

Annual Report 2017-18

Learn, Discover
Heal, Create
and Make the
World Even Better



चेतना

एम्पावरमेंट फाउन्डेशन

"Success doesn't necessarily come from breakthrough innovation but from flawless execution. A great strategy alone won't win a game or a battle; the win comes from basic blocking and tackling."

– Naveen Jain



ANNUAL REPORT 2017-2018

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ABOUT CHETANA EMPOWERMENT FOUNDATION

Chetana Empowerment Foundation has undertaken an uphill task of providing platform to individuals for world transformation through self transformation since Jan 2013. It has drawn up a comprehensive plan to bring about a new awakening among the society.

This organization was formed with the main purpose of individual's all round growth and development, which includes physical, intellectual, moral, spiritual and social enrichment and lasting peace and happiness.

VISION...

"Learn, Discover, Heal, Create and Make the World Ever Better"

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

MISSION...

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

- 1) Promoting Mental Wellness
- 2) Making Schools Tobacco Free and Counseling the addicted students (Preventive Health-care).
- 3) Providing financial aid to the needy and scholar students from the farmer and labour families, who deserve to be supported in their endeavor for pursuing higher education.



President's Foreword

The year 2017-18 was a highly constructive year for the Chetana Empowerment Foundation from the view of rapid progress in the construction activities at the Happy Village Campus, greater emphasis on the activities of Mental Wellness, consistent increase in the public outreach of de-addiction and awareness programmes and effective continuation of the higher education financial assistance program. The foundation stone laying ceremony of the Chetana Happy Village on 11th February 2018 was an important milestone in our journey towards establishment of a decent residential retreat centre to accommodate 100 people, counselling centre and students hostel to accommodate 40 students. Subsequent to the foundation stone laying ceremony the construction activities have been on-going at full scale on the site. The campus will be fully equipped with seminar Halls, Counselling Centre, Library, Students Hostel and Dining, Kitchen and Residences by May 2019 to serve 100 people for the regular retreat camps to be held for a greater section of the society. Every year the Happy Village is projected to serve 7500 children, 500 teachers, 1200 youth, 3000 parents, 1200 personnel's of the corporate sector through the infrastructure of the Happy Village. I foresee the Happy Village campus serving numerous people to enrich the quality of their lives over the period of 10 years .



CA Vivek Randad
B.Com., FCA

In addition to this, our vision is also to empower the students with greater emotional intelligence. In this endeavour, we would like to efficiently use our manpower to train the trainers who will drive forward the task of making the students emotionally brilliant and thereby leading to a happier and healthier society. Last year we designed a full fledged scheme entitled 'Chetana Jeevan Nirman' for the students development which has been implemented in the present year (2018-19). Ten students have been selected for this scheme and are gaining the wholesome Life Management Skills (LMS) and value education (VE) along with the financial assistance for pursuing their higher education.

I take this opportunity to whole heartedly thank all our donors, advisers, board members, well-wishers, counsellors, volunteers, co-workers and those associated with this project directly or indirectly. This task is being immensely supported by the team work and healthy co-ordination of the various members of Chetana. We have been fortunate enough to identify the areas of interests of our members and allocate the tasks to them accordingly. The selfless service of these people have kept the light of this project glowing bright.

Secretary's Message



Murli Gunge Patil

The year 2017-18 marked the beginning of a significant increase in the activities of the development of Emotional Quotient of the children. The higher the emotional quotient of the children, the more they will be equipped to face various situations occurring in their lives. We have developed systematic modules for the training of the school students who are in their adolescence. These modules are being conducted by us at the various schools and through the Life Management Skills Programmes being held at our sites at Chetana Happy Village and Chetana Local Office venue. Chetana has reached more than 1265 adolescents (11 to 22 years) through these LMS (Life Management Skills) camps. The benefits of these activities have reached over 2265 youths and 2120 parents. Chetana has trained more than 210 Teachers from various schools.

During the last year we have organized various de-addiction camps at regular intervals at the Zilla Parishad Schools and Offices. We have also conducted regular counselling sessions for assisting the addicted individuals and the mentally stressed persons. Our experience has shown that the main cause of falling prey to addiction is the emotional weakness of an individual. This has led to increase in our focus of the activities on the promotion of emotional well being of individuals. In this connection, we have developed an Android Application which can be downloaded from play store. This year, our website, www.Chetana.ngo has also been updated to a larger extent.

I would like to appeal to all those who are interested in volunteering activities to come forward and join this movement. I congratulate all the team members of Chetana for putting in their self-less efforts to advance this social cause.

Director's Foreword



Mitali Lathi (Psychotherapist)

I have had a fascination of being in a mentor's role since my childhood. This made me wonder of using my skills in this area to a greater extent as the time passed by.

After my marriage, I started counseling the children regarding the stress with their studies and the various distractions, a child is exposed to in his early childhood and in the adolescence.

In the United Kingdom, I was involved with delivering voluntary services to the Janki Foundation, which was sustaining the mission of developing divine virtues in the children and the adults. These experiences created in me a fascination of understanding the working of human mind. The exploration of activities of human mind led me to comprehend the role of various emotions.

I started to like too much to work on the emotions. This work evolved into becoming a counselor and therapist. While working with the children my viewpoint was to help the cause of building the emotionally stronger generation. Chetana is working with the boosting of the consciousness of the society. Hence, they found my activities to be the most appropriate match for their mission. Since last two years I have been devoting all of my energy for the social cause of dealing with the emotions of stress, addiction and financial fragility.

My future aim is to help reach this work to the majority of the children, teachers and their parents. If a child is entangled into an addiction due to the hollowness of the emotions, then, to free them from it, is one of the purpose of my life.

Giving provides an opportunity to look beyond our own world and see the bigger picture.

"It's enough to indulge and to be selfish but true happiness is really when you start giving back"

- Adrian Grenier

As we look back at the year 2017-18, we find ourselves being more grounded, more articulate about our non-negotiable and more adaptive to external situations. It has been a year where we have achieved our targets amidst challenges. Responding to challenges has strengthened our resolve to respond to any situation and take it in our stride.

In the year 2017-18, Chetana has been able to touch the lives of 12,145 individuals including 1,115 children, Adolescents

and 2,000 adults. With these inputs, the Chetana's overall outreach rose to 48,718 individuals directly. Our growth rate hit 60% this year.

Creating mass awareness on the issue of Mental Wellness and De-addiction has always been a challenging aspect of our work at Chetana Foundation. We reached out to 48,718 individuals through a diverse range of awareness sessions.

Out reach and Out comes Programme 1 : Mental Wellness

"The Ability to be in the present moment is a major component of Mental Wellness"

- Abraham Maslow.

A) Awareness & Prevention

Science and Technology has made a remarkable progress all over the world. However, this progress has not resulted in mitigation of misery of mankind. The increasing number of people facing depression every year cannot be over looked. Moreover, the other causes of stress such as materialism, competition, modernization, immigration etc. are adding fuel to the fire in causing despair in human beings. It is an urgent and pressing need of the time for the society to work in the area of mental wellness. The evidence shows that mental health has a profound impact on the physical health of a human being.

According to the WHO (World Health Organization), statistics, 90% of the diseases are psychosomatic in nature. The rate of depression and anxiety is increasing day by day. "Depression-Let's talk" is the slogan for World Health Day 2017. Depression is an extremely common illness affecting

people of all ages, genders, different socioeconomic groups and religions in India and all over the world. Globally, an estimated 322 million people were affected by depression in 2016. Depression contributes to significant disease burden at national level.



One of the core area of Chetana Empowerment Foundation (CEF) is Mental Wellness. If the Mental Wellness of an individual is enhanced sufficiently.

Since last 6 years CEF has been organising workshops and training programmes on :

- **Life Management Skills (LMS)**
- **Emotional Intelligence (EI)**
- **Value Education (VE) for Children and youth**
- **Positive Parenting Programme for parents**
- **Trainers Training for the Teachers on the above topics.**

In the last two years CEF reached more than 1265 children and Adolescents and around 2120 Parents. CEF has trained more than 95 Teachers from various Schools and it has also arranged counselling session for 110 children.

CEF has been creating awareness through :

Stress Management Self Management
Anger Management Emotional Intelligence
Happiness Forever Teachers Training

The benefits of these activities has reached over 2665 youths till now and around 1000 corporate employees.



Monthly Summary Report - May 2017

Humanity, the real happiness—BK Shivani (Highly Renowned International Speaker on Emotional Intelligence from Delhi, who is regularly heard by around 20 million people all over the world).

- An outstanding event organised by Chetana titled **“Humanity, the real happiness”** and more than 900 people became the beneficiary of it.

June 2017

- **Inner Beauty** – A Workshop was organized by Chetana to empower the beauty within one self. More than 40 youngsters received the benefit from it.
- **Enhancing the Mind and Body through Yoga** – This programme was organized on the Yoga day. More than 70 Adults have taken the benefit.
- **Man Kara re Prasanna** ('मन करा रे प्रसन्न') – A contribution for the villagers on how to make their life happy in the difficult situations.

I was highly confused about choosing my goal from the various options at my disposal. CEF guided us with distinct clarity on how to recognise our goals and the various methods to achieve them. They involved us in a group activity during the session. All of us, successfully harnessed the opportunity for the group discussions on the topic of setting our goals. This activity proved to be highly useful in enlightening me about the various barriers to be overcome in our life, during the process of achieving our goals. The main cause of my confusion was the contention that my parents wanted me to become a doctor and I wanted to become a journalist. When I insisted on my resolution to become a journalist, my parents became highly upset with me. The state of affairs worsened to a point, where my inability to come out of this confusion, induced in me the thoughts of committing a suicide. However, after attending the training session conducted by CEF, I really felt very happy that I was able to successfully implement the process of setting my goals. I also gained an outlook about handling a difficult situation. After attending such a useful session, I became

confident enough to convince my parents about the process of setting and achieving the goals from my perspective. Hence, I am very much thankful to Chetana Foundation for organising such a wonderful training programme on the topic of 'Mental Wellness'. I liked the Goal setting session the most.



July 2017

- **Spiritual Quotient and Art of Forgiveness** – A two day event was organised for the Corporate Employees to deliver the various concepts of Spiritual Quotient in Positive Psychology and how to forgive people.

August 2017

- **Positive Parenting Program** - More than 200 parents participated in the Triple "P" Workshop organised by Chetana. These parents carried a very good message about the various Parenting aspects and provided the encouraging feedback.
- **Emotional Intelligence and Teachers Training** - A training module specially designed for teachers by Chetana was administered through this programme.



More than 90 teachers became the beneficiary of this workshop.

- **Emotional Intelligence and Life Management Skill** - A 3 day workshop on Life Management Skills and Emotional Intelligence was orchestrated for the students of 8th to 10th standard. 300 students benefited from this program.
- **Giants groups workshop** - Conducted a seminar titled 'Happiness Quotient' for the members of the Giants Group, Waluj, Aurangabad. Around 40 Members attended this seminar with their spouse.



September 2017

- **Emotional Intelligence and Life Management Skill** – A 6 month long workshop on Life Management Skills and Emotional Intelligence was directed by Chetana. More than 300 Students benefited from this workshop which was divided into various practical modules.
- **Art of Forgiveness** - A two hour duration seminar on Forgiveness was organised by Chetana where more than 50 Adults actively participated.



SUCCESS STORY 2

This was a truly enlightening workshop. Often, I use to feel heaviness in the mind due to the anxiousness and fear of the unknown. Today, I feel a lot better and can understand that I can be peaceful, in spite of my goal oriented attitude. I loved your ease of presenting the workshop and I will carry this experience for my entire life. I fully enjoyed these sessions. It was very interesting and motivational. It helped create a very conducive atmosphere for enacting the improvements

in us. I believe that these training sessions have provided me a right guidance to take a correct and useful decision about my life. It will also help me set right, many things in the life, in which I was very confused. I really appreciate your support and help to gain my confidence; else it would have been difficult to see positive changes in my life. Thank you, Chetana Foundation for organising such effective motivational workshops.

- **Emotional Intelligence and Life Management Skill** - Intelligence for the students of 8th to 10th standard. This module has motivated more than 300 students. Six sessions of two hours duration each was tutored by Chetana on Life Management Skills and Emotional

November 2017

- **Positive Parenting Program** -This triple "P" seminar is specially designed by Chetana for parents. 70 couples had taken the advantage of this two hours duration seminar.
- **Emotional Intelligence and Life Management Skill** - Chetana ran a monthly a workshop on Emotional Intelligence and Life Mgt Skills in a School. It continued for duration of six months.



December 2017

- **Emotional Intelligence and Life Management Skill** - Chetana undertook a task of organising a workshop in a school over the period of 6 months on various modules. Over 250 students sought interest in this workshop and were equipped with the emotional intelligence skills.
- **Positive Parenting Program** - Presented a workshop by Chetana on Triple "P" especially for parents on how to positively interact with their children. Around 800 parents participated in this workshop at Aurangabad.
- **Emotional Intelligence and Teachers Training** - A training programme organised for 90 Teachers from various school by Chetana on Emotional Intelligence.
- **Positive Parenting Program** - Chetana organised a seminar on Triple "P" for 85 parents.
- **Parivar me bhutal kaise rahe Khushhal (परिवार में भूचाल, कैसे रहे खुशहाल)** - Around 150 Women participated in a workshop delivered by Chetana in a social community club at Ambajogai. This module was specially designed for women.

January 2018

- **Emotional Intelligence and Life Management Skill** – A 6 month workshop was organised by Chetana with 6 different modules for students of another School.

SUCCESS STORY 3

We were astonished to learn about the Awareness Training Programme for the Child Empowerment organised by Chetana Foundation. It was beyond our belief, that, there could ever be a requirement of such a training session for the children. So, initially, we were a bit hesitant to register our child for this programme. However, after some rethinking, we decided to give it a try by sending our child to attend the session. Still, we were under the impression that our child will not sit there for more than half an hour. This was because of the earlier experience when he did not find the other training camp to be of interest and left the camp after initial

attendance for the first few hours.

However, when he attended the very first session of the Chetana's programme, his experience was very interesting. He continued to attend all the sessions. There were many interesting and useful activities given to the children. He learned how to become confident and handle difficult things. We really appreciate Chetana's outstanding work on delivering such useful and interesting awareness training programme on Child Empowerment.

February 2018

- **Happiness Forever** - An event was organised by Chetana on how to be Happy in our life for along term. This created awareness of positive psychology in the minds of the participants and they were guided to realise that our happiness does not depend on the outside circumstances. More than 500 people witnessed this event at Chetana Happy Village.
- **Harmony in Relationship** - A seminar on 'Harmony in Relationship' was organised by Chetana at AISA (Aurangabad Industrial Suppliers Association) for 90 people.

March 2018

- **Train the Trainer** - A workshop was organised by Chetana for 20 trainers on how to deliver the training modules.



B) Counselling

***Emotional pain is not something that should be hidden away and never spoken about.
There is truth in your pain, but only if it's first brought out into the open.***

---Steven Aitchison

Many people have attended various program camps conducted by Chetana. Amongst these attendees, if someone wishes to seek help to resolve their personal problems, then they are offered personal counselling sessions by CEF. Our team is always ready to help. Those who have not attended previous program camps and would like to seek personal counselling sessions are also welcome (depending on their need and priorities). Personal Counselling sessions are regularly being provided at

Chetana Empowerment Foundation (CEF), twice a week.

These sessions make the children become motivated to express their personal problems and seek one to one counselling exercise to overcome their problems. This would enable them achieve the adequate skills for managing their future life.

A team of 8 members is working on imparting counselling sessions at CEF.

Methodology and Approach to the individual

There are 4 methods through which CEF reaches the individuals to provide counselling:

- Through the feedback form which is provided in the various training programmes organised by CEF.
- Through the observation on children by the trainer during the training programme.
- Some times there are Referral cases (referred by others).
- Some times people approach directly as they come to know about CEF counselling activities.

Chetana Empowerment Foundation has served 150 children and more than 500 adult in personal counselling till now.

CEF has duly recognized the increasing demand of counselor's involvement who can listen empathetically to the problems of the subject. They are highly required in the field of Mental Wellness.



Success Story

Myself (housewife), who was shocked to the core by the sudden demise of my husband during my late forties and my beloved son during my early fifties,

As I was a normal housewife, I had not explored the outside world to any extent. My life was entirely devoted to looking after my husband and my children. When my husband and son passed away within a short span of 8 years, I was left with a deep sorrow. I felt as if the sole purpose in my life was lost. My sorrow, misery and sadness were indescribable. I mourned my husband and my son.

Extreme loneliness crept in my life. I was not able to comprehend about what I will be able to do in the future. I could not fathom the idea of leading a life by my own self.

I was advised to seek help from the professional counselor to guide me on how to overcome this situation. I also

received emotional solace from my relatives. I came to Chetana Empowerment Foundation for taking the Counseling session.

After receiving several new insights from the counseling session at Chetana Empowerment Foundation about various pathways of leading a meaningful life, I started reflecting on the aspects of social and spiritual development of oneself.

I have received several interventions from counseling sittings at CEF for uplifting my life from the deep sorrow.

I have recovered from my misery to a considerable extent. My day-to-day routine has now been restored to a standard life style. I have gained adequate strength to combat the torment of loneliness. I am thankful to CEF for giving me a new life.



(C) Capacity Building

A) We have to train more volunteers, counsellors who are willingly happy to help the children. In order to provide the children with the sound inputs of positive psychology the counsellors need to be educated or made aware of the fast changing technological and advertising world which is negatively influencing the child psychology to some extent. Considering the various factors of influence the children are exposed today, the children should be provided the full spectrum of positive approaches towards the life so that they could be wisely able to use their free-will and decide for themselves about the way they would want to lead their future life. Regular counsellor meetings are arranged and they are briefed with the characteristics of the students

whom they would be addressing during the upcoming counselling sessions.

One of our team member has highly successfully raised her child with the special need. She educated herself duly with the psychology of such children during the process of raising this child. This has provided her the strong practical as well as theoretical aspects of the psychology of the children. She has been greatly contributing towards the development of the various training modules for the children. The other counsellors are also seeking faster inputs from the experienced counsellors of Chetana and preparing themselves for this task.

Programme 2 : De-addiction

In these prevailing times, the various civilized nations on this earth are faced with an invisible monster of the addiction of human beings to the various stimuli such as tobacco, drugs and alcohol. Tobacco is one of the chief preventable causes of death in the world. The adverse health effects of tobacco use among smokers are well known. Tobacco use generally begins during adolescence and continues through adulthood sustained by addiction to nicotine. Recent trends indicate an earlier age of initiation and rising smoking prevalence rates among children and adolescents. If the trend continues tobacco use will result in the deaths of 250 million people who are children and adolescents today. It is the need of present time, for us to rise up, and, fight this menace of addiction.

We all know that, during the period of adolescence, a child is

highly vulnerable to a fall in the trap of addiction. During this age, under the influence of peer pressure, the children are drawn to experimenting with products such as tobacco, drugs and alcohol. The advertisements being telecast in the print and electronic media also exert a significant impact on the minds of the children.

If we work on rescuing the children out from the clutches of addiction at this tender age, then it would be an optimized method of eradication of addiction as it is the easiest and most efficient for a person to get rid of the addiction at this early inception period. This will help save our future generation from being destroyed by addiction. Chetana Empowerment foundation has taken an initiative to work with the schools with a view to make the schools Tobacco Free.

A) Awareness and Prevention Strategies :

Addiction free society is the need of time. If one member in the family is addicted, it affects on the whole family member's emotional health. In some cases, addicted person physically abuse to other member of the family.

1) Chetana is working with Salam Mumbai Foundation since one year for the aim of tobacco free schools. Chetana Empowerment Foundation is working in collaboration with SMF to achieve the following objectives of the Tobacco Control Programme of SMF in rural areas of Maharashtra.

- a) Decrease in number of tobacco prevalence amongst the stakeholders like teachers, Sarpanch, MPHW, police and NGO, and partner NGO's employees etc.
- b) Increase in awareness level of the teachers, students, NGOs, health workers police on ill effects of tobacco usage and COTPA.
- c) Making tobacco free schools and villages as per the guideline of SMF based on CBSE guideline.

2) Chetana has been also working independently in addiction awareness program particularly tobacco free schools since four years in schools, industries and slum area. Through following methods in schools to give our message regarding ill effects of tobacco and other addictions to school going children which create significant impact at tender age.

- a) De-addiction awareness program and camps which includes message oriented drama (Street- play)
- b) Counseling through documentary film
- c) Meditation for self- determination
- d) Oath
- e) One to one counseling from experts

- f) Lecture series and value based programs and
- g) Experience sharing

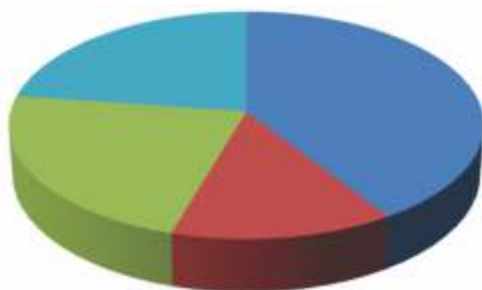
We have following strategies to address the problem in schools.

Training, sensitization, monitoring, implementation of COTPA, Oral check up camp

- a) Chetana is, conducting TOT for Master Trainers and trainings for Block Education Officer, Block level teachers etc.
- b) Conduct sensitization meetings With Police, FDA, etc.
- c) Facilitate media workshop and create awareness through media.
- d) Monitoring the schools.
- e) Monitoring activities of cluster level coordinator
- f) Collect monthly information about implementation of COTPA from schools.
- g) Facilitate oral check-up camp by PHC
- h) Intensive tobacco control programme in one selected village to make the village tobacco free

We have reached around 2200 students from various schools through

Location	No. of Participants
Shriram Madhyamik Vidyalaya	900
Ajinkya Education Society	300
Dnyanadeep Prathamik, Mahvidyalaya, CIDCO N-2	500
Vasantdada Naik High School	500



- Shriram Madhyamik Vidyalaya
- Ajinkya Education Society
- Dnyanadeep Prathamik, Mahvidyalaya
- Vasantdada Naik High School

B) Counselling

While working in de-addiction program, we need highly skilled and professional people like Psychologists, Counselors. Now there is a time for Chetana to recruit full time Counselors or Psychologists to meet the challenges of the eradication of the evils of the addiction.

We need to appoint full time master trainers to train the

trainers, teachers and other stakeholders.

At the end of every program, we appeal and motivate people to come forward if they have strong desire to become free from their addiction. Finally if they are ready to take our personal counselling session, Chetana arranges counselling sessions for them.



Success Story 1

I am a woman of 75 years of age. I was habituated to using tobacco since last 40 years, for the various purposes such as cleaning teeth, etc.. I was introduced to the personal counselling therapy provided by the Chetana Empowerment Foundation. The information provided to me during the counselling session motivated me to re-think about my affliction towards the usage of tobacco in my daily routine.

I was also witnessing that the ill-effects of using tobacco were creeping into my life over the long period of time since past several years.

The volunteers of Chetana Empowerment Foundation built a courage inside of me to get rid of the addiction to tobacco.

In this way, I have been highly fortunate enough to overcome this evil in my late seventies. I wish to sincerely thank CEF for their guidance in this regards. The counsellor regularly seeks updates from me about my addiction free life.

Success Story 2

I am 40 years old. I was addicted to tobacco since last 15 years. During the casual interaction with my acquaintances, I got to learn about the various activities being conducted by the Chetana Empowerment Foundation and their endeavour to help the addicts to overcome their enslavement to addiction.

During the counselling session, I was enlightened about the alterations occurring in the brain as a result of the addiction to tobacco.

After this, I decided to quit tobacco. When I lost the confidence in myself, with the help of meditation I started regaining my will power.

With the help of my own will power coupled with the motivation and medicines from the counsellor, I was successful in renouncing my long drawn addiction to tobacco.

I am highly grateful to Chetana Empowerment Foundation for empowering me to achieve this feat. I hope that many such addicts will receive the similar support from CEF.



To reach maximum number of people, Chetana Empowerment Foundation provides trainings on counselling to the new trainers and counsellor.

Salaam Mumbai Foundation and Chetana Empowerment Foundation organized a training programme in 2017 for ZP school trainers (45) across 10 tehsils (blocks) of Aurangabad district. These trainers had conducted similar trainings in their respective blocks/tehsils and trained approximately 450 teachers with the aim of tobacco free school within a period of 24 months. Upto October 2018 our aim is to make 50 schools tobacco free.

CEF provides the trainer the most effective strategies on:

- How to be more effective when working with all sorts of addictions, including alcoholism, Tobacco, drug abuse, Gadgets, games, TV and other compulsions
- A greater understanding of the addictive process and what drives it including:
- New insights into the process of addiction, the destructive and disassociative elements that fuel it, and

why withdrawal symptoms are the key to understanding why people become addicted

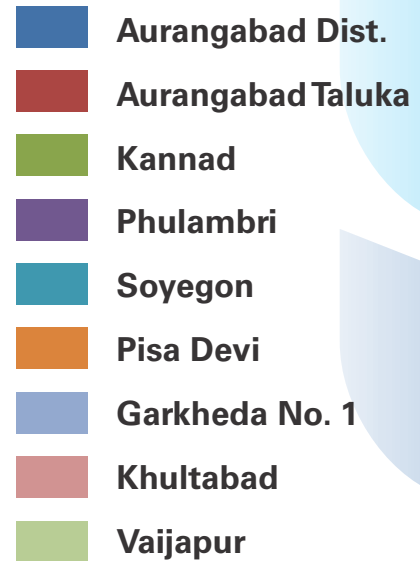
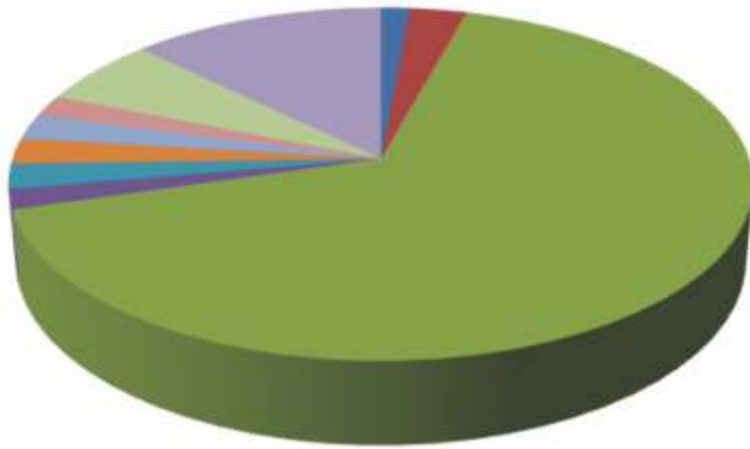
- New research based information on the facts about which forms of treatment work and which don't.
- The fascinating connection between addiction and learning.
- Why withdrawal symptoms are so painful and how to deal with them.
- A whole new understanding of the effective strategies you need for dealing with the full range of addictive behaviors – and how to put them into practice.
- Knowledge of the discoveries about how to disengage the brain from addictive behavior which are proving highly beneficial for helping addicts recover (sometimes even quite quickly).
- The social factors that are increasing the likelihood of addictive behavior.
- Increased understanding of why young people take drugs.



Total number of training programme organised by Chetana Empowerment Foundation in the year 2017-18

Location	No. of Participants
Aurangabad Dist.	28
Aurangabad Taluka	56
Kannad	1300
Phulambri	36
Soyegoan	45
Pisa Devi	46
Garkheda No. 1	46
Khultabad	38
Vaijapur	120
Aurangabad Aanganwadi	250

Number of Participants



“Your time is limited, don't waste it living someone else's life. Don't be trapped by dogma, which is living the result of other people's thinking. Don't let the noise of other's opinion drowned your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary.”

-Steve Jobs

The world has realized that the economic success of the states is directly determined by their education systems. Education is a Nation's Strength. A developed nation is inevitably an educated nation.

Vidhya Sahayata

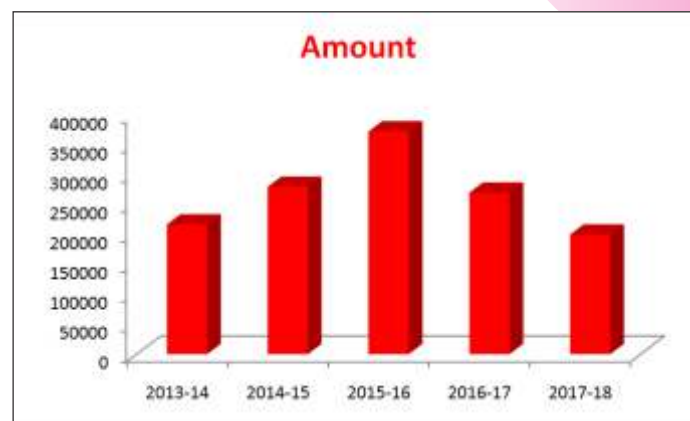
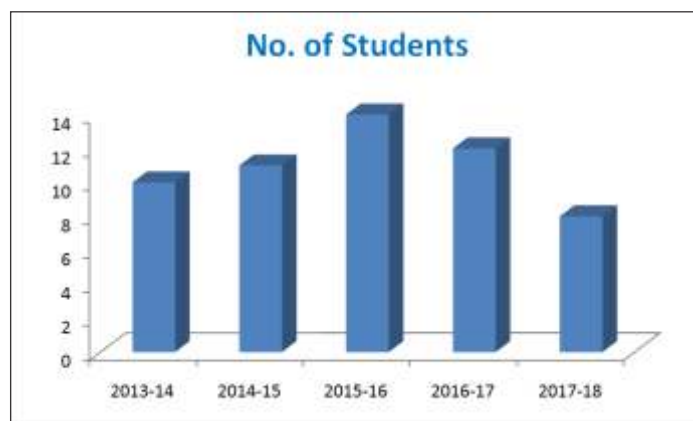
In this scheme, Chetana provides the financial aid of Rs 25000 per year for a period of up to four years to the students who want to pursue Doctor, Engineer, C.A, B.Tech

Agri, etc.. studies after the 12th Standard. We identify the needy students with the help of various avenues such as our volunteers locate them, floating advertisements through the news-papers, circulating a word in the social circles, through the contacts of Chetana members, etc., This way, Chetana helps the students to continue their education journey and ensure a good career. In last five years 32 students got help from Chetana. Out of it 18 students got job and 14 students finished their education.



Distribution of financial Aid for higher education

Year	No. of Students	Amount
2013-14	10	2,17,000
2014-15	11	2,80,000
2015-16	14	3,72,500
2016-17	12	2,70,000
2017-18	08	2,00,000



Success Story 1

Sita Khoje

I used to stay in a small room with my Mother, Father and younger brother. My father could not work anywhere because his IQ level was below average, so my mother started working as a maid and even I used to work with her along with my studies.

I was very good in Mathematics. I used to get some help from my Mama and this is how I completed my SSC and HSC with very good percentage. After this I got help from one of my teacher and took admission in Engineering. But I was not having sufficient funds for pursuing my higher

studies so one of my teacher brought me to Chetana Empowerment Foundation to seek financial help for my engineering studies. CEF helped me to complete my B.Tech (Civil Engineering). After completing my Engineering I started preparing for my competitive exams. After that I went to Delhi to appear for my UPSC Exams.

I successfully cleared my exam with top rank. And today I am working as a Class 1 Government Officer in PWD. I am very thankful to Chetana Empowerment Foundation for providing financial help to complete my higher education.



Success Story 2

My name is Shruti Pathak. My father passed away in the year 2012. This made my mother hopeless. She could not imagine the way she would lead her life in the future. During the course of this time, I completed my H.S.C. (Standard 12th) in the year 2012. I passed with good marks. I had dreamt of various possibilities for my future career. However, the financial condition of my family was causing an hindrance to my career objectives.

I was selected for the admission to the Engineering College. We were not capable of paying the fees. Meanwhile, one of

the teachers provided me a reference of Chetana Empowerment Foundation. With their help, I could seek the admission for the Engineering College. I have successfully completed the Engineering Degree Course.

If it was not for the loan assistance scholarship provided by Chetana, I would have had to go for the degree course such as B.Sc. Thanks, to the timely assistance provided by the CEF, that I am currently employed as a CAD software trainer at the computer coaching institute. I am giving my best at this job.

Success Story 3

My name is Prasad Narode. I possess Bachelor Degree in Mechanical Engineering. I stay in a family of 3 members in a rented house. My father use to operate a school van. However, it was not possible to feed the whole family with the sole income of my father. This was creating a lot of trouble in pursuing my education. At this time, I came to know about Chetana Foundation. Chetana's team

interviewed me and offered this scholarship. It resulted in me becoming a successful engineer. At present, I am working as a lecturer in a reputed Engineering College such as MIT (Maharashtra Institute of Technology, Aurangabad). If I would not have acquired this scholarship, I might have had to take a gap of one year during the course of my higher education studies.

Testimonial Corner

***“Everyone has a natural slant towards seeking themselves. This gets in the way of seeking God unless God intervenes.”
- Criss Jami***

Voices From The Field

Children Speak

1. I enjoyed all the sessions. It was very interesting and motivational and also improvable. I believed that these seminars has given me a right guidance to my life and help me to set many things in which I was very confused.
2. Seminar : Goal setting! Awesome topic -We cannot share these topics with our parents, but the same we can share with our seminar teachers. What should be a goal and how we can achieve it. Teachers were very interactive with all the students and many positive thoughts came from those teachers.
3. This was a truly enlightening workshop. I do feel very heavy in the head often, anxious and fearful of the unknown. Today, I feel a lot better and can understand that I can be peaceful even though I am goal oriented. Thank you for your time. I loved your ease of presenting the workshop and I will carry this experience for life.”

Parents Speak

1. It was always a challenge for me to make My 22 years old daughter and my Husband understand about the importance of family relationship in life. But you have guided both of them so nicely and gave them countinios counselling and that helped them to change their way of thinking from negative towards positive. Thank you Chetana for giving us a new life with full of happiness. Please keep guiding me and others in future.
2. I need to thank you from the bottom of my heart. I gained the strength and was able to take decision after talking a counselling session from you only.

Training Participants Speak

1. “I am very happy that I could attend these sessions on Life management skill. Thank you, Chetana for organising such useful seminars with so much ease and comfort. Addressing all our questions with such ease and I felt very comfortable in these three days. We all came from different schools but by the end of three days, we all have become like one group”.



Voices from the team

1. "I always wanted to work in an organisation that works for children and understands their problem. Such organisation with clear goals and a holistic approach is rare to find. Mental wellness of the society is the backbone of Chetana, and we can go to any length to achieve that. Here, at Chetana, we give free counselling to those who need it which i like the most.
2. "It has been an honour and a fulfilling journey for me to be part of Chetana knowing that I have made some impact in the lives of some children. Sometimes as a trainer and sometimes as a counsellor. Chetana provided me with the space to do this, and so did. But most importantly, what helped me in this journey is being positive, hopeful and having faith in the heart of children and the greater good in human beings. Due to the perfect synergy between Chetana and my values, all of this was possible. Chetana has encouraged me to do not only meaningful work with all stakeholders but also to evolve into a strong and happy human being.

Donors Speak

1. "Every year I donate to Chetana Empowerment foundation for its excellence in higher education. Chetana is a great NGO, which fulfils a necessary role in the society. It has worked to develop higher education for the needy and scholar students. Chetana has the courage to address them and provide the required funds. I am very proud to be associated with Chetana.

"It is our honour to be able to support Chetana to provide higher education to the scholar students. We are truly blessed to be associated with Mitali Lathi and her generous, compassionate and hardworking team at Chetana. They have implemented various training programmes successfully to empower children, teachers and parents to seek the correct help and guidance. We hope to always be a part of the Chetana's family by supporting them to grow and continuously raise awareness"



***The future belongs to those who believe in the beauty of their dreams.
- Eleanor Roosevelt***

In the last few years, our activities of the de-addiction and awareness campaign against the substances addiction has increased to a larger extent, which has created a corresponding need to address the increase in the counselling services. As a result of this, we have started providing higher number of appointments for the counselling of addicts during the present year (2018-19). We have made a provision of seeking counselling appointments directly online through our Android Application by the name 'Chetana' on the Play Store. The clients can now see which slots are available for counselling and can book them as per their convenience. We are also in consultation with the newer volunteers who are interested in assisting in the counselling activities. In the present year 2018-19, we foresee to reach more people by the way of counselling which will keep the rapport established between the addicts and the counsellors to provide the consistent dose of emotional will power required to overcome the addiction.

During the present year we have started organizing Teachers Training sessions at the Happy Village site. Until August 2018, we have trained few hundred teachers on the broader range of topics under the umbrella of Emotional Intelligence. We are in consultation with 4 schools to deliver the emotional intelligence training to the teachers. Deogiri School has already commenced our activities of teachers training at their site. Our representatives have been visiting Deogiri school since 16 July 2018.

Last year we designed a full fledged scheme entitled 'Chetana Jeevan Nirman' for the students development which has been implemented in the present year (2018-19). Ten students have been selected for this scheme and are gaining the wholesome Life Management Skills (LMS) and value education (VE) along with the financial assistance for pursuing their higher education. We are training these students to become successful positive change agents for

the society while leading successful career, such that they assist their peers to implement LMS and VE in foreseeable future. Our efforts in selecting the highly needy and equally bright students for this scheme has been greatly applauded by the donors and they have come forward and declared to offer their donation for this noble cause. We have plans to include 40 students under the 'Chetana Jeevan Nirman' scheme over the period of next three years.

The construction of Happy Village Campus is scheduled to be completed by May 2019. As and when the possession of the seminar hall, library, activity hall, dining, kitchen, students accommodation, office building gets available gradually, our activities are scheduled to be moved to the Happy Village campus, which will save us time for transportation of various things and manpower to the site individually for each events presently being organized by us remotely and held at the Happy Village campus. The relatively larger space available at the Happy Village campus will enable us to expand our activities further and hold the previously constrained activities on account of shortage of the space.



Taking time out has always been a vital part of improving the quality of life, refreshing our understanding of events and recharging the spirit. A week-end Retreat is an opportunity to step off the conveyor belt of life and spend time in a peaceful and spiritual atmosphere, reflecting upon and exploring the important factors governing our everyday experience. These include self-identity (the basis of real inner power) and the art of creating and maintaining harmony in our relationships.

Chetana Happy Village is in the midst of mother nature with the hills surrounding it and in a quiet country side ambience. This is an ideal location for arranging week end retreats where participants would experience the mother nature's lap. Workshops and seminars on various topics such as Harmony in Relationships, Successful Parenting, Stress Management, Anger Management, Emotional Intelligence, Joyful Midlife, Happiness Forever, Teachers training are already being regularly organized by Chetana at the Happy Village site. A significant number of participants who have attended these workshops and seminars have expressed their wish for a longer stay (week-end) residential retreats

be organized by Chetana.

For this purpose, a seminar hall for a seating capacity of more than 100 people, activity hall, counselling centre, dining, kitchen and residential rooms for 100 retreat participants is being constructed at the site and will be ready for use by May 2019. Fully vegetarian, freshly cooked on site, breakfasts, meals and dinner will be served to the retreat participants.

A meditation hall with a capacity to accommodate 70 people has already been built at the site. The site already has an adequate provision of full size water well, water storage tank of 1.25 lakh litres capacity, electricity supply, campus lighting, parking facilities, various fruit and flower trees and plants and a wide concrete pavement road of 200 meters length for access to the site from the main road.

The Happy Village site will also accommodate up to 40 students involved in Chetana Jeevan Nirman scheme and serve their dining needs, along with the organization of Life Management Skills and Value education camps for these students on regular basis.



Our Values

The following values strongly guide projects, strategies, organisational structures and policies at CEF :

Respect

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

Accountability

To work with complete transparency and integrity in a manner where-in the employee is accountable towards the organisation and all internal and external stakeholders for one's actions.

Excellence & Innovation

To do everything with excellence and aspire to nothing less than excellence. To be organised in one's 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 organisation and its people.

Perseverance

To have purpose and determination to work towards the set goals in spite of any hurdles and challenges faced. Unwavering belief in oneself and the organisational 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 empathising and can work towards alleviating the suffering. Every employee who is recruited or who continues to be a part of the Chetana's family needs to strongly present and aspire to these values in their actions, ideas and expression.

Life-long Learning

We view change as an exciting opportunity and embrace opportunities to acquire new knowledge and learn new skills.





वर्तमान में जीना सीखें विद्यार्थी, करें मुकाबला'



एम्पावरमेंट फाउंडेशन और... 29 जून 2014 | एनएनएन

पुढाशी

यंदा सर्व शाळा तंबाखूयुक्तच! शिष्यपतीत अभावी शिक्षण संस्था पुरस्काराने अपज



Lokmat Tir

शाळा तुमच्या त्याख्येनुसार जगा!

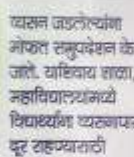


व्यसनमुक्तीसाठी औरंगाबादमध्ये काम करणाऱ्या व्यक्ती, संस्था

- चेतना एम्पावरमेंट, ऑल इज वेल्



व्यसन जडलेल्यांना मोकळी समुदायने केली जाते. याशिवाय शाळा, महाविद्यालयांमध्ये विद्यार्थ्यांना व्यसनांपासून दूर ठेवण्यासाठी...



संस्थांच्यासाठी कार्य करावे, कार्य करत राहो हे या समुदायांच्याच धोरणाने ठरले आहे.



चेतना एम्पावरमेंट फाउंडेशनला पुरस्कार

औरंगाबाद : चेतना एम्पावरमेंट फाउंडेशनला युववाणी मुंबईमध्ये सलाम मुंबई फाउंडेशन व शालीय मंत्रालयाच्या वतीने 'सर्वसेसुफल पॅरेंटिंग' पर कार्यशाळा...

सकारात्मक संवाद रखें बच्चों से



शिक्षण मुक्ति का दिया सबको संदेश



CHETANA EMPOWERMENT FOUNDATION, AURANGABAD

Audited Receipt and Payment Account
For the period 01-04-2017 to 31-03-2018

Receipt	SCH	Amount	Payment	SCH	Amount
Opening Cash Balance		13264.50	Indirect Expenses	F	1183635.00
Opening Bank Balance	A	137112.10	FDR Interest Accrued		101443.00
Indirect Incomes	B	1362045.00	Leasehold Land		122440.00
Other Earmarked Funds			Construction	G	141474.00
Construction Donation		2519000.00			
Higher Education Revolving Fund		185700.00	Investments	H	3828102.00
Current Assets	C	83562.00	Construction Work in Progress		116900.00
FDR Matured	D	1541515.00	Current Liabilities	I	273569.00
Current Liabilities	E	269932.00	Current Assets	J	29699.00
			Closing Cash Balance		1974.50
			Closing Bank Balance	K	312894.10
Total Rs.		6112130.60	Total Rs.		6112130.60

Examined & found correct as per books of accounts and vouchers produced before us and report as on even date.

M/S Kabra & Patni
Chartered Accountants

Date : 25.07.2018
Place : Aurangabad.

Vivek Randad
Sd/-
President

Murli Gunge
Sd/-
Secretary

Sd/-
Partner
M.No.107658
Firm Reg No.122673W

CHETANA EMPOWERMENT FOUNDATION, AURANGABAD

The Bombay Public Trust
Schedule IX {Vide Rule} 17(1) }
Registration No.: F- 20455 (A), AURANGABAD.
Audited Income & Expenditure Account for The Year ended on 31.03.2018

Expenditure	Amount	Amount	Income	Amount	Amount
To Exp in Respect of Properties		-	By Rent		-
Rates Taxes, Cesses	-		Accrued/Realised		
Salaries	-		By Interest		205926.00
Insurance	-		FDR Accrued Interest	104112.00	
Depreciation (By way of Adjustment)	-		FDR Interest Received	97196.00	
Other Expenses	-	0.00	Saving A/c Interest	4618.00	
			On Securities	-	
To Amount Written Off		-	On Loss	-	
a) Bad Debts	-		On Bank Account	-	
b) Loan Scholarship	-				
c) Irrevocable assets	-		By Dividend		-
d) Other Item	-				
			By Donation For		870525.00
To Contribution & Fees		-	General Donation	658025.00	
			Higher Education Donation	212500.00	
To Miscellaneous Expenses		-	(Schedule B)		
To Legal Exp.		-			
To Audit Fees		5900.00	By Salam Mumbai Foundation		275000.00
To Depreciation		27075.00			
(As per Annexure A)			By Misc Receipt		10594.00
			Discount	1064.00	
To Expenditure on objects of the trust		1177735.00	Library Receipt	9530.00	
Child Empowerment Shivr(Udan)	102740.00				
Woman & Youth Empowerment	240305.00				
Mental Wellness Program	107033.00				
Higher Education Support	200000.00				
De-Addiction Awareness & Counseling	261325.00				
Tree Plantation Expenses	82780.00				
Preliminary Expenses	68562.00				
Administration Expenses	114990.00				
(Schedule A)					
To Surplus Trf To Balance Sheet		151335.00			
	Total Rs.	1362045.00		Total Rs.	1362045.00

The above balance sheet to the best of my/our belief contains a true account of the funds and Liabilities and of the property & Assets of the trust.

M/S Kabra & Patni
Chartered Accountants

Date : 25.07.2018
Place : Aurangabad.

Vivek Randad
Sd/-
President

Murli Gunge
Sd/-
Secretary

Sd/-
Partner
M.No.107658
Firm Reg No.122673W

CHETANA EMPOWERMENT FOUNDATION, AURANGABAD

The Bombay Public Trust
Schedule IX {Vide Rule} 17(1) }
Registration No.: F- 20455 (A), AURANGABAD.
Audited Balance Sheet as on 31.03.2018

FUNDS AND LIABILITIES		Amount	PROPERTY AND ASSETS		Amount
Trust Funds or Corpus -		73205.00	Immovable & Movable Properties -		1816357.00
CORPUS- Construction			(As per Annexure A)		
			Investment		3929544.00
Other Earmarked Funds			Schedule D	3929544.00	
(Created under the provision of the trust deed or scheme or out of income)					
Building Fund		4765000.00	Current Assets		405080.50
Higher Education Fund		1055000.00	WIP (Construction)	116900.00	
(As per Schedule A & B)			Preliminary Expenses	274251.50	
			MSEB Deposit	5000.00	
			TDS	8929.00	
General Fund					
Donation in Kind		137884.00			
			Loans & Advances		
			Higher Education Revolving Fund		750800.00
Current Liabilities		513890.00			
Advance from Trustees	470000.00		Opening Balance	936500.00	
Audit Fees Payable	5900.00		Less: Received	185700.00	
Sundry Creditors	37990.00		(Schedule E)		
(Schedule C)					
			Cash & Bank Balances		314868.60
Income and Expenditure Account		671671.10	Cash in Hand	1974.50	
Balance as per last Balance sheet	520336.10		ICICI Bank	95910.00	
Less :- Appropriation if any	0.00		Ranjhani Pathsanstha	1000.00	
	520336.10		ICICI Bank 1794	88188.00	
Add: Surplus/(Deficit) as per I & E. A/c	151335.00		Ambajogai Peoples Co-op Bank	6112.10	
			SBI 35/50217	121684.00	
	Total Rs.	7216650.10			
				Total Rs.	7216650.10

The above balance sheet to the best of my/our belief contains a true account of the funds and Liabilities and of the property & Assets of the trust.

Date : 25.07.2018
Place : Aurangabad.

Vivek Randad
Sd/-
President

Murli Gunge
Sd/-
Secretary

M/S Kabra & Patni
Chartered Accountants

Sd/-
CA Manish Kabra
Partner
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Passion for excellence... Compassion for People...!

चेतना
एम्पावरमेंट फाउन्डेशन

Find us on   

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

Tel.: 0240 - 2471141, Mo. +91 8888 080 669

E-mail : chetana.emp@gmail.com

Web : www.chetana.ngo

