

# **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

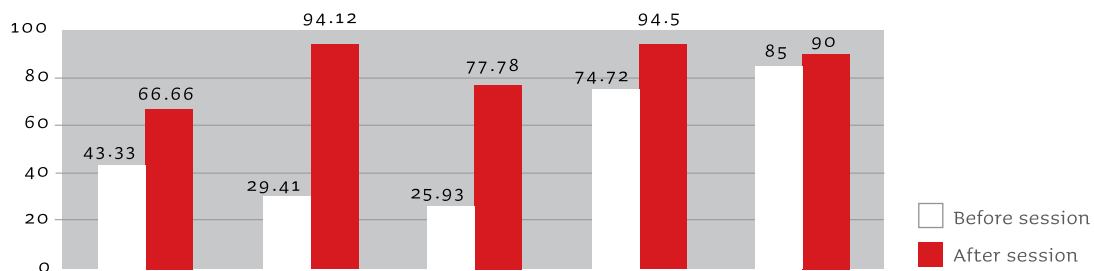
## OUTREACH AND IMPACT IN YEAR 2009-10

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.

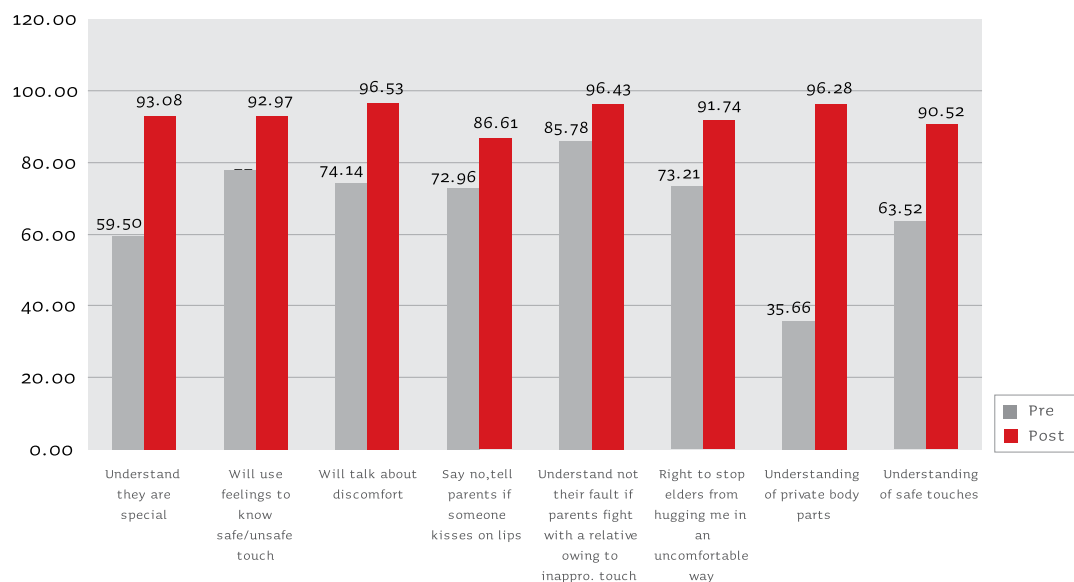
**Impact:** The program resulted in

- 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.*

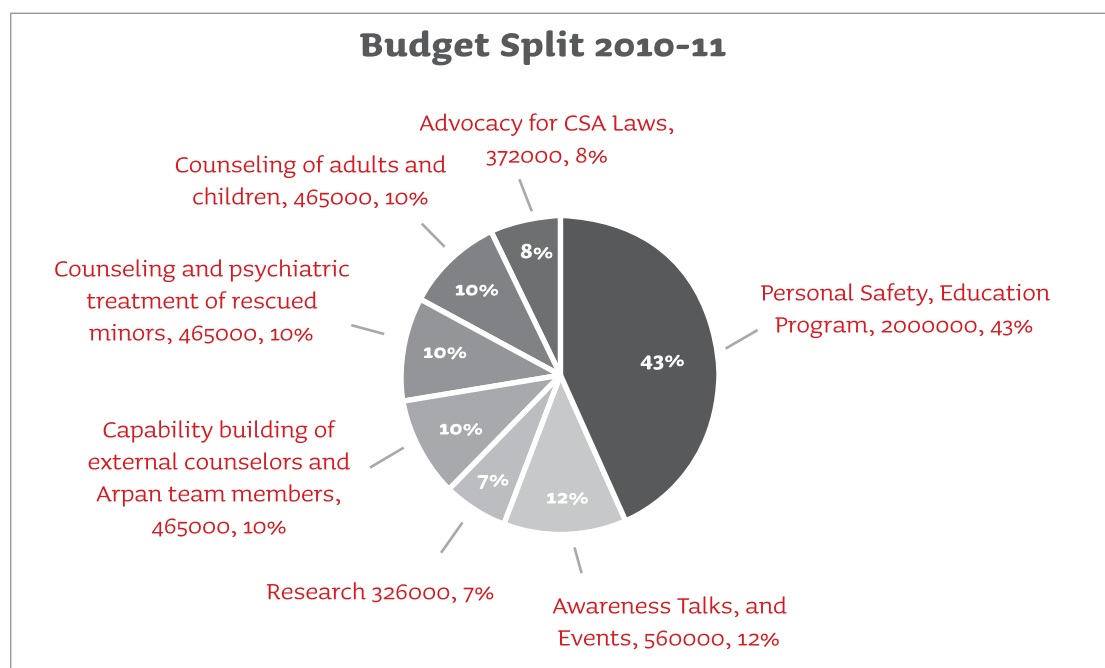
# Plans for 2009-2010

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             |

**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

### 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                             | Kanhaiyalal Taparia Charity Trust      | Nishant Philip                    |
| Aarati Somani                             | Karitkeya Talreja                      | Oswal Projects Ltd.               |
| Aashu Calapa                              | Manoj Kumar                            | Pooja Taparia                     |
| Amit Laxman                               | Maria Mubarak                          | Prem Rajani                       |
| Amulya K.                                 | Megha Sahni                            | Priya Khurana                     |
| Anjali Devidayal                          | Mrunalini R. Kolekar                   | Priya Krishnamoorthy              |
| Archana Bhatia                            | Mukuntan K. R                          | Purnima Taparia                   |
| Chhaganlal Velji Charitable Trust         | Nachiket Mor                           | Rachana Rath                      |
| Chhavi Sachdev                            | Namrata Aggarwalla                     | Ritoo Joshi                       |
| Gaurav Raje                               | Naresh Nagrecha & Veena Nagrecha       | Ruchika Agrawal                   |
| Harveer Singh                             | Narotam Sekhsaria Foundation           | Sanjeevani Jyoti Charitable Trust |
| Hussain Quettawalla                       | Neelu Jalan                            | Sanjeevi Giridhar                 |
| Jay Dabhi                                 | Niral Shah                             | Shekhar Kabra                     |
| Shishir Kabra                             | Smita Dhoot                            | Taramani Devi Somani              |
| Shishukunj International                  | Smt. Sitadevi Taparia Charitable Trust | Umakanth Adiga                    |
| Shivani Kabra                             | Sudha Kabra                            | Vandana Somani                    |
| Shobha S. Iyer                            | Suman Srivastava                       | Venkatesh Iyer                    |
| Shri N. K. Somani Public Charitable Trust | Suraj Shetty                           | Vrinda Goenka                     |
| Shri and Smt. Vinod Jhaveri               | Suruchi Kabra                          | Zarna Patel                       |
| Shyam Dabhi                               | Sushil Somani                          |                                   |
| Sir Dorabji Tata Trust                    | S Vivek Krishna                        |                                   |

- 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/ArpanCSAbuse>

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**

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

**Phone :** 022.23671134, **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** 10, Arun bldg., 3rd flr, 34,  
Narayan Dhabolkar Road,  
Mumbai – 400 006

**Phone** 022.23671134

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

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