**. These programs provide expert, ethical guidance that supports student well-being, enhances educational outcomes, promotes decent work pathways, and ensures equitable opportunities for all.

Our Trained Career Counsellors Mentorship Program is a structured two-level certification (Basic and Advanced) designed to prepare aspiring career counsellors through hands-on training, case studies, live interactive sessions, and continuous assessments, following NEP's skill-development framework. This Mentoring is done through both online and in-person mediums. Together, these initiatives build a strong community of competent, future-ready career educators and counsellors, equipped to provide inclusive and impactful guidance across schools and communities.



CAREER COUNSELLORS INDIA : A CAREER PODCAST SERIES

Aligned with SDGs 3, 4, 5, 8, 10, and 11 At ACT2Enable, career guidance is delivered through two complementary mediums, reflecting our role as career educators



KEY HIGHLIGHTS : GUIDING CAREERS MONTH BY MONTH

1st January 2025

Career in cyber security and digital forensics with Dr Kuldeep Verma



24th January 2025

Podcast and meeting with Brig Ghosh on career plans in defence



18th March 2025

: Podcast on career in forensic science with Dr Harsh Sharma



5th April 2025
Career options JEE, JoSAA counselling
beyond IIT with Samir Rath

16th April 2025
How to become a social entrepreneur
with Prof Satyajit Majumdar



2nd July 2025
A Second chance beyond jobs by Samir
Rathi



11th August 2025
Follow Your inner calling and career in
yoga.



6th September 2025
Career in Wilding Photography
opportunities and challenges



16th October 2025
Careers In journalism with Preeti Jain
Sharma



19th November 2025
Pathways to Independence career guidance for
special needs with Richa Bansal.



KEY HIGHLIGHTS OF THE YEAR

This year career guidance was conducted at both online and offline across schools and community settings. Through this on-ground approach, we have guided over 925+ students this year from diverse schools and localities, helping build future-ready learners, improve employability, reduce inequalities, and contribute to sustainable community development.



**27th & 28th Feb 2025: Expert Faculty Session – Career Counselling
(RIE NCERT Bhopal)**

**Dr. Anupma Maheshwari mentored 75 PG Diploma students at
NCERT in Career Guidance through experiential role-play-based
training**

KEY HIGHLIGHTS OF THE YEAR

CLASS XI & XII STUDENTS



16th & 25th April 2025: Seminar Series on Academic Stress Management and Study Skills – St. Arnold Higher Secondary School

Dr. Anupama Maheshwari conducted stress-management seminars at St. Arnold's, Indore, engaging 570+ students from Classes X–XII.

2nd June 2025 :RIE, DCGC

A Training and Mentorship Program at RIE, DCGC enhanced participants' skills in career guidance and counselling



25th July 2025 : Career Guidance Workshop

Dr. Anupma Maheshwari conducted a career guidance workshop for 280 Class X students at St. Arnold's, using assessments and AI insights to support informed career choices.



KEY HIGHLIGHTS OF THE YEAR



17th September 2025: Career Coherence and Digital Addiction
Dr. Anupma Maheshwari conducted a Career Coherence session for 75 Class 9–10 students at Rajguru Nagar, fostering self-awareness and clarity in studies and career choices.

19TH-20TH December 2025

DoCC PGPM Internship 2025 | Social Project Evaluations
Online evaluations of 74 social projects by 167 PGPM students across 17 states were conducted, with expert panelists Dr Anupma Maheshwari and Dr Jagmeet Kaur Chawla providing valuable insights and feedback.



29th December 2025 : Career Coherence Session

Conducted a career congruence session with School Plus students, guiding self-exploration through identity, values, strengths, and action-focused questions to help them make clearer, more aligned career decisions with confidence forward.

PROGRAM REACH AND INCLUSIVE SOCIAL IMPACT

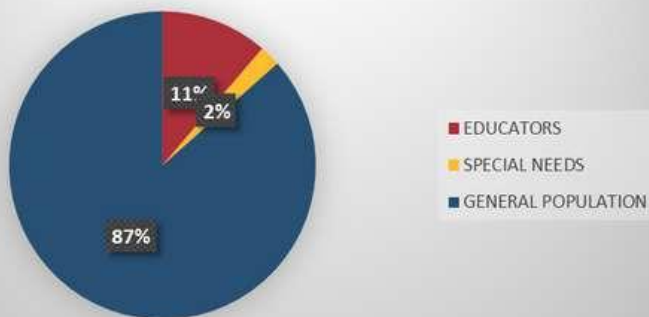
Overall Beneficiary Reach Across Programs

In the year 2025 in addition to our previous impact, the ACT2Enable reached 1,000+ beneficiaries through career counselling, career guidance, educator training, and structured outreach programs. The scale of out-house and guidance initiatives highlights strong community-level engagement and sustained efforts to expand access to career and life-skills support.

OVERALL BENEFICIARY REACH ACROSS PROGRAMS



BENEFICIARY COMPOSITION OVERVIEW



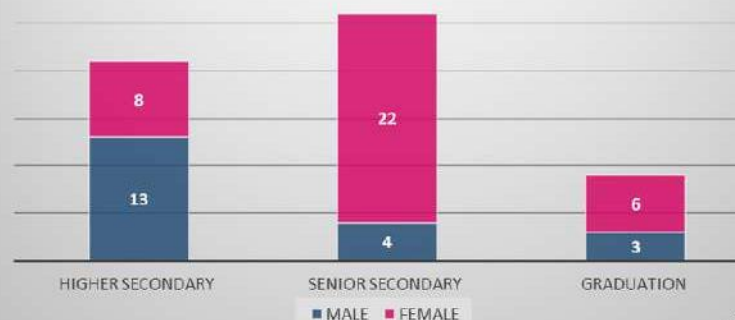
Beneficiary Composition Overview

The beneficiary base includes students from the general population, individuals with special needs, and educators and practitioners, demonstrating a holistic and inclusive approach. By engaging both direct beneficiaries and capacity builders, the programs contribute to long-term, systemic social impact.

Gender-wise Participation Across Education Levels

Gender-disaggregated participation data indicates balanced to higher female engagement, particularly at the senior secondary and graduation levels. This reflects improved access to career guidance and developmental interventions for young women during critical educational transition phases.

GENDER-WISE PARTICIPATION ACROSS EDUCATION LEVELS



INDIVIDUAL COUNSELLING



- At the individual level, psychosocial counselling is delivered through one-on-one, client-centered sessions tailored to the person's unique experiences and needs.
- The process begins with building trust and emotional safety, followed by a detailed understanding of the individual's concerns, strengths, and stressors.
- Interventions may include emotional regulation techniques, cognitive and behavioral strategies, problem-solving skills, and supportive guidance.
- Progress is paced according to the individual's comfort, ensuring confidentiality, respect, and ethical care, while empowering the person to gain insight, resilience, and healthier ways of coping in daily life.

Savisha's (Anonymized name) Testimony !!

"When I first started therapy, during the first 1–2 sessions I felt like I wasn't able to tell her everything because of my trust issues."

"After the 2nd session, things began to feel lighter. I haven't fully healed yet, but I know the healing process is slow and takes time—and compared to earlier days, I definitely feel lighter now."



THE CARE TO CHEER – JUNIOR GROUP PROGRAM

A group of four children, within the age range of 3–9 years, were enrolled after presenting with concerns related to limited socialization, difficulty in interacting with peers and adults, mild disability-related behavioural issues, delays in activities of daily living, and age-inappropriate behaviours. To address these concerns, the children were enrolled in Care to Cheer, a flagship program of the city, and placed in the Junior Group specifically designed for young children. The program focused on promoting socialization, enhancing communication, developing creative and performing skills, and addressing behavioural concerns through a supportive and engaging group environment. Interventions included role play, modelling, prompting, indoor and outdoor fun games, brain gym activities, and other structured tasks aimed at encouraging cooperation, improving interaction, and fostering age-appropriate behaviours. Through this holistic and child-friendly approach, delivered across 90 structured sessions, the program achieved significant milestones, with progress observed in the socio-emotional domain (90%), behavioural domain (65%), and functional development domain (75%).

THE CARE TO CHEER – SENIOR GROUP PROGRAM

A group of three adolescents and young individuals, within the age range of 10–19 years, were enrolled after presenting with challenges related to socialization and interaction with others, age-inappropriate behavioural responses, and difficulties in managing and expressing changing emotions. To address these concerns, the participants were enrolled in Care to Cheer, a flagship program of the city, and placed in the Senior Group designed to meet the developmental and psychosocial needs of this age group. The program emphasized the promotion of socialization, emotional regulation, problem-solving abilities, and essential life skills such as understanding money concepts, time management, and navigation skills through structured and guided group-based interventions. Activities such as role plays, brain gym exercises, interactive group tasks, and life-skill-oriented exercises were incorporated to encourage participation, improve emotional expression, and strengthen adaptive behaviours. Through this holistic and age-appropriate approach, delivered across 90 structured sessions, the program achieved notable milestones, with improvements observed in social development (85%), emotional development (75%), behavioural regulation (70%), and functional development (85%).

Key Highlights throughout the year

This component of the psychosocial counselling programme focuses on preventive and awareness-based group interventions aimed at promoting mental health, emotional resilience, and healthy behavioral practices across different age groups. The sessions address psychosocial concerns such as stress and anxiety management, exam-related pressure, menstrual health, and sexual and reproductive health and hygiene through interactive, educational, and supportive formats. Behavioral counselling under this component may be delivered at both individual and group levels, while Care to Cheer remains a distinct and specialized group programme.

16th January 2025
Dr JK Chawla Subhash Excellence ,
Menstrual MHM with SKY.



18th January 2025
MHM Training Mandideep Oriental
Industries, SIDBI and Sky Social

22nd July 2025 : National
Consultation on Adolescent Mental
Health



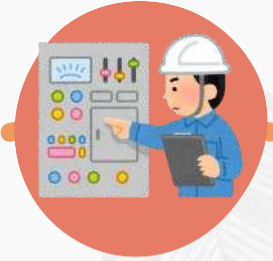
EDUCATION AND VOCATION

From 2016–2025, ACT2Enable's Education and Vocational Program supported over 34 students, enabling academic continuity, skill development, and meaningful career pathways through individualized, inclusive, and outcome-driven interventions.



SCHOOL PLUS PROGRAM

Aligned with SDG 4 (Quality Education) and SDG 10 (Reduced Inequalities), the School Plus Program promotes inclusive, equitable learning by providing remedial academic support to underperforming students and school dropouts through personalized learning plans. **The program also advances SDG 3 (Good Health and Well-being) by supporting mental well-being, and SDG 8 (Decent Work and Economic Growth) through career guidance and skill development,** enabling learners to reintegrate confidently into education and society.



Aadhaar Kaushal (Vocational Program)



Aadhaar Kaushal is a skill-based vocational initiative designed to empower school dropouts, economically disadvantaged youth, and individuals with special needs. The program supports **SDG 8 by enhancing employability and promoting sustainable livelihoods**, while addressing **SDG 10 by reducing socio-economic inequalities**. By integrating well-being, nutrition-based skills, and **job readiness (SDG 3)**, it fosters self-dependency, dignity, and long-term economic resilience.

Key Highlights of the year :Empowering Learning and Livelihoods

In the year 2025, Act2Enable supported Sumit, Ankit, and Aakash—school dropouts due to cognitive and financial constraints—to complete their Class 10 education through open schooling, enabling renewed confidence, continuity in learning, and future vocational pathways.

2nd May : Orientation Program at SV Polytechnic

The orientation highlights School Plus supporting underperforming students through personalized learning plans, psychometric assessments, career exploration, and real-world exposure at Sardar Vallabhbhai Polytechnic College, Bhopal, a prestigious government institute, transforming struggles into clarity, confidence, and informed career choices.



In August, Ankit, Sumit, and Aakash proudly entered the 60-year-old SV Polytechnic College, leaving behind years of exclusion and self-doubt, and stepping into classrooms that made space for their dreams.



Key Highlights of the year : Empowering Learning and Livelihoods

1st November 2025 : Sakshi and Karthik Bawse win Medals in State level climbing competition

From classroom focus to competition podiums, Sakshi and Karthik emerged as winners, balancing studies and climbing with confidence. Supported by the School Plus Program, they proved passion and discipline lead to success. Sakshi won a silver medal and Kartik Emerged as a Gold Medalist in the State Climbing competition



29th December 2025 : Career Coherence Session

Conducted a career congruence session with School Plus students, guiding self-exploration through identity, values, strengths, and action-focused questions to help them make clearer, more aligned career decisions with confidence forward.

From School Drop-out to Designing His Future

Sumit, a quiet and sincere 17 year old, had dropped out of government school after failing Class 10 twice. His mother, feeling helpless, brought him to ACT2Enable for support. Though shy,

Sumit showed honesty, discipline, and a love for badminton. At ACT2Enable's Open School, he studied three subjects suited to his abilities. Interactive teaching helped him overcome learning gaps, and with steady guidance he passed Class 10 with second division, gaining

new confidence. He quickly picked up essential digital skills, and a career assessment revealed his strengths in creative fields like singing, sketching, and photography. Guided toward design related

courses, Sumit applied to S.V. Polytechnic, Bhopal, and earned admission to the Diploma in Animation and Videography, opening a promising new path To know more about sumit's story click on the picture below !!!!!!!



SCHOOL PLUS 2025: JOY, TALENT, AND TOGETHERNESS



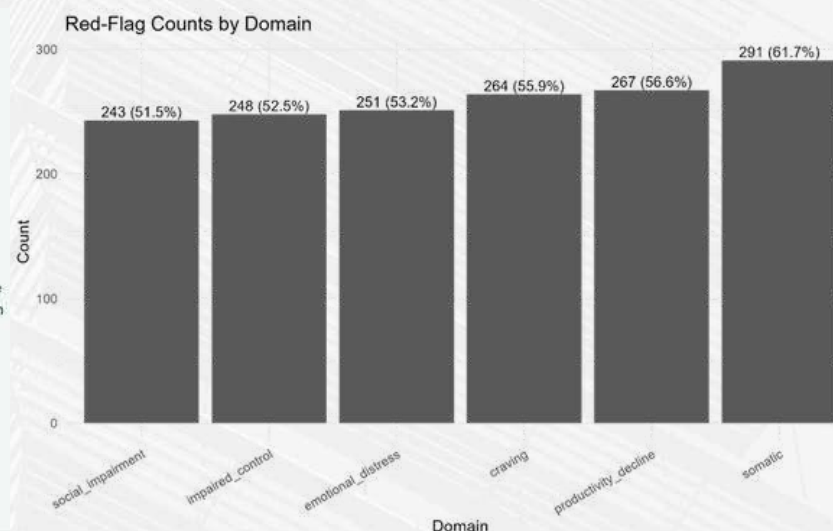
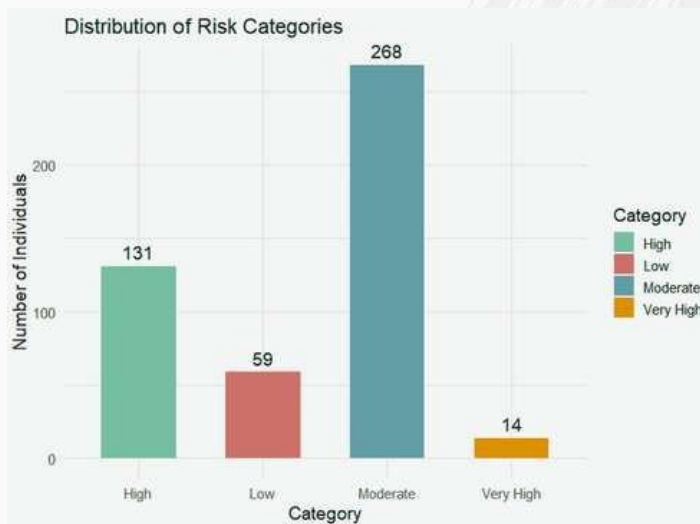
DIGITAL MINDFULNESS PROGRAM

Aligned with **SDG 3 (Good Health and Well-Being)**, **SDG 8 (Decent Work and Economic Growth)**, and **SDG 16 (Peace, Justice, and Strong Institutions)**, the program strengthens mental well-being, social-emotional growth, productivity, and safe, equitable participation in digital spaces.



ABOUT DIGITAL HEALTH QUESTIONNAIRE SURVEY

- The Digital Health Questionnaire (DHQ) is a self-developed, standardized, and reliable tool by ACT2Enable, designed to assess digital screen media usage and its behavioral impacts.
- Comprising **30 questions across six domains—Impaired Control, Craving for Device, Emotional Distress, Social Impairment, Somatic Symptoms, and Productivity Decline** the DHQ quantifies screen habits, identifies potential overuse, and highlights areas of interference in emotional, social, physical, and productivity aspects of life.
- The DHQ demonstrates strong psychometric properties, with a high overall reliability (**R = 0.945**) and **robust split-half reliability (0.866 and 0.928)**, indicating excellent internal consistency.



- The Digital Health Questionnaire, **administered to 472+ individuals, showed that problematic digital use is widespread, with over 94% reporting at least one red flag.** Even low and moderate risk groups experienced emotional, physical, social, and productivity impacts, while high-risk groups showed clinical severity. The moderate risk group emerged as the key segment where early intervention can prevent escalation and yield the greatest public health benefit.

DIGITAL PSYCHO-SOCIAL FIRST-AID

Individuals who score in the moderate, high, or very high risk categories on the Digital Health Questionnaire are offered one-on-one counselling along with Psychosocial First Aid, tailored to the domains where risk is most pronounced. Support is delivered through brief counselling sessions and structured worksheets, focusing on:

- ♦ **Impaired Control:**

One-on-one counselling helps individuals recognize problematic screen patterns and build self-regulation skills, supported by time-management and boundary-setting worksheets.

- ♦ **Craving for Device:**

Counselling addresses compulsive urges and dependency through impulse-control strategies, grounding techniques, and alternative coping tools.

- ♦ **Emotional Distress:**

Psychosocial First Aid focuses on emotional stabilization, anxiety reduction, and stress management, complemented by emotion-regulation and self-reflection worksheets.

- ♦ **Social Impairment:**

Individual counselling supports reconnection with offline relationships, improves social functioning, and reduces digital withdrawal through guided social-engagement exercises.

- ♦ **Somatic Symptoms:**

Interventions raise awareness of physical strain linked to screen use, promoting healthier routines, sleep hygiene, posture, and self-care practices.

- ♦ **Productivity Decline:**

Counselling and worksheets focus on restoring academic or work functioning through goal-setting, prioritization, and distraction-management strategies.

This personalized, domain-specific approach ensures that support is targeted, preventive, and responsive, enabling individuals to regain control over their digital behavior and overall well-being.

FROM SCREEN TIME TO SELF-AWARENESS : A CASE STUDY

Aarav Mehta (Anonymized name) , a 14-year-old student of Class 9 at Champion School, was referred for counselling due to poor concentration, low academic performance, and excessive mobile phone use, particularly prolonged anime watching, leading to reduced interest in studies. **He has a diagnosed learning disability, which further impacts academic engagement, though he demonstrates strong creative abilities in art and manga drawing.**

Aarav comes from a middle-class joint family marked by emotional stressors, including an emotionally unavailable father with alcohol-related issues and frequent criticism from grandparents, contributing to low self-esteem. His mother remains his primary support and is actively involved in therapy.

During initial sessions, Aarav presented with high screen dependency, distractibility, emotional suppression, and repressed anger, along with complaints of loneliness and sleep disturbances. **Counselling over six weeks focused on reducing screen time, improving sleep hygiene, emotional regulation, coping skills, and developing healthier digital habits, alongside family counselling and coordination with a developmental paediatrician.**

Post-intervention, Aarav showed reduced screen usage, improved emotional awareness, better anger management, enhanced social interaction, and improved classroom engagement. Continued therapy, family support, and channeling his digital interest into structured creative outlets are recommended to maintain gains and support holistic development.



Key Highlights of Digital Health Awareness & Outreach

Digital Health Awareness initiatives were conducted across schools and colleges, **sensitising over 485+ individuals** to responsible screen use, online safety, and digital well-being. Outreach was further expanded through the “**ScreenWise Saturday**” social media campaign, promoting mindful and balanced digital habits.



15 February 2025
Digital Mindfulness session in oriental
college (Bhopal)



17 February 2025
Digital Mindfulness session in SAGE
University (Bhopal)

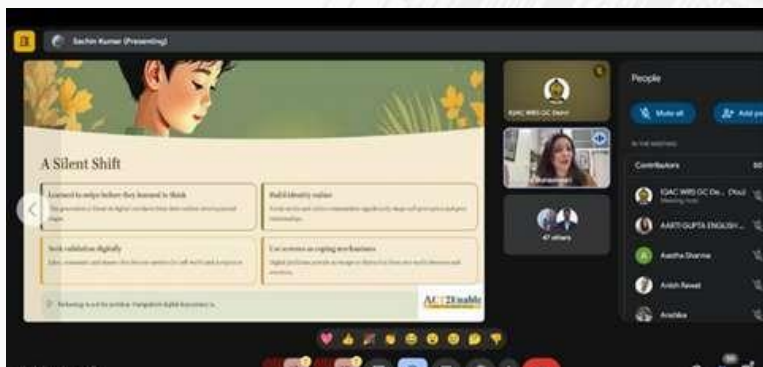


Key Highlights of Digital Health Awareness & Outreach



10th September 2025
Digital Mindfulness session in Sarojini Naidu
Government's Girl College (Bhopal)

9th December : Dealing with digital addiction
among youth. Dehri Dialogues , National Webinar
series on contemporary concerns on higher
education.



Completing the Circle of Inclusion: From Diagnosis to Career – The ACT2Enable Approach



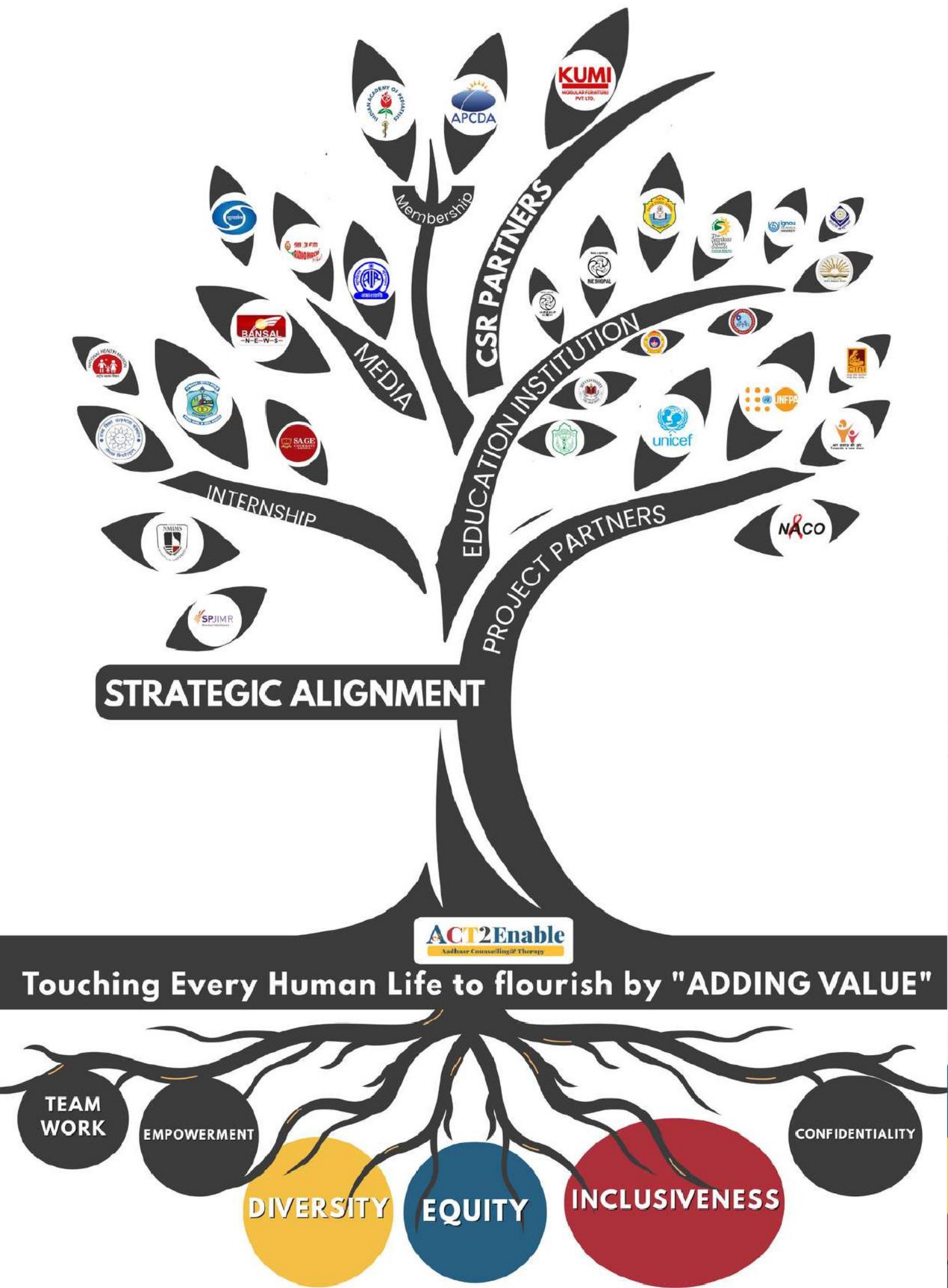
At ACT2Enable, inclusion goes beyond diagnosis. Through a three-tier continuum of care: assessment, remediation, and individualized career guidance, the Centre supports sustained educational and vocational outcomes. A collaborative team works closely with families to build on each individual's strengths and aspirations. Over the years, ACT2Enable has supported more than 75 individuals in progressing toward meaningful academic and career pathways. By bridging the gap between diagnosis and direction, ACT2Enable fosters independence, dignity, and lifelong participation, affirming that true inclusion connects ability with opportunity.

A Journey Through the Circle of Inclusion : Anjalika's (Anonymized name) Story

Anjalika, a quiet 15-year-old student, was referred for assessment ahead of her Class X Board examinations due to persistent difficulties in Mathematics and Science. While initial concerns pointed toward a possible learning disability, a comprehensive evaluation revealed that her challenges were rooted in severe mathematics anxiety, low self-confidence, and performance-related stress rather than any cognitive impairment.

Although she was not eligible for certification, Anjalika required immediate support. She was guided through personalised educational intervention at ACT2Enable , where focused academic assistance and emotional reassurance helped her gradually overcome fear, strengthen conceptual understanding, and rebuild confidence. As her anxiety reduced, her academic performance improved, enabling her to successfully clear her Board examinations.

With renewed self-belief and clarity, Anjalika later engaged in structured career counselling. She chose the Humanities stream with a clear aspiration to pursue Law and secured admission to a reputed law school successfully. Hence, the Circle of Inclusion is complete.



STRATEGIC ALIGNMENT

ACT2Enable
Andhara Counselling & Therapy

Touching Every Human Life to flourish by "ADDING VALUE"

TEAM WORK

EMPOWERMENT

DIVERSITY

EQUITY

INCLUSIVENESS

CONFIDENTIALITY