

The year that was...

ANNUAL REVIEW 2015-16





Total Outreach

39533



Growth in 2015-16

20%

Personal Safety Education program



18716 Children through PSE
against the target of 15000.
**56 Schools. 2 Communities.
1 Institution.**







1778 Teachers against a target of 375



15887 Parents against the
target of 6000.



278 Service staff against
target of 150



**823 children & 200 adults were
addressed through 2472 sessions**

283 cases of abuse were addressed
320 cases of inappropriate behavior were handled
32 cases were handled in institutions post PSE



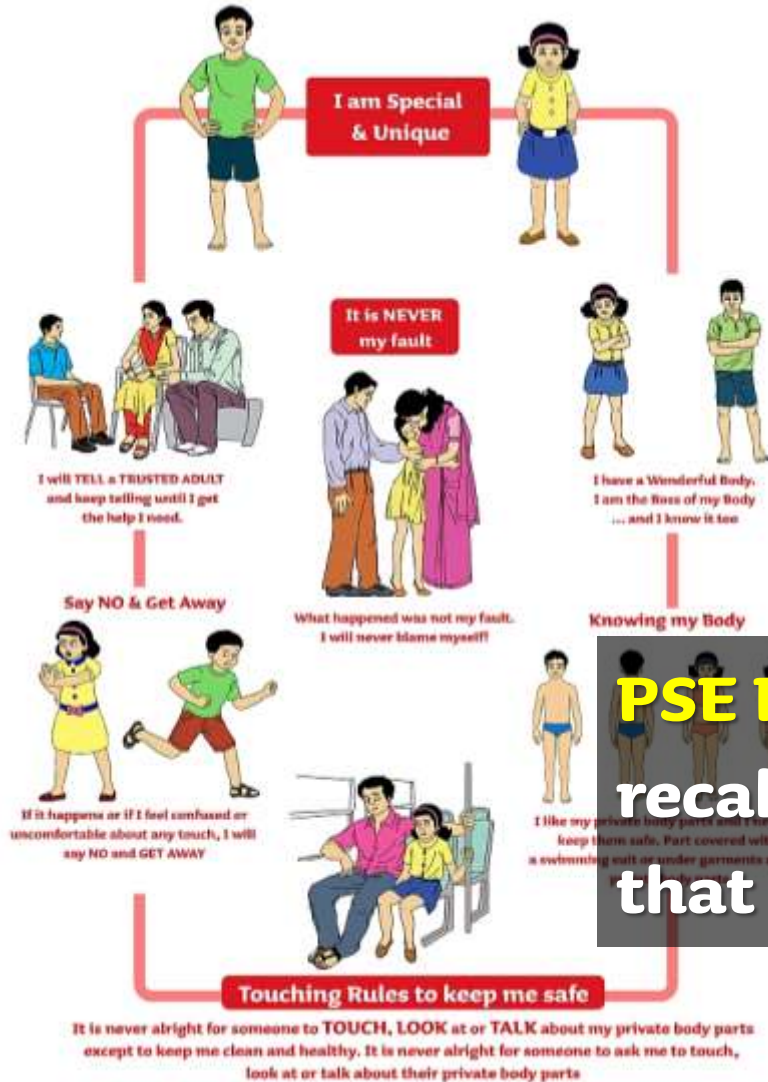
First Annual PSE conference. 1st ever children's panel discussing the impact of PSE and ways ahead



**Training & Capacity Building of 63 teachers to
implement Personal Safety Education in their schools**

Strengths and Shortfalls of Institutionalization of PSE Program: Case Study of the BCG Schools





Parenting Tips for keeping Children Safe



TALK to your child frequently. Make time for them and not just for homework, do things you both enjoy.

Talk goes both ways so **LISTEN** to your child, know what is happening in their life. No fake listening.

SUPPORT, ENCOURAGE and **PRAISE** your child's thoughts, ideas and achievements. Avoid discouraging statements and labels.



Learn to use **NON-PHYSICAL OPTIONS FOR DISCIPLINE**. If angry about something he/she has done, address the issue after calming down.

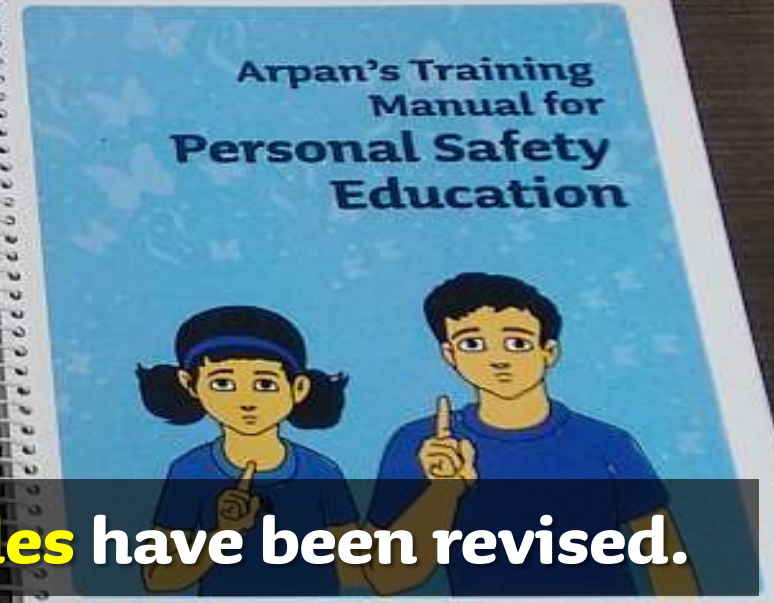
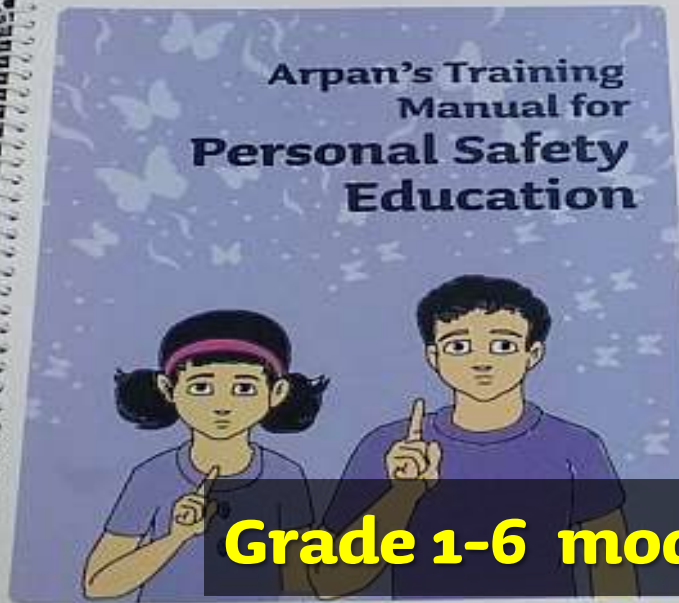
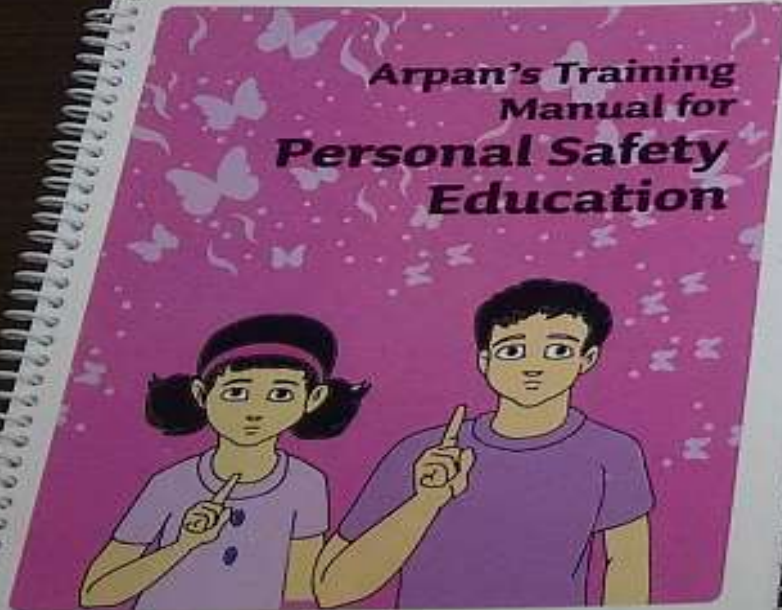
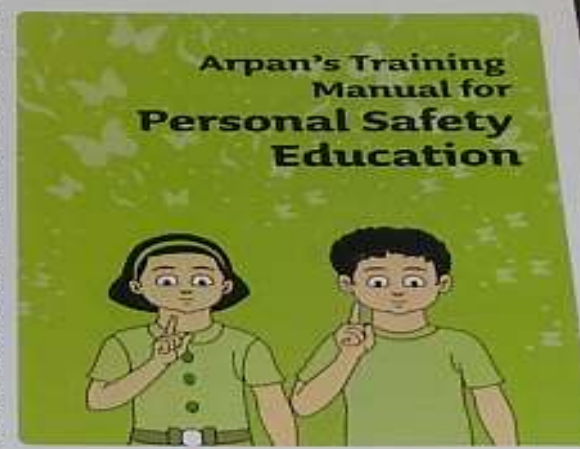
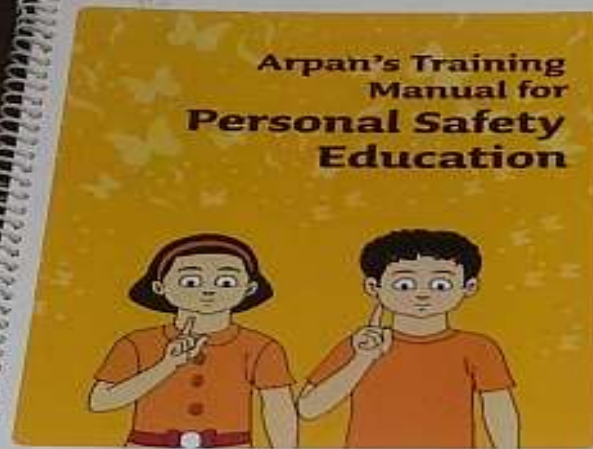
Let them know they have the **RIGHT TO SAY 'NO'** to anyone, that includes adults. Especially if they feel it is wrong or **UNSAFE**. **ENCOURAGE THEM TO TELL** if something unsafe is happening or if someone is behaving in a way that is unsafe. **ask for help from you and other adults.**

Build an OPEN AND TRUSTING RELATIONSHIP with your child.



LET THEM KNOW YOU LOVE THEM!

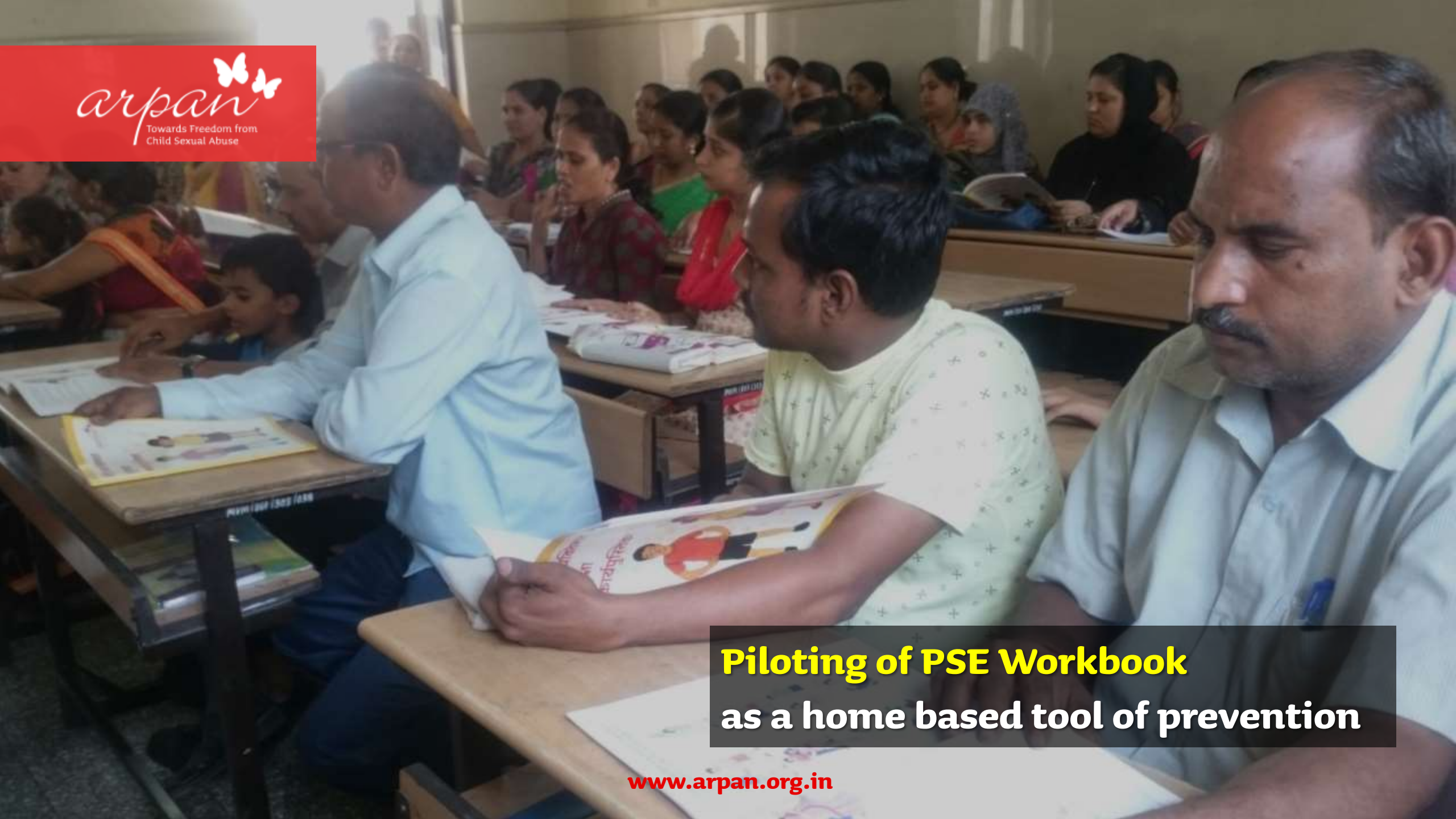
PSE Posters were evaluated to find out if they aid recall. This was one of the critical evaluations that gave birth to the **STEP UP Program**



Grade 1-6 modules have been revised.



Grade 7 & 8 content finalisation



**Piloting of PSE Workbook
as a home based tool of prevention**

Arpan's Guide to
**Monitoring & Evaluation of
Personal Safety Education**



Arpan's Training Manual for
**Trainers to Implement
Personal Safety Education**



**TOT, Intervention & M&E Manuals
finalized.**

Arpan's Guide to
**First Level Intervention for
Handling Disclosures
of Child Sexual Abuse**



Mental Health Services and Training Program

56 children, 11 adult survivors, 9 caretakers & 6 Family Members were addressed through 357 individual sessions and 155 group sessions



**Innovative strategies to
handle crisis situations**

Training and Capacity Building of **34 counsellors**,
professionals to provide psychotherapeutic services



‘Rescue & Remedy: A Process Documentation of Psychotherapy with Children in Institutions’ was launched. First ever publication that talks about our psychotherapeutic work.



arpan
Towards Freedom from
Child Sexual Abuse

मुक्तता आणि उपाय: संस्थांमधील मुलांवरील मानसोपचाराच्या प्रक्रियेचे दस्तऐवजीकरण

मुक्तता आणि उपाय:

संस्थांमधील मुलांवरील मानसोपचाराच्या

प्रक्रियेचे दस्तऐवजीकरण

Translations of Rescue & Remedy in Marathi & Hindi.
This will become a critical resource to aid our work with the state

अनुभाग I

दीर्घकालिक परियोजना की पृष्ठभूमि और संदर्भ संस्थानों में मनोपचार

1.1 बाल यौन दुर्व्यवहार और व्यावसायिक यौन अत्याचार से साक्षात्कार यौन दुर्व्यवहार और व्यावसायिक यौन अत्याचार बच्चों के सकारात्मक जीवन की संभावनाओं पर कुठाराघात करता है और अपरिवर्तित रूप से उनके भावनात्मक और मनोवैज्ञानिक विकास में मदद करता है। अब तक की गई लाख कोशिशों के बावजूद, बच्चों के व्यावसायिक यौन अत्याचार (आगे इसे सी.एस.ई.सी. कहा जाएगा यानी और बाल यौन दुर्व्यवहार (आगे इसे सी.एस.ई.सी. कहा जाएगा यानी हर रोज की चौंका देने वाली वास्तविकता है। सी.एस.ई.सी. और सी.एस.ए. बाल उत्पीड़न कुछ ऐसे नमूने हैं जिन पर बहुत ही कम ध्यान दिया गया है। भारत में ऐसी समस्याएं बरसों से दबी पड़ी हैं, लेकिन अब आखिरकार इससे दो-दो हाथ करने का वक्त शुरू हो गया है। यह मानव अधिकार, कानून और सार्वजनिक स्वास्थ्य में सुधार के लिए किए जाने वाले अंतर्राष्ट्रीय वातावरण से सामंजस्य करने वाला है, ये सभी मिलकर सामान्य तौर पर बाल दुर्व्यवहार और विशेष तौर पर सी.एस.ई.सी. और सी.एस.ए. के लिए कड़े प्रयास कर रहे हैं।

प्रायः उत्पीड़न, शोषण और उपेक्षा जैसी समस्याओं से जुड़े संछय में अधिक डेटा का संकलन करने और विस्तृत पैमाने पर अनुसंधान करने के लिए आवश्यक उचित पद्धति और संकेतकों की कमी के कारण व्यवस्थित संख्यात्मक और गुणात्मक डेटा की उपलब्धता में कमी आ जाती है। अपसोप और अग्रभावी कानूनी प्रावधान और निगरानी रखने वाली उचित प्रणाली के अभाव में भी डेटा का संकलन और समस्याओं की वैचारिकता में बाधा आती है। सैद्धांतिक अनुसंधान अध्ययन, क्लिनिकल अध्ययन और समुदाय आधारित अध्ययन अब तक इसकी परिकल्पना और इससे जुड़ी घटनाएं और इसकी व्याख्या करके अल्प प्रभाव देने में सफल रहे हैं। विरल आरंभ संकलन (2008) बाल यौन दुर्व्यवहार को कुछ इस तरह परिभाषित करता है, "बाल यौन दुर्व्यवहार यानी किसी बच्चे का यौन क्रिया को प्रेरित करने या प्रेरित करने के लिए किसी भी प्रकार का दबाव, शोषण, धमकी, अत्याचार, शोषण, शोषण, शोषण, शोषण होता और न ही सहमति दे सकता है या जो समाज में प्रचलित सामाजिक वर्तमानों का उल्लंघन करता है। बाल यौन दुर्व्यवहार किसी बच्चे और वयस्क या ऐसे बच्चे के बीच सम्पन्न होता है जो आयु या विकास के मामले में किसी

1 out of 5 PEOPLE
SUFFERS FROM
A MENTAL DISEASE



Arpan - Towards Freedom from Child Sexual Abuse

Published by Veena Hari (?)
Like This Page · October 18, 2015 ·

Myth: Mental health problems don't affect me.
Fact: Mental health problems are actually very common

#mentalhealthmonth

Tag Photo Add Location Edit

Like Comment Share

Bhavna Joshi, Swati Jayant, Priyanjali Bhattacharya and 3 others like this.

Write a comment...

Arpan - Towards Freedom from Child Sexual Abuse

Published by Veena Hari (?) · October 8, 2015 ·

Myth: Mental illness is a form of intellectual disability or brain damage.

Fact: They are illnesses just like any other, such as heart disease, diabetes, and asthma. Yet the traditions of sympathy, support, and flowers given to people with physical illnesses are often denied to those with a mental illness.

#mentalhealthmonth

Mental Illness
is not
Contagious

Mental Health Week 
Campaign on Social Media

You Can't Catch it
by Being Kind

Child Sexual Abuse Prevention and Training Program





**Conducted awareness talks on CSA with
2166 individuals**

PHOTOGRAPHY/
VIDEOGRAPHY
NOT ALLOWED

abcdefghijklm nopqrstuvwxyz
abcdefghijklm nopqrstuvwxyz

Pornography
Phone sex
Preferred
Oral
Genital
Sex Toys
Masturbation
Same Sex

Sexual Pratices/Activities
Not Preferred
Anal
Neuropthalia
Pedophilia
BDSM
Beardality
Voyeurism



A new vertical of Training was established to give it the importance it deserves

'Rescue and Remedy:
A Process Documentation of Psychotherapy
with Children in Institutions'
Book Release

'Rescue & Remedy' was launched on 9th July
which became the starting point for intensive
work with the state machinery

With this as a start, Arpan has worked with **334 DCPU, Superintendents and caretakers** in 4 zones of Maharashtra. This is the first time we have worked with the Government so closely.

महाराष्ट्र शासन
महिला व बालविकास विभाग
जिल्हा बाल संरक्षण कक्ष
संपर्क : ७७५७०९९०९८





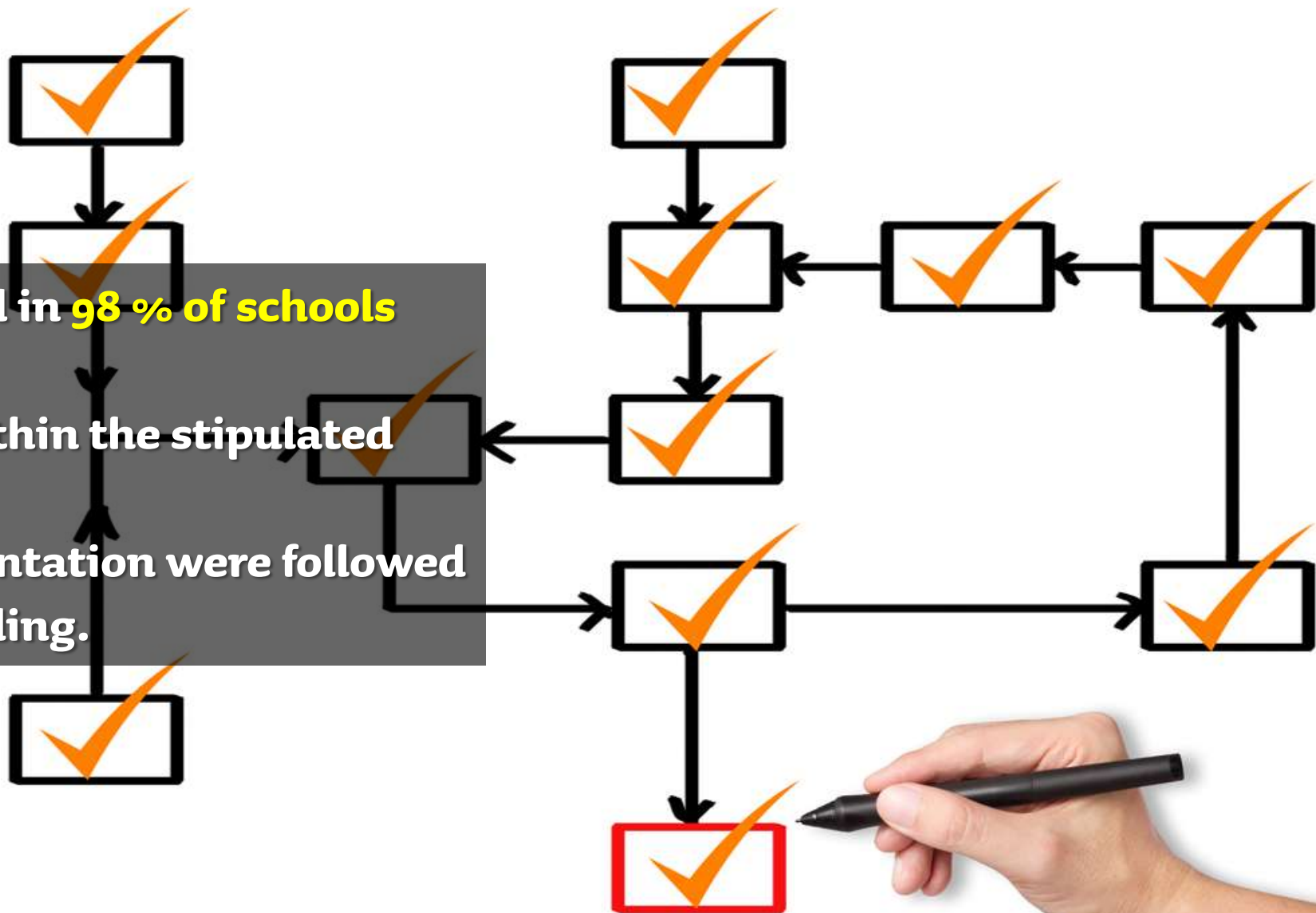
**Intensive capacity building of 195 individuals
and mainstreaming of child protection
mechanism in community based organizations**



All key Processes completed in **98% of schools** through PSE.

98% cases were handled within the stipulated time period.

100% processes of implementation were followed in Training & Capacity Building.





Investing in Children:
Every Child Counts

10th Asia Pacific Conference
on Child Abuse
and Neglect (APCCAN)



Pooja presented a paper on PSE at **APCCAN, Kuala Lumpur** in October 2015. Arpan disseminated resources to organizations in Malaysia, Pakistan, Sri Lanka & Philippines

**Manjeer presented a paper on Process documentation
of the Psychotherapeutic process at ASCCSA.**



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Daan Utsav 2015

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Primitime Theatre Co.'s
GAUHAR
Sun 6th March,
Sophia Bhabha Auditorium

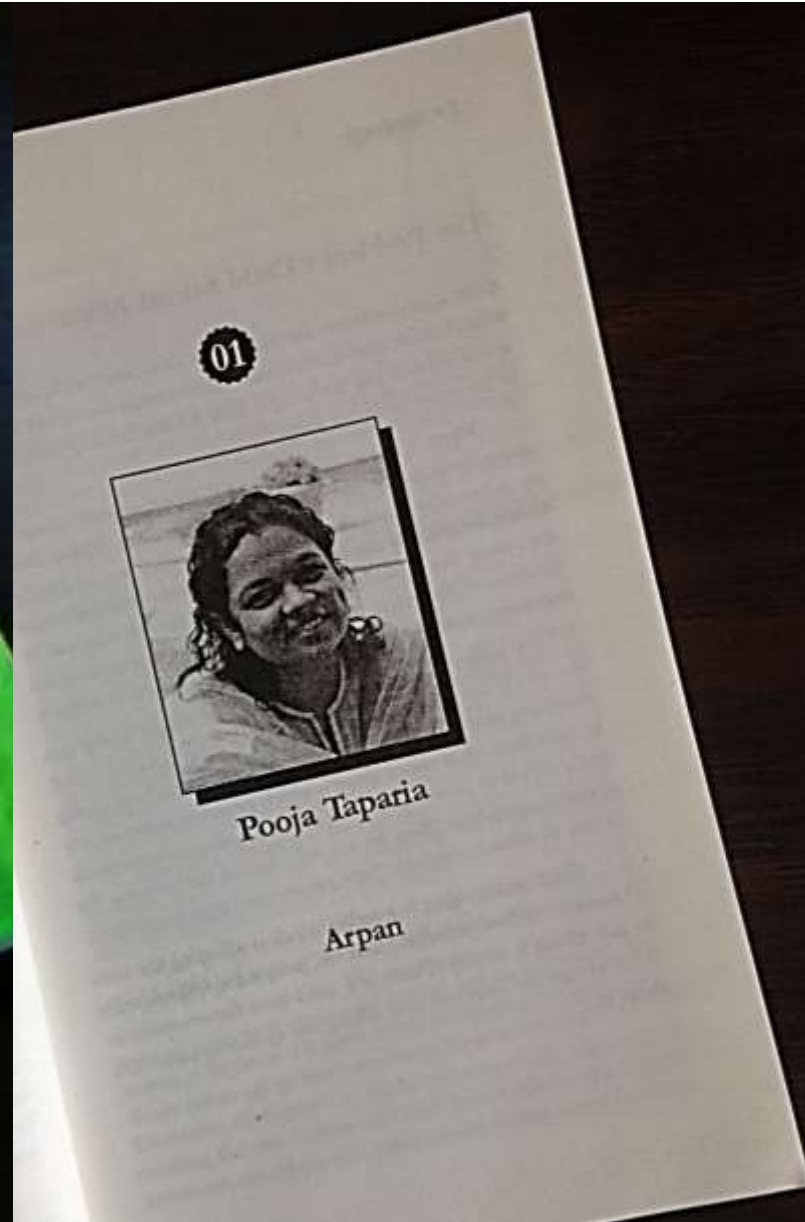
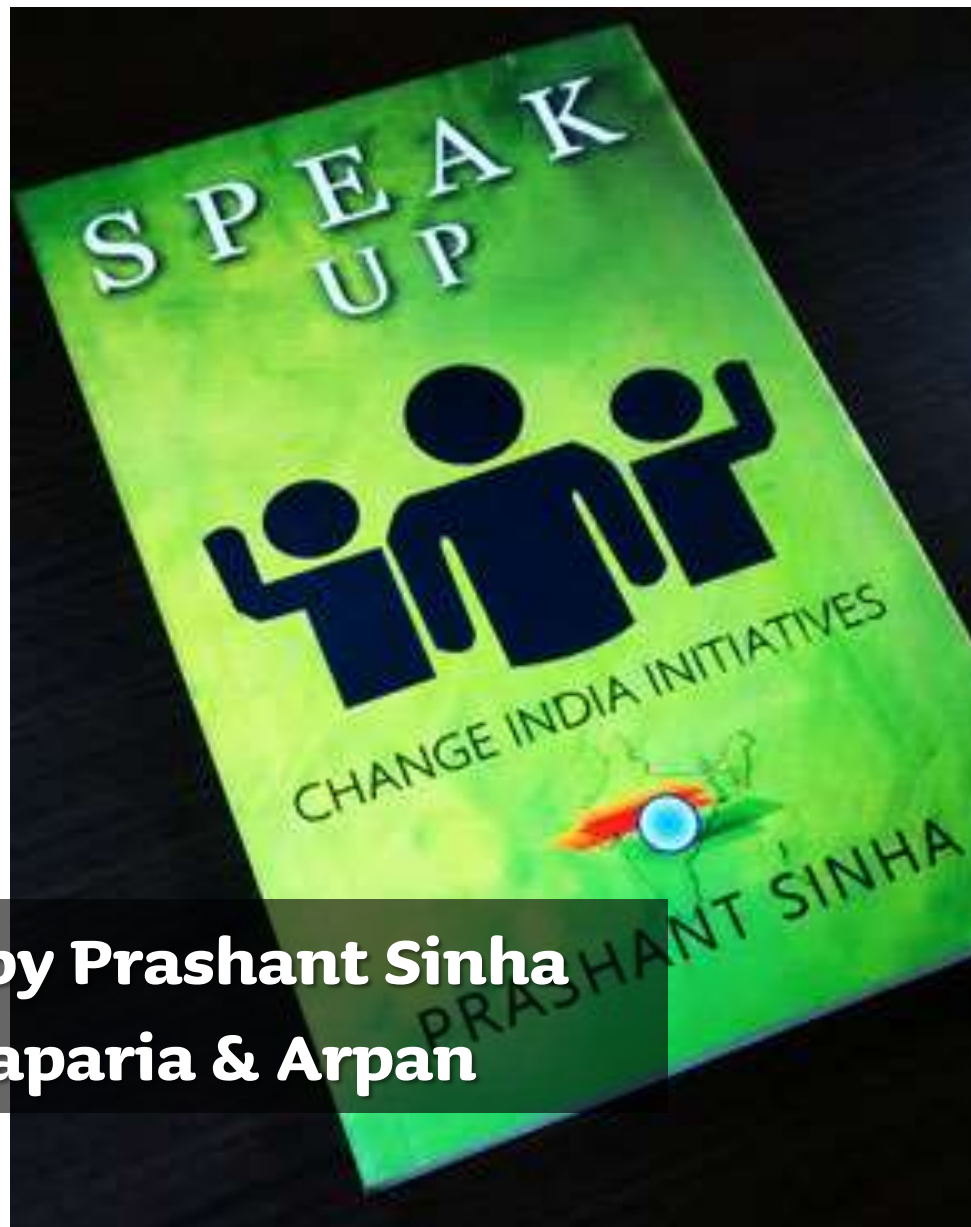


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Gauhar Jaan
a play by Lillete Dubey

www.arpan.org.in



**Speak Up: Book by Prashant Sinha
featured Pooja Taparia & Arpan**

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It is easier to build up a child than it is to repair an adult ... choose your word's wisely.

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Do not turn to Social Media when depressed. Details of other people's exciting lives may bring you down further.

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Tomorrow, is the first blank page of a 365 page book. Write a good one.

- Brad Paisley

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Smartphones have GPS locations attached to them. So be careful when you share photographs.

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Social Media

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Limit information shared online. Once shared, information stays there forever.

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Child Sexual Abuse

Play is the work of children. Its very serious stuff.

- Bob Keeshan

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Do not accept friends requests from strangers. If you have, never meet up with them

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Child Sexual Abuse

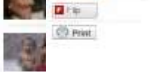
Children learn more from what you are, than what you teach!

www.arpan.org.in

How This Mumbai-Based NGO Is Protecting Children From Sex Offenders

Mumbai | Written by Ankita Sinha | Updated: March 29, 2016 07:58:01

TRENDING



According to government figures, 53% children in India are abused and in half the cases, the abusers are the child's...

MUMBAI: Sex education is a near alien concept in India and sex education being in to 10 year olds - all the more unheard of. But Arpan, a Mumbai-based NGO is now doing this. In a bid to empower children, the organisation has designed a curriculum to teach children how to protect themselves from sexual predators.

"Initially there's a lot of discomfort when we introduce the class to topics like private good touch-bad touch. But over a period of time that changes, they learn to accept bodies and know what's acceptable and what's not," said Reha Quadros, a program coordinator at Arpan.

According to Government figures, 53 per cent of children in India are abused and in cases, the abusers are known to the child. With child sexual abuse this rampant, programmes like these are a dire necessity.

In the past decade, Arpan has reached out to 1.25 lakh students and over five lakh people, including parents and teachers. Today, their instructors teach around 80 schools, including government and private, across Mumbai and Thane.



Members of NGO Arpan at the Personal Safety Education Conference

According to those who have gone through the programme, lessons of safe and unsafe touches, teasing and fighting goes down in the classroom

Arpan, an NGO dedicated to fighting Child Sexual Abuse (CSA), held its first ever Personal Safety Education (PSE) conference. The NGO has now started helping schools form a curriculum for PSE for students so that they continue to give PSE lessons to students for their safety.

Over the last nine years Arpan reached out to over 1.21,000 children and adults, directly through its services, which includes all programmes like counselling, PSE and CSA with over 2,10,000 indirectly through training. It

EVENTS CORNER

Healing the child within...



Leading NGO working towards the cause of Child Sexual Abuse launches a Process Documentation of Psychotherapy with Children in Institutions in the form of a book titled 'Rescue & Remedy', on the occasion of having completed 9 years. Pooja Taparia, Founder & Chief Executive of Arpan exclaimed "The book provides a lot of hope that therapeutic support can become a powerful catalyst to healing and empowerment of

children and will surely evolve as a model to help other organizations in the implementation of similar initiatives." Arpan the NGO Global Excellence Award Winner 2015 in the category of Child Rights is an NGO; working hard to address the issue of Child Sexual Abuse (CSA) in India. Based in Mumbai, Arpan is the one of the largest NGO in India in this specific area with over 50 social workers and counselors providing prevention and intervention services to children and adults. Arpan has been conducting long-term psychotherapy for the last 5 years for more than 65 rescued minor girls living in Advait Foundation, a rehabilitation home.

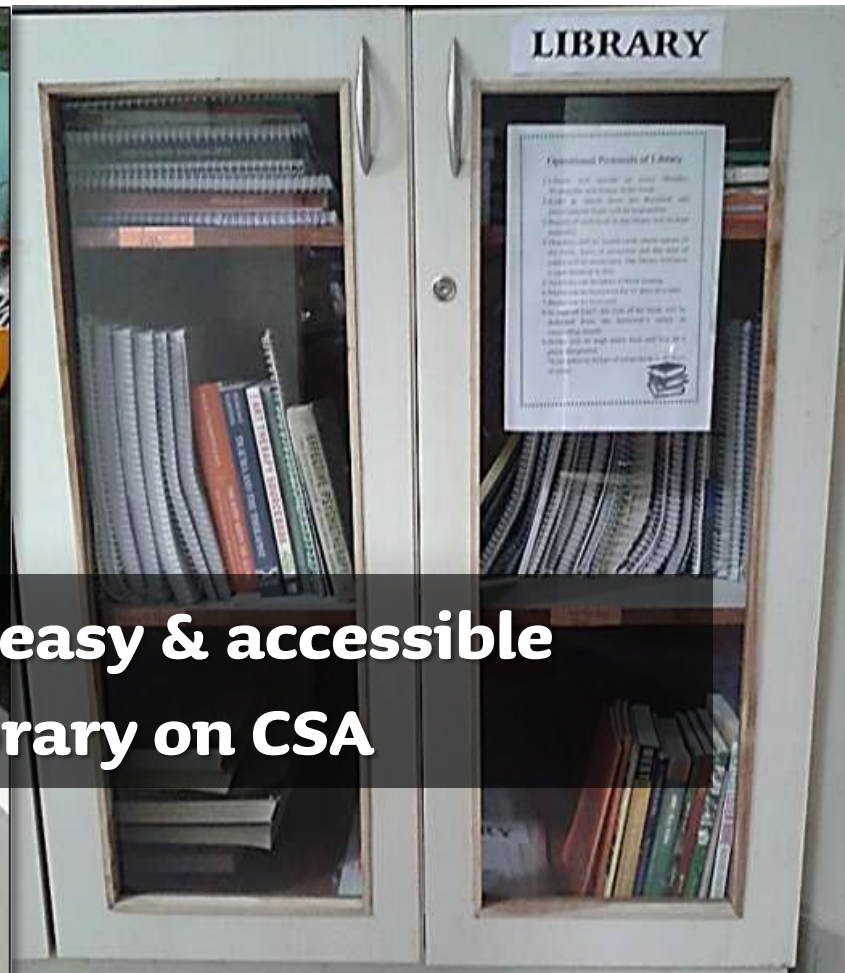
Process Trainings

Organisational Trainings

**Internal Training & Capacity
Building of Staff**

**Soft Skills Trainings on
Presentation Skills & Team
building**

**New Healing study group
introduced for the Capacity
Building of counsellors**



Creating an easy & accessible
resource Library on CSA

Arpan Picnic





www.arpan.org.in

Donor Name	Donation (INR)
Karl-Johan Persson	98,65,000
Goldman Sachs India	65,00,000
Marshall Foundation	49,66,400
R Jhunjunwala Foundation	50,00,000
EROS International	10,00,000
Share and Care Foundation	9,33,861
GMSP Foundation	9,30,900
Pegasus Assets	7,50,000
Famy Energy Pvt. Ltd.	3,00,000
Global Giving UK	2,77,000
Western Consolidated	1,15,000
TECHNOVINYL Polymers	1,00,000
Boman Moradian	1,00,000

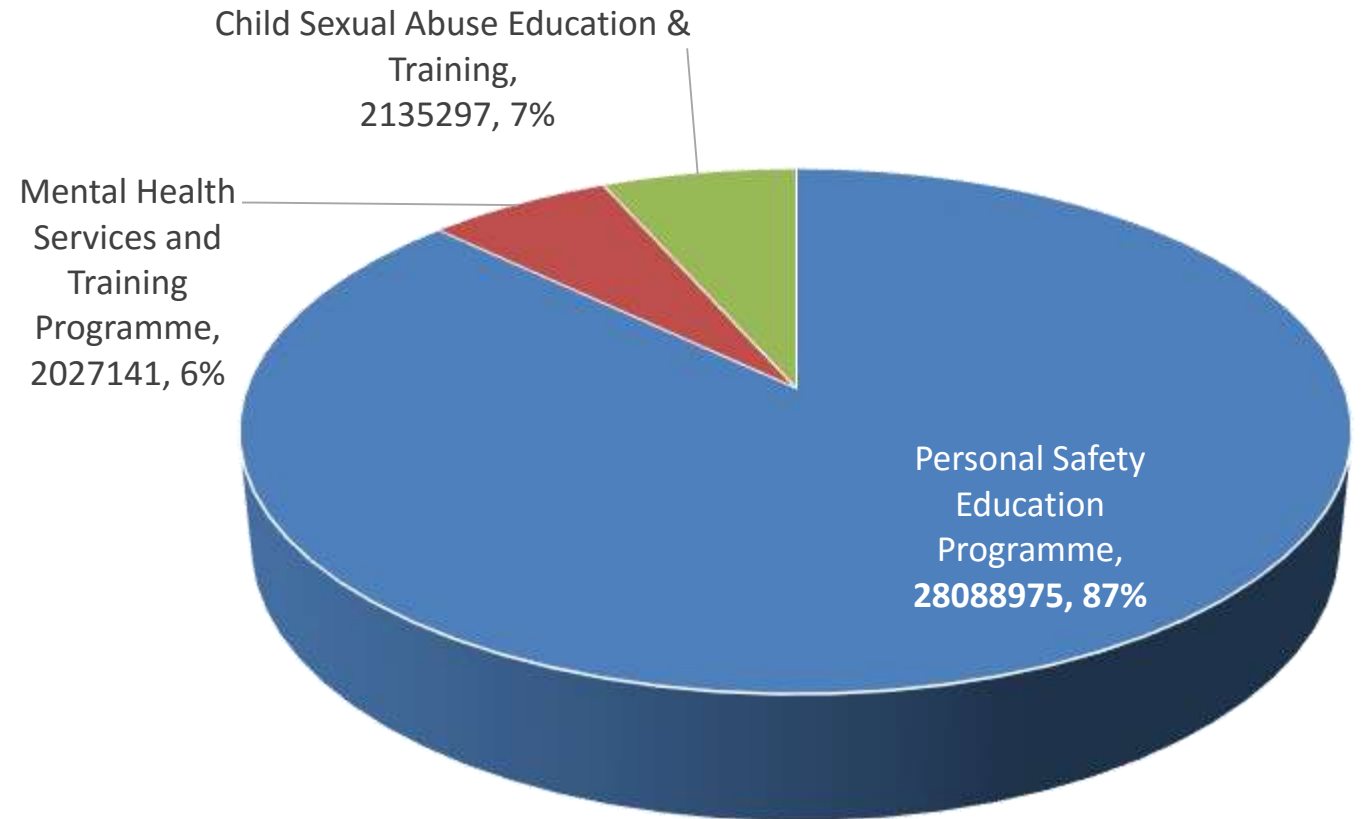


Budget v/s Actual

Budgeted v/s Actuals	FY 2015-16						
	Budgeted			Expenditure			% Utilization
Capital Expenditure	INR	USD	GBP	INR	USD	GBP	
Office Infrastructure – furniture + computers etc.	4,50,000	6,767	4,663	5,03,439	7,571	5,217	112%
Operating Expenditure							
Salaries	3,03,64,736	456,613	314,660	2,34,31,397	352,352	242,812	77%
Office Expenses	36,96,000	55,579	38,301	37,94,486	57,060	39,321	103%
Communication Materials	3,30,000	4,962	3,420	5,17,987	7,789	5,368	157%
Specific Project costs	37,20,000	55,940	38,549	34,35,604	51,663	35,602	92%
Marketing, Networking, Fundraising	9,00,000	13,534	9,326	5,68,501	8,549	5,891	63%
TOTAL	3,90,10,736	586,628	404,256	3,17,47,975	477,413	328995	81%
GRAND TOTAL	3,94,60,736	593,395	408,920	3,22,51,413	484,984	334,212	82%
% Utilisation Budget v/s Expenditure	82%						

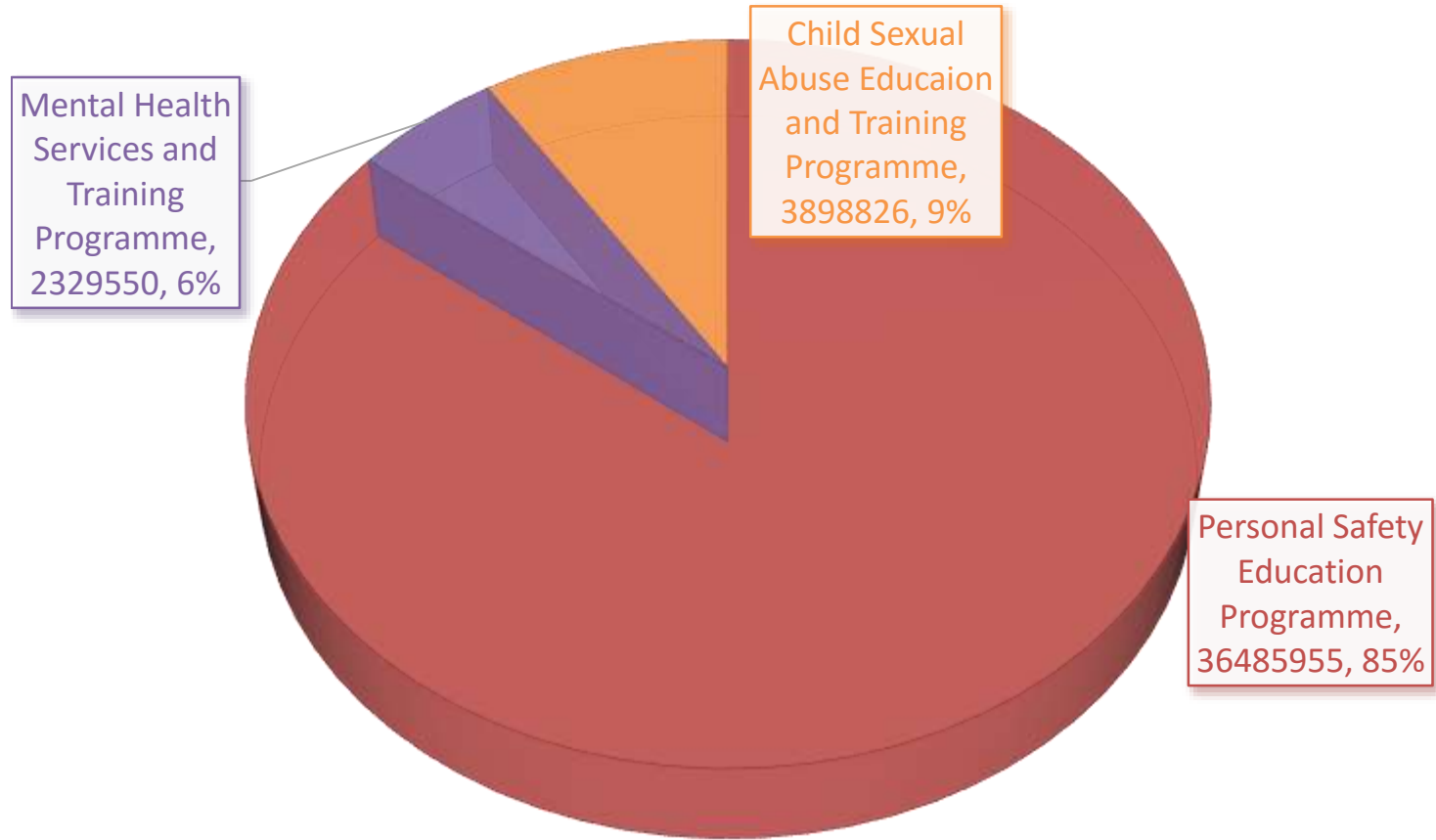
Project wise Expenses FY 15-16

Programmes	Project wise Expenses (INR)	%
Personal Safety Education Programme	2,80,88,975	87%
Mental Health Services and Training Programme	20,27,141	6%
Child Sexual Abuse Education and Training Programme	21,35,297	7%



Project wise Budget FY 16-17

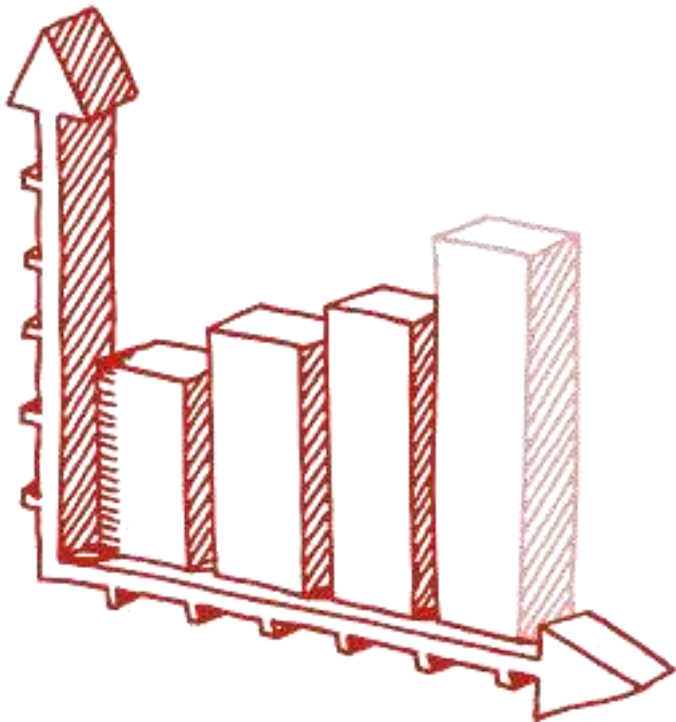
Project Name	Project wise Budget (INR)	%
Personal Safety Education Programme	3,64,85,955	85%
Mental Health Services and Training Programme	23,29,550	6%
Child Sexual Abuse Education and Training Programme	38,98,826	9%



Budget for FY 2016-17

Details		Budget		
		INR	USD (66.5 INR)	GBP (96.5 INR)
A	Capital expenditure			
A1	Computers and other electronic devices	300000	4511	3109
A2	Office furniture and infrastructure	100000	1504	1036
Total A		400000	6015	4145
B	Operational expenditure			
B1	Office expenses	4263590	64114	44182
B2	Salaries & allowances	34410740	517455	356588
B3	Arpan Communication Materials	350000	5263	3627
B4	Personal Safety Education Programme	2240000	33684	23212
B5	Mental Health Services and Training Programme	400000	6015	4145
B6	Child Sexual Abuse Prevention and Training Programme	390000	5865	4041
B7	Networking and fundraising	500000	7519	5181
Total B		42554330	639915	440978
A	Capital Expenditure	400000	6015	4145
B	Operating Expenditure	42554330	639915	440978
Total		42954330	645930	445123
C	Contingency Fund 5%	2147717	32296	22256
Grand Total		45102047	678226	467379

Projected Income for FY 2016-17



Donor Name	Donation (INR)
KARL JOHAN PERSSON -CEO H&M worldwide	96,00,000
R.JHUNJHUNWALA FOUNDATION	50,00,000
Marshall Foundation	20,00,000
THE GLOBAL FUND FOR CHILDREN	4,00,000
GMSP FOUNDATION	38,00,000
KARL JOHAN PERSSON -CEO H&M worldwide	96,00,000
R.JHUNJHUNWALA FOUNDATION	50,00,000

- **Preventions Team** gearing up for implementing the Step Up Program for **15,000 – 20,000 children** in Grades 7th to 10th.
- **Healing team** looking forward to support the PSE team with the intervention and doing substantial work in the current institutions and associating with more.
- **Training Team** to introduce and integrate the issue of CSA and engage with over **500 strategic stakeholders** that work with children- govt. bodies, NGOs and schools.
- **R & D** will be working on **Correlation Study between mental health disorders and child sexual abuse** & Finalizing the Grade 9th & 10th Modules.
- **Marketing & Communications** to introduce a responsive Arpan Website which will enable lead generation and increased outreach.