



ANNUAL REPORT 2012-13



Our journey So Far...

Seven years ago when Arpan embarked on its journey to respond to the issue of Child Sexual Abuse, there was apprehension and uncertainty. It was a path less travelled, and consequently a more challenging route. It was a world defined by the language of silence, a silence which speaks and a silence, to which, we at Arpan try to give it a voice. Being a spectator to the intimate narrative of betrayal of love and trust of children was emotionally painful. This journey has been as much about learning, enlightenment, emancipation and joy as it has about the pain. The joy and satisfaction sustains us through this rough terrain, reinstates our faith in the change that we observe in our beneficiaries, their strength, appreciation and support of our work.

The change is not only in them but in the Arpan team too, as we have evolved with the belief that one cannot hear the stories of abuse without being changed. As the practitioners engage in the journey with the beneficiaries, their reality is also constantly undergoing profound change with each interaction, each new disclosure and each change they observe in the beneficiaries and others around them. It is this journey that every member of the Arpan team takes hand in hand with our beneficiaries on a personal, spiritual and social platform. It is the journey from victim or survivor to emerging as beautiful, thriving, people that maps Arpan's narrative of recognizing and upholding its voice on the issue of Child Sexual Abuse.

We will present some transformative moments in Arpan's journey in the year 2012-13.





“ Arpan is the largest NGO in the world that I know of working in the field of Child Sexual Abuse in a focused manner. Especially noteworthy is the large scale of prevention work by professionals who teach thousands of children personal safety skills every year using research-based materials and methodology.

I know no other NGO in the world where the staff follow such a holistic model of prevention and healing with children in schools. ”

- Dr. Lois Engelbrecht

Founder Trustee, Centre for Prevention and Treatment of
Child Sexual Abuse, Manila, Philippines.

Dr. Lois has been in the field of Child Sexual Abuse for 20 years.





Contents

- 04** CEO's Foreword
- 06** Our Intervention Strategies & Projects
- 08** The Year at a Glance
- 12** Project Wise Impact in 2012-13
- 41** Challenges encountered during the year
- 43** Our Financial Performance
- 45** The Future Ahead
- 48** Our Identity & Values
- 51** Our Partners & Supporters
- 52** Thank You
- 55** You Can Continue to Help by

“ Not everything that is faced can be changed,
but nothing can be changed until it is faced. **”**

- JAMES BALDWIN

CEO's Foreword



It is difficult to express the amazing journey that the 30 members of the Arpan team have traversed together with over 24,000 children and adults in less than 1000 words.

Among the countless stories of change, the foremost in my mind this year is one of a 72 year old woman, who after attending an awareness talk on child sexual abuse asked our trainer if she could attend the next session as, for the first time in her life she had heard someone say that it wasn't her fault that she was sexually abused. She wanted to hear that again. Another story of how four 10 year olds followed our Personal Safety Education sessions by telling the school coordinator that the bus conductor was touching them inappropriately. Another account from an 8 yr old, who mustered the courage to tell her father that one of his employees who regularly visited their home was sexually abusing her. These and many more such stories give us the courage and the motivation to march along with grit and determination touching the lives of thousands along the way, hoping this will continue to have a cascading effect and many more thousands will be empowered.

After a certain stage one loses comprehension of what these thousands of people mean and yet I know that each individual has a story, each has become empowered by knowledge or acquiring skills and some change has happened... some change has definitely happened...

This tidal wave of change has swept us along with it. For me, this journey has been an invaluable experience of moving from anger towards compassion, from pain to hope, from sadness to joy, from the black and white to understanding the subtlety of the greys of life, from being judgmental of every act and person to being non-judgmental, from being passive or aggressive to being assertive. And yet there is more to learn, to embrace, to absorb, to understand, to assimilate and share with the world a deepened understanding of human behavior.

As we continue on this journey of change together I can only profusely thank everyone who has supported us, financially and in all manner of other ways. I would especially like to mention the names of Mr. Karl Yohan Persson, Mr. Rakesh and Mr. Rajesh Jhunjhunwala and Mr. and Mrs. James Marshall who have contributed significantly to the growth of Arpan.

As we begin to deliver on the projects for this year, touching the lives of yet another 25,000 children and adults, creating more stories of change I am delighted to present the story of our year at Arpan. Please take some time to read about our activities and accomplishments from this year.



POOJA TAPARIA
FOUNDER & CEO, ARPAN



Our Intervention Strategies & Projects



OUR VISION

World free of Child Sexual Abuse

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.

Arpan believes that Child Sexual Abuse is an occurrence and hence prevention and intervention are interrelated. This shapes Arpan's philosophical base which provides the required balance between advocacy and service delivery, prevention and intervention based strategizing. Arpan takes a multi-level approach to achieve this, routing it to the person in environment model which proposes everyone to play his/her role either in the prevention of Child Sexual Abuse or in the reduction of it. This holistic intervention model also operates from the fundamental principle that every individual (child or adult) and organization that comes in contact with Arpan is a valuable entity and respecting and acknowledging their needs, perceptions and uniqueness is important for the organization.

Based on these premises, Arpan's strategies are guided by 2 interdependent strategies, and aim to provide a comprehensive and holistic intervention model with regard to Child Sexual Abuse:

Programme Strategy and Advocacy Strategy.

- To deliver programmes geared towards preventive and intervention services, awareness, training and capacity building in order to reduce the occurrence of Child Sexual Abuse, heal its impact and create safe and supportive environments for children and adult survivors of Child Sexual Abuse.
- To advocate for policy level changes in order to reduce the occurrence of Child Sexual Abuse, heal its impact and create safe and supportive environments for children and adult survivors of Child Sexual Abuse.

These programmes are designed to help Arpan deliver these strategies effectively. The programmes are further streamlined into specific projects which are diagrammatically represented below:



The Year at a Glance

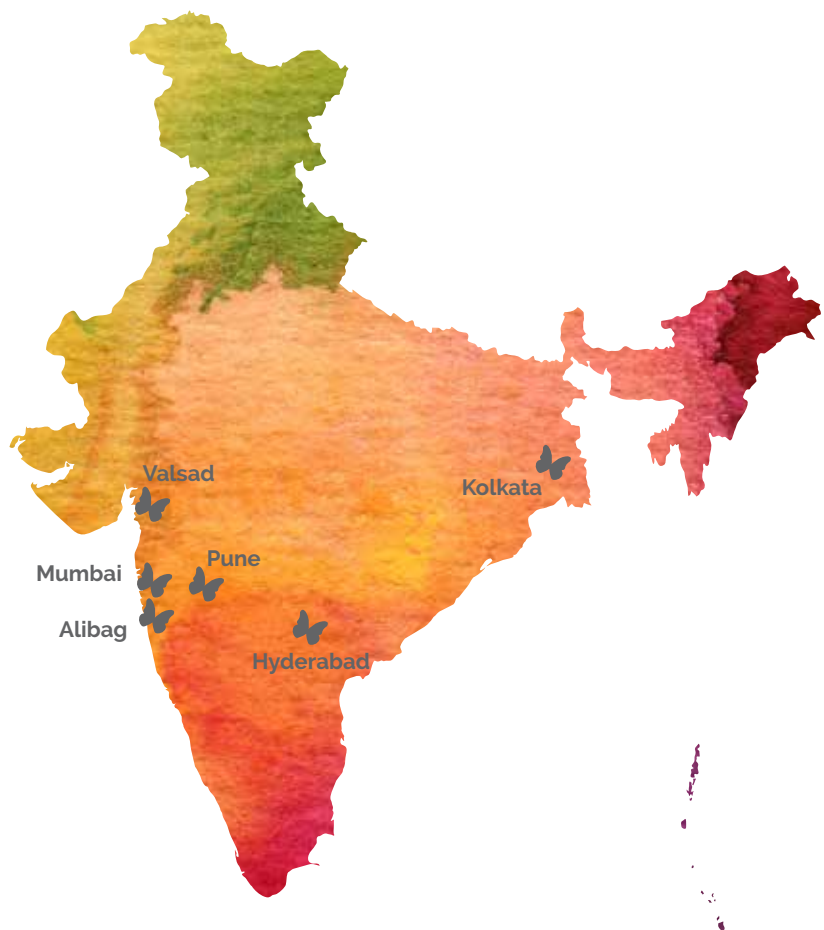


2012-2013 has been a fascinating and stimulating year for Arpan and we share with you our achievements and accomplishments. This year bears testimony to our steadfast progress and saw several milestones being achieved and accolades received for sustained work in the field of Child Sexual Abuse.

For the first time, Arpan stepped out of Mumbai to implement the Personal Safety Education program in Valsad, Gujarat, conducted Training of Trainers sessions in Hyderabad and awareness sessions in Alibag, Maharashtra.

Our Founder and CEO, Pooja Taparia presented Arpan's work at 2 events in London. She was also invited to the White House in Washington D.C. for a civil society consultation addressing the US strategy on Developing a Global Policy on Gender Based Violence. Pooja also presented Arpan's work as a participant at the g2Y Ford Fellowship Program in Columbia University, New York City.

We reached out to over **16,600** children and adults directly and **1,26,000** indirectly through our various programs and projects. Arpan has also reached out to over **7,500** individuals through civil society events. This takes our total outreach to over **35,000**



children and adults directly and over 1,70,000 indirectly in the last 7 years.

We taught 5,800 children personal safety skills in 11 schools, 2 non-formal schools and 1 shelter home. This reflects a year on year growth of 43%.

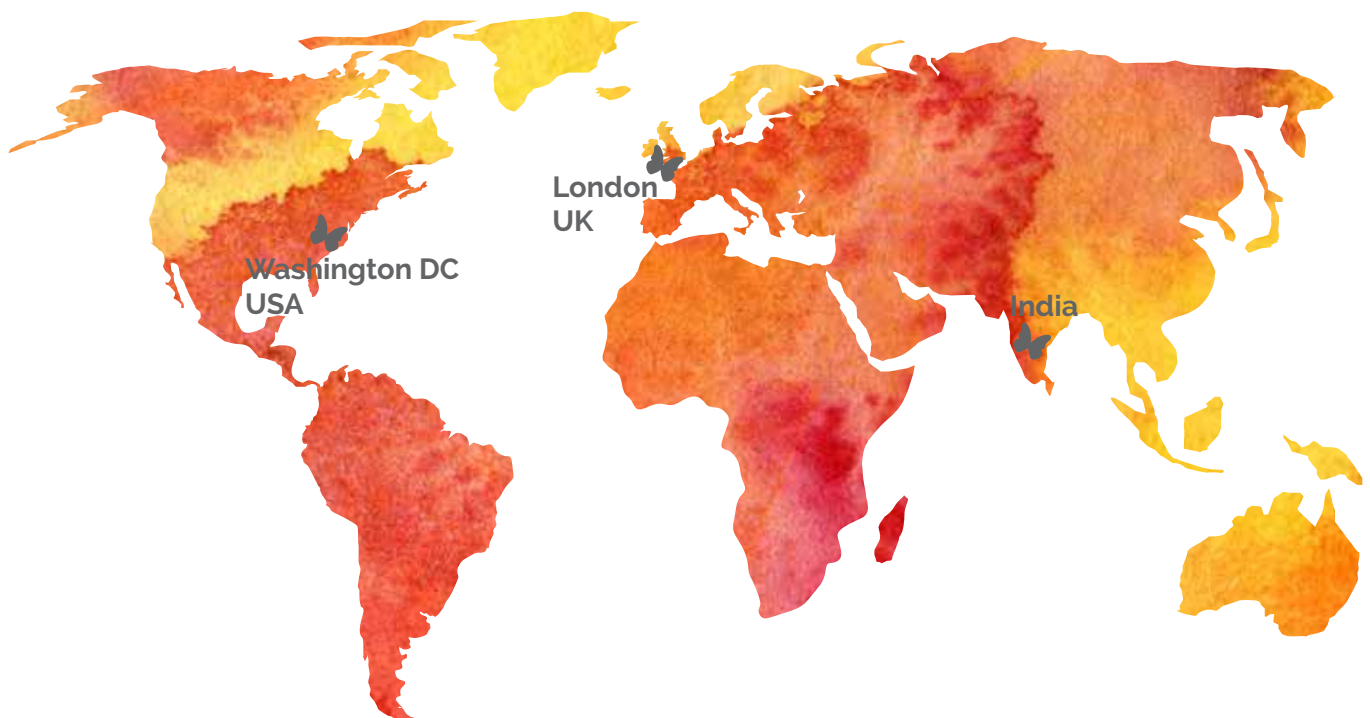
We initiated implementing the Personal Safety Education program in communities along with the ongoing school based programme through successfully implemented workshops.

We reached out to 6,300 parents, teachers and other adults through our awareness sessions, which included over 2,350 police cadets and police officials.

Arpan performed a street play titled 'Vikram and Betal' on the issue of Child Sexual Abuse at Dadar and Goregaon railway station, which evoked a marvellous response from the common man on the street.

There has been increased media reporting wherein Arpan and its work on Child Sexual Abuse have been featured in various newspapers, magazines namely, Indian Express, DNA, and Mumbai Boss. Arpan's work was also published in Eastern Eye, a newspaper in London.

Pooja Taparia has recently been announced to receive the 'Architects of the Future Award 2013-14'. This is an International level award being given to 10 social entrepreneurs from across the world for doing great work in their fields. The awards will be presented in April 2014 in Vienna, Austria.





Street Play at Dadar Station



Personal Safety Education Program in School



Personal Safety Education Program in Community Center



Counselling Session with Children



MUMBAI BOSS

JAN 14, 2013

SMOKE 22°C

NEWS

Let's Talk About Sex

JANUARY 14, 2013 7:37 AM BY PRONOTI DATTA

In order to gauge just how desperately Indians need to be educated about sex, Watsa's "Ask the sexpert" column in *Mumbai Mirror*. The column is a hoot and sexual health expert, answers queries with great wit. A doctor with a smattering of Watsa's quixotic desire to educate the public—would have discontinued a column required him to answer idiotic questions about sex such as: How does a man increase the length of his penis? Does masturbation cause hair fall? Is there a chance of pregnancy if two people rub against each other fully clothed? These questions might be amusing, but they're also, alarming as it might be, innocently posed by adults who should have a good idea about sexual practices and the human body in theory at least.

That a lot of people are ignorant or misguided about sex (and we're referring not just to intercourse but to the universe of sexual practices and behaviour) is not surprising because sex education is rarely imparted at home or school. Initiatives to include sex education in school curricula have often been met with opposition

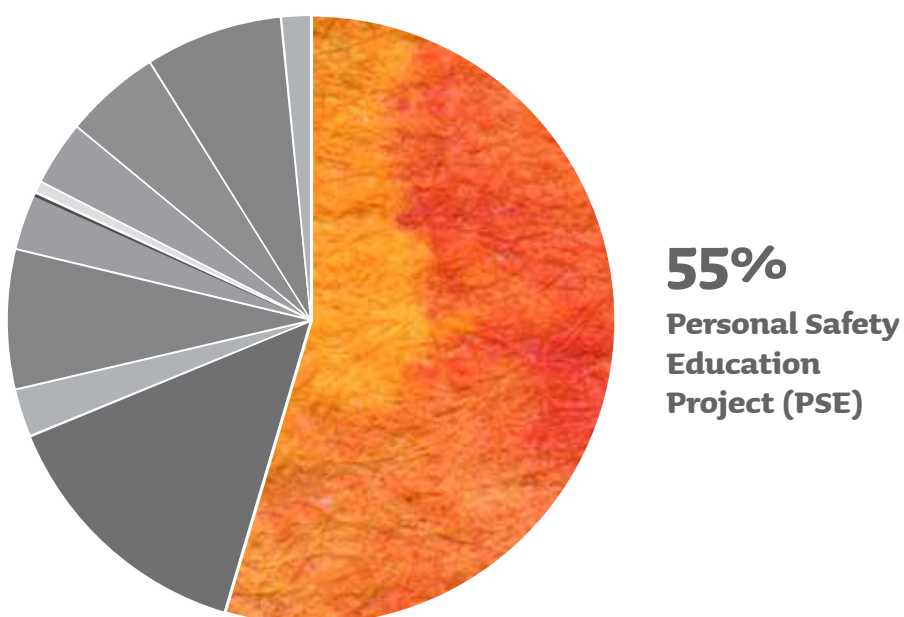
Project Wise Impact in 2012-13



PROJECT 1: Personal Safety Education Project (PSE) in schools, institutions, shelter homes, community workshops:

The Personal Safety Education (PSE) project is one of the core interventions of Arpan. The project includes the implementation of a life skill module that has been developed by Arpan to prevent the risk of Child Sexual Abuse and seek support in case of violation. Arpan conducts this module with children in privately owned and government schools as well as with highly vulnerable groups of children through NGO's, shelter homes, orphanages etc. The PSE project also involves awareness building and skill enhancement of adults like parents, teachers and institutional caretakers who are the primary stakeholders and caregivers in a child's life.

This project comprises **55%** of Arpan's activities.



STORY OF CHANGE

An 11 year old boy revealed in the individual session and in the following counselling sessions during the Personal Safety Education programme that he was being bullied by a classmate for more than a year. The classmate used to touch him and hit him on his penis and buttock. Once, he was hurt so badly that he started bleeding. The child was traumatized by what was happening to him. He wanted it to stop but was feeling very helpless. He had tried to tell the classmate to stop but that did not work. The child could not muster the courage to tell his parents or teachers.

In her interaction, the Arpan counsellor assessed that the child had low self-esteem. The child told the counsellor that he felt he was very girly and feminine because of his posture and tone of voice. He said, "I am like Karan Johar and that makes me weak. When I grow up people will make fun of me". During the counselling sessions, the counsellor first worked on the child's feelings of fear and anger. A lot of focus was given to building assertiveness through role plays so that the child would feel empowered enough to assertively say "no" to his classmate. The counsellor also worked with the child to build a support system. The child's older sister and one of the drawing teachers were identified as people that the child felt comfortable with. The counsellor worked on building the child's self-esteem using positive messages and reinforcement. The child was also asked to talk about instances where he had been strong.

Through these activities he realized there were innumerable times when he had shown strength – this self-realization prompted him to question his self-image of being weak. During the course of counselling the child gathered the courage to report the incident to his older sister and a teacher. He was also able to say "no" assertively to his classmate. The child also was comfortable within himself and he shared "in any case Karan Johar is famous, successful and not weak". Another counsellor worked with the classmate who was bullying the boy and ensured that the inappropriate behaviour stopped.



In 2012-13, Arpan has reached out to

- 9,500 individuals (with an annual target of 6,000 individuals) including 5,800 children in 11 schools, 2 non-formal schools and 1 institution; making a year on year growth of 243%.
- All the 5,800 children were provided with an individual space with the trainer so that they could talk about any experience of abuse.
- 580 counselling sessions were provided to 333 children and their families after their disclosure of either Child Sexual Abuse and/or inappropriate behavior.
- The before and after- tests with a representative sample of children reported the following impact in retention of personal safety messages and the knowledge, skill and attitudinal shift with regard to Child Sexual Abuse and reporting of the same. The average increase in knowledge among children for naming and identifying Private Body Parts is 74.95% in Low Socio-Economic Schools (SES); 68.78% in Middle Socio-Economic Schools, 41.67% in High Socio-Economic Schools.

The graph below indicates the average shift in knowledge in Grade 1- 2, 3-4, 5-6 in Low Socio-Economic Schools:.

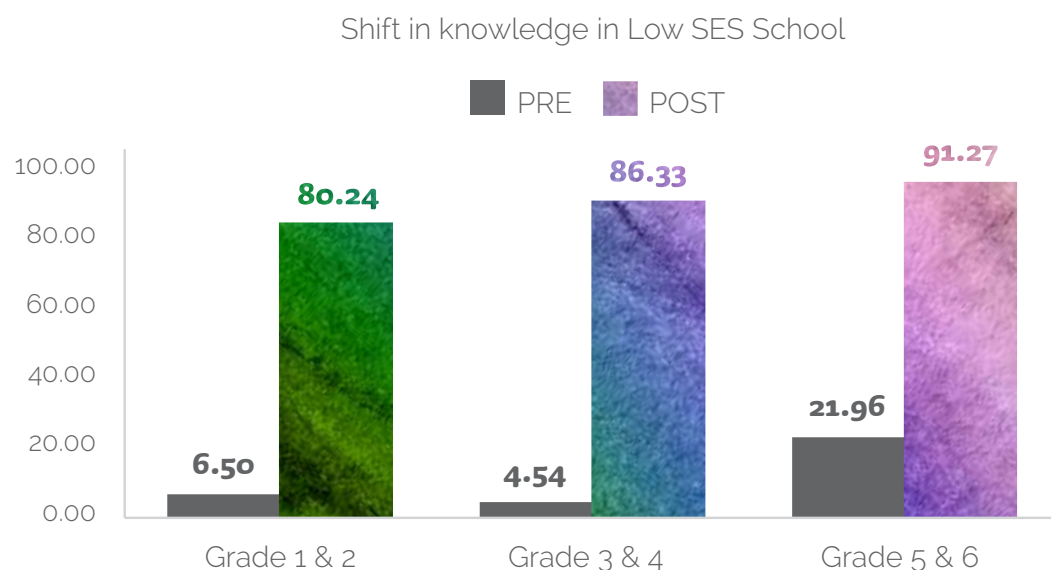


Figure 1.1: Knowledge shift among children in Low Socio-Economic Schools

• The average increase in children's comfort around naming and identifying Private Body Parts is **180.48%** in Low Socio Economic School, **205.4%** in Middle Socio-Economic Schools and **44.23%** in High Socio-Economic schools. The graph below indicates the average increase in comfort of children in Grade 1- 2, 3-4, 5-6 in Middle Socio-Economic School:

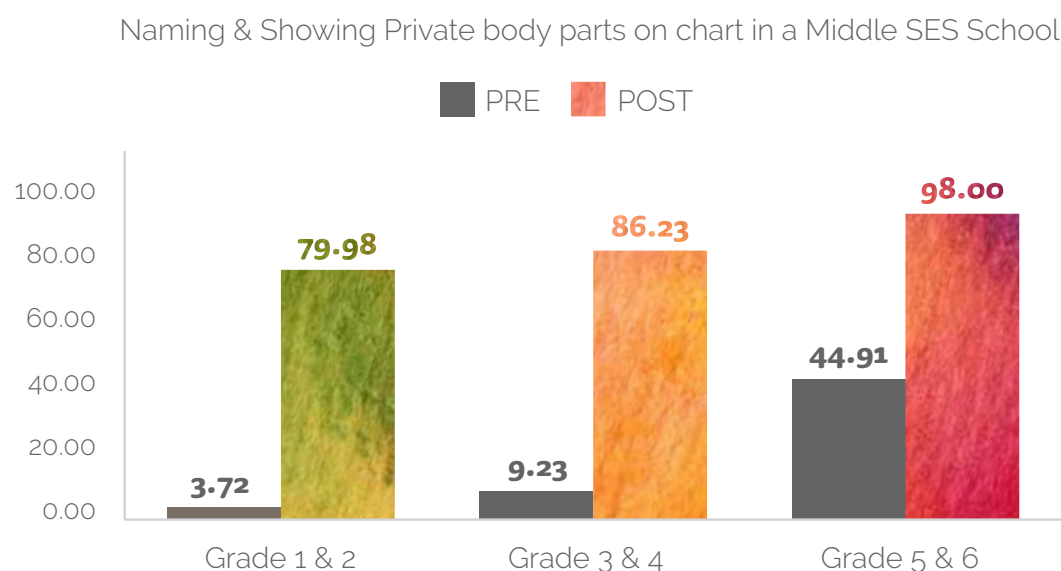


Figure 1.2: Shift in Comfort among children in Middle Socio-Economic Schools

- The average skill enhancement in assertive communication with regard to Child Sexual Abuse prevention and reporting among children is 15.78% in Low Socio-Economic Schools, 18.11% in Middle Socio- Economic Schools, and 8.05% in High Socio-Economic Schools.

The graph below indicates the average shift in skills in Grade 1- 2, 3-4, 5-6 in Middle Socio-Economic Schools:

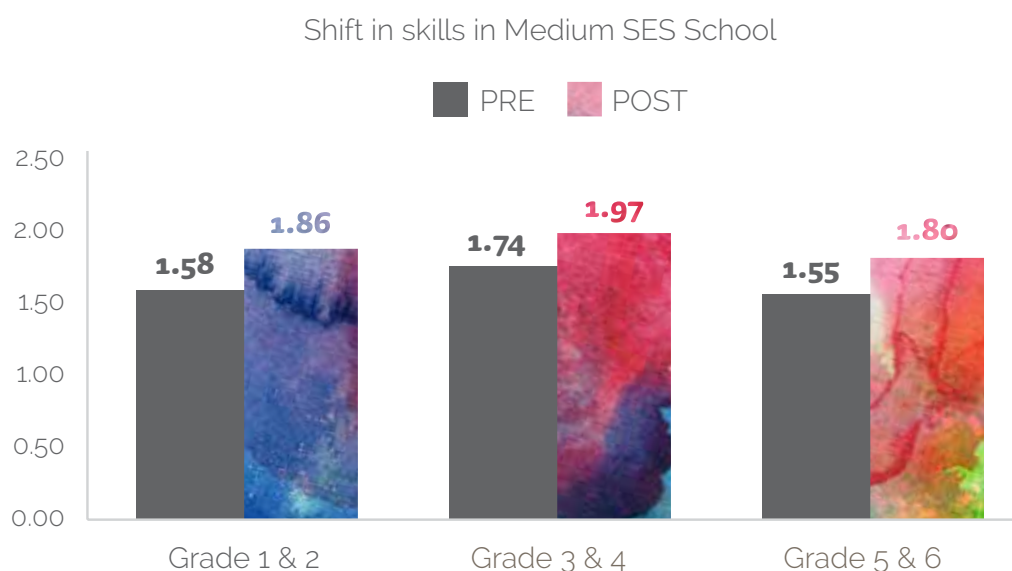


Figure 1.3: Shift in Skills among children in Middle Socio-Economic Schools

The children also shared their appreciation for the programme:

“**Sir aapne hame kafi important baat sikhai hai. Thank you very much.**
Sir you taught us a very important concept. Thank you very much.”
- A Grade 3 student who later called the Arpan office for taking help.

“I miss you so much as we get great knowledge from you to live in this society. From your explanation I am totally alert and my mom is also thankful to you for doing such a great job.”
- Grade 2 student



Personal Safety Education - Psychotherapeutic Services

STORY OF CHANGE

A 14 year old girl was abused by a family tailor at her home in the presence of all the adults. The tailor touched her private body parts and smiled, no one in the room observed this. This made the girl very angry, sad and confused. She did not inform anybody about it until she went through the Personal Safety Education programme. Following the programme the child revealed this in the individual session and was quite restless. The counsellor assessed her to have low self-esteem, having difficulty trusting others, showing aggressive behaviour and in a state of confusion about her own feelings. During the initial sessions the counsellor learned that the girl had a dysfunctional relationship with her parents as she was physically, verbally and emotionally abused by them. The girl felt unwanted and unloved by her parents.

During the therapy process, enough time was spent in understanding safe and unsafe touches through psycho education and therapeutic activities. Over a period of a few sessions the counsellor developed a good rapport with the girl and the girl trusted the counsellor enough to share her experiences with a 35 year old married father of two children. This man was touching the girl and had also kissed her. Since the girl felt deprived of care, attention and love from her family, she had started liking it when it was provided by this middle aged man and misunderstood it to be love. In therapy the counsellor through psycho education explained to the girl about safe and unsafe touches, Child Sexual Abuse, worked on maintaining boundaries in relationships and also explained about grooming. Through therapy the child learnt assertive skills in expressing discomfort towards people and their actions which she was not comfortable with earlier. She was able to identify her support system and also develop and strengthen it so that in future if she encountered similar experiences she could seek help and take care of herself. Through relaxation and other techniques she could work on her feelings of fear. In the process the girl herself informed her trusted adult and received help. The child has been able to come out of the situation and has coped with her emotional issues as well. The counsellor also had sessions with the girl's trusted adult and helped her create a safety net for the child.



After the Personal Safety Education programme,

- 202 children (3.48%) shared their experiences of inappropriate behavior and 131 children (2.26%) disclosed about experiences of Child Sexual Abuse.
- Among these children who reported experiences of inappropriate behaviour and Child Sexual Abuse, 41% were girls and 59% were boys. The higher percentage of boys reporting inappropriate behaviour/CSA experience is not unique for 2012-13, but has been consistent over the last four years – challenging the popular belief that girls are more vulnerable to Child Sexual Abuse. The pie chart reproduced below represents the percentage of girls and boys offered Counselling services after the PSE programme.

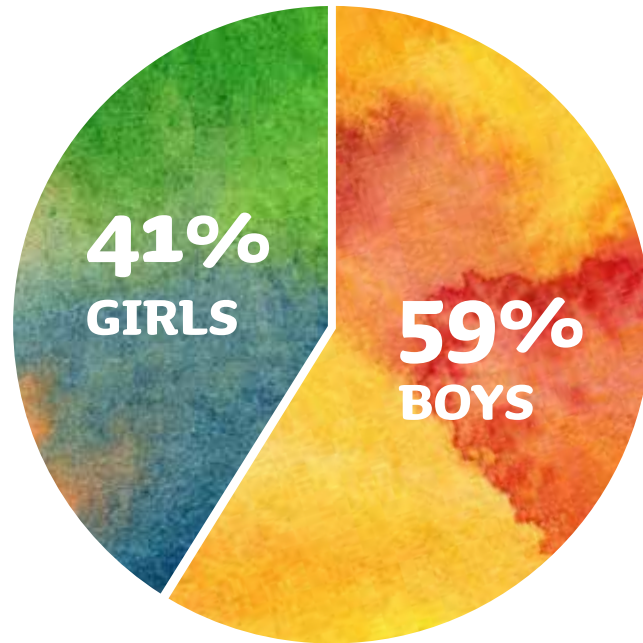


Figure 1.4: Distribution of children in PSE program who have undergone counselling by counsellors at Arpan.

- The children receiving counselling support post Personal Safety Education programme reported experiencing diverse kinds of inappropriate behaviour and Child Sexual Abuse – teacher punishing a boy by removing clothes in front of other students in the class, religious "baba" touching a girl's stomach and chest in the pretext of check-up, a laundry - man touching a boy's private body parts, a girl being touched on private body parts by her cousin, a seven year old touching the private body parts of his classmate etc.

Excerpts of children's experiences of being in therapy

“ I feel really nice when you (counsellor) come to the centre. I feel like I have someone to talk to. It feels lighter after talking to you. ”
- 12 year old girl

“ I enjoy coming to the sessions, doing the activities and feel happy to come here. ”
- 11 year old boy

Personal Safety Education - Awareness Sessions with Parents

STORY OF CHANGE

Post the awareness session on Child Sexual Abuse with parents in a school, a 72 year old grandmother came to the facilitators to seek permission to attend the subsequent awareness session as well. She communicated that at this age for the first time in her life somebody had told her that the sexual abuse she experienced as a child by her own family member was not her fault. This revelation was something so distant and unbelievable that she wanted to hear it again to believe it.

- Through the personal safety education project, over 3,430 parents were empowered (against an annual target of 900 parents) on Child Sexual Abuse to create a strong safety net around children. These sessions aimed at providing information on Child Sexual Abuse to parents, the Personal Safety Program and the role they could play as a support network for their children.
- The administration of before and after questionnaire in a Middle Socio - Economic School with literate parents reported the following impact in terms of increase in knowledge, comfort in talking to children and other adults on personal safety. The figure below indicates the same:

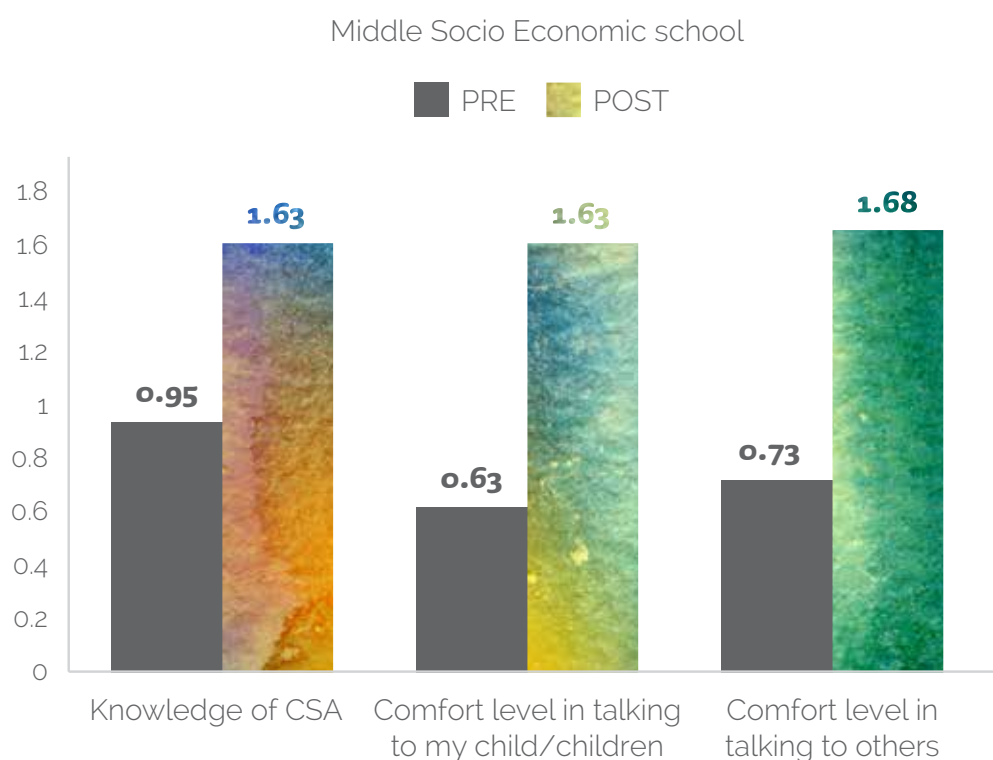


Figure 1.5: Knowledge, comfort among parents in Middle Socio-Economic Schools before and after the session.

Some testimonials from parents:

“Excellent work! Hope to see Arpan covering all schools in Mumbai. We are happy for the fact that our children will be learning personal safety. Also thankful to the school for providing great opportunity to children through Arpan's programme of PSE. We are glad that CSA information is not only restricted to children and teachers but even parents get that information.”

- A parent who attended Parents session prior to PSE implementation

Personal Safety Education Awareness Sessions with teachers

STORY OF CHANGE

A 36 year old school administrator who attended the sessions shared that when she was 9 years old, she was molested by her maternal uncle. She had lived with the guilt that it was her mistake. Following the session, with her realization that it was not her fault she gave voice to the pain that was silenced for so long. She called her maternal uncles home and spoke to him, telling him that what he did was wrong. Just being able to do this made her feel relieved and confident and she was able to stand up without the burden of guilt on her shoulder.

- Awareness sessions on Child Sexual Abuse and Personal Safety Education were conducted with 268 teachers against a target of 120. The sessions conducted with the school management and the teachers aimed towards increasing knowledge and comfort of teachers to address the issue of Child Sexual Abuse effectively.
- The administration of before and after questionnaire in a Middle SES school with teachers reported the following impact in terms of increase in knowledge, comfort in talking to children and other adults on personal safety. The figure below indicates the average shift in knowledge of CSA, comfort level in talking to children among teachers.

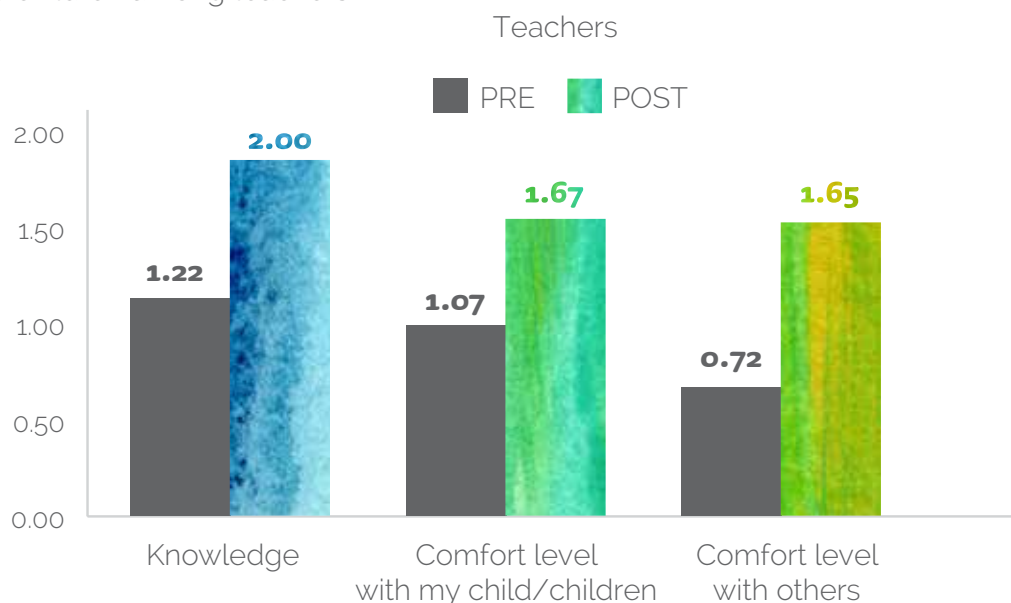


Figure 1.6: Knowledge, comfort among Teachers in Schools before and after the session

The management and the teachers' reflections on the PSE program in their schools also flagged the imprint this program has created in a space where there was dearth in knowledge and skills regarding the Personal Safety of children.

Some testimonials from teachers and school management:

“ We have realised how important it is to tell our children about using the right terminologies for their private body parts. ”
- A teacher who attended teachers' session prior to PSE implementation

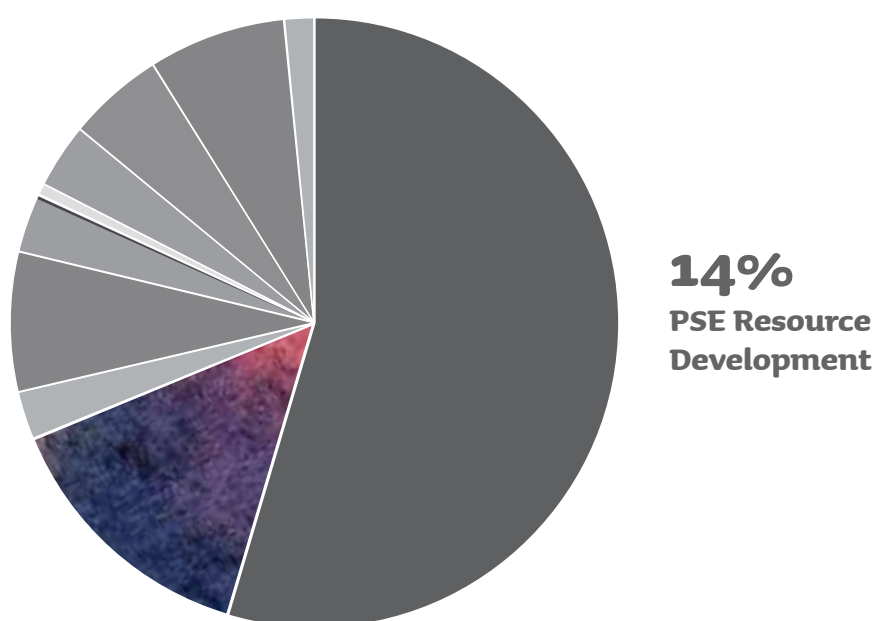
“ The staff from Arpan has educated children in the area of Child Sexual Abuse from grade 1 to 4 by giving them information on private body part and providing them Personal Safety Education. Each child was individually attended to and the concerns of each child were addressed effectively. This Personal Safety Education provided by Arpan staff has not only built up the confidence of the children but also given them strategies to keep them safe and secure. The sessions with parents and teachers have led to positive changes in shaping their perspectives towards CSA. We are extremely grateful towards Arpan for the program. ”
- Principal, Rajendrapal Mangla Hindi Primary School, Thane (East)



PROJECT 2: Resource Development for Personal Safety Education

Resource Development for Personal Safety Education is a critical component at Arpan to support the direct intervention as well as capacity building of professionals. This year Arpan has been able to finalize the content for instruction manuals for teaching Personal Safety Education from Grade 1-4 in Hindi and Marathi and Grade 5 in English. The manual will facilitate and support trainers to implement PSE in their settings. Arpan has also been able to finalize the content of a Workbook on Personal Safety Education as an alternative tool and posters, stickers as supporting tools to teach children Personal Safety. Arpan is also in the process of evolving a booklet on Frequently Asked Questions on PSE and CSA.

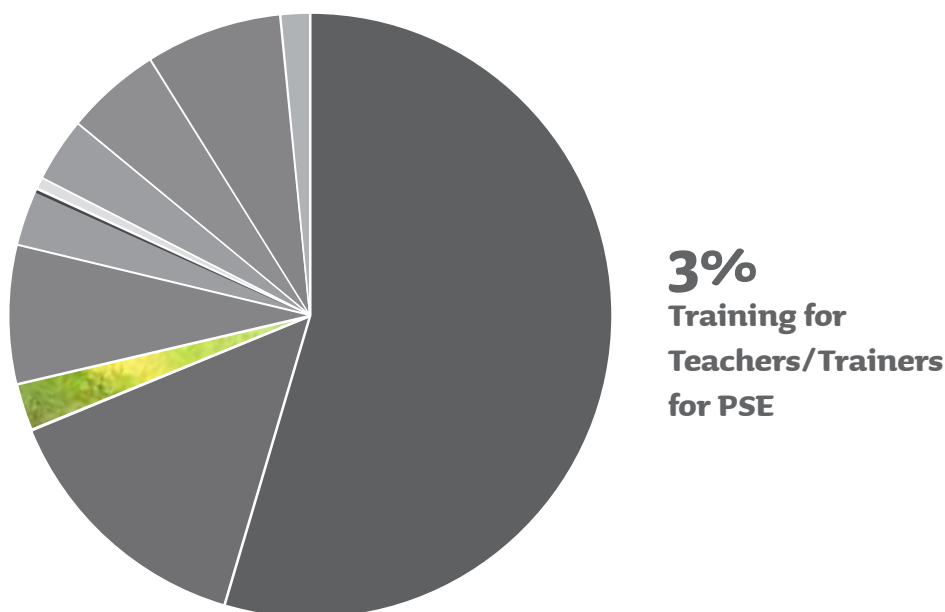
This project comprises 14% of Arpan's activities



PROJECT 3: Training of Teachers / Trainers for Personal Safety Education

Arpan equips teachers, school management, counsellors and institutional trainers in undertaking Personal Safety Education Programme implementation at their school or organizational/ institutional level. Skills are also developed to effectively handle children's disclosure of Child Sexual Abuse.

This project comprises 3% of Arpan's activities



STORY OF CHANGE

A freelancer came for the Arpan training program with the mindset that the training will equip her to teach children about protecting themselves from potential sexual abuse. After the programme she realized that while she achieved that, what the CSA Train-the-Trainer program really helped her to do is to discover her own biases and assumptions about right and wrong and also understand the ground realities. It also became abundantly clear to her that given the incredibly high rate of incidence of Child Sexual Abuse in our society, a scattered handful of adults acting as trainers or even counsellors will hardly be enough to tackle this national scourge. She felt strongly that the need is to create enough leverage against CSA by bringing in parents, teachers, community helpers and other caregivers into the fold, while also empowering children and building their sense of self-esteem so they don't feel like helpless survivors. She also opined that CSA is not a Bharat vs. an India problem, it is not a rural vs. an urban problem, or a problem of the rich vs. of the poor and realized that it is our problem and unless we begin looking it in the face and fighting back – we will be raising a generation where perhaps more than half of the adults have to live with the trauma of being abused when they were most vulnerable.

Arpan has trained:

- 125 teachers, NGO professionals, counsellors and freelancers from India and abroad to implement Personal Safety Education through 6 Training of Trainers (TOT).
- Post our TOT conducted in 2010-12, Bombay Cambridge Gurukul Schools, Zee Learn and Goenka Associates have in turn implemented Personal Safety Education with more than 88,000 children and 21,500 parents.

• The chart below indicates the average shift in knowledge and attitude among the participants of a Training of Trainers workshop conducted at Hyderabad. These practitioners had basic knowledge on the issue. However, the framework provided by Arpan equipped them to teach children personal safety skills and sensitize adults about their role in keeping children safe effectively.

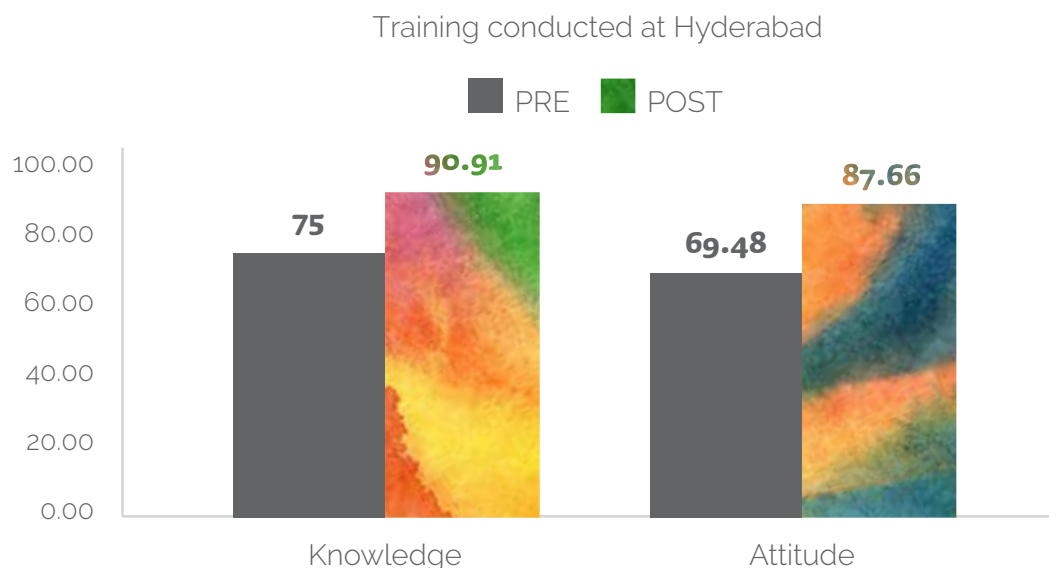


Figure 3.1: Knowledge and comfort among participants' before and after the sessions

The participants shared their impression of the training programme and how the process helped them to be more self-aware and reach out to children from a non-judgmental attitude:

“What really impressed me right away about Arpan's approach was the fact that we were all asked to suspend our personal values and beliefs and respect each others ideas and opinions. Arpan trainers explained that unless we stop projecting our beliefs and values into our interactions with children, we will never really be able to help the child. Easier said than done of course, since during our session with relatively enlightened adults - we had debates around gender norms (if a woman chooses to dress in revealing clothes is she provoking an attack?), the propensity to blame the survivor (if the child is old enough to run from the abuse, why did he/she still let it happen?) and our own views on what is good vs. bad (e.g. masturbation is bad and therefore we label a child experimenting with masturbation as bad. Be it the parent, the teacher or even an external trainer – the minute we colour the discussion with what we think is good/bad, right/wrong – we may close a possible channel of communication with the child and impart in them a sense of shame or guilt about their bodies and their attitudes towards sex. Imparting the knowledge and skills is the easy part of the training – building the child's self-esteem and giving them a safe space for expressing and asserting themselves is what is most difficult and also most important if we are to reduce their vulnerability to CSA.”

- Participant of TOT workshop in Hyderabad

Project 4: Civil society events

Civil society events are conducted at regular intervals by Arpan, independently or in partnership with like-minded organizations in order to create greater sensitivity, visibility and awareness about the issue of CSA and/ Arpan's interventions within the civil society.

This project comprises 7% of Arpan's activities.

STORY OF CHANGE

An Illiterate bystander who watched the street play hosted by Arpan experienced a sense of empowerment to be in a position to respond to what was happening around her. Prior to watching the street play she had a hunch that there was something wrong happening, but she could not recognize it as Child Sexual Abuse nor did she have the vocabulary to respond to it. After watching the play she felt confident to approach the matter and had definite plans to stop it.

7,400 individuals were sensitized on Child Sexual Abuse through various Civil Society Events. This achievement surpassed the annual target of 1,500.

- Arpan conducted 3 street plays on Child Sexual Abuse titled 'Vikramand Vetāl' based on Hindu Mythological characters and reached to 1200 individuals. It helped to take the issue to the common man who most often are kept outside the purview of sensitization and knowledge creation.
- Arpan showcased an Art Installation of a hollow tree with messages about Child Sexual Abuse in the Kala Ghoda Festival (10 day Arts Festival in South Mumbai). The hollow tree inside demonstrates the internal turmoil of survivors of CSA who project an outward normalcy but are torn inside because of dilemma, conflicts, guilt, pain, anger and a continuous effort to silence them. More than 5,000 people came forward and collected more information and discussed various networking/partnering/volunteering possibilities.
- More than 1,000 individuals were reached out through other events like the Standard Chartered Mumbai Marathon and exhibitions.
- This year Arpan also made its presence in London and USA through networking events. Founder and CEO, Pooja Taparia was invited to the White House for a civil society consultation on gender based violence, an initiative taken up by the US government and coordinated by an advocacy agency Women Thrive Worldwide based in Washington DC.
- Pooja Taparia won a fellowship to the Ford Motor Company International Fellowship of the g2Y at Columbia University, New York City and was able to discuss and present Arpan's work at various events to the faculty of the university as well as to co-fellows.
- Founder and CEO, Pooja Taparia participated in a group discussion with Jeff Immelt, CEO, GE in New York City as part of the g2Y Ford Fellowship.
- Founder and CEO, Pooja Taparia also showcased Arpan's work and spoke on the issue of Child Sexual Abuse at 2 events in London, one hosted by Connect India and the other by Mr. Sethu Vaidyanathan and iPartner India. Arpan was also a part of a charity ball organised by the Sachdev family, Hilton Foundation and iPartner India in London. A lot of appreciation for Arpan's work was received at all the events.
- Founder and CEO, Pooja Taparia spoke at the CSR Live Week Conference held at the World Trade Centre and put forth the importance of bringing about 'child protection' on the agenda for corporate to support. Her suggestions were much appreciated by all.

• Founder and CEO, Pooja Taparia was invited to speak at TEDx SCET in Surat, Gujarat. She spoke on the issue of Child Sexual Abuse and Arpan's activities which was well received by the audience.

The response from the bystander bring alive their experiences:

“ Highly impressed. Please give me more pamphlets to distribute in my circle. I am very much aware of the issue. This is happening and increasing so much nowadays, and children are scared to tell. ”

The testimonial reflects some responses to the art installation:

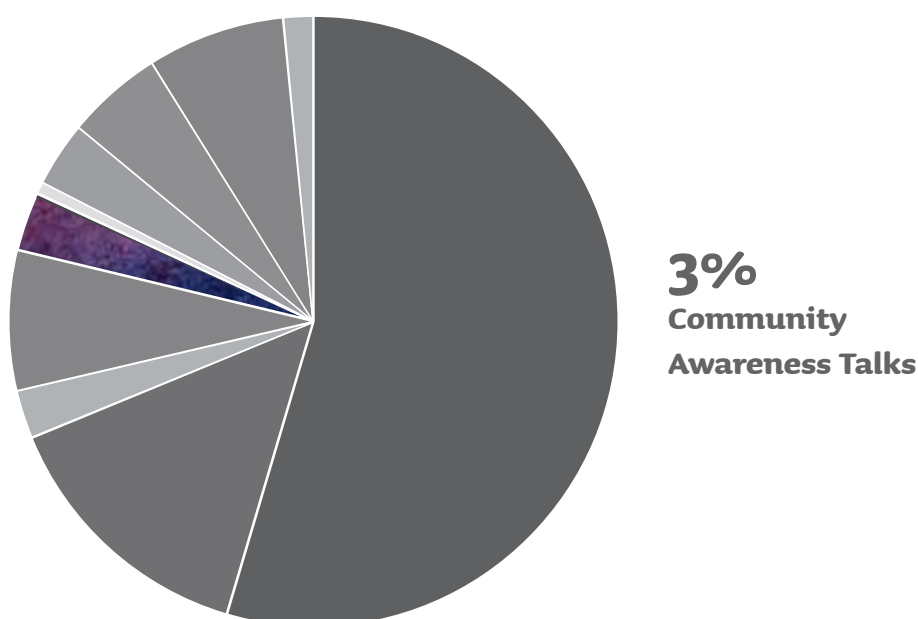
“ The Hollow Tree', is a very good concept and is a good attempt to increase awareness on the issue of Child Sexual Abuse. Breaking the silence around the issue is very important. I have read each and every story on the tree and am moved. I will tell my friends to visit this installation. ”

- An Indian Navy Cadet

Project 5: Community Awareness with Miscellaneous Networks

Arpan conducts regular awareness sessions with various target groups (for e.g., Teachers, Parents, Caretakers, NGO Professionals and Staff, Social Workers, police officials and health professionals) in order to create greater sensitivity and awareness about the issue of CSA.

This project comprises 3% of Arpan's activities





Kalaghoda Festival 2013 "The Hollow Tree"



Arpan team performing Street Play on Child Sexual Abuse at Dadar Station



Awareness Session on Child Sexual Abuse in London



Standard Chartered Mumbai Marathon 2013

STORY OF CHANGE

A parent, after attending the parents' sessions, realized the importance of talking to her nine year old hearing impaired child about private body parts.

She vowed to talk to her child immediately.



- Against an annual target of 2,085, awareness talks were conducted with over 6,300 individuals
- 2,300 police cadets and officials, 2,000 parents, 1,000 Community workers, 1,000 teachers and other individuals were addresses through various platforms
- After the programme, among the police officers and cadets knowledge on Child Sexual Abuse was enhanced by 78.57%, comfort levels in talking to their own children rose by 150% and in talking to others rose by 67.37%.

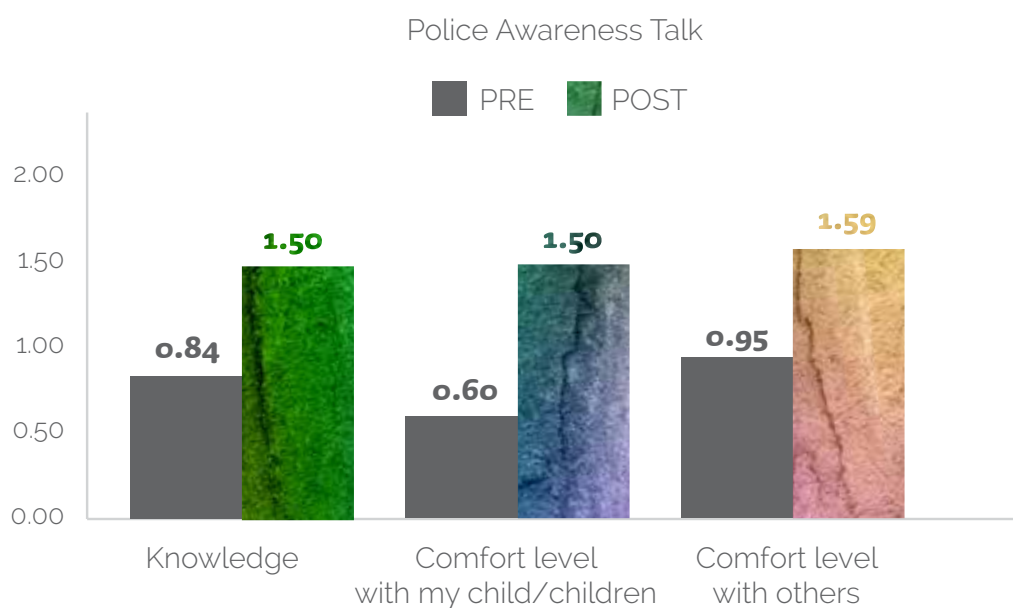


Figure 5.1: Knowledge and comfort among participants' before and after the sessions

- The graph below maps the average increase in knowledge as **51.61%**, comfort in talking to children as **31.58%** and comfort in talking to others as 100% among community workers post the sessions.

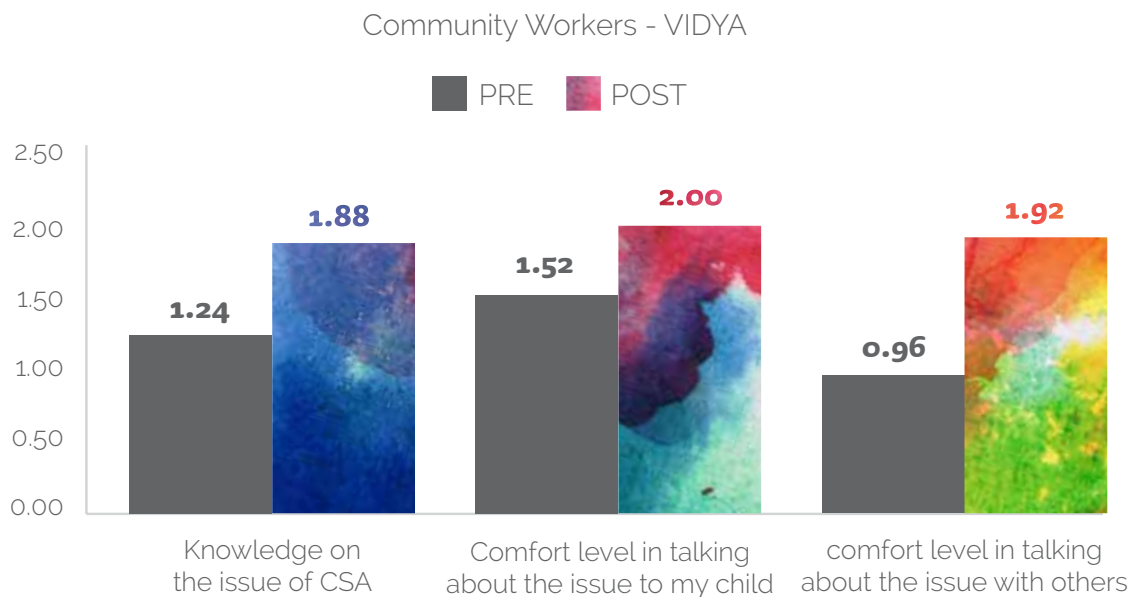


Figure 5.2: Knowledge and comfort among participants' before and after the sessions

- After the sessions, among parents, increase in knowledge on Child Sexual Abuse is **66.37%** and increase in comfort to talk to other adults is **43.20%**.

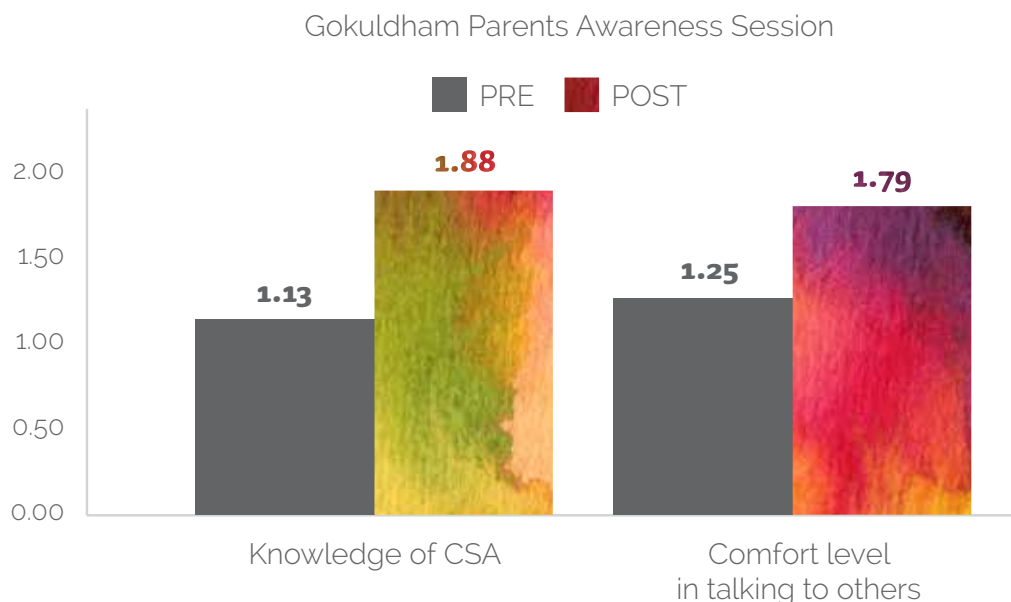


Figure 5.3: Knowledge and comfort among participants' before and after the sessions

The participants shared their feedback on the awareness sessions:

“ Thank you for a very good session, I wish you continue to spread the awareness on a large scale. Being a mother, I understand the severity and the importance of being aware and making my child aware of Child Sexual Abuse. Keep it up! It's a good programme, we should have it in our school. ”

- A teacher after the awareness session

“ We are aware of this issue through the media, however the media has a tendency to leave the viewer with negative messages, but you have addressed the issue in a more appropriate manner, thus leaving us feeling positive and with hope at the end of session. ”

- A Parent from an NGO after the awareness session

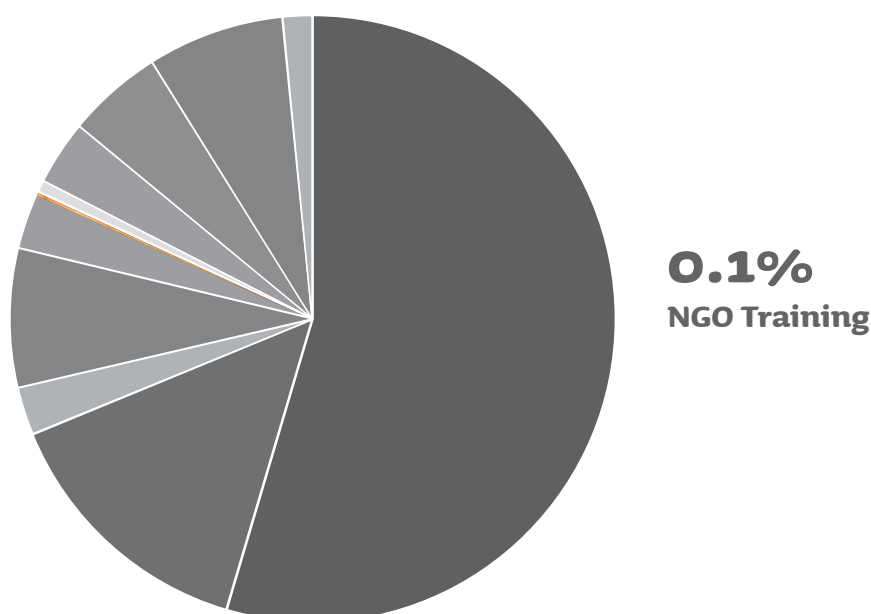
“ Now as a police personnel, I can help to stop CSA and protect any child who is in an unsafe situation. ”

- A police constable after attending the awareness session

Project 6: Capacity Building - Govt., Non Govt. Orgs. and Corporate

Arpan focuses on partnering with like-minded NGOs in order to sensitize and empower their staff with adequate information on CSA. This facilitates the staff to integrate knowledge on Child Sexual Abuse prevention and healing strategies into their existing interventions.

This project comprises 0.1% of Arpan's activities



STORY OF CHANGE

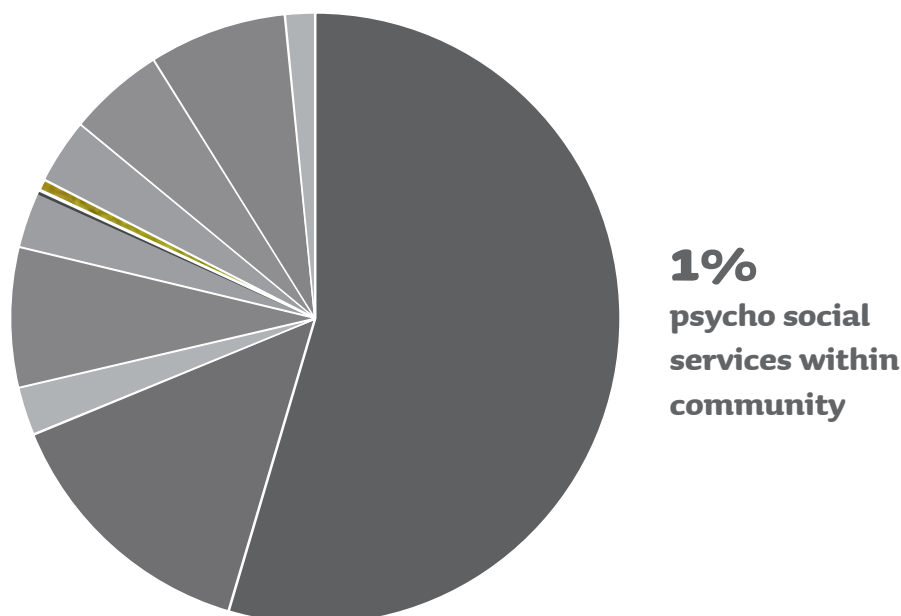
A participant undergoing Capacity Building training shared that before the session he had little understanding on Child Sexual Abuse and he used to make fun of a 16 year old girl's behaviour in the community. The girl was promiscuous in her behaviour and wanted to be touched by the opposite sex, and this invited ridicule from the community. After undergoing the training he arrived at the conclusion that her behaviour could have been so because of CSA. He decided to bring the girl to Arpan for therapy.

- Arpan has trained 45 NGO professionals from a Community Based organization working with children, families and communities living in poverty and injustice.
- After the training, these 45 NGO professionals further empowered 240 women from Self Help Groups (SHG) on Child Sexual Abuse.

Project 7: Psycho-Social Intervention Services

This project aims to extend psycho – social support to children and their families of media reported cases of Child Sexual Abuse and cases of Child Sexual Abuse referred by NGOs. The Psycho-Social Support indicates therapeutic assistance as well as any social/ environmental support provided to the client and his/her family/caretakers to create a support and safety network for the child.

This project comprises 1% of Arpan's activities



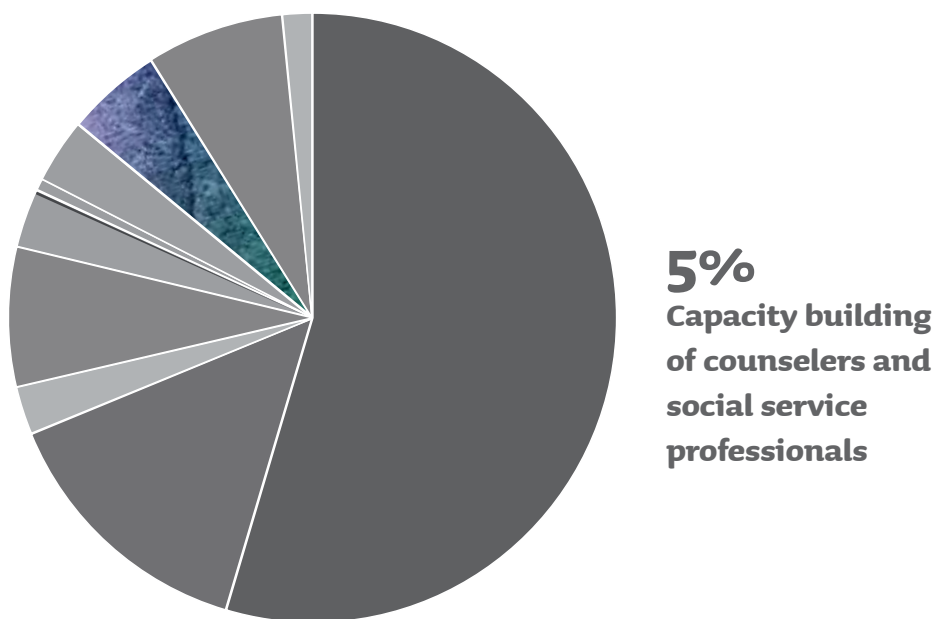
- Out of 28 media reported cases in Mumbai (from April 2012 to June 2012); Arpan was able to address 17 cases, through which 25 individuals were helped.

From the second quarter, the project was suspended as the primary objective of the project was not being fulfilled.

Project 8: Capacity Building of Mental Health and Social Service Professionals

Arpan plays the role of a resource agency by conducting trainings and workshops on alternative psychotherapeutic intervention strategies in order to reach out to a wider population of mental health professionals and social workers and equip them with therapeutic skills to work with CSA cases. Arpan has also successfully run the Working Group on Trauma for the last 5 years. This is a group of mental health professionals and social workers who work in conjunction with a mentor/resource person towards understanding the effects of Trauma and building their skills to facilitate effective healing process of children and adults survivors of CSA and their families.

This project comprises 5% of Arpan's activities



- Arpan has trained **91** Counsellors and Social Service Professionals with basic counselling skills and alternative therapeutic skills to handle trauma, especially in response to Child Sexual Abuse.
- Arpan conducted workshops on Dance Movement Therapy, Play and Sand Therapy, Chakra healing and Basic Counselling Skills.
- Arpan has also successfully run the Working Group on Trauma and conducted **6** workshops.
- The graph below represents the participants' increase in knowledge (**135.5%**) and confidence to use the therapeutic modality with vulnerable population (**74.67%**) in case of a particular alternative therapy namely Dance Movement therapy.
- These workshops have been instrumental in increasing knowledge on alternative therapies and professionals' confidence of using it with the vulnerable population.

The graph below represents the participants' increase in knowledge (135.5%) and confidence to use the therapeutic modality with vulnerable population (74.67%) in case of a particular alternative therapy namely Dance Movement therapy.

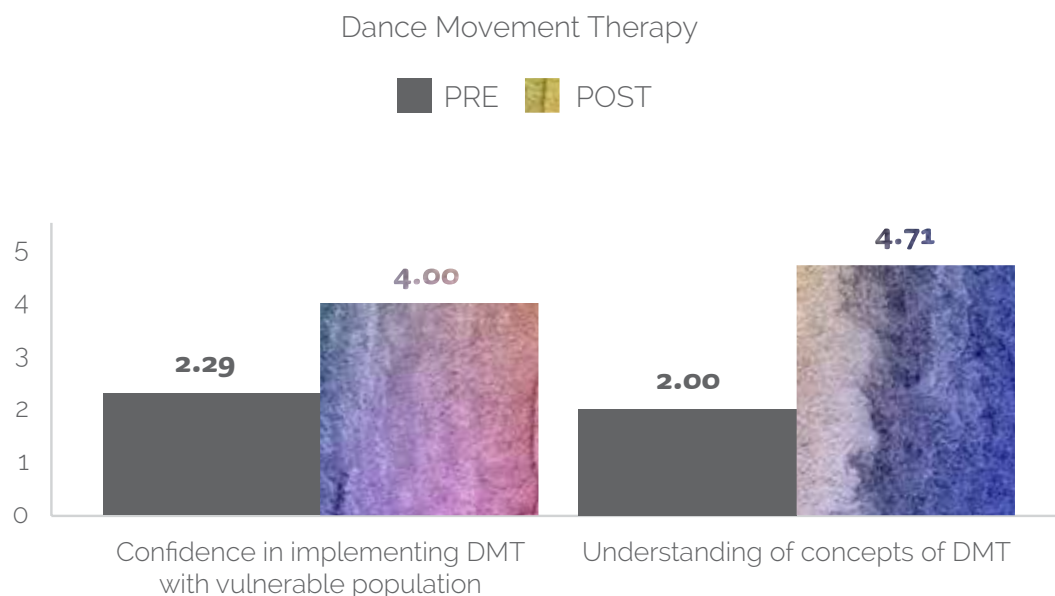


Fig.8.1: Dance Movement Therapy – Shift in knowledge and skills

After the training sessions, the professionals shared their experiences of the workshops:

“ The topic that I found most useful was understanding CSA and child development because I am working with girls who have experienced CSA. I really liked the sessions and I am sure I am going to use it with my girls. I also liked the session on self-care. Thank you for all your time and effort for running these sessions for us. ”

- A participant of the Basic Counselling Skills workshop with Social Workers

“ The workshop helped me in understanding children more and identifying ways to manage them, to be careful in not creating any sort of conflict between the child and its support system and also to understand the victim and the abuser. This was a very essential part of the session that helped me in the understanding of both which is essential to have a complete understanding about the issue of CSA from an unbiased perspective. ”

- A participant after the Play therapy workshop



Capacity Building exercise with NGO professionals from a Community Based organization



Sand Therapy Workshop



Capacity Building exercise with NGO professionals from a Community Based organization

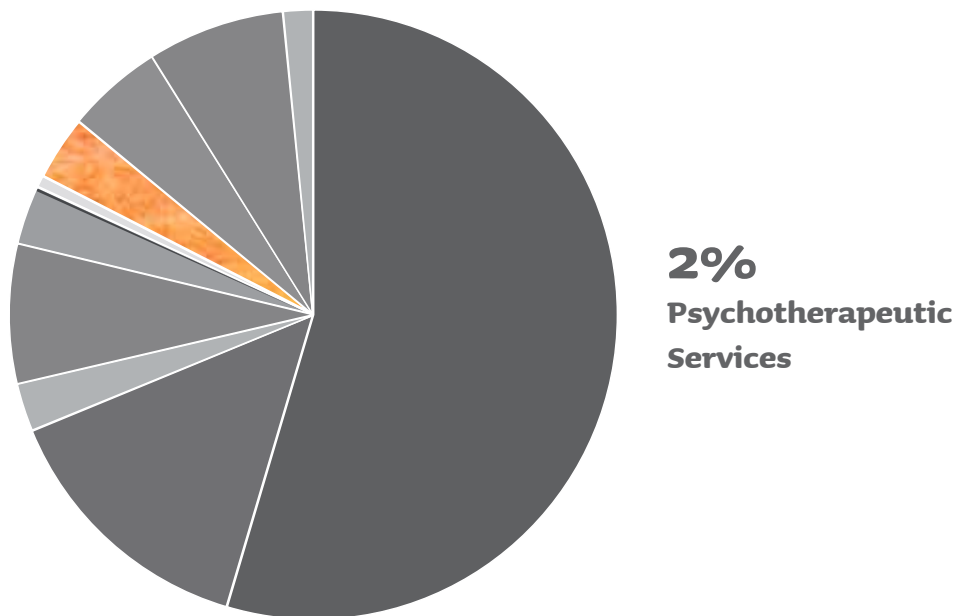


Awareness talk on Child Sexual Abuse with Police Officers

Project 9: Miscellaneous Cases of Children and Adults

This project provides both mainstream and alternative therapeutic services to children, adult survivors of Child Sexual Abuse and their families with an aim to heal the psychological, social, sexual and physical consequences of sexual abuse and to prevent any further re-victimization or trauma.

This project comprises 3% of Arpan's activities



STORY OF CHANGE

A 57 year old woman who had experienced Child Sexual Abuse contacted Arpan as she was overwhelmed after watching an incident of Child Sexual Abuse in a popular TV show. While watching it she started crying and didn't know what was happening. She then revealed her experience to her daughter and came for therapy. The counsellor observed that the lady showed low self-esteem, had lot of stammering issues especially related to English. She also had interpersonal issues and would keep things to herself. During the sessions the client revealed about the abuse which was very intense. It was realized that all her emotional and behaviour issues were related to the. She had not shared it with anyone as she thought no one would believe her, it was her fault and hence she was feeling a lot of guilt and fear. At the same time she had a lot of anger towards the abuser and other members of the family as they couldn't take care of her. The therapist began with helping the client dealing with her day to day issues, maintain interpersonal relationships and self-awareness. Through psycho education, creating a safe space and resource development the client felt comfortable to share the story of her trauma. After the stabilization and revelation of the abuse it was observed that English was a trigger for the client. The client realized that during the time of the abuse, the abuser would demand her to loudly recite a poem in English so as to give the impression that the child was reading. English as a language stayed in her memory as a constant reminder of the abuse that she had faced. However, till she came to Arpan and started therapy she had not made the connection of her stammering and discomfort to talk or touch any paper written in English. The counsellor helped her stabilise and then process her trauma which lead to her ability to manage her relationships better, increased her self-esteem and self-awareness. At the same time it helped her deal with her stammering while communicating in English.

- Arpan has conducted counselling sessions with 6 children and 10 adult survivors of Child Sexual Abuse. Arpan also provided counselling services to 11 children indulging in sexual misbehavior and worked with 1 offender.
- The breakdown of adult survivors accessing Psychotherapeutic services is: 60% female and 40% male; whereas in the case of children it is 18% female children and 82% male children accessing the psychotherapeutic service. The increase number of male adult survivors accessing service is a positive trend where men are acknowledging the violation they have faced as a child and seeking help.

Miscellaneous cases - Adults

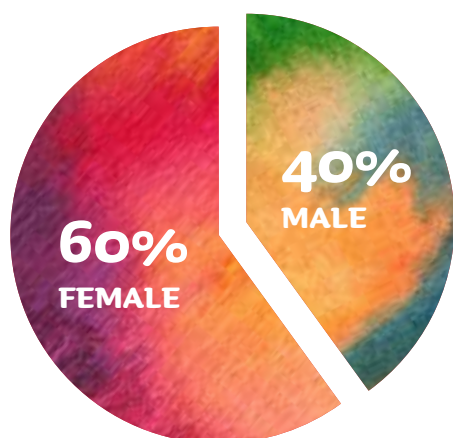


Fig 9.1: Distribution of adults who have undergone counselling by Arpan

Miscellaneous cases - Children

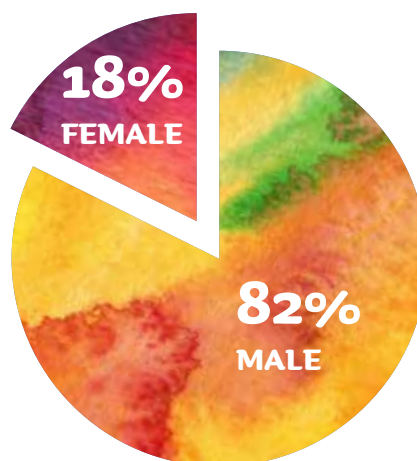


Fig 9.2: Distribution of children who have undergone counselling by Arpan

- The adult survivors who accessed Arpan reported concerns around anxiety and restless related to particular situations, places/things; feelings of confusions, guilt, shame, helplessness and anger; problems in sustaining long term relationships, lack of trust and inability to express oneself assertively. Children who were supported through counselling showed aggressive behaviour, anger for self and others, shame, fear and resistance to be in the counselling process.

Some of the clients also shared their experiences of the counselling sessions and how it has become the turning point for their lives:

“ I started counselling at Arpan a couple of weeks back and it has been really helpful. The counsellor has been really sensitive and understanding while dealing with me. After looking at a couple of other NGO's, I can honestly say that I did not get the confidence and comfort level anywhere else but at Arpan. It has been pretty comforting to know that quality help is available. Thank you very much for that. ”

– An adult survivor accessing online therapy sessions from Chandigarh

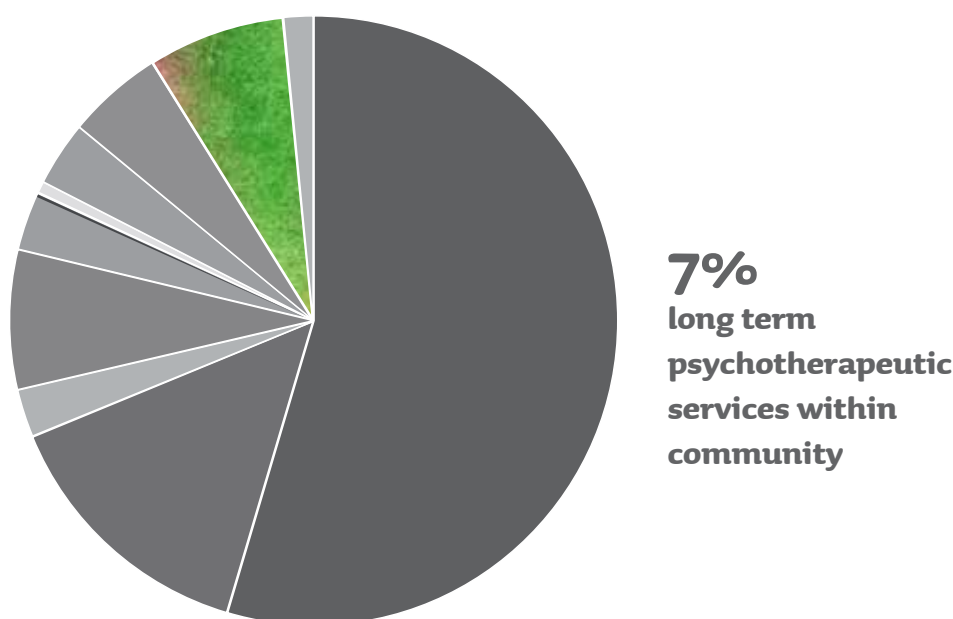
“ This was a great exercise for me, doing this therapy. I am happy to have completed a fair bit of recovery in the just a few months from starting the sessions! This has no doubt been the effect of Arpan's counsellor, to whom I am highly grateful. I was not sure what to expect as I walked in for the therapy having a lot of doubts, lots of pre-conceived notions, like many who do not understand how this therapy works. But all I can say after having completed the sessions successfully, I have, to a considerably large degree gotten over my fears and most importantly my stammering which has affected me for as long as I can remember! Thanks a million to my counsellor and to Arpan to have helped me out in this difficult journey by showing a lot of empathy and mature understanding as expected by a professional! I will surely be recommending more people! ”

– A 57 year old adult survivor

Project 10: Long term Psychotherapeutic services within institutions - Rescued and Sexually Abused Minors

Arpan reaches out to the highly marginalized group of rescued minors and children at risk within institutions and shelter homes with an aim to provide long term and intensive individual and group psychotherapeutic services in order to facilitate healing of the psychological, social, sexual and physical consequences of CSA.

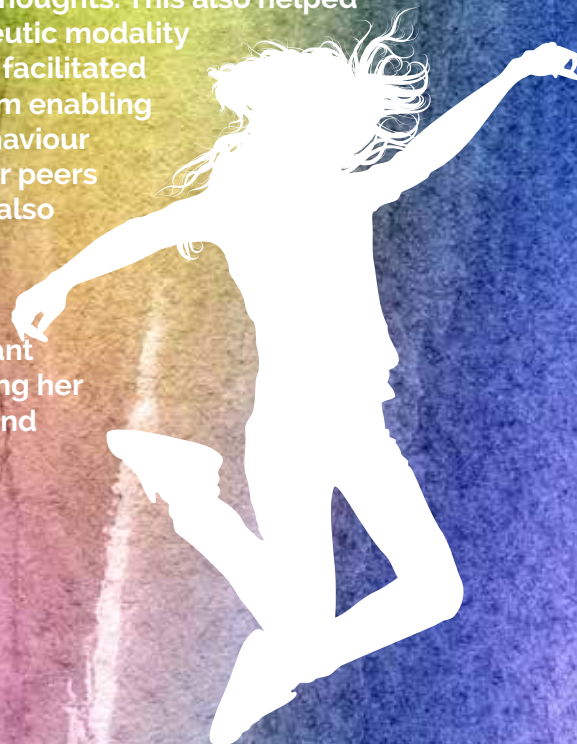
This project comprises 7% of Arpan's activities.



STORY OF CHANGE

A 17 year old client received therapy from the time she came to the institution. She came across as someone who was preoccupied with books and internal thoughts. The counsellor assessed that the client suffered from extremely low self-esteem, was internalizing anger, had long crying spells and had suicidal ideation as well. She also displayed a lot of approval seeking behaviour and difficulty in building relationships. The suicidal thoughts came from the feeling of being unwanted and unloved. This also stemmed from the past sexual abuse she had suffered in the past where the abuser would tell her that she deserves abuse because she is ugly and she would never receive love so abuse is the only option left for her.

After 2 years in counselling involving stabilization and trauma processing the client showed remarkable change. The client became self-aware and gained insights that because of low self-esteem she had negative feelings and self-destructive thoughts. This also helped her handle suicidal thoughts on her own. A particular therapeutic modality namely EMDR (Eye Movement Desensitization Reprocessing) facilitated redeveloping love towards herself and raising her self-esteem enabling her to stop approval seeking behaviour and self-harming behaviour as well. This also helped her to develop relationships with her peers and made her realize self-acceptance was the key. She was also able to resolve her trauma of past sexual abuse and learnt the methods of developing her own resources to feed her future goals. She was able to reach a level where she was able to impart psycho-education to others, become a confidant to her siblings and also played an instrumental role in stopping her sister's sexual abuse. She could concentrate on her studies and at present is pursuing higher education abroad.



In 2012 -13, Arpan has provided

- Counselling services through 501 individual and 111 group sessions services to 46 children in 2 private and 1 government institution which house rescued minors.
- Arpan has also trained caretakers of these three institutions through 25 sessions.

The following impact of long-term counselling is mapped in the two private institutions namely Advait and Kranti where Arpan has been working for more than two years:

- Some of the clients have completed the counselling process, have unfolded their true potentials and have been rehabilitated. They have taken up jobs, got married, cleared exams, travelled abroad on educational purpose and to top it all have provided 'others' with psycho-education. Though at the initiation of the counselling process, they had low self-esteem, self-doubt, poor concentration, did not have future goals, had issues in maintaining and developing inter-personal relationship and resolving conflict.

- Some of the clients are still undergoing therapy and have shown impact in the arena of: understanding and language to communicate about past Child Sexual Abuse experiences, reduction/ riddance of approval seeking behavior (which is one of the key indicators of trauma), passive/ aggressive behavior (which earlier resulted in a lot of fights and sulking in the institution), impulsive behaviour specially stealing, self-harming behaviours. After long term counselling they have developed self-awareness of feelings, improved impulse control, learnt delayed gratification, have developed resources to deal with and express negative feelings, developed trust in others and have overcome suspicion.

In the Government Special Home, where Arpan has initiated work from last year the following impact can be mapped:

- Clients took up responsibility and ownership towards the group that was formed and have started relating to group sessions as a safe space in contrast to earlier year when they were hostile to the process. Clients are able to create and follow boundaries regarding personal and group sharing and have expressed their need for individual sessions. This is a direct pointer that clients have developed a rapport and relationship of trust with the counsellor and have identified counselling as a safe space for venting and seeking support.
- Clients have developed better impulse control regarding self-harm and are evolving to have better resources to deal with their emotions

Some of the clients also shared their experiences of the counselling sessions and how it has become the turning point for their lives:

“ Usually girls in Kamathipura grow up to be receptionists or sweep hotels in the name of hotel management. I want a better life; it was therapy that saved me. ”

– A client from the Institution undergoing long term therapy

“ Didi abhi mujhe achcha lagta hai. Aapke sath baat karti hun toh sab dil ka nikal jata hai. Pehle main baar baar hath dhoti thi ab main samajhti hun ki yeh nahi karna hai aur ab maine kum kar diya hai.

I am feeling better now. When I talk to you I am able to pour out my heart to you. Earlier I would wash my hands numerous times in a day, now I understand that this is not required and I don't wash my hands as much. ”

– A client from the institution undergoing long term therapy

The administrative staff of the institution also shared their experiences and change that they observed in the inmates:

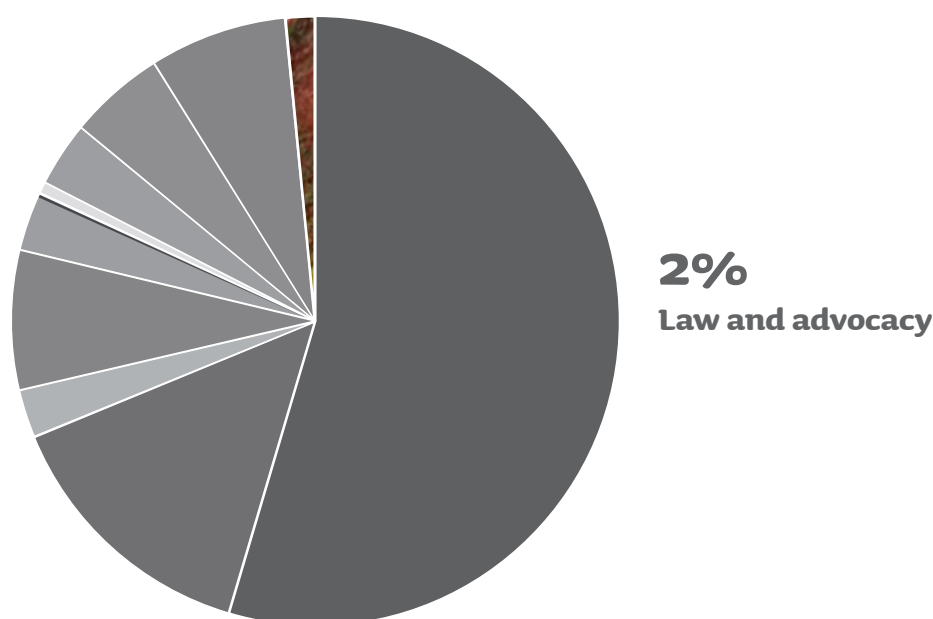
“ We are pleased to inform you that, psychiatric treatment from Sion Hospital had been started on Client X who is currently in the Government Rehabilitation Centre (Special Home). The counselling sessions provided by Arpan has led to positive behavioural changes in her due to which there have been progressive changes in her psychiatric medication. This has recuperated her mental health. Moreover, there have been affirmative changes in the mental health of the girls who have been involved in counselling sessions in terms of decision making and overall development of the girls. We kindly request you to keep up this co-operation.”

- **Superintendent, Girls Government Special Rehabilitation Centre,
(Special Children's Home) Deonar.**

Project 11: Advocacy for City, State, National Level Systemic Changes

In order to create a sustainable and scalable model of intervention, Arpan understands the importance of systemic level advocacy at local, state, and national level with various stakeholder groups like Education systems, Law Ministry, Women and Child Development departments etc.

This project comprises 2% of Arpan's activities



The advocacy effort has been twofold:

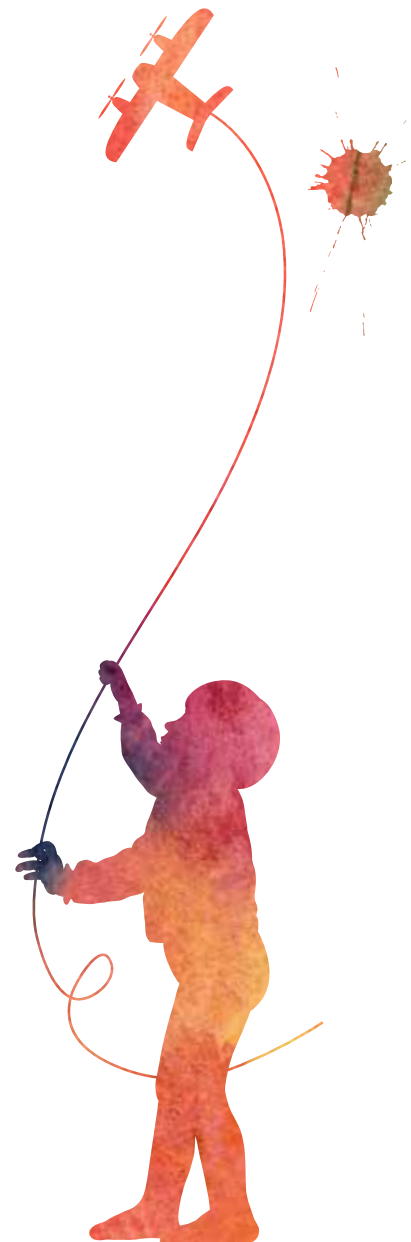
- To critique and constantly review and provide recommendations on the existing or new laws with regard to CSA in order to develop a legislative system (both substantial and procedural) which will act as a deterrent to potential abusers and punish accused and convicted offenders of CSA.
- To advocate with the National Council for Education Research and Training (NCERT) for making curriculum improvisations and changes within the current educational and schooling system and incorporate Personal Safety Education Module as an integral part of the school curriculum.

This multifaceted effort is geared towards making the national, local and state bodies incorporating Personal Safety Education Programme within the School curriculum as well as brings in required legislative and policy level change. This lobbying can initiate changes that will not only respond and intervene in cases of Child Sexual Abuse but will be instrumental in preventing it.

“

There is no one giant step that does it. It's a lot of little steps. ”

- **PETER A. COHEN**



Challenges encountered during the year



Arpan has been able to make significant impact in the lives of its beneficiaries and have over-achieved its project targets. However, the past year also brought with it multiple challenges and provided many new learning opportunities. The critical challenges were:

- Involving all the stakeholders like parents, teachers and staff within the school environment continues to be a challenge. The lack of sustained commitment throws school schedules out of gear leading to delays in implementation and discontinuation of the PSE program at times.
- Parents of a school catering to a particular religious community protested against Personal Safety Education implementation and sent threatening letters to the Arpan staff that had conducted the program. Though the school management took the necessary troubleshooting steps, there were delays.
- Child Sexual Abuse is still a complex and silent phenomenon. The denial and stigma around the issue cuts across all sectors and getting optimal number of homogeneous committed participants for Trainings and Capacity Building Initiatives who understand and empathise with the issue is difficult.
- Though Research and Resource Development is a key facet of Arpan's strategy, in the absence of a particular team designated for Resource Development, meeting deadlines was challenging. Some of the modules and course content designated for completion during the year have therefore got pushed forward to the succeeding year.
- Civil society events are very often dependent on external factors which are beyond our control. The administrative expenses and overheads are often high, and despite being resource and money intensive, it is difficult to discern appreciable returns in terms of awareness and outreach.
- Awareness sessions with miscellaneous networks are stakeholder driven, hence planning and allotting resources are challenging. Maximising participation and raising awareness levels to an extent which leads to further engagement and dialogue on the issue continues to be elusive.
- The Psycho-social Project was started with the basic intention of reaching out to children having experienced CSA with counselling support. The modality of reaching out to children was through media reported cases. However, the experience showed us that due to minimal awareness around mental health and impact of CSA, families were reluctant to avail the service offered. The response to timely counselling and intervention measures was less than satisfactory, which led to the closure of Psycho-Social Project.
- Minimal awareness around mental health and impact of CSA is also noticed in cases of frequent drop out of clients and the ad-hoc cancellation of counselling sessions.
- Long term psycho-therapeutic intervention for children in institutions becomes challenging as children move from one institution to the other. This is also compounded by the lack of sensitive staff with sufficient understanding of the issue and their failure to respond to children appropriately. This hinders the counselling process and crisis management takes up a significant share of time.

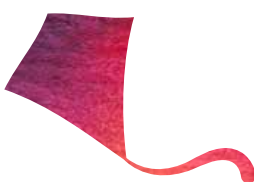
Our Financial Performance

Overview

Arpan received a total income of Rs. 1,58,68,322 and spent Rs. 1,05,76,672 across programmes and projects inclusive of administrative expenses. Capital expenditure spent Rs. 7,99,509. Total expense being Rs. 1,13,76,181.

Below is a table showing Project wise expenses.

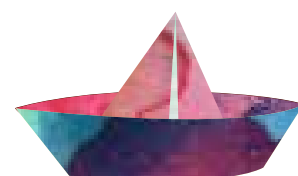
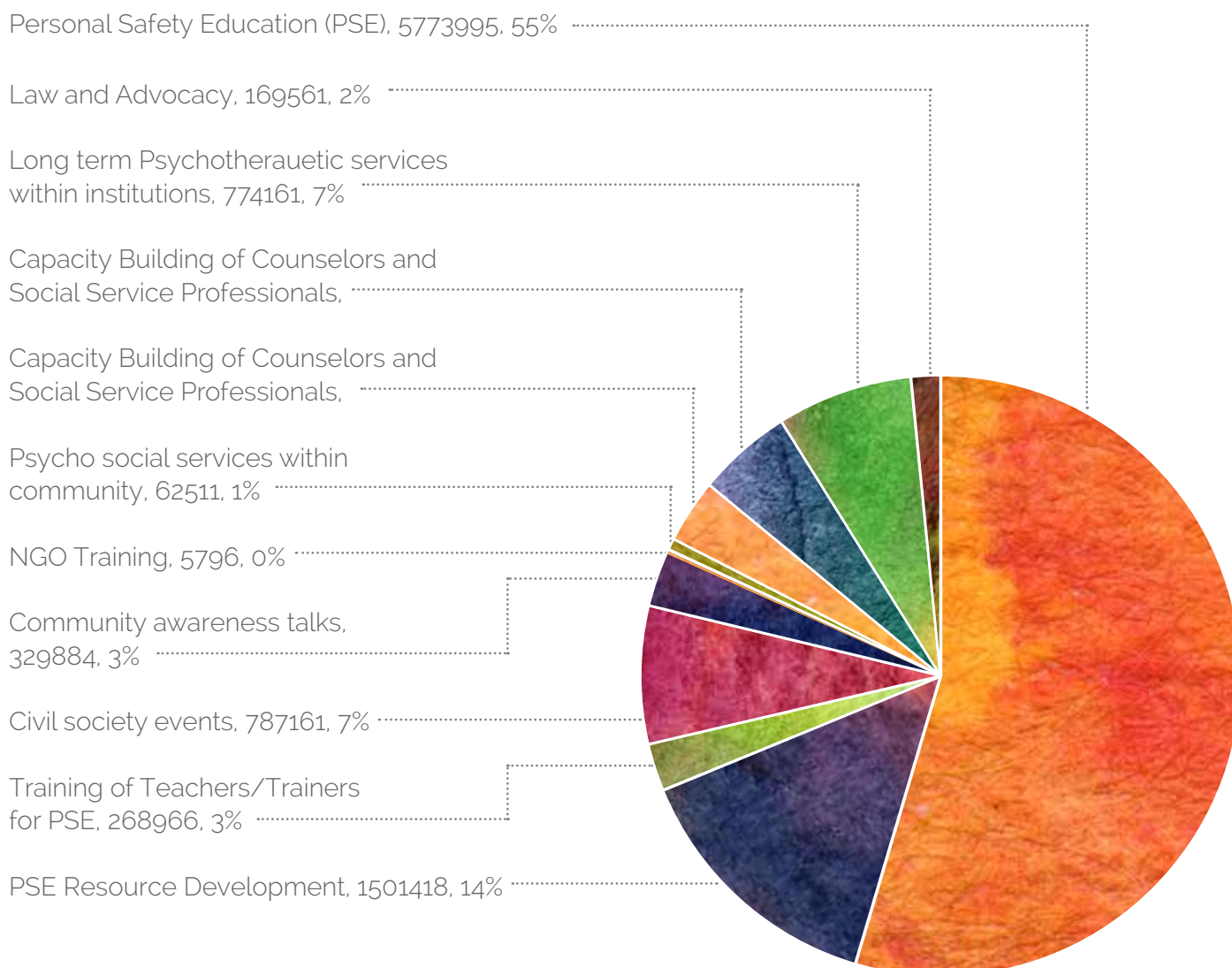
Sr. no.	Project	% Share	Total
1	Personal Safety Education (PSE)	54.6	57,73,995
2	PSE Resource Development	14.2	15,01,418
3	Training of Teachers / Trainers for PSE	2.5	2,68,966
4	Civil society events	7.4	7,87,161
5	Community awareness talks	3.1	3,29,884
6	NGO Training	0.1	5,796
7	Psycho social services within community	0.6	62,511
8	Psychotherapeutic Services	3.4	3,63,165
9	Capacity Building of Counsellors and Social Service Professionals	5.1	5,40,053
10	Long term Psychotherapeutic services within institutions	7.3	7,74,161
11	Law and Advocacy	1.6	1,69,561
	Total	100	1,05,76,672



“Don't judge each day by the harvest you reap but by the seeds that you plant.”

- ROBERT LOUIS STEVENSON

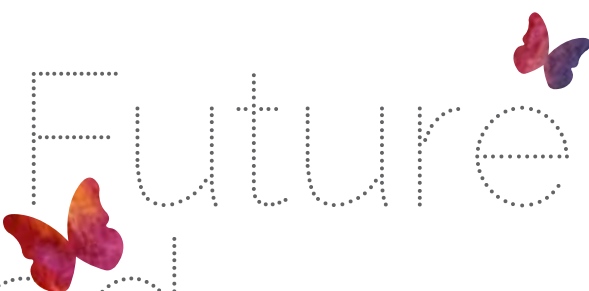
Below is a chart showing Project wise Expenses.



“ The greatest way to live with honor in this world is to be what we pretend to be. ”
- SOCRATES

“ With the new day comes new strength and new thoughts. ”
- ELEANOR ROOSEVELT

The Future Ahead



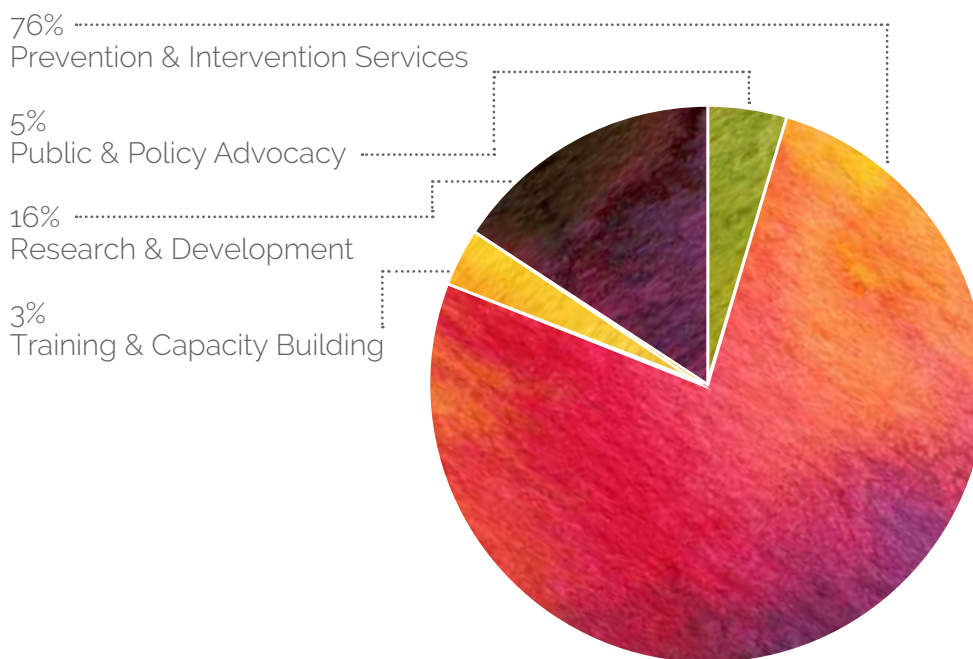
Brief Strategic Road Map for Arpan 2013-14

Strategy	Sr.No.	Sub Strategy	Sr.No.	Projects	Targets (Nos of people)
Advocacy	1	Public and Policy Advocacy	1	Sensitisation of public at large	8,000
			2	Policy advocacy	
				Total	8,000
Programs	2	Prevention and Intervention Services	3	Personal Safety Education in schools, institutions, shelter homes, community workshops	11,650
			4	Awareness and basic skill building sessions with diverse stakeholders	2,500
			5	Counselling and Psychotherapeutic Services	60
	3	Training and Capacity Building	6	Training and Capacity Building with diverse stakeholders	238
	4	Research and Development	7	Primary and Secondary Research	
			8	Resource Development	
					Total

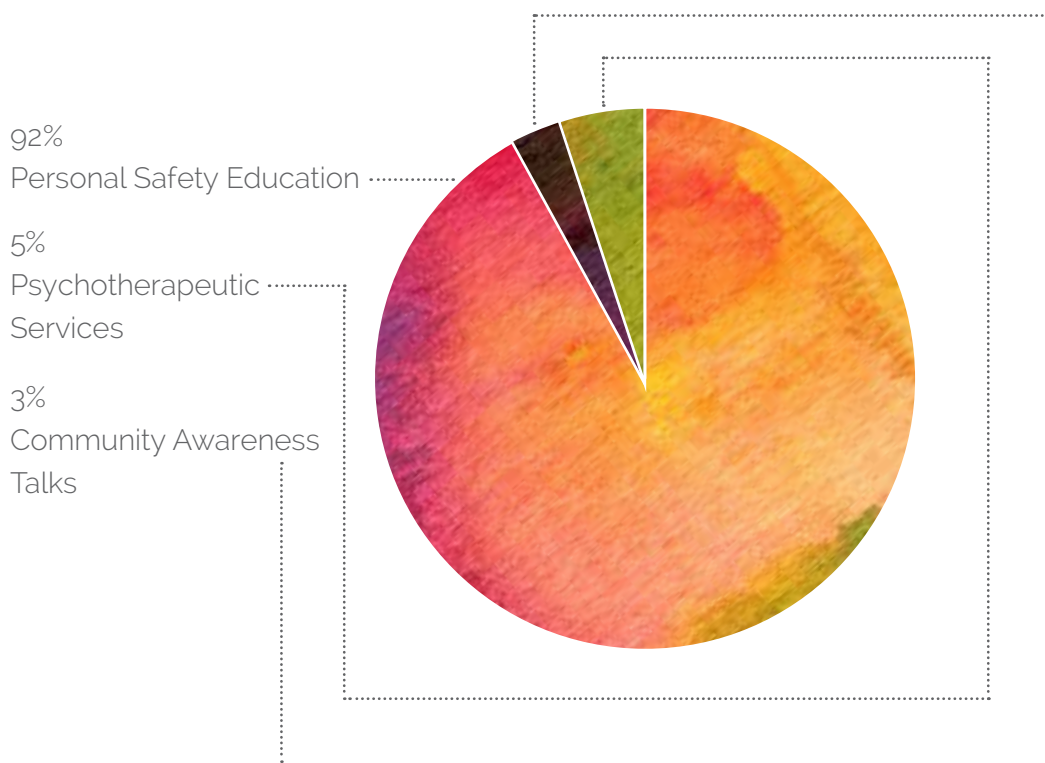
The strategic roadmap of Arpan indicates a significant scaling up in terms of increase in outreach for the coming year. It also represents the fact that Arpan is emerging as an organization with the focus of providing direct preventive and psychotherapeutic services along with building a group of professionals to create a safety and support network around children. In 2013 -14, Arpan looks forward to reach out to over, 14500 children and adults through programmes and 8000 individuals through public advocacy. Personal Safety Education programme, which is Arpan's core intervention, will witness a steep scaling accounting for half of the total outreach. Arpan will continue to look beyond the boundaries of Mumbai and seek new partnerships to spread the message of personal safety for children and other stakeholders in the child's life. Training and Capacity building be a key area of focus for Arpan next year with an increased emphasis on reaching out to larger number and varied groups of stakeholders through the professionals trained by us. Training of social workers with basic counselling skills and honing the skill set of counsellors to deal with trauma in case of survivors will be continued in order to create a strong network of counsellors in the country.

In a country like India, research on this issue is still at a nascent stage; realizing the need and the huge potential for in-depth research on the issue of Child Sexual Abuse, Arpan has started a separate Research & Development department which is actively gearing up to understand all nuances of the issue and work towards developing multi-faceted intervention and prevention modules. Arpan is also looking at increased representation at a National level for advocating on the issue and looking towards contributing towards systemic policy changes.

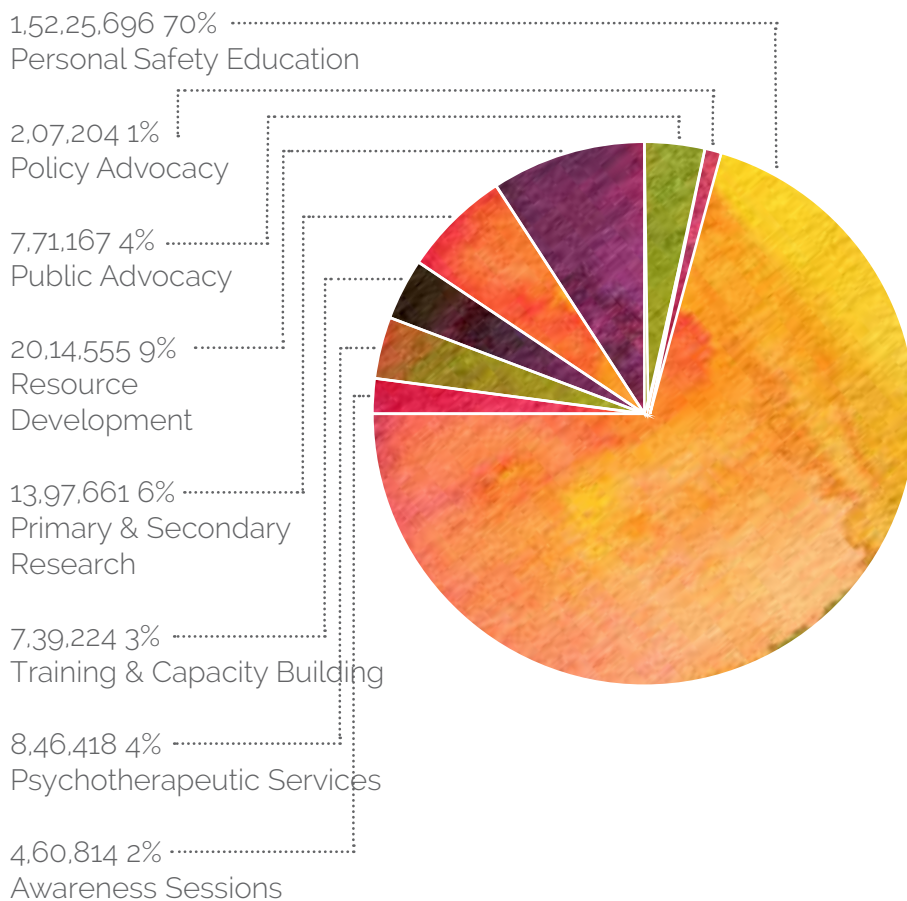
Below is a representation of resource allocation across Arpan's 4 Strategies:



Of the 76% of resources allocated to Prevention and Intervention services, 92% of it is spent on Personal Safety Education.



Expenses estimated Project wise for year 2013-14



Our Identity and Values

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)

Our projects, strategic and organizational structures and policies at Arpan are strongly guided by the following values:

Values	Description
Respect	To respect each other's views and feelings within the organization and with people you work with as a representative of Arpan. To surely express ourselves, our opinions, suggestions and feelings in a respectful manner while regarding the dignity and self-worth of other individuals and valuing the other person's reality.
Accountability	To work with complete transparency and integrity and in a manner wherein the employee is accountable towards the organization and all internal and external stakeholders for ones actions, thoughts and ideas.
Excellence	To do everything with excellence and aspire for nothing less than excellence. To be organized in ones work while inspiring others to excel and reach the optimum levels of their potential. Excellence is also portrayed in the constant learning and evolutionary attitude of the organization and its people.
Perseverance	To have purpose and determination to work for the set goals in spite of hurdles and challenges faced. Unwavering belief in oneself and the organizational mandate will facilitate seeing challenges as learning opportunities rather than setbacks.
Compassion	To be compassionate with each other and with our beneficiaries so that one can go beyond empathizing and can work towards alleviating the suffering.

Every employee who is recruited or who continues to be a part of the Arpan family needs to strongly present and aspire to these values in their actions, ideas and expression.

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

Name	Profession	Designation on Board	Areas of Expertise
Suman Srivastava	Founder & CEO, Marketing Unplugged.	Trustee	Strategic Direction, Finances, Marketing
Achama Mathew	CEO, Bombay Cambridge Gurukul schools	Trustee	Strategic Direction, Program Development
Vaishali Kapadia	Asst. Art Director, Spenta Multimedia	Trustee	Design and Media Strategy
Pooja Taparia	CEO, Arpan	Trustee	Administration, Operations, Communication, Program Development, Fund raising
Noopur Jhunjhunwala	Nominee by R. Jhunjhunwala Foundation	Trustee	Strategic Direction

In 2012 - 2013, 5 board meetings were conducted.

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

Working Office: 1st floor, 9/3 Cama Industrial Estate, Val Bhatt Road, Goregaon (East), Mumbai – 400 063

Bankers: Bank of Baroda, Malabar Hill, Mumbai – 400 006 and HDFC Bank, Fort, Mumbai – 400 023

Auditors: Ganesh and Rajendra Associates, 103, Madhu Industrial Park, Avadh Narayan Tiwari Marg, Mogra Village, Andheri (East), Mumbai – 400069

Details of international travel by a Board member or personnel for Arpan
Pooja Taparia, CEO travelled to London and USA for networking and fundraising events to London and to participate in a 3 week g2Y Ford Fellowship at Columbia University, New York City. Her entire travel of the trip and accommodation was funded by the fellowship. She incurred costs of food and internal travel in London and in USA for purposes of networking and fundraising amounting to Rs. 89,282.



Our Partners



Schools

Al Muminah School, Mumbai
Atul Vidyalaya, Valsad
Bharat School, Thane
Goenka and Associates Educational Trust, Mumbai
Lions Pioneer School, Mumbai
MVM School, Mumbai
Nanik School, Thane
People's Education Society School, Thane
Pradnya Bodhini School, Mumbai
Rajendra Mangla School, Thane
Rajshree Shahu School, Mumbai
St. Anthony School, Mumbai

Organizations and Institutions

Advait Foundation, Mumbai
Akanksha, Mumbai
B. J Home, Mumbai
CCDT, Mumbai
Connect India, London
IAPA, Mumbai
iPartner India, London
Kranti, Mumbai
Police Training Institute, Mumbai
Rangoonwala Foundation, Mumbai
Sona Sarovar, Mumbai
Sahasee, Thane
Special Rehabilitation Centre, Mumbai
Women Thrive Worldwide, Washington DC
World Vision, Mumbai



Thank You



Finally we would like to express our gratitude and regards to all our supporters and advisors.
Thank You!

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

Donors in alphabetical order:

Grant-Giving Trusts

Connect India, UK

Devi R. Mehta Charitable Trust, India

Erach and Roshan Sadri Foundation, UK

Global Fund for Children, USA,

Karmayog.org, India

R. Jhunjhunwala Foundation, India

Sanjeevani Jyoti Charitable Trust, India

The Marshall Foundation

United Way of Mumbai, India

Corporate

Famy Care, India

Mahiti Infotech Pvt. Ltd., India

The Bombay Store, India

Tata Sky Limited, India

The Indus Entrepreneurs, India

Individuals

Amrita Purkayastha

Anil Sehgal

Dinesh Ramdas Kadu

Kala Krishnan

Karl Yohan Persson

Nachiket Mor

Pramod Taparia HUF

Priti Raichura

Umakantha Adiga



Donors who contributed and ran in the Mumbai Marathon 2013 for Arpan

Akshata Puralkar
Benjamin Thompson
Dharini Taparia
Dr. Narayan Gadkar
Fakhruddin Madraswala
Harshal Jain

Husain Quettawalla
Mukul Taparia
Nadeem Kajjiji
Neville Sequeira
Rahil Mehta
Rajesh Mansinghani

Rajkumar Agarwal
Ravi Chhapparwal
Renu Bhavsar
Satish Devnani
Shobha Shetty
Shraddha Khialani

Supporters who ran in the Mumbai Marathon 2013 for Arpan

Full Marathon

Neville Sequeira

Premium - Half Marathon

Fakhruddin Madraswala

Half Marathon

Akshata Puralkar
Benjamin Thompson
Dr Narayan Gadkar
Harshal Jain
Husain Quettawalla
Nadeem Kajjiji
Pregna International Ltd.
Rahil Mehta
Rajesh Mansinghani
Rajkumar Agarwal
Renu Bhavsar
Satish Devnani
Shobha Shetty
Shraddha Khialani
Ravi Chhapparwal

Bhavik Mistry
Brij Ladda
Daniel Shapurkar
David Ramrajkar
Dharini Taparia
Dhwani Mithaiwala
Ezriel Nowgawkar
Gabriel Varulkar
Joel Kurulkar
Lovena Pingle
Mohsin Shaikh
Nisha Chhapparwal
Nissim Pingle
Nurith Divekar
Pooja Gupta
Pragya Kela
Pratik Shete
Rajshree Ladda
Renu Lala
Ritu Rawat
Samson Dighodkar

Samson Nowgawkar
Sarfaraz Memon
Sashi Sarda
Shruti Tammana
Sigalith Kurulkar
Sonal Ghanshani
Umesh Kela
Vishnu Inani
Yamini Taparia
Zohar Reuben
Abhilasha Rawat
Mithila Rao
Neelam Parab
Nikhil Chavan
Pallavi Xalxo
Prajakta Hanmante
Sindhura Tammana
Suvidha Gaikwad

Dream Team

Amit Gupta
Anuraddha Inani
Avinash Singh



- Dr. Lois Engelbrecht and Dr. Nachiket Mor for providing continued support and guidance to Arpan's strategies and programmes.
- Mrs. Meenal Sachdev for organising an event through Connect India in London to showcase Arpan's work.
- Mrs. Meenal and Rishi Sachdev for supporting Arpan through a charity ball organised in London with Hilton Foundation.
- Mr. Sethu Vaidyanathan and iPartner India for organising an event in London to showcase Arpan's work.
- Ms. Priti Raichura and Ms. Vibhooti Acharya for talking about Arpan on Sanskar Radio in Leicester, UK.
- Mr. Minoo Bhesania for designing the interiors of Arpan's office pro bono.
- Mr. Shivratna Taparia and ICICI Bank for donating chairs for office use.
- Bombay Cambridge Gurukul School, Malad for giving us their venue to conduct a Training of Trainers
- Microsoft and Quick Heal through Big Tech Donations, Nasscom Foundation for providing softwares at an extremely subsidised cost
- Mr. Husain Quettawalla for conducting a training with Arpan team on use of Microsoft Excel
- Mr. Raymond Nelson for conducting a workshop on Communication Skills for Arpan team
- Mr. Dipan Sengupta for his support in Digital Marketing Projects of Arpan

Your support has been extremely valuable last year and we hope you will continue your support this year too. And ofcourse, all our clients whose stories and lives have touched us and kept us motivated.

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
- If you have experienced CSA or know of someone who has, reach out to us on support@arpan.org.in or 98190.86444.
- If you see warning signs (inappropriate behaviour) in adults/older children reach out to us on 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. 1500 ____ no. of children personal safety skills
- Sponsor Training @ Rs. 200 ____ no. of parents, teachers and other adults on CSA.
- Sponsor Counselling for ____ no. of survivors heal @ Rs. 1500 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 finance@arpan.org.in.
- You will be sent a receipt and 80G tax exemption certificate.
We can receive donations from foreign individuals and organisations as well.

Do visit us!

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





Our team

Abhilasha Rawat, Andriya Dyson, Anita Kumar, Anupriya Das Singh, Athulya Parmeshwaran, Chandrika Rambiya, Deepali Satpute, Kshama Hemadee, Dr. Manjeer Mukherjee, Florence Haeems, Geeta Jaiswal, Joanna Pakrasi, Mayur Barve, Mithila Rao, Neelam Parab, Nikhil Chavan, Pallavi Xalxo, Pooja Taparia, Prajakta Hanmante, Sharmeen Pathan, Shubhangi Shinde, Shweta Sudhir, Sindhura Tamanna, Sonali Parab, Srabani Biswas and Suvidha Gaikwad.

Our Consultants

Adelia Castelino, Deepti Makhija, Dr. Rani Raote, Ketki Doshi, Priyanka Dattani, Sandra Farel, Seema Dagha and Sonali Ojha

Board of Trustees

Achama Mathew, Noopur Jhunjunwala, Pooja Taparia, Suman Srivasatava, Vaishali Kapadia



ARPAN OFFICE: 1st floor, 9/3 Cama Industrial Estate, Val Bhatt Road,
Goregaon (E), Near Punjab National Bank, Mumbai - 400 063.

FOR INFORMATION

Tel: 26862444 / 26868444 | Mobile: +91.98190.51444 | info@arpan.org.in

FOR COUNSELING

Mobile: +91.98190.86444 | support@arpan.org.in |  /ArpanCSA