



Indian Association for Promotion of
Adoption and Child Welfare (IAPA)

NEWS LETTER

October - December 2024

Dear Readers,

We are giving a try to increase the frequency of our Newsletter – we are aiming at sending you news every two / three months. Please give us your feedback on this change of frequency. Your responses to the news will encourage us to better our newsletter.

*with Best Wishes,
Team IAPA*



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Donations to IAPA are available for deduction under Sec 80G of the Income Tax Act.

Updates in brief

At the IAPA Rural programme, Ms. Ashwini Vaidya, our Programme manager was appointed as an NGO representative on the Sakhi Savitri Committee and Vidyarthi Suraksha Samiti in 6 high schools where IAPA has been partnering for sponsorship to the girl students.

While on the topic of child security, Ms. Ashwini was invited as facilitator in a school for a session on child sexual abuse with children and their parents. Children and parents were told about self-protection and precautions to be taken from any kind of abuse, whether at home, school or public place. Police personnel were also present for the programme.

Determined Sayali - Sayali passed the diploma course in medical laboratory technology with first class in theory and distinction in practical. She was soon absorbed as trainee staff with a decent salary in a pathology lab, in Thane. Sayli was able to complete her course – thanks to the support from Chance of Life for her course fees and travel expenses. This is a commendable achievement for Sayali who lost her father during covid. Her mother earned a living as a domestic help raising her 3 daughters singlehandedly. Getting employed is a big relief for Sayali and her mother.

Use of available resources

Even though the world has gone digital to a large extent, some of our supported children lack the means to own Smart phones. Tejasvi is a 6th std student living in a remote village. Due to no access to a mobile phone, she is cut off from any online study methods. Social worker, on one of her visits realised that Tejasvi needs extra inputs for reading and writing English. Though there are English learning sessions held in a neighbouring village with online homework, circumstances have forced Tejasvi to be out of these. To overcome this challenge, social worker identified an Arts graduate from the village to guide her. Our field aid worker is monitoring this arrangement to gauge its effectiveness.



Life skills for our children and their parents

Sessions to enhance skills in daily life for students have been a regular feature at our rural programme. Since October 2024, we started life skills sessions for students and their parents in our Mumbai office. Our team of social workers under appropriate guidance identified the topics, designed the content, exercises and conducted the sessions. We had a couple of our members and well-wishers chipping in as resource persons for few sessions. The response so far has been positive with the parents and children keenly looking forward to more such sessions.

Sessions for parents will go on till March 2025. For children, we had sessions during the Diwali vacation and the next one will be in April / May 2025.

The different topics covered -

- Communication and Relationship
- Self-Discovery (Who Am I)
- Health and Nutrition
- Importance of Education
- Emotional Wellbeing
- Financial Literacy
- Substance Abuse and Mobile Addiction Prevention

Adoption Awareness Week

Adoption Awareness Week was observed in the month of November 2024. Students studying the Social Work course designed audio-visuals every day of the week from 14th to 20th November under the able guidance of our Adoption Programme manager. These audio-visuals were posted on IAPA's social media pages, beginning with

- a message on Children's Day
- Foster Care for children awaiting Adoption
- What is legal and safe adoption
- Safe and legal surrender of children
- Importance of Sharing the fact of adoption where a couple of older adopted girls expressed their views
- Importance of counselling – when and why
- A Rainbow of adoption – this was the final audio-visual - a culmination of the 7 days signifying the 7 hues of a rainbow.

A session highlighting challenges in single parent adoption and sharing the fact of adoption was conducted in a hybrid mode. Psychologist Anuradha Prabhudesai addressed queries from the parents followed with the single mothers sharing their challenges and happy moments in parenting their daughters.

Child Guidance Center Aastha sessions

Our **Child Guidance Center (CGC) Aastha** sessions are now being conducted in a few other schools on the request of respective school principals, teachers felt the need for such sessions. The panellists conducted group sessions apprising the children, their parents and teachers about the CGC services. This was followed up with individual case intervention where required.

The intervention has been in the areas of behaviour management, boredom, disturbing other students, weak in studies, excessive extra-curricular activities imposed by parents, stealing money from home, hypertension, attention difficulties, eating other student's tiffin, strained relations with family member, academic issues, lethargy, career guidance, dealing with effects of separation / divorce on the children, alcohol addiction of family member, psychiatric concerns, dealing with long term tuberculosis, counselling regarding taking medication for severe illnesses.

Realising the effectiveness of our CGC, there is a request for sessions with parents of mentally challenged teenaged children on handling their behaviours.

It is heartening to see that students look forward to group activities conducted on weekly basis by the psychologist.

Our case aid worker has been consistently guiding some students weak in studies with their syllabus.

Counselling and adoptive families

Quite often minor concerns, habits developed by children get overlooked. This could result in an issue/s, habits which might become difficult to undo. Parents sometimes need to gather courage to get appropriate guidance and intervention. IAPA provides counselling and therapeutic intervention by an experienced psychotherapist specifically for adopted families.

An example of the effectiveness of counselling –

A teenaged girl addicted to usage of mobile phones and social media came for counselling. Her parents were supportive and sought help at the correct time. The young girl developed a good rapport with the therapist. After a few sessions, it was heartening to see that this young girl spoke with the social worker about promoting appropriate use of mobile phones and avoiding overuse of the same.



Orientation about Educational sponsorship -

IAPA was invited to orient the team at Hamara foundation about the Educational Sponsorship programme. Ms. Lakshmi Swaminathan, our Manager-sponsorship programme gave an orientation in a discussion form. Given her years of experience in the field, she spoke about different cases according to the criteria set by IAPA.

Team building and communication during Diwali.

Our Aastha -CGC counsellor, Ms. Honey planned an interesting session with the IAPA team signifying the importance of spreading positive feelings through team building and communication.



Khel Khel Mein

31st December 2024 was celebrated as Sports day with around 66 students of the Khetwadi Municipal school where IAPA office is located. Enthusiastic students started gathering in the school premises way ahead of the scheduled time. Excitement was written on everyone's faces. After lighting the lamp and inaugurating the event, the head mistress, Mrs. Khade addressed the students to participate sportingly and with fun. She acknowledged IAPA's support for different activities for the students, adding that she was happy that IAPA had organised the sports day in the school.

It was a cute sight to see the 1st and 2nd standard students play the potato race. This was followed with lemon and spoon race, sack race for the older students. Group games for the high school students included langadi, kho-kho and kabbadi. All students were given a certificate of participation. The winners received their cups and medals with pride! The attraction of the day was pulling chocolates from the chocolate ring donated by one of our well-wishers for many years – Ms. Margaret Mehta. The snacks for the event were supported by Ms. Sangita Gala of the Shri Tokershi Velji Vaghani Manav Rahat Nidhi.



Ready set go

Khel Khel Mein

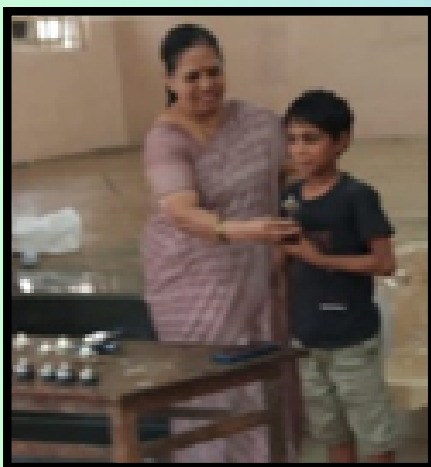


Group Game



Fun with Chocolate Ring

The Winners with Medals and Certificates

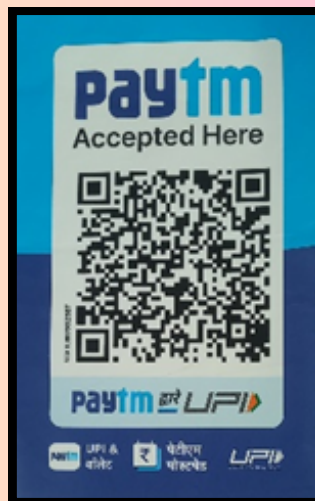


Jumble fund raiser

Since last few years, IAPA has been appealing to its well-wishers to donate different unused / usable items which are made available to people against a nominal donation. Though this is a fund-raising activity, it serves more purposes –

- Gives a new lease of life to many items
- Designer clothes and other branded products are available at low prices
- IAPA contributes towards reuse and recycling of products
- Items left over after the event are made available to the students and their families, supported by IAPA
- Brings new people to visit the event, know more about IAPA and become friends of IAPA

Our QR code for quick donation transfers



**Donations to IAPA are available for deduction under Sec 80G of the Income Tax Act.
Request you to drop us a line on iapacw1970@gmail.com once you donate.
Thank you.**