

# Annual Report 2009-10





# **Annual Report**

## **2009-10**



## **Not all wounds heal with time..... Some stay forever.**



**Child Sexual Abuse** leaves a wound that does not heal with time but could get worse. Individuals could either grow up to be disturbed and traumatized adults or at times become abusers themselves. The impact of childhood sexual abuse stays with the person for a long time, much beyond the immediate trauma. It continues to affect them even as they continue to become adults at various levels; emotional, social, sexual and psychological.

According to WHO, India has the world's largest number of sexually abused children, with a child below 16 years raped every 155th minute, a child below 10 every 13th hour, and one in every 10 children sexually abused at any point of time.

Given the high prevalence of Child Sexual Abuse (CSA) and its long lasting negative impact on the life of the individual it becomes imperative that interventions are taken.

**Arpan is a registered NGO based in Mumbai** working on the issue of Child Sexual Abuse (CSA) with a team of dedicated and skilled professionals since the year 2006.

**Arpan's mission** is to empower individuals, families, communities and society with prevention and intervention skills to reduce the occurrence of child sexual abuse, and heal its psychological, social, sexual and physical consequences.

**Arpan has so far reached out to over 10000** parents, teachers, children, NGO professionals, caretakers, and mental health professionals with various prevention and healing programs.

### **Arpan's activities include:**

#### **Empowering:**

- Parents, teachers, NGO professionals, caretakers and student professionals with prevention and intervention skills
- Children and adolescents with personal safety skills to protect themselves from CSA
- Mental health professionals with therapeutic skills to deal with CSA cases effectively
- Child, adult survivors and rescued minors to heal from their trauma caused by CSA
- Sex offenders with therapeutic assistance to prevent re offence

#### **Advocating with:**

- Policy Makers for specific laws on CSA to prevent CSA
- School systems to incorporate personal safety skills into their curriculum

### **KEY HIGHLIGHTS OF 2009-10**

- Reached out to 3500 individuals
- New Partnerships - CHILDLINE, Advait Foundation
- Wide recognition in the media; Times of India, DNA, Hindustan Times, Focus TV, TV9, MARWAR, Marie Claire
- Won the 1st Lifebuoy National Child Health Award in the category of Social and Psychological well being of children
- Successful Mumbai Marathon
- Grown to become the largest known professional team in the entire country working on CSA

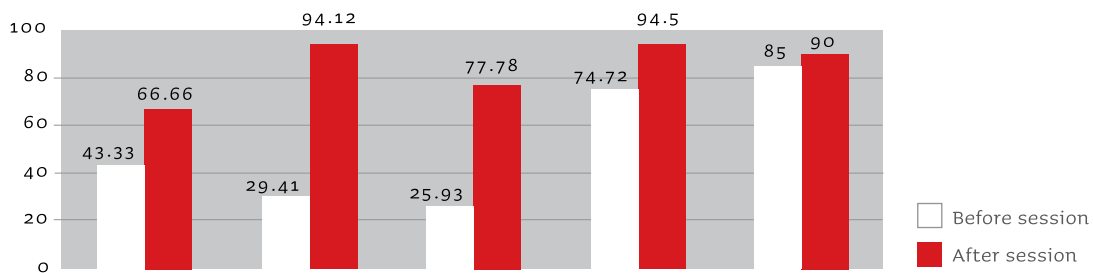
## OUTREACH AND IMPACT IN YEAR 2009-10

In the year 2009-10 we had an outreach of 3500 adults and children.

- Created awareness on CSA amongst 1268 parents, teachers, NGO staff, caretakers, social work and counseling students through awareness talks

**Impact:** Awareness sessions lead to a higher increase in awareness amongst parents and teachers in understanding child sexual abuse.

Comfort level for dealing in situations of CSA rose by an average of 32.94% after the sessions



- Taught 1355 children how to protect themselves from sexual abuse through the Personal Safety Education (PSE) Program in a school. Also trained 571 parents and teachers on CSA. We rolled out our training for Grade 1- 4 children and piloted our materials with Grade 5- 7. We learnt that Grade 7 children first need sexuality education before understanding sexual abuse. This learning is being incorporated by us.

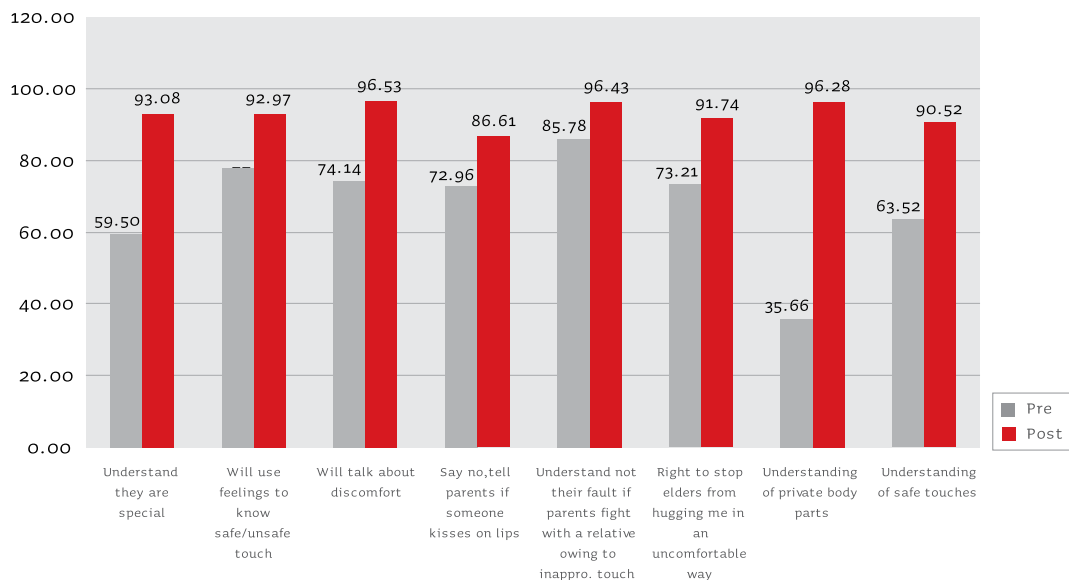
**Impact:** The program resulted in

- 25% increase in incremental understanding amongst children
- 67 cases handled by Arpan
- 84% parents now have a better understanding of CSA
- 97% parents said they will revise the concepts taught in the PSE program

*“It was a very informative program. Things which we had not talked about with our children were understood by them. It was very essential. The awareness in them has brought a change in them.” – a parent*

*“The session was really very good, full of information and it will definitely help us to deal with the problems which are being faced by students” – a teacher*





- **Helped heal 33 adult and child survivors with counseling services**

*“I can see a change in me being able to contain my feelings at work and also not needing to cry so easily. I learnt a lot about trauma and how it could have affected my thinking patterns.. Also learnt so much about myself and my relations. I wish I could come twice a week for counseling.” – client, adult survivor, age 29 yrs.*

*“I am feeling much relieved and can understand my feelings better. I feel much lighter and understood. I am able to concentrate better on my studies.” – client, adult survivor, age 19 yrs*

- **Trained 10 practicing counselors and psychologists on Trauma through a regular Study Group started by Arpan since December 2007.**
- **Trained 76 school counselors on Child Sexual Abuse and Trauma**
- **Trained 51 NGO professionals on handling cases of sexual abuse and taking the issue forward.**
- **Organised a workshop on Group Therapy for 12 practicing counselors on Group Therapy by RAHI, Delhi.**
- **Helped therapeutic healing of 20 victims (rescued minors) through intensive counseling and therapy.**

**Impact:** Changes seen by counselor and caretakers

- Reduced self harming behaviour
- More communicative of their needs
- Less violence and fights amongst themselves
- Positive outlook towards life
- Plans for their future, they are now able to envision relationships and marriage

*“Mujhmain chillane ki, maarne ki himmat hai. Initially Sandra Didi ke paas nahi jaati thi. Unko aankh dikhati thi. Vishwaas nahi kar paati thi. Joh beet gaya woh beet gaya. Kaafi khudko hi nuksaan pahunchati thi...haath kaat lena...ab aisa nahi karti. Har baar toh who nahi rahengi mere saath toh mujhi apni dekhbhaal khud karna aana chahiye. (I have been angry ever since my childhood. I used to shout and hit. Initially I would not approach the counselor who came for us. I would look at her angrily. I could not trust her. I would hurt myself a lot. I would slit my hands. Now I don't do that. I have learned to take care of myself.) – client, rescued minor.*

*“I used to be very angry. Would continuously shout on others. Would not share. I feel listening to others was also been helpful. When I think now I feel there is so much I can relearn from. I liked the way didi used to explain things.” – client, rescued minor.*

*“I was very silent. Slowly started speaking. Now I feel I can take care of myself.” – client, rescued minor.*

*“Initially I used to be very scared...now it has decreased. I can speak, I can ask.” – client, rescued minor.*

# Financials

## Balance Sheet

Complete audited statement is available on request.

The Bombay Public Trusts Act, 1950

SCHEDULE - VIII

[Vide Rule 17 (1)]

Name of the Trust :- ARPAN

Registration No. : E/24873 (BOM)

BALANCE SHEET AS AT 31 ST MARCH, 2010

FUNDS & LIABILITIES	Rupees	Rupees	PROPERTY AND ASSETS	Rupees	Rupees
Trusts Funds or Corpus :-			Immovable Properties :- (At Cost)	-	-
Balance as per last Balance Sheet	18,001		INTANGIBLE ASSET:		
Adjustment during the year (Annexure 1)	23,660	41,661.00	Balance as per last balance sheet		
			(1) LOGO	11,250.00	
			Additions during the year	-	
			Less : Sales during the year	-	
Other Earmarked Funds :-			less: Depreciation up to date	2,813.00	8,437.00
(Created under the provisions of the trust deed or scheme or out of the Income)			(2) WEBSITE:	7,500.00	
Depreciation Fund	-		Additions during the year	-	
			Less: Sales during the year	-	
Sinking Fund	-		Less : Depreciation up to date	1,875.00	5,625.00
Reserve Fund	-				
Any other Fund :	-		FURNITURE AND FIXTURES		
			Balance as per last Balance Sheet	-	
Child Sexual Abuse Fund (Annexure 2)			Less: Sales during the year	-	
opening balance	47,299.00		Additions during the year	-	
addition during the year	2,261,200.00		Less : Depreciation up to date	-	-
Less : Child Sexual Abuse fund utilised (Annexure 3)	1,258,735.00	1,049,764.00			
			COMPUTERS:		
			Balance as per last Balance Sheet	39,025.00	
			less: sales during the year	-	
			Additions during the year	68,410.00	
			Less : Depreciation up to date	43,938.00	63,497.00
			DIGITAL CAMERA		
			Balance as per last Balance Sheet	-	
			Less: sales during the year	-	
			Additions during the year	4,420.00	
			Less : Depreciation up to date	663.00	3,757.00

Loans (Secured or Unsecured) :-			BOOKS		
From Trustees		-	Balance as per last Balance Sheet	7,375.00	
From Others		-	Additions during the year	4,905.00	
			Less : Sales during the year	3,900.00	8,380.00
Liabilities :-					
For Expenses	52,455.00		OFFICE EQUIPEMENTS		
For Advances	-		Balance as per last Balance Sheet	14,110.00	
For Rent and other Deposits	-		Less: sales during the year	-	
For Sundry Credit Balance ( Annexure 4)	-	52,455.00	Additions during the year		
			Less : Depreication up to date	2,117.00	11,993.00
			Loans (Secured or Unsecured) : Good / doubtful :-		-
			Loans Scholoarships		
			Other Loans		-
			Advances :-		
			To Trustees	-	
			To Employees	-	
			To Contractors	-	
			To Lawyers	-	
			To Others	13,735.00	13,735.00
			+ Income Outstanding :-		
			Rent		-
			Interest accrued but not due		-
			Other Income		-
Income and Expenditure Account :-					
Balance as per last Balance Sheet	25,961.00		CASH AND BANK BALANCES		
Add/Less : Surplus / Deficit	73,568.00		(A) in Saving Account with Bank of Baroda	725,301.00	
As per Income and Expenditure Account		99,529.00	In fixed deposit with Bank of Baroda	400,000.00	
			(B) With the Trustee	2,684.00	1,127,985.00
<b>Total</b>		<b>1,243,409.00</b>	<b>Total</b>		<b>1,243,409.00</b>

As per our report of even date

The above Balance Sheet to the best of my/our belief contains a true account of the Funds and Liabilities and of the Property and Assets of the Trust.

Income Outstanding :  
(If accounts are kept on cash basis )

Place: Mumbai  
Dated: Chartered Accountants  
Auditors  
Greta Crasto

Rent : NIL



Membership No. 48605  
For and on behalf of  
Ganesh & Rajendra Associates  
Chartered Accountants  
ICAI Firm Registration No. 103055W

Interest : \* 5700/-  
Other Income : NIL  
TOTAL Rs. : NIL

Date at :

TRUSTEE

\* refer point no. m of the auditors report

## Income and Expenditure Account

The Bombay Public Trusts Act, 1950  
SCHEDULE - IX [Vide Rule 17 (1)]

Registration No.: E/24873 (BOM)

Name of the Trust :- ARPAN

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING : 31ST MARCH, 2010

EXPENDITURE	Rupees	Rupees	INCOME	Rupees	Rupees
To Expenditure in respect of properties :-			By Rent (realised)		-
Rates, Taxes, Cesses	-				
Repairs and maintenance	-				
Salaries	-		By Interest (realised) :-		
Insurance	-		On Securities	-	
Depreciation (by way of provision of adjustments)	-		On Loans	-	
Other Expenses	-	-	On Bank Account	6,064.00	6,064.00
To Establishment Expenses ( Annexure 5)		203,667.00	By Dividend		-
To Remuneration to Trustees		-	By Donations in Cash or Kind		363,728.00
To Remuneration (in the case of a math) to the head of the math including his household expenditure, if any )		-	By Grants		-
To Legal Expenses		-	By Income from other sources		80,050.00
To Auditor Remuneration		20,298.00			
To Contribution and Fees		15,500.00			
To Amount written off :			Sundry balance w/back		21.00
(a) Bad Debts	-				
(b) Loan Scholarship	-				
(c) Irrecoverable Rents	-				
(d) Other Items	-	-	By Transfer from Reserve		-
To Depreciation		51,406.00			
To Amount transferred to reserve or specified funds		-			
To Expenditure on Objects of the Trust					
(a) Religious	-				
(b) Educational	85,424.00				
(c) Medical Relief	-				
(d) Relief of Poverty	-				

(e) Other Charitable Objects:	-				
		85,424.00			
		376,295.00			
To Surplus carried over to Balance Sheet		73,568.00			
<b>Total Rs.</b>		<b>449,863.00</b>	<b>Total Rs.</b>		<b>449,863.00</b>

As per our report of even date

Chartered Accountants Date at : TRUSTEE  
 Place : Mumbai Auditors  
 Dated : Greta Crasto  
 Membership No. 48605  
 For and on behalf of  
 Ganesh & Rajendra Associates  
 Chartered Accountants  
 ICAI Firm Registration No. 103055W

## Receipts and Payments Account

ARPAN  
 10, ARUN BUILDING, 34, NARAYAN DABHOLKAR ROAD,  
 MUMBAI 400006

Registration No. : E/24873 (BOM)

STATEMENT OF RECEIPTS AND PAYMENTS  
 FOR THE YEAR ENDING 31ST MARCH 2010

RECIEPTS		Rupees
Cash In Hand		6,689.00
Cash In Bank		16,156.00
TOTAL OPENING BALANCE (A)		22,845.00
Donations Towards Child Sexual Abuse Project		2,261,200.00
Donations Towards Corpus Fund		23,660.00
Voluntary Donations		363,728.00
sale of books		3,900.00
Counselling Fees		9,100.00
Honorarium income		13,800.00
Study Circle Fees		8,750.00
Training Fees Towards CSA Project		22,400.00
Dance Movement Therapy Workshop Fees		16,000.00
RAHI Workshop Registration Fees		10,000.00
Interest From Bank		6,064.00
<b>TOTAL (B)</b>		<b>2,738,602.00</b>
<b>TOTAL RECEIPTS (A+B)</b>		<b>2,761,447.00</b>
PAYMENTS /EXPENDITURE		
Councillor fees-study circle		16,750.00
Conveyance		96,334.00
Councelling Charges		31,952.00
Newspaper, Books & Periodicals		1,993.00
Postage & Courier		1,808.00
Printing & Stationery		42,476.00
Study Group Expenses		23,295.00

Telephone Expenses	39,485.00
TDS Remittance	9,889.00
Purchase Of Computers	68,410.00
Contribution To Charity Commissioner	2,016.00
Audit Fees	12,961.00
Advance To Vrushali Thale- designing exp	10,000.00
Purchase Of Books	4,905.00
Purchase Of Digital Camera	4,420.00
Bank Of Baroda Fixed Deposit	400,000.00
Website Expenses	1,050.00
Registration Charges For Marathon	12,000.00
Online Registration Fees Paid To Give India	5,000.00
Emdr Association-Workshop Expenses	12,000.00
Dance Movement Therapy Workshop Expenses	32,718.00
Rahi Workshop Expenses	40,706.00
Staff Emoluments	1,111,400.00
Establishment Expenses	10,441.00
Consultancy Fees	15,500.00
Donation Paid	285.00
Festival Expenses	6,037.00
Miscellaneous Expenses	12,103.00
Advance To Employees	3,000.00
Repairs & Maintenance For Computer	4,527.00
<b>TOTAL PAYMENTS (A)</b>	<b>2,033,461.00</b>
Closing balance	
Cash on hand	2,684.00
Cash in bank	725,302.00
<b>TOTAL CLOSING BALANCE (B)</b>	<b>727,986.00</b>
<b>Total (A)+(B)</b>	<b>2,761,447.00</b>

Prepared on the basis of audited balance sheet.

Greta Crasto

Partner

Membership No. 48605

For and on behalf of

Ganesh & Rajendra Associates

Chartered Accountants

ICAI Firm Registration No. 103055W

Place : Mumbai

Dated :

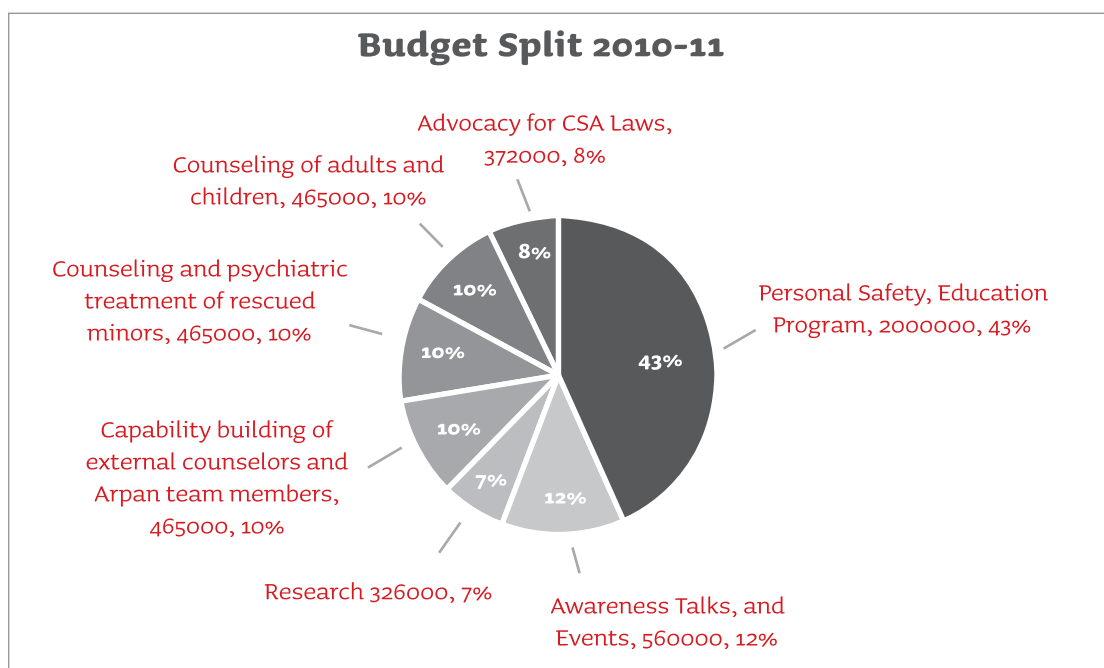
# Plans for 2009-2010

We aim to

- Reach out to another 3000 adults and children directly through various programs with an additional outreach of 3000 children indirectly. Total – 6000.
- Finalise and implement Training of Trainers for Personal Safety Education program in schools and train 180 teachers.
- Start reaching out to college youth with awareness programs.
- Develop processes and systems in Arpan to make it a sustainable organization and ready to scale.
- Develop partnerships with mental health professionals, NGOs to widen outreach of Arpan’s counseling services in Mumbai.
- Continue capability building workshops for counselors.
- Advocate for specific laws on CSA and send suggestions to the Ministry of Law and Justice.
- Create civil society awareness through events during the Joy of Giving Week, Nov. 19th World Day for Prevention of Child Abuse and Mumbai Marathon.

## Budget split

Total funding required for 2010-11 – Rs. 46.5 lakhs.



## Identity

Arpan is a registered Public Charitable Trust by legal status and conviction. (Registered under the Bombay Trust Act, Registration No. E24873 dated 25/03/2008)

Details of Board members as on 31st March, 2010

Name	Designation	Area of competency	Meetings attended
Suman Srivastava	Trustee	Strategic Direction, Finances, Marketing	4 / 4
Achama Matthew	Trustee	Strategic Direction, Program Development	4 / 4
Vaishali Kapadia	Trustee	Design and Media Strategy	4 / 4
Pooja Taparia	Trustee	Administration, Operations, Communication, Program Development, Fund raising	4 / 4

Pooja Taparia receives a remuneration of Rs. 30,000 per month as Chief Executive Officer of Arpan.

**Registered Office:** 10, Arun bldg., 3rd flr, 34, Narayan Dhabolkar Road, Mumbai – 400 006

**Working Office:** unit no. 24, 105, Apollo Street, Mumbai Samachar Marg, Mumbai – 400 023

**Bankers:** Bank of Baroda, Malabar Hill, Mumbai – 400 006

**Auditors:** Ganesh and Rajendra Associates, 404, Tardeo AC Market, Tardeo, Mumbai – 400 034

Distribution of staff according to salary as on 31st March, 2010. All staff are female.

Slab of gross monthly salary (in Rs.) plus benefits paid to staff	Full time	Part time	Total Staff
< 5,000	-	-	0
5,000 – 9,999	1	2	3
10,000 – 24,999	3	1	4
25,000 – 50,000	1		1
50,001 – 1,00,000	-	-	0
Total	5	3	8

Remuneration of 2 highest paid employees - Rs. 30,000/-, Rs. 20,000/-

Remuneration of lowest paid staff member - Rs. 7,000/-

No international travel has been made by any Board member or personnel for Arpan.

### Key Advisor to Arpan's programs

Lois Engelbrecht, has more than 17 years of experience on the issue of Child Sexual Abuse. Founded 3 centres working on CSA in South East Asia.

### Partners

- Centre for the Prevention and Treatment of Child Sexual Abuse, Manila, Philippines
- Protect and Save the Children, Kuala Lumpur, Malaysia
- Advait Foundation, Mumbai, India
- Childline, Mumbai, India
- Bombay Cambridge Gurukul schools

### Thank You

- All our well wishers and donors whose support has helped us to sustain and grow our work.

Donors in alphabetical order:

Aaditya Dhoot

Aarati Somani

Aashu Calapa

Amit Laxman

Amulya K.

Anjali Devidayal

Archana Bhatia

Chhaganlal Velji Charitable Trust

Chhavi Sachdev

Gaurav Raje

Harveer Singh

Hussain Quettawalla

Jay Dabhi

Kanhaiyalal Taparia Charity Trust

Karitkeya Talreja

Manoj Kumar

Maria Mubarak

Megha Sahni

Mrunalini R. Kolekar

Mukuntan K. R

Nachiket Mor

Namrata Aggarwalla

Naresh Nagrecha & Veena Nagrecha

Narotam Sekhsaria Foundation

Neelu Jalan

Niral Shah

Nishant Philip

Oswal Projects Ltd.

Pooja Taparia

Prem Rajani

Priya Khurana

Priya Krishnamoorthy

Purnima Taparia

Rachana Rathi

Ritoo Joshi

Ruchika Agrawal

Sanjeevani Jyoti Charitable Trust

Sanjeevi Giridhar

Shekhar Kabra

Shishir Kabra  
Shishukunj International  
Shivani Kabra  
Shobha S. Iyer  
Shri N. K. Somani Public Charitable Trust  
Shri and Smt. Vinod Jhaveri  
Shyam Dabhi  
Sir Dorabji Tata Trust

Smita Dhoot  
Smt. Sitadevi Taparia Charitable Trust  
Sudha Kabra  
Suman Srivastava  
Suraj Shetty  
Suruchi Kabra  
Sushil Somani  
S Vivek Krishna

Taramani Devi Somani  
Umakanth Adiga  
Vandana Somani  
Venkatesh Iyer  
Vrinda Goenka  
Zama Patel

- A very special thank you to Mr. Sanjeev Taparia for giving us office space to work from.
- All our clients whose stories and lives have touched us and keep us motivated.
- Our team, Pooja Taparia (Founder and CEO), Pushpa Venkatraman (Head trainer and Counselor), Anita Kumar (Documentation officer and Administrative Assistant), Jyotti Savla (PSE Manager and Trainer), Chandrika Rambiya (Counselor), Beulah Toppo (Trainer), Sandra Farel (Counselor), Gayatru Yelluri (Office Assistant).
- Our Board of Trustees – Suman Srivasatava, Achama Matthew, Vaishali Kapadia and Pooja Taparia

Your support has been extremely valuable last year and we hope you will continue your support this year too. Thank you!

### **You can continue to help by:**

#### **Talking about the issue**

- Talk to your friends and family about CSA. Learn more about CSA on [www.arpan.org.in](http://www.arpan.org.in)
- If you have experienced CSA or know of someone who has, reach out to us on [support@arpan.org.in](mailto:support@arpan.org.in) or 98190.86444.

#### **Volunteering**

- We need individuals with varied skills and resources to help our work grow.
- Tell people about Arpan and the work we do.
- Help us get access to networks like schools, clubs, residential societies, NGOs, any platform to talk about CSA and create awareness.

#### **Donating**

- Sponsor Teaching @ Rs. 500 ---- no. of children personal safety skills
- Sponsor Training @ Rs. 200 ---- no. of parents, teachers and other adults on CSA.
- Sponsor Counseling for ----- no. of survivors heal @ Rs. 1000 per month per person.

#### **Ways to donate:**

- You could send a cheque in the name of 'Arpan' to our office.
- For bank transfer details contact us on [info@arpan.org.in](mailto:info@arpan.org.in).
- To donate online go to <http://www.giveindia.org/give/pledgepage/ArpanCSA Abuse>

You will be sent a receipt and 80G tax exemption certificate.

If you are an NRI holding Indian passport you can pay directly to Arpan from any account either in India or abroad.

If you are a PIO (holding passport other than of India) or a person of foreign origin you can donate to our partner 'Connect India' in the UK.

Send a cheque in the name of 'Connect India' to P. O. Box 667, Borehamwood, London, United Kingdom, WD6 9DR.

For bank transfer details contact us on [info@arpan.org.in](mailto:info@arpan.org.in)

#### **Do visit us!**

Do call us in advance to arrange a mutually convenient timing.

#### **Arpan**

Unit no. 24, 105, Apollo Street, Mumbai Samachar Marg, Mumbai – 400 023

**Tel** – 022.3951.3533, **Email** – [info@arpan.org.in](mailto:info@arpan.org.in), **Website** – [www.arpan.org.in](http://www.arpan.org.in)

..... **Some wounds do heal**  
**And don't stay forever.**







**Address** Unit no. 24,  
105, Apollo Street,  
Mumbai Samachar Marg,  
Mumbai – 400 023

**Tel** 022.3951.3533, 98190.51444

**Email** [info@arpan.org.in](mailto:info@arpan.org.in),

[www.arpan.org.in](http://www.arpan.org.in)