

October 2022 - March 2023



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

# NEWSLETTER

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Dear Readers,

We share our grief on losing Mrs. Kaumudi Telang on 17th January 2023. We fondly remember her for her integral role in IAPA.

This newsletter is a compilation of the various programmes.

- Adoption Awareness Week (AAW),
- Annual Family Meet,
- Annual Sponsorship Day,

Other Activities-

- Dental Camp,
- Session on Career Guidance,
- Deaddiction,
- Exposure Visit for Foster Carers

It also gives a glimpse into the activities conducted at our Rural Project in Dapoli, Ratnagiri District.

We hope you enjoy reading the interesting news and look forward to your feedback on [iapacw1970@gmail.com](mailto:iapacw1970@gmail.com) / [iapaprog@gmail.com](mailto:iapaprog@gmail.com)

With Best Wishes,  
Team IAPA



## Late Mrs. Kaumudi Telang

### Obituary

Mrs. Kaumudi Telang associated with IAPA for over four decades, set up the office of IAPA at Khetwadi in 1995. The mission was to stop the dropout rate among the children studying in Municipal Schools. IAPA reached out to families affected by poverty and poor health. Over the years, number of children multiplied; and the programme evolved through continued review and improvement. Her selflessness and modesty drew trust among the donors from local to national and international ones and that supported IAPA's Educational Sponsorship Program for children. Simultaneously, she engaged her expertise in development of Alternative Family Care: the non-institutional family-based programme and the support services aimed at the holistic development of the children.

Mrs. Telang will be remembered by a legion of children and their parents who were touched by her kindness, compassion and understanding. From a small child to an adult, each felt they were special to her for her loving nature. It was indisputable that their spirit was lifted by her humor, and a feeling that she understood them at depth.

From 1970 to the date of her demise, she had remained active and totally devoted to the well-being and development of children. Her work helped transform the lives of many underprivileged children to complete education, hold decent jobs, being an asset to their family and to the society at large. She has left the legacy that would continue her work in a welcoming atmosphere for children and their families.

Mrs. Telang was an inspiration to all whose lives she touched!

Tributes to her!





# ADOPTION Awareness Week (AAW)

"We familiarized ourselves with the adoption process and were mentally ready for the joys and challenges ahead. We reached there and were waiting in the office.

After some time one sister brought him to us. He was just 5 months old, looked weak, and was wheat-ish in complexion. *She kept him in my lap, and he opened his eyes and held my finger tightly that was the moment we decided that this is our son. He was not ready to leave my finger.* We left that place and conveyed our consent to the authorities of IAPA."

MRS. SHUBHANGI CHORE

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Excerpts from letters written to IAPA during AAW:

"Our daughter Shreya will be 10 this month. It has been the most wonderful thing that ever happened to us. The journey has been pleasant, though the occasional questions do come up. She knows IAPA and has no apprehensions about it at all. Some of her friends also know, and she is fine with that. We on our part also tell the truth whenever confronted with such a situation. My take on disclosure, is that as the child will mature, the queries will keep coming up, in different ways. Our answers also need to match the maturity level when they were put forth. Like all the challenges we face in our lives, this is another. Say the truth and I feel the situation will steer itself in the right direction. Happy parenting to all."

MR. KUMARIL & MRS. SHEETAL GUPTA

**Nutrition for children and adults was a valuable session arranged for our foster carers. Topics covered were - what is nutrition, important points in children's and adult's nutrition, the purposes nutrition serves, and the benefits of a nutritive diet.**

As most of you know, **Adoption Awareness Week (AAW)** at IAPA is observed around Childrens Day, in November. This year we designed the above symbol and shared it as a post on IAPA's different social media handles. IAPA planned varied sessions, and also participated in activities arranged by the DWCD.

One such was an interesting and informative online session on **Challenges of adoption - Growing-up Years** threw light on ways of coping with the challenges.

**Dr. Laura Vaz**, IAPA's psychotherapist and one of the panelists opened the session urging parents to look at adoption as a **wonderful process**. Such an approach, she said, would help in understanding the How, When and Why of sharing the fact of adoption. She used some examples from her practice to drive home the importance of sharing the fact of adoption. She said parents need to look at it not as a sense of duty, but because they want their child to know the truth. Her emphasis was on looking through the child's perspective, and accordingly talking about adoption with a positive attitude. She spoke about empathy towards the child for assisting the child's desire to search for roots.

**Dr. Sulabha Subramaniam**, psychotherapist and the other panelist for the session put the parents at ease by saying that behavior concerns among children are normal. She spoke about listening to one's child, validating the child's feelings, and mutual acceptance of behavior. Talking about cyber security, she introduced the concept of cyber wisdom. She explained this saying once parents gain the wisdom about the use of cyber sites and media, cyber security would follow. She clarified concerns in parents' minds about the overuse of mobile phones especially due to the pandemic.



# Annual Family Meet

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आयएपीए ने आयोजला स्नेहसंमेलन सोहळा  
आनंद झाला, जमला पालक व मुलांचा मेळा

मिळाली आत येताना तयांना एक बॅग गुडी  
बघून खाऊ त्यातील मुलांनी मारली उडी

सेल्फी पॉइंट येथे गोंगल, हेअर बँड लावून  
काढले फोटो त्यांनी करून या क्षणांचे जतन

नृत्य दिग्दर्शना बरोबर मुलांनी केले नृत्य  
आनंद मावेना त्यांच्या मनी, हे आहे सत्य

चित्रकला बहरली मुलांची, कागदावर उमटवून हातांचे पंजे  
पालकांनी घेतला सहभाग, शेजारी लावून स्वतः चे पंजे

कार्यक्रमाचे केले गायत्री ने सुंदर संचालन  
सर्वांच्या कला गुणांना देऊन प्रोत्साहन

छान छान खाऊ खाऊन गेले सर्व आपापल्या घरी  
देवा, मुलांना व पालकांना दे नेहमी आनंदाची शिदोरी

- मधुरा धारगळकर

To IAPA,  
The programme was  
really good. It was good  
to see so many children  
and to know their  
experience.

Anuja/Kuldeep  
CANARA ROBEKO

Thank you IAPA for  
a wonderful evening  
& the joy you bring to  
all the kids & parents.  
God bless  
Balraj Syer

CANARA



After a two-year break due to the pandemic, IAPA held its **Family Meet** at G.S.B. Sports Pavillion on Saturday, **January 7, 2023**. The programme began at 4:15 pm with a welcome video. Activities for children included balloon bursting, fancy dress competition, painting session and dance. The family meet gave parents an opportunity to meet the other families and IAPA Team. Three young persons shared their experiences vis-a-vis adoption.

Children grooved to dance moves on peppy songs choreographed by Karan Solanki. The tattoo artists didn't have any respite as children were lining up to get their favorite tattoos painted on their hands. A selfie corner with a variety of sparkling hairbands and dazzling props was set-up for the children and their parents. The pavilion's atmosphere was filled with smiles, laughter, enthusiasm, action, music and exchange of positive vibes!



# News from our Khetwadi Office

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A Dental Camp was held at West Khetwadi BMC School for children covered under IAPA's various programmes. **Dr. Sonal Bhasin**, a dentist and IAPA's executive committee member, along with her associate conducted a dental check-up of more than 100 children. Toothbrush & Toothpaste were given to the children as goodies.



**DENTAL CAMP**  
10 FEB '23



**CAREER GUIDANCE**  
25 FEB '23

A Career Guidance session was held at the West Khetwadi BMC School for older children. The resource person, Ms. Jain made the session interactive through writing tasks and other fun-filled activities. Useful tips were shared with the children to enable them to make an informed career choice.

A de-addiction session was conducted on 10 February, 2023. This session was resourced by two persons who are now completely off alcohol consumption. They shared their journey of addiction and how it adversely affected their family situation. The objective of the session was to provide support and guidance to those in similar circumstances. The most important details are that Alcoholic Anonymous (AA) Groups are conducted in communities for the affected persons and their families. The session received a good response.



**AA GROUP SESSION**  
10 FEB '23



# More from our Khetwadi Office

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## CGC WORKSHOP

The **Child Guidance Centre (CGC Aastha)** team organized sessions with parents and students on a variety of topics.

On October 13, 2022, a meeting with parents of Std. X students was held to discuss the challenges that students faced after resuming their regular academics after the lockdown.



**WITH PARENTS**

**13 OCT '22**



**WITH STUDENTS**

**23 DEC '22 | 31 JAN '23**

## CGC WORKSHOP

On December 23, 2022, and January 31, 2023, college students at Sant Gadge Maharaj College participated in workshops focusing on important topics of mental health, addiction, adolescent health and nutrition.

*A series of sessions were held with the students of West Khetwadi Municipal School on Anger Management and Emotional Well Being.*

## CGC WORKSHOP

On December 8, 2022 a session on Concerns related to Adolescence was conducted for the students of Std. X at Gilder Lane Municipal School. This session helped the students to cope with their board exams as they were given tips on stress-free studying methods.



**WITH ADOLESCENTS**

**08 DEC '22**

# Annual Sponsorship Day

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## Back To Fun & Activity

The high point of school reoprnng is meeting with friends in person but another reason is to participate on the Annual Day. **Annual Sponsorship Day** programme was held on **5 March '23** at Kamathipura BMC School for 320 sponsored children. Tributes were paid to Late Mrs. Kaumudi Telang. Sahil and Sakshi hosted the programme. A cultural programme was organised for the students wherein they participated in large numbers. The cultural programme included solo and folk-dance performances, demonstrations of dumbbells and Govan folk dance, Karate demonstrations and bicycle stunts. Icing of the day was a captivating magic show. Our executive committee members, **Dr. Sonal Bhasin**, **Mrs. Jagruti Mandavkar**, **Mrs. Najma Goriawalla** and **Ms. Smita Zankar** encouraged students to forge ahead. The children savored the snacks and lunch topped up with ice-cream.

Students who had passed their X, XII and graduation with flying colors were felicitated for their achievements while the students and IAPA staff applauded with happiness.





# Excursion Trip with Foster Carers

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An excursion visit for foster carers and their families took place on **25 March 2023**. IAPA team members accompanied them to two institutions -

## **Sangopita - A residential school for children with special needs**

Sangopita works towards improving the lives of people with disabilities. A brief orientation about the NGO was provided by the in-charge. Creative handicrafts prepared by the people were put up for sale. Coincidentally, it was Arya's birthday which was celebrated by all. Arya shares a strong bond with IAPA. She was in foster care, however, in view of her multiple disabilities she couldn't be placed in adoption and was eventually moved to Sangopita for permanent care. It is heartening to know that the foster family continues to keep in touch with her.



**St. Charlets Anaath Aashram** works towards bettering the lives of those being abandoned by their families and society. Such individuals in distress are brought to the organisation and taken care with utmost care and dignity.

The foster mothers were overwhelmed when they learnt about the appalling conditions these people were living in before coming to the Aashram. This was indeed an insightful visit that helped broaden the perspectives of not just the foster carers but also their children.

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# Glimpses from our Rural Project

**Life Skills Education** sessions for grade 10 students from four high schools across the villages - Terevayangani, Agarvayangani, Umbarle, and Talsure. These sessions aim at instilling knowledge, skills, and attitudes necessary during adolescence and to prepare them for adulthood. These programmes also addressed concerns related to physical changes, menstruation, reproduction, health, and nutrition.



## MOVIE SCREENING

In October 2022, shortly after the end of the first term exam, Terevayangani High School organized a **Movie Screening** and discussion for students in grades 8th through 10th. The movie chosen for screening was 'Gunjan Saxena's - The Kargil girl'. A girl from an ordinary middle-class family overcomes obstacles to become a pilot in the Indian Air Force. During her training period, she is subjected to gender discrimination and other social issues. Despite her difficulties, she was able to undertake great responsibility during the Kargil War. Students, particularly female students, were inspired by the movie.

## SUPER ACHIEVER

**Suchita Laxman Shigvan**, a student supported by Chance of Life, completed a one-year course in patient assistance and nursing at Vatsalya Trust in Mumbai. Suchita graduated and secured **first rank** in her class at Vatsalya. From November 2022, Suchita has been associated with Apollo Hospital in Belapur, Navi Mumbai. She provides post-discharge care to the patients and earns a decent income. It's comforting to see her personality change after finishing the course and finding employment.







Capacity building and team development have always been an essential component of work life. IAPA has picked on opportunities for skill development of its team. In addition to the team members attending workshops, seminars, conducting informative sessions, a couple of in-house sessions on interpersonal communication, and mindfulness were conducted.

*Thank you dear Sponsors and Donors!*

*We and our children are grateful to our sponsors and donors who have had a long association with us. Together we are making a difference. Your continued support throughout the journey has been deeply gratifying.  
This means a lot to us...*

*Thank you for your kind generosity!!*

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UPCOMING  
FUNDRAISER

रिश्ते



*A Musical Evening*

*by* Rangdhara

*in aid of*



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

सुरक्षा और परिवार हर बच्चे का अधिकार

*on*

FRIDAY, 26 MAY 2023 | 7:15 PM

VENUE: RANGSHARDA AUDITORIUM, BANDRA (W)

KC Marg, Near Lilavati Hospital, Nityanand Nagar, ONGC  
Colony, Bandra West, Mumbai - 400050



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

7, Kanara House, Mogul Lane, Matunga (West), Mumbai - 400016

+91-22-24374938 | iapacw1970@gmail.com | www.iapacw.org

Regd. under the Societies Registration Act XXI of 1860: No. BOM/27/1971

The Public Trust Act of 1950. Registration No. -F-2230 | Guidestar India No. 528

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

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