

EMPOWERING
THROUGH SERVICE.
INSPIRING
THROUGH IMPACT.



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To know more scan and visit our website



Empowering through Service.

Inspiring through Impact.



Aditya Birla Education Trust (ABET) embodies its mission to transform lives through its deep commitment to education. Under the banner of 'Empowering through Service', ABET leverages education as a powerful catalyst for positive change, guided by a profound Spirit of Service.

The Trust's holistic strategy transcends traditional academic boundaries, offering mental health support via Mpower and championing gender equality to foster a more inclusive society. ABET's approach creates a cascading effect of empowerment by educating both students and tutors, amplifying its impact across communities. The influence of the Trust is substantial and wide-reaching, tackling essential societal challenges and redefining excellence in educational support.

As ABET broadens its scope, it continues to inspire transformation and serve as a pillar of hope and a paradigm of compassionate, effective service. With unwavering dedication, ABET is not merely changing individual lives—it is sculpting the future, illustrating the profound impact of education and dedicated service in creating a better world.

Chairperson's Message



“The Spirit of Service that drives our Trust has been particularly evident in our response to the evolving needs of our communities. From organising educational tours that bridge theoretical knowledge with practical experience to empowering students through initiatives like the Interact Club, we are nurturing a generation of socially responsible citizens.

”

As we reflect on another remarkable year at the Aditya Birla Education Trust (ABET), my heart brims with pride and gratitude for the profound impact we continue to create in the lives of countless individuals across India. Our commitment to nurturing young minds, championing mental health initiatives, and catalysing social change has been the foundation of our journey, guided by our enduring Spirit of Service.

This past year has been marked by exceptional growth and achievement across all our verticals. At Aditya Birla World Academy (ABWA), we have set new benchmarks in international education, harmoniously blending global standards with Indian values. Our students have excelled in the Cambridge and IB examinations and showcased their talents on national and international stages, filling us with immense pride.

The Aditya Birla Integrated School (TABIS) has affirmed its leadership in special needs education, being recognised as India's #4 Special Needs School and #2 in Maharashtra and Mumbai. Our students' 100% pass rates and outstanding scores reflect the dedication of our staff and the success of our customised learning approaches.

The Aditya Birla Education Academy (ABEA) has significantly advanced educator development, positively influencing over 12,500 teachers through various programmes and workshops. Our innovative courses, such as AI Integration in Instructional Leadership, underline our commitment to preparing educators for future challenges.

Mpower, our mental health initiative, continues to break barriers and provide

world-class care services. In a country where mental health often remains stigmatised, our efforts to create awareness and provide accessible support have never been more crucial. We stand firm in our mission to build a stigma-free society and offer hope to those who need it most.

Ujaas, our newest initiative, has made significant progress in menstrual health awareness and management, contributing to gender equality and women's empowerment. We are paving the way for a future where every woman can live with dignity and confidence.

Nalanda, our specialised educational institution, has graduated 12 students and enrolled several in vocational courses, embodying the mission of ABET and the power of inclusive education.

The Spirit of Service that drives our Trust has been particularly evident in our response to the evolving needs of our communities. From organising educational tours that bridge theoretical knowledge with practical experience to empowering students through initiatives like the Interact Club, we are nurturing a generation of socially responsible citizens.

As we look to the future, we remain steadfast in our vision of positively impacting lives across all sections of society. Our mission to empower the change-makers of tomorrow guides every initiative we undertake. The challenges we face as a society—be it in education, mental health, or social inequalities—are significant. However, I am heartened by the dedication of our team, the resilience of our students, and the support of our partners and

stakeholders. Together, we are not just overcoming obstacles; we are creating new pathways for growth, learning, and empowerment.

I want to express my deepest gratitude to everyone who has been part of our journey—our dedicated staff, supportive parents, inspiring students, and collaborative partners. Your commitment to our shared vision is what makes the work of ABET truly impactful.

As we move forward, let us continue to embrace the Spirit of Service that has brought us this far. Let us remain dedicated to our commitment to nurturing potential, fostering inclusivity, and driving positive change. Together, we can create a brighter, more equitable future for all.

Thank you for standing by us and believing in our mission.

Warm regards,

Neerja Birla

Founder & Chairperson
Aditya Birla Education Trust

Aditya Birla Education Trust

Empowering Futures. Inspiring Growth.

The Aditya Birla Education Trust (also referred to as 'ABET') is dedicated to nurturing young minds through its comprehensive educational initiatives. Established in Mumbai under the Bombay Public Trusts Act of 1950, ABET is led by its visionary founder, Mrs. Neerja Birla, who passionately champions quality education for all.



ABET encompasses six verticals, each dedicated to championing specific causes within the broad spectrum of education and social development:

Aditya Birla Education Trust



This academy is committed to nurturing the innate potential of its students. It aims to develop passionate, committed, competent, and sensitive individuals with strong value-based leadership qualities.



This institution provides a holistic and personalised environment to inspire the potential in children with intellectual and learning difficulties, aiming to foster positive changes in attitudes towards mental health.



This academy aims to nurture the aspirations of dedicated educators, providing them with the impetus to pursue their ambitions and fast-track their career growth.



Dedicated to comprehensively promoting mental health and well-being, Mpower seeks to transform the mental health landscape in India by alleviating stigma and providing world-class care services.



The newest vertical under the Trust, Ujaas, supports menstrual health awareness and management in the country, addressing a crucial aspect of women's health and well-being.



Focusing on special education, Nalanda provides an environment that nurtures the abilities of students, helping them grow into confident and successful individuals.

Since its inception, the Trust has focused on several Sustainable Development Goals (SDGs) set by the United Nations.





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.



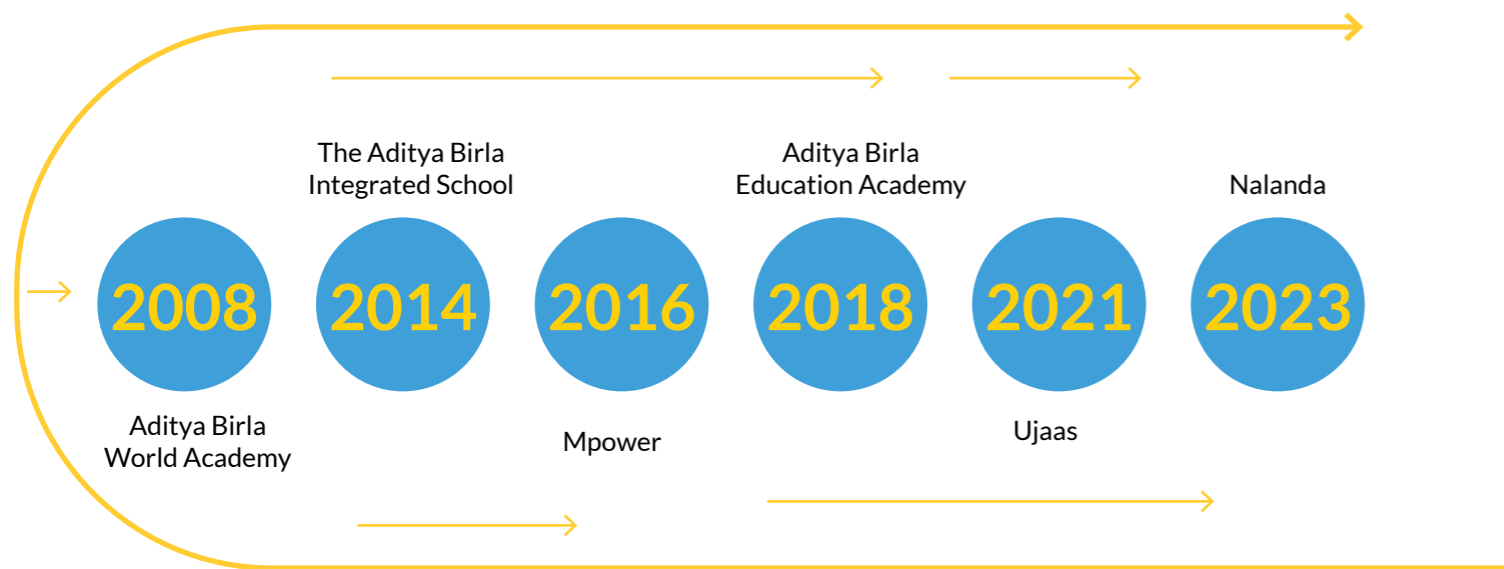
Mission

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.



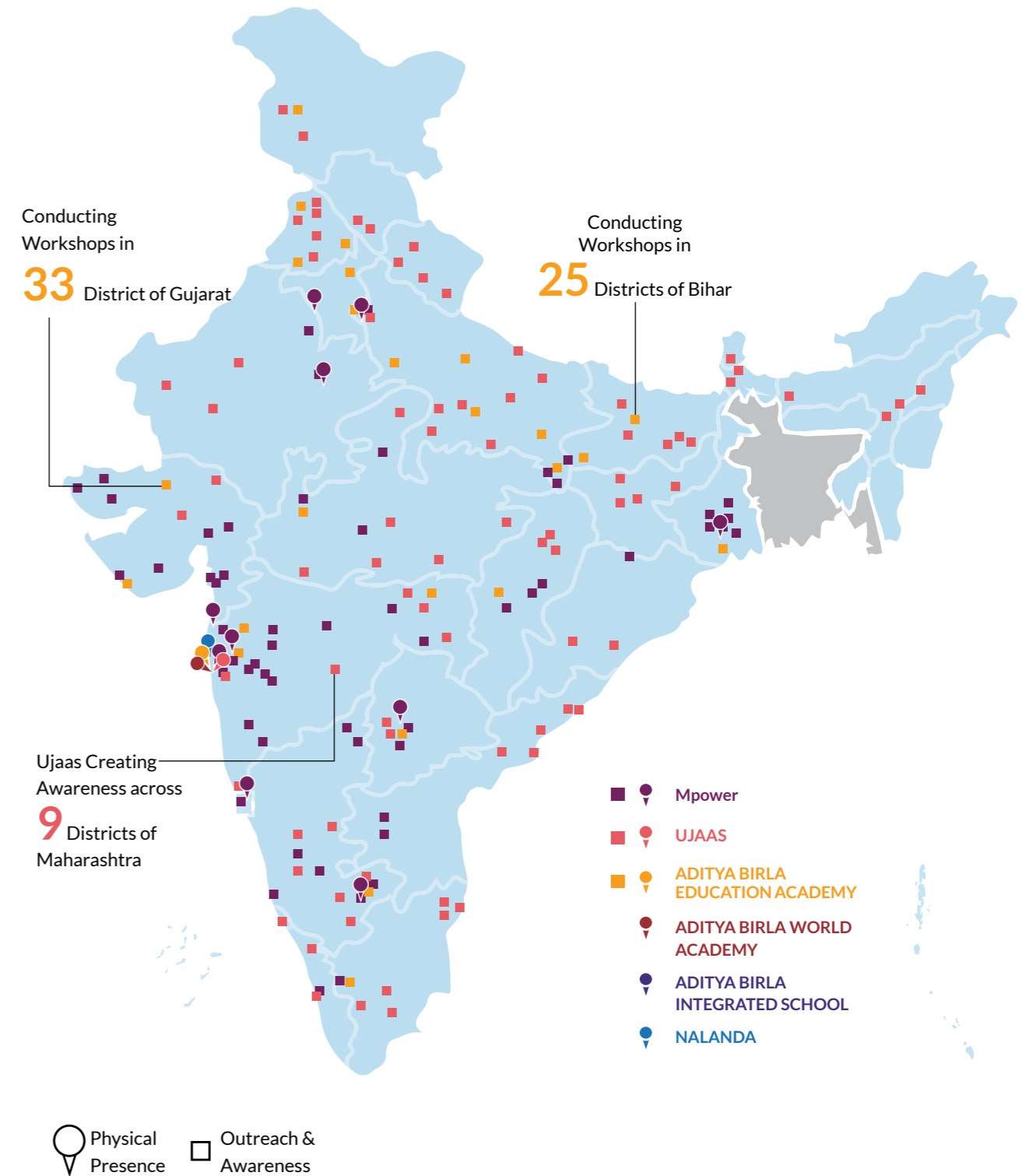
Our Journey

ABET's journey is marked by key milestones across its various verticals, reflecting its deep commitment to education and social development:



ABET, with its comprehensive and diversified initiatives, continues to make significant strides in transforming the educational landscape and addressing critical social issues in India. By staying true to its mission, vision, and values, ABET is poised to empower future generations and drive positive societal change.

Our Footprint



Disclaimer: This map is a generalised illustration only for the ease of the reader to understand the locations, and it is not intended to be used for reference purposes. The representation of political boundaries and the names of geographical features/states do not necessarily reflect the actual position. The Company or any of its directors, officers or employees, cannot be held responsible for any misuse or misinterpretation of any information or design thereof. The Company does not warrant or represent any kind of connection with its accuracy or completeness.

Founder & Trustees Driving Empowerment



Neerja Birla
Founder & Chairperson

Neerja Birla is a insightful and dynamic leader whose diverse interests and persistent commitment to social responsibility drive her efforts. She is dedicated to making a positive difference in the lives of individuals across all societal segments. Her work focuses on fostering progressive changes in education and enhancing mental health awareness and support throughout India.



Kumar Mangalam Birla
Trustee

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



Aryaman Vikram Birla
Trustee

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

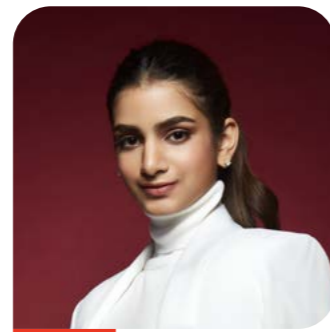
Trustees

A distinguished board of trustees oversees the governance of ABET, each bringing a wealth of experience and dedication to the organisation. The Board includes:



Ananya Birla
Co-founder, Mpower & Trustee

A visionary artist and entrepreneur, she advocates for inclusive workplaces, creativity, and mental health awareness as a NAMI ambassador.



Advaitesha Birla
Founder, Ujaas & Trustee

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



Dr. Pragnya Ram
Trustee

Dr. Ram brings over 35 years of expertise in global leadership, corporate communications, brand management, public relations, and CSR.



Aashish Sanghi
Trustee

Aashish Sanghi, with 30+ years of diverse experience, provides ABET with strategic direction for impactful solutions across sectors.

This esteemed group of trustees ensures that ABET continues to achieve its goals and make a significant impact on education and social well-being in India.

Understanding Our Operating Environment

ABET operates in a complex and dynamic environment marked by rapid advancements and enduring challenges across diverse sectors. Amidst India's significant demographic changes and policy reforms, the Trust is strategically poised to address critical contemporary issues. By prioritising the enhancement of educational quality, addressing mental health concerns, and improving menstrual health and hygiene, the Trust actively contributes to the nation's developmental objectives, fostering a more equitable and thriving society.

Education

The Indian education sector has witnessed substantial progress and transformation in recent years, driven by policy reforms and demographic changes. According to the 2011 census, the national literacy rate stands at 74.04%, with a gender disparity of 82.14% for males and 65.46% for females. Kerala leads with a literacy rate of 93.91%, whereas Bihar ranks last at 63.82%.

A significant milestone in India's education landscape is the introduction of the National Education Policy (NEP) 2020. This policy aims to overhaul the existing education system to make India a global knowledge superpower by providing high-quality education accessible to all. The NEP is built on five guiding pillars: Access, Equity, Quality, Affordability, and Accountability.



Key features of the NEP 2020 include:

- ▶ Extending compulsory schooling from ages 6-14 to ages 3-18, incorporating three years of pre-schooling
- ▶ Replacing the traditional 10+2 system with a 5+3+3+4 structure corresponding to ages 3-8, 8-11, 11-14, and 14-18 years, with a strong emphasis on Early Childhood Care and Education
- ▶ Emphasising the use of native languages as the medium of instruction while adhering to the three-language formula
- ▶ Promoting holistic, multidisciplinary education with the flexibility of subjects

The demographic landscape is crucial, as India has now become the world's most populous country, surpassing China with a population of 1.4286 billion. This significant demographic shift highlights the need for scalable and inclusive education systems to effectively serve the growing population.



Mental Health

Mental health in India represents a critical public health challenge. It encompasses emotional, psychological, and social well-being, influencing how individuals handle stress, relate to others, and make choices. Approximately one in five individuals experience mental health issues globally, with half of these conditions starting by age 14 and 75% by age 24.

The prevalence of mental health disorders has escalated, particularly exacerbated by the COVID-19 pandemic. Globally, depressive symptoms increased by 28%, affecting 246 million people, while anxiety disorders grew by 25%, affecting 374 million people. In India, 60 to 70 million people suffer from various mental disorders, with the country recording over 2.6 lakhs suicides annually, marking it as the world's suicide capital.

Despite these challenges, there is a growing recognition of the need for mental health interventions. Efforts are being made to integrate mental health services into primary health care, improve accessibility to mental health professionals, and destigmatise mental health issues through public awareness campaigns.

Menstrual Health

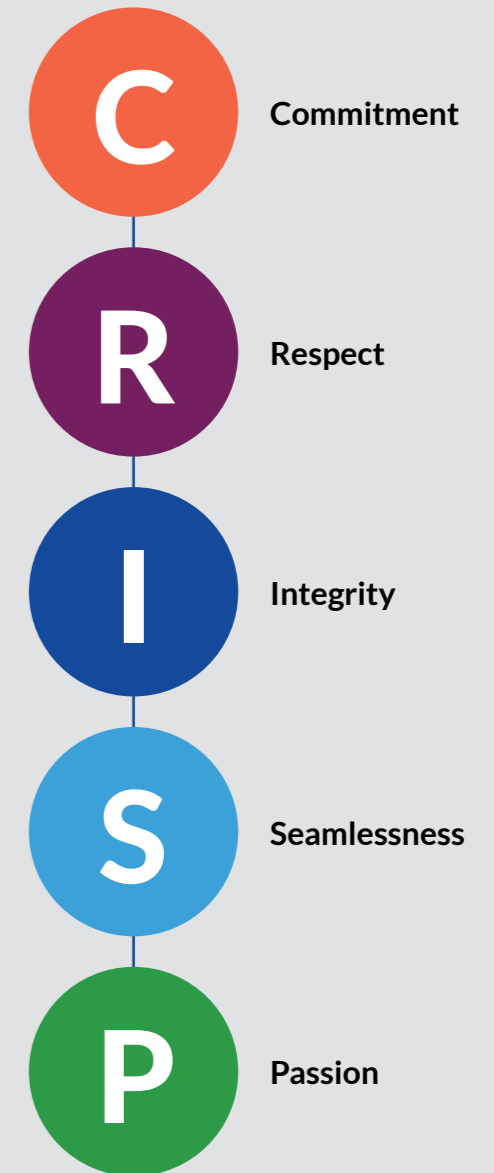
Menstrual health and hygiene (MHH) are vital aspects of women's health and well-being, significantly impacting education, health, and gender equality. Recent data from the National Family Health Survey (NFHS-5) indicates that minority communities in India tend to observe better menstrual health practices compared to the majority community.

Government initiatives have played a crucial role in enhancing menstrual health. Programmes such as the Menstrual Hygiene Scheme, Rashtriya Kishor Swasthya Karyakram, Nirmal Bharat Yatra, and Samagra Shiksha Abhiyan have significantly increased the usage of period products—from 15% in 2010 to 78% in 2019-21.

In April 2023, the Supreme Court of India advocated for a uniform national policy to ensure the availability of free sanitary pads for girls in classes 6 to 12 and the provision of separate toilets for females in all schools. This advocacy underscores the importance of Menstrual Hygiene Management (MHM) in educational settings and its impact on girls' attendance and participation in school.



Significant strides in education reform mark the operating environment for ABET, growing recognition of mental health needs, and advancements in menstrual health management. The Trust's initiatives are well-aligned with these national priorities, addressing critical gaps and fostering an inclusive and supportive environment for education and social well-being. By continuing to focus on these areas, the Trust can contribute meaningfully to India's development goals and the overall betterment of society.



Spirit of Service

The Spirit of Service at ABET embodies a deep commitment to forging a brighter, better future for everyone. ABET emphasises quality education and the development of young minds, anchored in the belief that empowered youth are key to shaping a successful tomorrow. In mental health, ABET provides compassionate counselling and creates supportive environments to promote well-being. The commitment also extends to menstrual health awareness, with initiatives to distribute sanitary pads and provide education to ensure dignity and hygiene for all. Through these efforts, ABET truly exemplifies the Spirit of Service, making a significant impact and nurturing a community founded on care and compassion.

Aditya Birla World Academy

Building Knowledge by Providing a World of Opportunities

Founded by the esteemed Aditya Birla Education Trust, Aditya Birla World Academy (ABWA) is renowned as a leading international school in Mumbai. The school is committed to fostering the innate potential of its students, shaping them into passionate, dedicated, skilled, empathetic individuals who uphold strong values and exhibit leadership qualities. ABWA proudly combines international educational standards with Indian cultural values, positioning itself as an international school with Indian cultural values.



Curricula Offered

ABWA offers a diverse range of curricula to cater to the varied educational needs of its students, including:

Cambridge
Primary
Curriculum (CIPP)

Cambridge
International General
Certificate of
Secondary Education
(IGCSE)

International
Baccalaureate
Diploma
Programme
(IBDP)

A Levels

What Makes Us Different?

ABWA is dedicated to the holistic development of its students, emphasizing a year-round schedule of extracurricular activities. An events calendar provides ample opportunities for students to display their talents, which supports their overall growth and development and prepares them for future opportunities.

The school also places a high priority on mental well-being through its Pastoral Care department. Staffed by trained mental health professionals, this department is committed to fostering a safe, valued, and respected learning environment. It supports student well-being through initiatives like Minds Matter and programmes that engage parents.

114

Students Graduated in 2023-24



Message from the Principal



Dear Members of the ABWA Community,

As we conclude yet another successful year at Aditya Birla World Academy, I extend my heartfelt gratitude to our students, staff, parents, and the wider community for their undeterred support and dedication. The accomplishments and growth we have witnessed this year are a testament to our collective effort and commitment.

At Aditya Birla World Academy, we believe that education is the cornerstone of a progressive society. As an international school with an Indian soul, we are committed to nurturing not only the intellectual but also the emotional and social development of our students. Our holistic approach to education ensures that our students are well-prepared to face the complexities of the modern world with confidence and resilience.

In our pursuit of excellence, we have implemented a robust curriculum that blends academic rigour with a rich array of co-curricular activities. Our focus extends beyond textbooks, emphasising experiential learning and critical thinking. Throughout the year, we have fostered an environment where students are encouraged to question, explore, and express themselves freely, contributing to their overall growth and development.

Our efforts to provide a well-rounded education are reflected in the numerous events and programmes we have conducted. Initiatives such as the Happy Place programme, which addresses contemporary issues like body image, our Anti-Bullying squad, and mental health champions all strive to create a supportive and inclusive environment. These

initiatives ensure that our students feel secure and valued, allowing them to thrive both academically and personally.

The achievements of our students this year have been remarkable. Participation in prestigious events such as the World Scholars Cup and various Robotics Competitions has brought us accolades and recognition on global platforms. Many of our students excelled at the World Scholars Cup, qualifying for the champion round at Yale University. Additionally, our robotics team showcased their talent and innovation, securing significant awards in regional rounds held in Istanbul and New York.

Our commitment to co-curricular excellence is demonstrated through various initiatives. We collaborate with the National Centre for Performing Arts for students interested in theatre and drama. Furthermore, we actively support participation in Model United Nations and host a range of inter-school competitions. These opportunities not only enhance our students' academic knowledge but also develop their leadership, teamwork, and communication skills.

We have also made significant strides in sustainability. As part of our commitment to the UN's Sustainable Development Goals, especially Goal 12 on Responsible Consumption and Production, we have undertaken various initiatives. From beach clean-ups post-Ganpati celebrations to food waste management programmes, our students are actively involved in promoting environmental awareness and responsible behaviour. These efforts exhibit our commitment to making a positive impact on the world.

Looking ahead, our goal is to build on these successes and continue to provide an enriching and transformative educational experience. We aim to integrate technology into our teaching methodologies further, expand our global outreach programmes, and strengthen our community engagement initiatives. By fostering a culture of continuous improvement and innovation, we are committed to equipping our students with the skills and mindset required to excel in an ever-changing world.

I am confident that with the continued support of our dedicated staff, parents, and community, we will achieve new milestones and create even more opportunities for our students to shine. Together, let us strive to make Aditya Birla World Academy a beacon of excellence in education.

Warm regards,

Radhika Sinha

Principal, Aditya Birla World Academy

Notable Events and Participation



The Happy Place

This event celebrated positivity and self-love, featuring various competitions like street plays, singing, photography, and fashion shows. It was graced by special guest Mr. Boman Irani, attracting participation from 23 schools and 275 students.



FETE/ArtWalk/Art Auction

ABWA's annual fundraiser, themed 'ABWA CARES – Touching Hearts Impacting Lives,' included games, food stalls, and an art auction showcasing students' creativity.



Annual Concerts

The senior concert, 'The Great 4', and the junior concert, 'The New Detective Agency', featured performances that combined drama, music, and dance, highlighting students' talents and creativity.





INFINITY

This Maths competition has gained popularity over the years, with participation expanding internationally. In 2022-23, it saw the participation of 450 teams from India and six other countries.



World Scholar's Cup – Tournaments of Champions Round at Yale

ABWA students excelled at this global event, bringing home numerous medals in debate, collaborative writing, logical reasoning, and critical thinking.



First Robotics Competition

ABWA's team showcased their innovative robot in Istanbul, earning the runner-up position and receiving awards for safety and judges' recognition.

Emotional Well-Being at the Core

At ABWA, a strong emphasis is placed on the emotional well-being of students alongside their academic achievements. The approach is designed to create a nurturing environment where students are encouraged to explore their interests, express themselves, and build meaningful connections with others through various activities and events.

The diverse range of activities, including theater, dance, yoga, and arts, not only enhances cognitive skills but also fosters self-reflection, expression, and resilience. These activities provide students with opportunities to understand their emotions and develop essential life skills such as adaptability and resilience, empowering them to

navigate life's challenges with confidence.

Community service is another cornerstone of ABWA's educational philosophy. The school aims to instill values of empathy and social responsibility in students, inspiring them to become compassionate leaders. By engaging in hands-on experiences with NGOs, students develop empathy and a sense of purpose, which contribute significantly to their overall well-being and fulfillment.

ABWA believes that nurturing students' emotional well-being is crucial for their holistic development, preparing them to succeed in all aspects of life.



Achievements

Outstanding Cambridge Learner Awards 2023

- ▶ **Annika Shah:** Top in the World for Mathematics (IGCSE)
- ▶ **Aarjav Shah:** Top in India for Business and Economics (A Level)
- ▶ **Chaitanya Khemani:** Top in India for Mathematics (A Level)

First Robotics Competition (FRC)

The team of 30 students demonstrated exceptional skills, competing at international levels in the Regional Rounds in Istanbul and New York.



Sports

Football: Participated in ISSO, represented SGFI, and won the ABWA Football Fiesta

Athletics (High Jump): Achieved ISSO Winner status and represented SGFI

Swimming: Secured the title of ISSO Winner and represented SGFI

Squash:

- One international player secured admission to Cornell University
- Another international player secured admission to Franklin and Marshall College with a scholarship of USD 60,000 per year

Equestrian: Achieved significant success with gold, two silvers, and three 4th place medals at the MEG Maharashtra Equestrian Games

IB Scores of 40+: Several students achieved impressive IB scores, with the highest being 44 secured by Abhishek Jain

Sports Achievements: ABWA students excelled in various sports at both national and international levels, earning multiple medals in badminton, swimming, karate, squash, athletics, football, and more



Testimonials



Kabir Punjwani - IBDP Batch 2024

“After completing my ICSE at AVM, Bandra West, I decided to enrol in ABWA for the IBDP curriculum. The transition from ICSE to IBDP was relatively smooth for me, largely due to ABWA's exceptional faculty and their student-centric policies. The school's holistic environment ensured I always felt included and supported. Academically, I made steady progress, and I was given ample opportunities to participate in various competitions, sports, and extracurricular activities. The dedicated attention and care from my teachers, mentors, and school counsellor made my experience at ABWA truly unforgettable and fulfilling.”

School Rankings

Times School Survey 2023

Ranked 1st among Mumbai Schools (International Curriculum) and International Curriculum (Zone A)



Mid-Day School Survey 2023

Ranked 1st among Mumbai Schools - International Curriculum, International Curriculum - Zone A, and Cambridge Curriculum (Zone A)



Education World - India School Ranking Awards

Ranked 2nd as the Best International School in India, Maharashtra, and Mumbai



Education Today - India School Merit Award 2023-24

Ranked 3rd among the Top 20 International Schools in Maharashtra & Mumbai



Free Press Journal - Mumbai Schools Survey

Recognised for excellence in Learning and Curriculum, Tech-Savvy Teaching, and Sports Facilities & Extra - Curricular Activities



Sharmi Sheth - Alumni

“A significant part of my professional achievements today can be traced back to the academic and personal growth I underwent at ABWA. The school provided an environment that helped me shape my core values, pursue my passions, and develop my leadership skills. With a supportive faculty and a nurturing atmosphere that encouraged comprehensive learning, ABWA became more than just an educational institution—it became a second home. Reflecting on my time there, I deeply value the world-class education I received and recognise its pivotal role in shaping who I am today. I am especially grateful to the faculty for their deep commitment to meeting the diverse academic and emotional needs of each student.”



Aditya Birla World Academy stands out not only for its academic excellence but also for its commitment to holistic development, mental well-being, and nurturing leadership qualities. With a blend of traditional Indian values and a global perspective, ABWA aims to shape well-rounded individuals ready to make a positive impact in the world.

The Aditya Birla Integrated School

Nurturing Minds & Shaping Futures

The Aditya Birla Integrated School (TABIS) stands as a beacon of excellence in special needs education in India. TABIS commits to providing a state-of-the-art holistic and personalised environment so as to inspire potential in every child. Its commitment to inclusive education and holistic development has earned it prestigious rankings in the Education World India School Rankings 2023-24, securing the position of India's #4 Special Needs School, and #2 in both Maharashtra and Mumbai.

Academic Excellence

TABIS offers comprehensive secondary and senior secondary education, following the National Institute of Open Schooling (NIOS) curriculum. The school's commitment to academic excellence is evident in its consistently outstanding results:

Secondary Section: 100% pass rate, with all students scoring above 65%

Senior Secondary Section: 100% pass rate, with 9 out of 10 students achieving distinction scores above 75%

Students Graduated in 2023-24	
NIOS Secondary examination – Grade 10	10
NIOS Secondary examination – Grade 12	9

These results underscore the effectiveness of TABIS's educational approach, combining tailored instruction with supportive learning environments.



Message from the Principal



needs of our students but their emotional and social development as well.

Our commitment to holistic development extends beyond the classroom. This year, we've organised numerous events and activities that have enriched our students' experiences. From our language and math fests to our annual sports day and carnival, these events have provided platforms for our students to showcase their talents and build confidence. Our edu-tours for senior students and the annual school camp have offered valuable real-world experiences and opportunities for personal growth.

I'm proud to share that our students achieved remarkable success this year. We've seen outstanding performances across various domains, from sports to the arts. In the arts, our students continue to shine, with exhibitions of their work gaining recognition. These achievements underscore our belief in nurturing each child's unique talents and potential.

Looking ahead, we are committed to continually evolving and improving our programmes. We're excited about our newly launched 'Green Guardians' committee, which aims to instil sustainable practices in our students and staff. We're also exploring opportunities for more outdoor sports programmes and seeking to expand our collaborations with other educational institutions and Aditya Birla Group verticals.

Our ongoing goal is to prepare our students for life beyond school walls. We strive to enhance their independence, build their confidence, and equip them with the skills they need to become responsible global citizens. We're also working towards increasing awareness about special needs education in the broader community, aiming to create a more inclusive and understanding society.

As we move forward, I am filled with optimism for what we can achieve together. The journey of each child at TABIS is unique, and it is our privilege to guide them along this path. I extend my heartfelt thanks to our dedicated staff, our supportive parents, and most importantly, our inspiring students, who continually amaze us with their resilience and potential.

Here's to another year of growth, learning, and making a positive difference in the lives of our students!

Aisha Bharmal
Principal, TABIS

As I reflect on the past academic year at Aditya Birla Integrated School, I am filled with immense pride and gratitude. Our journey has been one of growth, challenges, and milestones. The dedication of our staff, the enthusiasm of our students, and the unflinching support of our parents have collectively contributed to another successful year at TABIS.

At TABIS, we firmly believe in the power of inclusive education, where every child, regardless of their unique challenges, has the opportunity to learn, grow, and thrive alongside their peers. Our mission is to bridge the gap for children who may struggle academically or behaviourally, providing them with the tools and support they need to reach their full potential.

Our school is uniquely equipped to handle the diverse needs of our students. We maintain a low student-teacher ratio, with a maximum of 10:1 in our Inclusive Educational Programme (IEP) and 5:1 in our Differentiated Learning Programme (DLP). Our faculty comprises experienced special educators and subject specialists, all of whom receive ongoing training to stay abreast of the latest developments in special education.

A range of therapeutic interventions, including occupational therapy, speech therapy, and behaviour therapy, complements our curriculum. We also have a school counsellor and implement a mental health curriculum called 'Minds Matter' across all students from Grades 1 to 12 in the IEP section. This multidisciplinary approach ensures that we address not just the academic

Holistic Development Programmes

Educational Tours

TABIS organises experiential learning opportunities, such as the 3-day edu-tour to Phaltan for Grades 9-12. Students visited ShriDutt India Private Limited and Govind Milk & Milk Products Private Limited, observing production processes from raw materials to finished products. These tours bridge the gap between theoretical knowledge and practical application, enhancing students' understanding of real-world scenarios.

Interact Club

The TABIS Interact Club, in its second year, operates under the Rotaract Club of Queen's Necklace. It has successfully executed three social initiatives:

- ▶ Fundraising through newspaper collection and lemonade sales to donate stationery to the Garden School in Colaba
- ▶ Creating and selling recycled plant pots to fund sanitary pad purchases for the Asha Kiran day-care centre
- ▶ Distributing food kits to 20 families in the Cuffe Parade slum area

These initiatives demonstrate the club's multifaceted approach to social responsibility.



Observership Programme

The programme provides students with exposure to professional environments. JCL2 students participated in a 3-day programme at Talisman HR & Placement Services Private Limited, learning about various aspects of human resources and business operations, including labour law, compliance, accounting, and client management processes.



Student Achievements

TABIS celebrates diverse student talents:

Amartya Vaidyanathan (JCL1)

Represented India and Kenkre FC in two U-19 football tournaments in Spain

Saira Jagtiani (JCL2)

Exhibited artwork at the Kamalnayan Bajaj Art Gallery. She has also been accepted to Cleveland University of Art to pursue higher education

Jay Khandelwal

Featured in art exhibitions across Delhi, Mumbai, and Goa

Advait Dhoble (Grade 4)

Bagged silver in the Leap Gymnastics challenge and gold in a district-level team event



Innovative Therapeutic Approaches

Art-Based Therapy (ABT)

Utilises various art forms for individualised therapeutic goals, rooted in Indian Psychology, Ethics, Human Development Studies, and Cognitive Neuroscience. Activities include drama, storytelling, visual arts, and music, focusing on self-expression and development across multiple domains.

Behaviour Therapy

Tailored for neurodivergent children, this programme integrates play therapy, cognitive-behavioural techniques, and social skills interventions. It focuses on addressing behavioural challenges, enhancing communication skills, and promoting positive interactions in academic and social settings.



Teachers' Development and Specialised Roles

Teachers at TABIS, particularly in Junior School, take on diverse roles beyond the traditional curriculum:

- ▶ Creating themed displays and group activities for social awareness
- ▶ Nurturing and showcasing unique student talents
- ▶ Providing ICT training for support staff
- ▶ Promoting oral expressions through structured activities
- ▶ Organising events like International Day of the Girl Child celebrations
- ▶ Conducting mindfulness sessions, including Yoga and Meditation
- ▶ Facilitating knowledge transfer sessions on specialised topics



Commitment to Sustainability

TABIS focuses on UN Sustainable Development Goal 12: Responsible Consumption and Production through various initiatives:

Earth Hour Project: Weekly energy conservation practice

Eco-friendly crafts for celebrations and gifts

'Best Out of Waste' displays and upcycling projects

Educational sessions on sustainable energy

Use of sustainable materials in school events and sports' days

Classroom projects on Reuse, Reduce, and Recycle

Student-led initiatives on sustainable fashion

Annual Events and Celebrations

TABIS organises a rich calendar of events:



Sports Day

Featuring races and competitions that foster sportsmanship



Educational Camp

Two-day jungle safari with nature and cultural experiences



School Carnival

Offering games, stalls, and festive activities



TABIS Got Talent

Showcasing diverse student performances



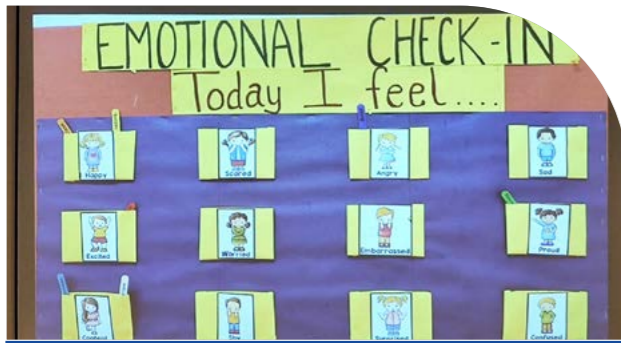
Annual Day

Featuring cultural performances and thematic presentations



Mathfest

Celebrating mathematics through engaging activities



Special Observances

Including World Autism Awareness Day and World Mental Health Awareness Day

More Events & Programmes

Events	Participants
Investiture Ceremony	114
Language Fest	262
Sports Day	319
Project Day	294
Edu-Tour	76
Picnic	87
Annual Camp	39
Award Ceremony	310
Carnival	670
Annual Concert	370



Heartwarming Mother's Day Surprise

"I was deeply touched when my son Alan surprised me with a handmade card for Women's Day. This thoughtful gesture, facilitated by TABIS, created a precious moment I'll always cherish. Your efforts in organising such meaningful activities are truly appreciated. Wishing everyone at TABIS a Happy Women's Day!"

- Mrs. Sonia D'Souza

Parent Testimonials

Parents have shared heartfelt appreciation for TABIS's impact:



Annual Day Appreciation

"We extend our heartfelt gratitude to the entire TABIS team for organising such a wonderful Annual Day. Special thanks to all teachers, Dr. Marker, therapists, and support staff who made it effortless for our children to perform on stage. We eagerly anticipate next year's event!"

- Mr. and Mrs. Rana

Tears of Joy and Pride

"TABIS continues to move me to tears - tears of joy and pride. Your dedication has helped Reyansh achieve beyond our wildest dreams. Words cannot express our gratitude for the miracles you perform daily, bringing light and hope into our lives. Thank you for helping Reyansh shine so brightly."

- Gunjan Shrivastava, Parent of Reyansh Shrivastava (GIP 1.B)



A Milestone in Independence

"Today, my son Shlok (Grade 3) demonstrated remarkable self-reliance by independently organising his school bag - a task I've always done for him. This may seem ordinary for most children, but for a child with special needs, it's an extraordinary achievement. I'm overwhelmed with pride and gratitude. TABIS's dedicated teachers, counsellors, and support staff have been instrumental in fostering Shlok's growth towards self-learning and responsibility. Thank you for helping him surpass our expectations."

- Mr. Tarun Dhamecha, Shlok's Father



A Spectacular Annual Day

"Congratulations to Ms. Aisha and the entire TABIS team for an outstanding Annual Day function. The dedication of teachers and students was evident in every performance. Watching the children, including my sons Shaurya and Rivaan, perform with such enthusiasm was truly emotional and heartwarming. This success is a testament to the vision and hard work of all teachers, the principal, and the school's management. Once again, congratulations on this grand achievement."

- Shalini Padhi, Parent of Rivaan and Shaurya Padhi (EIP 1,2)



Aditya Birla Education Academy

Empowering Educators

Aditya Birla Education Academy (ABEA) stands as a beacon of excellence in the field of educator development. Established with the vision of empowering teachers, ABEA has quickly become India's most sought-after professional development institute for educators. The academy's mission is clear and impactful: to engage educators in new-age global processes of education and empower them to evolve into the best knowledge-givers they can be as they nurture young minds and contribute towards shaping the future.



Key Numbers and Impact

ABEA's influence on the educational landscape is significant and growing:

1,34,084

Total Teachers Trained in 2023-24

6

Number of Programmes

2,348

Total Workshops Conducted

239

Paid Workshops

9

Collaborations

143

Partner Facilitators

Locations

75

India

These numbers underscore ABEA's commitment to widespread teacher development and its success in reaching a substantial number of educators across various programmes and workshops.

Message from the Programme Director



As we bring another fulfilling year to a close at the Aditya Birla Education Academy, I am filled with gratitude and a deep sense of accomplishment. This year stands as a testament to our collective efforts and shared dedication toward fostering educational excellence. I extend my sincere thanks to our faculty, educators, and partners for their continuous support and collaboration.

Education is not merely about imparting knowledge; it is about shaping minds and moulding futures. At the Aditya Birla Education Academy, we hold the conviction that the bedrock of a robust education system is the continuous professional development of our teachers. In an ever-evolving world, it is crucial for educators to stay ahead of the curve, embracing new methodologies and technologies to enhance the learning experience.

We have proudly upskilled 4,95,000 teachers across India and internationally. Our comprehensive training programmes are designed to equip educators with advanced pedagogical skills, enabling them to tackle diverse classroom challenges effectively. By fostering a culture of lifelong learning, we are empowering teachers to create dynamic and engaging educational environments.

Our academy offers a diverse array of courses tailored to meet the needs of educators across various educational boards, including ICSE, CBSE, and international curricula. We emphasise innovative teaching methodologies such as project-based learning, enquiry-based learning, and concept-based teaching. The integration of artificial

intelligence into our curriculum is a landmark achievement, providing teachers with cutting-edge tools to make learning more interactive and impactful.

In addition to mandatory professional development, our 'In-Service Training' programme equips educators with innovative strategies and up-to-date methodologies, ensuring they remain at the forefront of effective teaching practices. Our collaboration with the University of Connecticut's Renzulli Centre focuses on nurturing educators, while our partnership with BITS Pilani offers an executive leadership programme aimed at cultivating educational leaders who can drive meaningful change.

We are particularly proud of the expansion of our online Postgraduate Diploma in Global Education. This programme seamlessly integrates international best practices with practical, school-based applications, ensuring our educators remain at the forefront of educational innovation. By offering this comprehensive programme, we empower educators to adapt to global educational standards while addressing the unique needs of their local contexts.

Our vision for the future is bold and clear: to expand our reach, touch more lives, and make a lasting impact on the Indian education system. We are committed to creating an environment of continuous learning and development, where teachers are empowered to inspire and guide their students towards excellence.

Together, let us continue to build a brighter, more inclusive, innovative, and sustainable future for education in India. Thank you for being an integral part of our journey. Your support and collaboration are invaluable as we strive to achieve new milestones in the years to come.

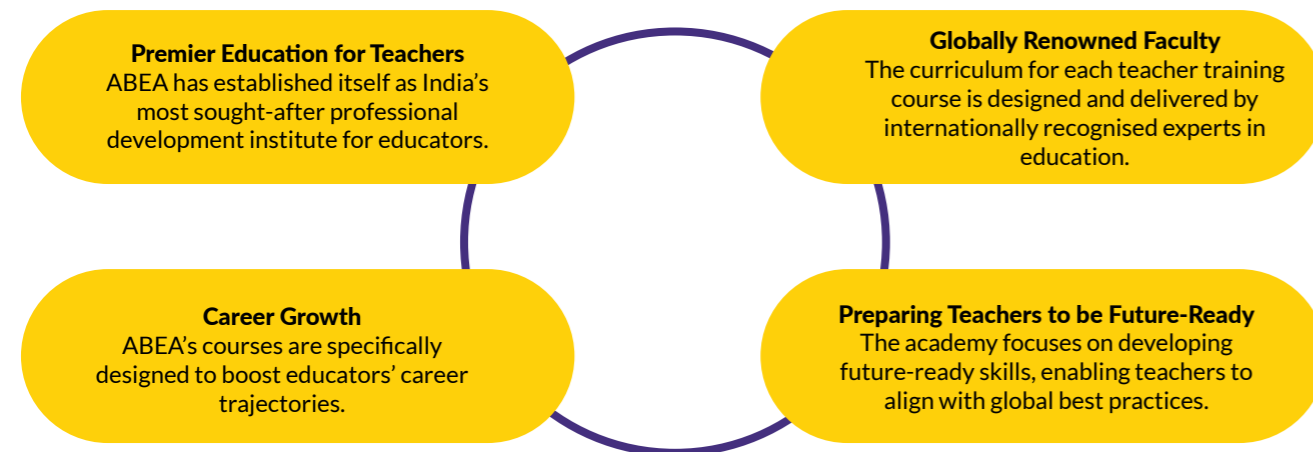
Warm regards,

Prodipta Hore

Programme Director, ABEA

The ABEA Advantage

What sets ABEA apart is its comprehensive approach to teacher training:



Key Courses and Programmes

ABEA offers a diverse range of courses catering to the varied needs of educators at different stages of their careers:

AI Integration in Instructional Leadership

This programme equips K-12 principals with the knowledge and skills to leverage AI for personalised learning, data-driven decision-making, and improved student achievement.

Postgraduate Diploma in Global Education

In association with B. K. Birla College of Arts, Science & Commerce (Autonomous), this year-long online programme aims to equip aspiring and in-service teachers with skills and competencies prerequisite for a 21st Century classroom.

Certificate Course in Strategic Leadership

Offered in collaboration with Mister Steve Training and Consultancy, this course consists of eight coaching webinars for experienced international and English-speaking school senior leaders.

School-Wide Enrichment Model

In association with The Renzulli Centre for Creativity, Gifted Education, and Talent Development at the University of Connecticut, this programme is based on practical applications of over four decades of research in talent development and gifted education.

Trainings Conducted by Aditya Birla Education Academy (ABEA)

Aditya Birla Education Academy (ABEA) has played a transformative role in enhancing the quality of education by providing extensive training programmes for educators. In the academic year 2023-24, ABEA has made a significant impact on the education sector through various initiatives aimed at improving teaching methodologies and educational outcomes.

During the academic year 2023-24, ABEA trained 1,34,000 teachers through 2,350 workshops, offering over 4,900 hours of training. These programmes were designed to equip educators with the skills and knowledge necessary to navigate the evolving educational landscape.



Bihar Foundational Literacy and Numeracy (FLN) Project

ABEA conducted a year-long Capacity Building Program in partnership with the State Council of Education Research and Training (SCERT), Bihar. This programme trained 50 master trainers and reached approximately 1,25,000 teachers across 25 districts. The training focused on foundational literacy and numeracy, project-based learning, and leadership development, aiming to improve educational standards in the state.

Gujarat Project

The Gujarat Government, seeking to enhance student outcomes through an enriched curriculum, collaborated with ABEA to develop a skill-based curriculum incorporating creativity and critical thinking. This accelerated learning programme was designed to boost student performance by integrating innovative teaching methods into the curriculum.

Workshop for Leaders on Artificial Intelligence

ABEA offered a specialised workshop titled 'AI in Leadership for School Leaders,' which empowers school leaders to understand the diverse applications of AI in education. The workshop covers AI's influence on Policy-Making, classroom instruction, and the teaching-learning-assessment process. Additionally, it provides insights into AI tools for governance, finance, education, and human resources, enhancing the effectiveness and efficiency of school leaders.

BMC Samarth Project

In partnership with the Municipal Corporation of Greater Mumbai (MCGM), ABEA launched Project Samarth, a three-year initiative to upskill teachers across all MCGM schools. This project focuses on training educators in the latest pedagogical methods aligned with the New Curriculum Framework of the National Education Policy (NEP) 2020. By enhancing teaching skills, the project aims to elevate the overall quality of education in these schools.

Competency-Based Training

ABEA has conducted numerous workshops across India to train and upskill teachers in competency-based learning and holistic report cards, in alignment with the New Curriculum Framework of NEP 2020. These workshops empower educators with the latest teaching methodologies, ensuring effective implementation of new educational standards. By focusing on holistic development and comprehensive assessment, ABEA aims to enhance the overall teaching and learning experience, thereby improving student learning outcomes.



Collaborative Partnerships

ABEA's strength lies in its collaborations with renowned institutions and organisations:

- ▶ B. K. Birla College of Arts, Science, and Commerce
- ▶ University of Connecticut, Renzulli Learning Centre
- ▶ INOX Air Product
- ▶ Municipal Corporation of Greater Mumbai (MCGM)
- ▶ Gujarat Council of Education Research and Training
- ▶ State Council of Education Research and Training, Bihar
- ▶ Navneet Toptech
- ▶ Aditya Birla Public Schools
- ▶ UnconstrainED

These partnerships enable ABEA to offer cutting-edge programmes and bring global best practices to Indian educators.



Ms. Dhvani Varia, an International Curriculum Teacher at Aditya Birla World Academy, praised the postgraduate diploma in global education for its comprehensive approach to preparing teachers for diverse cultural contexts.

Mr. Harshil Gala from Navneet Toptech highlighted the partnership with ABEA in upskilling teachers and enhancing the learner-centric ecosystem.



Ms. Jyoti Kumar, Director of AVM Group of Schools in Mumbai, expressed gratitude for ABEA's workshops, noting their contribution to both professional and personal growth of faculty members.



Success Stories and Testimonials

The impact of ABEA's programmes is best illustrated through the experiences of its participants:

A BMC school teacher with over two decades of experience found that ABEA's Project Samarth Training completely transformed her teaching approach, making her classrooms more interactive and engaging.

Another teacher of Social Studies for 9th and 10th standard students found ABEA's training invaluable in addressing behavioural issues and creating a positive learning environment post the COVID-19 pandemic.

Aditya Birla Education Academy has positioned itself as a pivotal institution in the landscape of teacher education in India. By offering cutting-edge programmes, collaborating with global educational leaders, and focusing on practical, future-ready skills, ABEA is playing a crucial role in shaping the future of education. As they continue to expand their reach and impact, ABEA remains committed to their mission of empowering educators to be the best knowledge-givers they can be, ultimately contributing to the betterment of education across the country.

Ujaas

Transforming Perceptions on Menstrual Health

Ujaas, a flagship project of ABET, is dedicated to addressing period poverty and advancing menstrual hygiene management (MHM) across India. This initiative is committed to transforming menstruation from a source of stigma into a celebrated aspect of life by fostering awareness and dispelling misconceptions. Ujaas focuses on empowering girls through awareness programmes, enabling them to embrace menstruation with health, dignity, and knowledge. It also seeks to normalise menstrual health among boys, creating a supportive environment that benefits everyone. By distributing period products and promoting sustainable practices, Ujaas ensures that individuals have access to essential resources for a healthier future.

The project extends its impact by training youth from colleges and communities to become first responders in menstrual health matters. Additionally, Ujaas strengthens self-help groups (SHGs) in rural areas, equipping them with skills to produce reusable menstrual pads and providing vital livelihood opportunities for women.

Need for Establishing Ujaas

The establishment of Ujaas was driven by the urgent need to address the widespread issue of period poverty in India. A significant number of women and girls lack access to basic menstrual hygiene products and education, leading to health problems, absenteeism from school, and social stigmatisation. The initiative aims to bridge these gaps by providing comprehensive menstrual health education and ensuring the availability of affordable sanitary products, particularly in rural and underserved communities.



Numbers that define Our Progress

Metric	Awareness	SHG	Express
Awareness Sessions Conducted	3,415	-	-
Number of Beneficiaries	1,45,270	61,366	-
Sanitary Pads Produced (upto March 2024)	4,327	-	-
Sanitary Pads Distributed	18,75,824	-	-
Employment Generated in Production Units	-	12	-
Number of Locations Served	9 districts	1 district	121 cities across 25 states
Number of Schools Covered	701	1,327	-
Number of Community Sessions Conducted	-	1,413	-

Message from the Founder



As we embark on a new chapter in the story of Ujaas, I am filled with a profound sense of purpose and optimism. Our journey to combat period poverty and promote menstrual hygiene management in India has been a testament to the power of collective action and the transformative impact that can be achieved when we come together to address societal challenges.

Over the past year, we have witnessed remarkable progress, reaching over 1,45,000 individuals through our awareness sessions and distributing nearly 1.9 million sanitary pads to underserved communities. These numbers are more than just statistics; they represent lives transformed, barriers broken, and dreams realised. Each pad distributed, each session conducted, and each story shared has been a step closer to our vision of a world where menstrual health is recognised as a fundamental human right.

But our work is far from over. As we look to the future, I see a world where every woman and girl has access to the knowledge, resources, and support they need to manage their menstrual health with dignity and confidence. A world where stigma and shame are replaced by open dialogue and empowerment. A world where menstrual health is integrated into broader discussions on gender equality, women's empowerment, and sustainable development.

To achieve this vision, we must continue to innovate, collaborate, and advocate. Our Self-Help Group model

has already demonstrated the power of economic empowerment, generating revenue for 1,200 families and creating sustainable livelihoods for women. As we expand this model across Maharashtra and beyond, we will unlock the potential of countless more women, empowering them to be agents of change in their communities.

Our partnerships with local NGOs, government bodies, and like-minded organisations have been instrumental in amplifying our reach and impact. Together, we have covered over 25,000 kilometres, distributing sanitary pads and providing specialised training to women across 25 states. These collaborations have not only strengthened our work but have also fostered a sense of solidarity and shared purpose.

As we move forward, I invite you all to join us in this transformative journey. Together, we can create a world where menstrual health is not just a whispered concern but a rallying cry for justice, equality, and empowerment. A world where every girl has the opportunity to pursue her dreams, unhindered by the challenges of period poverty. A world where Ujaas is not just a project but a movement that inspires change and shapes the future.

Advaitesha Birla
Founder, Ujaas



Key Initiatives Conducted

Mindful Menstruation

Ujaas has conducted extensive Mindful Menstruation sessions across various districts, aiming to educate women and girls about menstrual hygiene practices and dispel prevalent myths and taboos. In the 2023-24, over 3,415 awareness sessions were conducted, benefiting approximately 1,45,674 individuals. These sessions have played a crucial role in transforming the narrative around menstruation and empowering women with knowledge and resources.

Mpower & Ujaas Survey

In collaboration with Mpower, Ujaas conducted a detailed survey to understand the intersection of mental health and menstrual health. The survey revealed critical insights into how menstrual health issues affect the psychological well-being of women and girls, guiding the development of holistic interventions that address both physical and mental health needs.

Outreach Programme for Sex Workers

Recognising the unique challenges faced by sex workers, Ujaas launched an outreach programme specifically tailored to this vulnerable group. The programme provides menstrual health education and distributes hygiene products, aiming to improve health outcomes and reduce stigma. The initiative has reached hundreds of sex workers, offering them much-needed support and resources.



Art Express

In a significant effort to raise menstrual health awareness, college students in Mumbai and various places in Maharashtra have painted messages on their campus walls. This initiative not only aims to educate but also to break the stigma surrounding menstrual health, using vibrant murals to reach a broad audience.



Tata Marathon

With a powerful call to action, 'Menstrual Health Matters,' Team Ujaas took to the streets during the Mumbai Tata Marathon. The mission was to broadly challenge and break the stigma surrounding menstrual health. By participating in this high-profile event, the team aimed to raise widespread awareness and foster an open dialogue about menstrual health issues.



Menstrual Health Express

In many parts of India, menstruation remains a topic shrouded in silence and misinformation. Many girls are unaware of menstruation before their first cycle, leading to confusion, fear, and health issues. The lack of education and resources contributes to a staggering statistic - over 23 million girls drop out of school annually due to menstruation-related challenges. These issues not only hinder their education but also limit their future opportunities.

Recognising these challenges, Ujaas launched the 'Menstrual Health Express' to address menstrual health and hygiene at the grassroots level. This mobile van campaign was designed to educate, engage, and empower girls and women across India. This pioneering campaign, running from 9th January, 2024 to 19th April, 2024, has covered over 25,000 kilometres, visiting 25 states and 121 locations, and impacting countless lives along the way.

'Ujaas Menstrual Health Express' has journeyed through states like Maharashtra, Kerala, Karnataka, Goa, Andhra Pradesh, Odisha, Chhattisgarh, Sikkim, Nagaland, Uttar Pradesh, Assam, Madhya Pradesh, Jammu, Punjab, Himachal Pradesh, Uttarakhand, Bihar, Rajasthan, Tamil Nadu, Haryana, Faridabad, and Gujarat. At each location, the campaign conducted 2-hour education sessions on menstrual health and hygiene, reaching over 25,000 girls.



25,000+

Girls Educated

2,50,000+

Sanitary Pads Distributed

25

NGO Partnerships

30 million

Media Audience Reach

Through community engagement and education, the campaign has paved the way for a more inclusive and empowered future for women in India. The campaign's success has been amplified by extensive media coverage in regional outlets, ensuring widespread visibility. The strategic use of print and digital platforms has indirectly reached an audience of 30 million people, spreading the message of menstrual health far and wide.



Impact Stories



Nima's Initiative for Menstrual Hygiene Management

Inspired by a Mindful Menstruation session, 16-year-old Nima Bharat Gavit from Khokase created paper bags for sanitary disposal. Her initiative not only improved menstrual hygiene management in her community but also encouraged other girls to take proactive steps in managing their menstrual health.



Empowerment through Art

In several schools across nine districts, Ujaas organised wall painting activities to raise awareness about menstrual health. These activities depicted women in traditionally male-dominated roles, challenging gender stereotypes and promoting the message of equality and empowerment.



Boys' Advocacy for Menstrual Health

During an NSS camp, boys shared their newfound understanding of menstruation and pledged to support their mothers and sisters. This initiative helped foster a supportive environment for menstrual health within the community, breaking down barriers and encouraging open discussions.



Collaborations and Partnerships

Partnership with Jalna Mahanagar Palika

Ujaas collaborated with the Jalna Mahanagar Palika to install sanitary pad dispensers in public places, ensuring easy access to menstrual hygiene products for women and girls in the district.

Collaboration with Damini City-Level Federation

The partnership with Damini City-Level Federation facilitated extensive outreach and education programmes, amplifying Ujaas' impact in promoting menstrual hygiene and empowering women.

Collaborating with Mpower to celebrate Women's Day

On the occasion of International Women's Day, Ujaas, in collaboration with Mpower, took a meaningful step towards enhancing awareness of menstrual health at Dadar Station. As part of this celebration, 400 specially designed packs

of sanitary pads were distributed to women passengers. Each pack was thoughtfully accompanied by a poem and a QR code linking to valuable resources on menstrual and mental health. The initiative not only provided practical support through the distribution of sanitary pads but also aimed to spark important conversations about menstrual health.

This initiative was driven by findings from a recent survey titled 'Mindful Menstruation: Exploring the Intersection of Menstrual Health and Mental Well-Being.' The survey revealed that 60% of the 2,400 women surveyed experience increased stress, anxiety, and mood swings before or during menstruation, highlighting the need for better mental health support. Additionally, 55% struggle with work and daily tasks during their periods. Experts recommend mindfulness, regular exercise, adequate sleep, and a balanced diet to manage these challenges, emphasising the importance of an integrated approach involving relaxation techniques and collaborative care.



Success Story

A New Dawn for Menstrual Health in Jalna: The SHG Story

The journey of Ujaas in Jalna began with a realisation that menstruation was often shrouded in silence and misinformation in many rural communities. To tackle this, Ujaas launched monthly awareness sessions throughout Jalna. These sessions were designed to address the fundamental aspects of menstrual hygiene, including hygiene practices, societal taboos, and the importance of using sanitary products.

In these gatherings, women and girls learned about the physiological changes during menstruation, the benefits of using sanitary pads, and how to maintain menstrual hygiene. The initiative's focus was on transforming perceptions and encouraging open discussions. This grassroots approach laid the foundation for more significant changes in menstrual health management.



Building Skills and Capacity

As part of its commitment to sustainability and local empowerment, Ujaas established a comprehensive training programme for Self-Help Group (SHG) members. In 2023-24, Ujaas trained 1,200 SHG members, equipping them with essential skills in pad production, quality control, and hygiene standards. These training sessions were not just about technical skills but also about fostering confidence and capability among the participants.

1,200 SHG Members

Trained in Pad Production and Quality Control

These training programmes ensured that the cloth sanitary pads produced met high-quality standards and that the women could effectively manage the manufacturing unit. The focus on quality and hygiene was pivotal in maintaining the integrity of the products and the sustainability of the initiative.



Sustainable Practices and Environmental Impact

An average woman uses around 6,000 sanitary pads in her lifetime, each of which takes 500-800 years to decompose once dumped in the landfill. This not only impacts the environment, but is also a health hazard for waste workers. Recognising this fact, Ujaas realised the need to bring a change, and pave a way towards sustainability.

This commitment to Ujaas is reflected in the reusable cloth sanitary pads produced under the 'UJAAS GREEN' brand. These eco-friendly and affordable pads offer a sustainable alternative to disposable products. The initiative has not only addressed menstrual hygiene needs but also contributed to environmental sustainability.

18,75,824 UJAAS GREEN

Pads Produced

Monitoring and Evaluation

To maintain high standards and adapt to market demands, Ujaas implemented a robust monitoring and evaluation system. This system includes regular assessments and feedback mechanisms to ensure that production standards are met and to continuously improve product quality and programme effectiveness.

This meticulous approach ensures that Ujaas remains responsive to both market needs and community feedback, driving ongoing improvements and ensuring the sustainability of the initiative.



A Model of Economic Empowerment

The SHG model adopted by Ujaas has proven to be a powerful tool for economic empowerment. By engaging in the production and distribution of sanitary pads, SHG members gain financial independence and contribute to the economic well-being of their families and communities.

Future Expansion Plans

Ujaas is poised for future growth, with plans to expand its operations across Maharashtra. The initiative aims to promote the use of 'UJAAS GREEN' cloth sanitary pads on a larger scale and to explore new product ranges. Future expansion will include launching a marketing campaign to raise awareness about the benefits of cloth sanitary pads and enhancing the distribution network to reach more remote areas.

The success of Ujaas is the result of collaborative efforts from donors, partners, volunteers, block coordinators, SHG women, and community members. Their unwavering support and dedication have been crucial in driving this transformative journey.

INR 12 lakhs

Revenue Generated

1,200 Families

Directly Benefitted



Mpower

Transforming Mental Health Care in India

Mpower, a pioneering initiative under ABET, is dedicated to revolutionising mental health and well-being through a comprehensive, holistic approach. The organisation's multifaceted strategy includes awareness and capacity building, helplines, educational initiatives, community projects, and clinical care, all designed to ensure that mental health care is accessible.



Mission

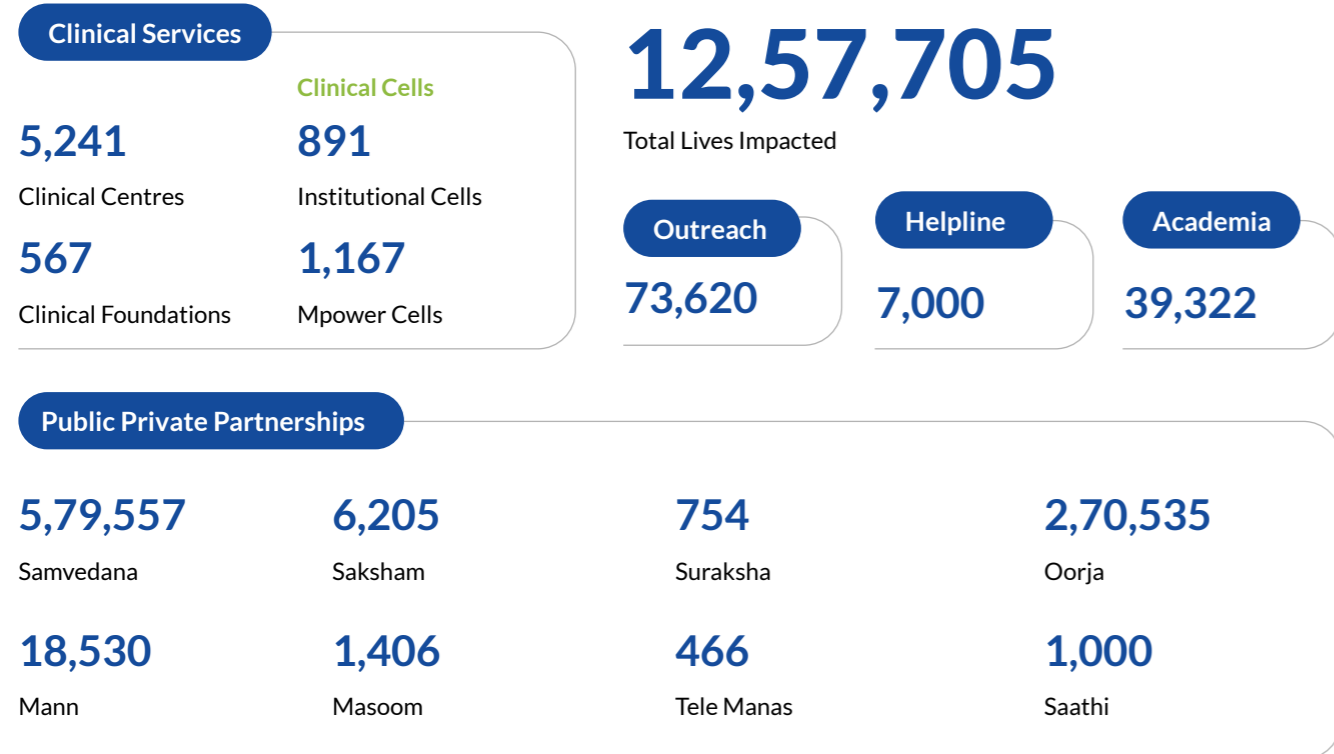
Mpower strives to change public perception by creating awareness, fostering education, advocating prevention, and providing world-class holistic mental health services, regardless of age, gender, and socioeconomic boundaries.



Vision

A stigma-free world where individuals with mental health concerns can lead meaningful and productive lives with respect and dignity.

Mpower's Verticals Impacting Many Lives



Message from the Vice President - Operations



initiatives resonates beyond the numbers; it is evident in the smiles of those who have found their voices and in the families who have begun to heal together.

As we envision the future, we see a world where mental health is not just an afterthought but a fundamental aspect of our collective well-being. We dream of a society where individuals can openly share their experiences and seek help without fear of judgement. Our vision includes integrating mental health education into schools and workplaces, fostering environments where everyone feels safe and supported.

This vision requires all of us to act. Together, we can dismantle the barriers that prevent individuals from accessing the care they need. Your support - whether through advocacy, partnerships, or community engagement - plays a crucial role in this mission.

Thank you for being a part of Mpower's journey, where we believe that mental health is not just a service but a shared responsibility and a profound act of love.

Parveen Shaikh

VP - Operations, Mpower

Each story we encounter, each life we touch at Mpower, fuels our commitment to transforming mental health care in India. This journey is not just about providing services; it is about fostering hope, healing, and a sense of belonging for individuals who often feel isolated in their struggles.

In a world where mental health issues are frequently shrouded in stigma, we have made significant strides towards creating a culture of understanding and acceptance. Our dedicated team has reached innumerable individuals, offering support through our clinical centres, helplines, and outreach programmes. Each interaction is a reminder that mental health matters and that seeking help is a courageous step towards recovery.

We believe that every person deserves to live with dignity and respect, free from the shadows of mental health challenges. This year, we have conducted thousands of workshops, empowering communities with knowledge and tools to advocate for their well-being. The impact of these



Clinical Services

Mental health is crucial to overall well-being, but access to quality care remains challenging due to stigma and cost. Globally, mental health awareness has increased, yet in India, less than 25% of the 150 million with mental health issues seek help, mainly due to embarrassment and expense. Despite this, there is often a shortage of mental health resources, particularly in underserved communities. This highlights the urgent need for specialised and affordable mental health resources, especially in underserved communities.

Interventions under Clinical Services

- Centres
- Foundation
- Cells

The Target Beneficiaries

- Individuals who are financially capable of accessing clinical services
- Individuals who require the aid of subsidised prices for clinical services
- Individuals who need clinical services, whether paid or funded, to be delivered directly to their doorstep

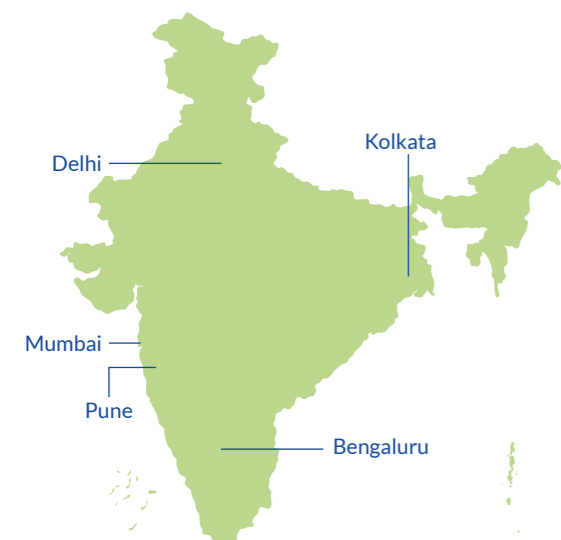
Mpower – The Centres

Mpower’s clinical centres bridge the gap in mental health care by offering a range of therapies, including psychiatric consultations, psychological counselling, and expressive arts therapies. This multidisciplinary approach addresses various mental health issues and provides tailored, supportive care.

Extensive Beneficiary Reach

Mpower’s clinical centres make a significant impact across regions and have served 5,241 individuals during the year.

Presence across



Disclaimer: This map is a generalised illustration only for the reader to understand the locations, and it is not intended to be used for reference purposes.

High Standards of Clinical Excellence and Trained Professionals

The organisation’s therapists average a 4.7 out of 5 in feedback, reflecting their high-quality treatment. This success is driven by a well-trained team and rigorous development programmes.

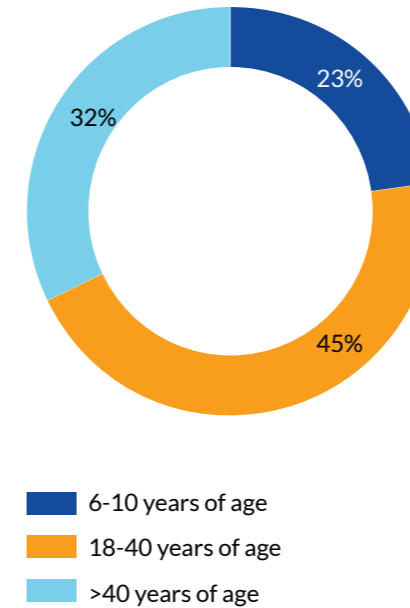
Hybrid Therapy Model

Mpower ensures accessible mental health care with a hybrid model offering therapy both in person (79%) and online (21%), accommodating diverse preferences and circumstances.



Wide Age Group Coverage

The organisation’s services cater to a wide demographic, ensuring that mental health care is available at every stage of life, from early childhood through adulthood.



Multilingual Services

English, Hindi, Marathi, Bengali, Kannada, Gujarati and Odia

Impact Numbers

5,241

Total Clients

4

Average Number of Annual Sessions

21,638

Total Sessions

4.7/5

Average Feedback

14%

Clients Reached Through Personal Referrals

Understanding the Impact in Action

In the journey towards mental well-being, every step taken is significant. Each patient at the clinics of ABET comes with a unique story, filled with challenges and triumphs. As caregivers, the organisation’s mission is to walk alongside them, offering support, understanding, and effective therapeutic interventions. To ensure that the organisation is truly making a difference, it needs to assess the impact rigorously and compassionately. This is where the **Health of the Nation Outcome Scales (HONOS)** assessment becomes invaluable.



Need for the Assessment

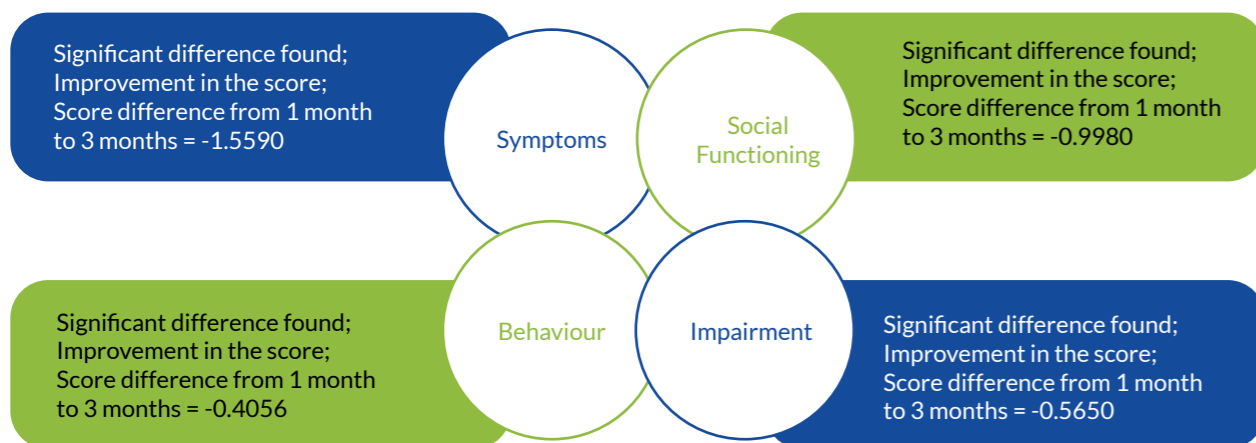
Mental health care is more than just treating symptoms; it's about restoring hope, rebuilding lives, and rekindling the human spirit. Mpower's patients place immense trust in us, hoping for relief from their struggles and a path to a brighter future. For this trust to be honoured, it's crucial that the organisation continuously evaluates its methods and outcomes. The HONOS assessment allows Mpower to:

-  **Validate Progress**
-  **Tailor Care**
-  **Foster Hope**
-  **Ensure Accountability**



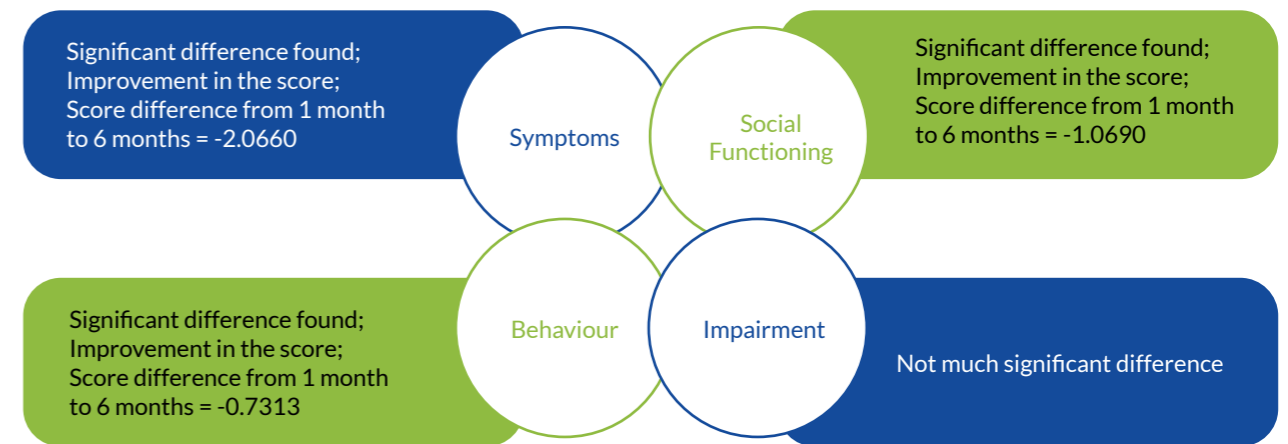
The HONOS assessments provide a comprehensive view across four areas: Symptoms, Social Functioning, Impairment, and Behaviour. Over a period of six months, the organisation has observed a meaningful improvement in the results compared to the three-month assessment, reflecting the positive impact of continued therapy.

HONOS Assessment for Clinical Impact: Annual for 1-3 Months



Note: Score is calculated as the mean difference between the cumulative score of the category for 1 month and 3 months i.e., mean score (1 month)-mean score (3 months)

HONOS Assessment for Clinical Impact: Annual for 1-6 Months



Note: Score is calculated as the mean difference between the cumulative score of the category for 1 month and 6 months i.e., mean score (1 month)-mean score (6 months)

HONOS Assessment Insights

- ▶ A common trend observed was that there was a significantly positive change in the somatology of the clients. The presenting symptoms with which the client approached for the therapy session reduced more on the 6th month assessment compared to 3rd month assessment. Additionally, the social functioning of the client improved to a great extent in the 6th month of assessment. One of the reasons for this positive change is the continuous availing of intensive therapy sessions for 6 months.
- ▶ The impairment and dysfunctionality levels were noticed to reduce in the 3rd month, indicating that by availing therapy for 3 months, the functionality of the client improves. No significant change was seen in the 6th month assessment.
- ▶ Behaviour changes were noticeable in 6th month of HONOS assessment compared to the 3rd month, indicating the client engaged in helpful and expected behaviour.

The findings show that continuous therapeutic interventions resulted in significant improvements in mental health outcomes, with greater benefits observed over a longer period. This serves as a testimony to the quality of care that the organisation provides to the beneficiaries.



Mpower - The Foundation

Mpower - The Foundation expands access to quality mental health care for underprivileged communities by offering subsidised psychiatric consultations, individual counselling, and allied therapies. Through the two polarised location of the Foundation, it successfully caters to the mental health needs of individuals residing in Mumbai and the adjacent cities.

Dedicated Team

The Foundation's expert team of psychiatrists and counsellors provides top-notch mental health care to underserved populations, ensuring effective and compassionate support.

Impact on Lower-Income Groups

The Foundation notably impacts lower-income groups, with 53% of Tardeo and 86% of Virar beneficiaries from these backgrounds. Financial subsidies enhance access to care, reflecting a commitment to inclusivity and equity.



Turning Play into Progress

Down Syndrome, a genetic condition affecting cognitive and physical development, requires specialised interventions. Children often need support in communication, behaviours, and academics. Traditional therapy may not always be effective, necessitating tailored strategies.

Upon joining Mpower, a displayed typical Down Syndrome behaviours, including distress, avoiding eye contact, and reluctance to follow instructions. His parents were concerned about his academic progress and overall development, noting his limited vocabulary and lack of academic advancement.

Therapeutic Approach

To support A's development, Mpower used a comprehensive and flexible strategy:

- ▶ **Play-Based Techniques:** Engaging, play-focused methods made learning enjoyable for A
- ▶ **Educational Tools:** Age-appropriate worksheets, puzzles, flashcards, and sensory materials like sand and clay were used to support academic growth
- ▶ **Fun-Focussed Sessions:** Therapy sessions were designed as playtime, keeping A engaged and interested

Progress and Achievements

- ▶ **Academic Skills:** Improved engagement with learning materials, increased attention span, and better instruction-following
- ▶ **Communication:** Developed the ability to express likes and dislikes using meaningful language

This approach highlights the power of personalised, engaging therapy in addressing the unique needs of children with Down Syndrome.

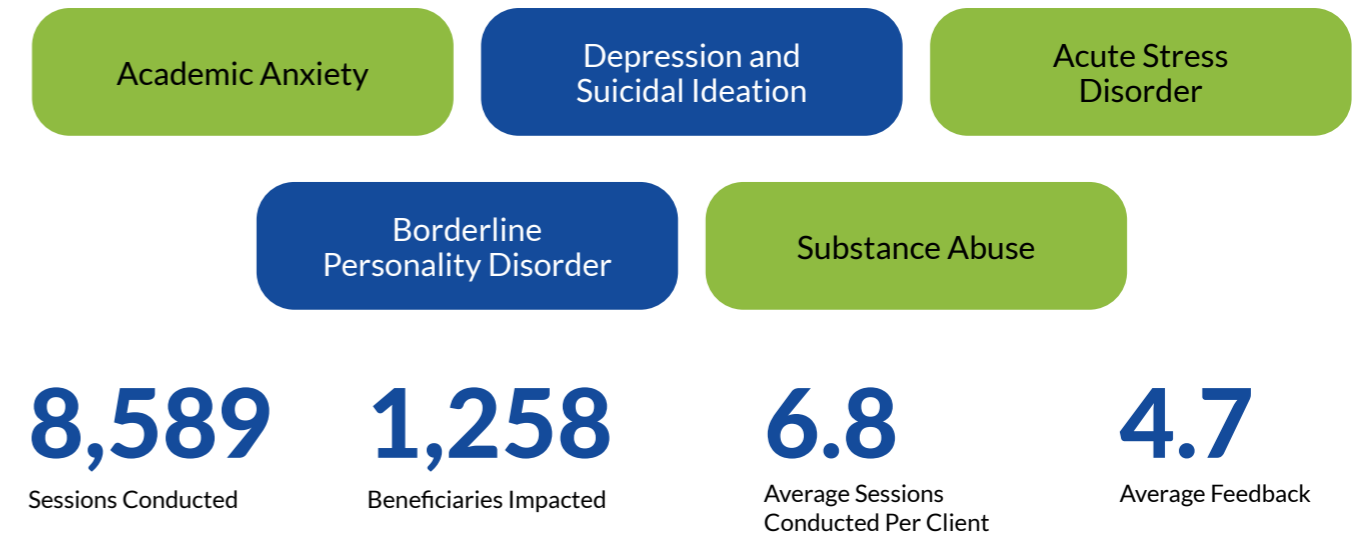
Clinical Cells

Clinical cells bring therapy directly into workplaces and educational settings, making mental health support more accessible and less stigmatised. This approach integrates therapy into daily life, promoting a culture of mental wellness and proactive care.

Mpower Institutional Cells

Mpower Cells at BITS campuses, B.K. Birla, and JECRC are enhancing mental health support across five locations: Pilani, Goa, Hyderabad, B.K. Birla, and JECRC. They offer screening, counselling, teacher training, and awareness initiatives, fostering a healthier campus culture and improving student well-being. These cells play a key role in preventing crises and supporting academic success.

General Issues Identified among the Students



Mpower Cells

Mpower cells have effectively enhanced mental health support across cities and PAN India by bringing services directly to beneficiaries through collaborations with colleges, NGOs, and corporates. Client feedback shows high satisfaction with the therapy quality, though there is potential for greater reach and impact. The cells are actively working on strategies to optimise team use and boost client engagement.

Voices of Beneficiaries

"I have been in therapy with XX for 6 months, and it has helped me understand how I have been avoiding my emotions, prioritising them more at work than with family. I now see how these patterns caused distress and am learning to connect with myself by honestly accepting my emotions. The individualised approach, free from standard labels, has been incredibly effective. As I continue therapy, I am confident in achieving long-term recovery by better understanding and balancing myself."

"I am deeply grateful to XX for helping me overcome my sleep disorders. Her expertise and compassionate care led to significant improvements in my sleep quality. The personalised plan she created transformed my sleep habits, leaving me refreshed and energised. I highly recommend her to anyone struggling with sleep issues."

7,016

Sessions Conducted

959

Clients Impacted

7

Average Sessions Conducted Annually

4.4

Average Feedback

A Journey to Wellness

A journey of personalised and empathetic therapy can make all the difference. Client K's story is a testament to this. She sought therapy, grappling with anxiety, stress, persistent sadness, sleep disturbances, poor appetite, fatigue, and marital conflicts.

From the start, a tailored therapeutic approach was crucial. Building a strong, trusting relationship with her therapist laid the foundation for success. The therapy focused on exploring and addressing her core beliefs and unhealthy thought patterns. Client K learned essential skills for self-regulation, conflict resolution, and adopting a healthier lifestyle.

The impact of this personalised approach was profound. She reported significant improvements, including a reduction in symptoms and newfound confidence in managing daily challenges. Her story underscores how a compassionate, individualised therapy approach can lead to lasting mental wellness.

Helpline

"I don't want to survive, I want to live!"—Wall-E

Seeking mental health support can be daunting due to fears of judgement and privacy concerns. To address this, Mpower launched India's first helpline offering immediate assistance from trained psychologists and counsellors. Covering metropolitan areas like Mumbai, Bengaluru, and Pune, the helpline provides support in English, Hindi, and Marathi. It serves a diverse clientele, with 60% male and 40% female callers, ensuring broad reach and inclusivity.

Key Highlights of the Helpline Support include:

- ▶ **Multilingual Support:** Available in English, Hindi, and Marathi
- ▶ **Diverse Clientele:** 60% male, 40% female callers
- ▶ **Demographic Reach:** Majority are 18-40 years old
- ▶ **Effective Sessions:** Average call duration of 8.5 minutes
- ▶ **Urban Presence:** Predominantly from Mumbai, Bengaluru, and Pune
- ▶ **Peak Call Times:** 44% of calls in the afternoon, 27% in the evening

7,000

Beneficiaries Aided through the Helpline and Chat

25,514

Total Calls (Inbound And Outbound)

6,828

Total Help-Seeking Chats

Top Concerns

- ▶ Relationship
- ▶ Depression
- ▶ Anxiety
- ▶ Stress

Top Cities



Turning Defeats into Triumphs with the Help of Helpline

A 24-year-old athlete reached out to the Mpower helpline, overwhelmed by intense anger and frustration after race losses. The team helped him distinguish between controllable and uncontrollable factors, advised seeking his coach's input for improvement, and recommended reflecting on past experiences.

Recognising his deep emotional struggles, the helpline referred him to mental health experts for long-term therapy. This case highlights the helpline's role in providing immediate advice and a comprehensive approach to mental well-being.



Awareness and Outreach

Outreach is an important part of Mpower's mission to destigmatise mental health and promote well-being. The organisation's outreach programmes are dedicated to raising awareness, building capacity, and providing direct support to students, teachers, and the broader community. Through a variety of workshops, webinars, and tailored interventions, Mpower aims to foster open conversations about mental health and encourage individuals to seek help without hesitation.

Workshops and Webinars

Mpower's workshops and webinars cover a broad range of topics, including general mental health awareness, managing relationships, emotional first aid, dealing with failure, and specific programmes. These sessions are designed to equip participants with the skills to manage and support mental health effectively.

English, Hindi, Marathi, Bengali, Kannada, Telugu, Tamil, Gujarati and Punjabi

Outreach Session Languages

186

Unique Topics Offered Covering Dynamic Aspects Of Mental Health

73,620

Individuals Destigmatised

301

Mental Health First Aiders

85%

Youth Beneficiaries



Collaborations and Sessions

Throughout the year, the organisation collaborated with schools, colleges, and NGOs to conduct these awareness sessions. The organisation's sessions cover 186 unique topics tailored to the specific needs of the school, college, and NGO partners.

Glimpse of Session Topics

- ▶ Strengthening family bonds
- ▶ Managing anxiety and addressing eating disorders
- ▶ Providing creative stress management techniques
- ▶ Building emotional resilience
- ▶ Empowering teenagers to take control of their lives
- ▶ Prioritising mental health
- ▶ Occasional drinking
- ▶ Managing pressure
- ▶ Managing budding relationships
- ▶ Being kind to your mind
- ▶ Managing failure
- ▶ Using emotional first aid
- ▶ Dealing with procrastination

Capacity-Building Programmes Executed

- ▶ Youth Mental Health First Aid
- ▶ Mental Health Champions Programme
- ▶ DISHA: Mental Health Soldier Certificate Training Programme

Collaborations with
600+

Schools, Colleges, and NGOs

Reach across
23

Unique Locations PAN India

COPE

Counselling and Outreach for Peer Empowerment

India's youth, numbering over 253 million, faces significant mental health challenges, with 15-20% of students experiencing anxiety and depression. Yet only 2% seek help, and 38.4% suffer severe academic stress. The COPE (Counselling and Outreach for Peer Empowerment) Programme by Mpower is a pioneering initiative aimed at enhancing mental health awareness and support within college environments. These clubs promote mental health awareness through discussions, workshops, and interventions, reducing stigma and encouraging help-seeking behaviour among students.

The key objectives of the COPE initiative include:

- ▶ Awareness of Mental Health
- ▶ Promoting Help-Seeking Behaviour
- ▶ Connecting to Mental Health Services, if Required
- ▶ A Guided Support Group for Mental Health Concerns
- ▶ Making College Environment Better

In addition to awareness drives, COPE offers workshops led by mental health professionals to equip students, faculty, and staff with stress management tools and coping strategies. By fostering a structured support system within educational institutions, COPE addresses immediate mental health needs while promoting a lasting culture of wellness on campus. As Mpower plans to expand COPE nationwide, its impact on student mental health will only continue to grow.

258

First Aiders Trained In The Year

30 Colleges

Onboarded to have COPE Clubs Functioning On Their Premises



Mind Matters

Imagine a classroom where every student feels seen, heard, and valued—a space where emotional well-being is as vital as academics. This is the vision of the Mind Matters Programme, which addresses the silent struggles children face by providing them with tools for confidence and resilience.

The programme's thoughtfully crafted curriculum for Grades 1 to 12 is divided into five modules, catering to the evolving emotional needs of students. With mentoring sessions and counselling, each child receives personalised attention and a safe space to express their feelings. The programme helps students challenge self-limiting beliefs, fostering a proactive approach to mental health.

Recognising the crucial role of educators, the programme offers training in mental health literacy and first aid, empowering teachers to support student well-being. Reaching over 39,000 students nationwide, Mind Matters is driving positive change, with schools reporting reduced negative behaviours and improved personal and academic outcomes.

Stakeholder's Voices

Our stakeholders have also noted the positive changes the Mind Matters curriculum brought. The key benefits reported include:

The Parents

- ▶ **Improved Communication Skills:** 83.3% of parents observed better communication skills in their children
- ▶ **Personal Growth:** Parents noted a 21% boost in self-esteem and confidence, 15% in empathy and coping skills, 19% in gratitude, and 31% in relationships

The Principals

- ▶ **Better Environment:** 58% agreed, 33% strongly agreed
- ▶ **Academic Performance:** Improvements noted by 25% strongly agreed, 58% agreed, 17% neutral

The Teachers

- ▶ **Enriched Teaching Through Better Perspectives:** Enhanced understanding and new techniques enriched the teaching experience



39,000+

Student Beneficiaries Of The Minds Matter Curriculum

30

Schools Implementing Minds Matter Curriculum

318

Teachers Trained To Implement The Programme

From Aloof to Included

A new 11th-grade student struggled with feeling disconnected after moving to a new school. The Minds Matter facilitator patiently waited for her to open up, then arranged an icebreaker session that helped her bond with classmates. This led to her inclusion in a lunch group and greater participation in school activities.

This case shows how the Minds Matter Programme uses empathy and targeted support to help students connect and feel included.

Helping a New Grade 11 Student
DEVELOP BONDING

Mpower's Public-Private Partnerships

Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.

Erik H. Erikson

Mpower's strategic public-private alliances address critical mental health issues with precision, spanning from underserved rural regions to high-pressure law enforcement sectors. These dynamic partnerships are designed to deliver profound, far-reaching support, ensuring that essential mental health resources make a significant and transformative impact across diverse communities.



Project Samvedna
With Government of Maharashtra



Project Saksham
With Mumbai Police



Project Suraksha
With Railway Protection Force



Project Oorja
With MCGM



Project Mann
With Central Industrial Security Force



Telemans
With NIMHANS and Government of India



Project Masoom
With Government of Maharashtra, Women & Child Department



Saathi
With Regional Mental Hospitals of Thane, Pune, and Nagpur

Project Samvedna

In rural India, where 70% of the populace resides, access to mental health services remains alarmingly scarce. The National Mental Health Survey (2015-16) discloses that 10% of the population endures prevalent mental health disorders, yet rural locales are critically under-resourced, with a staggering shortage of just 0.05 psychiatrists per 1,00,000 individuals. In response, Mpower, in collaboration with the Maharashtra Government, initiated Project Samvedna to bridge this disparity. This transformative initiative aims to elevate mental health awareness, enhance screening processes, and expand services across 34 districts, beginning with Jalna. Comprehensive educational sessions were conducted to dismantle stigma, and screenings at 40 primary health centres identified individuals requiring further support.



5,79,557

Direct Beneficiaries

2,50,345

Individuals Screened

4.7%

Individuals at Risk for Mental Health Concerns

9,815

Mental Health Literacy Sessions in Rural Communities

3,29,212

Beneficiaries Sensitised during Literacy Sessions

2,113

Psychiatry and Counselling Sessions Held in Jalna

INR 3,200+

Per Person Saved by the Beneficiaries

130 Hours per Person

Saved Annually by the Beneficiaries by Streamlining Access to Mental Health Services

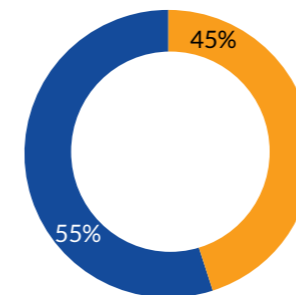
From Despair to Hope – A Journey of Healing

In a remote village, a couple's long-held dream of parenthood became an arduous struggle after six years of marriage, weighed down by societal expectations and misguided advice. Their attempts to find solace through Shivilamrit katha led to intense distress for the husband, bewildering the local community. As medical costs escalated and progress stalled, the couple eventually turned to Shanti Nursing Home and Jalna Psychiatric Hospital. Three years later, a mental health awareness initiative provided a lifeline. The husband was diagnosed with schizophrenia and began a transformative treatment regimen. This timely intervention significantly improved his condition, restoring hope and stability to their lives. Their journey underscores the profound impact of timely and informed mental health care.

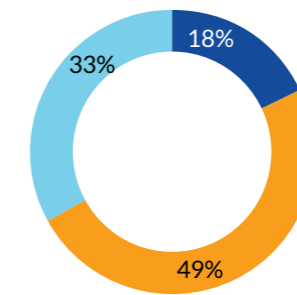
Project Saksham

The rising crime rates in Maharashtra, with 121 cases against women and 55 against children reported daily, starkly reveal the pressing need for robust mental health support. Victims frequently suffer from severe trauma, while addressing the psychological needs of perpetrators is crucial to breaking the cycle of violence.

The Saksham Project was launched to deliver pivotal mental health support to both survivors of crime and the accused. Integrated with Mumbai Police's 'Nirbhaya Pathak', the initiative has expanded its reach across multiple security units in the city. Over the past year, counselling sessions have exposed deep-seated issues like anxiety, depression, and sleep disturbances. Remarkably, one-third of those seeking help were men and boys, signalling a notable rise in male engagement and underscoring the project's extensive impact.



Girls and Women
Boys and Men



Individuals Under the Age of 18
Individuals Between the Ages of 26-40
Others

The project has also presented significant challenges within the community. A majority of beneficiaries hail from lower-income strata, earning less than INR 5-6 lakhs annually, illustrating the significant obstacles to accessing mental health support. Additionally, nearly 97% of participants have admitted to using substances as a coping mechanism, underscoring an acute and pressing need for effective mental health solutions.

Personnel Screened and Provided Mental Health Services

330

Anti Terrorism Squad (ATS)

471

Protection and Security Forces (PNS)

97

National Security Guard (NSG)

From Dispute to Harmony

In Ulhasnagar, what began as a seemingly insurmountable marital strife, threatening to pull a couple apart, found a lifeline in counselling. Faced with relentless disputes, they encountered a transformative approach that reshaped their communication. Through guided sessions, they unearthed powerful techniques that not only unveiled each other's hidden perspectives but also turned their discord into a constructive dialogue. This newfound clarity and mutual understanding sparked a remarkable reconciliation. Today, they live together with a renewed bond, exemplifying how insightful counselling can convert turmoil into lasting harmony and profound connection.

6,069

Direct Beneficiaries

4,143

Counselling Sessions Conducted

57

Mental Health Literacy Sessions Conducted

3,618

Beneficiaries Made Aware through the MHL Sessions

Project Mann

In the high-stakes space of national security, the Central Industrial Security Force (CISF) stands as a bulwark, overseeing more than 340 vital installations, from bustling airports to the expansive Delhi Metro, and ensuring the safety of millions each day. With a vast cadre of over 1,70,000 operatives, the relentless pressures of their duties can exact a heavy toll on mental wellness.

To combat this, Mpower initiated Project Mann in partnership with CISF, a transformative initiative centred on mental health enlightenment, support, and holistic well-being. Through meticulous screening, it was revealed that 5.6% of the personnel were grappling with significant issues, such as depression, familial stress, and anxiety. Mpower's targeted interventions are not only bolstering the mental resilience and efficiency of CISF members but also proving essential for their pivotal roles in safeguarding national security. Feedback from leadership has been resoundingly affirmative, underscoring the profound impact and tangible improvements resulting from these dedicated efforts.



Significant behavioural changes among personnel include a commitment to consistent physical exercise, adoption of nutritious diets, increased mindfulness, and refinement of soft skills like effective communication, interpersonal relations, and leadership acumen.

Enhanced Mental Well-Being

A 75% elevation in awareness of mental well-being among CISF staff.

High Satisfaction with Professionalism

87% of managers express high satisfaction with the professionalism of mental health experts.

Following counselling, no grievances were registered against the supported personnel, who showcased outstanding duty performance and judicious decision-making. Project Mann is critical in strengthening the mental toughness of Indian security personnel, ensuring the safety of airports and the psychological well-being of those who vigilantly protect the nation's airspace and borders.

18,530

CISF Personnel Benefitted

49

Airports of India Covered

5

Non-Airport Locations Covered

11

Mental Health Champions Programme for Managerial First Aiders Conducted

224

Individuals Trained

472

Mental Health Literacy Sessions Conducted

10,951

Personnel Made Aware through MHL Sessions

7,212

Personnel Screened across Locations

792

Personnel Counsellled

1,185

Counselling Sessions Conducted

These Mental Health Sessions taken would be quite useful for us at CISF. The faculty has taught us the concepts well. The concept of OLAA will help our colleagues who are stressed and would feel that they are not able to work due to some problem, when we can be empathetic and help them. This will also help individuals who are distressed to not take any extreme steps.

The sessions are very important for us and the entire force because it gave us awareness about stress and other mental concerns. The programme also taught us to understand basic symptoms in our peers and help each other. The team of psychologists is very good which explained the concepts very well.

Project Oorja

India, home to 243 million adolescents, is struggling with a severe mental health crisis. A comprehensive meta-analysis reveals that 6.5% of the broader community and 23.3% of school-aged children and adolescents suffer from psychiatric disorders, with suicide tragically emerging as the leading cause of death in this demographic. Despite these alarming figures, the National Mental Health Survey (2015-2016) exposed a glaring treatment gap, with an astonishing 90% of mental health conditions in India remaining untreated.

In response, Mpower has launched Project Oorja, an initiative designed to address these issues within Mumbai's MCGM schools. The project integrates mental health support into the educational framework through Outreach programs that equip teachers with Psychological First Aid training and Oorja Cells that offer direct counselling for challenges such as anxiety, depression, and academic stress.



2,70,000+

Students Impacted

1,000

Teachers Benefitted

535

Teachers Trained in Providing First Aid

37,195

Counselling Sessions Conducted

11,977

Pyscho-Education Sessions Conducted in Classrooms

1,598

Parents Counsellled

12% of Bullied Students

Received Targeted Help, Boosting Resilience and Emotional Well-Being

42% of Children with

Anger Issues Found Relief and Learned Coping Mechanisms through Therapy

12% of Students

Addressed Substance Use Challenges with Mpower's Extensive Therapy, Leading to Healthier Lifestyle Choices

12% of Students with

Suicidal Thoughts Received Crucial Support, Highlighting the Programme's Life-Saving Impact

Saving XY's Life through Counselling

XY, a 13-year-old, was referred due to his excessive tobacco use, explosive temper, family strife, self-harm, and burgeoning suicidal thoughts. After a thorough assessment, a robust safety plan was implemented, followed by targeted Cognitive Behavioural Therapy to tackle his rage and insightful talk therapy to address family turmoil. His parents were also given expert guidance on supporting his rehabilitation.

In just five sessions, XY's tobacco use plummeted, his aggression subsided, and both self-harm and suicidal ideation were eradicated. The transformation was so striking that his teacher and headmaster were compelled to acknowledge the change. Improved family dynamics further fuelled his progress. XY's counselling journey has sparked a dramatic turnaround, setting the stage for a hopeful and vibrant future.

Project Masoom

In Maharashtra, over 7,000 children in Child Care Institutions (CCIs) endure severe trauma and hardship, often without sufficient mental health support. In response, Mpower, in alliance with the Government of Maharashtra, has launched the transformative Project Masoom. This initiative delivers crucial mental health services to these vulnerable children, ensuring they receive the care they desperately need.

Project Masoom provides targeted clinical care for both boys and girls, addressing their distinct psychological challenges. It also includes vital staff training and parental guidance to support children transitioning from CCIs.

The initiative has yielded remarkable results, with many children showing significant behavioural improvements, underscoring the critical need for ongoing mental health intervention.

A standout achievement of Project Masoom is its role in a poignant case study involving girls who were trafficked and placed in CCIs. Mpower's psychologists act as the primary liaison (SPOC) between these girls and social workers, working tirelessly to facilitate their rescue and return. This aspect of the project highlights its broader impact and commitment to addressing complex issues beyond immediate care.

1,406

Children in CCIs Empowered with Mental Health Aid

3,825

Counselling Sessions Conducted

19

Mental Health Literacy Sessions Conducted

394

Individuals Made Aware through the MHL Sessions



From Struggle to Strength

In Bhiwandi, 15-year-old S.B., diagnosed with conduct disorder and struggling with impulsivity and substance abuse stemming from a neglectful upbringing, faced formidable obstacles at the Boy's Observation Home.

Mpower's therapist employed a blend of Client-Centred Therapy (CCT), Rational Emotive Behaviour Therapy (REBT), and Family & Relationship Therapy to support S.B. CCT provided a compassionate, non-judgemental environment, REBT empowered him to confront and reshape negative self-perceptions, and Family Therapy enhanced his familial support network.

S.B. achieved significant strides, securing part-time employment and enrolling in night school following his release. His journey underscores the transformative power of empathetic, tailored therapeutic approaches in reshaping the lives of at-risk youth.

Project Suraksha

Railway Protection Force (RPF) personnel are indispensable to India's vast railway system, which serves 1.4 billion people. Yet, their demanding roles—characterised by extended hours and intense pressure—pose significant mental health risks. To address these challenges, Mpower launched Project Suraksha in 2023-24, delivering extensive mental health care in Mumbai and Valsad. This initiative encompasses educational sessions, diagnostic screenings, and therapeutic counselling, aimed

at strengthening the well-being of these critical workers and enhancing their mental fortitude.

By nurturing a culture of awareness and support, Project Suraksha is pivotal in ensuring that these frontline defenders of India's railway network remain mentally strong and adept at carrying out their vital responsibilities with indomitable commitment.

Key Achievements:

- ▶ **Training and Workshops:** Trained, over 750 RPF personnel in mental health awareness.
- ▶ **Counselling Services:** Dedicated cells established for clinical care.

754

RPF Personnel Managing Over 67 lakhs Passengers Daily Assisted through the Programme

14

Mental Health Literacy Sessions Conducted



Telemanas

In India, where mental health assistance can often feel elusive, the Tele Manas helpline delivers vital care to every nook and cranny of the nation. Mpower's Tele Manas centre in Nagpur has emerged as a ray of hope, particularly for rural farmers grappling with isolation and anxiety. This year, the centre has empowered individuals to connect with professional help with just a phone call, where dedicated counsellors provide swift, empathetic support. From bustling urban areas to the most remote villages, Tele Manas—an integral part of Mpower's goal—bridges the divide, offering solace and guidance to those who need it most.

466

Individuals Helped through the Telemanas Helpline

737

Calls Received on the Helpline



Project Saathi

In Maharashtra, mental health disorders cast a heavy shadow, with an estimated 12-15% of the population in urgent need of mental health interventions. Despite the profound need, government mental health facilities in the state are beset by severe challenges, including insufficient resources, antiquated equipment, and inadequate capacity to effectively serve the influx of patients. For instance, in the past year alone, nearly 50,000 individuals sought treatment at the three major regional mental hospitals in Thane, Pune, and Nagpur. Yet, these facilities often struggle to cope with the overwhelming demand due to limited resources and a shortage of trained personnel.

In response to these critical issues, Project Saathi was launched in 2023-24 with a bold objective to overhaul mental health care within Maharashtra's government hospitals. This transformative initiative zeroes in on three crucial areas:

Infrastructure and Equipment Support

Supplies diagnostic and therapeutic equipment to enhance care standards at Regional Mental Hospitals.

Capacity Building for Hospital Staff

Provides specialised training to refine skills and elevate the quality of patient care.

Therapy and Counselling Services

Offers regular therapy sessions led by trained psychologists to foster well-being.

Through these strategic interventions, Project Saathi strives to elevate diagnostic and treatment efficacy, significantly enhance patient satisfaction, and cultivate a deeper awareness of mental health among caregivers.



1,000

Individuals Received Personal Hygiene Kits at Pune Hospital

INR 50 lakhs

Worth of Equipment Set Up at the Pune Hospital for IPD and OPD Patients

Capacity-Building Trainings Planned for Staff and Caregivers to Enhance Services

Expansion of Mpower's Interventions

National MH Programme - The 10-State Project

One in five Indians contends with mental health issues, with the WHO estimating an annual economic loss exceeding USD 1.03 trillion—over 5% of the nation's GDP. In response, Mpower has launched a pivotal expansion across ten meticulously selected states, emphasising preventive measures and community-centric mental health care. This expansive initiative, encompassing awareness campaigns, academic partnerships, screening, and psychological support, has reached approximately 2,50,000 beneficiaries. Pre- and post-initiative surveys reveal a significant enhancement in mental health awareness and a reduction in stigma, underscoring the project's profound effectiveness across diverse regions. A thorough examination of a representative sample from the collected data indicates an average score improvement per state, underscoring the project's substantial impact across various areas, as detailed in the following table.

States	Total Score Base Line	Total Score	Difference
Madhya Pradesh	34%	51%	17%
Bihar	38%	60%	21%
Gujarat	52%	73%	21%
Punjab	45%	75%	29%
Delhi	38%	34%	-4%
Goa	38%	58%	20%
Tamil Nadu	22%	49%	27%
Telangana	30%	84%	55%
Andhra Pradesh	28%	53%	25%
Rajasthan	47%	58%	11%

Riding this wave of progress, the organization's CSR proposal is set to magnify its impact significantly. Mpower is set to reach over 5,00,000 individuals across both rural and urban landscapes, strategically utilising a network of existing and emerging alliances to drive mental health advancements nationwide. This ambitious endeavour promises to transform support systems, making profound strides in mental health care across India.

2,51,267

Direct Beneficiaries of the Programme

5,440

Mental Health Literacy Sessions Conducted across the 10 States

440+

Total Collaborations across the 10 States

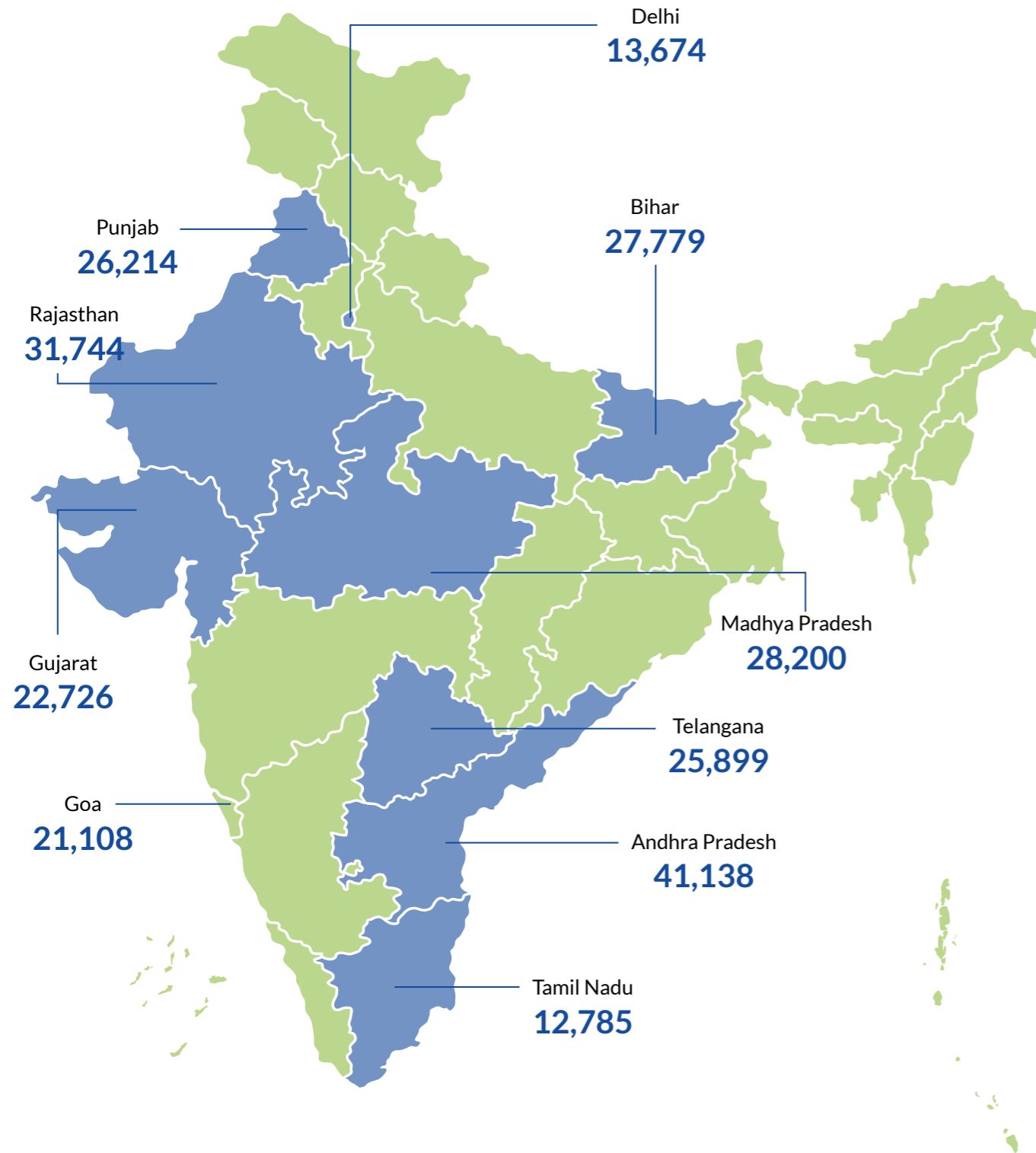
38

NGO Partners for Sessions in the Community

1,025

Individuals Trained in Conducting Mental Health Literacy for NGO Members

Individuals Impacted by National MH Programme across 10 States

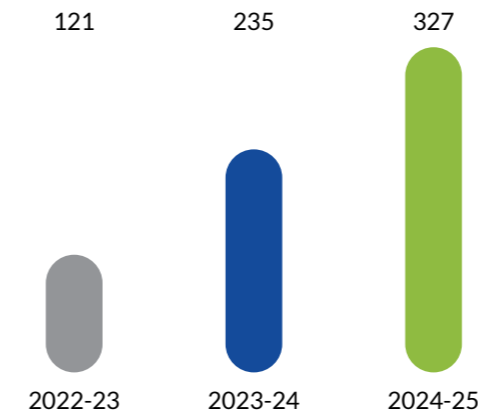


Disclaimer: This map is a generalised illustration only for the ease of the reader to understand the locations, and it is not intended to be used for reference purposes. The representation of political boundaries and the names of geographical features/states do not necessarily reflect the actual position. The Company or any of its directors, officers or employees, cannot be held responsible for any misuse or misinterpretation of any information or design thereof. The Company does not warrant or represent any kind of connection with its accuracy or completeness.

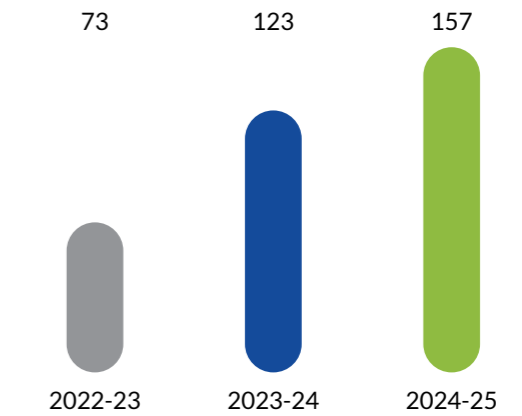
Growing the Mpower Team to Empower Mental Health Support

As Mpower's mission to advance mental health in India accelerates, the organisation has markedly expanded its team, underscoring its profound dedication to broadening and refining its services. With increasing demand and more transformative programs, Mpower's reach now extends to an unprecedented number of beneficiaries. The influx of affirmative feedback has underscored the necessity for a more robust and devoted team, ensuring that every individual garners the care and empathy they merit. This expansion transcends mere scaling; it signifies a concerted effort to elevate the calibre of mental health support nationwide.

Core Clinical (Psychologists & Psychiatrists, and Allied Therapist)



Functional Support Team



Nalanda Aditya Birla Education Trust

Empowering Diverse Learners

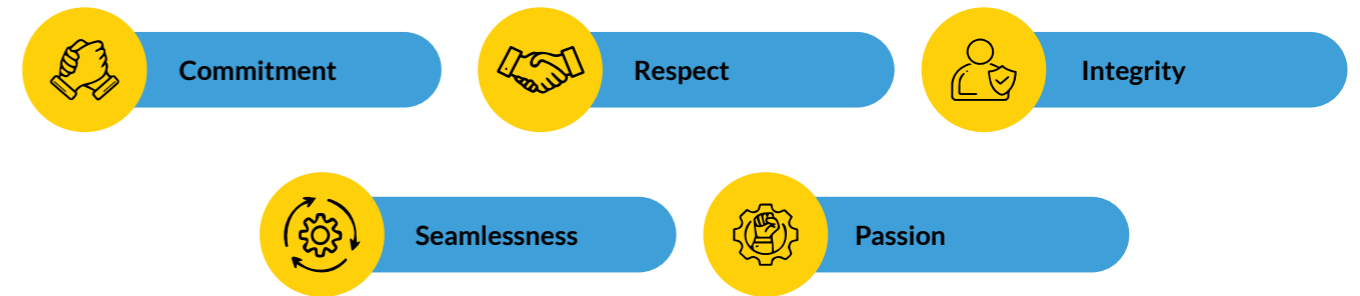
Nalanda Aditya Birla Education Trust (Nalanda) is a specialised educational institution dedicated to empowering students with diverse learning needs. As a unit of ABET, Nalanda has established itself as a beacon of hope for students facing various learning challenges from past 25 years. Collaborating with ABET in 2023, Nalanda has soared to further heights of strengthening a stigma-free educational approach.



Mission, Vision, and Values

Nalanda's mission aligns with Aditya Birla Education Trust's mission which is to nurture 21st Century, inclusive learning in the field of education. Its vision extends beyond education, aiming to positively impact lives across all sections of society, create a stigma-free world, and empower the change-makers of tomorrow.

Nalanda operates on a foundation of five core values:



Target Student Population

Nalanda caters to students with:



Educational Approach

Nalanda provides an encouraging and supportive environment that:

- ▶ Accepts each individual
- ▶ Values learning diversity
- ▶ Fosters academic, personal, and social growth

Students Graduated in 2023-24	
SSC	8
HSC	1
Senior Secondary NIOS	3

Vocational Courses	
Course	Enrolled
Bakery and Confectionery	1
Catering Management	3



Message from the Principal



As I reflect on Nalanda's 25th anniversary, I am filled with joy and appreciation. This milestone year is a testament to the unwavering spirit of our students, the dedication of our staff, and the power of inclusive education.

We have witnessed remarkable transformations this year. Students who once struggled with reading have become confident speakers, and young minds discouraged by traditional academics now flourish in our vocational programmes. These aren't just educational achievements; they're life-changing journeys.

Our transition to ABET has ushered in a new era of growth and possibilities. We're revolutionising how society views learning differences through our workshops and partnerships with mainstream schools, taking significant steps towards a more inclusive world.

The post-COVID challenges became our catalyst for innovation. We evolved, enhancing our remedial programmes to not just fill learning gaps, but to build bridges to brighter futures. We have upgraded our technology infrastructure to meet the demands of the digital age, ensuring our students are well-prepared for the future.

But numbers and programmes don't tell the whole story. It's in the smiles of our students mastering new skills, the joy of parents witnessing their child's potential unfold, and the determination of our staff who see possibilities where

others see challenges.

Despite capacity constraints, we're exploring expansion to meet growing demand. With the support of ABET, we're developing plans to establish Nalanda centres across India. Our vision is to create a beacon of hope for every child who learns differently, turning learning disabilities into gateways for unique talents and perspectives.

To everyone who has been part of this journey – our students, parents, staff, and supporters – you are the heart of Nalanda. Your belief in our mission fuels our passion. As we step into another year, we carry with us the stories of triumph, the lessons of perseverance, and the unshakeable belief that every child deserves the chance to shine.

At Nalanda, we don't just teach; we transform, inspire, and empower. Together, we're not just changing lives; we're reshaping the future of education. Thank you for being part of this extraordinary journey.

With heartfelt gratitude and unwavering hope,

Aarti Gandhi

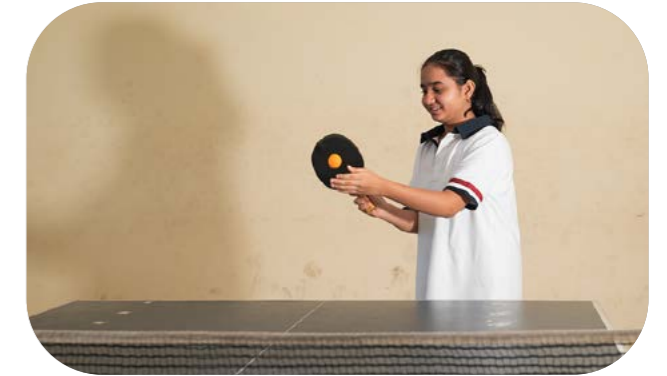
Principal, Nalanda



Key Features

- ▶ **Coeducational Institution:** Since 2023, Nalanda has been admitting both boys and girls from 5th to 12th grade
- ▶ **Board Exam Preparation:** The institution prepares students for board exams, facilitating their entry into mainstream colleges
- ▶ **Small Class Sizes:** With 10-15 students per class, Nalanda ensures individual attention for each learner
- ▶ **Tailored Curriculum:** Nalanda offers a customised curriculum along with remediation for standards V to VIII
- ▶ **Student-Centric Approach:** The child's needs are understood and incorporated into the curriculum
- ▶ **Board Concessions:** Students with learning disabilities and slow learners are offered concessions by NIOS and SSC/HSC boards

- ▶ **Modern Facilities:**
 - o CCTV-monitored premises
 - o Air-conditioned classrooms
 - o Canteen services
- ▶ **Holistic Development:** Nalanda organises various activities and educational trips to ensure well-rounded growth.



Achievements and Events

Annual Sports Meet (14th December 2023)

It featured group games such as throwball, football, and cricket, as well as solo games including throw the ball, kick the ball, and races. Some key highlights of the event include:

- ▶ **Mohammed Athania:** Overall Sports Boy of the Year
- ▶ **Senior Championship Trophies:** Musbah Latif and Virika
- ▶ **Junior Championship Trophies:** Mohammed Athania and Khadeeja Qureshi



Annual Day Celebration (5th September 2023)

- ▶ **Venue:** SVSS Auditorium
- ▶ **Theme:** 'Bollywood through the decades'
- ▶ **Chief Guest:** Ashish Sanghi, ABET Trustee



Nalanda proudly reported the publication of ten insightful articles covering major events in the student edition of the Times Newspaper in Education. It also received ABET Spirit of Service Awards



Events during the Year	Number of Participants
Annual Day	200
Teacher's Day Celebration	80
Picnic	75
Sports Day	150
Interschool Ace Chef	120
Farewell Party	50
Educational Seminar (Dr. Alka Subramanyam was keynote speaker)	100



Testimonials

Nalanda's impact is best reflected in the words of its alumni and parents:



Shilpa Paramanik (Class of 2017): "With my whole-hearted gratitude to the principal, Aarti Ma'am, and the teachers who have helped me succeed in school and create unforgettable memories. From teaching and guidance to discipline, leadership development, and overall management, we have learned a lot. Your impact on my life can never be forgotten."

Naman Jain (Class of 2015): "To Nalanda, an extraordinary school that embraced differences and turned challenges into triumphs; Thank you. Here we were showered with unwavering support, understanding, and encouragement that transformed our journey in its nurturing environment. I found not just education, but empowerment and belief that I am not less or different than any other kid."



Mohammed Sakarwala (Class of 2023): "Holding the school flag and representing Nalanda in front of other schools was a moment of pride for my parents and me. I was so happy and proud to receive the trophy for standing 2nd in my SSC board exams."



Sadaf Tharadra (Parent, Class of 2022): "Nalanda has made a spectacular change in our daughter's grades and behaviour. She was an introvert child, but the principal, teachers, and her fellow students made her feel so comfortable and welcomed. Our daughter passed SSC with flying colours and learned a lot academically and built on her social skills."



Simran Dalwai (Class of 2011): "Nalanda was the best experience I could ever have! It taught me how to believe in myself and has made me who I am today. I will always be appreciative and grateful towards Nalanda. I am sure it will be every student's favourite school."



Tanvi Patel (Class of 2016): "Beyond the classrooms, school offered a variety of extracurricular activities that helped us discover our passions, refine our talents, and build friendships that have lasted. As an ex-student, I often find myself reflecting on the values instilled in us -- integrity, perseverance, and a thirst for knowledge. These principles continue to guide me even today."



Nalanda Aditya Birla Education Trust continues to stand as a pillar of support for students with diverse learning needs. Through its innovative approaches, dedicated staff, and commitment to individual growth, Nalanda is not just educating students but transforming lives and building a more inclusive society.

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