

THE SPIRIT OF SERVICE.

**ADITYA BIRLA
EDUCATION TRUST**



THE FOOTPRINTS OF IMPACT.

**IMPACT REPORT
2024-25**

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Some journeys are not measured in distance, but in the lives they touch.

At the Aditya Birla Education Trust (also referred to as 'ABET' or 'The Trust'), service is not an act; it is a calling. A quiet promise to stand beside those unheard, to uplift those overlooked, and to act not from charity, but from compassion. Every initiative, whether in a classroom, a remote village, or a hospital corridor, carries a deeper intent: to serve with dignity and to build with hope.

This is not impact defined by headlines or scale, but by the tremor of change felt in a mother's gratitude, a child's regained confidence, a teacher's renewed purpose. These are the footprints ABET leaves behind, subtle yet profound, personal yet far-reaching. In a world often chasing speed, ABET

chooses depth. It chooses to pause, listen, and build. Not for applause, but for transformation that lasts. From advancing mental well-being and menstrual health to fostering inclusive education and social equity, ABET's work is a reflection of what happens when service meets sincerity, and purpose finds its path.

This report is a reflection of that journey. A journey defined not just by what was done, but by why it was done and for whom. It is a tribute to every life touched, every barrier crossed, and every future quietly made brighter through the spirit of service.



Chairperson's Message



True transformation begins when intention meets action and impact becomes lived experience.



Dear Stakeholders,

The past year at ABET has been one of profound transformation both in scale and in spirit. It has been a journey of deepened listening, intentional action, and renewed purpose. We moved beyond models and metrics to meet communities where they are, bringing empathy, resilience, and commitment into every interaction.

Anchored in our Spirit of Service, our work transcended the transactional and moved meaningfully into the transformational. While our mission to serve with empathy, educate with conviction, and empower with care remains unchanged, the way we live this mission has evolved. Our approach is now more integrated, community-led, and focussed on sustainable, long-term impact.

Through our initiatives, ABET is advancing five of the United Nations' Sustainable Development Goals: Good Health and Well-being, Quality Education, Gender Equality, Reduced Inequalities, and Decent Work and Economic Growth. But beyond goals and programmes, this year has been defined by human stories of resilience, dignity, and hope.

These global goals provide our framework, but it is our ground-level work that gives them life. We believe real change begins at the roots with inclusive education, accessible mental health support, and dignity in menstrual health.

At Aditya Birla World Academy, we delivered a learning experience that went beyond academics fostering leadership, empathy, and global citizenship. Our students were guided to think critically, act ethically, and lead with purpose. As a result, they secured placements in some of the world's top universities.

At The Aditya Birla Integrated School, we provided a safe and inclusive environment tailored for students with learning differences. Last year, 19 students graduated with confidence and dignity, reflecting the success of our specialised and empathetic approach.

At Nalanda School, we implemented personalised learning pathways, enabling students to progress at their own pace, while strengthening their individual capabilities. This approach led to two students receiving the prestigious National Institute of Education Awards, a validation of the school's commitment to academic excellence and personal growth.

Through the Aditya Birla Education Academy, we upskilled and empowered educators, the true catalysts of change. Over the past year, we successfully trained more than 6 lakh teachers across 935 schools, with a strong focus on under-resourced and low-fee schools across India.

With Mpower, we expanded access to quality mental health care, directly impacting over 3.5 million lives in the last year. Our reach extended to 10 new geographies, supported by strategic collaborations with grassroots NGOs and partnerships with different government bodies. These partnerships enabled hyper-local engagement, ensuring culturally sensitive and sustained mental health support.

Through Ujaas, we advanced menstrual health literacy by reaching over 6 lakh girls and women. By training ASHA and Anganwadi workers to lead community-based conversations, we dismantled stigma and created informed, supportive environments for adolescent girls to manage their health with dignity and confidence.

This year, ABET did more than move the needle, we shifted paradigms. We expanded our impact across 10 Indian states, touching lives in education, mental health, and menstrual health. But more importantly, we deepened our relationships with the people we serve co-creating solutions and building trust every step of the way.

As we look to 2025–26, our vision remains bold yet grounded. We will extend our mental health footprint to areas of high need, embed menstrual health education across more schools and regions, and continue to drive innovation in teaching through educator development. But at the heart of it all, our purpose stays simple, to serve with integrity, grow with intention, and walk every step in partnership with the communities we are privileged to support so that they can live a dignified life.

To our educators, students, parents, frontline teams, partners, and supporters, thank you for the collective strength towards our vision. This transformation belongs to each one of you. Together, we are not just changing lives, but we are reimagining what is possible.

Warm regards,

Neerja Birla
Founder & Chairperson
Aditya Birla Education Trust

Founder and Trustees

Founder & Chairperson



Mrs. Neerja Birla

Mrs. Birla is a progressive, dynamic and versatile leader, driven by her passions and an unfaltering resolve to give back to society responsibly. She endeavours to positively impact the lives of people from all sections of society and bring about progressive change in the field of education and the mental health landscape of India.

Trustees



Mr. Kumar Mangalam Birla

Being the chairman of the Aditya Birla Group, Mr. Kumar Mangalam Birla has institutionalised the concept of caring and giving. With his mandate, the Group is involved in meaningful, welfare-driven activities in diverse areas, including education, that distinctively enrich the lives of weaker sections of society.



Ms. Ananyashree Birla

Ms. Birla is a renowned artist and businesswoman. An impassioned leader, Ms. Birla believes in creating workplaces where creativity is nurtured, inspirations are pursued, and differences are embraced. A firm belief in equality and open dialogue has led Ms. Birla, a NAMI (National Alliance on Mental Illness) ambassador, to be a champion for change.



Mr. Aryaman Vikram Birla

Mr. Aryaman Vikram Birla is an entrepreneur who has been driven by his vision to make an impact on society. He is passionate about the entrepreneurial ecosystem and has backed several new-age businesses in an effort to spawn tomorrow's leaders today.



Ms. Advaitesha Birla

Ms. Birla is a young sociopreneur with a strong vision to give back to society through her work, and help in creating a positive impact on the society by raising awareness about menstrual health and management.



Dr. Pragnya Ram

Dr. Ram has 35+ years of leadership and corporate board experience across corporate communications, brand management, public relations, and corporate social responsibility at a global scale.

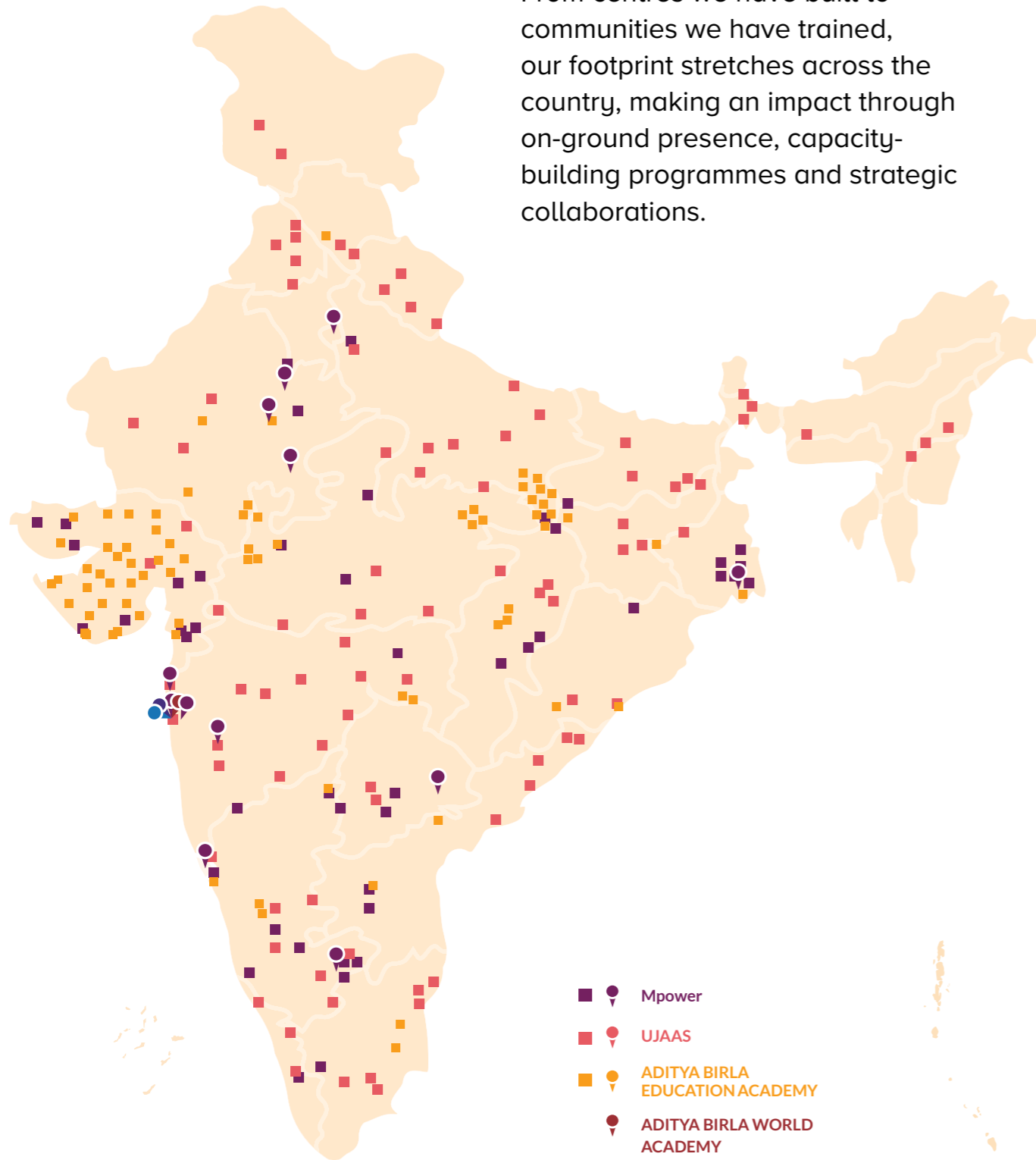


Mr. Aashish Sanghi

Mr. Aashish Sanghi comes with 30+ years of rich experience across new-age businesses to social enterprises. Having worked in various sectors and donning multiple hats, he offers cutting edge experience, insights and perspectives that help ABET with strategic direction on a range of issues, challenges and opportunities. This has helped impact individuals from all walks of life.

Our Footprint

From centres we have built to communities we have trained, our footprint stretches across the country, making an impact through on-ground presence, capacity-building programmes and strategic collaborations.



- Mpower
- UJAAS
- ADITYA BIRLA EDUCATION ACADEMY
- ADITYA BIRLA WORLD ACADEMY
- ADITYA BIRLA INTEGRATED SCHOOL
- NALANDA

○ Physical Presence □ Outreach & Awareness

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.

LIVES TOUCHED

700+

ABET Changemakers

The core strength powering every initiative

12,000+

Trained Professionals

Bringing change into classrooms and communities

1,000+

Students Enrolled

Future leaders shaped by inclusive learning

38,00,000+

Beneficiaries Reached

Change delivered through empowered networks

Aditya Birla World Academy: Nurturing Potential, Expanding Horizons

Aditya Birla World Academy (ABWA), a distinguished institution under the Aditya Birla Education Trust, stands among Mumbai's leading international schools. Dedicated to unlocking each student's unique potential, ABWA strives to develop individuals who are not only academically capable but also empathetic, value-driven, and prepared to lead with integrity. The school takes pride in its identity as an international institution rooted in Indian ethos, seamlessly integrating global best practices in education with the richness of Indian culture and traditions.

Curricula Offered

Catering to a diverse sets of requirement, ABWA offers a wide range of curricula to fulfil the needs of its students:

- > Cambridge Primary Curriculum (CIPP)
- > Cambridge International General Certificate of Secondary Education (IGCSE)
- > International Baccalaureate Diploma Programme (IBDP)
- > A-Levels



800+
Strong Learner
Community

117
Students graduated to
Lead the Change

Principal's Message



At the Harvard Model Congress Europe 2025 in Brussels, our delegates distinguished themselves amongst global participants. We proudly celebrate our eight award winners, including Best Delegate and Best Team honours at the International Criminal Court, along with several Honourable Mentions across various committees.



Dear ABWA Community Members,

As the academic year draws to a close, I would like to express my sincere gratitude for the collaboration and commitment that have shaped our journey. The resolute support from our students, educators, parents, and the broader community has contributed tremendously to another fulfilling and purposeful year at Aditya Birla World Academy.

Our educational philosophy continues to be rooted in meaningful, real-world learning. As an international school with Indian values at its core, we remain committed to nurturing our students academically, emotionally, and socially. Our aim is to equip them with the perspective and resilience required to navigate the complexities of today's world.

This year, our academic pursuits were complemented by a diverse range of co-curricular engagements. With a strong emphasis on experiential learning and critical thinking, we have fostered an environment where students confidently explore their interests, communicate with clarity, and remain grounded in academic discipline.

The past year has been particularly noteworthy for our students' exceptional performance in global competitions.

Similarly impressive was our presence at the World Scholar's Cup, where eighteen of our talented scholars advanced to the Tournament of Champions (TOC) Juniors round at Yale, reflecting their dedication and intellectual calibre.

Our FRC team, Binary Bolts (Team 8570), made us proud at the Minnesota 10,000 Lakes Regional, where they were crowned Regional Champions and received the Excellence in Engineering Award. Their success earned them a spot at the prestigious FRC World Championship in Houston, where they advanced to the playoffs in the Hopper Division. Team member Vivaan Dharamshi was also named a Dean's List Finalist for his outstanding contribution.

Our annual FETE 2025, co-led by our parent body, was a vibrant celebration of creativity and community, centred around the theme 'Touching Hearts, Impacting Lives.' With around 1,580 attendees and 120 participants in the student-led art auction, the event raised significant funds for organisations such as ToyBank, Jai Vakeel Foundation, and Welfare of Stray Dogs, strengthening our commitment to social responsibility.

Mental health awareness continues to be a central focus at ABWA. Our The Happy Place

Interschool Competition, organised in collaboration with Mpower, addressed the critical theme of 'Mindful Megabyte' this year. With over 200 students participating from various schools, the event featured diverse creative competitions ranging from singing and art to drama and dance. Now in its sixth year, this initiative continues to align with our 'Minds Matter' curriculum, pioneered by our founder, Mrs. Neerja Birla, to foster emotional well-being alongside academic growth.

In the coming year, we look forward to refining our practices and building upon the foundation we have laid. We intend to deepen the integration of digital tools in our pedagogy, broaden our global engagement programmes, and continue to encourage meaningful partnerships with the wider community.

With the continued collaboration of our staff, families, and community members, I am optimistic about the path ahead. Let us continue working together to ensure that Aditya Birla World Academy remains a place where education inspires, challenges, and empowers.

Warm regards,

Radhika Sinha
Principal, ABWA

Major Programmes



Outreach and Inclusion Programme

The Outreach and Inclusion Programme of ABWA provided students of Grade 9 and 10 an opportunity to engage with Adapt Centres in Mumbai. Students participated in full-day visits to centres in Bandra, Colaba, and Chembur, where they learned vocational skills alongside autistic children and young adults. This initiative was well-executed and provided students with a unique scope to understand and contribute to the lives of individuals with special needs, fostering empathy and enhancing their social responsibility.



Aditya Birla Model United Nations (ABMUN)

Aditya Birla World Academy's participation in the Harvard Model Congress Europe 2025 in Brussels proved a resounding success. Students showcased their exceptional Model United Nations skills, competing against the best from around the globe. ABWA is exceedingly proud of its eight award winners, who excelled among a highly competitive field, affirming the school's commitment to nurturing world-class MUN talent. The event reinforced the academy's dedication to providing students with opportunities to engage on the global stage and hone their diplomatic and leadership abilities.



FETE (Touching Hearts, Impacting Lives)

The annual FETE event at ABWA, held on 5th February 2025, was a vibrant celebration of creativity and social responsibility. Themed 'Touching Hearts. Impacting Lives.', it brought together students, parents, and educators in a dynamic showcase of artistic expression, while raising significant funds for various social causes. The event featured an art auction, a high-energy dance marathon, and interactive stalls. A highlight was the student-led art auction, where 38 out of 48 artworks were sold, with the highest bid going to a captivating painting of a blue elephant. The funds raised will benefit organisations focussed on education, child welfare, and animal welfare, reinforcing ABWA's commitment to nurturing empathetic, responsible citizens. With over 1,580 attendees, the event highlighted the power of community engagement and collective action.



The Happy Place

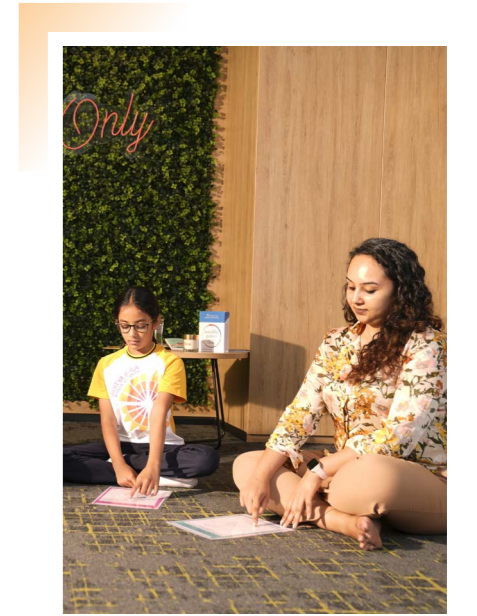
The Happy Place Interschool Competition, held on 4th October 2024, focussed on raising awareness about mental health, with this year's theme, 'Mindful Megabyte,' at its heart. Over 200 students participated in a range of creative competitions, including solo and duet singing, art, photography, and dance, all centred on the impact of technology on mental health. The competition provided a platform for students to express their thoughts on digital wellness, exploring both the benefits and risks of digital media. This initiative is part of ABWA's ongoing commitment to integrating mental health awareness into the curriculum, an effort spearheaded by Mrs. Neerja Birla. Through creative expression and open dialogue, the event encouraged students to challenge the stigma surrounding mental health, promote mindfulness, and understand the importance of balanced digital engagement in today's tech-driven world.



How We Stand Out

ABWA places a strong emphasis on holistic education, with a year-round focus on extracurricular activities that nurture student growth beyond the classroom. A thoughtfully curated events calendar offers students regular opportunities to display their skills, supporting their personal development and readiness for future endeavours.

The school is equally committed to supporting students' mental well-being through its dedicated Pastoral Care department. Staffed by trained mental health professionals, the department fosters a nurturing environment where every student feels safe, valued, and respected. Initiatives such as 'Minds Matter' and interactive parent engagement programmes form a key part of this supportive framework.



Stories of Student Achievements and Meaningful Impact

Student Entrepreneurs Shine at the K-Tank Challenge

Bringing creativity and business insight to the fore, four Grade 11 students from ABWA emerged victorious in a fast-paced entrepreneurial competition.

Krishang Garg, Shayaan Srivastava, Yashash Jain, and Parth Shah from Grade 11 showcased entrepreneurial acumen at the K-Tank competition hosted by Kanakia International School. Tasked with building a business in just six hours, they outperformed 75 competing teams to secure the championship title, demonstrating innovation, teamwork, and strategic thinking under pressure.

Technology with a Purpose

From harnessing tech for inclusion to engineering citywide impact, ABWA students are applying their skills to real-world challenges.

Siddhanth Gubbi, a 16-year-old student from ABWA, is transforming inclusive education through his initiative, INTECH, Technology for Inclusion. Motivated by his mother's work and his passion for sports, Siddhanth integrated Nintendo Wii's motion-sensing technology to support children with intellectual disabilities in developing motor skills, focus, communication, and confidence through interactive play. Implemented at the Jai Vakeel Foundation and various schools in Mumbai, INTECH has already shown measurable progress. Students are learning maths through bowling scores while improving coordination and self-esteem.

The project, created in partnership with Suhani, was recognised with the Best Project award and will be showcased at the United Nations during the 1M1B Activate Impact Summit 2024. With plans to expand INTECH to 50 schools by 2025, Siddhanth is pioneering a more inclusive and empowering learning environment for all children.

Creative Forces Driving Social Change

Creativity at ABWA is often intertwined with advocacy and compassion.

Akanksha Muralidharan, a Grade 12 IB student, was named one of Talerang's 25 Under 25 for her outstanding work in community service. From building toilet blocks for underprivileged girls to founding Noble Karma, her initiatives have drawn national recognition, including a nomination for the Rashtriya Pradhan Mantri Bal Puraskar. Her efforts reflect a deep commitment to environmental sanitation and social responsibility.

Isha Toshniwal, a Grade 11 IBDP student, has been selected as one of only two Paradigm Shifters from India for the prestigious Seeds of Peace camp in Maine, USA. Representing both ABWA and the country on this global platform for the third time, Isha earned a 50% scholarship after a rigorous selection process, highlighting her commitment to dialogue, leadership, and cross-cultural understanding.

Annika Shah, Honoured with the Silver Medal at the Pramerica Emerging Visionaries National Award Summit in New Delhi, Annika Shah was recognised for her initiative, That Little Helper (TLH), a project aimed at empowering underprivileged communities through structured volunteering. Selected from over 2,200 entries nationwide, her impactful work stood out for its clarity of purpose and real-world relevance.



Excellence in Competition

Beyond classrooms and labs, ABWA students are shining on competitive platforms worldwide.

Shayaan Srivastava

Shayaan became a finalist at the Young Investors Society (YIS) Global Stock Pitch Competition. The significance of this can be gauged from the fact that by this achievement, Shayaan became part of the following coveted list:

- > Top 100 Global Finalists from 50+ countries
- > Only Indian finalist in the last three years
- > One of four finalists from Asia
- > Heading to International Finals at Cornell University
- > Selected as one of 10 speakers at the Global Youth Investment Summit

Dhyana Doshi proudly represented India at the 18th Asian Schools Blitz Chess Championship in Thailand.

Ahaana Changrani proudly represented India at the 18th Asian Schools Blitz Chess Championship in Thailand.

Dhriwa Chheda First Runner-Up at the World Mind Sports Championship 2024 in Dubai, competing against 7,485 participants from 10 countries.



FRC Triumphs on the Global Stage

Binary Bolts, ABWA's FRC Team 8570, secured a remarkable win at the Minnesota 10,000 Lakes Regional, emerging as Regional Champions and earning the titles of Winning Alliance Captain and recipients of the Excellence in Engineering Award. Team member Vivaan Dharamshi was also recognised as a Dean's List Finalist. Carrying this success forward, the team qualified for the FRC World Championship in Houston, where they competed in the Hopper Division and advanced to the playoffs as part of the third alliance.

Harvard Model Congress Europe 2025 (Brussels)

- > **Best Delegate:** Arshaan Krishnan (House SST)
- > **Best Team:** Vir Rastogi, Aanya Sheth, Jaitra Talreja (International Criminal Court)
- > **Honourable Mentions:**
 - o Samaira Contractor (House HELP)
 - o Aditya Singh (World Health Organisation)
 - o Dhruv Agrawal (UNHRC)
 - o Aangi Shah (European Council)

WMTC – World Mathematics Team Championship (Doha, Qatar)

All six ABWA teams placed in the top 30%, earning 2 Gold Medals, 17 Silver Medals, 16 Bronze Medals, and 1 Merit Certificate.



World Scholar's Cup at Yale

This year, 18 of our scholars qualified for the TOC Juniors round, showcasing their exceptional talents and hard work.

- > **Special Achievements:**
 - o Aakarsh Gubbi: Debate Champion with Gold Medals, 11th Rank
 - o Vihaan Sethi: 21st Rank, Individual Challenge Trophy Winner, and CRIA Scholar
- > **Team Bowl Gold Medallists:** Vihaan Sethi, Harveen Kaur, Eva Bhuta (28th Rank)
- > **Top South Asian Teams:** 3rd Place – Vihaan Sethi, Harveen Kaur, Eva Bhuta; 6th Place – Rishika Tiwari, Akshita Tiwari, Yehaan Govadia
- > **Champion Scholars Trophy:** Vihaan Sethi, 4th Place Globally

ABWA's Performance at Sporting Events

The exemplary students of ABWA brought accolades to the institute by achieving commendable results across various sports tournaments at international, national, and state levels.

International Level

- > **Taarini Suri:** Taarini Suri, a Grade XII-D student, represented India at the BWF Yonex World Junior Championships 2024 held in Nanchang, China. Competing in both the Women's Doubles and Mixed Doubles events, Taarini has continued to bring glory to ABWA and the nation through her exceptional skills and determination.
- > **Aavyaag Garg:** Won Gold Medals at the Hungary and Italy Best Talent Trophy Chess Tournaments
- > **Alina Munshi:** Represented India at the ISF World Games 2025 in Serbia, competing in various swimming events; also participated in SGFI U15 in Swimming
- > **Raghav Kasliwal:** Participated in SGFI U15 in Athletics



National Level

> ISSO National Games:

- o **Khyavi Shah:** Multiple 1st places in Gymnastics (all-around, uneven bars, balancing beam, floor); 3rd in table vault
- o **Ariana Rajani:** Gold Medal (Vault), Silver Medal (Balancing Beam, Uneven Bars), Bronze Medal (Floor Exercise), 2nd All-Round Champion
- o **Veda Furia:** Silver Medal in U11 Chess
- o **Akshita Tiwari:** Silver Medal in Taekwondo (59–63 kg)
- o **Rabhya Singh:** Gold Medals in 50 m, 100 m, and 200m butterfly + individual championship in swimming
- o **Vihaan Bharwani:** Gold Medals in 200 m, 400 m, 1500 m freestyle and Individual Championship
- o **Viivaan Thakur:** Gold Medals in 100m butterfly, 100m freestyle; Silver Medal in 200m freestyle
- o **Hrishikesh Shiju:** Silver Medals in 100m butterfly, 100m and 200m freestyle

- o **Krish Shah:** Bronze Medal in 100m freestyle (U17)
- o **Akiva Barrett:** Silver Medal (400m dash), Bronze Medal (400m hurdles)
- o **Prabir Sundesha:** Gold Medal in Under-14 open sight rifle (ISSO)
- o **Harshini Pandey:** Gold Medal in U19 Squash ISSO Tournament (Gurugram)
- o **Harveen Kaur:** Gold Medal in U14 Girls Karate
- o **Vrushaa Madkaikar:** A Gold Medal and a Silver Medal in U17 Girls Karate
- o **Ananya Dalmia:** Gold Medal in U17 Girls Karate
- o **Anaisha Goenka:** Bronze Medal with the team in U14 National Gymnastics
- o **ABWA U19 Football Team:** Runner-up in ISSO U19 tournament (Jaipur)
- o **ABWA U17 Boys' Football Team:** 2nd Runner-up in ISSO U17 tournament (Indore)

- > **Khelo India Games (Pune):**
 - o **Alina Munshi:** Gold Medal in 200m Freestyle



State Level

- > **Anaisha Goenka:** Bronze Medal in Floor event at the State Gymnastics Competition (Dervan, Chiplun)
- > **Raghav Kasliwal:**
 - o Silver Medal in 60m at the Annual State Athletic Meet (Mumbai)
 - o Gold Medal (80m) and Silver Medal (300m) at the 2025 Bombay City District Athletics Championships



Partnerships and Collaborations



Mental Health Advocacy through Mpower

One of ABWA's most impactful collaborations has been with Mpower, a mental health initiative under ABET. Together, they have launched a range of programmes aimed at raising awareness and promoting mental well-being among students, including the annual The Happy Place interschool competition. The initiative fosters open dialogue on pressing issues such as digital wellness, equipping students with the tools to manage stress and screen time mindfully.

Strengthening Student Success through Parent-Teacher Collaboration

In addition to external collaborations, ABWA places great emphasis on strengthening internal partnerships, particularly between parents and teachers. Regular parent-teacher conferences, interactive sessions, and community events ensure transparent communication and a unified approach to each student's development. This triadic relationship between school, student, and home forms the backbone of ABWA's holistic educational model, enabling every learner to thrive both academically and emotionally.



Global Curriculum through Cambridge, IB Affiliation

ABWA's academic affiliations are central to its global learning environment. As a Cambridge International School, ABWA offers a continuum of programmes from Primary to A Levels, rooted in the Cambridge framework's emphasis on inquiry, analytical thinking, and real-world application. This affiliation equips students with the skills and adaptability needed to excel in global academic and professional settings. In addition, ABWA is also an authorised International Baccalaureate (IB) World School, which complements the Cambridge approach by nurturing intercultural understanding and a learner-centred ethos. Together, these affiliations provide students with a balanced, rigorous, and internationally benchmarked education.



Recognitions and Rewards



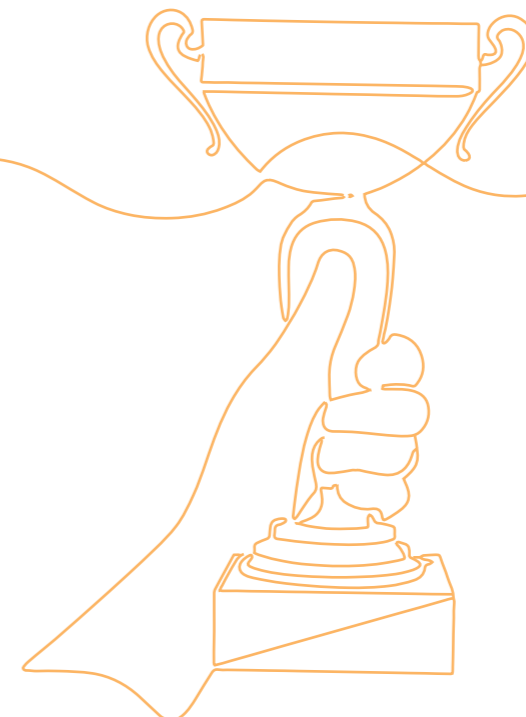
Aditya Birla World Academy continues to earn recognition for its excellence in education across leading school rankings:

- > **Ranked 1st in Mumbai** in the Times School Survey (Category: Mumbai Schools – International Curriculum, Zone A)
- > **Ranked 2nd in India, Maharashtra, and Mumbai** in the Education World Rankings (Category: International Day School)
- > **Ranked 3rd in both Maharashtra and Mumbai** in the Maharashtra School Survey conducted by **Education Today** (Category: Top 20 International Schools)



Conclusion

Aditya Birla World Academy distinguishes itself through its dedication to academic rigour, all-round development, and the emotional well-being of its students. Rooted in Indian values while embracing a global outlook, the school strives to cultivate confident, compassionate leaders equipped to contribute meaningfully to society.

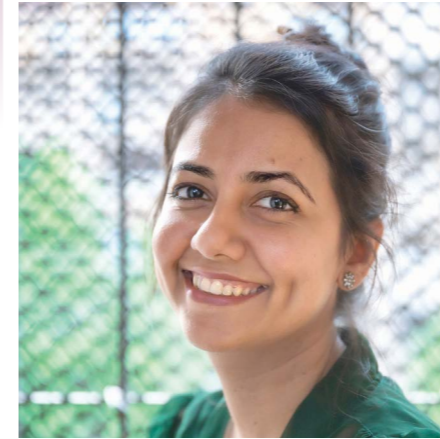


The Aditya Birla Integrated School: Empowering Learners, Transforming Lives

Established in 2014, The Aditya Birla Integrated School (TABIS) marks a decade of advancing inclusive education with care and purpose. Recognised for its thoughtful approach to special needs education in India, the school maintains a strong emphasis on personalised and holistic learning. Over the years, it has remained focussed on creating equal opportunities and nurturing each student's individual strengths in a supportive, state-of-the-art environment. This commitment is reflected not only in its academic framework but also in the steady growth of student participation in a wide range of extracurricular activities, where learners continue to display creativity, collaboration, and leadership.



Principal's Message



Each academic year at The Aditya Birla Integrated School unfolds a new chapter of learning, growth and resilience, and the year gone by has been no different. What truly stands out is the courage and determination shown by our students, the resolute dedication of our staff, and the strong sense of partnership we share with our parent community. Together, we've created an environment where each learner is empowered to grow at their own pace and shine in their own unique way.

At TABIS, specialised and student-centred education is not just a philosophy, it is the essence of everything we do. Our focus continues to be on bridging the learning gaps for students who face academic and behavioural challenges, and on providing them with the tools and encouragement to flourish. In our Inclusive Education Programme (IEP), the student-teacher ratio typically averages 1:10, though it can vary based on the class and the needs of the students. For smaller batches, the ratio may range from 1:8 to 1:10, while in certain cases, especially in the Differentiated Learning Programme (DLP) for students with more severe needs, it can be reduced to 1:3. This flexibility ensures that every child receives the focussed attention and support required for their

growth and development. Our team of experienced special educators and subject specialists engage in ongoing training, equipping themselves with contemporary strategies in special education.

The integration of therapeutic support, ranging from occupational and speech therapy to behaviour counselling, along with our 'Minds Matter' mental health curriculum for Grades 1 to 12, allows us to provide a well-rounded educational experience that addresses academic, emotional, and social development. Every aspect of our approach is designed to support the holistic growth of our students.

We take great pride in celebrating the achievements of our students this year. A total of 15 students successfully graduated from NIOS Grade 10, while 4 completed NIOS Grade 12. One of our students, Ms. Saira Jagtiani, has secured admission to Cleveland University of Art.



Our school has been recognised as India's #4, Maharashtra's #3, and Mumbai's #2 Special-Needs School in the EducationWorld India School Rankings 2024-25, an affirmation of our commitment to excellence in inclusive education.

The year also brought several remarkable achievements in the arts. Shaunak Joshi represented the school at Concern India Foundation's

Annual Music Competition, captivating the audience and winning first place. Amartya Vaidyanathan made us proud by writing, composing, and releasing two original songs on major music platforms like Spotify and Apple Music, a commendable accomplishment that showcases the power of creative expression and self-belief.

Beyond the classroom, our students actively engaged in a wide range of activities and programmes. Events such as the Language Fest, Sports Day, Project Day, and Annual Concert saw participation from hundreds of students, parents, and teachers. Our Edu-Tour and Annual Camp gave students immersive learning experiences through visits to industries, farms, and natural environments, helping them connect theory to practice. The Observership Programme for our senior-most students took them into real-world business environments, be it HR firms, retail operations, or digital agencies, where they learnt to observe, question, and apply.

At TABIS, we remain committed to preparing our students not just for academic success but for life beyond school. As we continue to explore new initiatives, including increased collaborations with Aditya Birla Education Trust verticals and a broader range of outdoor learning opportunities, our focus remains on building independence, confidence, and a strong sense of community.

I am deeply grateful to our wonderful staff, supportive parents, and most of all, our incredible students who inspire us every day. Together, we look forward to another year of possibility, discovery, and meaningful progress.

Aisha Bharmal
Principal, TABIS

Major Programmes and Projects

Empowering Learners through NIOS-Aligned Education

This year, The Aditya Birla Integrated School (TABIS) made notable progress in expanding academic and vocational opportunities for students with special needs. A significant development was the implementation of the NIOS (National Institute of Open Schooling) curriculum within the Differentiated Learning Programme (DLP). This initiative is designed for students with intellectual impairments and is supported by a highly adaptive curriculum tailored to individual learning styles, enabling learners to progress at their own pace. TABIS remains committed to equipping students with the skills and confidence necessary for greater independence and self-reliance beyond school.



INSPIRE-X: Fostering Inclusive Talent and Expression



TABIS proudly hosted the inaugural edition of INSPIRE-X, an interschool competition designed to celebrate the creativity, skills, and voices of students from diverse educational backgrounds. Conceptualised as a platform for inclusive engagement, the event brought together learners from various institutions, offering them an opportunity to compete, collaborate and showcase their talents in a supportive environment. With this initiative, TABIS continues to lead the way in creating awareness and fostering a culture of acceptance, talent recognition, and peer connection within the special education community.

Throughout the year, TABIS Hosts a Diverse Range of Engaging Activities:

Achievements and Programmes

Students gained admission in top universities
Ms. Saira Jagtiani
Cleveland University of Art

School Ranking in various category as per various surveys/ institutes magazines

TABIS has been ranked:

#4 in India
#3 in Maharashtra
#2 in Mumbai

Special Needs School in the EducationWorld India School Rankings 2024-25

Events during the year (with number of Participants)



Investiture ceremony
120 (students, parents and teachers)



Edutour
75 (students, parents and teachers)



Language fest
262 (students, parents and teachers)



Picnic
75 (students, parents and teachers)



Sports day
319 (students, parents and teachers)



Annual camp
23 (students, parents and teachers)



Project day
294 (students, parents and teachers)



Award ceremony
310 (students, parents and teachers)

Programme Highlights

500 Participants
Carnival

380 Participants
Annual Concert

Success Stories and Commendation

This year, TABIS celebrated outstanding student accomplishments in the field of music.

Shaunak Joshi

brought laurels to the school by winning first place at the prestigious 'Light up Lives' Annual Music Competition organised by Concern India Foundation.

Amartya Vaidyanathan

achieved a significant milestone by composing, producing, and releasing two original songs on major streaming platforms such as Spotify and Apple Music.

These achievements reflect the school's commitment to nurturing creativity and providing platforms for students to flourish.

Mpower

Empowering India's Journey Towards Mental Well-Being

Mpower, an initiative by ABET, is resolutely focussed on enhancing India's mental health environment through compassion, awareness, and inclusion. It supports individuals and families from all walks of life, offering a wide range of services, spanning awareness and capacity building, helplines, educational initiatives, community projects, and clinical care. Each effort is thoughtfully designed to promote awareness, build resilience, and integrate mental health into everyday conversations and societal settings.

Being the only organisation in India that works on the entire spectrum of mental health issues, from preventive to curative, its goal is to make mental well-being more acceptable and accessible by encouraging open conversations and dispelling long-held stigmas.



**OUT OF YOUR VULNERABILITIES
WILL COME YOUR STRENGTH.**

- Sigmund Freud



VISION



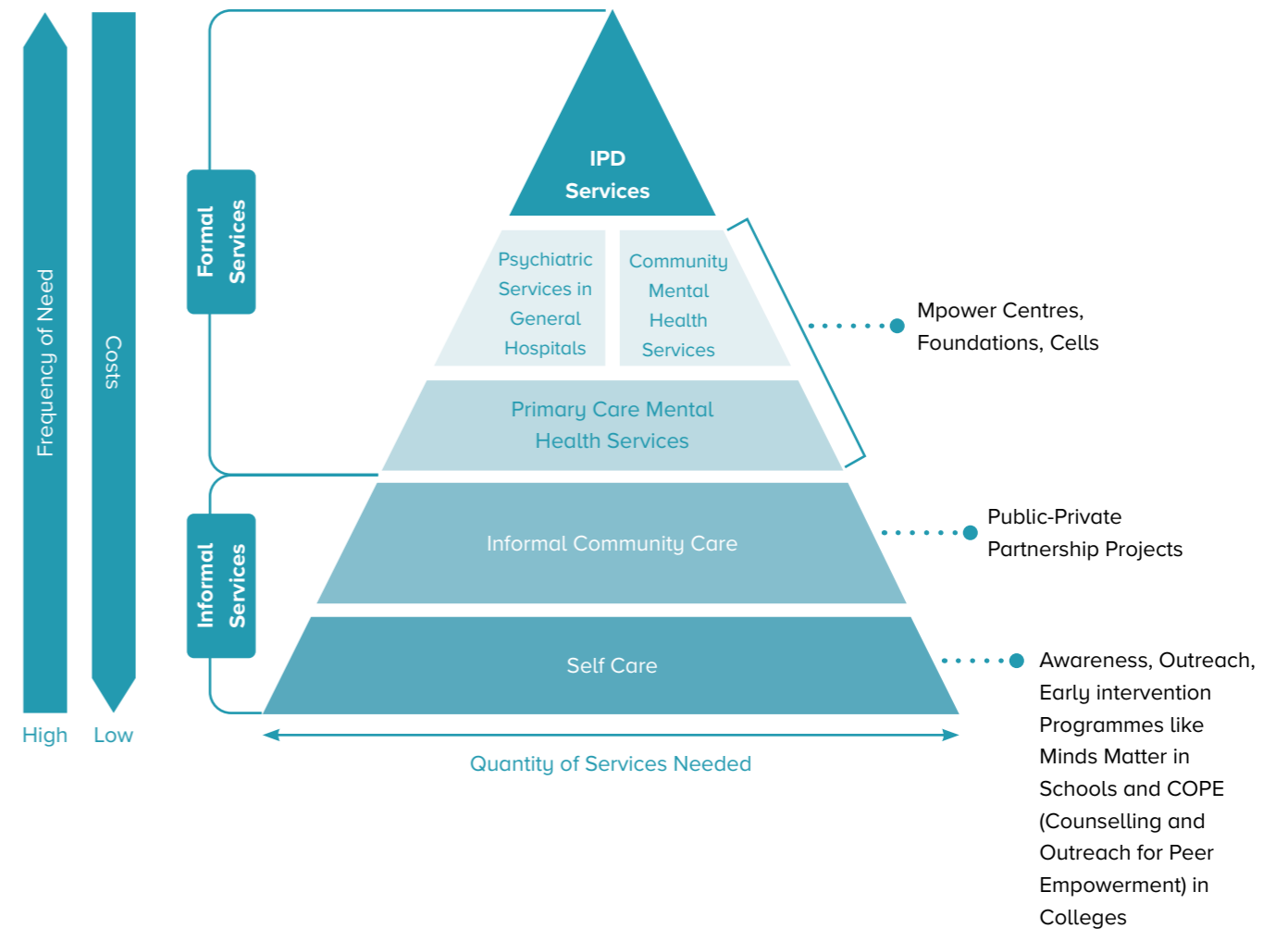
A stigma-free world where individuals with mental health concerns can lead meaningful and productive lives with respect and dignity.

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 socio-economic boundaries.

Local Action. Global Impact.

WHO's Service Organisation Pyramid Framework



3 GOOD HEALTH AND WELL-BEING All Mpower's interventions are aligned to contribute to SDG 3 and align with WHO's Service Organisation Pyramid Framework

Mpower's strategic framework demonstrates comprehensive alignment with the WHO's Service Organisation Pyramid for mental health, illustrating how local healthcare actions create global impact towards achieving SDG 3 (Good Health and Well-being). At the pyramid's base level of 'Awareness, Outreach, Prevention and Core Services,' Mpower's community outreach, screening programmes, school curriculum integration and college programme contribute to mental health literacy, early identification, and preventive care. The middle level encompasses informal community care through capacity-building programmes and public-private partnerships that strengthen collaborative initiatives between sectors. At the apex, Mpower provides formal mental health services through its centres, foundations, campus cells, and cell model implementations, covering comprehensive outpatient care, except for inpatient services. This three-tiered approach ensures mental health support is accessible at every level of need, from prevention to clinical treatment, demonstrating how systematic local interventions contribute meaningfully to global mental health objectives.

From the President's Desk



Optimism is the faith that leads to achievement. Nothing can be done without hope, and confidence. These words by Helen Keller inspire the very spirit driving our mission at Mpower.

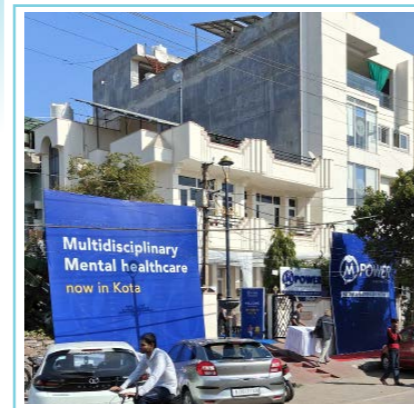
deepening our reach, impacting over 3.5 million lives across India. A key shift this year has been our focus on measuring outcomes rather than simply counting outputs. This is an evidence of the power of collective action and the deep-seated need for change. Our helpline witnessed a 100% increase in inbound calls, reflecting a growing willingness to seek help.

We have experienced exponential growth across all interventions of Mpower. But numbers alone do not define success; impact does. This year, we launched several initiatives to address critical, underserved segments of our population:

- **Mpower Foundation in Kota:** This is the extension of an initiative in response to the intense pressure faced by students preparing for competitive exams. Here, psychological support is delivered in a stigma-free, nurturing environment, with emotional resilience as a core life skill.
- **AMP (Athlete. Mind. Performance.):** Recognising that peak performance starts with a strong mind, this initiative supports athletes in mastering emotional regulation and mental focus, transforming potential into excellence. Through this, we aim to support India's journey towards producing world-class athletes and gaining global recognition.
- **Zindaginama:** This anthology series showcases our efforts to make mental health conversations mainstream by using narrative through popular media.
- **Mental Health Summit 2025 (Mpowering Minds):** The Mpowering Minds Summit was Mpower's effort to create mental health dialogues which would

advocate for change. This summit brought together thought leaders, practitioners, and changemakers to ignite systemic transformation. Our collaborative approach remains central. Through strategic public-private partnerships with the Government of Maharashtra, CISF, Mumbai Police, and others, we have integrated mental health support into critical institutional systems, creating scalable, sustainable models of care that meet people where they are. We hope the demonstrated impact encourages stakeholders to formally integrate mental health into their organisational ecosystems.

Our monitoring framework, based on the 'Theory of Change,' is helping us to measure progress through indicators like increased resilience, less impairment, and meaningful behavioural change. This impact-driven monitoring, using tools like the Health of the Nation Outcome Scales (HoNOS), helps us refine treatment plans and demonstrate tangible outcomes. Further, self-reported questionnaires have helped us report outcomes along with the numbers we have achieved.



This year marks a pivotal evolution in our journey. While reaching millions remains important, we are now focussing deeply on the quality and impact of our interventions. Our aim is to achieve measurable outcomes that foster resilience, promote sustained well-being, and drive meaningful behavioural change.

We are humbled and energised by the various awards with which Mpower has been recognised, but we know this is just the beginning. The mental health crisis in India demands



relentless innovation, expanded partnerships, and a firm commitment to equity and dignity.

As we look ahead with the vision to make a difference, armoured by outcome monitoring, our commitment grows stronger, not only to make mental health care accessible and acceptable but to transform it into a fundamental right. We envision a future where stigma is replaced by empathy, mental wellness is embedded in every community, and no one faces their struggles alone.

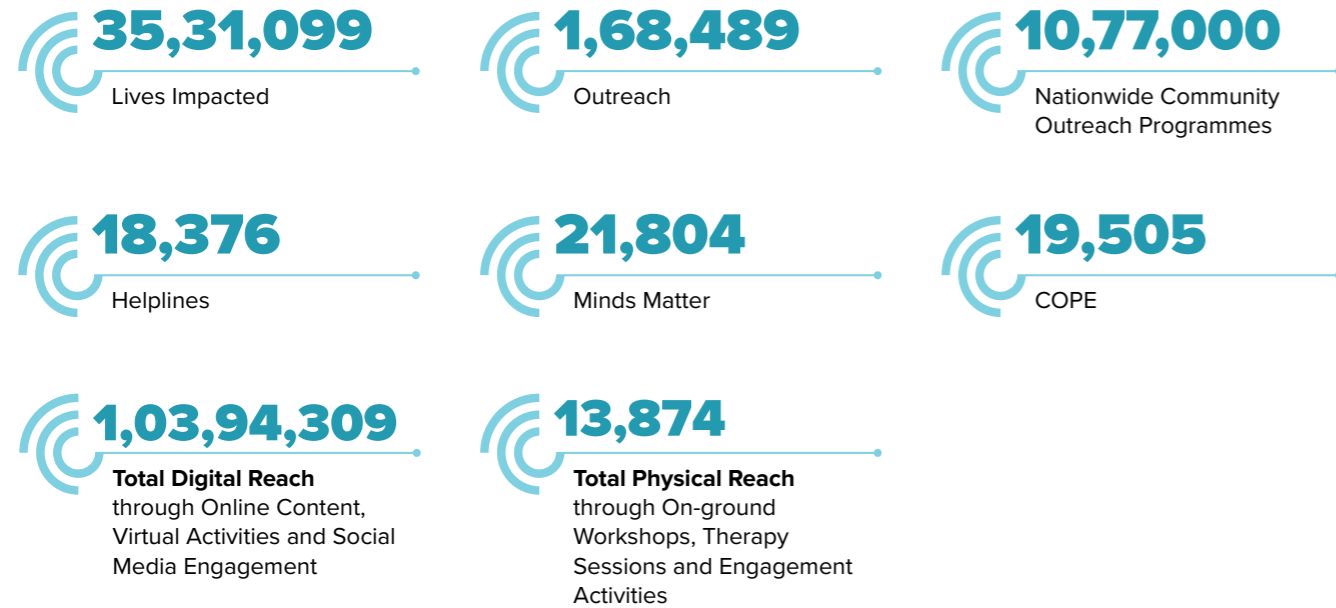
We invite you to join this mission. Together, we can build a resilient, stigma-free ecosystem for mental health in India. Your belief and support transform hope into action and vision into impact.

The journey continues, fuelled by optimism and courage, towards a world where mental wellness is a birthright, not a privilege.

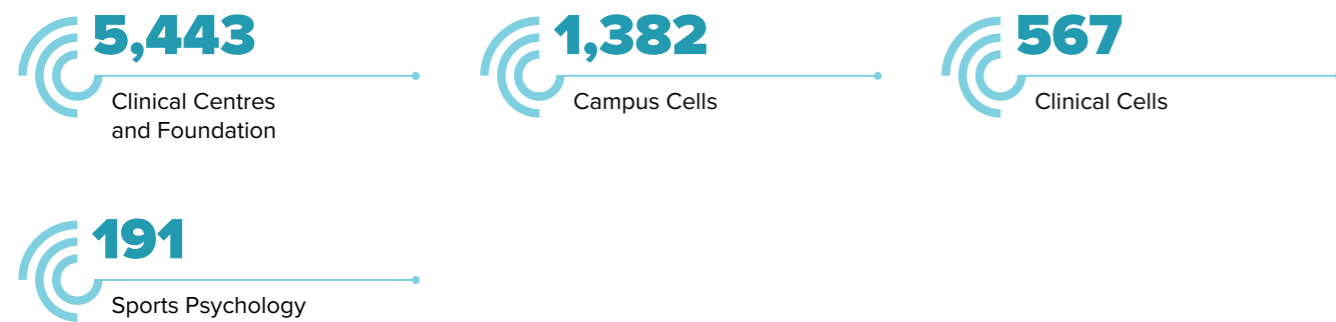
Let us #StampOutStigma together.

Parveen Shaikh
President, Mpower

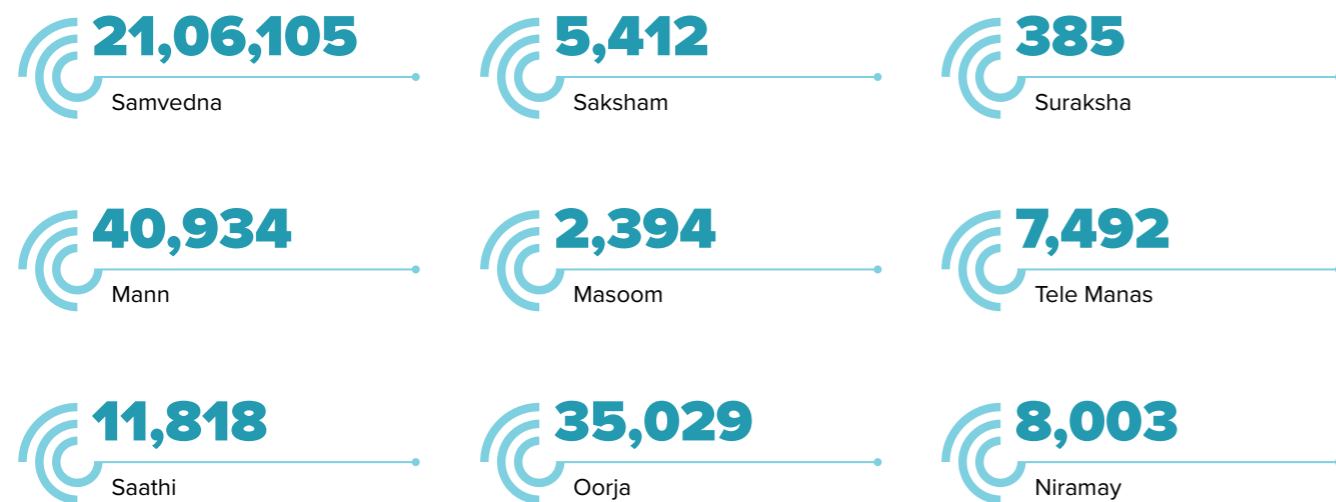
Impacting Lives Across a Wide Spectrum



Clinical Services



Public Private Partnerships



Clinical Services

Mental health is a critical yet often overlooked aspect of overall well-being, with over 10% of India's adult population affected by mental disorders. However, up to 92% of those individuals do not receive adequate care due to stigma, lack of awareness, and a shortage of mental health infrastructure and trained professionals. Clinical services are essential for accurate diagnosis, treatment, and ongoing support. Expanding mental health education, workplace support, and accessible clinical care, both in-person and digital, along with integrating these services into the broader healthcare system, is key to closing the treatment gap, improving lives, and reducing the social and economic impacts of untreated mental illness.

Services Offered through Clinical Programmes	Core Impacted Individuals
Centres	Financially equipped individuals seeking mental health support
Foundation	Beneficiaries from low-income groups or underprivileged segments of society
Campus Cells	Beneficiaries of universities and colleges which have mental health clinical care available on campus
Clinical Cells	NGOs, organisations and communities provided access to mental health services at their doorstep making mental health accessible.

Mpower – The Centres

Mpower's clinical centres are built on the belief that mental health care should be compassionate, personalised, and accessible to all. These Centres offer a comprehensive set of services, including psychiatric assessments and consultations, counselling, allied therapies, all under one roof, delivered through a multidisciplinary approach. The emphasis is not just on treatment, but on building a journey of self-awareness, healing, and resilience.

Where Care Meets People

- > **Reach:** Mumbai, Delhi, Kolkata, Pune, Bengaluru
- > **Comfort in Communication:** Care delivered in languages people are most comfortable with, be it English, Hindi, Marathi, Bengali, Kannada, Gujarati, or Odia
- > **Support Across Life Stages:** Services designed for children, adolescents, adults, and older individuals

Each Centre functions as a safe space where individuals find a safe space to talk, to be heard, and to begin their path to emotional well-being. Mpower's therapists and clinicians meet each person with compassion and understanding, offering not just support, but a genuine connection.



Mpower – The Foundation

The Foundation is deeply committed to making high-quality mental health services accessible to underserved populations. By providing highly subsidised psychiatric care, individual therapy, and allied interventions, the Foundation bridges a critical gap in mental health support that many vulnerable groups face. Operating through three strategically located centres, Tardeo, Virar, and the recently launched centre at Kota, Mpower Foundation reaches a wide and diverse demographic, often excluded from reliable care due to financial or social barriers. This commitment reflects Mpower's broader vision of inclusion and equity in mental health. It ensures that those who might otherwise be left behind are not only reached but supported with empathetic, affordable, and effective care.

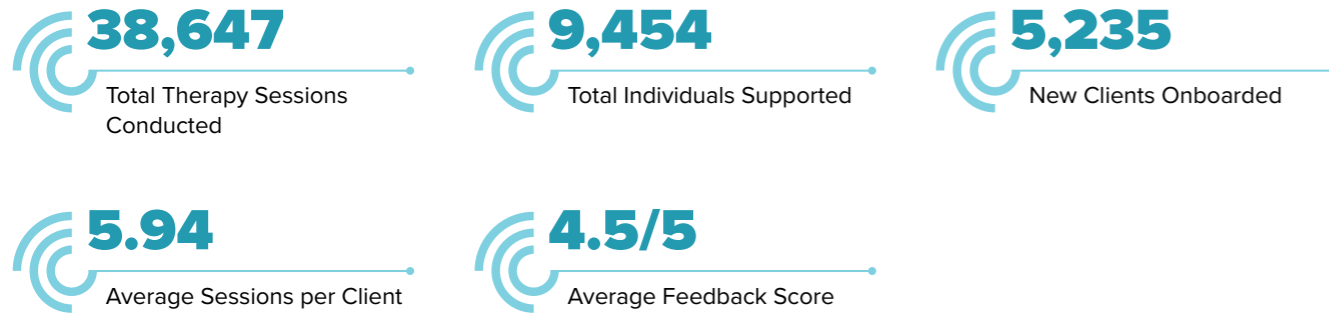
Making Mental Health Care Accessible in the Coaching City of India

Kota has long been known as the city of academic ambition, drawing tens of thousands of students from across India every year to prepare for highly competitive entrance exams. Yet behind this aspiration lies a silent crisis of intense pressure, isolation, stigma, and emotional distress that often remain unspoken. Mpower Foundation's presence here, launched in 2024-25, is a direct response to this reality. The Foundation provides a safe, stigma-free space where students can:

- > Speak openly about their struggles
- > Access professional counselling
- > Develop resilience and coping strategies
- > Reclaim a sense of balance and hope



Impact in Numbers across Centres and Foundations

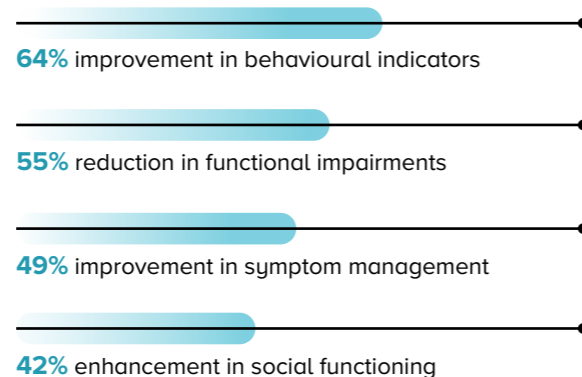


Outcomes Achieved

Tracking Impact through HoNOS Assessment



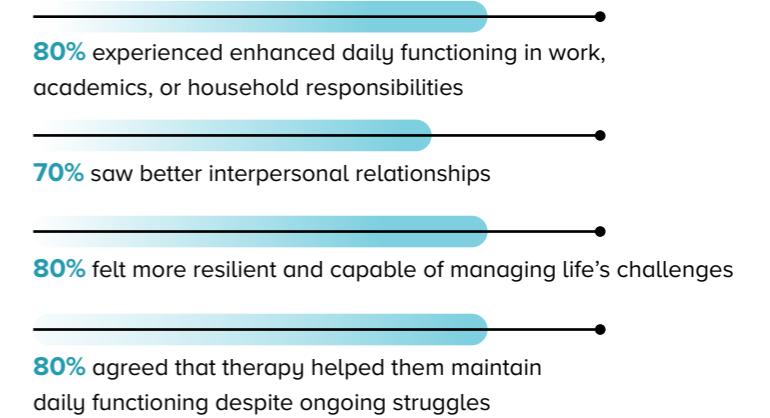
To evaluate therapeutic effectiveness meaningfully, Mpower uses Health of the Nation Outcome Scales (HoNOS), a structured, clinically validated tool that captures improvements across symptoms, behaviour, impairment, and social functioning. This ongoing evaluation, conducted at intervals of 1 to 3 months, and subsequently at 6 months or beyond at regular intervals, helps refine treatment plans and demonstrate tangible outcomes. The 2024-25 HoNOS results for the assessment of Mpower Centres and Foundations revealed that continued therapy leads to sustained and multi-dimensional improvement:



Self-Reported Progress from the Beneficiaries



At Mpower, healing is not just measured through clinical tools; it is deeply rooted in how individuals experience change in their everyday lives. The reports from beneficiaries are an attestation of the impact created by the Mpower Centres and Foundation:



Mpower Campus Cells

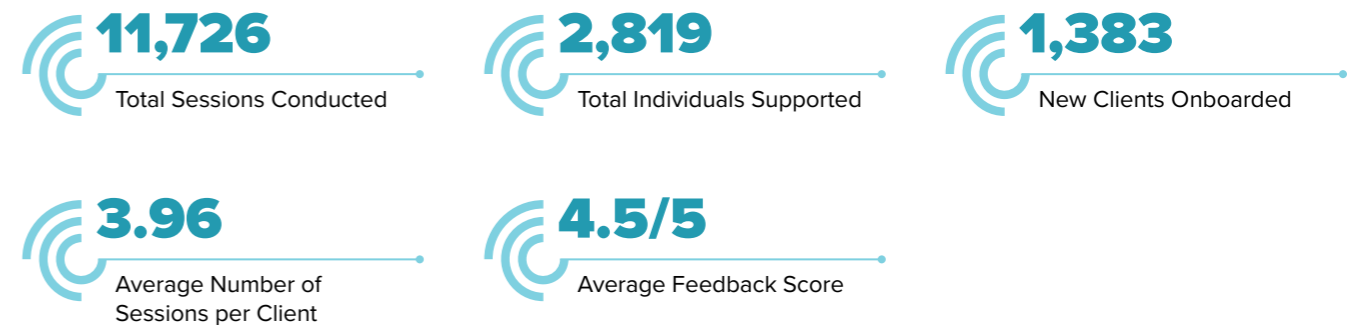
Currently operational across six campuses, BITS Pilani, BITS (Mumbai, Goa, Hyderabad), B.K. Birla College, and JECRC University, these cells offer a range of interventions including mental health screenings, personalised counselling sessions, teacher training modules, and structured awareness activities. Their presence has helped build emotionally healthier campus communities, strengthened peer support systems, and enabled students to navigate academic demands with greater resilience. The cells have been instrumental in supporting both students and staff, contributing to better academic engagement, emotional regulation, and overall mental well-being.



Prevalent Student Mental Health Concerns Identified

- > Academic Anxiety and Stress
- > Depression and Suicidal Ideation
- > Relationship Issues
- > Identity Issues
- > Family Concerns
- > Insomnia

Impact in Numbers

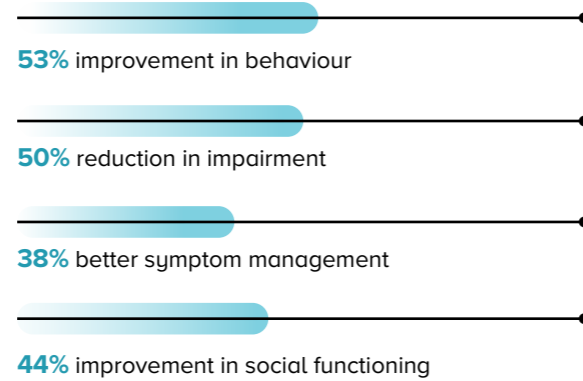


Outcomes Achieved

Tracking Impact through HoNOS Assessment



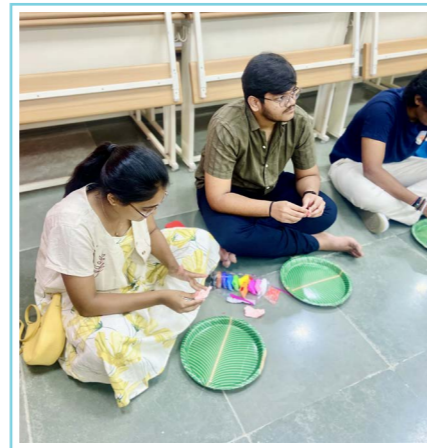
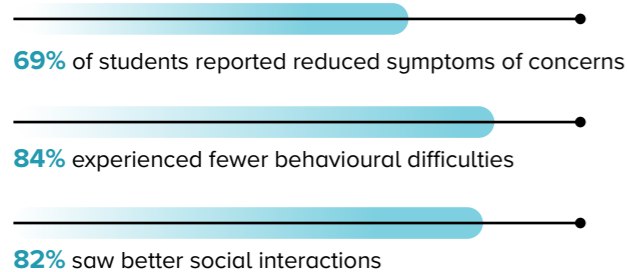
To ensure that the impact is real and lasting, the organisation has used the Health of the Nation Outcome Scales (HoNOS) to measure progress across four areas: Symptoms, Impairment, Behaviour, and Social Functioning. Over time, Campus Cell beneficiaries showed:



Improvements in behaviour and reduced impairment suggest that beneficiaries are gradually regaining control over their daily functioning and emotional responses. Gains in social functioning point to better peer interactions and a renewed sense of connection, while symptom management, though slower, shows early signs of therapeutic benefit.

Self-Reported Progress from the Beneficiaries

Self-reported outcomes from Campus Cell beneficiaries reflect a meaningful shift in how students perceive their emotional well-being. The assessments suggest:

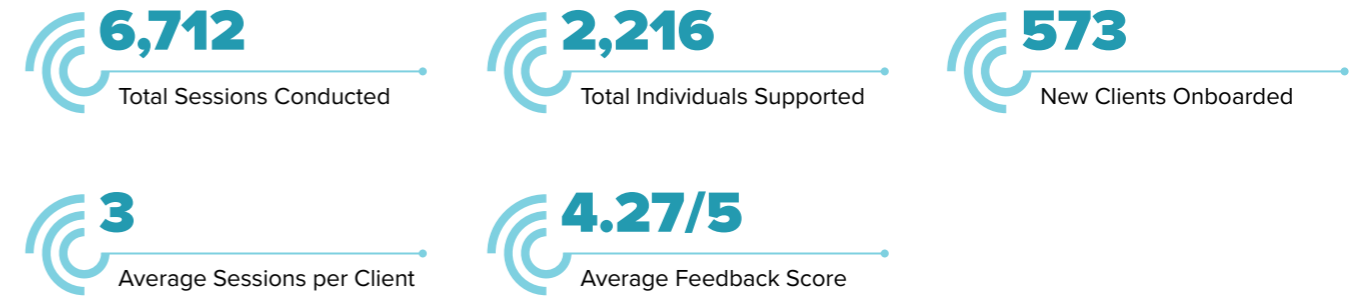


Mpower Clinical Cells

Mpower Clinical Cells have strengthened mental health outreach across cities and throughout India by delivering services in partnership with schools, colleges, NGOs, and corporates. These collaborations are enabling access to psychological support at the doorstep for diverse groups, thereby contributing to mental health accessibility and bridging the treatment gap. Feedback from clients indicates strong satisfaction with the quality of therapy provided, although opportunities remain to expand reach and deepen impact. To address this, the teams are actively refining strategies to maximise resource utilisation and enhance beneficiary engagement.



Impact in Numbers

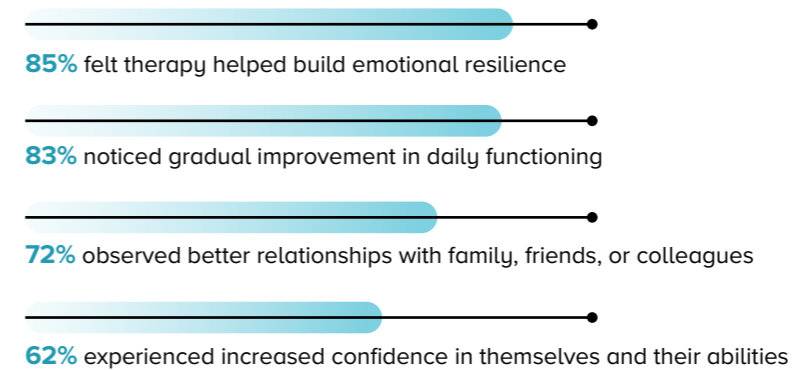


Outcomes Achieved

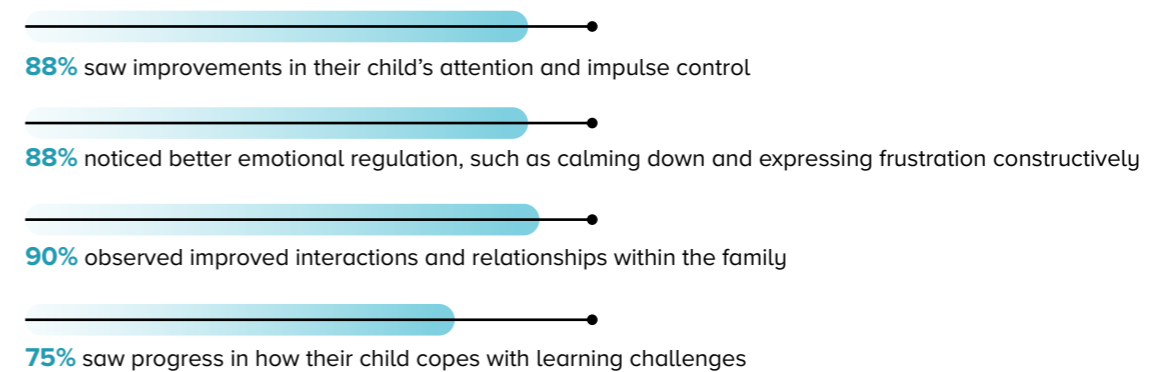
Self-Reported Progress from the Beneficiaries

Mpower Cell's therapy services have brought significant positive changes in the lives of both adult and child beneficiaries, as reflected in their self-reported progress.

Adults have experienced notable improvements in emotional resilience, confidence, relationships, and daily functioning, all of which contribute to a stronger sense of well-being and stability. Key outcomes reported by adult clients include:



For children, the impact of therapy is most visible through the observations of their parents. Therapy has helped children develop crucial emotional and behavioural skills that enhance their learning and social interactions, creating a more supportive environment for their growth. Parents reported:



Together, these insights underline how therapy not only addresses clinical needs but also fosters resilience and healthier relationships, laying the foundation for sustained mental and emotional well-being.

Helpline

Seeking mental health support can often be clouded by stigma, fear of judgment, or uncertainty around confidentiality. To break down these barriers, Mpower launched India's first dedicated mental health helpline, operated by trained psychologists and counsellors, and designed to offer immediate, empathetic support in a secure and non-judgmental space.

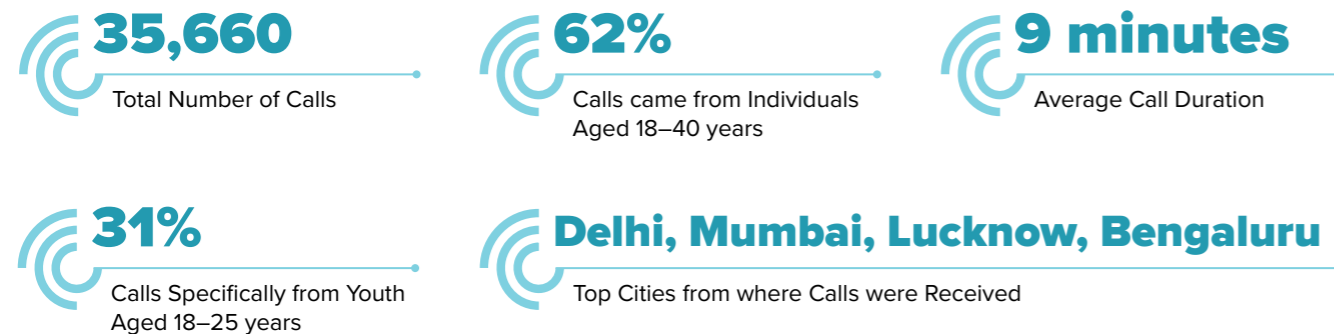
Key Features of the Helpline

- > 24x7 support in English, Hindi, and Marathi
- > Pan-India Availability
- > Caters to youth and adults facing anxiety, stress, relationship issues, and emotional crises

This mental health helpline continues to play a critical role in bridging the gap between need and access to psychological support.

This past year, the service recorded a 100% increase in inbound calls, reflecting a significant shift toward more open help-seeking behaviour.

Impact in Numbers



Relationship Concerns, Depression, Anxiety and Stress

Major Concerns Identified and Addressed

Outcomes Achieved

As a frontline mental health support service, the helpline played a vital role in early intervention and referral.

- > **90%** of callers experienced a **50%** reduction in emotional distress
- > **554** callers identified with psychiatric concerns were referred to government mental health services for further care

New Initiative

Sports Psychology Programme – AMP (Athlete. Mind. Performance.)

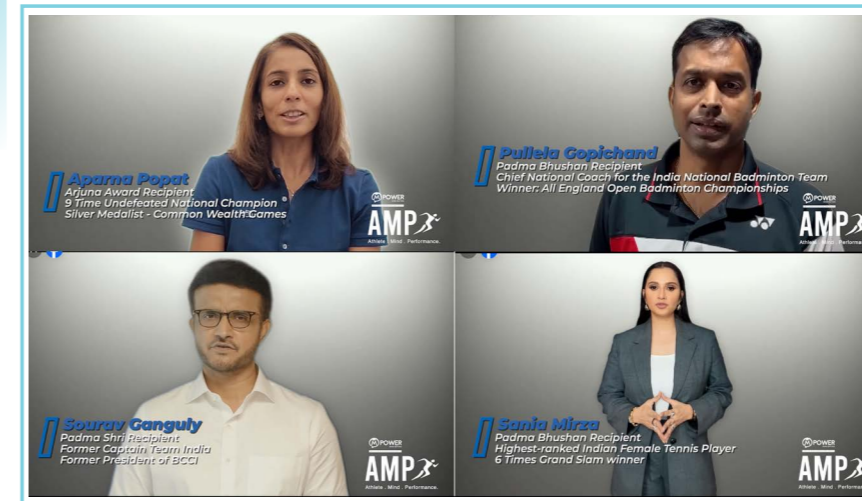
AMP empowers athletes across disciplines to build mental strength, recover and rise stronger.

As India emerges as a rising force in global sport, the importance of structured psychological support for athletes is more pressing than ever. AMP, Mpower's dedicated sports psychology initiative, launched in 2024-25, is designed to support athletes not just in their pursuit of physical excellence, but in building the mental resilience necessary for sustained performance and personal growth.

Through AMP's evidence-based and athlete-centric approach, Mpower provides a safe and professional environment to address these concerns while strengthening the psychological skills essential for excellence. It includes:

- > Personalised Screening
- > Direct Expert Access
- > Focussed Counselling
- > Ongoing Support

This structure allows athletes across competitive levels, whether grassroots or elite, to benefit from a consistent and high-quality psychological framework that complements their physical training.



Focus Areas of Impact

Each AMP intervention is crafted around the core dimensions of athletic development:

- > Stress Management
- > Injury Rehabilitation
- > Performance Enhancement
- > Confidence Building and Mental Toughness
- > Life Skills and Well-being

Impact in Numbers

- > **26** Workshops Conducted
- > **145** Participants Attended Workshops
- > **41** Therapy Clients
- > **4.4/5** Average Therapy Feedback Rating



Other New Initiatives

New Initiative

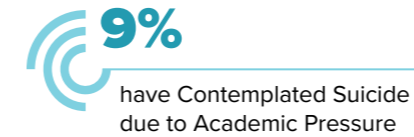
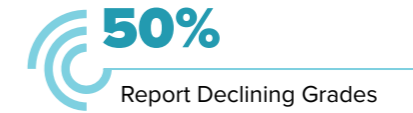
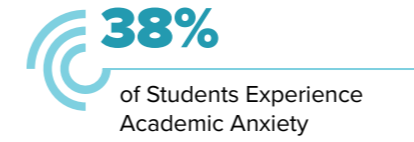
Mental Health Web Series – Zindaginama

Mental health remains a taboo topic in many communities, often shrouded in misunderstanding and stigma. This silence prevents individuals from seeking help and creates barriers to timely support. Recognising this critical gap, in 2024-25, Mpower launched 'Zindaginama', a compelling web series aimed at breaking the stigma surrounding mental health and promoting open, proactive dialogue. Released on World Mental Health Day, the series presents six relatable stories rooted in real-life experiences, fostering deep emotional connections and enhancing understanding across diverse audiences. Airing on SonyLiv, the series has ignited meaningful conversations and inspired individuals to prioritise mental well-being, driving a cultural shift towards greater awareness, openness, and timely support.

The series was also screened internally for 265 employees across ABET-Nalanda, TABIS, Ujaas, ABWA, and ABEA, sparking advocacy and active discussions about mental health within the organisation. Screenings of the series were also held at colleges to promote awareness and aid in spreading mental health literacy.



One of the summit's key moments was the launch of the report **'Unveiling the Silent Struggle,'** a study uniquely focussed on correlating mental health challenges among Indian youth with factors such as loneliness, insomnia, and academic stress. The report suggests:



Yet only **2%** seek professional help!
These alarming statistics highlight the urgent need for early intervention and accessible mental health services for young people.

Another key launch was the **Marsh Rise Up Report on Mental Health and Insurance in India**, which revealed an urgent need to integrate mental health within corporate and public insurance structures. Despite progressive policies, mental health coverage remains **under 1% utilisation**, highlighting the gap between intent and access.

Panel discussions explored a range of pressing issues—from cyber safety, substance use, and burnout to academic pressure and youth suicide. Conversations focussed on shifting the mental health narrative from reactive care to proactive support across schools, colleges, homes, and workplaces.

Discussions also addressed:

- > The mental health impact of social isolation, performance stress, and digital culture
- > The lack of parental awareness and need for skill-based engagement
- > Campus well-being as a preventive ecosystem
- > Community training through tools like **Mental Health First Aid (MHFA)**
- > The need for integrated policy, funding, and scalable support models

Recognising that no single sector can address this complex challenge alone, the summit emphasised the importance of breaking down silos and fostering collaboration across healthcare, education, policy, and community organisations.

The Summit reaffirmed Mpower's vision, aligned with **Viksit Bharat 2047**, to build a future where mental health is prioritised, and every young person is empowered to thrive.



New Initiative

Mental Health Summit 2025 – Mpowering Minds

Mental health challenges among India's youth are rising sharply, driven by growing academic pressures, social media influences, and entrenched stigma. Many young people struggle silently with anxiety, loneliness, poor sleep, and even thoughts of suicide, yet very few seek help. Recognising this urgent crisis, Mpower, under ABET, organised the Mental Health Summit 2025 to ignite a collective, action-driven conversation on youth mental well-being.

Held on 26th February 2025, the summit brought together over 300 attendees, including 15 world-renowned experts from institutions such as Harvard Medical School, the World Economic Forum, and Mental Health First Aid Australia. These leaders explored vital themes like resilience, equity, and community-led solutions, emphasising empathy and lived experience as key drivers for change.

Key highlights included:

- > **10+** thematic discussions and workshops
- > **2** exclusive research report launches
- > **300+** changemakers, youth advocates, and mental health professionals in attendance
- > **7** categories of awards recognising **10** inspiring changemakers
- > **Participation from diverse sectors:** healthcare, education, policy, and corporate



Outreach

Mpower's Outreach vertical serves as the awareness and capacity-building arm of the organisation. It plays a pivotal role in promoting mental health literacy, reducing stigma, increasing help-seeking behaviour, and equipping communities to proactively support mental well-being.

Mpower adopts a multi-stakeholder approach, engaging students, parents, teachers, professionals, and community leaders, to foster inclusive mental health ecosystems. These programmes focus not just on addressing mental health issues but on strengthening individuals' coping mechanisms, emotional resilience, and psychological safety.

Mental Health Literacy Workshops

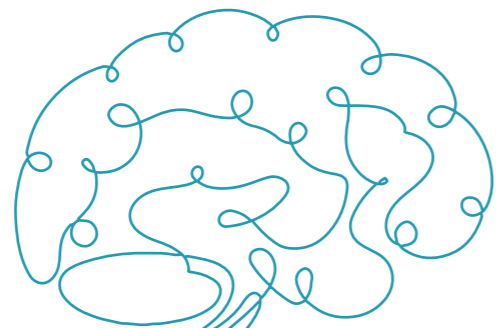
Mpower delivers customised mental health programmes across schools, workplaces, and communities to promote awareness, build emotional resilience, and encourage help-seeking behaviours.

Schools and Colleges	Workplaces	Communities
Student mental health literacy sessions	Training across leadership levels	Culturally contextualised mental health literacy sessions
Teacher capacity-building	Self-care and stress management workshops	Partnerships with local NGOs
Parent engagement	Capacity building training for managers as Mental Health Champions	Training local influencers as First Aiders
Peer-led discussions	Policy advisory and framework support	Capacity-building for community leaders and NGO partners



Examples of Topics Delivered:

- > Cultivating emotional resilience
- > Managing anxiety and disordered eating
- > Strengthening family relationships
- > Building confidence in adolescence
- > Addressing peer pressure and early relationships
- > Encouraging mindful habits and self-kindness
- > Navigating occasional drinking and failure
- > Practising emotional first aid and managing procrastination



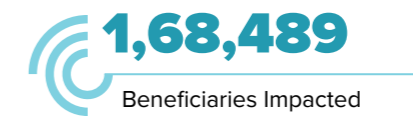
Empowering through Capacity Building

Mpower's outreach extends beyond one-time awareness sessions to more sustained and structured training modules that build long-term capacity within the community.

- > **Youth Mental Health First Aid (YMHFA)**
A comprehensive 14-hour training empowering adults in contact with youth to recognise early signs of mental distress and provide initial support.
- > **Teen Mental Health First Aid (TMHFA)**
Peer-led training for students in Grades 7–12, teaching them to identify mental health concerns among peers and connect them to trusted adults.
- > **DISHA Certificate Training**
An interactive, language-accessible programme designed for community change-makers to become 'Mental Health Champions,' promoting awareness and support at the grassroots.
- > **Mental Health Champion Programme**
Training passionate employees to serve as workplace advocates, capable of recognising and addressing mental health issues confidently and compassionately.



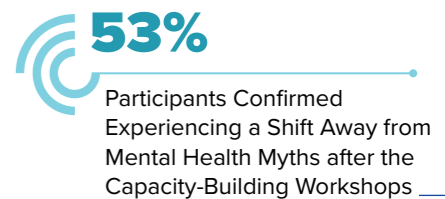
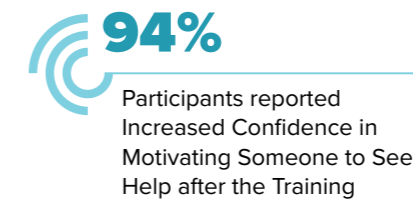
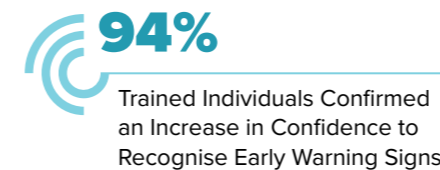
Impact in Numbers



- > **Mental Health Literacy Programme Outcomes**
Sensitising the diverse audience groups with increased mental health literacy and help-seeking behaviour.



- > **Capacity-Building Programme Outcomes**
Mpower's capacity-building programmes train First Aiders and community gatekeepers to identify early signs of distress and guide individuals to appropriate mental health care.



Nationwide Community Outreach Programme

Aligned closely with the National Mental Health Programme (NMHP), this initiative focusses on decentralising mental health care by empowering communities through comprehensive awareness campaigns.

Impact in Numbers

10 States
Covered by the Programme

10.77 lakhs
People Reached

1,100+
Partnerships Formed (NGOs, Schools, Colleges, government Institution)

16,516
Mental Health Literacy Sessions Conducted

900+
Facilitators Trained

43
NGO Partners Collaborated with

445
College Volunteers



Outcomes Achieved

- > **87%** increase in correct responses from the baseline, indicating higher mental health literacy
- > **100%** improvement in community knowledge regarding the difference between Psychiatrists and Psychologists
- > **41%** increase in willingness to seek help, signalling reduced stigma and improved help-seeking behaviour



Punjab

Beneficiaries Reached: 1,31,462
Increase in Mental Health Literacy (%) Reported: 18.1%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 25.7%

Rajasthan

Beneficiaries Reached: 87,494
Increase in Mental Health Literacy (%) Reported: 28.2%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 32.2%

Gujarat

Beneficiaries Reached: 1,21,894
Increase in Mental Health Literacy (%) Reported: 26.8%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 32.3%

Goa

Beneficiaries Reached: 54,912
Increase in Mental Health Literacy (%) Reported: 54.3%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 66.7%

Riding on the success of the programme's impactful reach and measurable community behaviour change, Mpower aims to deepen its presence with a renewed focus on closing the knowledge-action gap, especially in underperforming regions. Future phases will also prioritise culturally responsive interventions and digital delivery mechanisms for wider outreach.

Delhi

Beneficiaries Reached: 1,01,395
Increase in Mental Health Literacy (%) Reported: 39.4%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 32.3%

Madhya Pradesh

Beneficiaries Reached: 1,11,469
Increase in Mental Health Literacy (%) Reported: 32.9%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 42.3%

Bihar

Beneficiaries Reached: 1,24,861
Increase in Mental Health Literacy (%) Reported: 18.3%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 22.9%

Telangana

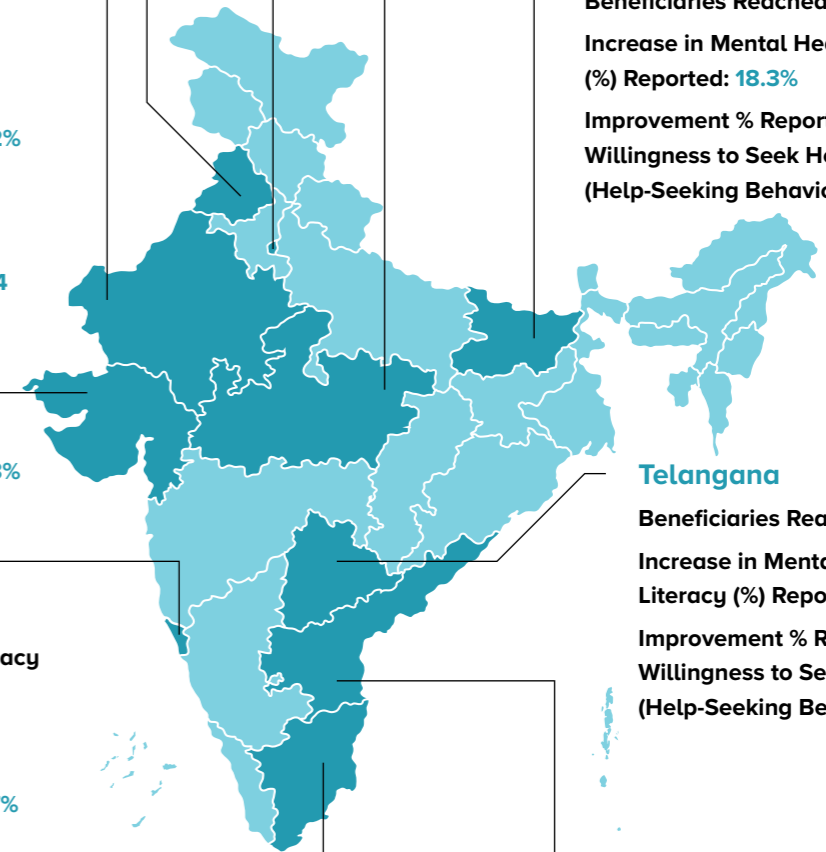
Beneficiaries Reached: 1,07,037
Increase in Mental Health Literacy (%) Reported: 41.2%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 31.1%

Tamil Nadu

Beneficiaries Reached: 1,02,003
Increase in Mental Health Literacy (%) Reported: 27.5%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 22.1%

Andhra Pradesh

Beneficiaries Reached: 1,35,243
Increase in Mental Health Literacy (%) Reported: 39.1%
Improvement % Reported in Willingness to Seek Help (Help-Seeking Behaviour): 1.9%

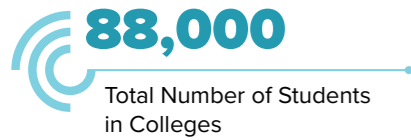
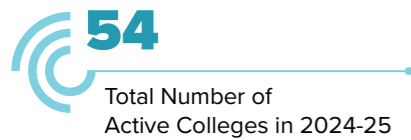


Disclaimer: This map is a generalised illustration only for the ease of the reader to understand the locations, and it is not intended to be used for reference purposes. The representation of political boundaries and the names of geographical features/states do not necessarily reflect the actual position. 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.

COPE – Counselling and Outreach for Peer Empowerment

Across India's college campuses, mental health challenges like depression (25.9%) and anxiety (13.7%) are increasingly common, yet help-seeking remains low due to stigma and limited access. Mpower's COPE initiative was designed to bridge this gap by embedding mental health awareness and support systems directly into college environments. By creating peer-led mental health clubs, the programme fosters open dialogue, promotes emotional well-being, and encourages students to seek timely help when needed. These clubs serve as safe spaces for peer connection, guided discussions, and practical learning through expert-led workshops and structured interventions.

Impact in Numbers



Outcomes Achieved

COPE's outreach and innovative strategies were recognised nationally, earning it the **'Best Mental Health Initiative of the Year – 2024'** at the Indian CSR Awards.

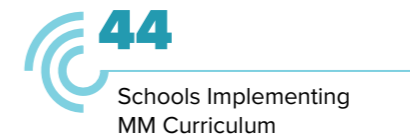
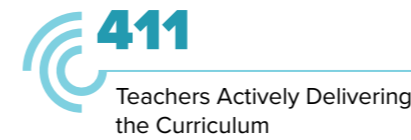
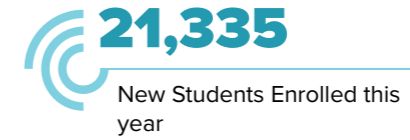
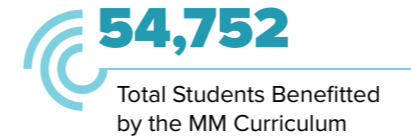
- > Raising awareness of mental health issues
- > Promoting help-seeking behaviour among students
- > Facilitating access to professional mental health services when needed
- > Offering a guided peer-support structure to address emotional concerns
- > Contributing to a healthier, more open campus environment



Minds Matter

The Minds Matter programme promotes mental and emotional well-being alongside academics for students in Grades 1 to 12 through a five-module curriculum. It fosters a supportive environment where children build resilience, manage emotions, and express themselves freely. Through capacity building, it empowers teachers mentoring, classroom integration, it equips students with skills to handle stress, improve focus, and develop healthier relationships.

Impact in Numbers



Outcomes Achieved

360-degree feedback from students, teachers, and the principals highlights positive changes in mental health awareness, behaviour, and academic engagement.

The Students

- > **Improved Coping Skills:** 79% of students reported better ways to handle stress and difficult situations
- > **Boosted Confidence:** 82% felt more confident in their abilities after the curriculum
- > **Safer School Environment:** 56% noticed a reduction in bullying and harassment
- > **Enhanced Academic Performance:** 77% experienced improved academic results linked to emotional well-being

The Teachers

- > **Greater Confidence in Support:** 95% felt more confident identifying students needing extra help
- > **Behavioural Improvements:** 86% observed fewer behavioural issues among students
- > **Decrease in Bullying:** 86% confirmed reduced incidents of bullying and harassment
- > **Increased Student Engagement:** 90% reported better academic involvement due to emotional well-being

The Principals

- > **Reduced Bullying Incidents:** 61% observed measurable decreases since curriculum adoption
- > **Improved Mental Health Literacy:** 83% confirmed students have a better understanding of mental health concepts
- > **More Help-Seeking:** 72% validated that more students voluntarily seek counselling services
- > **Reduced Stigma:** 67% noted less stigma around mental health discussions in their schools



Awareness Initiatives During the Year



- > Championing mental health at large-scale events
- > Web series on mental health – Zindaginama
- > Global summit sharing perspectives from around the world
- > High-visibility canvas paintings with positive affirmations
- > Targeted, year-round social media campaigns
- > Meaningful collaborations with prominent influencers
- > Open-mic conversations at social gatherings to engage youth
- > Igniting mental health conversations with brands across industries
- > Pan-India workshops addressing youth-centric topics
- > Marching to promote mental health awareness across India

Mpower's Public-Private Partnerships in Action

Mpower's flagship initiatives are designed to meet the distinct mental health requirements of diverse groups, ranging from rural populations to specialised sectors such as Law Enforcement, Child Care Institutes, Municipals Schools among others, ensuring a broad and meaningful impact.



With the Government of Maharashtra



With the Mumbai Police



With the Railway Protection Force



With the Municipal Corporation of Greater Mumbai



With the Central Industrial Security Force



With NIMHANS and the Government of India



With the Women and Child Department, Government of Maharashtra



With the Government of Maharashtra



With the Maharashtra Police

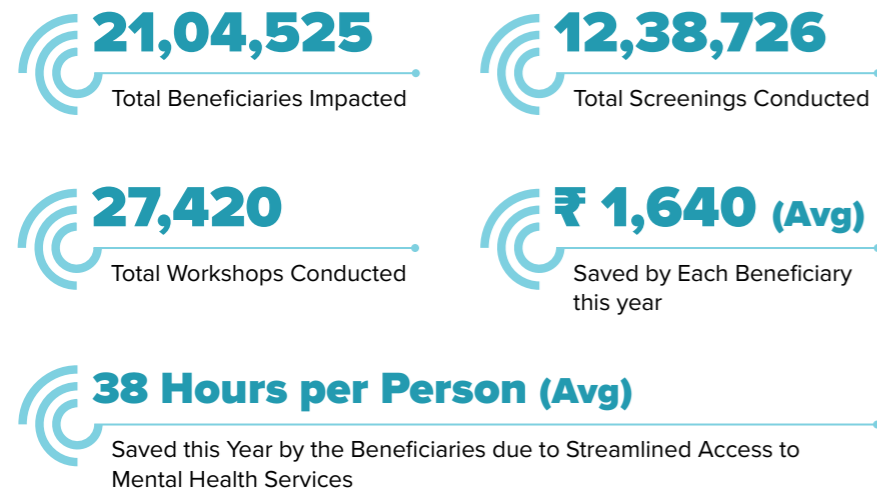


Project Samvedna

Building on 2023-24, when Project Samvedna raised awareness and expanded mental health awareness across 34 districts in Maharashtra, this year focussed on deeper community outreach and clinical integration. By bridging the information gap and making referrals to the existing District Mental Health Programme (DMHP) of the Government, the project enabled better utilisation of government services through increased help-seeking behaviour among rural communities

In 2024–25, the project identified at-risk individuals, reducing delays and costs of seeking care. About 6% of those screened were referred to the District Mental Health Programme (DMHP) for further care.

Impact in Numbers



In Jalna, one of the implementation districts, **20%** of individuals at risk, who are accessing Mpower’s services, demonstrated over **75%** clinical improvement, pointing to the effectiveness of continued care and early intervention.

Testimonials

“Since the launch of Project Samvedna, our daily OPD footfall has increased from 60 to 150 patients. This clearly reflects how the initiative is bridging the gap and making mental health services more accessible to those who need them most.”

– Social Worker, District Mental Health Programme

“Being able to access mental health care within my own district has saved me both time and money. It has made seeking help far more convenient and affordable.”

– Beneficiary, Rural Resident

“Project Samvedna has brought greater awareness about mental health to our community. People are now beginning to understand and acknowledge mental health issues more openly.”

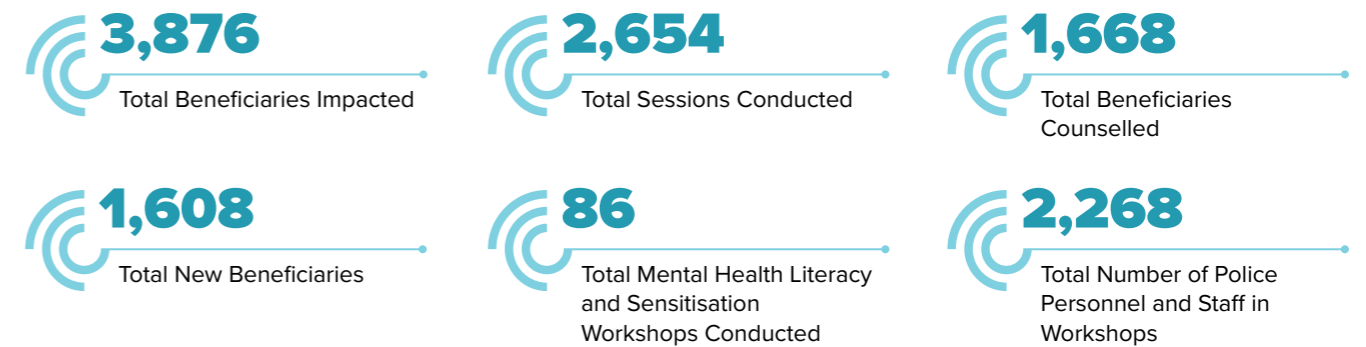
– Beneficiary, Rural Resident

Project Saksham

Project Saksham has significantly expanded its reach and depth of services in 2024-25. Recognising the urgent need for trauma-informed care within the criminal justice system, the project now provides dedicated mental health support to both survivors and alleged offenders. This intervention is operational across 100% of police stations in Mumbai and Thane, making it a comprehensive, system-wide initiative. Building on last year’s work with Mumbai Police’s Nirbhaya Pathak, the project provides targeted counselling to promote emotional resilience and better coping.

As cases of sexual harassment, molestation, and trafficking increase, Saksham has expanded its reach, delivering thousands of sessions addressing anxiety, depression, and substance use, especially among justice seekers from the lower-income groups.

Impact in Numbers



Outcomes Achieved

By addressing mental health at both individual and systemic levels, Saksham continues to build pathways to healing and rehabilitation within high-risk environments.

- > **72%** of beneficiaries rated the services 5 out of 5, reflecting high satisfaction levels
- > **68%** of participants reported a reduction in mental health distress, indicating a measurable impact of interventions



Project Suraksha

Following last year's foundation, Project Suraksha expanded its mental health support for Railway Protection Force personnel by delivering focussed mental health literacy sessions. By integrating these interventions directly within the work environment and collaborating closely with the force, the programme enhanced early identification of distress and promoted effective coping strategies among personnel.

Impact in Numbers

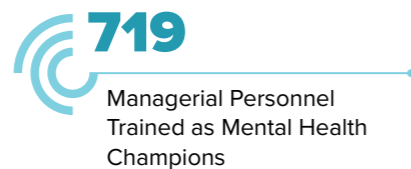
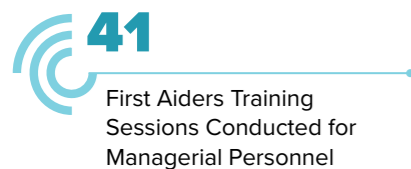
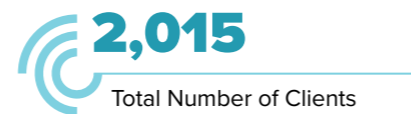


Project Mann

Building on ongoing efforts to enhance well-being in security forces, Project Mann continued to provide comprehensive mental health services tailored to the unique stresses of CISF roles.

Through capacity building as First Aiders, mental health literacy workshops, followed by structured screening, tele-counselling via a 24x7 helpline, and in-person counselling sessions, Project Mann equips personnel and their families to manage stress and emotional challenges. These targeted interventions are strengthening mental resilience and improving overall effectiveness, ensuring the CISF remains prepared to safeguard critical infrastructure across the nation.

Impact in Numbers

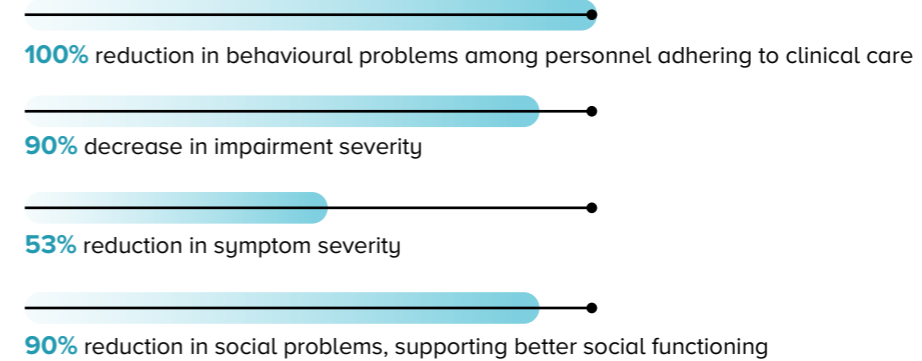


Outcomes Achieved

- > A significant **40%** reduction in suicide rates among personnel has been confirmed by the Central Industrial Security Force (CISF), as reported in multiple newspaper articles, highlighting the positive impact of targeted mental health initiatives.
- > First Aider training have demonstrated substantial improvements in mental health literacy and supportive behaviours within the force:
 1. There was a **41%** increase in correct responses from the baseline in identifying colleague distress, equipping managers with critical first response knowledge
 2. Participants showed an **88%** improvement in factual understanding of anxiety and depression, effectively breaking myths and fostering a better grasp of mental health well-being
 3. Awareness of the detrimental impact of judgemental attitudes increased by **24%**, aiming to cultivate a more empathetic and supportive ecosystem

Prior to the intervention, personnel showing signs of mental health struggles were frequently misjudged and labelled as 'lazy,' 'unmotivated,' 'inefficient,' or 'difficult.' Through targeted awareness sessions and training, the programme has helped transform this perception, fostering a more informed and empathetic environment where individuals now feel safer and more supported in speaking openly about their mental health.

- > Evaluations using the Health of the Nation Outcome Scales (HoNOS) revealed remarkable behavioural and symptomatic improvements among personnel receiving mental health interventions:



Testimonials

"I am very grateful to team Mann for organising this 2-day MHCP. We got to know about various illnesses, mental health and various techniques about how to recognise disorders early in time in order to prevent the personnel under us from taking extreme steps. In particular, I got to learn about the OALA technique and the case studies were very helpful. The videos shown were very helpful too. This will help me in addressing the issues at my unit."

– Deputy Commandant Kavyanjali Gupta in CISF Mumbai Port



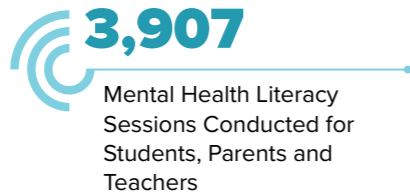
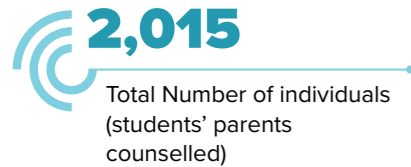
Project Oorja

Project Oorja, in partnership with the Municipal Corporation of Greater Mumbai (MCGM), is continuing to work on strengthened mental health support within city schools.

The programme delivered teacher training, classroom mental health literacy sessions, and counselling to address issues such as academic stress, low self-esteem, depression, and substance use. Over the past year, Project Oorja provided timely, accessible care to thousands of students, shaping a model for school-based mental health services.

The positive outcomes and effectiveness of Project Oorja have been validated through a comprehensive third-party evaluation conducted by CSRBOX.

Impact in Numbers



Outcomes Achieved

Over the course of three years, until its closure in March 2025, Project Oorja has made a meaningful difference in the lives of students and their families:

- > **Direct Reach:** 33% of all students received counselling addressing diverse concerns such as anxiety, depression, self-image, learning disabilities, academic stress, suicidal ideation, substance use, and relationship challenges
- > **Safe Space:** 64% of students strongly agreed that the counselling room provided a safe and supportive environment
- > **Academic Benefits:** 70% of students strongly felt that counselling positively influenced their academic performance
- > **Parental Feedback:** An overwhelming 94% of parents reported noticeable positive changes in their child's behaviour and overall well-being

Testimonials

"Project Oorja helped me manage my anxiety and school stress. I feel more confident and focussed now. I'm really grateful for the support!"
— 10th Year Student

"This programme has helped me better support my child's mental health. I now feel more connected and equipped to help them through challenges."
— Parent

"The Psychological First Aid training from Project Oorja has helped me better support my students. I feel more confident in addressing their emotional needs."
— Secondary School Teacher

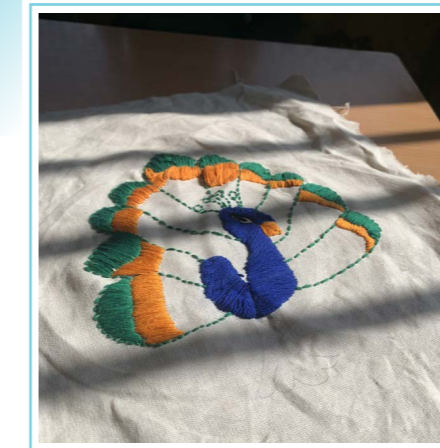
"Project Oorja has made a huge impact. Students are more open about their struggles, and I've seen real positive changes in their emotional well-being."
— School Counsellor (Mpower)

Project Masoom

Maharashtra's Child Care Institutions (CCIs) house children facing significant emotional trauma and a lack of mental health support. Following the foundation laid earlier, Project Masoom continued to focus on providing immediate trauma relief and counselling to help these children manage the effects of trauma and neglect.

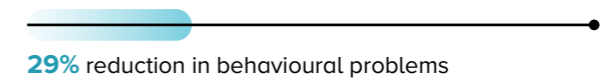
Project Masoom fosters emotional stability and resilience, hoping to aid developmental outcomes for children in institutional care. Mpower and the Government of Maharashtra remain committed to transforming mental health support in CCIs, ensuring children receive the assistance necessary for immediate trauma relief and care.

Impact in Numbers



Outcomes Achieved

- > Immediate Trauma Relief **100%** of the children brought to the Child Care Institutions (CCIs) were provided immediate trauma relief and care
- > **Addressing Severe Cases:** During screening, alarmingly, **44%** of children showed symptoms corresponding to more than five mental health disorders, indicating significant psychological distress.
- > **HoNOS** (Health of the Nation Outcome Scales) Assessment
Due to most interventions lasting only one month, comprehensive HoNOS assessments were conducted primarily for children receiving support lasting longer than three months. Among those with consistent intervention, the following were noticed:



Case Study

A.R., a 16-year-old resident of Bhiwandi Girls CCI, was recognised as experiencing isolation by Mpower's counsellor. She shared feelings of sadness, loneliness, and frustration with her current environment, which left her unproductive and disconnected from her studies. Using Cognitive Behavioural Therapy (CBT) and positive reinforcement, Mpower's psychologist helped her reframe negative thoughts and encouraged her to discuss returning to a previous CCI where she felt more supported academically.

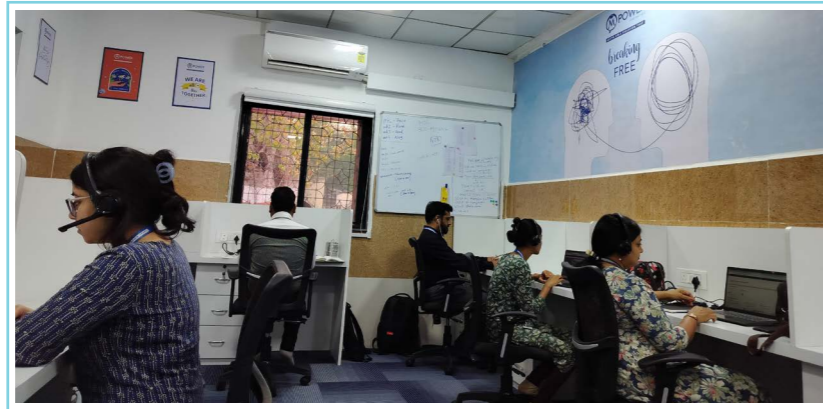
Through counselling, A.R. showed increased motivation and hope. She became more engaged with her education and took steps toward advocating for her needs. This case highlights Mpower's role in supporting vulnerable youth to regain confidence and pursue their goals.

Project TeleMANAS

Project TeleMANAS continues to provide immediate, confidential mental health support through a toll-free helpline, especially for those in remote and underserved areas. Primarily serving individuals aged 18–40, with a large number of callers between 18–25 years, the helpline addresses common concerns like anxiety, depression, stress, and relationship issues.

TeleMANAS increasingly serves as a vital gateway, connecting callers with formal government mental health services when needed. This growth highlights a positive shift towards seeking help and reinforces TeleMANAS as an accessible entry point into India's mental health care system with Mpower as one of its important contributors.

Impact in Numbers



Project Saathi

Maharashtra's regional hospitals have long faced challenges in delivering comprehensive mental health services due to outdated infrastructure, limited resources, and a shortage of trained personnel.

In response to these systemic gaps, Project Saathi was launched to strengthen the mental health infrastructure of regional hospitals across Maharashtra. The initiative focusses on:

- > **Clinical Support:** Providing specialised mental health services to address the diverse needs of patients
- > **Equipment Provision:** Supporting with infrastructure development and therapeutic equipment to enhance treatment diagnosis and capability
- > **Capacity Building:** Training healthcare professionals to navigate caregivers' burden and improve service delivery and patient outcomes

By integrating these components, Project Saathi aims to create a sustainable and resource-sensitive mental health ecosystem within the state's public health framework.

Impact in Numbers



Outcomes Achieved

Impact of the IPD Patient Intervention:

47% overall improvement in clinical symptoms among participants

46% reduction in anxiety, easing emotional distress

46% increase in energy, enhancing vitality and daily functioning

48% drop in hostility, improving social interactions

Case Study

A 30-year-old male from Bilaspur, Chhattisgarh, was admitted for aggressive behaviour accompanied by a depressive mood. The treatment focussed on managing aggression and stabilising mood through therapeutic sessions emphasising emotional expression and attention regulation.

In the initial sessions, activities included rhythm mirroring, creative art exercises with calming music, identification of emotions using cards, and relaxation techniques such as breathing exercises and physical movement. By the second session, the patient showed noticeable mood improvement, reporting feeling 'Happy' and more positive. Consistent attendance and medication adherence contributed to his progress. The patient shared that the sessions made him and others feel 'Refreshed and Happy,' highlighting the therapeutic benefits.

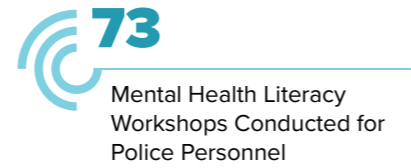
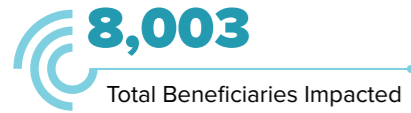


Project Niramay

Project Niramay is a focussed mental health initiative launched to support the Maharashtra Police, addressing the often-overlooked emotional and psychological challenges faced by officers. Recognising the high stress, anxiety, and stigma associated with seeking help in policing, the project provides wellness screening with confidential helpline services, counselling services and mental health literacy workshops for promoting help-seeking behaviour in individuals.

Since its launch in Navi Mumbai and Nagpur, Project Niramay has reached over 5,200 unique individuals manage work-related stress, sleep issues, and personal struggles. This initiative aims to foster a culture of mental well-being within the police force, empowering officers to prioritise their mental health while strengthening their resilience on the job.

Impact in Numbers



Rewards and Recognitions

In 2024–25, Mpower's work in the field of mental health received widespread national recognition, reaffirming the impact and credibility of its interventions. The awards received this year reflect not only the scale of the interventions but also the depth of commitment towards preventive care, awareness building, and community mental health support.

<p>Social Impact Leader Award – 3rd BW Disrupt Social Impact Leader Award 2024</p> <p>Presented on 16th December 2024 at Eros Hotel, New Delhi</p>	<p>Excellence in Mental Health Awareness Campaign – ET Nutrition & Wellness Awards 2024</p> <p>Presented on 6th December 2024 at Hyatt Regency, New Delhi</p>
<p>Patient Centric Preventive Health Brand – IHW Patient First Summit & Awards 2024</p> <p>Presented on 13th December 2024 at Novotel, Mumbai</p>	<p>Mental Health – Community Impact Category – GWHIC Awards 2024</p> <p>Presented on 11th December 2024 at IIT Bombay</p>
<p>Best Mental Health Initiative of the Year – Indian CSR Awards 2024</p> <p>Presented on 29th November 2024 in Dwarka, New Delhi</p>	<p>CSR Health System Strengthening Project – 8th Edition of CSR Health Impact Awards 2024</p> <p>Presented in October 2024, New Delhi</p>

Aditya Birla Education Academy: Transforming Teaching, Upholding Excellence.

Aditya Birla Education Academy (ABEA) has emerged as a respected institution dedicated to advancing professional development for educators. Founded with a clear purpose to uplift and support teaching professionals, ABEA has earned recognition as one of India's most preferred institutes for educator training. Its core mission revolves around equipping teachers with contemporary, global approaches to education, helping them grow into impactful facilitators of learning who shape the minds, and the futures, of the next generation.



Program Director's Message



As we conclude yet another rewarding year at the Aditya Birla Education Academy, I am overwhelmed with pride and gratitude. This year reflects the power of collaboration, resilience, and a shared commitment to educational excellence. I extend my heartfelt gratitude to our faculty members, educators, and partners whose support and dedication continue to drive our mission forward.

At ABEA, we believe that education goes beyond imparting knowledge; it shapes character, nurtures curiosity, and builds futures. We firmly uphold the belief that continuous professional development is fundamental to a strong and progressive education system. In a world that is constantly evolving, it is vital for educators to embrace new methods, technologies, and approaches to enrich the learning experience.



In the past year, we have had the privilege of upskilling 12,000 teachers, in India through our extensive and carefully curated training programmes.

These programmes are designed to equip educators with advanced pedagogical skills, enabling them to navigate diverse classroom environments with confidence and creativity. Through a culture of lifelong learning, we continue to empower teachers to create dynamic, engaging, and inclusive educational spaces.

At ABEA, our commitment to holistic development has evolved further, extending beyond student education to the continuous professional growth of educators. Through our dedicated Teacher Upskilling Centre, we have introduced initiatives focussed on the application of artificial intelligence in classroom teaching. This programme ensures that teachers are well-prepared to meet the diverse needs of today's learners, inspiring and engaging them more effectively. By supporting educators in mastering new technologies and innovative practices, we are strengthening our mission to nurture well-rounded, confident individuals who are prepared to face future challenges.

Our academy offers a wide range of courses tailored to meet the varied needs of educators across different boards, including ICSE, CBSE, and international curricula. We remain committed to promoting innovative teaching methodologies such as project-based, enquiry-based, and concept-driven learning. A significant highlight has been the integration of artificial intelligence into our training modules, providing teachers with transformative tools to make teaching and learning more interactive and impactful.

Beyond professional development, our In-Service Training programme ensures that educators stay abreast of the latest strategies and methods. Our collaborations continue to enrich our offerings. Our collaboration with BITS

Pilani offers an executive leadership programme aimed at shaping visionary educational leaders. Our online Postgraduate Diploma in Global Education continues to thrive, which helps teachers apply global best practices in real school settings, while meeting local needs.

Looking ahead, my vision for ABEA is to create a dynamic and adaptive learning environment that champions holistic education, fosters innovation, and encourages strong community engagement. I envision the academy evolving into a premier centre not only for academic excellence but also for nurturing essential life skills, emotional intelligence, and creative problem-solving abilities.

Key to this vision is the integration of technology to offer personalised and interactive learning experiences, the enhancement of continuous professional development programmes, the promotion of mentorship among educators, and the establishment of meaningful partnerships with industry leaders and educational experts. By strengthening the connections between our academy, the community, and the broader educational ecosystem, we aim to nurture a generation of educators and students ready to thrive in an ever-changing global landscape.

Together, let us advance with passion, purpose, and a unified commitment to building a brighter, more inclusive, and future-ready education system. Thank you for being an integral part of our journey.

Warm regards,

Prodipta Hore
Program Director, ABEA

Key Numbers and Impact

With each passing year, ABEA's role in shaping the educational landscape grows in depth and significance.

Metric	Numbers
Total Teachers Trained in 2024-25	~12,000
Number of Programmes	6
Collaborations During the Year	3
Partner Facilitators	100+
Workshops Conducted During the Year	374
Cities Impacted During the Year	100+
Total Training Hours	900
Locations	100+ (Same as cities)
Awards	<ul style="list-style-type: none"> > Jharkhand Innovation Challenge – 2024 > Skill Development Initiative of the Year in Higher Education

These figures emphasise ABEA's dedication to advancing teacher development at scale. They also highlight its success in engaging a diverse pool of educators through a comprehensive array of programmes and workshops.



The ABEA Distinction

Distinguishing Features of ABEA's Teacher Education Programme

- > **Leading Centre for Educator Development:**
ABEA has established itself as a highly trusted and respected institution for professional learning among educators in India. Its reputation is built on a commitment to delivering high-quality educational programmes that meet the needs of today's teachers
- > **Supporting Career Advancement:**
Each programme is meticulously designed to foster professional growth and assist educators in advancing their careers. ABEA's structured approach ensures that participants acquire the skills and knowledge necessary for career progression
- > **Expert-Led Learning:**
Courses at ABEA are crafted and delivered by seasoned educators who bring international experience to the table. This provides participants with a diverse perspective and introduces them to contemporary teaching approaches, ensuring a comprehensive learning experience
- > **Equipping Educators for the Future:**
ABEA emphasises contemporary teaching methodologies and stays abreast of the latest global advancements. This focus ensures that participants are well-prepared to address the evolving demands of modern classrooms, making them adept at implementing innovative teaching strategies



Major Programmes and Projects


1. Gujarat Project: Curriculum Benchmarking and Instructional Enhancement Initiative

As part of ABEA's commitment to improving educational outcomes and teaching effectiveness, the Gujarat Project was launched to strengthen academic planning and instructional delivery in partner schools.


ABEA conducted a comprehensive need analysis in partner schools across Gujarat to identify learning gaps and improvement areas. The existing curriculum was benchmarked against IB, IGCSE, ICSE, and CBSE standards, leading to the identification of core concepts and strategic refinements in academic planning.

The initiative focussed on strengthening instructional delivery through the development of period-wise lesson plans and concept-specific activities. Extended learning materials were also provided to support deeper understanding and student engagement. This project empowered educators with structured, globally aligned tools to enhance teaching and learning outcomes.


Impact Highlights




Curriculum Innovation:
Integrated global education principles for holistic learning



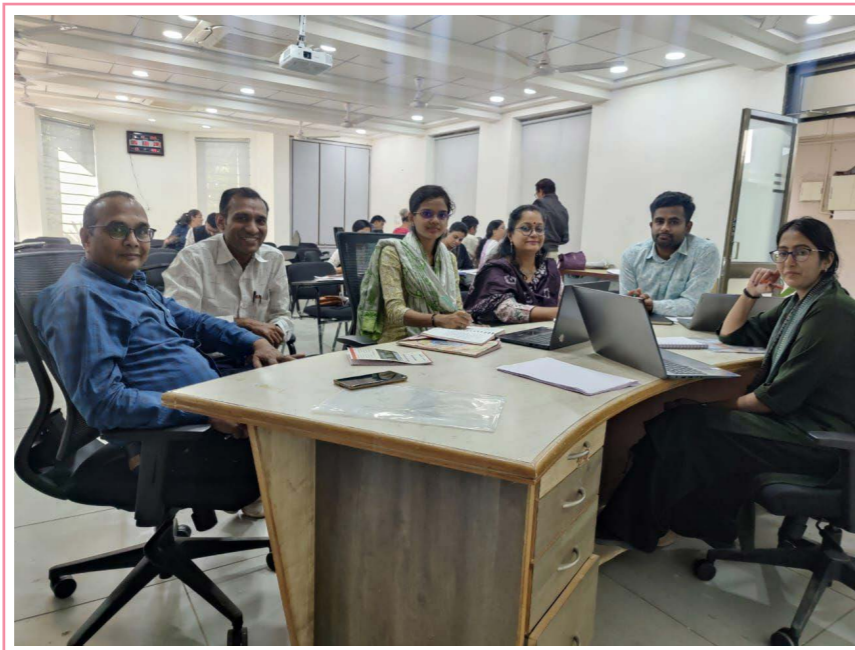
Tech Integration:
Promoted use of digital tools in classrooms for future-ready skills



Systemic Change:
Promoted systemic classroom transaction in schools of excellence



Effective Simulation:
NEP & NCFSE-based recommendations for competency-based education



2. Capacity-Building Initiative for Ulhasnagar Municipal School Teachers

ABEA collaborated with Ulhasnagar Municipal Corporation to enhance pedagogical skills and foster teaching excellence among 41 teachers from 21 Ulhasnagar Municipal Schools, covering subjects like Languages, EVS, Science, and Mathematics. Conducted between 21st January 2025 and 27th March 2025, the programme delivered 40 sessions through a blended online-offline format, ensuring comprehensive and flexible learning for all participants.

The programme successfully fostered professional growth, boosted teacher confidence, and laid the groundwork for improved classroom practices.



Impact Highlights

- 

Shown measurable competency improvement after training, with 97% of teachers demonstrating growth
- 

Achieved high proficiency (above 75%) by 57% of participants, reflecting effective knowledge transfer
- 


Remained below the expected competency threshold in only 3% of teachers, emphasising areas for focussed support


3. Pedagogical Upskilling for Aditya Birla Public Schools

In line with its vision to empower educators, ABEA conducted a large-scale upskilling initiative reaching approximately 1,000 scholastic and co-scholastic teachers of Aditya Birla Public Schools across India. The sessions focussed on enhancing teaching practices and integrating modern, learner-centric teaching methodologies.

Delivered through both online and in-person formats, the training was tailored to different cohorts, teachers of Grades 6–8, 9–10, and 11–12, to ensure relevance and subject-specific depth. The initiative allowed teachers to enhance their instructional strategies, stay updated with current educational trends, and improve student engagement across disciplines.

Impact Highlights

- 

Significant Improvement in High Performers:
We observed a 400% rise in the number of teachers in Cohort 1 (those scoring more than 80% on the assessment) from Year 2 to Year 3
- 

Reduction in Mid-Range Performers:
Concurrently, there was a 63% reduction in the number of teachers in Cohort 2 (those scoring between 50% and 80%). This indicates a successful transition of educators into higher proficiency tiers

Prime Education Courses

1. INSET Workshops: Continuous Professional Development for Educators

ABEA's In-Service Education and Training (INSET) provides structured workshops on professional development tailored to the evolving needs of educators. These workshops focus on modern teaching methodologies, curriculum updates, and effective classroom strategies, equipping teachers with practical tools to enhance student learning.

Designed to support teachers at various career stages, INSET sessions offer high-impact training aligned with contemporary educational demands. By participating in these workshops, educators gain actionable insights and strategies to continuously refine their practice and improve classroom outcomes.



2. Capacity-Building Programme: Strengthening Educator and Leadership Capabilities

ABEA's Capacity-Building Programme delivers targeted year round professional development for educators and school leaders, focussing on strengthening instructional practices, leadership competencies, and the ability to create inclusive, innovative learning environments.

The programme aims to drive continuous improvement within schools, fostering a culture of excellence and adaptability. By building a skilled and future-ready educational workforce, the initiative contributes directly to improved student outcomes and overall institutional effectiveness.



3. Postgraduate Diploma in Global Education (PGDGE): Equipping Educators with Global 21st Century Skills

Offered in collaboration with **B. K. Birla College of Arts, Science & Commerce (Autonomous), Kalyan**, the PGDGE is a year-long online qualification designed to equip both aspiring and practising educators with the skills and competencies required in modern, 21st-century classrooms. The programme emphasises global best practices, innovative pedagogy methods, and reflective teaching, preparing educators to meet the evolving demands of contemporary education.



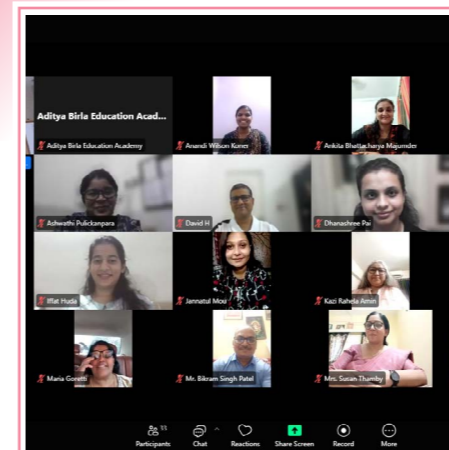
4. TEACH 2025: Transforming Education and Creating High-Impact Leadership Empowering School Leadership for Educational Transformation

The Aditya Birla Education Academy (ABEA), in collaboration with the Teaching Learning Centre at **BITS Pilani**, hosted TEACH 2025, a transformative five-day residential leadership programme from January 25th-29th 2025, at BITS Pilani. Designed for distinguished educators, administrators, and academicians, the programme focussed on visionary leadership, strategic decision-making, and innovative educational practices, aligning with NEP 2020's emphasis on ethics, critical thinking, and technology integration.

Featuring hands-on workshops and sessions led by eminent speakers, including former government officials, industry leaders, and academic experts, TEACH 2025 fostered collaboration, creative thinking, and actionable strategies to empower school leadership teams to drive impactful educational transformation.

5. Certificate Course in Strategic Leadership: Empowering School Leaders

This specialised programme offers eight targeted coaching webinars designed for senior leaders of international and English-medium schools. The course enhances strategic leadership capabilities, enabling school leaders to drive vision, innovation, and sustainable growth within their institutions.



6. Schoolwide Enrichment Model (SEM): Advancing Talent Development in Schools

The Schoolwide Enrichment Model (SEM) draws upon more than forty years of research and practical experience in talent development and gifted education. This initiative aims to cultivate a more creative, enriched learning environment, fostering the diverse strengths and potential of all students, particularly those with exceptional abilities.

7. AI in Education Workshop Series: Unlocking the Potential of AI for Educators

The AI in Education Workshop Series offers educators a comprehensive introduction to the transformative power of Artificial Intelligence in the classroom. With a focus on foundational knowledge, practical applications, and ethical considerations, the series is designed to equip educators with the skills to enhance teaching practices and create innovative learning experiences using AI tools.

Each workshop, conducted online via Zoom, lasts 1.5 hours, with the entire series totalling 12 hours in duration.

The workshops are led by educators with extensive experience in application of Artificial Intelligence in the education system.

The series is divided into three levels:

- > **Introductory:** Covers the basics of AI, prompt design, and ethical AI use in education
- > **Intermediate:** Explores creating and using bots to streamline tasks and enhance teaching
- > **Advanced:** Focuses on data analysis and designing systems-level AI to foster systemic change in education

Success Stories and Commendations

The success of ABEA's initiatives is best demonstrated through participant insights:

Postgraduate Diploma in Global Education

Kuldip Parmar

PGT (Economics), The Aditya Birla Public School, Kesrol

"Enrolling in the Postgraduate Diploma in Global Education was a pivotal step in my professional journey. The programme's forward-thinking curriculum, covering action research, competency-based learning, and 21st-century pedagogy, aligned perfectly with the shift from traditional to modern teaching practices. The mentors were exceptional, fostering collaborative discussions that enriched my perspective. I have since transformed my classroom into a dynamic space, integrating project-based tasks and technology to boost student engagement. This diploma has not just refined my skills; it has reshaped my entire approach to education. With my whole heart I would recommend it to educators seeking meaningful growth."

Postgraduate Diploma in Global Education

Iffat Hudda

"Before the PGDGE, I focussed solely on delivering content. Now, I approach teaching with an interdisciplinary mindset, considering technology, psychology, leadership, and culture in every lesson. The PGDGE transformed my perspective, equipping me to educate for a complex, connected world where critical thinking, collaboration, and adaptability are essential."

AI in Instructional Leadership

Dr. Radhika Srinivasan

Principal, BillaBong High International School

"As school leaders, we are constantly navigating rough times and finding the best possible resolution, solution and strategy for the multitude of tasks that we are required to perform.

Having an understanding of how AI tools and bots could help us and support us is indeed vital and extremely useful information. Kudos to ABEA for setting the context for innovative leadership with the help of AI; the facilitators were extremely knowledgeable and proficient and truly patient with our queries. This workshop has, in fact, whetted our appetites to know more, understand more and learn more about AI."

INSET

Arya Vidya Mandir Group of Schools

"On behalf of Arya Vidya Mandir Group of Schools, I extend our heartfelt gratitude to ABEA for organising impactful workshops that have significantly enhanced our faculty's skills. Our association with ABEA has grown stronger with every INSET programme, enabling us to deliver a holistic, future-ready education grounded in human values. The recent workshops on Competency-Based Learning and Structuring MCQs were especially valuable in refining our assessment practices and supporting our vision of nurturing successful, happy learners equipped with 21st-century skills."

Partnerships and Collaborations

ABEA's strength is rooted in its partnerships with esteemed institutions and organisations, including:

- > B.K. Birla College of Arts, Science & Commerce (Autonomous), Kalyan
- > INOX Air Products
- > Navneet TopTech
- > Aditya Birla Public Schools
- > Ulhasnagar Municipal Corporation
- > Gujarat Council of Educational Research and Training
- > Unaided School Forum

On the strength of these collaborations, ABEA continues to deliver innovative programmes and introduce international best practices to educators across India.



Recognitions & Rewards



Jharkhand Innovation Challenge – 2024



Represented ABEA as a panellist at the Education Leadership Retreat



Skill Development Initiative of the Year in Higher Education



Honoured to be a panellist representing ABEA at the Scoonews conference at Jaipur

Conclusion

ABEA plays an important role in the development of teacher education in India. Through innovative programmes, strategic partnerships, and a strong emphasis on practical, future-focussed skills, it helps to redefine professional learning for educators. As the academy continues to broaden its influence and footprint, it remains firmly committed to equipping teachers to become effective facilitators of knowledge, strengthening the quality of education and supporting long-term progress across the country.

Ujaas:

Changing the Narrative on Menstrual Health

Ujaas, a significant initiative of ABET, is dedicated to advancing menstrual health awareness and access for adolescent girls and women across India. Recognising the challenges faced by young girls, particularly in underserved communities, Ujaas prioritises menstrual hygiene education, stigma reduction, and access to menstrual resources at a formative age. By fostering early awareness, the initiative aims to empower adolescent girls to manage their menstrual health with confidence and dignity. At the same time, Ujaas continues to support women across different life stages, promoting sustained impact and community-wide change. Through its diverse programmes, Ujaas drives long-term transformation, reaching thousands and encouraging a culture of awareness, sustainability, and empowerment.

About Ujaas

Ujaas, one of the flagship verticals under ABET, is focussed on improving menstrual health outcomes by addressing period poverty and hygiene management challenges, especially among adolescent girls. The initiative is rooted in awareness-building and open dialogue, with an emphasis on breaking taboos and creating inclusive environments for girls to understand and embrace their menstrual health. In parallel, Ujaas also supports women's menstrual health needs, ensuring continued access to cost-effective and eco-friendly products. At its core, Ujaas seeks to normalise menstrual health as a key public health concern and embed it within the broader framework of empowerment and well-being for adolescent girls and women.



Numbers that Define Our Progress



Digital Reach

Total Reach	18,54,941
Website Visits	64,985
Instagram Followers	16,341
LinkedIn Followers	1,522
Facebook Followers	19,484
Posts	122

Founder's Message



As we reflect on another year of growth and progress at Ujaas, I am filled with great pride in what we have accomplished together. From the very beginning, our mission has been clear, to ensure that menstrual health education reaches every corner of India, particularly rural and underserved areas, with a special focus on empowering adolescent girls to lead dignified and informed lives.



Over the years, we have witnessed tremendous strides in this direction, with Ujaas growing from seven to fourteen districts and reaching over 1,70,000 adolescent girls and women.

Our journey has been anchored in sustainability and inclusivity. We have worked tirelessly not only to increase access to menstrual hygiene products but also to cultivate environments where communities, including both women and men, contribute meaningfully to lasting change. Initiatives such as the Period Mela and the establishment of our cloth pad manufacturing unit reflect this holistic approach, which integrates education, empowerment, and environmentally conscious products.

Looking ahead, we remain committed to deepening our impact. We aim to reach 20 districts in Maharashtra and continue forging strong partnerships with government bodies, NGOs, and community stakeholders. Our vision is to build a future in which menstrual health education is embedded in

every school, community, and home, ensuring that no adolescent girl or woman is left behind in her journey towards health and dignity. The work we do today goes beyond hygiene, it is about nurturing confident, informed young girls and women who will go on to shape more equitable societies.

Thank you for standing with us on this journey. Together, we will continue to dismantle stigma, drive awareness, and create a future where menstrual health is recognised as a fundamental right, not a privilege.

Advaitesha Birla
Founder, Ujaas



Insights from the General Manager



The journey of Ujaas over the past year has been marked by meaningful progress and tangible impact, driven by our deep-rooted commitment to advancing menstrual health awareness and access. Through our targeted programmes, we reached over 1,70,000 adolescent girls and women across 1,166 schools and 55 colleges, equipping them with the knowledge and products needed to manage their menstrual health with dignity and confidence.

Period Sakhi, a standout grassroots initiative of Ujaas, has empowered women to take charge within their communities by leading menstrual health awareness sessions and selling cloth pads. This initiative has not only provided them with a source of income but has also helped challenge long-held menstrual taboos. With 207 women now playing a pivotal role in driving social change, the project is making a lasting difference.

Our SHG units have also been crucial in enhancing women's financial independence. With over 63,000 menstrual pads produced and a revenue of ₹55 lakhs generated, these units have demonstrated how economic empowerment can go hand in hand with menstrual health education and access.

We are deeply proud of the recognition we have received this year, including prestigious awards such as the Global CSR, Sustainability, and ESG Awards, and the IHW CSR Health Impact Awards. These accolades affirm the impact of our work and encourage us to push further.

As we look to the future, our focus remains on deepening our engagement and expanding our reach. We aim to strengthen

collaborations with government stakeholders and community partners, ensuring that our efforts remain sustainable and community-led. Our focus will continue to be on strengthening our network of stakeholders, ASHAs, Anganwadi workers, and teachers, to foster long-term, sustainable change in the communities we serve.

At Ujaas, we are addressing more than a health concern; we are building a movement, one that educates, empowers, and lays the foundation for generational change, starting with adolescent girls and extending to the wider community.

Poonam Patkar
General Manager, Ujaas



Period Poverty in India

Millions of girls are impacted by silence, stigma and lack of access. We tackle this through education, sustainable products and inclusive community action.

Shaping Change with Ujaas

1. Empowering Frontline Workers

Recognising the vital role played by ASHA and Anganwadi workers in adolescent health, Ujaas focussed on equipping them to confidently lead menstrual health sessions within their communities. These frontline workers, with their consistent presence and trusted relationships, were key to encouraging open conversations around menstruation. Through targeted capacity-building initiatives and the provision of IEC materials, they were empowered with both knowledge and practical tools to facilitate engaging and effective sessions. This strategic focus also contributed to Ujaas expanding its footprint from 7 to 14 districts.



2. Period Mela

The Period Mela was conceptualised as an interactive platform to make menstrual education accessible and engaging for students, teachers, and parents alike. With games, creative activities, and inclusive dialogue at its core, the Mela successfully broke down taboos and encouraged open discussion around menstruation. Its enthusiastic reception highlighted the community's readiness to embrace awareness with curiosity and positivity. The event has since become a hallmark of Ujaas's approach to community engagement.

3. Cloth Pad Unit

The cloth pad manufacturing unit established by Ujaas completed a successful year, marking a significant achievement in both sustainability and women's empowerment. The initiative not only created livelihood opportunities for women but also supported the broader shift towards eco-friendly menstrual hygiene products.

The SHG units under Ujaas uses the strength of Self-Help Groups (SHGs) to drive women's empowerment through financial literacy, skill-building, and collective support. SHGs provide women with access to income-generating opportunities and encourage them to take charge of their financial well-being.



4. Period Sakhi

The Period Sakhi initiative is rooted in the philosophy of women's economic empowerment, leadership, and climate-conscious health access. Anchored in the principle of 'for women, by women, sold by women', this initiative envisions a model where women lead the change on menstrual health, economically, socially, and environmentally.

Pad manufactured by SHG women are then sold within the community by Period Sakhis, local women who not only earn a commission for each packet sold but also act as champions for menstrual health and dignity. This dual-income model ensures that both the SHG and the Period Sakhis benefit financially, creating a cycle of shared prosperity.



5. Art Express

As part of its advocacy and awareness efforts, Ujaas carries out creative initiatives like wall paintings in schools and public spaces. One such event—Art Express—was held in Pune at the Pimpri Chinchwad Education Trust college. Over 1,000 young changemakers participated in painting the 1,862 sq. ft. outer wall of the college with powerful messages that challenged menstrual taboos, advocated for increased access to menstrual products, and promoted the normalisation of menstruation. This engaging and artistic initiative helped spark meaningful conversations around menstrual health in a fun and accessible way, not only for the college students but also for the onlookers and the passersby.



6. Awareness Sessions in Schools and Communities

Ujaas conducts Menstrual Hygiene Management (MHM) awareness sessions to equip girls and women with essential knowledge on menstrual hygiene practices, understanding menstrual cycles, debunking common myths, and promoting proper nutrition for effective menstrual health management. To foster a supportive environment, sensitisation sessions are also held with boys, encouraging them to become allies in the MHM journey and support the women and girls in their lives. In addition to direct awareness sessions, Ujaas also organises capacity-building workshops for frontline workers such as ASHAs and Anganwadi workers, who regularly engage with women and girls in the community.

Partnerships and Collaborations

1. FICCI YFLO (Federation of Indian Chambers of Commerce & Industry – Young FICCI Ladies Organisation)

Ujaas collaborated with FICCI YFLO to bring national focus to menstrual health through targeted awareness sessions conducted in Delhi and Haryana. This partnership not only allowed Ujaas to expand its operational geography to include the capital region for the first time but also facilitated meaningful engagement with diverse groups of women and adolescent girls, many of whom had limited access to accurate menstrual health information. The sessions revealed widespread knowledge gaps and persistent taboos surrounding menstruation, insights that were further reinforced by the personal reflections shared by participants.

For many attendees, this was their first introduction to basic concepts about their bodies and menstrual cycles. The conversations fostered through these sessions helped break long-standing silence and stigma, offering participants a safe space to ask questions, gain clarity, and share their lived experiences. By involving young women leaders from FICCI YFLO in both planning and facilitation, the initiative also created a platform for peer-led advocacy, strengthening the campaign's credibility and relatability.

The collaboration highlighted the power of strategic partnerships in driving social change, combining Ujaas' expertise in menstrual health with FICCI YFLO's reach and influence. The insights and learnings from this engagement are now being used to further tailor Ujaas' programming in northern India. Looking ahead, the Trust is exploring ways to deepen its presence in Delhi, with an emphasis on building more structured, community-based interventions that sustain the momentum created by this collaboration.



2. ICDS (Integrated Child Development Services)

Ujaas worked closely with ICDS to train Anganwadi workers and ASHAs, empowering them to lead menstrual hygiene sessions in their communities and expand grassroots impact.

3. SCERT (State Council of Educational Research and Training)

In collaboration with SCERT, Ujaas complemented the state's efforts by conducting Menstrual Hygiene Management (MHM) awareness sessions in schools for students and parents, while also equipping teachers with essential content knowledge to further support menstrual health education.



Recognitions and Rewards

Ujaas and its Founder, Ms. Advaitesha Birla, have received multiple awards this year, recognising their efforts in driving menstrual health awareness and community impact across underserved areas.



ASSOCHAM 3rd Menstrual Hygiene Conference-cum-Awards – Menstrual Health Champion of the Year Award 2024

At the ASSOCHAM Menstrual Hygiene Conference-cum-Awards 2024, Ms. Advaitesha Birla, Founder of Ujaas, was honoured with the Menstrual Health Champion of the Year Award. The recognition celebrates her vision and commitment to advancing menstrual health education and creating inclusive, community-driven change.



IHW Global Health Leaders Awards – Global Menstrual Health Champion Award

Ms. Advaitesha Birla was awarded the Global Menstrual Health Champion Award at the IHW Global Health Leaders Awards 2024 in Dubai. The accolade recognises her leadership in placing menstrual health at the centre of public discourse and for championing efforts that have empowered adolescent girls and women across underserved regions.



Global CSR, Sustainability and ESG Awards 2024 – Best Women Hygiene Initiative of the Year

Ujaas was honoured with the award for Best Women Hygiene Initiative of the Year at the Global CSR, Sustainability and ESG Awards 2024. This recognition reflects our impactful efforts in advancing menstrual health awareness and access across communities in need.



IHW CSR Health Impact Awards 2024 – CSR Preventive Health Project (Rural), Bronze

At the 8th Edition of the IHW CSR Health Impact Awards 2024, Ujaas was awarded the Bronze in the CSR Preventive Health Project (Rural) category. The accolade reflects the programme's preventive health model, which integrates menstrual hygiene education with broader rural health outreach.



Indian CSR Awards 2024 – Best Personal Hygiene Awareness Initiative of the Year

The Indian CSR Awards 2024 recognised Ujaas for its outstanding work in driving personal hygiene awareness through community engagement, education, and access to menstrual hygiene resources.



Global Women's Health Innovation Conference (GWHIC) – Community Impact

Ujaas was acknowledged for Community Impact at the GWHIC, underlining the programme's role in reshaping menstrual health conversations and empowering adolescent girls and women at the grassroots level.



Gramalaya MHM Awards 2024 – Best CSR Initiative in Menstrual Health Management

Ujaas was honoured with the Best CSR Initiative in Menstrual Health Management at the Gramalaya MHM Awards 2024. The award acknowledges the initiative's strong community engagement and commitment to sustainable menstrual health solutions in underserved areas.



11th National CSR Summit – Swachh Bharat Category

Under the Swachh Bharat category at the 11th National CSR Summit, Ujaas was celebrated for its contribution to cleanliness and health through menstrual hygiene management, echoing the broader goals of national sanitation efforts.



Nalanda: Enabling Potential, Embracing Diversity

Nalanda, a prominent vertical of ABET, is a specialised institution focussed on supporting students with varied learning needs. For over 25 years, it has served as a vital support system for learners navigating educational challenges, offering need-based actions that foster growth, confidence, and academic success.



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.



VISION

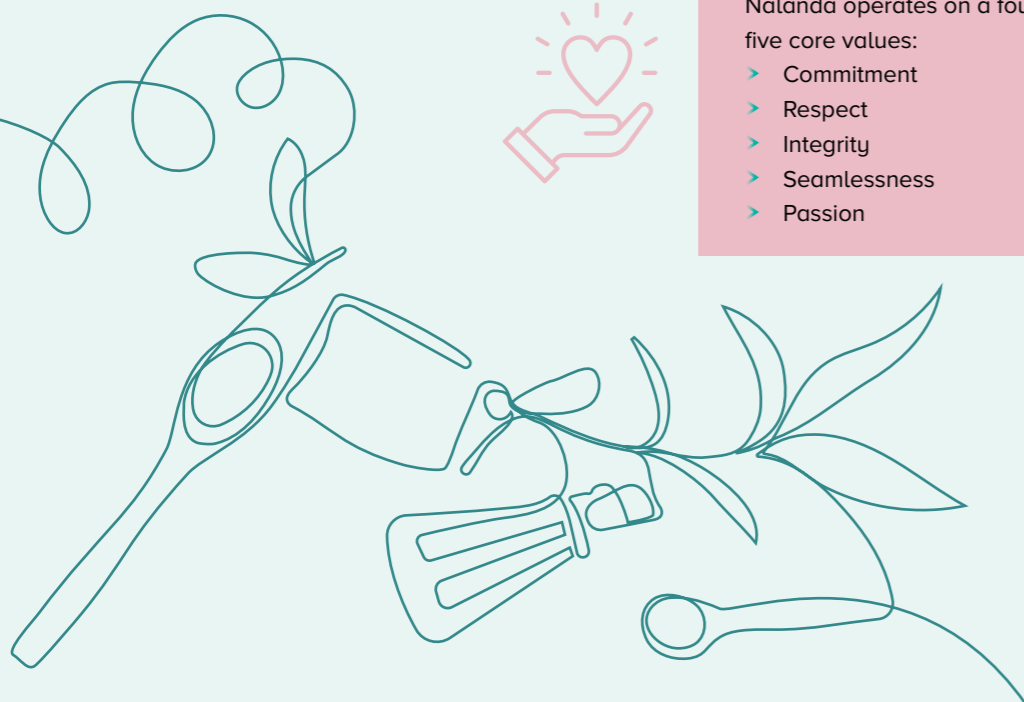
To positively impact the lives of people from all sections of society, create a stigma-free world and empower the change-makers of tomorrow.



VALUES

Nalanda operates on a foundation of five core values:

- > Commitment
- > Respect
- > Integrity
- > Seamlessness
- > Passion



Key Student Demographics

Nalanda caters to students that belong to one or more of these focus areas:

- > Learning Difficulties
- > Attention Deficit Disorder (ADD)
- > Attention Deficit Hyperactivity Disorder (ADHD)
- > Slow Learners
- > School Dropouts

Educational Approach

Nalanda provides an encouraging and supportive environment that:

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

Vocational Courses Offered



Principal's Message



Now in its 26th year, Nalanda continues to be a supportive learning space for children who struggle to find their footing in traditional academic settings. At its heart lies a deep belief in every learner's potential, and a commitment to nurturing confidence, resilience and emotional well-being alongside academics.

Nalanda caters to students with varied learning needs through a tailored, multi-sensory approach that encourages participation, expression and independent thinking. Lessons are customised to suit individual abilities and learning styles, using visual aids, videos, role-plays and real-world examples. Equal attention is given to co-curricular development, with yoga, mindfulness, karate, skating and outdoor games integrated into the timetable. These activities foster not just physical coordination but also emotional regulation, focus and inner calm.

Beyond the classroom, students are active participants in school life - taking part in elocution contests, festival celebrations, sports days and cultural events. The Annual Day is a significant highlight, where every child takes the stage to perform -

supported by professional artists who help bring out their creative best. Educational field trips and overnight excursions are also woven into the curriculum to encourage social interaction, confidence and real-world engagement.

The presence of an on-site counsellor throughout the year ensures consistent emotional support. Nalanda also works closely with parents to build awareness and share strategies that extend beyond school. The recent introduction of vocational subjects and expanded HSC-level options reflects our intent to create multiple pathways for growth, recognising that success looks different for every learner.

Nalanda's greatest joy comes from seeing its students succeed on their own terms. Former learners have gone on to complete higher education and vocational training, with many returning to share their stories.



One alumna, now a qualified B.Ed. teacher, recently reached out to thank the school for believing in her when no one else did.



At Nalanda, we do not just teach, we listen, support, and walk beside our learners as they grow into capable, self-assured individuals ready to face the world with dignity.

Aarti Gandhi
Principal, Nalanda

Overview of the School Environment

Success Stories

- > Over the years, Nalanda has witnessed countless students flourish in their own unique ways. One inspiring alumna, once hesitant and withdrawn, completed her B.Ed. and is now a confident, practising teacher, returning often to share her journey with current students.
- > Another student, who joined Nalanda with significant learning challenges, found her strength in creative expression and is now studying to become a special educator.
- > A third learner, after receiving tailored academic and emotional support, successfully completed her HSC with vocational subjects and is currently enrolled in a professional baking course, pursuing her dream of starting her own business.



Conclusion

Nalanda, ABET remains a staunch advocate for students with diverse learning requirements. With a strong emphasis on innovative teaching methods, a committed team of educators, and a focus on personal development, Nalanda is not only delivering quality education but also driving meaningful change and fostering a more inclusive and equitable society.

ADITYA BIRLA
EDUCATION TRUST

abet.co.in