

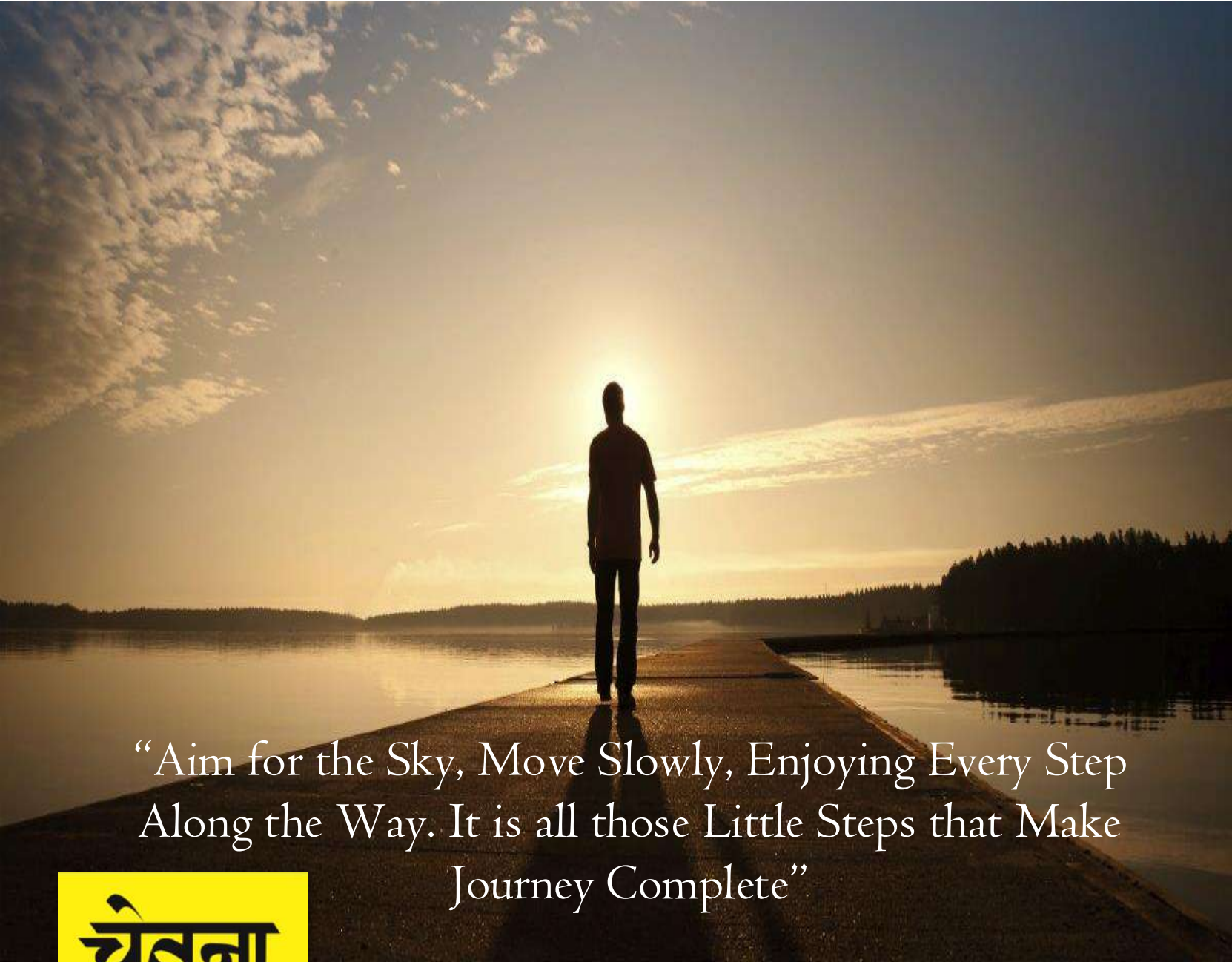
चेतना

एम्पॉवरमेंट फाउंडेशन

Passion for excellence... Compassion for people...!

Annual Report 2019-20





“Aim for the Sky, Move Slowly, Enjoying Every Step
Along the Way. It is all those Little Steps that Make
Journey Complete”

चेतना

एम्पॉवरमेंट फाउंडेशन

Our Journey so far...

302	Total Events
24527	Mental Wellness
54975	De-addiction
56	Higher Education



Annual Report 2019-20

INDEX

01. Message from President	01
02. Message from Vice President	02
03. Notes from Board Members	03
04. Notes from Advisors	04
05. Vision, Mission & Key Learning	05
06. Highlights of the year	06
07. Our Identity and Values	07
08. Happy Village- A Dream Come True	08
09. Manthan- Mental Wellness	19
10. Parivartan- De-addiction	26
11. Pahachan- Higher Education	30
12. Notes from Team Members	32
13. Notes from Our Faculties	34
14. Our CSR Partners (Donors)	35
15. Financial Performance	36

Message from the President



Have the courage to follow your heart and intuition. They somehow already know what you truly want to become.

Vivek Randad
Chartered Accountant

I feel honoured to share Chetana Empowerment Foundation's Annual Report for the financial year 2019-20 with you all. Since year 2019-20 was a transition phase for us in which construction work for Happy Village was taking place while on the other hand the regular activities of Chetana were still going on with their own pace.

Many stake holders among us who share an old yet strong bond with Chetana by any possible means know that in 2017-18 construction work was started at Chetana Happy Village in Aurangabad, under which three projects (Manthan, Pahchan and Parivartan) would be taking place with due consideration of future possibilities and smooth operations. I am happy to say that, in the year 2019-20, by the grace of almighty and tireless efforts of the whole team, we are on the verge of realizing the dream we had four years ago.

As I told earlier, regardless of being in the transition phase, this year for first eight months we stood our best for both the responsibilities (construction and field work) and in June 2019 we launched '**Chetana Jeevan Nirman**' under project Pahchan in the new campus of Happy Village. Despite of all the hardships, we achieved this milestone. This year was important for project "Parivartan" as well as for the program of Digital Wellness which was started considering the need of the hour. Our research team through their hard work designed effective modules that has proved itself practical and effective for youngsters as well as adults. Also a play containing an iteratively innovative and strong message was written for awareness programme for school children. Within a tenure of eight months we made a successful reach to more than 10000 students from 25 schools through this awareness programme. I have the faith that this project of Chetana regarding Digital Awareness will make a huge positive difference and will benefit every

class of society. It will prove itself as a boon worldwide & will bring a ray of hope to many.

With consistent team efforts, Happy Village has completed the innovative and useful activities for society in last nine months. Through Youth Programme, Inner Technology, Residential Winter Camp For Children, Teachers Training Programme, Positive Parenting Programme, Meditation retreat, nearly 9 Residential and 8 one day Retreat Programme, we reached to more than 3750 individuals in the first 6 months only. We gained the confidence through feedback of the participants that this spark of inspiration to change the society by first changing oneself that started from Chetana through Happy Village will make its spread worldwide.

I have been through many experiences during the construction works of Happy Village and I consider it a boon of almighty for me.

- If you have faith in yourself then nothing can stop a good work to flourish to the completion.
- Since the work is of Almighty, he will be there, as a soul in any form through any cause to help you.
- However the task seems tough with utter struggle but if the courage, determination, truthfulness and a vision of welfare is there then you should take the work forward.
- You will find many hands joining the good work.
- Only positive thinking makes you cross the bridge of hardships & proves itself to be an effective tool.
- Patience is the master key that can unlock every problem of life to be sorted.

I look forward to year 2020-21 which is going to be about exploring new paths and horizons. It's year of innovation, testing scale methodologies and strengthening processes internally so that we make our foundation stronger as we keep growing.

A huge Thank You to all our Board members, Advisors, Donors, Partners, Volunteers and Well-wishers for being co-travelers on this journey.



Vice President's Message



Mitali Lathi

Counselling Psychologist & Life Coach

When a person starts climbing uphill, he keeps looking at the peak and continues to walk so as to reach there. Reaching at the top of that hill, he thinks that the milestone is reached; the trek is successful. But the very next moment he realizes that so many hills and mountains are still left unexplored with their challenging peaks. And to trek them up, one may need to first lower himself deep down to the canyons and then rise up again to the new heights.

Our struggle in the process of social change is also the same. Many times we feel that we are doing it great; many sleepless nights are accompanied with nothing but just the depths of depressions which make ourselves skeptic of our own capabilities. But, there is an assured sunrise of hope after every night of darkness. Unknown are the forces which fuel us with such energy and enthusiasm.

With the set up of Happy Village and my young friends from Pahchan, this year proved very effective in my personal learning. Many group trainings were organised by Manthan. With varying age groups and personalities out there, I felt the broadening of my own vision. I could also witness the depths of experiences people used to carry away with them after a stay of 2 to 3 days in Happy Village.

Everyone who visits Happy Village naturally redefines his or her own happiness and it is very satisfying to know this. Solving various problems of young children, I raised my patience.

We realized the need to sharpen empathy. The nature has taught us the importance of positive attitude, self motivation during the most crucial and challenging times. By the end of this year, we realized the power of unity required to cope up with the sudden and abrupt surge of the pandemic and global crisis. With this strong mindset we look forward to overcome the challenges of social change when we stand still amidst various thunderstorms of problems around us.

Many people are frightened. Most of them have lost their jobs and are depressed. Students have an inevitable darkness to replace their future. We must take our responsibility to build the powerful society once again; be it through Manthan, Parivartan or Pahchan. The team of Chetana Empowerment Foundation is having highest moral. This very team has made me a strong person. I am sure, with this strong team, we will transform this upcoming year of challenges into a year of unlimited hopes to design the golden dreams of our young friends – the children.



Compassion



Healing

“Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkside well can we be present with the darkside of others. Compassion becomes real when we recognize our shared humanity”.



Murli Gunge Patil
Secretary

First of all I am very much thankful to almighty authority for giving me oppurnity to serve as a member of Chetana Empowerment Foundation. We Chetana team have experienced various ups & downs during construction phase of Happy village and also in my business and personal life but whenever I came to happy village I got solution to my every problem. Every time I experienced happiness, peace of mind while doing services at Chetana Happy Village. In this year 2019-20 Chetana Happy Village, a dream project is completed successfully. I am very much blissful, satisfied, fulfilled, and happy to make a difference in people life by creating team and team work.



Kamal Sarda
Treasurer

Being the treasurer of the Chetana Empowerment Foundation, I closely witnessed the difficulties encountered in raising funds for social projects. While working for the organization, We were happy to meet with sensitive people who ensured that all the extra resources they possess must reach to the one who needs them the most. We also met some people who reduced their own lifestyle expenses to contribute their share for the education of poor children. All such people are indeed mass motivators. We happily promote the participation of children and youth into the 'Manthan' program in as large numbers as possible. I am happy to contribute something from my side – through our organization - in nurturing and building a generation of high character which will help the nation stand strong in the upcoming times.



Jayprakash Baheti
Joint Secretary

I feel proud to be a part of Chetana. My family believes in serving humanity and so do I. I am happy with my work life but I also understand that a person has certain responsibilities towards the society he dwells in. We should take out some time out of our busy schedule to selflessly be benevolent to needy people. For this, I joined Chetana. It works for de-addiction, women empowerment, mental, spiritual and social health. Working with Chetana gave me immense satisfaction. Chetana members work hand in hand like a family.

I work with Chetana with all of my strengths and all this is being possible with the support of my family.



Nitin Toshniwal
Member

I am working as an Entrepreneur in Industry since 2003. As a founder member of Chetana Empowerment Foundation, I have benefited lot in my life. We as a team worked very hard for de addiction camps, mental wellness awareness, and support to needy students for Higher Education, etc. These social activities in Chetana have brought many changes in my Personal & Family life. My 8 years journey with Chetana as a team member is with full off sweet memories, satisfaction, and joyous moments. I feel happiness while working with Chetana & it helps me to contribute from my life to the society.

I am sure that we will be able to do much better in future for society.



Rajendra Bang
Vice President
Videocon

2019-20 will be remembered as a memorable year in the history of Chetana. It has brought many achievements for the Team Chetana.

Highest numbers of De Addiction Training & Life Management programs till date, Highest numbers of resident students at Chetana, Significant rise in numbers of associated faculty members & volunteers, Highest amount of donations from the well wishers.

Over & above all these valuable achievements, the peak has been created in the form of completion of the dream project through construction of Happy Village. It has created in-house residential training facility, surrounded with the beauty of Mother Nature, an achievement forever.

Nothing of this sort can happen without spending sleepless nights. Mr. Vivek with his entire family have really done so during the whole year. Chetana has now become a familiar & respectable name for the people of Aurangabad, right from kids to senior citizen. No wonder we will see Vertical & Horizontal growth in the activities of Chetana in years to come.



Pradeep Gupta
Vice President
AIA Engineering

At the outset, I am very fortunate to be associated with Chetana Empowerment Foundation since last five years.

Presently I am working in Ahmedabad and hence it will not be possible to devote much time for support. I am sure, in future I will be able to spend more time with Chetana Empowerment Foundation in their activities of providing support in various fields. Apart from their regular activities such as supporting the needy students for their higher education, conducting seminars and workshops for social and noble cause, their recent launch of Digital Wellness Programme was well accepted by everyone.

I am sure in future, more and more people will be associated with this programme and can have advantage in their professional and personal life. I feel esteemed to be associated with Chetana Empowerment Foundation and contributing to the best of my abilities to keep them for making a better place to stay in the world. My good wishes are always with them for all their future endeavors.



Ashok Kale
MD, KGI Aurangabad

Chetana steps into 8th year in an environment that is beginning to see an increasing public attention to the issue of Mental Wellness. With my business profession, my idea of helping needy and scholar students in higher education has been completed by joining with 'Chetana'. For the past 5 years, I have been witnessing every activity by engaging with 'Chetana' in various social projects like helpline for emotional health, prevention and awareness on screen/substance addiction, promoting higher education. At 'Happy Village' all these activities are moving ahead in more organized way. People from all age groups are getting support through individual counseling & group sessions in Emotional Intelligence.

I believe in the process of change in small pockets, a social organization like 'Chetana' will contribute to the nation building.

“Vision is the art of seeing the invisible”

Introduction

When ‘Chetana’ started in 2013 and travelled this uncharted path, the 7th year was a milestone we always looked forward to as it felt like an achievement through ‘Happy Village’. The first 6 years were about developing a quality tested model, building content, working with children, youth and adults from diverse background and map impact so that we can offer a model that works. However, we have crossed 2019-2020 and when we looked back, we felt proud that amidst in the challenges, we touched the new horizon and created new milestones through ‘Happy Village’. In this next leap, our focus is to go beyond being localized and transitory. It is to explore and sustain ways to scale and replicate a tested prototype programme so that we can take it to each and every person and move closer to creating ‘A World Free of Depression and Addiction’. The seed of this new beginning had already been sown in our work till 2019-20. There remains, however, much more work to be done as mental health prevention and intervention have arrived at a crucial turning point in the global environment. Our focus is to find the path through which years of advocacy, normative guidance and the planting of programme seeds can give way to scaled-up more implementation. It was a year where we pushed ourselves to be innovative, explored uncharted pathways, became more thoughtful and strived to be better than what we were before by challenging assumptions and demonstrating agility and sustaining our efforts to create ‘A World Free of Depression and Addiction’. We are forever hopeful and positive that whatever will emerge from this will be even deeper and more profound.

Vision

Our vision is to provide culturally competent, holistic and wellness focused services that promote every class of society specially youth and adolescence social- emotional development, Avert the rise of mental health challenges and address social emotional problems like screen addiction that currently exist.

Mission

We are continuously working for the following three main social cause.

- Promoting Mental Wellness
- Making Schools Tobacco Free and Counseling the addicted students (Preventive Health-care)
- Provide food, shelter and education to the needy and scholar students from the farmer, labor families, who deserve to be supported in their endeavor for pursuing higher education.

We have been fortunate to touch the lives of over 80000+ children and adults through our direct work and through partnerships. However, these 7 years have not been merely about numbers, these have been about touching lives and being left with profound learnings.

Key Learning

- People operate from their lenses, which can require a significant effort to change, but they largely mean well. Perseverance is key.
- Every situation is unique & needs thoughtfulness to take decisions. Meticulousness at every step is important.
- Nothing is black or white. It is grey & so every person who operates in this grey needs to keep acknowledging this ambiguity. Constant vigilance is necessary.
- Humility in the center of all things, makes this a journey of continuous learning and understanding.
- Co-creation and continued co-travelling of passionate professionals, philanthropists, advisors, partners can lead to impactful change.

- Most awaited project in organization's history is Happy Village commenced since June 2019. Highest number of residential training in Emotional Intelligence has been conducted in this campus and served to more than 3500 people in just six months.
- Digital Wellness Campaign has launched in the year 2019-20. Chetana has reached to more than 6347 students in 10 schools through an awareness program.
- This year, through '**Parivartan**', we served to more than 10000 students from 25 schools.
- In the current year, with the purpose of helping people in emotional first aid, a National help line started in June 2019. Our Trained Counselors help people at first level for their distress, anxiety, fear, relationship issues etc.
- Under the '**Chetana Jivan Nirman**' project 20 students started their life's journey from Happy Village. With their higher education studies, these students were trained in life skills too.
- Specious Library and Reading room has been set up in Happy Village Campus for the benefit of residential students and visitors too.
- 100's of people benefited from one to one counseling and received therapy in natural environment at Happy Village.
- More than 450 teachers participated in the teachers training programs organized in the year 2019-2020.



These are our core values that have shaped our journey for the last 8 years and continues to guide us. The following values strongly guide projects, strategies, policies, protocols, staff behaviour internally and externally at Chetana. Every employee who is recruited or who continues to be a part of the Chetana family needs to demonstrate and aspire to these values in their actions, ideas and expression.

Respect

To respect each other's views and feelings within the organisation and with people you work with as a representative of Chetana. To 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 views and reality.

Empathy

To have unconditional positive regard towards our beneficiaries and stakeholders and understand their perspective or circumstance and emotions and feelings in spite of it being different from ours. To make attempts to create common ground between internal stakeholders, to allow each other to be truly heard by being welcoming of diverse perspectives and being open to collaborative solutions.

Accountability

To work with complete transparency and integrity and in a manner wherein the employee is accountable towards the organisation and all internal and external stakeholders for one's actions to fulfill the purpose of their role.

Transparency

To be transparent in our work and openly share information, ideas, opinions as well as our failures and mistakes with all internal and external stakeholders.

Compassion

To be compassionate with our beneficiaries so that one can go beyond empathising and can work towards alleviating their pain.

Integrity

To be honest and true to oneself and others. To be authentic and consistent in one's behavior, action and words.

Trust

To have faith in oneself as well a firm belief in the goodness of all people. It is also to rely on the ability and strength of our internal and external stakeholders.

Passion

To demonstrate enthusiasm and dedication in everything that Chetana does and to stand up for what Chetana believes in.

Perseverance

To have purpose and determination to work towards the set goals in spite of any hurdles and challenges faced. Conviction in what we do facilitates seeing challenges as learning opportunities rather than setbacks.

Fairness

To be fair in ones actions as well as with processes both with internal and external stakeholders in order to ensure equitable and just decisions and being prompt in rectifying mistakes and learn from them.



Happy Village was initiated with the intent of enabling people to draw some time from their busy daily schedule and connect with their own consciousness to make friends with their own minds. It also aims to contribute into youth development by directing children on constructive path. The premises of Happy Village justifies its name. The valleys of Happy Village are rich with ever happy and peaceful vibrations.

The projects like “Manthan” at Chetana have been working on the awakening of consciousness. We felt an acute need to work on humans that carry set of emotions unlike other species. Many courses on the enhancement of Emotional Intelligence like Happy Village- A Gateway for 3E’s (Self Empowerment, Relationship Enlightenment, Business Enrichment) have been designed which align through the understanding of thought process, emotions, techniques to hold it, awakening of the powers within etc.

While designing the courses a due consideration and emphasis has been given especially to the teenagers, youngsters, teachers and parents. The problems of youngsters have been understood through school visits and special workshops conducted by Chetana LMS life management trainer team. The following problems were identified in this exercise:

- Changes in academic performances,behaviour,emotions of the children due to over-usage of mobile phones.
- Increased crime rate due to decline and degradation in human values.
- Deception due to cyber relationships and increase in cyber crime.
- Youth are wasting most of their time and energy in front of screen through various games and social media sites. This is a serious damage and a cause of worry to productivity of next generation of our nation.

“Happiness is a State of mind. Its just according to the way you look at things”



New Awakening

The Mobile/Screen attraction has increased over the period of time and the rate with which it has been increasing; it has removed the barriers of cast, age, hierarchy, poor or rich. Almost everyone is a victim.

Therefore we decided to create a mass awareness about this issue through another project **‘Parivartan’**. This year, through Parivartan, we reached more than 8000 students from 25 schools. With the help of an effective short act play and a session of interactive discussion we tried to present them with a basic understanding about side effects of over usage of mobile screens in our Digital Wellness Sessions. Out of these the teenagers and youngsters who have become aware of this are provided with a retreat of two or three days training that combines the aspects like Meditation, Physical Awareness, Spiritual Quotient, Social Awareness and Emotional Intelligence.

The journey of Manthan and Parivartan proceeds ahead through **‘Happy Village’**. In just seven months, regardless of the construction work, 10 agencies and having 50 workers, by the grace of God and the dedication of team, 17 training programs were conducted as if growing lotus in the mud. All these 17 training programs put together, we reached to 3500 individual. 9 of the 17 were residential programs while the other 8 were one day programs. In Aurangabad and Ahmedabad city schools and public places, the awareness program takes place. In Happy Village, a 2-3 days retreat session is organized in which people who are aware of this joins hands with the thinkers and start the journey to see the newer dimensions and the reason of their own existence. This flourishes many successful stories.

Success Story

Shivani, a 15 year old girl when returned from the camp, used to call our team and report the changes in her. While Bhumika says that after returning from the camp, she has achieved 80% reduction of the screen attraction.

After attending teachers’ training program, a teacher said that he learnt better stress management techniques here. He claims that from this training camp he understood the importance of spending quality time with oneself before one trains the children. He also thanked the lady trainers in the program who taught how to handle the varying moods of the students in the classroom. He found the success stories of teachers like Anand Kumar, Madhuri Shaha etc. to be really inspiring for any teacher. Now, he didn’t want to keep this inspiration limited to his students only. He resolved to spread this awareness and inspiration and he brought another 70 youngsters to the Camp in order to ensure emotional development of the students and reduce their digital addiction to manageable levels.



Yusuf had written in his life tree activity that he was having distorted thoughts of finishing his life, but now he loves his life and he wants to let go those thoughts and he will write his new life with new hopes.

It was an awakening experience for a person who lived at Happy Village in get together for three days and know Inner Technology while living in the site surrounded by hills and having pure food in his diet here. **He realized that not only academic excellence but connecting with oneself and emotional empowerment is extremely important for every person, especially students.** As a result, he made sure that his daughter too attends the upcoming weekend camp.

A youngster who participated in counseling training program, showed his willingness to work with Chetana Empowerment Foundation in our Digital Wellness Program and he started working with us in the projects designed for youth. When he knew about our works, he understood well about the environment at the Happy Village and the Inner Technology being taught there. He decided to impart such training to his family members. He hails from a sizably large family and they plan their get together in some five star hotels every year. This year all of them stayed here for three days as a part of their annual family get together. From a two year old child to an eighty seven year old grandfather, all of them together practiced meditation, deeply experienced inner peace and got introduced to their true self.

Such success stories are inspiring us to serve more and more number of people. And with this inspiration, manifests the third project of Chetana Empowerment Foundation – ‘**Pahchan**’. It is a project in which 20 bright students from deprived background or poor families spend days and nights with us. These are the ones whose future would be otherwise vanished into darkness. Happy Village is an abode to shape these teen aged students from rural parts of four districts in Marathwada region of the state. We give our best to develop the personalities of these students throug Meditation, Life Management Skills and also put our efforts to improve their excellent academic graph to new peaks.

Vitthal, a child from Ankush Nagar village of Beed district shares his experience with us. “My family is financially weak. I lost my father in the childhood. Mother used to handle all the responsibilities. A small rented house was where all of us lived – me, my siblings, my mother and granny. My mom used to run a mess that earned us bare enough to manage expenses like our education, granny’s medicines and other household stuffs. Mother was the one man army. We spent many nights just drinking some water as there was not enough food. Day by day it became harsher. We siblings started working in someone’s farm and earn some money for livelihood. The situations put a full stop to our ambitions of studies. At this juncture, we knew about Chetana Jeevan Nirman and this truly awakened our Chetana within – that is our consciousness. The days spent in Happy Village have imbibed a disciplined way in our lives. Peaceful and scenic environment, daily meditation, value based sessions changed our way of life.”

“Take a risk in your life, If you win; you may lead. If you loose; you may guide”.

Awakening is a youth initiative started by Chetana Empowerment Foundation to identify, nurture and organize the young change makers to solve various social, behavioural and emotional challenges around. The main purpose behind this program is to improve inner strengths and confidence of the youth. It is the place to discover your own self, and find the mission of your life.

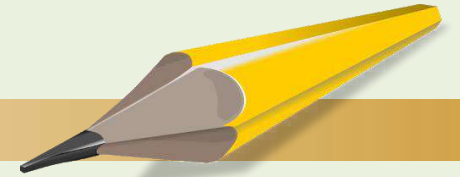
Life Mission

What does it mean? Do I need to have one? How do I identify it? Keeping this purpose in mind, four Youth Camps were organized during 2019-20 from which more than 250 youngsters were benefitted and inspired. These camps are organized in order to direct youth energy in creative ways and explore what contribution they can make in social context. These camps in Happy Village involve various activities for youth under the guidance of veteran thinkers, facilitators and motivational speakers to inspire them.

In Youth Camps, we have offered one to one counselling sessions & guidance on following topics:

- Turn inspiration into reality.
- Unlock the hidden potential within you.
- Personality development.
- Habits makes you or break you.
- Digital wellness.
- Self Awareness
- Goal Setting.
- Time management.





During the session, We noticed that most of the youngsters in the residential program were stuck with their mobile phones. Instead of enjoying the company of nature, making mutual friends and focusing on how to use the techniques taught here in their own lives, the participants were busy with their virtual friends even during the program. We asked them to deposit their mobile phones for a day, but few of them even refused to do so. The youth showed symptoms of anxiety. Many of them agreed that it was difficult for them to stay away from their mobile phones even for a few hours. Looking at this, Dr. Sachin Parab guided them very well in his session titled as “Habits Make You or Break You”. Inspired by this session the young friends immediately deleted games and other unnecessary stuff from their phones and resolved to make good habits.

Many camps included inspirational talk shows. Through these sessions, we brought in front of the participants, many successful personalities who have struggled a lot in their lives and yet have successfully established themselves as an inspiring role model for the society. Most of the young participants were very inspired from them and many of them could get a clear picture about their goal in life and the direction to achieve it.

A student was very much attentive towards a session titled as “Turn Inspiration into Action”. She resolved to bring down her mobile phone usage time down from 5 hours to 1 hour. Another young friend of us was asked a question in Digital Wellness Program. The question was “Am I controlling smart phone or my smart phone is controlling me?” For a moment he got confused but later on realised that really smart phones are controlling us. This realization made him feel bad. He understood very well how his smart phone is controlling his life. Before returning back to home, he deleted games like Pub-G from his smart phone and he is still managing to focus on his studies.

आम्हांला हे कार्यक्रम खूपच आवडतो. गायत्री मैडम ह्या आम्हांला सुप सुपर माहिती, जेव्हा माहिती, गोष्टी, मेडिटेशन वगैरे गोष्टी सांगतात. त्यांच्या मेडिटेशनमुळे माझी मनभुडही जास्त झाली, मला सुप झान पाटो. त्यांनी ज्या गोष्टी आम्हांला सांगितल्या त्याचा मला खूपच फायदा झाला. त्यांनी आम्हांला सुप झान माहिती सांगितली, त्यांनी ज्या-ज्या गोष्टी आम्हांला सांगितल्या त्याचा मला माझ्या आयुष्यात सुप फायदा होईल. ~~आ~~ गायत्री मैडम यांनी आम्हांला सुप झान गोष्ट सांगितली त्याचा खूपच आम्हांला फायदा झाला. त्यांच्या या ज्ञानामुळे मला जे ज्ञान मिळाले त्यासाठी मी त्यांना कौटुंबिक - कौटुंबिक धन्यवाद करते. Thank You My dear Jayatri mam.

Today's session was really very much interesting and excellent. I also enjoyed today's session because Mam took some enjoyable activities and after that we got an effect of attraction in our mind. Mam ever told us some knowledgeable stories. I also learned about visualization and working of our brains. I also learned something about counseling. I understood everything because Mam was explaining very politely and nicely.

Thank you Mam for teaching us about so much interesting and knowledgeable things.

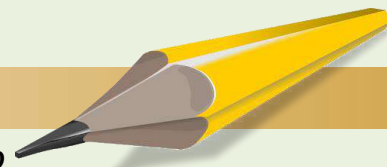


Since last eight years, the child camp is organized in an innovative way by Chetana Empowerment Foundation. Emphasis is given on sessions and topics regarding value based education and self transforming meditation. Key attention is given on making children competent enough to overcome contemporary problems and for this they are trained to be committed to certain values. Through this camp, Chetana Empowerment Foundation's team gives special attention to provide such options to the children which they can correlate with themselves. Our team members also give their best to enable the child to connect with the ones in the same age group through various activities. We look forward to see every child participant emerging as an ideal responsible citizen of this society.

An age group of 9 to 15 years is considered as very crucial stage in personal growth as the kids in this age grab and grasp quickly from whatever the surroundings they experience. At the same time they are exposed to media, screens of mobile phones and laptops etc whose impact is clearly seen in their lives.

Therefore a four days training is provided to 100 kids which focused on developing various aspects of their personality viz. emotional, physical, social, spiritual and morals values etc. A strong and safe environment was created where the kids can learn new skills. We hosted child psychologists, meditation trainers and many expert faculties who visited the camp and conducted their sessions to guide the kids. Other important sessions like 'Wonders of Science' were also included in the camp. They were guided on following topics.

- Unplugging from Social Media
- Know the difference between Friendship and Attraction.
- Turn Inspiration into Reality
- Power of Self Discipline
- Self Awareness
- Art and Craft.



Not only emotional intelligence, Chetana is also keen of the academics of these kids. Many kids find subjects like mathematics, science and english to be boring. To enhance their interest in science, we included in the camp a session which was titled as 'Wonders of Science'. Especially star gazing through telescope was the part of the session which the kids enjoyed the most. Participants happily and easily understood some basics of science.



An innocent girl of 15 years age shared with us her experience after the session. She said that earlier she did not find science to be interesting at all; but now she likes the subject.

Here is another feedback from a participating student who was benefitted by the session 'Unplugging from Social Media'. He said, "Usually in our homes, everyone is busy with mobile screen and none of them notices us". This decreases the happiness levels in the family members and their lives together. Unknowingly, my attraction towards mobile also increased. Spending 4 to 5 hours as an average daily mobile time stole away my happiness. I realized this fact only after this session. Now I understand that rather than exploring mobile phones, if we explore various arts hidden within, we can reduce our digital dependency. Two participants came forward to guide their camp mates about ways to reduce screen dependency.

We organized another session titled as 'Know about Friendship, Attraction and Infatuation' especially for adolescent participants of the camp. This is a sensitive topic which people usually find hard to talk about. A free talk with the adolescent children is the only way out. Adolescents loved this session. They freely shared their feelings. They could understand how natural it is to get temporarily attracted towards and become emotional about someone with developing hormones in this age. Khushi, a student of ninth standard attended this session and said that more friends of her age should attend such sessions. She said that such sessions help them to handle any kind of relationships and they are saved from wayward behavior by oneself or others in younger age and its subsequent consequences.





We are so busy in our daily life scheduled with the arms of the clock that we don't even get enough time to spend with ourselves. Most hours of the day are spent in taking care of material and physical aspects of life. Humans usually focus on the outer part. They never get an experience of the beauty within.

Chetana Empowerment Foundation has developed 'Inner Technology Module' to impart them this experience. Three workshops of inner technology were organized in the year 2019-2020 which proved beneficial to more than 150 participants in all. It helped them to understand the connections between inner science and outer science. Through meditation, they experienced the joy one can get when connected to his own true self.

After theory and practical sessions, a participant from Chennai wrote, "I was worried since last three years. I got answers to all my worries from this session of inner technology. I discovered the purpose of my life and got introduced to my true self. It is very important for every person to get such truthful self introduction".

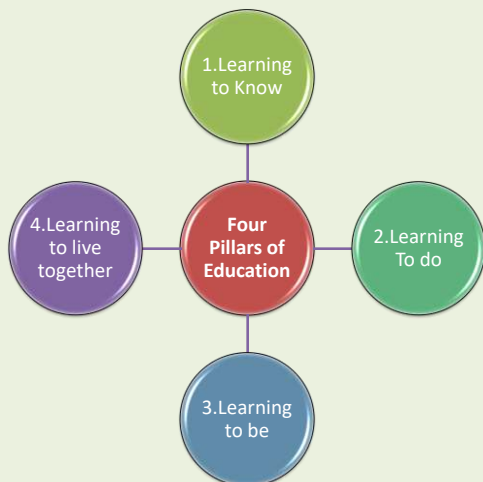
Another participant asked, "Why we were never told about such an important thing throughout our school and university education?"

One more participant said, "If somebody scolds us, our mind is disturbed for the whole day. Inner technology empowers us with the tools to stabilize our mind and solve the issues faced in our daily routine."

Teachers Training Program

Teachers play a key role in the student's life, by way of inculcating knowledge and virtues to enable the students thrive in their career. In order to equip the teachers with the tools and techniques of the emotional well-being, a unique training program entitled 'परिस स्पर्श' is being administered by Chetana.

Four Pillars of Education



The first pillar requires intellectual ability, The second pillar demands acquisition of skills & The third & fourth pillars require inculcation of values and spirituality.

Apart from this, 'Life' has been defined as the process of learning, indulging, finding & evolving which are only available through discovering the self.

This training program is designed to enable the teachers to gain insights into the needs of value education, need of self development as a teacher, understanding their students and managing classroom, need to apply innovative ideas in teaching.



More than 450 teachers participated in the teachers training programs organized in the year 2019-2020. They learnt various teaching techniques, how to deal with students behavior, understanding students' psychology, effective improvement in their academics, managing teachers own stress and emotions etc.

"A young teacher approached the facilitator to say that he attended such a great training session for very first time .He was a doctorate degree holder who was frustrated to see the job growth of his less qualified colleagues being more than what he had and what he deserved .He used to draw the anger over his family members .He asked for some guidance regarding this .Counselor scheduled some sessions for him .After fourth session ,he started changing his mindset and thought process .By the end of seventh session he was feeling very positive as compared to what he earlier used to be like .Today he has managed to reduce his aggression .He is happily focusing on his current teaching job ,on his student's growth and with hope in his mind he is searching for new opportunities as well."

Sr. No.	Date	Name of the Program	No. of Beneficiary
1	02-06-19	Helpline Launching & Hauslon ki Udaan	300
2	20-07-19	Re-Engineer Yourself (Three day's Residential Camp)	60
3	24-08-19	Re-Organize Yourself (Three day's Residential)	105
4	02-09-19	Train the Trainer Program (For Social Leaders)	100
5	15-09-19	Teachers Training (Agrasen Vidya Mandir)	72
6	20-09-19	Healthy Body = Wealthy Business (For MIG Group)	30
7	06-10-19	Stress Management for Bank Employees	30
8	02-11-19	Winter Child Camp (Four day's Residential Camp)	85
9	17-11-19	One day Life Management Skill Program	43
10	24-11-19	Teachers Training (Deogiri Shikshan Prasarak Mandal)	160
11	04-12-19	Youth Camp (Swami Samarth School Lasur Station)	62
12	08-12-19	Teachers Training (Deogiri Shikshan Prasarak Mandal)	117
13	26-12-19	Inner Technology (Three day's Residential)	60
14	10-01-20	Youth camp (Three day's Residential)	90
15	24-01-20	Happy Village Inauguration and Meditation Retreat	2500



Introduction

- It is but natural to get angry, if someone first gets angry at us.
- I can't forget it if someone does anything wrong to me.
- I am always worried about my future.
- How can I control the thoughts in my mind?
- Nowadays we can't trust anyone so easily.
- We see so many negative things happening daily around us that freaking out is obvious.
- I am always stressed due to my studies.
- I am confused about what to do in the future.
- I am sad because my kids and husband don't count my work.
- My boss always insults me in front of everyone. I want to take revenge of this.
- I am under confident because I feel that nobody understands me.
- My husband consumes liquor because the crop harvest is not good enough. What should I do?
- My kids are irresponsible and waste most of their time in mobile phones.
- Uncertainty is the reason of my ever increasing anxiety.

Whether we live in cities or villages, everyone of us is experiencing more or less the above emotions. If such feelings continue to haunt our mind for prolonged time, mental illness is guaranteed. Many people may lead from this situation to an suicidal attempt. We have trapped our mind in thousands of such notions.

Chetana Empowerment Foundation runs programs like "Manthan" to revisit and analyse such notions. An unwell mind is said to have some mental illness and understanding the emotions and managing them effectively, is called Mental Wellness. Sound mind ensures our strong physical, social and emotional health. Mental Wellness is needed for every age group today. Kids, youth, women and corporate employees willing to excel in their field are the key beneficiaries of this program.

Prolonged stirring of buttermilk produces butter and proper heat treatment of butter yields pure ghee.

In Manthan, thorough study of our own thoughts, emotions, memories and learning processes are ensured such that false notions are vanished. This process takes place in personal counselling or group counselling. The participant learns to understand his emotions properly and can plan them in right direction. He can also better understand his relations too.

Every person has infinite powers hidden within. Searching them is all one needs. When these powers are awakened, human mind can execute powerful tasks which were earlier thought to be impossible. One can totally enjoy the life. Manthan caters program for every sector of society encompassing all age groups

What is Mental Wellness?

Wellness is a relatively new paradigm in health care, and the subject of Mental Wellness is newer still. The study of characteristics that make up mental health is called **Positive Psychology**, which was introduced only in 1998. Mental Wellness in counselling and therapy is even more recent, being introduced in 2001.

Mental Wellness is more than a 'pop psychology' term, it is a part of the future of medicine, which is moving daily toward a concept of holistic treatment.

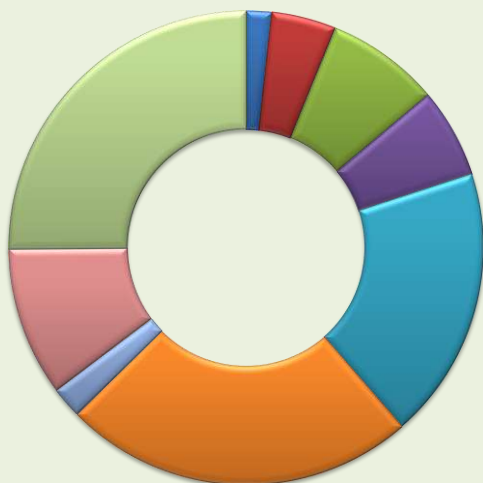
World Health Organisation (WHO) reporting India with the highest rate of major depression in the world. India is going through social and economic change, industrialisation and urbanisation are changing traditional support systems.

Keeping this in mind the CEF has designed following modules for all walks of society.

Mental Wellness Program

- Gateway for 3E's
- Child/Youth Camp
- Corporate Wellness
- Positive Parenting
- Life Management Skill
- Women Empowerment
- Inner Technology

Program Conducted in 2019-2020



Months	Participants
Apr-19	40
May-19	100
Jun-19	126
Jul-19	139
Aug-19	424
Sep-19	546
Oct-19	49
Nov-19	166
Dec-19	572





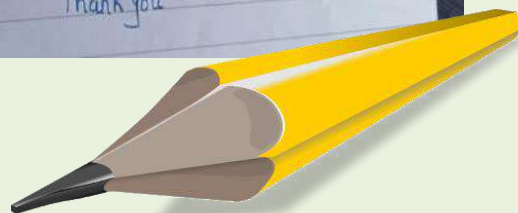
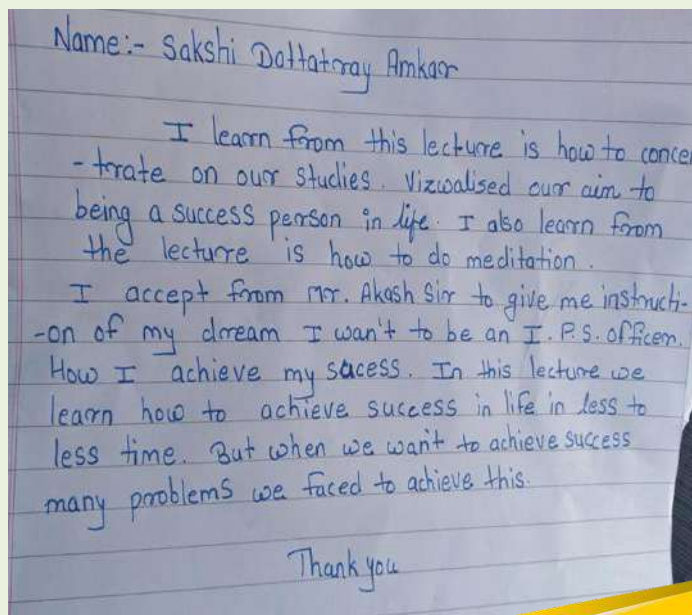
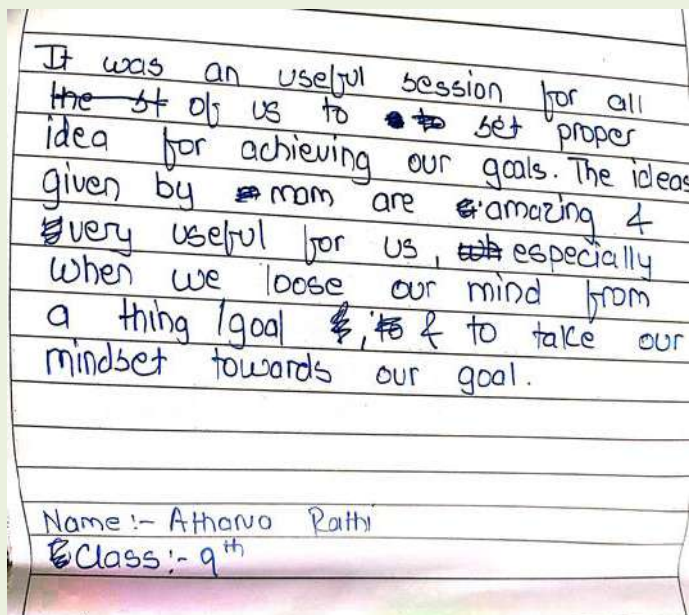
Chetana Empowerment Foundation also works to teach Life Managements Skills and related techniques to school students through a weekly in-school course. The core purpose of this life management skills program is to develop emotions and thoughtful values in the heart of students in order to help them to become a good citizen in future. Our trainers give their best to bring positive change in the life of students through various games, activities and visual presentations on the topics like goal setting, good habits and bad habits, boosting concentration through meditation, power of affirmation & gratitude, self awareness, substance & digital wellness etc. During the year 19-20 our team has successfully catered this service to 5 schools through 31 events which benefitted 2177 students. This brought many success stories to our notice.



A short act play as a part of this program is literally loved by all the students participating in the program. The purpose of this short act play is to make them aware of the hazards of addictions and how to control oneself and lead the life in right direction through regular meditation practises. This short act play was performed in many schools in slum area of Aurangabad district. As a result of the effective presentation, students resolved to keep themselves, their families, colonies and villages free from any kind of addictions. In this program we realized that more than 80 percent of the participating students in the program had some or other kind of addiction and they need Life Management Skills workshop to get rid of this habit.

With this experience as an asset, we started Life Management Skills workshop at Aurangabad High-school. During LMS sessions it was found that these students are facing so many problems. But our trainers were willing to bring change in these students and developed special modules of training for them. This included presentations about basic hygiene, goals in life, good habits and bad habits, root cause of bad habits, hazards of addictions etc. Our trainers made proper use of games and activities to inspire the students to adopt good habits and quit addiction rather than falling prey to the vicious cycle. There were still some participants who were difficult to handle and reluctant to positive change in them. They needed psychologists and doctors. We conducted individual check up and counselling with intervention of expert doctors and counsellors. A joint counseling session for students and parents was organized. Around 10 students in this group successfully got rid of addictions like whitener and tobacco forever. This was a successful experiment.

An eight year old student from this group was drifted into addictions due to company of friends having bad habits. As a result, he started vomiting blood. He was as close to his death as one may be. In such difficult times, Chetana Empowerment Foundation helped him with proper medical treatment and brought him back to normal life.



Introduction

Chetana Empowerment Foundation started Ahmedabad Chapter in April 2019 with the mission of empowering Urban women, men, children and work force of the corporate sector and other organisations with mental and emotional wellness through self- awareness and management programs.

Ahmedabad Chapter is conducting regular monthly programs and free counselling for 50 women registered as Chetana sanginies. Chetana Sanginies is a group of women from diverse background; home makers, teachers, entrepreneurs, engineers, lawyers and doctors who came together on a platform for strengthening their emotional wellbeing and sharpening their skills to achieve their goals in their lives.

Self Management Program

During the period an intensive 6 session self-management program was launched for women and was attended by 40 women in 2 batches. After the completion of the program following women brought positive changes in their lives;

- Four home makers have joined IGNOU to pursue post graduation degree.
- Three home makers did short term courses in Baking and have started their own ventures.
- Three Entrepreneurs, who had symptoms of depression due to personal and business problems, were able to ignite a new insight of self and setting new heights for their businesses.
- One homemaker, who had symptoms of empty nest syndrome, at the time of the program, was able to crack an interview for a job of principal of a kindergarten school after gap of 22 years.



Program Conducted In 2019-20

- Conducted training programs for 150 students of Visamo kids Foundation on Life Management Skills, goal setting, emotional Quotient.
- Conducted monthly Teachers training programs for 50 teachers of Visamo kids foundation. Mindful parenting for parents and Re-discovering skills of teachers conducted for Pearl Special School
- Rotary club Ahmedabad invited Chetana to take a special session on 'Let's choose Happiness' for members of the club.
- Royale Music Academy Invited to chair their Annual Function and to motivate hundreds of budding young musicians and artists.
- Companies like Zydus Cadila and Kalorex shown special interest in conducting training programs for their employees. More than 100 employees of Kalorex participated online for Time Management workshop (during lockdown period of Pandemic.)
- Chetana Empowerment Foundation Ahmedabad is in the process of building team, and inviting volunteers to launch various programs in general and Digital de-addiction program in specific, in the schools of Ahmedabad in near future.



Positive Parenting Program

The principal beneficiaries of this program are parents, students and teachers.

- Triple 'P' program is specifically designed to be directed towards those parents who would like to put in conscious efforts in implementing their novel parenting style.
- In the contemporary world of fast changing belief systems, the traditional method of parenting has to be substituted with the Positive Parenting Program.
- During the year 2019-20, 150 parents attended the triple P program and equipped themselves with conscious parenting tools.

A parent who hailed from industrial background sharing his experience with us said that his daughter prefers to be isolated and avoids speaking with us in the house. But during sessions, he learnt why did she do so. Many a times in the past, she tried to communicate with him but he could not spare enough time for his daughter. Today all parents need to understand the parenting skills from such sessions and to implement these learning in their lives. He also promised to rectify his mistakes in parenting.

Another mother of a two year old daughter from Jalna city related her experience that her daughter keeps on asking so many questions which the mother used to ignore due to her domestic engagements. It was the result of positive parenting program that she understood why it is necessary to engage the child in some creative activity as this is the age when the kid is developing brain and mental abilities.



Counseling

“Keep yourself busy if you want to avoid depression. For me, inactivity is the enemy.” -Matt Lucas

“Our anxiety does not come from thinking about the future, but from wanting to control it.” -Kahlil Gibran

The broad aim of Counseling is to provide an opportunity to work towards living a more satisfying and fulfilling life. Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals. In 2019-2020 CEF has attended around 650 people including students in one to one counseling sessions.

Helpline

Chetana Empowerment Foundation has continued to conduct group counselling trainings and individual counselling sessions in schools through Manthan – Mental Wellness program. To enhance the reach of this service to more number of people, a national level helpline was launched in June 2019. The purpose of this helpline is to provide primary level counselling to people in order to address their sadness, stresses, anxieties, problems regarding relationships and to empower their emotional graph. Initially, to improve the quality of training, the helpline was run on a trial basis for three months. Later it was advertised on National level. Till date, more than 450 people pan India have been benefitted from this.

“Addiction is the only prison where the locks are on the inside.

Before you can break out of prison, you must realize you are locked up.”

Introduction

Addiction is a psychological and physical inability to stop consuming a chemical, drug, activity or substance, even though it is causing psychological and physical harm. The term addiction does not only refer to dependence on substances such as tobacco or the alcohol. A person who cannot stop taking a particular drug or chemical has substance dependence. Some addictions also involve an inability to stop pertaining in activities, such as gambling, eating or working. In these circumstances, a person has a behavioural addiction.

When a person experiences addiction, he cannot control how he uses a substance or partake in an activity, and he becomes dependent on it to cope with day to day life.

Why We Started a course on Digital Addiction?

Be it an Urban environment or Rural surrounding, common man is more inclined towards various addictions nowadays as compared to what it was earlier. Even young children are also entangled in various addictions. This ever growing periphery of addictions should be restricted. People should become aware of the harms caused by addictions. Young children who form our next generations must be saved from these harmful effects and they must be guided properly when in proper age group. Keeping these things in mind, we have created an hour long De-addiction Module on screen as well as substance addiction. This module consists of a street play, guided meditation and mass awareness. A team of Chetana has been presenting this street play in various schools to spread the message of de-addiction since last eight years.

Our team was intensely working on project tobacco free schools. When we have a look at the 120 awareness programs conducted in last eight years, we served to more than 55000+ beneficiaries. We also pleased to realize that 144 schools have met all the 11 norms and registered themselves as a tobacco free schools.

Chetana has worked with ‘**Salam Mumbai Foundation**’ for three years to work upon the common goal. This collaboration was in addition to our self awareness programs.

While organizing all such activities, we arranged Life Management Skills workshop in many schools. During this, we noticed that behavioural addictions are increasing due to many reasons like excessive use of screens. This had a straight impact on the academic performance and mental health of the students. With ever increasing screen addiction problems and the serious questions it has raised, it was given on the top most priority in Chetana’s works activities during the year 2019-2020 and we are happy to share that we came up with innovative approach to communicate students regarding the same.

What is Digital Addiction?

“Smartphones are a great portals for knowledge, but when the people do not know how to use them, those very devices do more harm to the inner wellbeing of a person, young and old alike, than they do good.”

Technology addiction is an impulse control disorder that involves the obsessive use of mobile devices, the internet or video games, despite negative consequences to the user of the technology. The disorder may also be referred to as digital addiction or internet addiction.

Research has shown that there is an undeniable link between social media use, negative mental health, and low self-esteem. While social media platforms have their benefits, using them too long & frequently can make people feel increasingly unhappy and isolated.



These negative emotional reactions are not only produced due to the social pressure of sharing things with others, but also the comparison of material things and lifestyles that these sites promote.

Facts & Figure

- On an average we use mobile phone 90 to 140 times a day
- Mobile is used only 17 to 24 times a day for making and receiving call.
- It is estimated that India will be at the top in the list digital addiction by 2023 as we have 60% population below 35 age
- 83% people feel panicked when they misplace their phone
- 21% use mobile in toilet
- 56% use mobile before going to sleep
- 76% keep mobile below pillow or within handful distance
- 61% feel uneasy if they forget mobile at home
- 22% car accident of total car accidents are due to usage of mobile while driving

How we have designed this program?

To create awareness regarding any social problem among the people is not a easy task. We always need to think innovative ways, so we can grab attention of people towards social problem. Keeping this in the mind we made very innovative street play. After performing the street play, our team conduct group counseling/ 2hrs. PPT and mass meditation.



After Digital Wellness Session, Ruchika (name is changed) – a student of eighth standard came to us and said that she wants to share something in person.

Her facial expressions and body language depicted the discomfort she carried. She hesitated to talk. I told her, “We can have a free talk, the personal identity and details will be confidential.” Taking her own time to break the silence, she admitted that she had screen addiction since last six months and she is not feeling well. I asked her if she plays games or uses social sites. She said that she doesn’t do that but watches two different serials with explicit content. I asked her when she got time to do this and for how long did she watch it. She told me her detailed daily routine where she was busy from 6:30 am to 8:00 pm. I couldn’t understand where did she get time for this through a packed schedule of tuitions, dance classes *etc.* She said that she too keeps wondering how she could draw at least some time for this use of mobile and she never understood how she managed to do that. I asked her for how long did she used to do that. With a great discomfort she said, “For half an hour”. I understood that she is feeling uncomfortable and feeling unwell even after using that for half an hour means that she is addicted to those porn sites. I consoled her and asked to focus on the homework I gave to her. A weekly phone call was fixed to check her progress. Just two sessions marked significant rise in her screen control, as she herself had a commitment to get rid of this. She straightaway switched of her smart phone and started using her mother’s phone whenever she needed one for school projects.

Parth – a student of second year of engineering course – was one of the participants of youth camp at Happy Village. He was so busy playing his favorite mobile game PUB-G that he barely noticed his surroundings. We observed him and identified his habitual traits and asked him to deposit his mobile phone to us for a day and enjoy the camp to its fullest. Instead of following our instructions, he started convincing us about how playing this game one can develop strategic decision making abilities and so on. Next day we decided to start the day with a session on digital wellness. We started the session with an interesting play and the session lasted for an hour and half. The session proved so much effective that after the camp Parth himself came to us and expressed his resolution to bring his screen time down from 5 hours a day to 1 hour a day. We were astonished to see him deleting his favorite game PUB-G from his mobile phone when he was leaving Happy Village. He calls us once in a week to have tips for staying firm with his resolutions. It is very important to get such help from someone to stay firm on one’s own resolution.

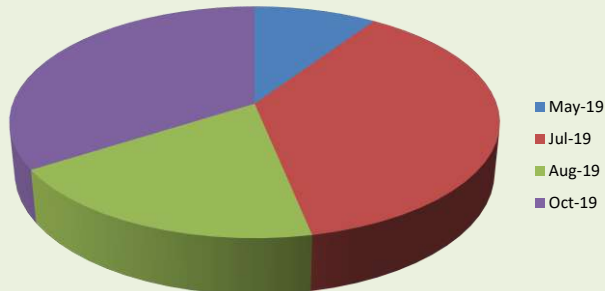
It was very helpful. It helped me to come out of my problems. My Mom is my mentor and ~~my~~ I am very frank with her and I share everything with her. The session helped me to know that attraction and love is not everything but we have to focus on our studies so that we don't ruin our lives, ~~but~~ future and ourselves. Thank you so much!!

माझे नाव प्रेमसागर बोर्डे. मी कंपनीमध्ये काम करायचो. लंबाचु गुरव्या पानमसाला यांचे व्यसन खूप खूप करावणो. ते आमच्या उक्ताश जगोना कळाले. त्यांनी माझे व्यसन सोडवण्याचे करवले. त्यांनी मला समजावुन सांगितले. तू उत्तमशा कामी वयात व्यसन करतो, हे ठिक नाही. तुला हे व्यसन सोडावं लागेल. लगेचच तर सोडून शक्य नव्हते पण त्यांनी मला विचारले तू आता पक्क पुढी जालो तर उमजपासून आधीच सांगाव्याची. परत काही दिवसांनी त्यापेक्षा आधीच सांगाव्याची, असे करत करत काही दिवसांनी माझे पुर्णपणे व्यसनी अवय सोडली आणि मी व्यसनमुक्त झालो. आणि मला अजून काही व्यसनाबाबतून माहिती दिली.

Programs Conducted in 2019-20

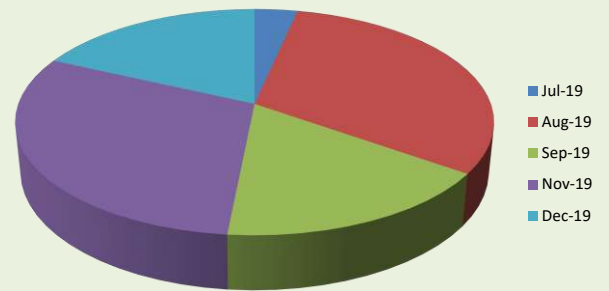
Substance De-Addiction Program

May-19	Jul-19	Aug-19	Oct-19
277	1099	565	1000



Digital De-Addiction Program

Jul-19	Aug-19	Sep-19	Nov-19	Dec-19
215	1992	1065	1925	1150



Introduction

Whenever humans think of themselves to be content in what they have, the wise men identify same and give his excess resources to the needy part of the society. It is a difficult task to identify such donors and connect them with needy people who make the most of whatever help they get and put their heart and soul to achieve their goals. It was our first task to find out such bright students who have ambitions of higher studies, who are ready to exert day in and day out, who aren't afraid of any struggle ahead and who have the courage to face any situation.

We conducted an aptitude test of 300 students in the year 2019-2020. Out of these students, we interviewed 200 candidates. We finally shortlisted 20 students for this project Pahchan. Now the journey of these 20 students begins. Here they have to survive the disciplined environment of Chetana Empowerment Foundation. They have to transform themselves from rural version to urban version of them. Understanding the changes occurring in growing age, they need to focus on their studies.

When all these ingredients are put together in proper proportion, a student makes his own identity – **Pahchan**- to stand firm on his own feet.

Our duty is to provide the students strong energetic environment, satvic food, knowledge other than academics like life management skills, motivational talks, meditation etc After that, it is the responsibility of individual students to make the identity of their own self. When a student learns his lessons of life from nature, his learning process is a lesson for us too. We have experienced this in the first year of project Pahchan at Happy Village.



The purpose behind running project Pahchan at Happy Village is as under:-

- Students must develop a bond with Mother Nature during their stay here – away from urban rush.
- They should reach the inner depths of their mind through practicing Meditation, Yoga and Pranayam in natural habitat.
- They should become capable of handling difficult situations through the Life Management Skills they learn here.
- They get motivation to use their energy in future for the welfare of the society while living in the strong positive environment at Happy Village.

Story of the Year

-Pahachan

Vikas was studying in third standard when his father committed suicide. Education was an impossible dream for them. Vikas, his mother and brother – all of them started helping his maternal uncle in his business of wafers and chips. This 12 years young child used to pack and sell those products.

Vikas who has closely seen this business from his childhood, aspires to become a Chartered Accountant. His keen interest in studies helped him secure 91 % marks in the SSC examination. His education was about to stop now, but some teacher informed him about Chetana Empowerment Foundation. His goals were quite clear. He had already acquired enough information regarding his goals. Next part of his journey in the life started at Chetana Empowerment Foundation.

In very young age, Vikas learned from heart and excelled in the basic skills of accounting under the guidance of the President of Chetana Empowerment Foundation. With a great grasping ability and focussed approach he managed to learn and excel in even some of the advanced accounting skills which are not an easy to understand for an undergraduate student. Like other members here, Vikas is also trying to bring change in his life and using Life Management Skills along with meditation, self discipline and the learning from value based session. He is all set to become a CA soon. In near future.

He brought his mother Renuka here with him, as he wished a better environment for her too. She used to chew tobacco for last seven years. But in this environment she has gone through a process of self assessment, change & counselling. As a result, she quit the addiction and started living a better life style. She never forgets the almighty and maintains a holy silence even at times when she serves in the kitchen here. This way, due to Chetana Empowerment Foundation's systematic education & approach. Vikas and his mother have experienced a change in their lives. She is living a happy, peaceful & healthy life.



Notes from Team



Gayatri Randad
M.A Psychology,
Counselling Psychologist

Chetana works with lives to make life. So fortunately I got chance to minutely observe various colours of human personalities viz. their priorities, perspectives towards life.

My journey with chetana began as a meditation facilitator and I started exploring my own untapped potentials whilst working with children and needy approaching for counselling. While facilitating meditation session to youth, adolescent, female, professional. I experienced beautifully strange and adorable styles of all of them to handle life and its side effects.

At Happy Village events, I found myself and the groups tuned with fundamental sound of the natural existence and dove into state of being grounded. Here on tranquil hill-tops, group meditation becomes miraculous experiment automatically. Meditation in the school grounds and at happy village hill-tops is totally different in respect of connectivity.

As a counselling psychologist, Its immense pleasure and satisfaction to be an instrument for others liberation from emotional traumas. While working with needy in counselling session, found various case studies that are successfully resolved with brighter outcomes.

Sukanya was a school student of Std.8th where we visited regularly for life management skills session. The little girl was always waiting for Wednesday or the day when we were scheduled to take the session with them. She was very much motivated with all teachings from Important session. She herself attentively motivate her classmates, her slum friends to study & leave away from addiction.



Vinita Kanhare
Project Director
(Ahmedabad Chapter)
Child Psychologist

We are born with higher consciousness, but with the life experiences and interactions with the environment, we experience fear, phobias, frustration, anger, jealous, greed which has covered our consciousness very strongly resulting into wrong beliefs, faulty perceptions and assumptions. Chetana is empowering everyone with the tool of true higher knowledge and its practice, which can clear one's consciousness to lead a more satisfying and purposeful life. Chetana has fetched a new height in serving social cause at Aurangabad and other districts of Maharashtra. Happy Village is a place, which is not only attracting people in need of meditation and self-development, but is proving to be an attractive and peaceful place for artists, leaders and thinkers to evolve and show path to society through seminars and conferences.

In April 2019, I took initiative to start Manthan Project at Chetana's Ahmedabad Chapter in guidance with Head office. The Project has started, with major thrust on empowering women on mental wellness. It is creating a mark in the city to cater need of early detection and treatment of symptoms of neuroses through counselling and psychotherapies and reach the masses for emotional and social well-being through various programs of Chetana. During the difficult time of Pandemic of COVID-19, the role of Chetana's mission and its importance is clearly felt. Peace messengers of Chetana empowerment Foundation have to play an important role in helping people, to have faith in goodness and to work for better, safe and healthy future.



Sunanda Bang
Member, IT Professional

I am working in an private industry as a employee. When I think about the journey so far with Chetana Empowerment Foundation it's been nothing less than a blessing. Various projects like support in Higher education to needy students, De- addiction awareness, Sanskar Shivir etc gave new direction in thinking for day to day life. Especially while working the project of higher education to needy students, visiting to various families taught me about the various challenges in the society, inspires for the work. I find a lot of happiness & immense satisfaction doing my bit for the society.



CA Manoj Kabra
Member

My journey of 8 years with Chetana Empowerment Foundation has been full of memorable events - bit challenging but satisfying on getting positive outcomes at various front. I joined Team Chetana as an ordinary Member during the budding period of the foundation and started working on various activities. Recently when team Chetana started with Project "Chetana Happy Village", I have started involving myself deeply in the initial work of various permissions of government authorities, for the construction at the project site. There were various difficulties initially but with the guidance of our advisors and support of entire Team of Chetana, we could finally overcome all difficulties, commence the construction work and successfully completed second phase of the project. However while working with Chetana, I have realised that work we are doing at Chetana is really unique. The problem we are addressing is need of the hour, which is giving more satisfaction and also boosted self moral of every individual working with Chetana.



Sagar Kabra
Member, M.S (UK)

I have been associated with Chetana for 2 years. I feel like I am just a 2-year-old, because since I have started working with Chetana I have understood purpose of my life and I now have very clear vision about my life. For 40 years, I was self-centric & I used to think how to run faster and stay ahead in the rat race of name, fame & money going around the world and I had no time for myself. Today I give dedicated time for self and I have clarity of everything I do. Thanks to Chetana for helped me re-define idea of my existence. Before it was "एक दिन आए थे और एक दिन जाना है" but now know "क्यूँ आए है और क्या कर के जाना है"



Akash Fulzalke
Member, B.Tech

I did my graduation in Mechanical Engineering. After that, I worked in Clad Metal India Pvt.Ltd. for 3 years. I started looking into the social attributes of the society. That is when I took a conscious decision of being a part of the Chetana for Chetana Jeevan Nirman. In this project each of my interactions with students during this seva gives me a sense of belonging, which keeps me going. The thought of changing someone's life uplifts my self-esteem. This work gives me an immense satisfaction and helps me in boosting my energy. I use this energy for betterment of self change to social change.



Dr. Sachin Parab
Corporate Trainer

Happy Village is a beautiful and serene place which is away from the hustle & bustle of the city. It gives you an opportunity to go inside & look for the jewels of wisdom which are inherently there in everyone of us. The workshops are intelligently designed looking into the current needs & future prospects of the attendees from all walks of life. As name implies you realize that you are originally a happy person which you have forgotten. Happy Village activates all of our original spiritual memories. I'm not only confident but highly sure that in times to come Happy Village will become lighthouse for everyone coming here.

My best wishes & hearty congratulations to all the team members.



Lalattendu Panda
Corporate Trainer

Chetana Empowerment Foundation, the name itself conveys Consciousness or Life. To put it in simple words, if someone truly wants to empower own self, must make a visit to Chetana. After travelling a distance around 15 KMs from Aurangabad when you reach the place, be prepared for the surprise of your life time. A young enthusiastic team would welcome you with such a contagious smile, which would leave a lasting impression on your mind. The serenity of the environment would be whispering into your ears to stay there forever. I feel privileged to be invited as a faculty to deliver lectures on various topics for the young and the not so young. Let me make an honest confession, for me it was more of learning than imparting knowledge during my visit to Chetana. The team of chetana work so passionately, from dawn till late night, that would make you jealous of their energy level and enthusiasm. The way the team takes care of the children like parents, is something each and every person who visits Chetana must learn to practice in life. Looking forward to my next visit to spend some quality time with the Team and the Children and carry home few more learnings.



Abha Agrawal
Trainer

A thought about Chetana Empowerment Foundation fulfills me with the feelings. By the grace of almighty Chetana touched me through Mitaliji & meet her in 2015 when life was showing me some difficult situations. Kindness on me which shaped my thinking, beliefs and better insight. I would always be thankful for her selfless support. Fortunately I became member of Chetana Sanginies Ahmedabad chapter directed by very experienced and wonderful human being Mrs. Vinita Kanhere. Chetana gave me the opportunity as a faculty in winter camp for holistic development of children organized in the divine campus of Chetana Happy Village is located in the lap of beautiful mother nature near Aurangabad. This was unique experience in my long journey as a teacher as well as a nature lover. Effort for all the running projects by Chetana Empowerment Foundation, Manthan, Parivartan & Pahachan are really worth and very need of today. I believe that Chetana Empowerment Foundation will continue to play a special role in building a golden future of society by showing the seeds of morality in young generation. Chetana Empowerment Foundation is a blessing for me.

Our CSR Partners (Donors)



Dhoot Transmissions
Pvt.Ltd



Aurangabad Electrical
Ltd.



AIA Engineering Ltd



Kale Group of Industry



माध्यमा
फाउंडे
व्यसन
व्यस
पि



Passion for Excellence... Compassion for People...!

चेतना

एम्पॉवरमेंट फाउन्डेशन

Find us on



Office Address : 72, Mukund Hsg. Society, CIDCO, N-2, Aurangabad- 431003

Happy Village : Gut No. 36, Shyamwadi, Palshi- Ladsawangi Road, Aurangabad- 431008

Mob. No. : +91 8805358652, +91 8830012254

E-mail : chetana.emp@gmail.com Web : www.chetana.ngo