

ADITYA BIRLA
EDUCATION TRUST



Inspiring Service, Transforming Lives

**Annual report
2022 - 2023**

Dr. Neerja Birla

Founder & Chairperson

It is my firm belief that there is nothing more rewarding than serving humanity. Equipped with a steadfast resolve to continue to serve society, I am certain that team ABET is on the right path, and we will achieve what we have set out to do.

The 'Spirit of Service' serves as the crux for the genesis of the Aditya Birla Education Trust, established in 2008. The pillars on which all our projects are based include: empowerment of future decision makers through quality education for children; upskilling of educationists; instilling awareness and confidence in young girls and women; and addressing the needs of individuals and families impacted by mental health issues and mental illnesses. With this vision, ABET set up centres of excellence in the domains of education, women's empowerment and mental health.

The past year has been rewarding as we have scaled-up operations enhancing sustainable social impact and reaching to many more individuals and families, who stand in dire need of support and empowerment.

Through ABET's various verticals, the organisation has touched, impacted and changed many lives for the better, long-term: Mpower's successful collaborations with the Government of Maharashtra, the Municipal Corporation of Greater Mumbai, the Mumbai Police and the Central Industrial Security Force embody the 'Spirit of Service' – a small yet significant contribution towards nation-building. Our newly launched Mpower App reinforces our 'Spirit of Service' as we aim to expand our reach of holistic mental healthcare services across the length and breadth of the country.

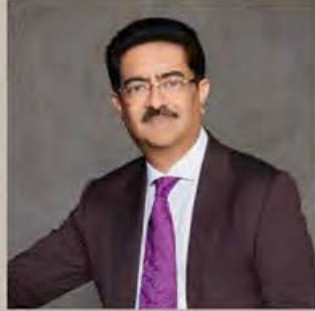
Ujaas' display of the 'Spirit of Service' is evident in its commendable efforts at the grassroots level, empowering future generations of women in the rural interiors of Maharashtra, and demystifying menstrual health and hygiene in India.

The 'Spirit of Service' is the guiding force for the Aditya Birla Integrated School (ABIS) – India's #2 Special Needs School for children with different learning needs, the Aditya Birla World Academy (ABWA) – the country's 3rd Best International School and the Aditya Birla Education Academy (ABEA) – a pioneering institute that upskills teachers. ABET's footprints have been far-reaching. Over 615 students have graduated from ABWA, and 127 from ABIS. ABEA has upskilled over 3.5 lakh teachers, and nearly 2.15 lakh people have benefitted from Mpower's training, counselling and therapy. Ujaas' efforts have reached more than 1.19 lakh girls, in 522 schools, across 14 locations in India.



Dr. Neerja Birla, Founder & Chairperson

Trustees



Mr. Kumar Mangalam Birla

As Aditya Birla Group Chairman, Mr. Kumar Mangalam Birla champions caring and giving, directing welfare initiatives that uplift underprivileged communities.



Ms. Ananya Birla

Ms. Ananya Birla, a visionary artist and entrepreneur, advocates for inclusive workplaces, creativity, and mental health awareness as a NAMI ambassador.



Mr. Aryaman Vikram Birla

Entrepreneur Mr. Aryaman Vikram Birla, driven by a vision for societal impact, passionately supports innovative ventures, nurturing future leaders.



Ms. Advaitesha Birla

Young sociopreneur Ms. Birla envisions societal impact, focusing on menstrual health awareness to create a positive change.



Dr. Pragnya Ram

Dr. Ram: 35+ years in global leadership, corporate communications, brand management, public relations, and CSR expertise.



Mr. Aashish Sanghi

Mr. Aashish Sanghi, with 30+ years of diverse experience, provides Aditya Birla Education Trust strategic direction for impactful solutions across sectors.

Vision

To positively impact the lives of people from all sections of society, create a stigma-free world and empower the change-makers of tomorrow.

Mission

To nurture 21st-century, inclusive learning in the field of education; to fight taboos and drive social change around menstruation; and to transform the mental health landscape in India by alleviating stigma and providing world-class care services.



Menstrual Hygiene Management session being conducted at Mhatoba Tukaram Balwadkar High School, Pune

Spirit of Service

Discover the extraordinary Spirit of Service embraced by Aditya Birla Education Trust (ABET), as we embark on a transformative journey towards building a better tomorrow. At ABET, we firmly believe that true success lies in selflessly serving others, and this guiding principle resonates across every endeavour we undertake.

In the realm of mental health, we passionately strive to create inclusive and supportive environments, fostering emotional and mental well-being and empowering individuals to lead fulfilling lives. Through innovative programmes, we break down barriers and promote understanding, ensuring that no one feels alone in their journey towards mental wellness.

Recognizing the critical importance of menstrual health, ABET champions initiatives that advocate for education, access, and destigmatization. By promoting awareness, providing resources, and empowering women and girls, we are transforming the narrative pertaining to menstruation, fostering dignity and empowerment.

Education stands at the heart of ABET's commitment to service. With unwavering dedication, we strive to bridge gaps, secure opportunities, and nurture young minds. Our educational initiatives transcend boundaries, reaching the underserved and marginalised communities, unlocking their potential and paving the way for a brighter future.

Join us in embracing the Spirit of Service, as we, together, cultivate compassion, create meaningful impact and empower individuals to realise their full potential.

Our Values

C
Commitment

R
Respect

I
Integrity

S
Seamlessness

P
Passion

2008

Aditya Birla World Academy

Nurturing globally engaged leaders, grounded in Indian wisdom.

2014

The Aditya Birla Integrated School

An inclusive school dedicated to nurturing students with learning difficulties.

2016

Mpower

Enhancing mental health care holistically.

2018

Aditya Birla Education Academy

Premier institute for modern teacher training, fostering 21st-century education.

2021

Ujaas

A vertical prioritising menstrual health and hygiene management.

Aditya Birla World Academy

At ABWA, we strongly believe in the holistic development of our entire family. Our students and teachers strive, together, to create a cohesive learning environment that is conducive to the development of a child's innate talents.

In addition to a focus on academic excellence, students are encouraged to think critically and to question the world around them. Our dedicated teachers are encouraged to improve their skills through the in-service training workshops conducted regularly throughout the year.

Further, through a wide range of extra and co-curricular activities, we aim to develop a child's personality and stimulate them to be mindful, sensitive and responsible members of society. We focus on the socio-emotional development of every child to ensure that each and every child feels safe, supported and motivated.

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My school was never a second home to me, It was my first. The kind of exposure and platform I have received to identify my true potential was impeccable. ABWA is not just a school, It is a way of life.

Neel Shah (Alumni)
(Head Creative Team –
SCHBANG)

From the Principal's Desk



Mrs. Radhika Sinha

Principal
Aditya Birla World Academy

A school is like a 'miniature world', where an individual is prepared to take on life – navigating challenges, learning, unlearning, relearning and empowering the self to be the better version of one's self – consistently. Here, effective and meaningful learning takes place, ensuring focus on nurturing contributing members of society.

We harbour a strong commitment towards the overall wellbeing of our students, securing an enabling, safe and wholesome environment for the children in our care. Besides, a plethora of curricular, co-curricular and extra-curricular disciplines that taps each child's unique potential and fuels their curiosity and passion to learn, understand and apply, we strive to strengthen the roots, the very essence of each individual.



The Aditya Birla World Academy (ABWA) stands tall as a top notch international school in Mumbai. It offers globally benchmarked qualifications in a safe and secure environment where educational excellence thrives.

ABWA commands much respect in India and abroad as an exceptional international school in Mumbai. It offers international curriculums coupled with a solid foundation of values. The school offers the two most challenging and invigorating Pre-University programmes – the International Baccalaureate Diploma Programme (IB DP) as well as the Cambridge A Level programme. The curriculum balances the essence of Indian culture with an international syllabus contributing to the holistic development of students to become caring and compassionate adults.

As an international school having a global outlook, we acknowledge that the children of today need a mastery of different kinds of knowledge, abilities and skills like information literacy, tech-savviness, global awareness and social responsibility.

To facilitate the child-centric approach, our student-teacher ratio is 6:1. It is no surprise then that ABWA is consistently ranked among the best international schools in Mumbai. The school has been adjudged the top International School

in South Mumbai since 2014 in surveys conducted by the Hindustan Times.

Participation in various programmes such as, overseas summer internships, student exchanges, language immersion, pen-pal and enrichment programmes helps build students' confidence and independence as well as further develops their inter-personal skills in a real-life setting.

ABWA, a top-grade international school in Mumbai, renders purposeful Community Service projects and Green Cell activities as a supplement to the curricular requirements. Student led initiatives such as School Detox and Book Bazaar form an integral part of the students' learning process. Sports and co-curricular activities also feature strongly in the school's approach towards holistic-learning. Students have access to professional coaching for activities ranging from the performing arts to individual activities such as Aerial Silk, Drone Making, Aeromodelling, STEM Club, 3D Printing and team sports, such as football, basketball, cricket and table tennis.

ABWA also hosts Infinity, an annual, all-India Inter-School Mathematics League in collaboration with the Birla Institute of Technology and Science (BITS), Pilani.



Students of ABWA embodying the school spirit

Beyond Academics: Emotional Well-being at the core

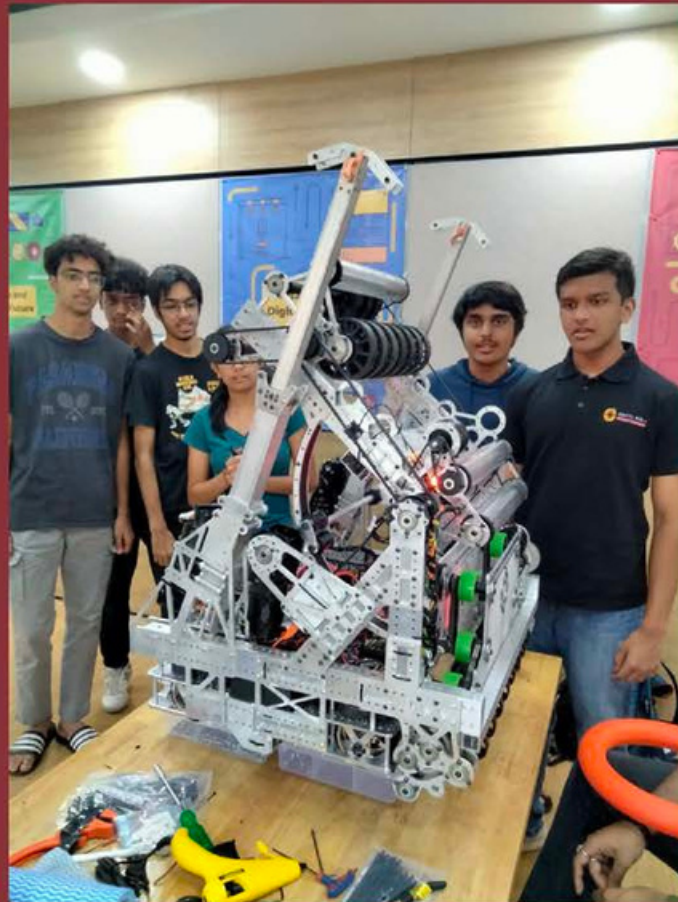
Creating an inclusive environment at ABWA through the Multi-Tiered Support System model

At ABWA, we prioritize the emotional well-being of our students alongside academic success. Our approach involves creating a nurturing environment where students can explore their interests, express themselves, and build connections with others through various activities and events.

Activities like theater, dance, yoga, and arts not only enhance cognitive skills but also promote self-reflection and expression and resilience. By providing opportunities for students to understand their emotions and develop essential life skills like resilience and adaptability, we empower them to navigate life's challenges with confidence.

Our commitment to community service aims to instill values of empathy and social responsibility in our students, inspiring them to be compassionate leaders. Through hands-on experiences working with NGOs, students develop empathy and a sense of purpose, contributing to their overall well-being and fulfillment.

At ABWA, we believe in nurturing students' emotional well-being as a vital aspect of their development, preparing them to succeed in all aspects of life.



Story of impact

One of the best rewards that we have received our in the form of fantastic journeys undertaken by our students, and their experiences and achievements. We are happy to portray some of these in this section.



Rishne Jain
Student grade 12

I am currently in grade 12, and follow the IB DP curriculum at ABWA. My school has enriched my life in so many ways: be it academics, extra-curricular activities or life skills. There have been, and continue to be, so many fond memories that I will cherish for life. This institution has helped me tremendously in my personal growth, serving as a platform for incredible experiences and opportunities.



Jyoti Shah
Student grade 11

I am a class 11 student at ABWA, and the author of a children's book. My journey as an author was a long and tedious one, but one I would relive a thousand times, if I could. I started writing the book while I was in class 6 and went on to publish it in class 8. This year, I got the chance to share my journey as an author with younger students at the ABWA Lit Fest 2023, a fun-filled event that served as a wonderful platform to connect with literary figures and learn from their stories. Not only did I get the chance to share my work and inspire others, but I also got to know more about other people's work and understand thought processes.



Anshuman Loyalka
Ex - student Batch 2016

I graduated in 2016 and now work with a video production agency as a Business Development expert. I think my biggest takeaway from my time at ABWA is how the teaching faculty facilitates a very healthy learning environment. They somehow managed to make academic pressures stem internally rather than externally, which is the way I think it should be. And this puts an emphasis on learning rather than grades. And then the grades follow naturally. I've seen this method paying off from having followed ABWA's instagram profile over the last few years and seeing incredible student results that seem to get better year after year. And I'm very grateful for all the guidance and support that ABWA has provided us with.



Mihikaa Jhaveri
Student grade 9

Hi, I'm Mihikaa Jhaveri, a student from Aditya Birla World Academy Grade 9. I'm a budding author of the book Spreading the Christmas Cheer. My journey of writing started at the age of 9, and ever since that, it's been a rollercoaster of emotions. The Aditya Birla World Academy's LIT Fest is a place or a platform where literary figures, students, teachers, budding authors, come together to celebrate the joys of literature. This year I was a guest speaker for the students of grade 6 and 7, where I got to speak about my journey and hopefully have inspired them.



79

students graduated
in session 22-23
IBDP-37, A Level-42



87%

students gained admission
in prominent universities
abroad



17

students gained
admission in prominent
universities in India



In the Education World India School Rankings, we have been ranked 2nd in India, Maharashtra and Mumbai in the category of Best International Day School.



In the Maharashtra School Survey by Education Today, we have been ranked 3rd in Maharashtra and Mumbai in the category of Top 20 International Schools.



Free Press Journal in their Mumbai School Survey recognized us as the 'Outstanding' School in Learning and Curriculum, Sports Facilities, Extra-Curricular- Curriculum and Tech Savvy Teaching.



Times School Survey ranked us No. 1 in the category of Mumbai Schools - International Curriculum

Achievements

Academics - International Level

Suhaan Mobhani

Grade 9

AP Students College Board
Scholar Award

Recognised as Advanced
Placement Scholar, with distinction,
post clearing the college level
advanced placement international
diploma exam.

At the age of 15 was awarded
Advanced Placement Scholar with
Distinction After Clearing College
Level Advanced Placement
International Diploma

Manav Chopda

Grade 11 IBDP

Won the Engineering Inspiration
Award (for Robotics) held as part
of the championship in the US of A
(Texas)

Jaisal Shah

Grade 7

Was awarded with the Gold Finalist
Award at the Queen's
Commonwelath Essay Competition
2022.

Out of a record breaking 26. 322
entries this year, only 158 were
selected for the Gold Finalist
Award.

Academics - National Level

Vibhav Singh

Grade 8

Kids Education Revolution-
Changemaker 2022

Selected for Teach For
India -Student leadership
program Kids Education
Revolution- Changemaker
2022!

Yuvraj Nahar

Grade 10

NBT Young Scholars 2022
powered by Education
Times

Selected for the student
leadership programme,
Kids Education Revolution
Changemaker.

Rayan Kukreja

Grade 11

Junior National Equestrian
Championships at Bhopal

Won the bronze medal at
the Junior National
Championships held in
Bhopal.

Aradhya Sharma

Grade 9

Indian Achievers' Forums,
Indian Achiever Award in
the Young Entrepreneur
Category
Won the Indian Achievers'
Forums, Indian Achiever
Award in the Young
Entrepreneur Category in
recognition of his
outstanding professional
achievement and
contribution in nation
building through his social
enterprises, Sproute Sports
and Red Zone Warriors

Sports - Interschool Level

Aquatics

Rabhya Singh
Grade-9

GMAAA
 • 50 Freestyle - Silver
 • 100 Freestyle - Silver
 • 100 Backstroke - Silver
 • 100 IM - Silver
 • 100 Butterfly - Silver

Alina Munshi
Grade-6

GMAAA
 • Freestyle bronze
 • Back style bronze
 • Butterfly bronze

Hrishikesh P Shiju
Grade-9

GMAAA
 2nd in 100 freestyle
 overall championship
 runner-up trophy
 based on FINA points

MSSA Inter School Aquatic
Championship 2022-23
 100m Freestyle – Gold
 100m Butterfly – Gold
 200m Individual Medley – Bronze

Tennis

Mihika Rajadhyaksha
Grade-9

MSSA Inter School Tennis
 Tournament
 • Secured 2nd place in
 Mumbai's Under
 16 category

Badminton

Tia Ugrankar
Grade-5

Garodia Open Badminton
 Tournament
 • 1st place

Prisha Jain
Grade-6

Garodia Open Badminton
 Tournament
 • 2nd place

Sports - District Level

Swimming

Rabhya Singh
Grade-9

ISSO
 • Silver in 50M Butterfly
 • Silver in 100M Backstroke
 • Bronze in 100M Butterfly

Hrishikesh P Shiju
Grade-9

ISSO
 • Bronze in 200 M freestyle
 • Bronze in 50 M freestyle

Karthikeyan P Shiju
Grade-11

ISSO
 • Gold in 50M breaststroke
 • Silver in 50M freestyle

Gymnastics

Anaisha Goenka
Grade-9

ISSO
 • Bronze in overall individual
 • Bronze in beam, vault
 and floor

Chess

Dhyana Doshi
Grade-8

ISSO
 • Bronze

Ananya Vora
Grade-11

ISSO
 • Silver

Vibhav Singh
Grade-12

ISSO
 • Silver

What Sets Us Apart

International Programme

ABWA is a member of multiple organisations around the world and has various collaborations, like ISMTF, North East Asian Math Championship, The John Hopkins University, MUN, SIG and CERN.

Internship Programme

Internship is planned as a 3-week work experience program facilitated for grade 11 IB and AS to help them get a hands on experience in the area of their interest during their summer holidays.

Robotics Lab

The purpose of this lab transcends mere construction. It's a catalyst for cross-disciplinary learning, where science, technology, engineering, and mathematics converge in a symphony of creation. Students don't just memorize formulas; they apply them, transforming abstract concepts into tangible robots that solve puzzles

Edu Tours

Educational trips provide students with a chance to learn about a particular place or subject in a more interactive and immersive way. The primary purpose is to enhance classroom learning. They provide an opportunity for students to see, touch, and experience what they have learned in the classroom.

Events



Fete

Fete is an annual fund-raiser event. The event comprises Annual Fete, Dance Marathon and Art Walk & Auction. The proceeds from these fundraising events are utilized for the village partnership programme, other community service, CAS and SSR activities.



The Happy Place

The Happy Place, a collaboration with Mpower, successfully reshaped body image perceptions among teenagers in a two-day transformative initiative. The event featured impactful activities curated to empower students on human body and appearances, exceeding expectations.



Senior Annual Concert

Our seniors students, showcased their extraordinary talents, leaving an indelible mark on the stage with performances that range from classical symphonies to contemporary masterpieces. The concert was an eclectic blend of genres, highlighting the versatility of our students.



Junior Annual Concert

A vibrant showcase of the talent from the youngest students of the school. From Kindergarten performances to impressive displays of musical and theatrical skills, the event was a delight.



The Aditya Birla Integrated School

The Aditya Birla Integrated School (TABIS) is a part of Aditya Birla Education Trust.

We provide value-based, quality education in a congenial, child-friendly environment, ideal for developing an all-round individual.

Our philosophy is based on 5 core values:

Commitment, Respect, Integrity, Seamlessness and Passion.



My son Vivaan joined TABIS 5 years ago. My husband and I are so happy we selected this school for him because in spite of him having ADHD he has fit in so perfectly. The word INTEGRATED is part of the school's name and it really integrates with the ethos of education. In other words, it takes care of education in a holistic way.

Sunita Mehta, Parent

From the Principal's Desk



Aisha Bharmal

Principal
The Aditya Birla Integrated School

As an educator, I believe learning never stops. Everything has the potential to teach us something. Keeping our eyes and ears open is essential, but to truly evolve, it is our minds that we keep our mind open, at all times.

In order to make an impact, we need to work collaboratively with all stakeholders, recognise both challenges and potential in children, and work collectively and holistically towards their wholesome development.

This mindset is truly aligned with the philosophy of The Aditya Birla Education Trust, which has always endeavoured to nurture all minds alike. It is this common belief that has been the major factor influencing my choice to remain a part of The Aditya Birla Integrated School since its inception, nearly a decade ago.

ABET recognises potential, honours achievement and promotes pride in ourselves, our school as well as our community. Having been associated with this prestigious group, I have had the good fortune of experiencing an upward incline in my career curve, having begun as a senior school faculty member at the inception of TABIS in 2014, to taking over the role of Head of Junior School in January 2016. I have always received unconditional faith in my ideas, encouragement to execute them, motivation to learn from mistakes, and to keep trying, in the quest for excellence.

Standing on the threshold of leading the school as a Principal since June 2023, I can confidently vouch that alongside my passion for making a difference to the life of students, both neurotypical as well as neurodiverse, there is no dearth of opportunities to give wings to possibilities. At TABIS, we aim to maintain a safe learning space and foster an environment to nurture children academically, socially and most importantly, emotionally, in order to empower them to tackle challenges that they will encounter. Here, no question is too silly, no dream too outlandish and every opinion is valid and valued.

I am immensely fortunate to have access to means that ensure maintaining a multidisciplinary approach in the best interest of the child, collaborating effectively with all stakeholders, parents, teachers, therapists and peers; providing relevant, quality education and learning opportunities for students, both, within and outside classrooms, thereby ensuring "Making a difference, one young mind at a time".



The students of TABIS expressing themselves on canvas on World Autism Day

What Sets Us Apart

- A student teacher ratio of 5:1 for children with learning disabilities and a student teacher ratio of 5:1 for children with intellectual impairment ensures a customised and personalised approach, enabling each child to grow at his or her own pace, towards securing wholesome development.
- All round development is ensured through various co-curricular activities, participation in sports, creative endeavours and experiential learning, amongst others, aiming to positively stimulate the child.
- An extremely well trained, professional and multi-disciplinary faculty, comprising of Psychiatrists, Therapists, Counsellors and Special Educators strive to empower children under our care.
- Inclusive Education ensures that children with **learning difficulties are integrated into the mainstream** schema of things, enabling a better understanding, acceptance and adaptation amongst peers.
- Therapeutic interventions in the form of Speech Therapy, Occupational Therapy and Behaviour Therapy facilitate all-round growth and holistic development.



Special Educators at TABIS empowering parents at the Career Fest for the Differentiated Learning Program

Story of impact

01 Braving all odds: Ryan*

Ryan, now 12, joined TABIS, when he was four. Diagnosed with ASD (Autism Spectrum), the child faced sensory challenges, making him hypersensitive to certain textures, sounds and smells. Besides this, Ryan found it tough to sit through school and focus, even mouthing things like paint and glue. Determination and support from family, school and therapists helped Ryan to mitigate the challenges he was facing, successfully. In the early intervention and global programme, some of the strategies used by his parents, teachers and therapists included headphones to block out background noises, a visual schedule which helped him anticipate activities, and short movement breaks to help with his vestibular balance. Although the mouthing and self-stimulation continued, these strategies were instrumental in enabling him to regulate himself better across short periods. Through the journey, his fascination with colours became prominent, and so did his ability to work with them to weave beautiful creations.

However, post the lockdown the challenges Ryan was facing became magnified. Interventions such as using fidget toys to keep him occupied, the iPad for communication and academic work, maintaining a behaviour modification chart to track progress, having visual schedules pertaining to his day-to-day activities and the behaviour expected of him in various settings, and collaboration with his classmates helped him improve significantly. To help with his self-stimulation, a visual chart with a pink circle for his own space at home and a yellow circle for a social setting where he must check his actions, were implemented. When reminded that he is in the yellow circle and not the pink one, Ryan pauses and modifies his actions.

Despite his challenges, Ryan's talent did not go unnoticed. The school enrolled

him for participation in an inter-school art competition. He used a combination of bright colours and bold strokes. To no one's surprise, Ryan's painting won the first prize; he was thrilled with the result. The win gave him a significant confidence boost. Ryan's parents kept enrolling him for other similar competitions, and he kept honing his skills, so much so that even nationally recognised art exhibitions have featured his works.

Today, Ryan is a talented artist who uses his paintings to express his feelings and experiences. He also is a child who is constantly working at navigating the world around him. Ryan's journey is an inspiration for other children with ASD dealing with sensory challenges. It shows that there is always hope for a bright future with acceptance, determination and support.

02 A beacon of hope and change: Akash*

Akash, 11, had been studying at a renowned school, where the main concern expressed was his inability to cope and be at par with his class; besides this he was distracted, aggressive, talkative and was unable to take notes. Written language skills, memorisation and putting his thoughts down on paper were some other challenges, in a list of many. Distressed, Akash's mother approached TABIS for admission. Akash was referred for psycho-educational evaluation, along with an informal educational assessment. Based on the evaluation, he was placed in grade three.

The team at TABIS began their journey with Akash approaching the challenges, slowly and steadily. Initially, in class, he was made to sit closer to the teacher so he could be monitored and supervised. The student-teacher ratio at TABIS is 10:1 which helped Akash focus better, thereby reducing distraction. He was given few

instructions at a time, and in a clear and concise manner; lesson plans included auditory and visual cues, and consisted of integrated activities of his interests. Tasks were broken down into segments and time bound activities were used to help him improve speed and accuracy. Akash was also helped with Occupational and Speech Therapy to which he responded well. The multi-disciplinary team met at regular intervals to track Akash's progress, create new goals and share strategies that would work in the best of his interest.

In addition to the above, co-curricular activities like Dance, Physical Education, Music and Art served as great platforms for him to channelize his energy appropriately. Counseling sessions at TABIS offered him a safe space to discuss his concerns, and find strategies to deal with challenging situations effectively. The Minds Matter-Mental Health curriculum secured social, emotional and psychological well-being helping build resilience and healthy coping mechanisms. The Arts Based Therapy (ABT) helped him with self expression, attention and group interaction. In class, the rewards and reinforcement system was put in place. Short term and long term goals were set and were monitored from time to time. Akash was mentored by his teachers and was also provided appreciation and constructive feedback.

Over three years at TABIS, Akash has shown tremendous improvement: from having his project work outsourced, he is now an active part of project ideation and also writes his project in his own handwriting, which has improved a lot. He also engages in abstract and out of the box thinking and reasoning, asking questions and sharing information related to the content being taught.

Says the young boy: "I love and respect my teachers, and I have made many friends too. I thoroughly enjoy coming to school, and never miss a class. I feel that I all I needed was guidance, care and love, which I have now in abundance."

* name of the child has been changed to protect the identity

Awards and Accolades



2nd

Ranked as the 2nd Best Special Needs School in Maharashtra by Education World India rankings for 2022-23.

4th

Position as the 4th Best Special Needs School in India by Education World India rankings for 2022-23.



127

Graduates

9

Academic Years



How we bring the change

Inclusive Education Program

The Inclusive Education Program has been designed specifically for students with learning disabilities. We endeavour to equip children having learning disabilities (Dyslexia, Dysgraphia, Dyscalculia and Attention Deficit Hyperactivity Disorder) with strategies to comprehend, retain, and overcome the gaps in their learning skills as they progress on their academic journey.

Differentiated Learning Program

The Differentiated Learning Program is designed to utilize the children's existing skills to develop parallel skills. For this purpose, each child has an Individualised Education Plan (IEP). The backbone of this program is the therapy that we provide. Occupational therapy & sensory integration, Speech & language therapy, and Behaviour Modification therapy are provided to the children as a part of their daily program at school. The Curriculum is woven theme-wise to ensure learning is reinforced daily and to make the transition from the classroom concepts to their environment seamless.

Therapeutic Intervention

We are always committed to the holistic development of our students and ensure that they have access to a wide range of therapeutic interventions. We provide individualized assistance to each student across academic, behavioural, and emotional domains to address a barrier to learning or to enhance their health, happiness and wellbeing.

Minds Matter

We understand that youth today are susceptible to mental health concerns. However, early intervention and prevention can have a significant positive impact on a young person's prognosis. Keeping this in mind, our team has designed Minds Matter, the first school-based mental health curriculum in India. This curriculum is woven into the classroom timetable and incorporates mental health literacy, psychosocial intervention, and professional treatments, if required.

Events



World Autism Awareness Day 2023

Students at The Aditya Birla Integrated School on the Autism Spectrum came together for an art activity to express themselves on the canvas on the ocean of World Autism Awareness Day. They splattered all the hues of blue and produced their works of art. Here is a glimpse of our little artists making the art.



Carnival

The carnivals are festive events organized by school to bring together students, parents, and the local community for a day of fun and entertainment.



Annual Day

The day highlights the achievements, talents, and progress of students across various age groups. The aim is to create an inclusive and supportive environment, celebrating diversity and promoting a sense of accomplishment.



Language Feast

The language fest is an event that celebrates the richness and diversity of languages, often through various activities and performances by students of various grades.



The Career Fest For The Differentiated Learning Program

Various organizations empowering adults in the field of special education were invited to connect with the parents on the options that are available after school for their children.



Sports Day

With great emphasis on sports instills team spirit, a skill for life beyond the school days.



Camp

Various organizations empowering adults in the field of special education were invited to connect with the parents on the options that are available after school for their children.



Diwali

Diwali at TABIS is not just a celebration of lights but also a celebration of the unique talents and abilities of each student. The emphasis is on creating an environment that embraces diversity and provides a positive and enjoyable experience for all.

The Aditya Birla Education Academy

The Aditya Birla Education Academy (ABEA) is a part of the Aditya Birla Education Trust, headed by Dr. Neerja Birla. ABEA is an opportunity for educators to evolve with changing times; adapt to contemporary, avant-garde knowledge and adopt innovative tools and resources of teaching, in order to impart new-age education that is on par with the best in the world.

Aditya Birla Education Academy aims to provide a platform for educators to focus on upskilling themselves through relevant and uniquely structured courses. Our teacher training courses cover a wide range of topics with the objective of upgrading content knowledge and pedagogical skills, adopt new teaching-learning styles and become a part of a larger community of lifelong learners.

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It was one of the best learning experiences I had. My sincere acknowledgement goes to my university for presenting me with this remarkable prospect and I am eagerly looking forward to exploring the future.

Ms Malini, Teacher

From the Program Director's Desk



Prodipta Hore

Program Director
Aditya Birla Education Academy

Aditya Birla Education Academy or ABEA was launched in 2018 with the intention of fostering the aspirations of dedicated educators who nurture young minds. It equips educators with new age and cutting edge teaching skills; it is an attempt to bridge the gap between the existing standards of teaching and emerging avant-garde ones. Through our wide range of exclusive ABEA modules, educators in India and abroad can enroll in uniquely structured courses to meet their individual professional needs. ABEA has provided free training to over two lakh educators across India through its community building Initiatives like Masterclasses, and free Educator Meet-Ups. Over one lac educators have joined paid certified programmes like e-Learning workshops on different subjects, INService Training workshops, Post Graduate Diploma in Global Education, Certificate Course in School/Instructional Leadership, School Enrichment Model by the University of Connecticut, Advanced Certificate in Education, Capacity Building workshops and some micro-sessions.

ABEA has collaborated with many government organisations like Municipal Corporation of Greater Mumbai (MCGM), Pimpri Chinchwad Municipal Corporation (PCMC) on Project Samarth which is a year-long programme for MCGM and PCMC teachers of Grades 1 to 10, State Council of Educational Research Training-Bihar for the Foundational Literacy and Numeracy (FLN) Training in partnership with KPMG. We are also working with the Gujarat State Council of Education Research and Training (GCERT) to create a curriculum for accelerated students in Science and Mathematics. Collaborative teaching practices, the inclusion of technology in different subjects and robust assessment practices as per the National Curriculum Framework 2023 guidelines are the main objectives of ABEA Capacity-Building programs for teachers. Under all of these Projects we are training over a Lac of teachers all over India as a part of ABEA's CSR endeavours. We look forward to making a difference in a way teaching-learning happens in our classrooms and upskilling our teachers, one teacher at a time.

Through ABEA, we strive to ensure that teachers and educators receive the very best training in order to help them to amalgamate the best of traditional and modern techniques of teaching.

What Sets Us Apart



2

Certificate Programmes, Capacity Building, INService training for teachers (INSET) and a Diploma program for pre- service teachers in collaboration with B K Birla college



4,92,523

Number of teachers impacted



6

Collaborations (Navneet Toptech, Navneet Publication, BalBharti, Pimpri Chinchwad Municipal Corporation, Brihanmumbai Municipal Corporation, Aditya Birla Public School)



Teacher upskilling programs for every teacher



Year Long Diploma program in association with the BK Birla college, Mumbai University and collaborations with various governments for teacher upskilling



Short training modules for In-Service teacher training



Whole school year long Capacity Building programs



Certificate programs for School Leaders

Story of impact

One of the best rewards that we have received our in the form of fantastic journeys undertaken by our teachers, and their experiences and achievements. We are happy to portray some of these in this section.

01

"A career in teaching will provide you with the opportunity to instil knowledge and make an impact on the upcoming generation. I am writing this testimonial with immense gratitude for the transformative experience I gained through the Post Graduate Diploma in Global Education program conducted by Aditya Birla Education Academy. This comprehensive online course not only equipped me with the essential skills and competencies required for a 21st-century classroom but has also played a pivotal role in shaping my career as an International curriculum teacher at Aditya Birla World Academy. The emphasis on research throughout the course has enhanced my understanding and application of educational theories in real-world settings. One of the standout modules focused on developing my understanding of classroom practice and pedagogy through the use of case studies and models of good practice. It provided practical insights, enhancing my ability to apply theoretical knowledge in real-world teaching scenarios. Exploring the purpose and impact of lesson objectives, learning outcomes, and questioning on learning and progress was particularly enlightening, shaping my approach to effective classroom management. Undoubtedly, the knowledge gained from the program has significantly contributed to my effectiveness as an educator. It has enabled me to adapt to the dynamic demands of the 21st-century classroom, incorporating modern teaching methodologies and technology-driven assessments. The exposure to diverse perspectives and practices has broadened my horizons, making me a more globally-minded and empathetic teacher. I am truly grateful to the Aditya Birla Education Academy for providing this enriching opportunity. The skills acquired during the program have not only helped me secure a teaching position at Aditya Birla World Academy but have also positioned me as a confident and competent educator ready to face the challenges of the evolving educational landscape.

Tresa J. Fernandez
History & GP Teacher
International Curriculum - IGCSE
Aditya Birla World Academy, Mumbai

02

"NIPUN Bharat Mission or the National Initiative for Proficiency in Reading with Understanding and Numeracy was launched by the Ministry of Education, Govt. of India, under the National Education Policy 2020. NIPUN Bharat, along with NEP 2020, aim at bringing excellence in the current education system by consistent Teacher trainings, developmental workshops and capacity building programmes. Navneet Toptech, in partnership with its knowledge Partner Aditya Birla Education Academy, strive to upskill teachers on a long-term and sustainable basis, empowering them to ensure holistic and wholesome child development"

Harshil Gala,
Navneet Toptech

03

This is the third year of our training program with Aditya Birla Education academy and every year we have been learning new things that we can take it to our classrooms. These strategies have made our classrooms lively and students are engaged in many activities. The session on assessments – I got many innovative ideas, on how to lead our students to their goal and test what they have learned in a fun manner. "अतिशय सुंदर, सोप्या भाषेत शैक्षणिक साहित्य कोणते? त्यांचा वापर कसा करावा ही माहिती मंडमनी दिली. जसे तक्ते, सायन्स लॅब, सायन्स क्लब, क्षेत्रभेटी, स्मार्ट टीव्ही, डिजिटल लायब्ररी, वर्किंग मॉडेल्स इ. खूप छान" ("Very easy and simple language was used by madam while explaining the use of the strategies and teaching aids like science lab, smart TV, digital library, working models etc; Very nice")

Niketa Hemant Tandel
BMC school teacher

Impact so far



6

Programmes

492523

Lives touched

12509

Teachers impacted



95+

Cities



653

Workshops

90+

Community-building sessions



239

Paid Workshops

125+

Partner facilitators



6

Collaborations

Number of

275+

Schools

2830+

Workshops

5645+

Training Hours

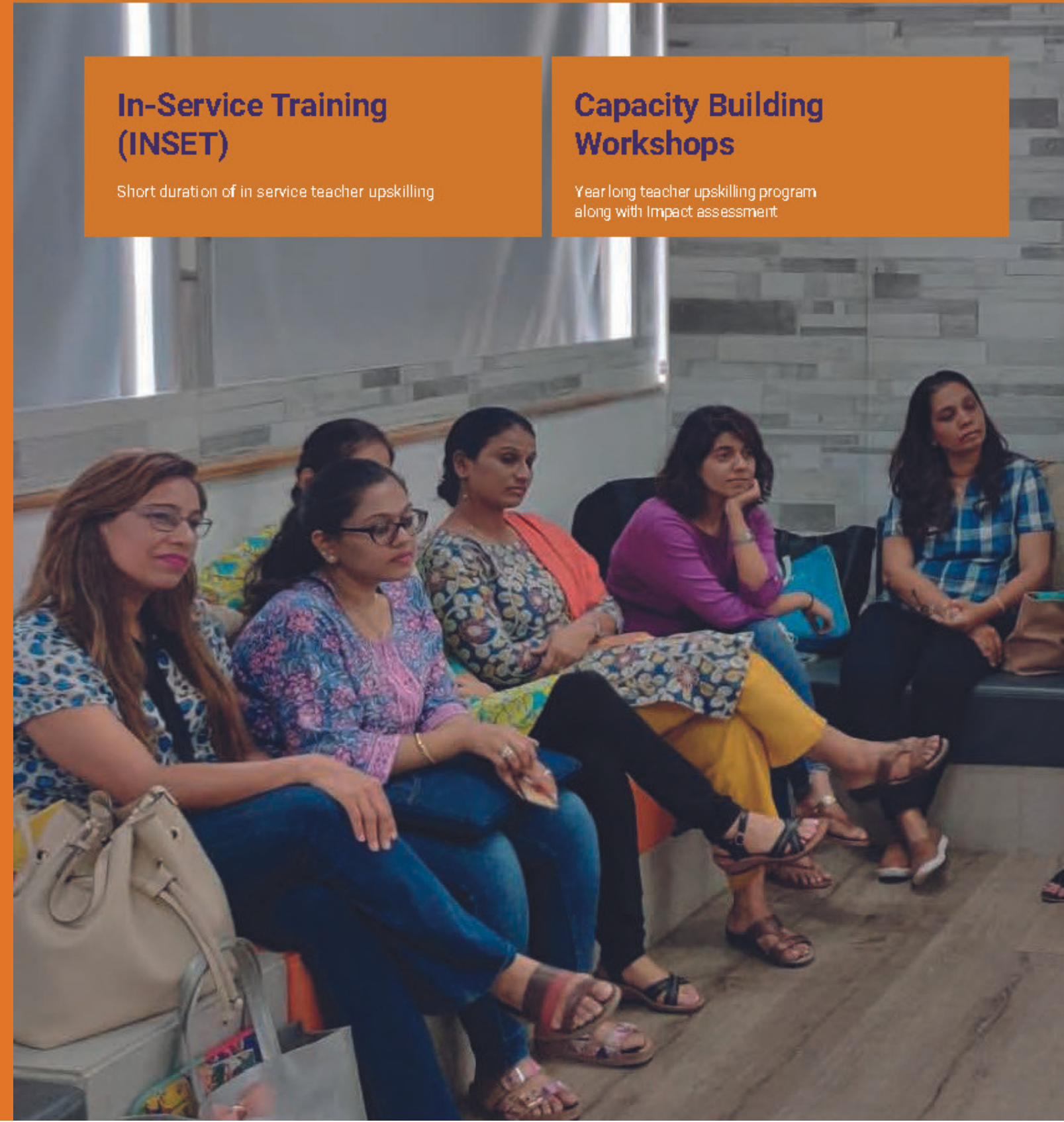
How we bring the change

In-Service Training (INSET)

Short duration of in service teacher upskilling

Capacity Building Workshops

Year long teacher upskilling program along with Impact assessment





Ujaas

School Leadership

Strategic & Instructional Leadership Course

School wide Enrichment Program

Short term certificate course

Advanced Course in Education

Short term bridging course

PGD in Global Education

Yearlong Diploma Program for aspiring & In-service teachers on Global Best practices

Municipal Corporation of Greater Mumbai

Upskilling of English Medium teachers of MCGM Schools

Govt. of Bihar

Upskilling teachers on Foundational Literacy and Numeracy

Govt. of Gujarat

Creating curriculum for accelerated learning for gifted students

Ujaas, an initiative by Aditya Birla Education Trust aims to create a positive and sustainable impact in the menstrual health landscape in India by reducing period poverty and by empowering adolescent girls and women to adopt effective menstrual health and hygiene management practices. At Ujaas, we understand problems related to the affordability of sanitary products and sustainability. With our distribution channels and awareness campaigns, we want to propel a legacy of Change and form a cycle of sustainability that is passed down to generations. Menstrual health is one of the most glaring but under-prioritized issues, which unfortunately gets compartmentalised as a woman's problem instead of getting noticed as a public health challenge and a barrier to progressive nation-building.

”

Truly inspired by the concept of Ujaas as it really works at a grass root level and help those who need the most.

Samarth Vyas,
Teacher at a Beneficiary
School



Educating boys at Shri Rajeshwar Vidyalaya in Wangi Washim on Menstruation

From the Founder's Desk



Advaitesha Birla

Founder
Ujaas

Women's health and rights have been topics close to my heart for quite some time now, with menstrual health and hygiene being an integral and significant aspect of it. Ujaas, the initiative I have embarked upon, embodies my unwavering commitment towards advancing women's health and rights.

The motivation for launching Ujaas was always apparent to me. We needed to start a dialogue on menstrual health and cleanliness and convert it into a movement, needed to reach out to adolescent girls, women and even boys and men at the grassroots level to change people's attitudes. Through Ujaas, I aim to create a tangible and meaningful impact by promoting menstrual health education, destigmatising menstruation, and empowering women with access to essential resources and support.

Through this programme, nearly 1.19 lakh lives have been touched, almost 24+ lakh menstrual pads have been distributed, and over 10 million people have been reached through our digital awareness campaigns. I am so proud of the positive change we're making. Our collaborations with NGOs, volunteers of the National Service Scheme (NSS), schools, village communities, families and even visually-impaired girls, have helped us bust the myths on menstrual health and hygiene and stamp out the age-old stigmas associated with it.

Our trending hashtag – #UjaasForChange and online petition Men in Menstruation have impacted society and led to a collaboration with the Bill & Melinda Gates Foundation. More importantly, we have started a Movement that is slowly, but surely, changing the psyche of the girl child.

Our mission is to cover the length and breadth of the entire country. We have undertaken a colossal journey and it is because we believe strongly that 'A woman must never be afraid or ashamed of her periods. Period!' Menstrual health is about women's Right to Health. This is why I feel that the campaign that started our journey remains relevant even today: #ChangeThePsyche



"My daughter was very aware of my period issues. She attended the menstrual hygiene awareness sessions conducted at Saibaba Vidyalaya, Amravati. This session helped her to understand the menstrual process. She explained to me in detail about diet, hygiene management, and exercise. Accordingly, I adapted my lifestyle. I am very happy to share that I have been recovering from my health-related issues since the last two months. Now, it's easier for me to manage my period. I want to thank Ujaas for this initiative. Such education is much needed for girls."

Usha Pawar, Mother of Ankita




Ms. Advaitesha Birla, founder with the beneficiaries at the Zilla Parishad School in Shelgoan, Badnapur

Impact so far

 **119750+**
Lives Touched

2473828+ 
Pads Distributed

 **522**
Schools Covered

 **3839+**
Awareness Sessions

 **27**
Districts of Maharashtra has Ujaas footprints and mainly works with Government schools, SHGs, Women & Child Development Ministry, Police Department

How we bring the change



Awareness program for girls

Project Ujaas envisions a future where menstruation is celebrated, not stigmatized, enabling these girls to lead healthy, informed, and dignified lives.

Sensitization program for boys

At Ujaas, we work towards empathizing with boys regarding Menstrual Health and Hygiene management, which not only normalizes periods but also establishes a robust support system for girls.

Training Youth & Communities

At Ujaas, we provide training to young individuals from colleges and communities in MHM, empowering them to act as first responders in their immediate environments.

Strengthening of Self-Help Groups

A project to strengthen the SHGs by training them to make reusable menstrual pads in rural areas and to provide livelihood opportunities for women.

Events



A visit to Jalna

Founder, Ujaas, Advaitesha Birla, interacted with youth at the Zila Parishad school in Shelgaon, Badnapur, Jalna, Maharashtra. The visit involved heartwarming discussions with young girls, who lives have been majorly impacted by the interventions made by Ujaas.



Painting on the wall says it all!

Ujaas organised a wall painting activity in the presence of Founder, Ujaas, Advaitesha Birla, and over 1000 students, both boys and girls; the students were from Narsinh Vidyalaya, Tathwade, Pimpri-Chinchwad, Pune, to highlight the importance of menstrual hygiene through the medium of art.

In India, menstruation is still considered taboo and Ujaas strives to leverage the power of art to initiate conversations around this very important topic.

Through art conversations are encouraged, and awareness encouraged.



Breaking taboos, transforming lives!

Transformative workshops on menstrual health and hygiene were held for 3162 girls and boys, age 10-12, across Maharashtra.

The 29 collaborative workshops were conducted in 6 districts of rural Maharashtra under the campaign "Let's Talk About It! Period," aimed at building menstrual health awareness among children. The workshops conducted for grades 5-10 led to a 46% increase in young girls gaining comprehensive knowledge about menstrual health and hygiene, while a staggering 56% broke free from harmful taboos that have constrained them for generations.



And, its action for a social cause!

An interactive and informative street play was organised on the occasion of World Menstrual Hygiene Day. The street play aimed to increase awareness on the subject and also create an open environment for communication around the same. The play was performed at three different locations in Mumbai – Panchsheel Nagar (Wadala), Dr. Ambedkar Nagar (Mankhurd) and Social Nagar (Dharavi).



Women's Day - ABWA X Ujaas

On the occasion of International Women's Day, Ujaas conducted a comprehensive workshop for visually impaired students in Mumbai.

Visually impaired menstruators can face unique challenges when it comes to menstrual hygiene.

With the help and support of students from the Aditya Birla World Academy, we created 40 models of the female reproductive system that were used by Ujaas trainers during the workshop.



Vending Machine installation in Mumbai Police Stations

In order to ensure ready access to sanitary pads, when needed, 93 sanitary pad vending machines were installed in police stations across Mumbai.

This initiative aims to ease availability of menstrual hygiene products, for the next months, to all lady police officers.



Mpower

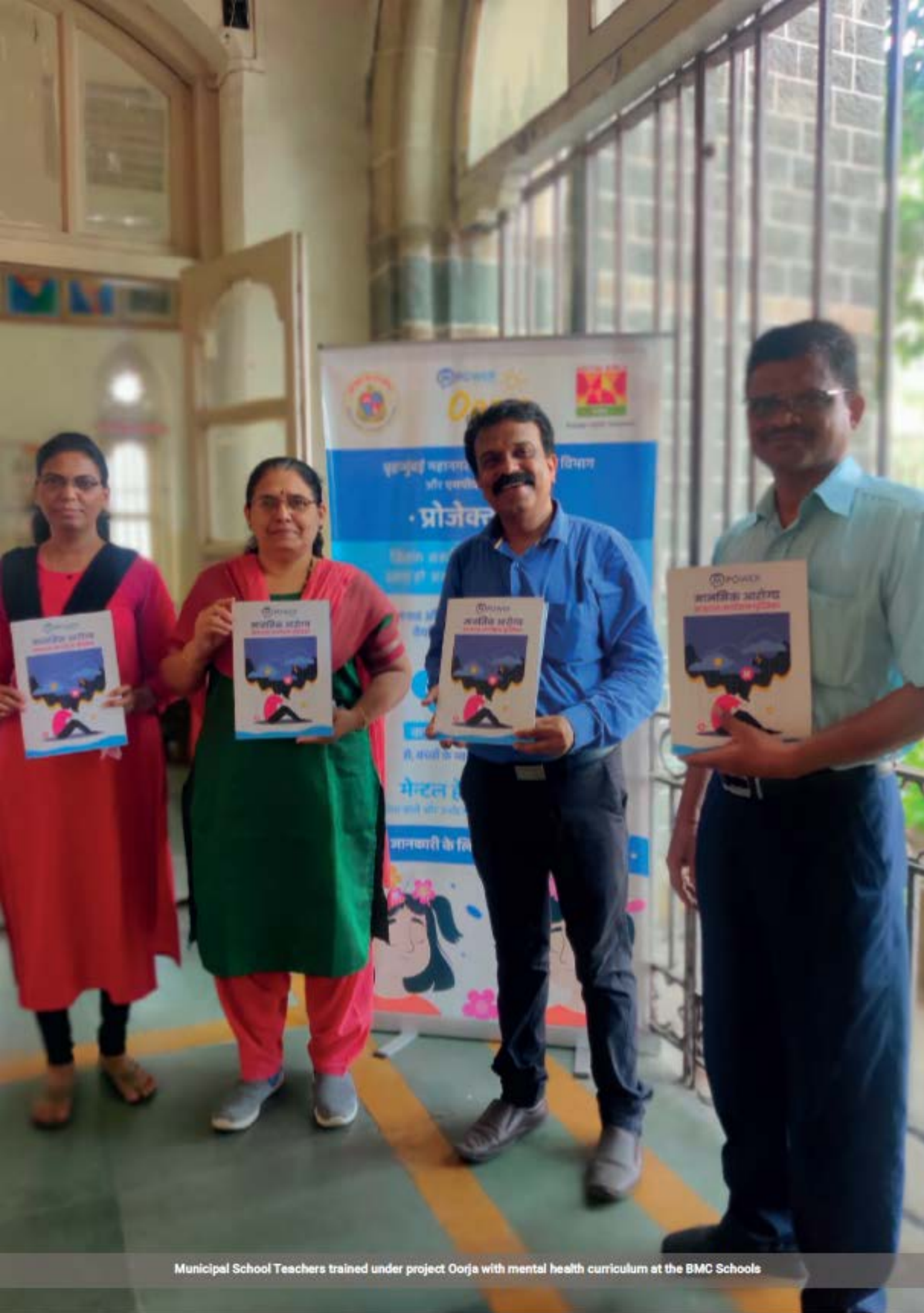
Mental health is a subject riddled with stigma and concerns. The discrimination caused by stigma can only be eradicated through continuous efforts to create awareness. This will encourage acceptance, and help those suffering from mental illnesses to gain freedom. We hope to reinforce the fact that most concerns are treatable, just like any other medical condition. Our vision is to facilitate a stigma-free world where individuals with mental health concerns can lead meaningful & productive lives with respect & dignity. Mpower strives to change public perception by creating awareness, fostering education, advocating prevention & providing world-class holistic mental health services, regardless of age, gender and socio-economic boundaries.



"My deepest gratitude to the exceptional care and guidance provided to me to overcome my sleep disorder. The professionalism and expertise have been invaluable in improving the quality of my life."

**Beneficiary /
Corporate Client**

From the desk of Vice President



Municipal School Teachers trained under project Oorja with mental health curriculum at the BMC Schools



Parveen Shaikh

VP - Operations
Mpower

"What mental health needs is more sunlight, more candor, and more unashamed conversation." The importance of mental health can occasionally be disregarded in a world that frequently emphasises on the physical and material facets of life.

However, the key to our wellbeing, happiness, and personal development are hidden deep within our minds. We envision a "A stigma-free world where individuals with mental health concerns can lead meaningful and productive lives with respect and dignity".

Mpower strives to change public perception by generating awareness, fostering education, advocating prevention and providing world-class holistic mental health services, regardless of age, gender, and socio-economic boundaries. With a team of dedicated mental health professionals at the helm, Mpower has created, to a large extent, a ripple effect of positive change, nurturing a society that values and supports mental well-being through our various verticals – Awareness, Clinical, Outreach, Helpline, and Academia. As I reflect on the profound work of Mpower, I am reminded of the extraordinary power of compassion and connection. Together, we can create a world where mental health is prioritized, and where individuals can thrive and flourish.



"Initially, I was doubtful and hesitant about approaching a counselor, but today I'm glad that I took the step to approach the Mpower team. After a few sessions itself, there has been a lot of clarity on how certain issues are deep rooted and tackling them superficially is not the way out for me. Counseling helped me rethink how I should react in situations and handle them efficiently. The sessions have helped me be calm and take better decisions in daily life, which indirectly has helped me maintain mental health. Most importantly, I have learnt the value of 'self-care' and 'me time'. I have become more confident, practical, organised and flexible with my thoughts over a short span of 6 months, all thanks to counseling.

Beneficiary availing therapy at Asha Sadan Cell



A lady staying at a shelter was referred to Mpower with stress and anxiety. The emotional distress of being in an abusive relationship had been psychologically overwhelming and traumatic for her. She was extremely anxious and scared to even step out of the shelter home and was indecisive regarding basic day-to-day decisions. Our therapist started off with Trauma Focused CBT therapy with her at our centre. The objective was empower her with strategies to understand her feelings and thoughts, and work around negativity. Different expressive art and mindfulness techniques allowed her slowly, yet gradually, to mitigate her strong negative feelings. Today, she is able to manage her anxiety and stress, and is taking the first step towards self-employment.

Beneficiary availing therapy at Asha Sadan Cell

Impact so far



1,31,356

Counseling sessions

2,00,664

Workshop Beneficiaries



121 Mn+

Lives Touched

121490

Helpline sessions



Minds Matter academia beneficiary school students with display their mental health message

Mpower at glance

Clinical Interventions

Centres, Foundation & Cells

Helpline 24 X 7

Outreach: awareness & capacity Building

Workshops & Webinar

Mental Health Curriculum in schools

Mindsmatter

Special Projects

Project Samvedna
with Govt of Maharashtra

Project Saksham
with Mumbai Police

Project Mann
with Central Industrial Security Force

Project Oorja
with MCGM

Project Telemanas

Project Mansoom
with Govt of Maharashtra, Women & Child Dept.

Project Suraksha
with Railway Protection Force





Awareness and Outreach Initiatives

At Mpower, our unwavering commitment to awareness and outreach initiatives is driven by a profound belief in their power to bring about transformative change within individuals, communities, and society. These initiatives are pivotal in increasing public awareness and understanding of mental health issues, aiming to reduce stigma and discrimination against those facing mental health challenges.

69551 Lives Touched **131** Substance Use Sessions

53 LGBTQ+ Sessions **3163** Awareness Sessions



Helpline

Mpower's Helpline, established in collaboration with the Government of Maharashtra during the critical COVID-19 crisis, is a beacon of support for individuals seeking initial mental health guidance. It is the only 24/7 helpline led by a team of trained psychologists who offer assistance when needed.

In 2022-23, its reach extended far beyond the borders of Maharashtra, earning it the distinction of an All-India Status, as individuals from various locations sought help and solace. Mumbai, Delhi, and Pune emerged as the top cities where individuals contacted our helpline through calls or chatbot interactions. Concerns Identified through Helpline and Chat: Anxiety, Depression, Stress, Relationship issues etc.

14.5k Total Calls **8.37** Average Minutes



Clinical Centers

Mpower Operates at four prominent clinical centres across India, strategically located in Bangalore, Mumbai, Pune, and Kolkata. These centres are bastions of hope and healing, offering vital mental health counselling and therapy services to individuals online and offline. Our clinical centres are distinguished by their world-class infrastructure and are staffed by a team of top-tier psychiatrists and psychologists. These mental health experts specialise in addressing a broad spectrum of mental health disorders, catering to the unique needs of both children and adults.

More than 50% of our clients fall within the crucial age groups of 18-25 and 26-40. This highlights the pressing need for focused attention and intervention within these demographic segments, where mental health concerns often occur.

14k+ Total Sessions **3,561** Lives Touched



Clinical Cells

Mpower's Clinical Cell Model is aimed at providing mental health services at the door steps of our collaborative partners through a designated visit for holistic diagnostic and therapy by our psychologists. Through our counselling cells we aim to have specific interventions that are designed and planned by identifying the needs of the individual and group.

5291 Total Sessions **50** Corporate NGO community

669 Individuals Counselling **41** Active Locations



Clinical Foundation

Foundation plays a very important role in providing subsidised services like Psychiatric Consultations, Individual Counselling & other range of mental health support to underprivileged communities.

7124 Therapy Sessions **432** Lives Touched

Public-Private Partnership



Samvedna

Bridging Gaps in Rural Mental Health

In our unwavering commitment to making mental health services accessible to rural communities, Mpower initiated Project Samvedna in collaboration with the Government of Maharashtra. This pioneering project involved working closely with 40 Primary Health Centers (PHCs) to bolster the District Mental Health Programme (DMHP).

Conducted screenings for more than 61,000 individuals, identifying 8.35% as at-risk, with 34% seeking care. Facilitated 937 counselling sessions benefiting 836 individuals, with an additional 2,600+ individuals seeking psychiatric consultations. Common concerns identified during psychiatric consultations included Depression, Schizophrenia and Anxiety.

1930 Total Sessions **62k** Individuals Counsellled

Public-Private Partnership



Saksham

Empowering Mumbai's Law & Order with Mental Health Support

Extend vital mental health services to women and children affected by crime in regional zonal offices and police stations across Mumbai, Maharashtra. Project Saksham has a Two-fold approach: to provide counselling and support to the victims of crimes against women and children and to offer much-needed mental health assistance to individuals accused of such crimes. These efforts complement the "Nirbhaya Pathak" initiatives undertaken by the Mumbai Police to empower and assist women. Anxiety and Depression emerged as the most prevalent issues among the individuals, with approximately 55% reporting disrupted sleep patterns. Mental health support was extended to victims of Domestic Violence, Assault and Crime, Rape, Harassment of Women, and Child Sexual Abuse. 13 awareness workshops with participation from 960 police personnel.

1567 Total Sessions **799** Lives Touched

Public-Private Partnership



Oorja

Empowering Minds in Mumbai's Municipal Schools

Fostering mental health awareness and support in Mumbai's Municipal Corporation of Greater Mumbai (MCGM) schools, catering to teachers and students across all wards.

OORJA Outreach: Focuses on awareness and capacity building among the dedicated educators in BMC Schools.

OORJA Cell: This initiative ensures that children and adolescents seeking mental health support receive the necessary mental health care and support within the familiar school environment, reducing barriers to access.

369 training and awareness sessions, positively impacting 8167 teachers.

1084 Total Schools **35291** Total Students

Events

Public-Private Partnership



Mann

Elevating National Security through Mental Health

Foster mental health awareness and support within the Central Industrial Security Force (CISF) at airports in Mumbai, Delhi, Pune and Nagpur.

Concerns identified during Counselling Sessions are Anxiety and Depression related to the nature of work and long working hours, Interpersonal relationship issues, Family and marital conflicts, Addiction and substance abuse, Behavioural problems and anger management, Stress management, Anxiety and panic disorders, Relationship issues, Sleep disorders and insomnia, Depression and mood-related concerns, Coping with trauma and difficult experiences, General mental health challenges faced by security personnel.

207 Total Sessions **4088** Lives Touched

Public-Private Partnership



Minds Matter

Nurturing Holistic Well-being through Education- Academia

This program is a proactive approach to creating awareness, advocating prevention, fostering education, and providing services seamlessly integrated into the school timetable, ensuring comprehensive emotional and psychological development for students from grades 1-12.

23885 Total Students **17** Active Schools



World Suicide Prevention Day

Street plays on suicide prevention were organised at 5 locations across the city. The street plays performed by college students were witnessed by over 2000 individuals and digitally amplified to give us a reach of over 1 million, helping amplify the message about suicide prevention.



Art Express at Pune

A community led initiative where people come together and paint the city walls in Mumbai and Bengaluru, to break taboos and bring the conversation about mental health out into the open where it cannot be ignored.

Mental Health Professionals Conclave

The doctors' conclave saw the registration of 366 mental health professionals. The Mental Health Professionals discussed the Role of Allied Therapy in Mental Health.

Our Partners



Tata Mumbai Marathon

With the objective of spreading awareness about mental health and destigmatizing conversations around mental health, over 300 employees of Mpower, an initiative of Aditya Birla Education Trust, a mental health social enterprise, and the Aditya Birla Group hit the tracks today at the Tata Marathon.

World Mental Health Day

Our efforts on driving awareness on World Mental Health Day where Mpower pioneered the cause to create mental health awareness by uniting nearly 65 brands from across industries and sectors to take a pledge and care for the mental health of their stakeholders. The campaign garnered a reach of nearly 75 lakh audiences on social media thus helping spread the word.

BILL & MELINDA GATES foundation



Goldman Sachs

