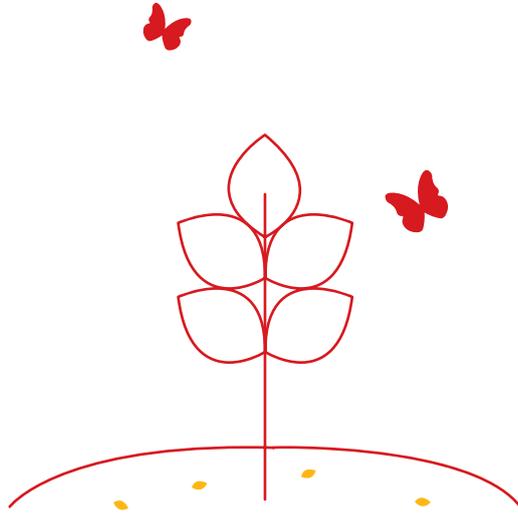


ANNUAL REPORT 2020-21



**“Like tiny seeds with potent power to push through
tough ground and become mighty trees,
we hold innate reserves of unimaginable strength.
We are resilient.”**

- Catherine DeVrye, The Gift of Nature



CEO'S FOREWORD



**POOJA
TAPARIA**

I am so pleased to share the Annual Report of 2020-21 which focuses on our resilience as an organisation and how we have seized opportunities to grow despite being amidst a humanitarian crisis like we have never seen before.

The onset of COVID meant that we were thrown into a VUCA world; Volatile, Uncertain, Complex and Ambiguous. This forced us to rebalance several priorities, from surviving through the year with the whole team intact, to innovating rapidly into a digital age and continuing to further our mission. Thankfully, not only did we survive but we thrived. This period saw a significant acceleration in our 5 year plan. We had set ourselves the

target of training 50,000 teachers over 5 years, we trained 120,000 in one go from all over Maharashtra. We had planned to focus on creating more Digital content and we immediately created videos out of our e-learn courses. Child Safety Week turned into a full-blown digital event with a reach of 13 million people with organisations joining from multiple countries. We reached 9,000 children through the Personal Safety Education programme a feat which looked very difficult last year since schools were shut throughout the year, a lot of children had migrated and were inaccessible. I heard one of the School principals say that they couldn't reach the children over the phone but Arpan trainers have. Such diligence to connect with children and ensure their safety that we connected with a child who had migrated to a different country!

At the core of being a Public Charitable Trust lies the value of doing good, helping people and we implemented that value. I am very proud that beyond our work on Child Sexual Abuse we jumped in to help with COVID relief work in the form of distributing thousands of Grocery kits for daily wage earners; families of children we work with through our school partners and Mental Health support to hundreds of people. Our mental health helpline ran through the year to support people in dealing with stress, anxiety, grief and pain. So many people have lost loved ones through this pandemic. We will continue to help as many people as we can, especially children who have lost one or both parents.

The pandemic continues, yet I look forward to another year of innovation, learning and growth and charting a trajectory that will be best for our mission in a COVID and post COVID world.

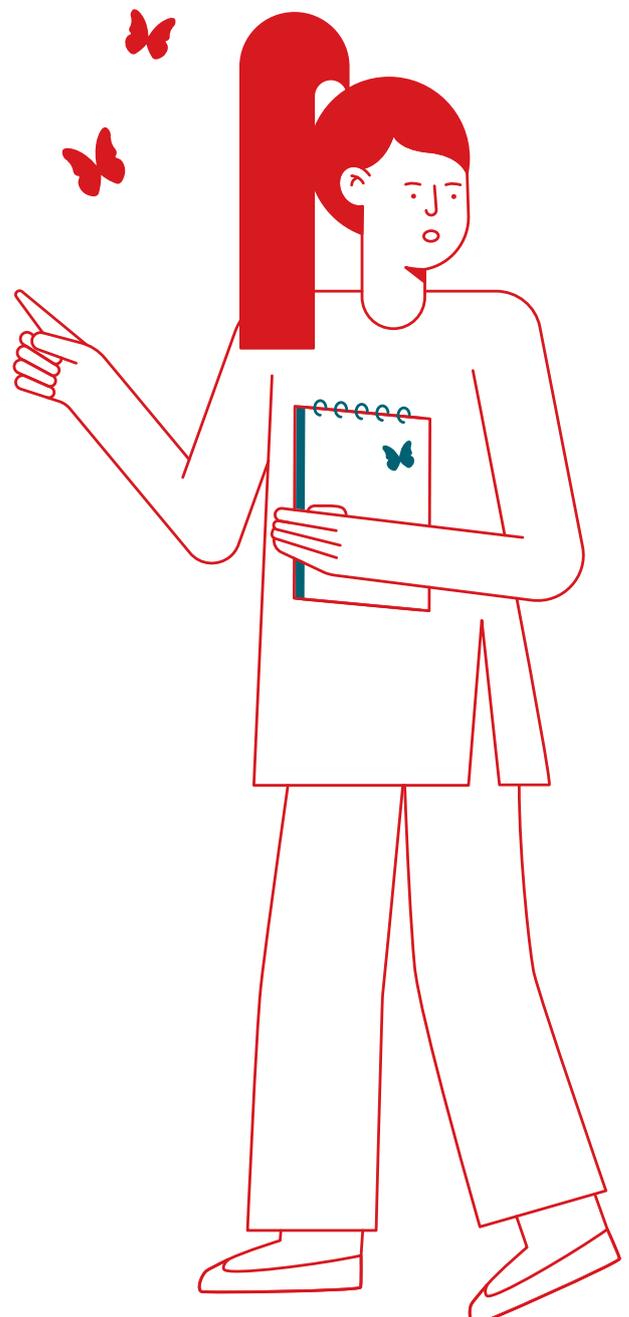
I want to thank all of our Board members, Advisors and donors who have stood with us through these tough times, been hands on and so supportive. I would also like to express gratitude to Vidya Balan, our Goodwill Ambassador and our partners who have given us the opportunity to continue to work together for the well-being of our children. The entire team at Arpan has worked very hard despite these unusual circumstances, loss of loved ones and the home environment not being conducive to work.

Kudos to the team.

I feel extremely proud to lead a team of leaders who is so passionate and so perseverant.



Pooja Taparia
Founder & Chief Executive
Arpan



BOARD MEMBER'S FOREWORD



**ARJUN
RAYCHAUDHURI**

The year of COVID has been extremely disruptive for our society, as we witnessed multiple COVID waves that significantly impacted the wellbeing of our society. This year was a demonstration of Arpan's strong fundamentals, which enabled us to demonstrate robust outcomes. Arpan was not just resilient against the shock of COVID, but instead improved outcomes across a variety of stakeholders during this time.

Arpan has always been historically conservative in our approach to budgeting and expenditure. We were consequently able to maintain and support our workforce

through these difficult times. Of equal importance, COVID meant that Arpan, like all other organisations, would have to materially change the way in which we worked. This year, we began to see how the investments we had made in building up a strong leadership team begin to show clear results, as all the teams at Arpan were able to rapidly pivot into a digital and work from home environment.

Despite the pandemic, we were able to work closely with our schools and deliver high impact in a lockdown environment. More strikingly, the early investments made in Arpan's e-learn initiative were leveraged to provide content for large training initiatives across India, marking Arpan's entry into the digital space. This was supplemented by a series of webinars and culminated in significant outreach via Child Safety week.

During the course of a few months, Arpan was able to become a digitally adept organization, and deliver material impact significantly higher than in the past.

In addition to scaling up the existing initiatives and transforming the

team, Arpan took on the responsibility of providing COVID support to our community in areas outside of CSA, given our position as a leading NGO.

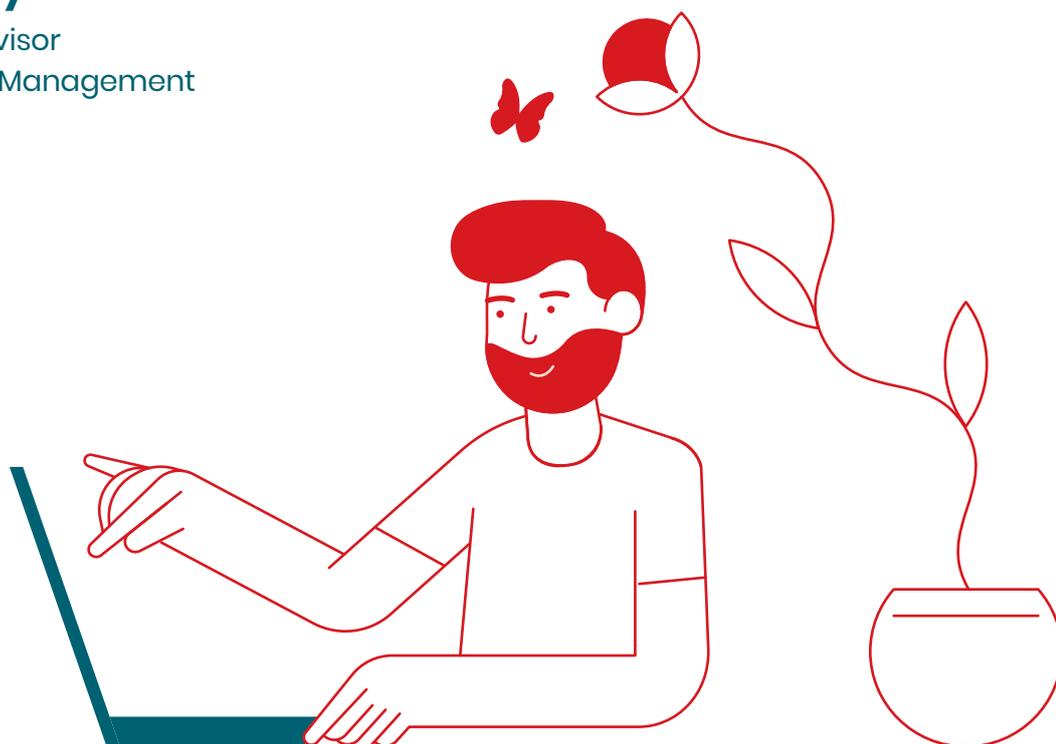
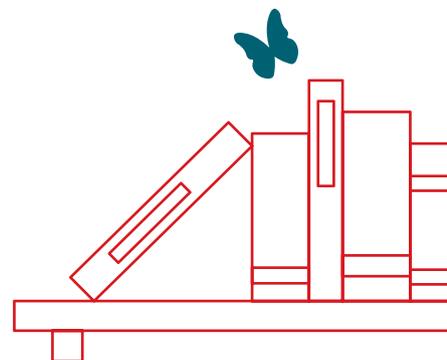
We are glad that our efforts have reached some of the most marginalised families in the city of Mumbai. It is also humbling to know that these efforts were visible and lauded by other social enterprises, including the World Economic Forum.

As we look ahead, we realise that the last year was a turning point for us. Arpan now looks forward to continue the enhanced outreach that resulted in the COVID phase, and to be able to take our programs and initiatives to a larger domestic and global audience.



Arjun Raychaudhuri

Operating Advisor
Apollo Global Management



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INTRODUCTION

Arpan as an organization has been working on the issue of Child Sexual Abuse for the last 13 years. Over the years we have faced many challenges which has always prompted us to push ourselves to new limits. The path for this work has never been smooth and we have faltered and learnt. Today we feel an immense sense of gratitude for those difficult times, the pain and crises that we faced which left us with immense learning, new insights and made us resilient enough to have faith and be hopeful even in extreme situations – for the one that we are facing today, the COVID-19 pandemic.

2020 – 21 was no doubt a challenging and uncertain year. It was a test for our organizational resilience. We are proud to say that we not only passed it but

went beyond on our path to create ‘A World Free of Child Sexual Abuse’.

The learnings from the past helped us take the change in our stride and turn the crisis into an opportunity for learning and growth. This is not to say that we were immune to change but we were less disrupted by it – be it working from home, school closures, low attendance in online classes, lack of offline access to our training participants or conducting offline events and public campaigns. We moved through it quickly and positively by seeking opportunities amidst difficulties, taking risks, tapping into the silence, innovating, challenging our own convictions and exploring new pathways while continuously strengthening the culture of care for our team as well as for the people we work with.

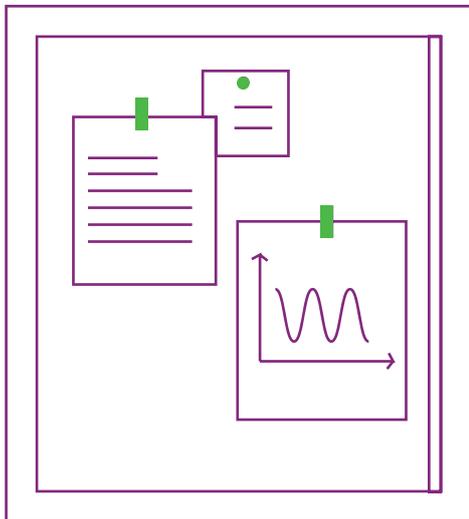
Through this report we hope to give you a glimpse of those moments which we sought, recognized, embraced and those that shaped our practice and enlightened us.



OUR INTERVENTIONS, STRATEGIES AND PROGRAMMES

OUR VISION

A World Free of Child Sexual Abuse (CSA)



OUR MISSION

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.

A nuanced issue like Child Sexual Abuse calls for a multifaceted response. Arpan is the largest NGO in India addressing this issue with over 100 professionals providing prevention and intervention services to children and adults, scaling up through partnerships with government bodies, school chains and NGOs pan India.

Arpan's key project is educating children and adolescents (age 4 years to 15 years) about personal safety in schools so that they can identify and seek help in unsafe situations. We have launched www.arpanelearn.com, a free e-learning portal for children with structured online courses so that all the course content traditionally delivered in the classroom is now delivered online.

Alongside Personal Safety Education, Arpan also trains and empowers parents and teachers, imparting knowledge, attitude and skills to prevent and deal with Child Sexual Abuse and uses advocacy and research to push for policy and systemic change.



OUR STRATEGIES

- 1. Prevention and Healing Services for children and adults** to prevent Child Sexual Abuse and provide psycho-social support. It includes building appropriate pedagogy for new demographics and expanding local and international reach through digital content and multi-language translation.
- 2. Training and Capacity Building of Stakeholders** to enable them to replicate and scale the delivery of Child Sexual Abuse prevention and healing services. It includes training being delivered through digital content and e-learning platforms.
- 3. Public and Policy Advocacy** through research and representation to create mass awareness on Child Sexual Abuse and advocate for systemic level change at the local, state and national level to integrate Personal Safety Education in the school curriculum and set up prevention and support services across India.

These strategies are implemented through the following 3 Programmes and 2 Activities:

The 3 programmes are:

- **Personal Safety Education Programme**
- **Training and Policy Advocacy Programme**
- **Digital Learning Programme**

The 2 activities are:

- **Mental Health Services**
- **Public Awareness**

VALUES AND CULTURE AT ARPAN

The values that have guided Arpan as an organization, helped us make decisions in the most challenging situations and navigate through the phenomenon of violence and abuse are:

Respect

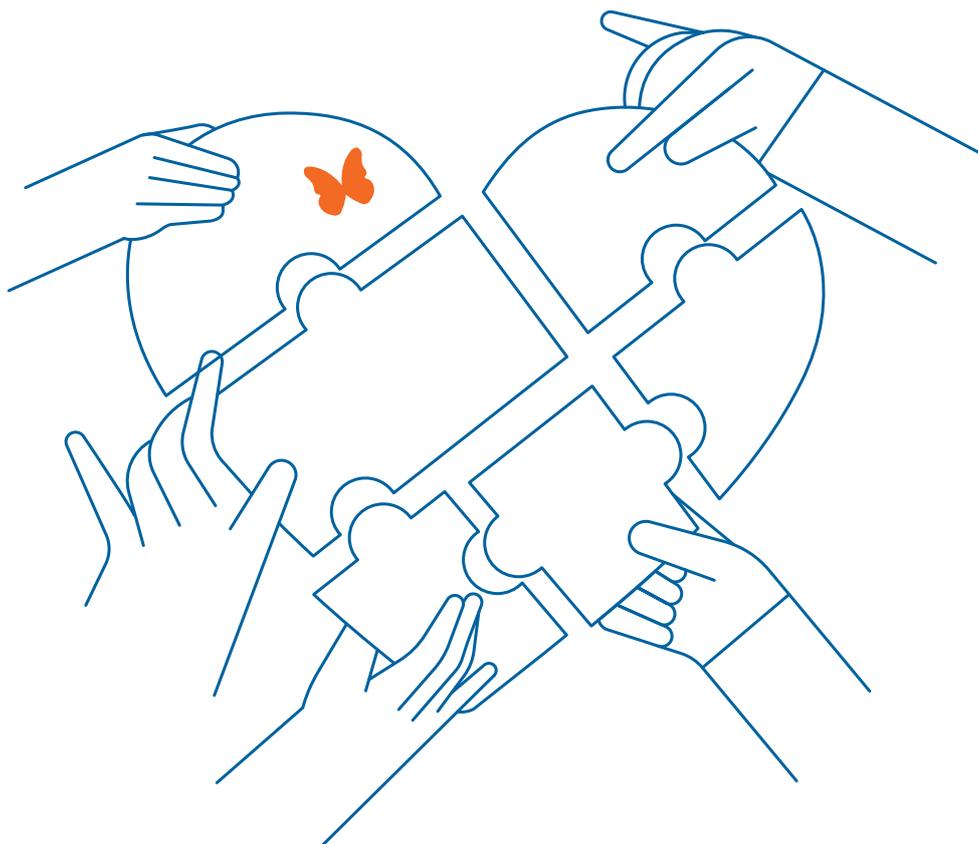
We respect ourselves, express our opinions, suggestions and feelings with dignity. We listen to and welcome diverse perspectives and have a deep regard for others even when their beliefs are different from our own.

Accountability

We deliver what we have promised. We take responsibility for our own actions and outcomes. We are responsible for ourselves, the organisation and all internal and external stakeholders.

Transparency

We are transparent about our values and policies, our failures and mistakes and openly share our ideas and knowledge with all internal and external stakeholders.



Integrity

We value being honest and true to ourselves and being authentic and consistent in our behaviour, actions and words.

Quality Driven Excellence

We strive to become better than we are today by challenging assumptions, demonstrating agility and being thoughtful. We are forever learners and relentless in the pursuit of maintaining quality and evolving creative, innovative and effective solutions.

Passion

We are a passionate group of people who are not afraid to be hopeful, demonstrate enthusiasm and stand by our belief of an abuse-free world for children.

Perseverance

We believe everyone who takes an idea and makes it into something meaningful does it through hard work, tirelessness and diligence. We stay undeterred as we navigate through the phenomenon of violence and abuse undamped by discouragement, opposition or failure.

Empathy

We work towards creating a caring environment internally and externally – we connect, listen, think and respond deliberately by understanding diverse perspectives and circumstances.

Compassion

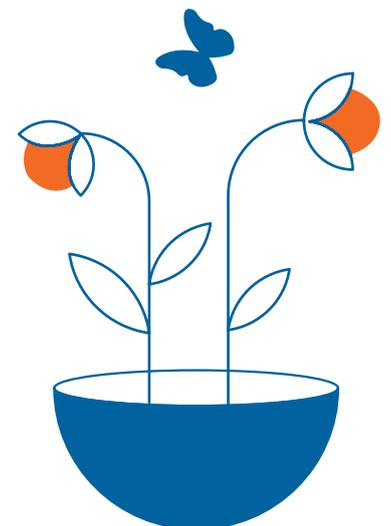
We make an effort to know our external stakeholders and act on that knowledge with positive intent to support them in their journey of healing.

Fairness

We put in the effort, time and resource required to take just and equitable decisions for all internal and external stakeholders.

Trust

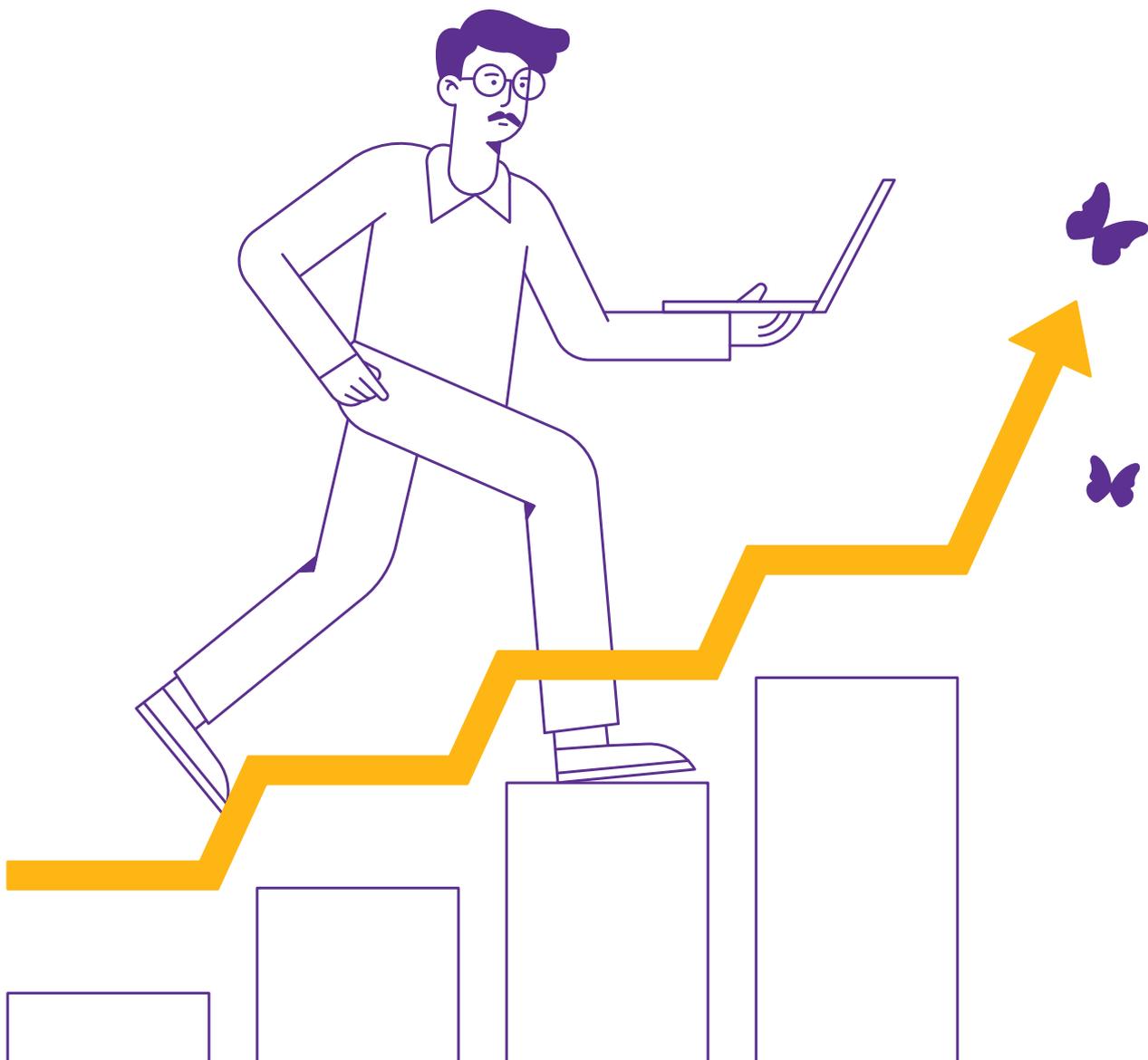
We have faith in human potential – both in being able to initiate change and to be resilient in the face of adversity.



THE YEAR: 2020-21

2020 - 21 was a different year. A year that demanded each one of us to be resilient and agile. A year that tested us and prompted us to be perseverant and innovative and to ensure programme continuity so that we do not lose out on reaching to children and adults through this pandemic. In the year 2020 - 21, Arpan has touched the lives of 1,83,276 adults and children. This takes Arpan's overall outreach to 5,13,579 since inception and

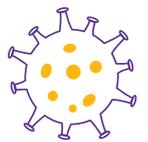
11,34,799 individuals through our partnerships. Our reach has been 26,873,275 through public engagement. Our growth rate hit 56% this year. It was also a year where going beyond was not a choice but a calling and we responded to it by expanding our Mental Health services and embarking on COVID-19 Relief Work. We will try to give you a glimpse into this very different year through this annual report.



Distribution of Grocery Kits through our School and NGO partners



A. COVID-19 RELIEF WORK



At the beginning of the last financial year, the COVID-19 crisis started to loom over us and there was a strict combat measure through the lockdown of the entire nation. In our conversations with our stakeholders, we realized that the need of the hour was to step in to provide relief by providing food to our stakeholders and the communities that we work with as a majority of them belonged to the marginalised and low-income segments of society.

By adhering to all safety and hygiene measures, we provided 6,219 packed grocery kits through our school and NGO partners so that families who had lost their livelihoods and have no income do not suffer from hunger.

Another evolving need was to ensure mental wellbeing as pandemics have had a detrimental impact on the mental health of affected populations throughout history. In the present situation, the pandemic and



the associated lockdown measures have increased feelings of loneliness, isolation, restlessness and anxiety as millions of people have been quickly forced to adapt to new realities, losing near and dear ones and making drastic lifestyle changes. The anxiety has been further heightened by the economic hardship of losing their jobs.

We expanded our mental health services through digital avenues and supported 1,457 people to rise beyond the chaos and the mental battles that they were fighting.

COVID-19 Counselling and Therapeutic Support

COVID-19 COUNSELLING & THERAPEUTIC SUPPORT

Mon - Fri : 9 am to 5 pm

Call us at +91 98190 86444 OR

Write to us on

Facebook: @ArpanCSA,

Instagram: @arpan_csa,

Twitter: @Arpan_CSA

#COVIDsupport



A Teachers' Awareness Session on Personal Safety Education



B. PROGRAMMES OF ARPAN

1. PERSONAL SAFETY EDUCATION

Personal Safety Education (PSE) Programme is a comprehensive life-skill education programme that approaches Child Sexual Abuse with a preventive and healing lens. It is conducted in schools and community set-ups with children from Grade 1 to 10 to provide them with knowledge and skills to prevent Child Sexual Abuse and to seek support if an incident occurs. Arpan also works with adult caregivers to help create a safe environment for children. Over the years, the programme has been successful in preventing and enabling child survivors of sexual abuse to seek the necessary psychotherapeutic support and in healing the negative consequences of the abuse.

However, this year when the pandemic hit us, the challenge in front of us was to reach

out to children as schools were shut. We were concerned and wanted to ensure that the pandemic does not become one more reason to increase the silent pandemic of Child Sexual Abuse. What came to our advantage was the long-standing relationships that we have been able to build with our external stakeholders and school partners. The seed of trust that has been sown years back yielded fruits during this difficult time as schools opened their online doors for us to connect with children and adults. We have also embarked on building our digital content on Personal Safety three years ago knowing that digital is the future. We didn't know it will be the present and one of the handy resources that will help us master this situation.

While both of these factors gave us the first leap, this was just the starting point of a long and fruitful journey. We soon realized that almost 50% of children would not be able to access the online classes, either because they do not have access to a device or have a lack of data bandwidth or have migrated back to their native villages and lost contact with the school.



We started exploring diverse avenues to reach out to children with the aim that not a single child is left behind. We tried calling up parents, relatives, friends, neighbours wherever required to get in touch with the child. Children themselves were our biggest resource as they helped us connect with their friends and friends of friends. We even ended up tracing a child who went back to Nepal. We tried different digital platforms based on children's needs and even conducted telephonic sessions after we had shared resources through WhatsApp.

While we ensured that no pathways to reach children were left out, we had another puzzle to solve. This was to adapt our offline and online curriculum to suit children's present need and delivery mechanism. We needed to ensure that we do not lose on connecting

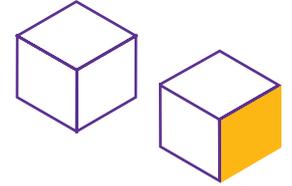
with children, creating a safe space for them and continue to encourage them to ask questions and share their inhibitions. To do so we improvised our curriculum including grounding exercise, visual aids, infographics, presentations that helped them feel grounded, connect to the personal safety messages and internalize them.

To create a strong support system we had to also connect with parents, teachers and service staff by conducting online awareness sessions. In this case, as well we needed to adapt our content to address adults' safety concerns and anxiety around the present situation and help them understand Child Sexual Abuse in the context of the pandemic. Our focus was to help them to invest in their own self-care and empower them to keep children safe.

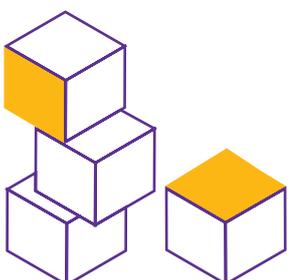
Armed with these new tools and renewed confidence, through 76 schools we reached out to:

- 9,128 children
- 2,622 Parents
- 671 Teachers
- 106 Non - Teaching Staff

- In addition, 986 adults were made aware of Child Sexual Abuse and Personal Safety Education programme. However, the programme is yet to be conducted with their children.



A Parents' Awareness Session on Personal Safety Education



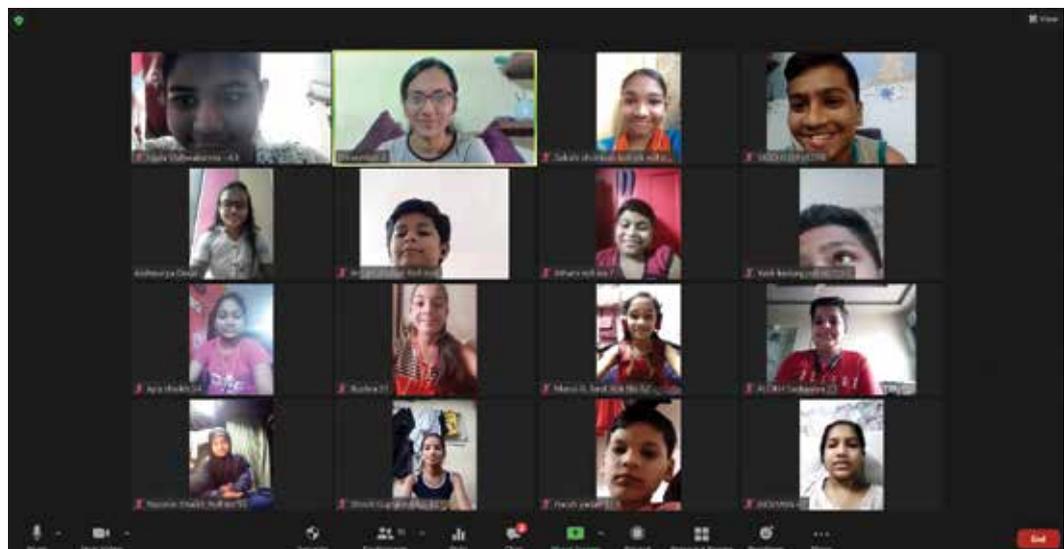


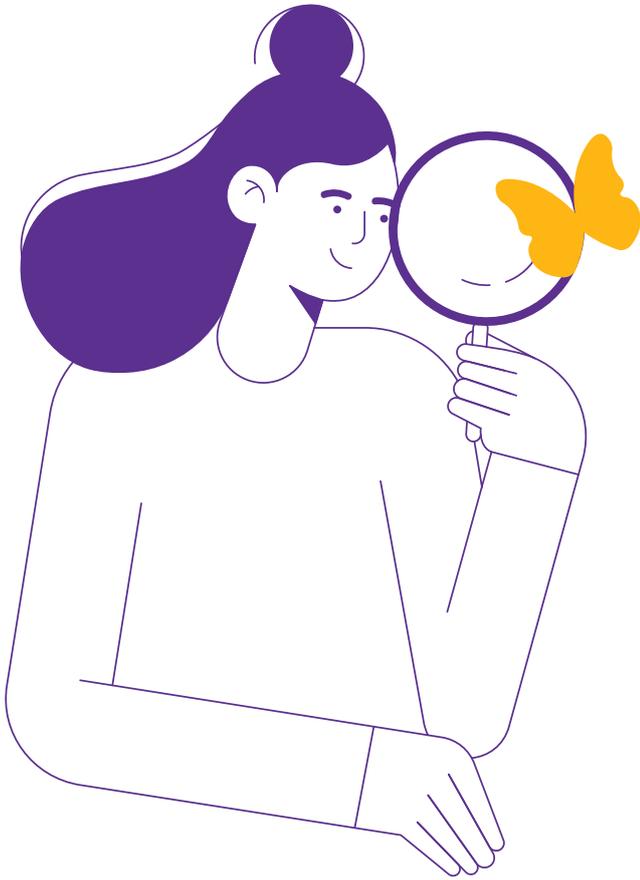
Identifying details in all 'Story of Change' involving children have been withheld or changed to protect the identity of the children.

Personal Safety lesson was conducted via an online platform with a child in grade 5. The trainer, while conducting the session could hear the voice of another child responding to the questions and activities. When the trainer enquired, he understood the lesson was also being attended by the child's elder sister who was in grade 8. As part of the process, the trainer called the child for an individual session which is conducted after the completion of the lesson plan based sessions. The child informed the trainer that his sister also wanted to talk to him. When the trainer

spoke to the sister, she asked about the precautions that a girl child needed to follow if she was going out at night. The trainer delved into this question further and created a safe space for the child to disclose if she was facing any unsafe situation. The child disclosed that a boy had tried to catch hold of her when she went out. She shared that she was scared and felt guilty about it. The child also mentioned that she had not talked about it with anyone else as she did not feel comfortable. The trainer appreciated the child for sharing and taking a step to prevent further revictimization and heal from the residual impact of the incident. While the last year brought challenges to interact with children in person, it also created spaces to reach out to children who would have otherwise not come in contact with Arpan and hence might not have an opportunity to prevent and heal from sexual abuse.

A Classroom Session on Personal Safety Education





Psychotherapeutic Intervention

Psychotherapeutic intervention is an integral part of the Personal Safety Education Programme. In 2020–21, after the Personal Safety Education programme, 132 children reported instances of Child Sexual Abuse and indicated the need to undergo therapeutic intervention. The disclosure rate is around 2% which is much below the trend that we otherwise see. There could be multiple reasons for the decrease – children’s discomfort in disclosing as they were surrounded by family members and did not have the privacy to share, instances of Child Sexual Abuse might have decreased as chances of isolating the children were rare or children were reluctant to disclose in online sessions as they did not have the comfort of meeting the facilitator. However, it is too early to know the truth and it will only be clear when things open up and access to children increases. Children who disclosed were referred for psychotherapeutic support to Arpan’s in-house counsellors.

Counselling services were provided to:

- 582 children through 1,456 individual sessions and 2 group sessions
- Of these 582 cases, 450 cases were continued from 2019–20
- Of these 582 cases, 482 cases were closed and counselling services are ongoing with the rest
- 26% of the closed cases were of sexual abuse, 49% were of inappropriate behaviour and 25% were of other emotional concerns
- Psycho-education was provided to 139 trusted adults through 138 individual sessions and 6 joint sessions

The journey to reach out to children for counselling over telephonic channels was not easy as all children could not be accessed on the registered number available to schools. Even where children could be accessed after several phone calls, it became important to build a rapport with the parents and help them understand the importance of counselling. Parents also had to be supported for them to accept telephonic and video-based counselling as an alternative to in-person healing work. As a result, we had increased parental interaction and involvement in therapy which in turn helped stabilize and build resilience in children.

Exploring telephonic and digital mediums for counselling children also meant continuous learning at our end. While the senior members of the team were well acquainted with carrying the counselling sessions online and the rest of the team had used these alternative methods to do sessions during school holidays, these were generally one-offs. To ensure that the technological medium does not become a hindrance to create a safe space and a trusting relationship with the clients, training of counsellors focussed on assessing auditory cues, facial gestures and expressions.

Client's Art Work during Counselling Session



Identifying details in all 'Story of Change' involving children have been withheld or changed to protect the identity of the children.

After the Personal Safety Education programme, a 12-year-old child disclosed that 1 year back when she visited her native village, one of her uncles touched her Private Parts while she was sleeping. She felt helpless at that moment as she could not stop the abuse. She shared that whenever she thinks about the situation she feels angry, frustrated and irritated. The child also shared that she had not disclosed it to anyone until she was

exposed to the Personal Safety Education programme. After the programme, she took the initiative and disclosed it to her parents. She initially felt that her parents would not trust her and would get angry. To her surprise, when she disclosed her mother was in a state of shock but she comforted and assured her that they will help. The goal of the counselling session was to ensure the safety of the child and help her work on her feelings.

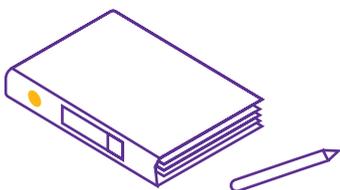
As the session was conducted telephonically the focus was to build rapport with and provide a safe space so that the child can freely express herself. To help her deal with negative emotions of anger, irritation and frustration, a straw activity was done. In this activity, the child

was asked to accumulate the negative thoughts and emotions and associate those with a colour of her choice. The child was asked to imagine that one end of the straw was connected to her feeling in her throat and heart and the other end on the paper. The child was encouraged to remove the feeling from her throat through her hand with the help of the straw on the paper. The child then was asked to scribble on a piece of paper until the feeling was removed from her throat to the paper. She was prompted to visualize that her anger was being sucked away.

The activity helped the child to release her suppressed negative emotions and safely express them. The child also started using this as her resource to handle any other situation where she felt stuck or irritated. She also taught this activity to her sister. To respond to her guilt, the therapy process focussed on making the child internalize that it was not her fault. Through successive sessions, the child was assessed to be feeling safe with absolutely no anger, confident to participate in her safety, increased concentration and no residual feelings of guilt.

Resource Development

Resource development is an integral part of all programmes at Arpan. As mentioned earlier in this report, the timely adaption of our curriculum and rapid iteration has been a critical factor in pivoting the programme online. Additionally, we also published the story based Personal Safety Education Training Kit for Grades 1-10. The Personal Safety Education Training Kit is a culmination of our years of understanding and experience of working with children and adults on personal safety. It is a feature-rich set of tools and instructional guides to help the facilitators teach Personal Safety skills to children. We also published a book titled 'Answers to Questions You Cannot Ask Otherwise' for adolescents in Hindi and Marathi. The book focuses on frequently asked questions on relationships, puberty, sexual abuse, internet safety and seeking help.



Publication of 'Answers to Questions You Cannot Ask Otherwise' for Adolescents in Hindi and Marathi



Research, Monitoring and Evaluation

Arpan has believed since its inception that prevention investment must include greater provision for scientifically rigorous, large-scale outcome evaluation studies. This is especially relevant for Arpan working in an uncharted terrain of Child Sexual Abuse. This year we engaged in two research studies:

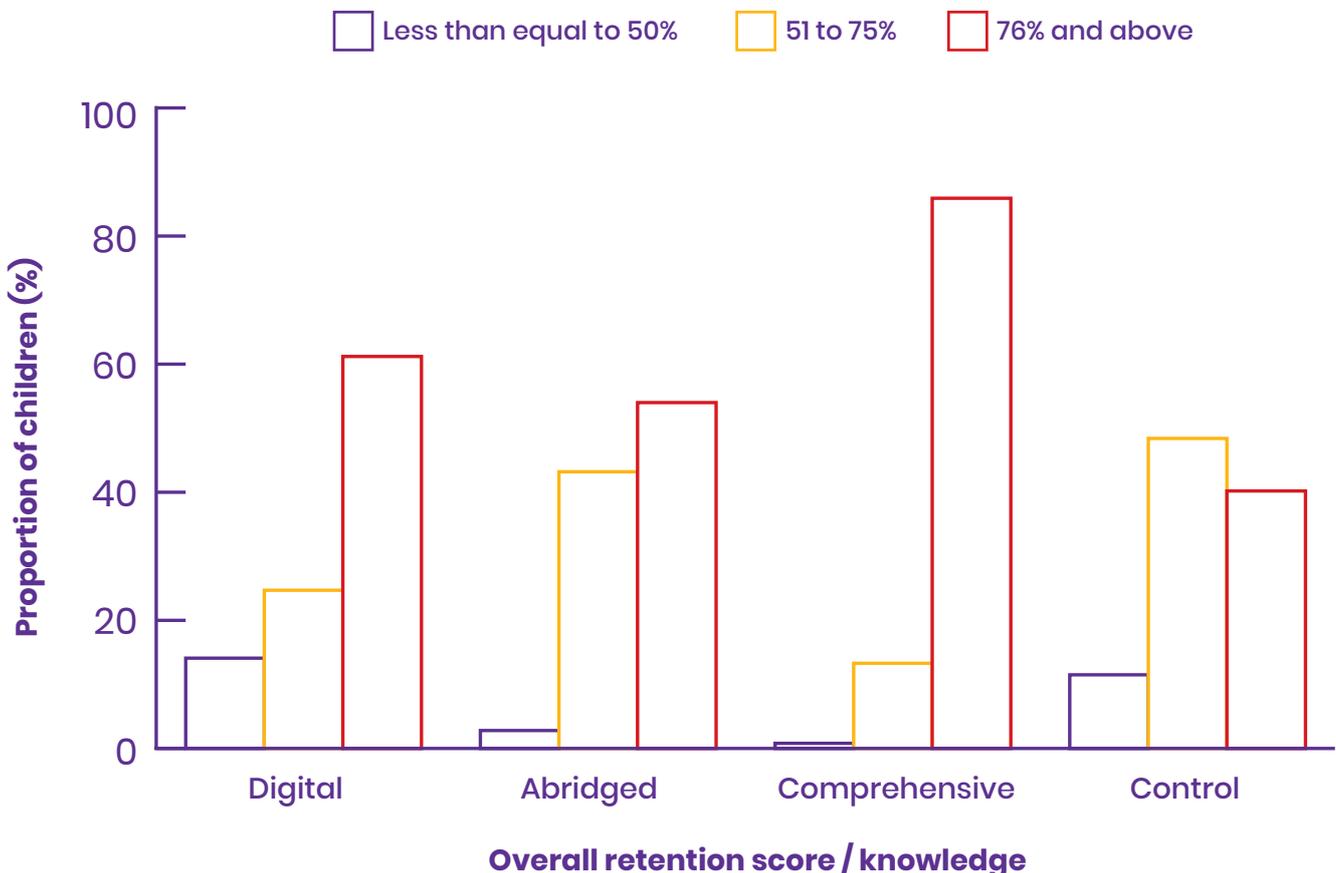
- A comparative study to assess retention across different delivery and intervention models of Personal Safety Education

Presently, there are three implementation models of the Personal Safety Education programme - comprehensive model (detailed weeklong curriculum), abridged model (2-hour story-based curriculum) and digital model (interactive videos on a digital platform). The objective of this study was to assess and compare the retention of

key personal safety concepts among these three different intervention models. The study adopted a quasi-experimental design by comparing retention scores across intervention models and with a control group of children not exposed to the Personal Safety curriculum.

The key finding was that among the younger children, the comprehensive model implementation showed better retention of concepts while in the higher grades, online PSE implementation and abridged model seemed to have better retention. The recommendation is that there is merit in developing a model that integrates the best practices of all the three models of implementation, and improves upon the content as well as implementation methodology based on the learnings from the evaluations.

Figure 1. The proportion of children by the range of overall retention / knowledge scores (Grades 3 - 4)



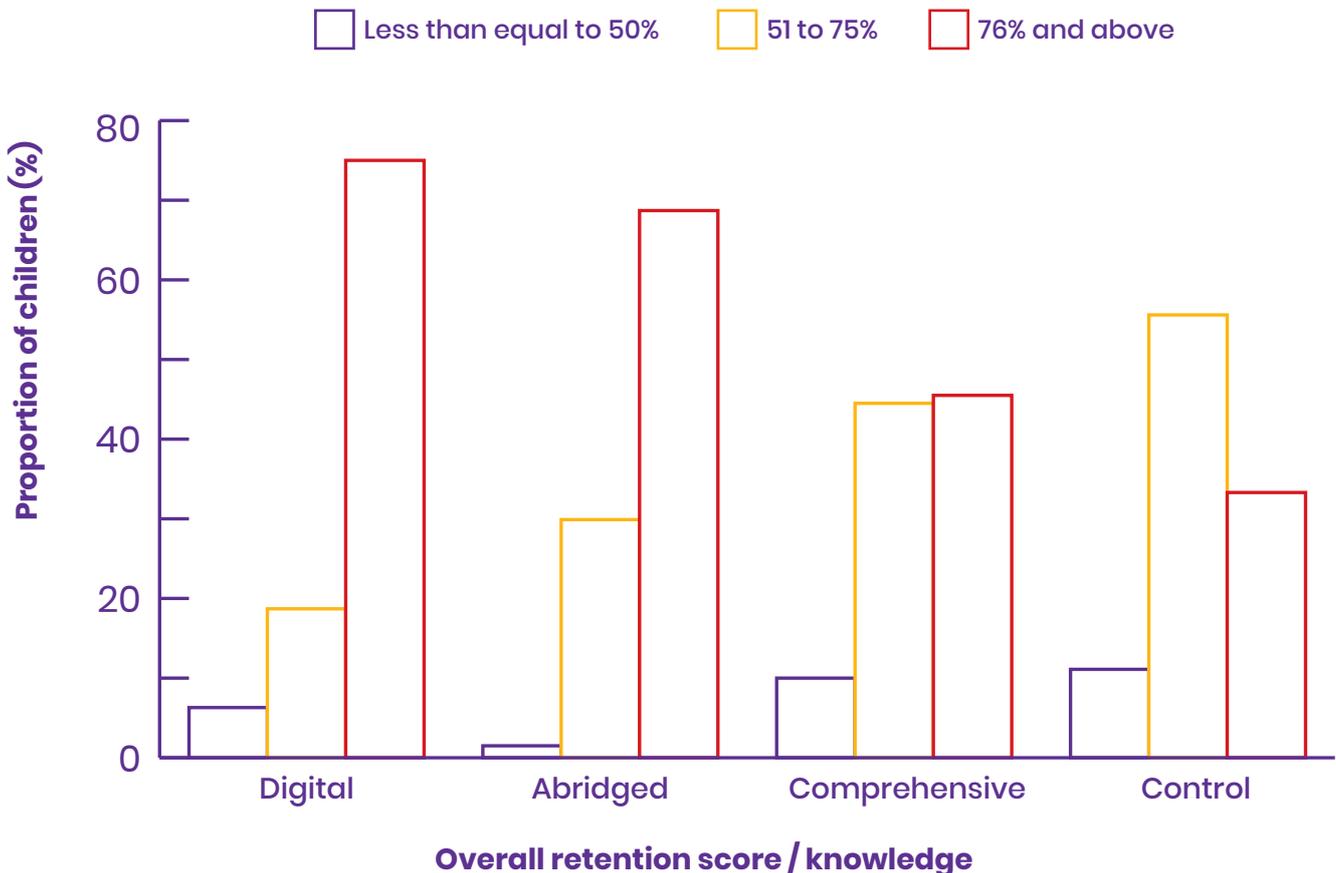
- Age as a factor in school-based prevention programmes

This secondary literature review focussed on investigating the relationship between the age of children and retention. The substantive findings that emerged from this research, on how to improve the effectiveness of Personal Safety programmes and strategies to work with adolescents were summarized. One key insight was that older children need to be desegregated and defined as early and middle adolescents. The second insight was that the bodies of literature that are different from but related to, Child Sexual Abuse prevention do provide important insights for Arpan’s programming. The secondary research highlighted that for early adolescents the evidence on

the effectiveness of Child Sexual Abuse prevention programmes is mixed. For middle adolescents, there is a dearth of programmes on Child Sexual Abuse prevention, but lessons can be learned from those on reducing dating violence. The research recommends that Arpan retains the key essence of the Personal Safety Education programme while simultaneously exploring ways to increase adolescent’s motivation and engagement by capturing adolescents’ unique language, emotion and cognition so as to minimize reactance.



Figure 2. The proportion of children by the range of overall retention / knowledge scores (Grades 5 - 6)



2. TRAINING AND ADVOCACY PROGRAMME

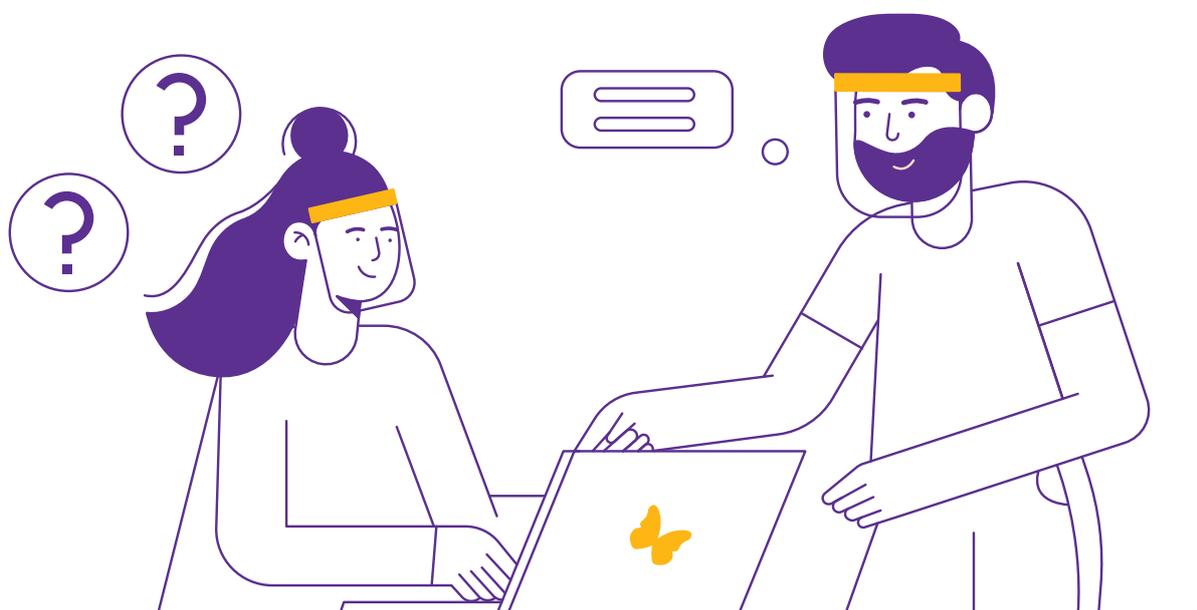
Arpan builds professional capacities through training to replicate and scale Arpan's model of prevention and intervention and advocating for robust child protection mechanisms to address the gaps both at the policy level as well as curriculum and interventions on the ground. Arpan focuses on training and building capacities of NGO professionals, school teachers, institutional staff, health and mental health professionals and government duty bearers.

As with the other programmes, for training and advocacy, this was a year of considerable change. We began the year thinking that we will be back on the ground, travelling and conducting training sessions with our partners across the country. But within a few weeks of the pandemic, we realised that we needed to learn and adapt ourselves to the new normal and pivot the programme online.

For us to pivot the awareness sessions online we invested in creating customized online awareness session modules for

different stakeholders according to their time commitment and requirement. We also needed to pivot our training modules towards replication of Arpan's prevention and intervention models online. Earlier we had training curriculums spanning over two, three and five days for Training of Trainers to conduct Personal Safety Education programme. We soon realized that these module spanning over days could not be executed on an online platform. We needed to create a shorter version and still ensure that we are being able to equip the participants with key skills and knowledge to replicate the programme. We experimented with different methodologies and brought in a whole mix of case studies, debates, trigger questions, and audio-visual aids which will give the participants a sense of actually being in the field and working with children and adults.

We also designed and consolidated online training on Basic and Advanced Counselling to enable organizations and mental health professionals to work on trauma and cases of Child Sexual Abuse. The training entailed a step by step understanding of trauma, therapeutic intervention methods of handling acute and complex trauma cases. We also initiated a series of online training sessions, titled



Training and Capacity Building Session under the Navjeevan Ragpickers Project



‘Dive into Depth - A focused Learning’. These training sessions were aimed at mentoring and training psychologists, counsellors, social workers, and first-level responders to address Child Sexual Abuse through short term therapy, alternative therapeutic modalities and trauma management especially on online mediums.

However, what stood out for us was the agility with which our government and non-government partners made a quick shift to the digital world. This was critical as without our partners paving the way we would not have been able to work hand in hand and take the required step towards mainstreaming child protection. We were also suddenly faced with a situation where going digital opened up immense possibilities. It created the space

to train 131,331 participants in a year which was unthinkable in the offline space. While this gives us hope that we have been able to unpack one pathway to scale and conduct large scale training sessions, what still needs to be determined is the impact that online sessions have on participants to take the models ahead.

Through the training sessions, we have been able to reach out to:

- 131,331 participants through 38 organizations and 4 volunteers.
- Of these, 99% of the participants were from government sectors comprising of Education Department, Women and Child Development and Home Affairs (police).

- Through these training sessions, we have been able to take the programme to the States and Union Territories of Maharashtra, Goa, Lakshadweep, Haryana, Delhi, Kerala, Gujarat, Rajasthan, Uttarakhand, Uttar Pradesh, Madhya Pradesh, Chhattisgarh, Bihar, Meghalaya, Assam, Nagaland and Mizoram.

Through the awareness sessions, we have been able to reach out to:

- 7,069 participants through 80 organizations
- Of these, 36% of participants were from the government and 64% were from NGOs.



Identifying details in all ‘Story of Change’ involving children have been withheld or changed to protect the identity of the children.

We were conducting online training with NGO professionals to train them to implement the Personal Safety Education programme through Arpan’s digital content. On the last day of the training, one of the participants wrote in the chat box, “It has been quite a healing process for me to go through this training.” After a couple of days, we received a call from this participant. She shared, “Thank you

for conducting this beautiful training with us. I am a shy person and don’t talk much. I was quiet throughout the four days and spoke only during the activity. But each of these days was a process of taking in information, thinking about what happened with me and my child in our respective childhoods. I could reflect on the impact that Child Sexual Abuse had on us and our vulnerabilities. Now I am aged and through this training, I have been made to realize that what happened with both of us, was not our fault. This training has been therapeutic for me”. Sessions like these made us realize that a lot can be done online and these platforms can also be effective mediums for initiating change.

Arpan also advocates for the replication of Arpan’s prevention and intervention strategies, strengthening systems at the organizational and institutional levels to create a safe environment for children. These efforts are directed towards the prioritization of Child Sexual Abuse in the government mandate, integration of Personal Safety Education in the prescribed curriculum and enhancing and strengthening of Child Safeguarding policies in government bodies and government-run institutions.

Some of the key advocacy initiatives for this year at the National Level have been:

- Continued engagement with the National Council of Educational Research and Training (NCERT) and the Ministry of Health for the implementation of the programme on Health and Wellness of school-aged adolescents under the support of the school health programme of Ayushman Bharat. As part of the engagement, Arpan has been selected as a member of the National

Personal Safety Education 'Training of Trainers' with Police Personnel from Crime Against Women Cell, Crime Branch Mumbai

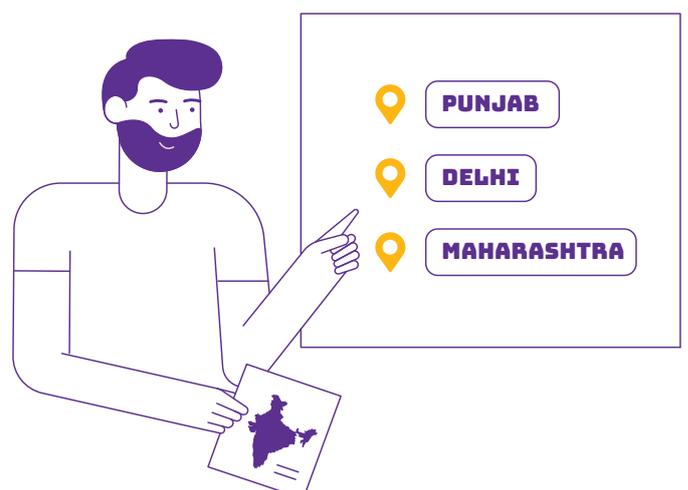


Resource Group to conduct training sessions for the State Resource Groups (SRGs) of all States and Union Territories. Arpan was involved in the training of 330 SRGs across 12 States.

- Arpan has been appointed as a Member for three years on the Advisory Board, Department of Gender Studies, NCERT. NCERT is the premier organisation in the country, set up by the Government of India in 1961, to assist and advise the Central and State Governments on policies and programmes for qualitative improvement in school education.
- The Ministry of Education recently launched the National Education Policy in 2020. Arpan has drafted recommendations for the implementation of the Policy with a focus on integrating the Personal Safety Education curriculum as a prerequisite in creating an inclusive school environment so that children can identify unsafe situations, refuse them and seek help. 36 schools, NGOs and Government agencies endorsed the recommendation.

At the State Level, Maharashtra:

- We had the opportunity to contribute and integrate the Personal Safety Education curriculum to the "Child Rights and Safety" manual developed by the Maharashtra State Council of Educational Research and Training (MSCERT). Over 120,000 teachers were trained based on this recently launched Manual.
- In a bid to curb crimes against women and children in Maharashtra, the State has proposed two draft bills that have provisions for amendments in the existing laws to include new offences, increase punishments and speedier investigations



and trials. We actively engaged with NGOs from Mumbai and Pune to make recommendations regarding the proposed amendments, keeping in mind the ground reality and the need for optimum operationalisation and implementation of the existing laws relating to sexual violence, especially the Protection of Children from Sexual Offences (POCSO) Act.

At the State Level, Delhi:

- Our ongoing conversation with the North Delhi Municipal Corporation resulted in the training of over 7,000 teachers to implement Personal Safety Education.
- We have been engaging with the Delhi Commission for the Protection of Child Rights (DCPCR) on Child Sexual Abuse prevention in the city. We have been invited

to be a member of their expert Committee for developing the Child Protection Policy for schools of Delhi.

At the State Level, Punjab:

- We have made inroads in the state of Punjab and initiated work with Hoshiarpur District Administration by conducting sessions with over 100 Women and Child Development officials.

3. DIGITAL LEARNING PROGRAMME

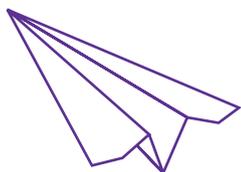
The pervasiveness and ubiquity of all things digital have accelerated over the last few years and continues to grow exponentially.



We started our digital journey three years back. This has been a real advantage during this pandemic when the physical world remained closed and we did not have offline access to children due to school closure. This year, we developed the Personal Safety Digital Course for 8-10-year-olds in Marathi and 11-13-year-olds in 3 languages – English, Hindi and Marathi. Through this digital course, children will learn how to identify safe and unsafe situations, refuse them and report to a trusted adult. We have created opportunities within the course and at the end of it to record students' responses which will help to monitor the efficacy of the course. Since shooting in studios was not possible on account of the lockdown, we were innovative and made animated videos in Hindi and Marathi to cater to the urgent need of the programmes and that of our partners. With our international partners from Guatemala and the Philippines we made the Arpan Digital course for 8-10-year-old children in Spanish and have also contextualized it to cater to children in the Philippines.

The resources for teaching children personal safety and adult resources have also been incorporated in the DIKSHA platform at <https://diksha.gov.in/> which is launched by MHRD as a unique initiative to leverage existing highly scalable and flexible digital infrastructures while keeping teachers at the centre.

- A. 26,002 individuals completed the course through the digital learning platform www.arpanelearn.com and through our partnerships with DIKSHA, a government portal and Inner Wheel, an NGO.
- B. 8,712 individuals accessed the e-books on Child Sexual Abuse and Personal Safety.



C. ACTIVITIES

1. MENTAL HEALTH SERVICES

The mental health impact of Child Sexual Abuse is slowly being acknowledged; however, there is a long way to go before we develop trauma-informed care and support. Arpan has been providing psychotherapeutic intervention in the institutions housing rescued minors, adult survivors and young sexual offenders. Counselling and psychotherapeutic services are also offered to individual clients or groups of clients within Arpan centres and at the community level with the support of other NGOs and social service organisations.

A recent WHO survey identified that the COVID-19 pandemic has interrupted and paused critical mental health services in 93% of countries worldwide while the demand for mental health is increasing. Arpan working on

Email based Counselling Support

arpan
Towards Freedom From
Child Sexual Abuse

MINDFULNESS PROGRAMME

17th to 21st August, 2020

GET EMAIL BASED COUNSELLING
SUPPORT FROM ARPAN'S COUNSELLORS

REGISTER NOW
bit.ly/arpan_mindfulness_program

REGISTRATIONS OPEN
TILL 16TH AUGUST, 5 PM

www.arpan.org.in



the issue of mental health for more than a decade identified this need at the beginning of the year. This year, as mentioned earlier, Arpan has expanded and diversified its mental health services to support the healing journey of those facing anxiety, stress, helplessness, grief or being triggered due to the uncertainty of the current pandemic and loss of loved ones. We explored various channels of online therapy through email, text messaging, video conferencing, online chat or telephone call. Through both real-time therapy formats such as in phone conversations, video conversation or time-delayed format, such as through email messages we catered to:

- 561 people through WhatsApp support groups for self-care and parenting in English, Hindi and Marathi.
- 676 individuals through an email-based therapeutic programme. The email-based programme was designed to build the resilience of participants and make them agile to change. It included activities that could be done individually and in a group setting. Some of the themes were laughter is the best medicine, self-care, family care, art of expressive communication,

mindfulness, unlocking emotions. These included simple activities that could be inculcated into everyday routines and help them manage overwhelming emotions, be in control, understand themselves better and develop their capacity to adapt to change and withstand adversity and bounce back from difficult life events or stressors.

- 109 clients who have experienced an event that produced mental, physical, emotional and behavioural distress reached out to us. Their concerns ranged from fear and helplessness around COVID-19, the safety of loved ones, emotional dysregulation due to lockdown including anxiety, panic attacks, extreme fear affecting daily functioning and triggers of past sexual abuse. They were supported with short term resolutions and received assistance, resources, stabilisation and support.
- 124 clients who needed longer and more intensive intervention were provided long term therapy through 864 individual sessions and 8 group sessions to help them dive into the roots of their trauma and empower them to deal with it.
- 21 children who demonstrated sexual misbehaviour were provided with

counselling through 10 group sessions and 2 individual sessions. This work was done through Prayas, a social work demonstration project working with children in conflict with the law. Working with these boys had been both a challenging and a rewarding experience. While in this process we have been focussed on supporting the healing journey of the young boys, instilling empathy and respect so that they do not reoffend and lead a fulfilling life; it had pushed us a step closer towards being non-judgmental.

However, to make this happen significant work was carried out in the background.

The chat handlers had to be trained in chat-based first-level intervention. They were also trained to understand the threshold when a chat-based intervention needed therapeutic intervention or stabilization. This also meant continuous learning to adapt ourselves to provide counselling through online means as we transitioned into the digital landscape. The collective nature of this crisis also meant that we were handling an increased caseload. The culture of perseverance in following processes and protocols through the years and being innovative in crisis helped us to make this transition smoothly.



Identifying details in all 'Story of Change' involving children have been withheld or changed to protect the identity of the children.

A 9-year-old child was referred by her mother for being sexually abused by her father for the last four years. The mother got to know about the abuse at the beginning of the lockdown after which she reached out to Arpan. The child was feeling extremely helpless, confused, and angry. She was also re-enacting the sexual abuse on her younger brother, touching her own Private Parts in secrecy, showing resistance towards her mother and was extremely tired, sleepy and forgetful.

Since the child had a low attention span, the session time had to be reduced to 20 minutes and bi-weekly sessions were planned. The initial goal was to create

a safe space for the child both with the counsellor and the mother. Joint sessions were conducted so that the child could start trusting her mother. The next goal was to help the child build positive coping strategies so that re-enacting of the abuse stops. For the mother to be able to effectively supervise the child and understand the child's behaviour, she was psycho educated on behaviour modification and neurobiology. The behaviour modification technique is used to help the client identify negative and unhealthy behaviour and replace it with positive and healthy behaviour. Since touching her own Private Parts was an impact of the abuse to relive the same sensory stimulation, the counsellor replaced that with a healthy activity that can provide the same sensory stimulation. Simultaneously, the younger brother was also empowered with the personal safety messages so that he feels empowered in keeping himself safe and reaching out to his mother for help.

As the sessions progressed, the child started responding to the therapy. She was able to concentrate better and use the therapeutic techniques learned during the session throughout the week. Her forgetfulness reduced and she was able to recall the past week's triggers and express her emotions. Self-love and self-care activities helped the child understand that the abuse was not her fault. It also helped her identify her triggers, the relationship between the triggers and the unhealthy behaviours and

use her resources to manage them. This led to a significant drop in the re-enactment of the abuse. Instead, she started reaching out to her mother anytime she felt triggered which showed that her lost connection with her mother had been re-established. The mother used these spaces to help the child feel grounded by using the techniques learned during the session. Currently, the child has been stabilized, however, there is a long road ahead to help her heal from the residual impact.



2. PUBLIC AWARENESS

To develop a sustained community dialogue and awareness, Arpan participates in civil society events (NGO events, corporate events and college events), marks its presence on social media and participates in various exhibitions and conferences.

2020-21 has no doubt been tough especially from the perspective of conducting offline public events and campaigns. But having the agility and systems in place allowed us to turn the challenge into an opportunity and have a reach of 18.5 million digitally.

In 2019, Arpan launched Child Safety Week, from 14th November to 20th of November as an annual people-led movement towards collective action against Child Sexual Abuse. For Child Safety Week 2020, we had planned to have more on the ground activities but due to COVID-19, we were compelled to pause and re-think the strategy to execute it. We transitioned to digital Child Safety Week focusing on encouraging and engaging parents, corporate organisations, educational institutes and government bodies to partake in helping break the taboo around conversations on Child Sexual Abuse and spread awareness on the issue. To engage the digital audience, create awareness and dispel misconceptions about the nuanced issue of Child Sexual Abuse, we made 7 'ItCanWeCan' videos, in 3 different languages.

Live Webinar during Child Safety Week 2020

Live Webinar

GLOBAL PERSPECTIVES ON CHILD SEXUAL ABUSE

Together for girls
PROTECTING US TOGETHER

Hosted By
Arpan & Together for Girls

Moderator
Dr. Daniela Ligiero
Executive Director & CEO,
Together for Girls

Stop It Now!
CRISIS SUPPORT
24/7 ONLINE ABUSE

20 DARKNESS TO LIGHT
THE MOVEMENT OF PREVENTING CHILD SEXUAL ABUSE

CPT CSA

arpan
CHILD SAFETY WEEK

Panelist
Donald Findlater
Director of the Stop it now!
Helpline UK and Ireland/Lucy
Faithfull Foundation, UK

Panelist
Katelyn N. Brewer
CEO,
Darkness to Light
USA

Panelist
Dr. Lois Engelbrecht
Founder Trustee, Centre for
Prevention and Treatment of Child
Sexual Abuse, Manila, Philippines

Panelist
Pooja Taparia
CEO & Founder,
Arpan, India

16th
NOV. 2020

7:30 am PST.
10:30 am EST.
3:30 pm GMT.
9 pm IST.

REGISTER
bit.ly/CSW2020_GlobalPerspective

www.childsafetyweek.in



The 'ItCanWeCan' campaign along with informative webinars, Tweet Relays, participation of influencers and movement builders and partnerships with countries became instrumental in its success. We also had great engagement on our website where visitors took pledges, participated in online activities, read informative blogs to engage on the issue. It was astounding to see over 184 organisations come together to partner with and support Child Safety Week. Influencers including philanthropists like Neerja Birla and Amit Chandra, actors and filmmakers like Vidya Balan, Onir, Lillete Dubey, Sahil Salathia and Rahul Bose, bureaucrats like Anil Swarup and Aman Mittal and respected

Indian journalist, Faye D'Souza joined the Child Safety Week movement and shared personalized video messages to inspire people to take action for the prevention of Child Sexual Abuse. We also had enthusiastic and innovative fundraising campaigns held by organisations like GiveIndia and Fankind where lucky donors got a chance to play Antakshari with celebrated actress Vidya Balan over a video call. The Aquathon Week, an online exhibition of 21 artworks, based on the theme 'Every child is different and unique', and an online musical concert Ruhaani, were also some other fundraisers held during Child Safety Week.

Through all these activities and with support and participation from organisations across 9 countries including United States, United Kingdom, Philippines, Malaysia, Ghana, Hong Kong, China, Kenya and Vietnam, Child

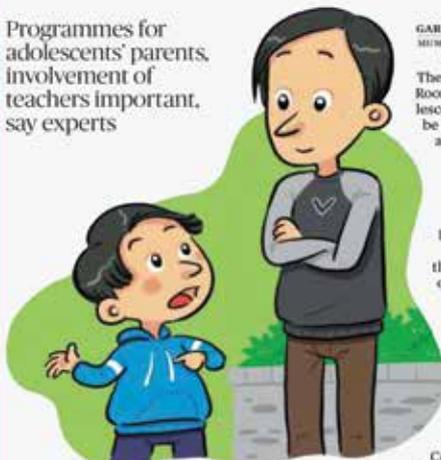
Safety Week had a reach of over 13 million. It also gained visibility through 89 print and visual media coverage and received notable mentions in The Hindu, Hindu Business Line, Yahoo News and India Today.

Coverage of Arpan's Webinar on 'Unlearning Stereotypes: Adolescents Taking a Step towards Safety' in The Hindu



'Early intervention at home, school can raise responsible adults'

Programmes for adolescents' parents, involvement of teachers important, say experts



GAREEMA BANGAD
MUMBAI

The recent Bois Locker Room incident, where adolescent boys were found to be sharing pictures of girls along with lewd comments, has brought to the fore the need for early interventions at the school and parental level, to raise responsible youngsters.

"My first thought was that we need to educate our boys. All of us blame the girls, but we actually need to teach our boys to respect girls. All this needs to be taught right from primary school and not after they enter the fifth grade," said Dr. Zoya Rizvi, Deputy Commissioner (Adolescent Health), Ministry of

Health and Family Welfare.

Personal safety, health
Dr. Rizvi was speaking at a webinar on Thursday, on the personal safety and health of adolescents and the role of parents, teachers and society in helping them become responsible adults. The webinar was organised by the NGO Arpan, which works in the field of child health.

Soledad Herrero, Chief of Child Protection, UNICEF India, said the focus has been more on a legalistic and responsive approach, and less on prevention and changes in social behaviour.

"It is critical to provide the right protection programmes to adolescents as life skills are important for the children to become self-reliant and emotionally regulated humans who can make the right decisions," she said. Ms. Herrero said pro-

grammes for adolescents' parents are important to ensure the family is well equipped and prepared to deal with their needs and questions, energy and excitement.

Professor Saroj Yadav, Dean (Academic), National Council of Educational Research and Training (NCERT), spoke of the role teachers play in shaping adolescents' lives. "Gone are the days when teachers thought they will be called out for discussing sensitive issues in schools. A matter might be sensitive for a teacher, but the child might not think so," she said.

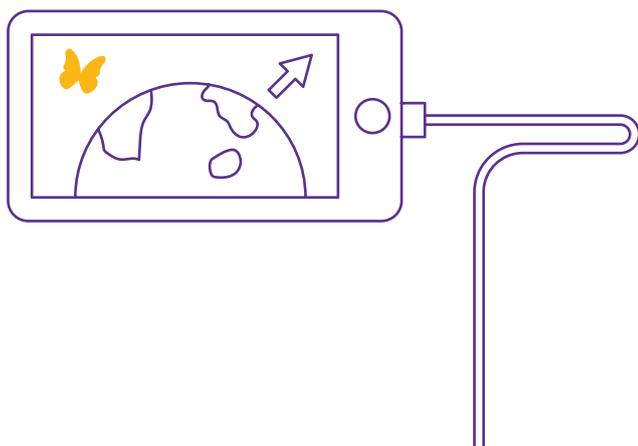
'Question Box'

The NCERT has suggested a 'Question Box' activity, wherein students can put in their queries anonymously, and are involved in the process of question collection and answer preparation.

Prof. Yadav also said it was important to invest in the health requirements of the younger generation. "The number of adolescents is very high in India and are a positive resource, but if they are not provided accurate and scientific information to build their life skills, we won't achieve sustainable development."

While the adolescent period is full of opportunities, it is also associated with a lot of risk, said Ms. Herrero. "Sexual abuse is a worldwide issue and one out of five children faces it. The largest number of violent deaths happen in this age group."

According to the National Family Health Survey, at least 16% of adolescent girls have reportedly suffered violence, she said. "The main issue is the lack of a good support system."





Here is what Ms Vidya Balan, Renowned Indian Actor and Arpan Goodwill Ambassador had to say:

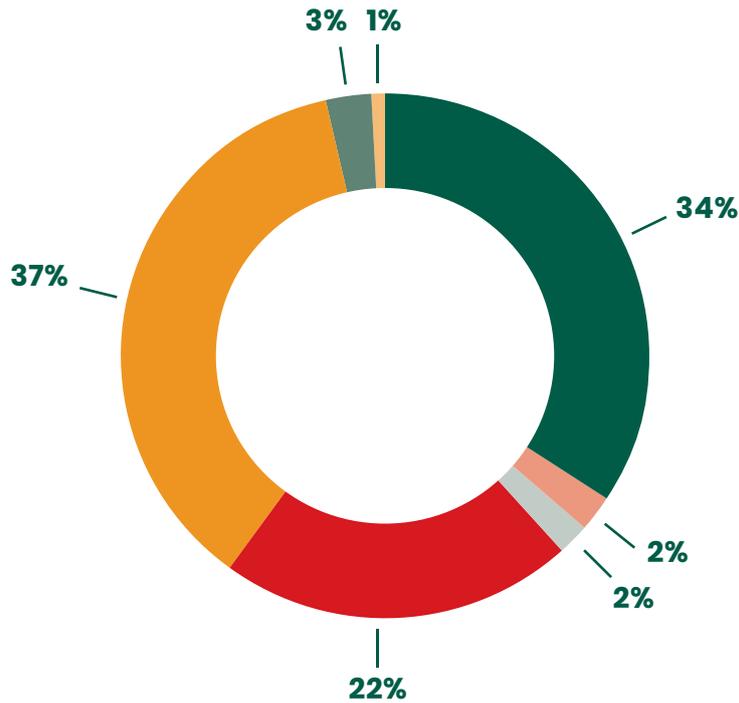
“I have been supporting Arpan in creating awareness on the issue of Child Sexual Abuse and how it can be prevented. Let’s all break the taboo and start conversations on Child Sexual Abuse. Have conversations with your friends and family on it. Learn ways of keeping children safe from sexual abuse, participate in webinars, make your colleagues and employees aware and share posts on social media. This is your opportunity to make a difference in a child’s life.”

Other than Child Safety Week, other public awareness activity also had a huge reach of 4.5 million:

- We hosted live sessions on Child Sexual Abuse on Facebook, Instagram and YouTube and participated in sessions organized by our partners to create a public dialogue around the issue. We partnered with parental platforms like Parentune, FirstCry, UNIMO, Get Set Parent with Pallavi, The Mom Store, teachers platforms like Firki, and organizations like Oorja’s Lighthouse. We are truly humbled by the response and participation that we received from our partners during this difficult time. In fact, we found that our partners and their communities were more readily available on digital platforms and were eager to co-travel to break the taboo around Child Sexual Abuse.
- We conducted 20 webinars on different topics, for example, ‘Keeping children safe from sexual abuse during the lockdown’, ‘Basic understanding and prevention of Child Sexual Abuse’, ‘Emotional wellbeing of children and adolescents during COVID-IFIED time’.
- We leveraged social media platforms and focussed on social media campaigns.
- We published a series on Personal Safety in RobinAge, a fortnightly newspaper for children aged between 4 and 15 years.

FINANCIAL PERFORMANCE

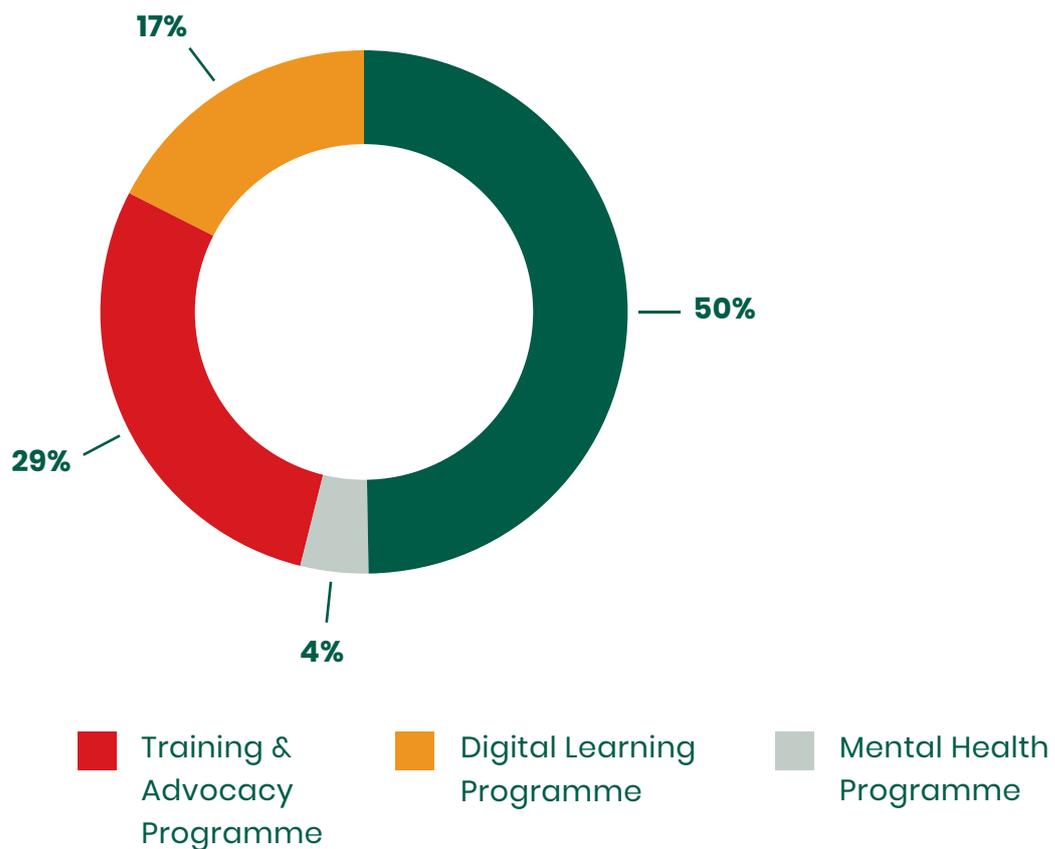
Arpan has received an income of ₹ 95,117,964 in the Financial Year 2020-21.



INCOME PATTERN FY 20-21

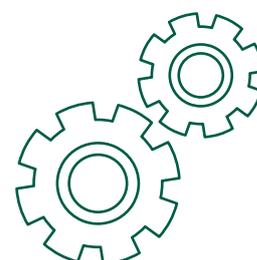
Income source	Amount in INR	% Contribution
Foundation & Trust	34,768,678	37%
Corporate	32,723,546	34%
HNI	20,460,000	22%
Bank Interest	2,591,486	3%
Crowdfunding	2,073,631	2%
General Donation	1,830,747	2%
Service Income	669,876	1%
Total	95,117,964	100%

Arpan's total expenses amounted to ₹ 76,717,298 in the Financial Year 2020-21.



Programme-wise Expenditure FY 20-21

Programmes	Amount in INR	% Contribution
Personal Safety Education Programme	38,336,149	50%
Mental Health Programme	3,016,722	4%
Training & Advocacy Programme	22,130,574	29%
Digital Learning Programme	13,233,853	17%
Total	76,717,298	100%



BALANCE SHEET AS AT 31ST MARCH, 2021

Maharashtra Public Trust Act

SCHEDULE - VIII [Vide Rule 17 (1)]

Name of the Trust:- ARPAN

Registration No.: E/24873 (BOM)

Funds & Liabilities	₹	₹	Property And Assets	₹	₹
Trusts Funds or Corpus :-			Immovable Properties :- (At Cost)		
Balance as per last Balance Sheet	440,092		INTANGIBLE ASSET:		
Addition during the year	-	440,092	Balance as per last balance sheet		
			(1) LOGO	13,958	
			Additions during the year	-	
			Less : Sales during the year	-	
Other Earmarked Funds :-			Less: Depreciation up to date	3,489	10,468
(Created under the provisions of the trust deed or scheme or out of the Income)			(2) WEBSITE	29,482	
Depreciation Fund	-		Additions during the year	-	
Sinking Fund	-		Less: Sales during the year	-	
Reserve Fund	12,160,296		Less : Depreciation up to date	7,371	22,112
Add: Addition	8,986,988	21,147,284			
			(3) Content & Development (Personal Safety Education):	6,651,075	
			Additions during the year	3,698,743	
			Less: Sales during the year	-	
			Less : Depreciation up to date	2,125,112	8,224,706
Any other Fund :					
Child Sexual Abuse Fund			(4) Software		
Opening balance	48,740,846		Balance as per last Balance Sheet	566,100	

Funds & Liabilities	₹	₹	Property And Assets	₹	₹
Addition during the year (Annexure 1)	83,315,497		Additions during the year		
Less : Child Sexual Abuse fund utilised (Annexure 2)	(66,397,637)		Less: Sales during the year	-	
Less : Transfer to Reserve	(8,986,988)	56,671,718	Less : Depreciation up to date	143,932	422,168
			(5) Software IBM SPSS Module Version 25		
			Balance as per last Balance Sheet	192,726	
			Additions during the year	-	
			Less: Sales during the year	-	
			Less : Depreciation up to date	48,182	144,545
			FURNITURE AND FIXTURES		
			Balance as per last Balance Sheet	1,571,405	
			Additions during the year		
			Less: Sales during the year	-	
			Less : Depreciation up to date	157,140	1,414,264
Loans (Secured or Unsecured) :-			COMPUTERS:		
From Trustees		-	Balance as per last Balance Sheet	1,113,663	
From Others		-	Additions during the year	365,570	
			Less: Sales during the year	-	
Liabilities :-			Less: Depreciation up to date	561,721	917,512
For Expenses (Annexure 3)	1,557,740				
For Advances	-				
For Rent and other Deposits	-		BOOKS		
For Sundry Credit Balance	-	1,557,740	Balance as per last Balance Sheet	24,019	
			Additions during the year	-	

Funds & Liabilities	₹	₹	Property And Assets	₹	₹
			Less : Sales during the year	-	24,019
			OFFICE EQUIPMENTS		
			Balance as per last Balance Sheet	772,562	
			Additions during the year	6,799	
			Less: Sales during the year	-	
			Less : Depreciation up to date	116,394	662,967
			CAR		
			Balance as per last Balance Sheet	456,625	
			Additions during the year	-	
			Less: Sales during the year	-	
			Less : Depreciation up to date	68,494	388,131
			Loans (Secured or Unsecured) : Good / doubtful :-		
			Loans Scholarships		-
			Other Loans		-
			Advances :-		
			To Trustees		
			To Employees	826,750	
			To Contractors	-	
			To Lawyers	-	
			To Others (Annexure 4)	3,071,835	3,898,585
			Income Outstanding :-		
			Rent	-	
			Interest accrued but not due	736,943	
			Other Income	-	736,943
Income and Expenditure Account :-					
Balance as per last Balance Sheet	(7,890,336)		CASH AND BANK BALANCES		

Funds & Liabilities	₹	₹	Property And Assets	₹	₹
Add/Less : Surplus / Deficit	(1,907,904)		(A) in Saving Account with Bank of Baroda	227,904	
As per Income and Expenditure Account		(9,798,240)	in Saving Account with HDFC Bank-0094	5,162,851	
			in Saving Account with HDFC Bank-8562	139,715	
			in Saving Account with HDFC Bank-4351	10,744,400	
			in Saving Account with HDFC Bank-9086	6,345	
			in Saving Account with SBI Bank-0706	7,512	
			In fixed deposit with HDFC Bank Ltd	36,830,996	
			(B) With the Trustee	32,451	53,152,174
Total		70,018,594	Total		70,018,594

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.

Chartered Accountants

Auditors

Greta Crasto

Membership No. 48605

For and on behalf of

Ganesh & Rajendra Associates

Chartered Accountants

ICAI Firm Registration No. 103055W

Place: Mumbai

Date at: 30/10/2021

Income Outstanding:

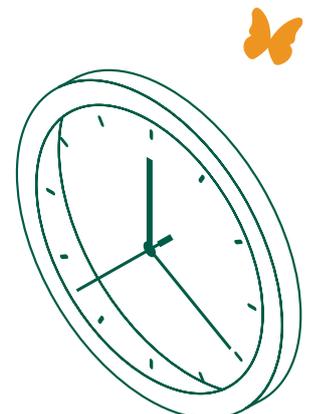
(If accounts are kept on cash basis)

Rent: NIL

Interest: NIL

Other Income: NIL

TOTAL ₹: NIL



INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING: 31ST MARCH, 2021

Maharashtra Public Trust Act

SCHEDULE - IX [Vide Rule 17 (i)]

Name of the Trust:- ARPAN

Registration No.: E/24873 (BOM)

Expenditure	₹	₹	Income	₹	₹
To Expenditure in respect of properties :-			By Rent (realised)		
Rates, Taxes, Cesses					
Repairs and maintenance			By Interest (realised) :-		
Salaries			On Securities		
Insurance			On Loans		
Depreciation (by way of provision of adjustments)			On Bank Account	2,591,486	
Other Expenses			On Income Tax Refund	66,137	2,657,623
To Establishment Expenses (Annexure 5)		6,988,527	By Dividend		
To Remuneration to Trustees			By Donations in Cash or Kind		8,308,925
To Remuneration (in the case of a math) to the head of the math including his household expenditure, if any)					
			By Grants		
			By Income from other sources (Annexure 6)		669,876
To Legal Expenses					
To Auditor Remuneration		24,600	By Transfer from Reserve		
To Contribution and Fees					
To Amount written off :			By Deficit carried over to Balance Sheet		1,907,904
(a) Bad Debts					
(b) Loan Scholarship					
(c) Irrecoverable Rents					

Expenditure	₹	₹	Income	₹	₹
(d) Other Items					
To Depreciation		2,446,886			
To Amount transferred to reserve or specified funds					
To Expenditure on Objects of the Trust					
(a) Religious					
(b) Educational					
(c) Medical Relief					
(d) Relief of Poverty	3,344,315				
(e) Other Charitable Objects:	740,000	4,084,315			
Total ₹		13,544,328	Total ₹		13,544,328

As per our report of even date

Date at: 30/10/2021

Chartered Accountants

TRUSTEE

Auditors

Greta Crasto

Membership No. 48605

For and on behalf of

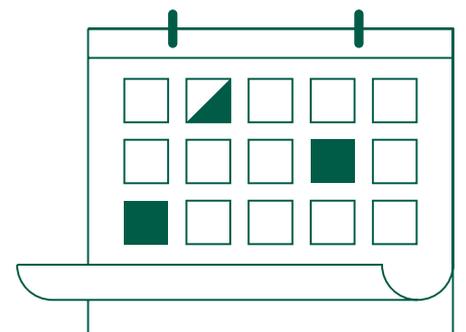
Ganesh & Rajendra Associates

Chartered Accountants

ICAI Firm Registration No. 103055W

Place: Mumbai

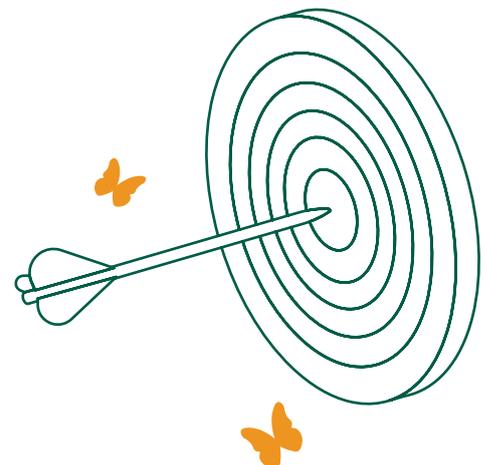
Dated: 30/10/2021



ANNEXURE OF INCOME & EXPENSES FOR THE FINANCIAL YEAR 2020-21

Particulars	Amount	Total
1 CHILD SEXUAL ABUSE FUND: ADDITION		
GMSP Foundation	999,174	
Goldman Sachs Gives	486,010	
Manan Trust	17,321,765	
Share & Care Foundation	2,927,634	
Together for Girls	1,429,511	
Trafigura Foundation	151,340	
A T E Chandra Foundation	6,000,000	
Computer Age Management Services Limited	1,125,000	
ICICI Prudential Life Insurance Co. Ltd	500,000	
Jainex Limited	100,000	
SBI Foundation	4,069,284	
SBI Life Insurance	20,000,000	
United Way of Mumbai	3,000,792	
Price Pumps Pvt. Ltd	200,000	
Roy Kapoor Films	150,000	
Eros International Media Limited	500,000	
Karl - Johan Persson	19,210,000	
Marshall Foundation	5,144,987	83,315,497
2 CHILD SEXUAL ABUSE FUND UTILISED		
Personal Safety Education Programme	33,406,292	
Mental Health Programme	2,605,916	
Training & Advocacy Programme	18,953,719	
Digital Learning Programme	11,431,711	66,397,637
3 LIABILITIES FOR EXPENSES		
Payable To Creditors For Expense	1,173,595	
Payable To Statutory Authorities	384,145	1,557,740
4 ADVANCE TO OTHERS		
Security Deposit - office	2,595,000	

Particulars	Amount	Total
Advance for expenses	33,743	
Income Tax Authorities	424,292	
Professional Tax	18,800	3,071,835
5 ESTABLISHMENT EXPENSES		
Salaries	6,168,581	
Office Rent	302,450	
Printing & Stationary	242,276	
Mobile, Telephone & Internet expenses	30,429	
Office Expenses	20,740	
Postage & courier	3,974	
Professional fees	72,946	
Repair & Maintenance Expenses	67,991	
Electricity Charges	10,082	
Security Charges	34,103	
Office Cleaning Housekeeping	20,247	
Bank charges	14,707	6,988,527
6 OTHER INCOME		
Workshop Fees Received		
Awareness Talk Fees	-	
Training Fees Received	669,876	
CSA Material	-	669,876



STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDING 31ST MARCH 2021

E-2408, Oberoi Splendor, Jogeshwari Vikroli Link Road, Jogeshwari (East) MUMBAI 400060.
Registration No. : E/24873 (BOM)

Receipts	₹
Cash In Hand	43,424
Cash In Bank	8,767,754
Fixed Deposit with Bank	30,553,982
Total Opening Balance (A)	39,365,160
Donations Towards Child Sexual Abuse Project	83,842,992
Donation - General	4,170,444
Donation - Covid relief	1,614,901
Donation - Ketto	1,996,600
Donation - Danamojo	256,462
Ngo Training - Workshop Fees	665,264
Income Tax refund	531,190
Interest on Fixed deposit with Bank	1,833,414
Interest from Bank	615,649
Fixed Deposit with HDFC Bank Ltd	33,830,996
Total (A)	129,357,913
Total Receipts (A+B)	168,723,073

Payments / Expenditure	₹
Fixed Deposit with HDFC Bank Ltd	29,387,396
Accomodation	24,187
Agency Fees	663,000
Annual Report	135,101
Bank Charges	30,083
Capacity Building	296,900
Cloud Hosting	16,145
CSA Material	192,988
Digitalization Cost	1,330,441
Donation Refunded	1,129,095

Payments / Expenditure	₹
Electricity	249,747
Float	26,000
HR Recruitment Expenses	291,436
Investment	4,443,600
Laptop	309,682
Loan to employee	829,000
M&E study cost	81,500
MIS, rework, server, infographic M&E	303,620
Mobile	6,799
Net working fund raising event and travel	79,974
Office & Food Expenses	108,218
Office Cleaning	398,685
Postage & Courier	73,555
Professional Fees	550,058
Repairs & Maintenance computer and Software	600,945
Repairs & Maintenance Office and furniture	167,492
Salary	56,188,524
Settlement of advance	59,719
Social media promotion	179,836
Software	47,888
Staff Welfare	77,025
Staff Welfare - Medical Insurance	406,528
Statutory Payments : TDS, Profession tax	5,523,233
Tally Cost	35,754
Telephone, Mobile and Internet	321,656
Zoom	132,886
Conveyance, Telephone, Internet, Reimbursement to employees	2,095,964
Covid relief: Ration distribution	3,311,313
Other Operation Expenses	71,016
Partner Counsellor	134,019
Printing & Stationary	125,846
Rent Office Premises	5,149,045
Total Payments (C)	115,585,899

Payments / Expenditure	₹
Closing balance	
Cash on hand	17,451
Cash in bank	16,288,727
Fixed Deposit with Bank	36,830,996
Total Closing Balance (D)	53,137,174

Prepared on the basis of audited balance sheet.

Greta Crasto

Partner

Membership No. 48605

For and on behalf of

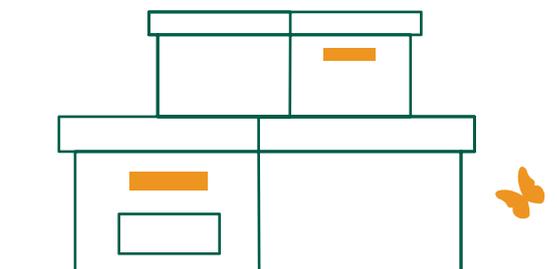
Ganesh & Rajendra Associates

Chartered Accountants

ICAI Firm Registration No. 103055W

Place: Mumbai

Dated: 30/10/2021



LOOKING FORWARD TO 2021 - 2022

We look back at 2020–21 as a year which threw up huge challenges, chaos and uncertainty. But it left us with immense learning and renewed faith in upholding a collective vision. It reinstated our confidence in our ecosystem to be the enablers in continuing the work on child protection. It also taught us that in this uncertain time, we need to be true to our strategic vision but at the same time agile and flexible to change.

The targets we set ourselves for FY 21–22 are outlined below. However, we understand the current climate may mean we need to be agile in our approach and are prepared to face that like we did this year while staying aligned to our strategies and the vision of ‘A World Free of Child Sexual Abuse’.

- As part of the **COVID-19 Relief work**, we will provide 5,000–8,000 grocery kits to families through our school partners and oxygen concentrators to hospitals catering to low-income families. We will run the Mental Health helpline in a full-fledged manner and support people through the pandemic.
- We will work with 15,000 children and 5,000 adults through the **Personal Safety Education Programme**.
- We will train 10,000 adults through the **Training and Advocacy** programme and sustain our advocacy efforts to mainstream child protection mandates and integrate Personal Safety Education curriculum at the local, state and national level.
- We will broaden the scope of our **Digital Learning Programme** to cater to children of all age groups and will develop Personal Safety digital course for 14–16-year-olds. We will continue to integrate our Digital Learning modules onto other platforms to maximise reach.
- We will continue the **Activity of Mental Health Services** for children and adult survivors of Child Sexual Abuse, work with boys who demonstrate sexual misbehaviour and continue to diversify to reach out to people in distress.
- We will work towards building Child Safety Week into a bigger movement this year and engage with more movement builders and influencers as part of our **Public Awareness Activity**.



ORGANIZATIONAL STRUCTURE

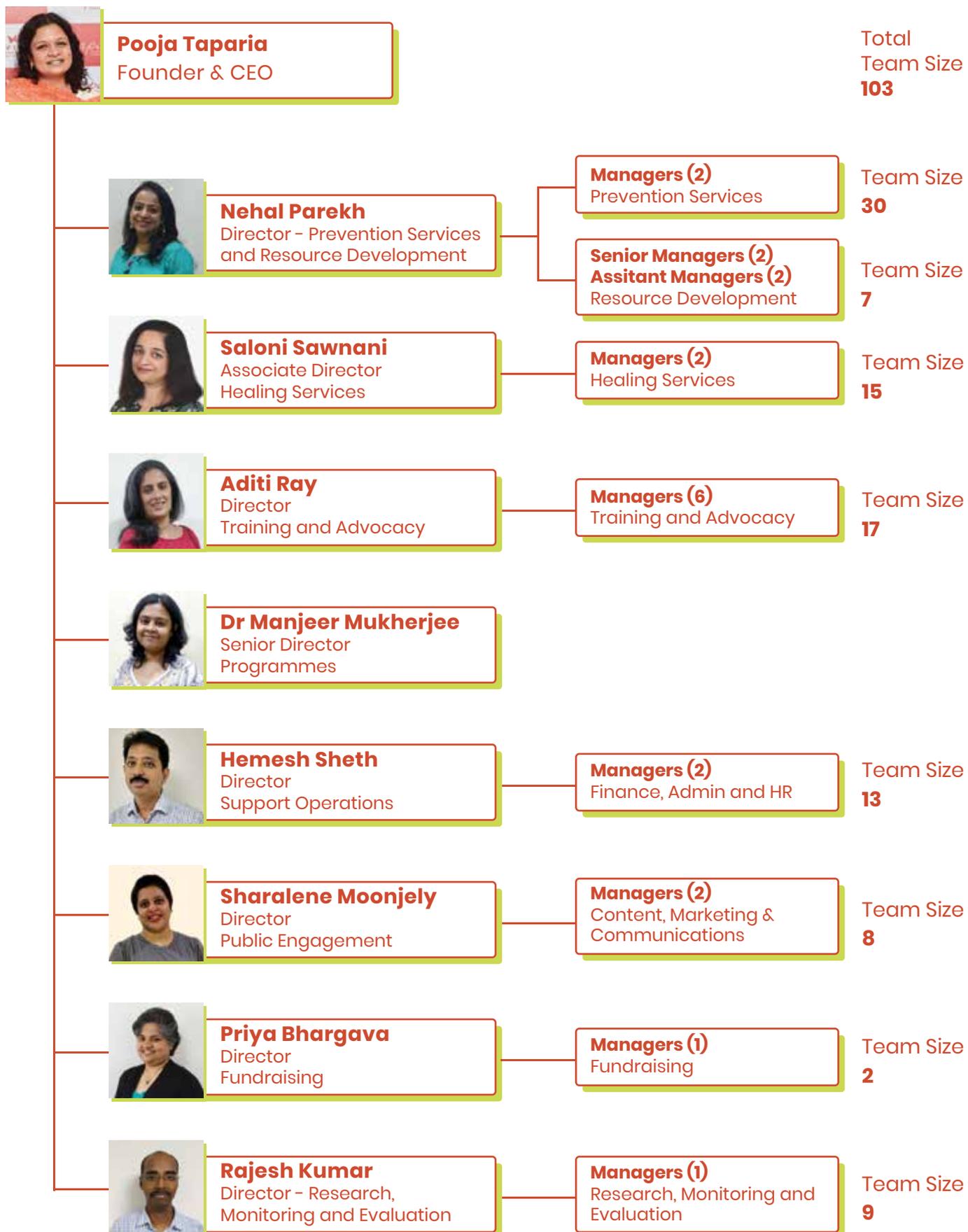
Arpan has a robust and experienced team, which is aligned with the values and vision of the organization. They are empowered to participate in decision-making and problem-solving. In this difficult year, Arpan was focused on going the extra mile in taking care of its team. This meant helping the team settle down to work from home, expert coaching for managers and the leadership team, taking care of employees' mental well-being through

regular healing activities and providing a group health insurance policy that covers COVID-19 care. To support team members who were battling COVID-19 and those who had lost family members, special sick leave for COVID-19 and bereavement leave were introduced. Salary advances and financial support were given to employees who faced a financial crisis during the last year.



ORGANIZATIONAL STRUCTURE, FY 2020 - 2021

The Current team of Arpan is organised as per the following Organogram:



An esteemed and highly skilled board of trustees guides the management and staff at Arpan. The details of the trustees are as follows:

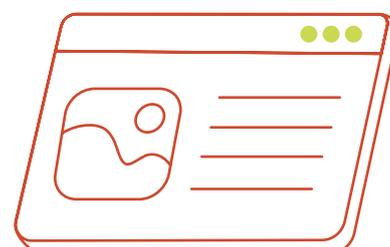
OUR BOARD MEMBERS

NAME	PROFESSION	DESIGNATION IN BOARD	AREA OF COMPETENCY
Achama Mathew	CEO, Bombay Cambridge Gurukul schools	Trustee	Strategic Direction, Programme Development
Arjun Raychaudhuri	Operating Advisor Apollo Global Management	Trustee	Strategy, Governance, Digital Transformation
Pooja Taparia	Founder & CEO, Arpan	Trustee	Administration, Operations, Communication, Programme Development, Fundraising

Notes on the Board of Trustees

1. None of the Board Members is related to each other
2. Pooja Taparia receives remuneration from the organization for working as a CEO
3. No other Board Members have received any remuneration from the organization

In 2020-21, 4 board meetings were conducted.



OUR ADVISORS

NAME	AREAS OF SUPPORT TO ARPAN	BACKGROUND
Abhishek Mukherjee	Digital Transformation	COO, Hector Beverages
Mr Anil Swarup	Strategic Direction, Networking	Founder Chairman, Nexus of Good; Former Secretary, School Education and Coal, Govt of India
Dr David Finkelhor	Program Development	Leading Sociologist on Child Sexual Abuse
Kiran Khalap	Marketing and Communications	Co-founder and Managing Director, Chlorophyll
Dr Lois Engelbrecht	Program Development	Founder Trustee, Centre for Prevention and Treatment of Child Sexual Abuse, Manila, Philippines
Dr Nachiket Mor	Strategic Direction	Visiting Scientist, The Banyan Academy of Leadership in Mental Health Senior Research Fellow, Centre for Information Technology and Public Policy (CITAPP), IIT Bangalore
Mr Rizwan Tayabali	Organization Development	Director, Fraktal Consulting (Social Effect)
Sarath Divella	Technology, Monitoring & Evaluation	India Country Head, Lionbridge Technologies
Shireen Vakil	Strategic Direction, Policy Advocacy	Head of Safety Policy - South Asia, Facebook
Dr Usha Ram	Research, Monitoring and Evaluation	Professor and Head, Department of Public Health & Mortality Studies, International Institute for Population Sciences (IIPS), Mumbai (India)



We thank all our partners, allies, interns, volunteers, supporters and donors for being co-travellers in this journey. It is only with their support that we can continue on our path to create 'A World Free of Child Sexual Abuse'.

FOUNDATIONS / TRUSTS



CORPORATES



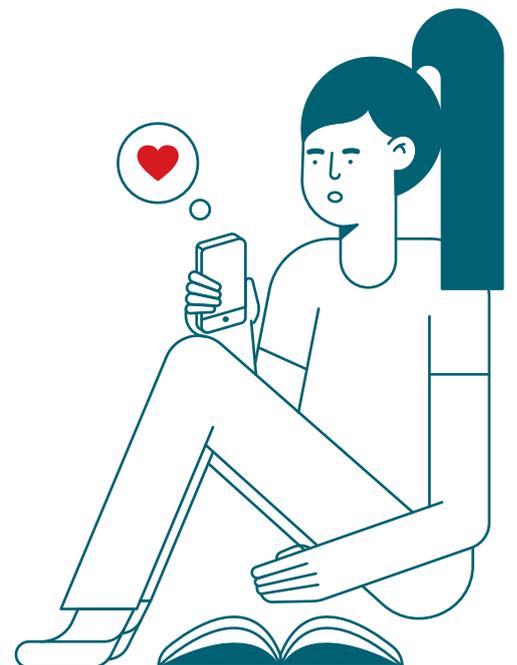
INDIVIDUALS / CROWDFUNDING



OTHER DONORS WHO SUPPORTED ARPAN'S PROGRAMMES/ COVID RELIEF WORK

Akhil Shahani
Annam Charitable Trust
Aparna Piramal Raje
Arjun Raychaudhuri
Arun Nahar
Ashutosh Jyoti Taparia
Boon Investment & Trading Pvt. Ltd.
Chhaganlal Velji Charitable Trust
Chital Parekh
Divij Anil Taneja
Giridhar Sanjeevi
Give Foundation
Harish Chandra Taparia
Jainex Limited
Jaya and Madhusudan Sohani
Jendamark India Pvt. Ltd.
Kaymo Fastener Company
Kiran Jatania
Manish Gupta
Manish Maheshwari
Meher Pheroz Pudumjee
Michael Topolnytsky
Nachiket Mor
Naresh Kothari
Nareshchandra G Nagrecha
Nasscom Foundation
Nazneen R Bilimoria
Niral Shah
Nitya Thummalachetty
Optimum Stock Trading Company
Pheroz Naswanjee Pudumjee
Pooja Warier Hamilton
Price Pumps Pvt Ltd

Pritha Venkatachalam
Rachna Credit Capital
Rati Farhad Forbes
Ravi Krishnan
Roy Kapoor Films
Safset Agencies Pvt. Ltd.
Saloni Sawnani
Sameer Seth
Sanjay Suchak
Sanjeev Taparia
Shiva Pharmachem Ltd.
Shree Devi Ambabai At Goregaon Trust
Suman Srivastava
Surendranath Rosha
Venkateswaran Iyer
Venktesh Investment & Trading Co. Pvt. Ltd.
Vineet Dhingra
Western Consolidated Pvt. Ltd.





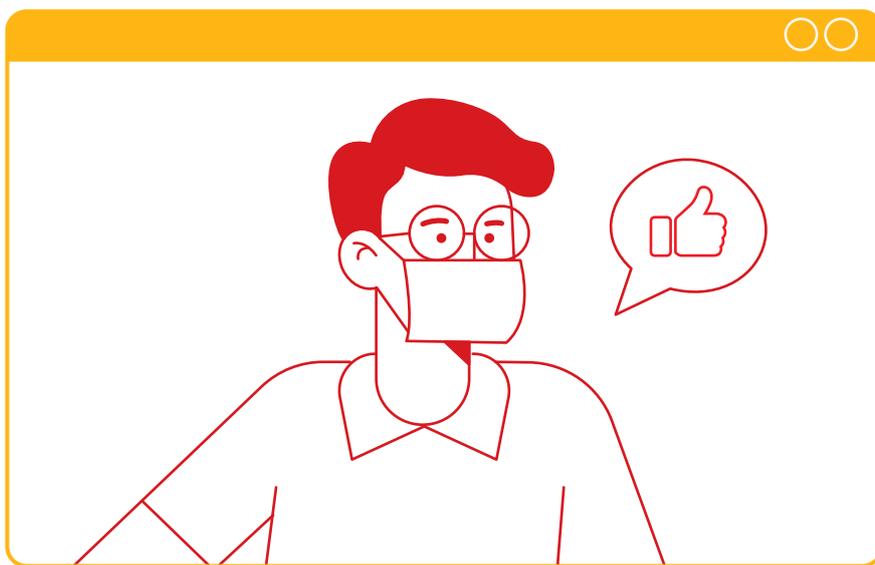
OUR TEAM

Aarti Shinde, Adarsh Agrahari, Aditi Ray, Aishwarya Desai, Ajay Yadav, Akash Ahire, Akshada Shinde, Amey Korgaonkar, Amish Patel, Aniket Joshi, Anjana Salunkhe, Ankita Shetye, Anupriya Das Singh, Apoorva Shukla, Asha Khadkar, Biswabandita Chowdhury, Blossom Lopes, Chandrika Rambiya, Dakshata Karekar, Deepali Kadam, Deepali Panchal, Dhvani Shah, Divya Kotiyan, Fahim Ansari, Giselle Braggs, Heena Baig, Hemesh Sheth, Hina Mansoori, Hiral Bhatt, Jasmine D'silva, Jitendra Avhad, Juanita Kakoty, Kautuk Joshi, Kavita Vishwakarma, Komal Madhe, Kulsum Baig, Kusum Naik, Lakshmi Priya Menon, Mahesh More, Dr Manjeer Mukherjee, Mansi Gupta, Mayur Barve, Mercina Gomes, Mohd. Imran Hashmi, Namrata Joshi, Nargis Halai, Neelam Parab, Neha Gabru, Neha Sharma, Nehal Parekh, Nishita Shetty, Nitesh Udyavar, Niyati Pandya, Olina Almeida, Pankit Dave, Pooja Taparica, Prachee Kamble, Prashant Mane, Prathamesh Dhuri, Pratibha Punde, Pratibha Tilak, Priya Bhargava, Priyanka Bramhane, Priyanka Sawant, Rajesh Kumar, Rajnarayan

Maurya, Raksha Chauhan, Rasika Shirsat, Rehea Quadros, Rohan Bandre, Safina Shaikh, Sakina Patanwala, Saloni Sawnani, Sanju Tamang, Sanket Agre, Seanna Rodrigues, Shaista Shaikh, Shalet Lopes, Shamal Suryavashi, Shanu Yadav, Sharalene Moonjely, Sheetal Sawant, Shraddha Jadhav, Shubhangi Shinde, Shubhashree Karmakar, Sneha Pimpodkar, Sneha Shimpi, Snehalata Burute, Sonali Parab, Subramanian Ramanathan, Sujata Dhoble, Sumit Chavan, Supriya Bandekar, Suraj Saple, Sushant Shinde, Suvidha Gaikwad, Swati Khanderao, Swati Mane, Swati Sable, Sweta Mitta, Vijaya Sarogi, Vijayalaxmi Surgane, Yogesh Pandit.

OUR CONSULTANTS AND PARTNER COUNSELLORS

Ms Aparna Joshi, Mr Ravi Bagaria, Ms Sadhana Bhandare, Ms Sneha Janki Ramesh, Mr Saquib Salim, Ms Sophia Peermohideen, Ms Yogita Khanna.



ARPAN OFFICE

Arpan House, Delta Chemicals Pvt Ltd.,
J-1, Cama Industrial Estate,
Off. Val Bhatt Rd, Goregaon (East),
Mumbai-400063

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