

# I AM WELLBEING



"Our dream is to see a compassionate world where children can triumph over their mind to become self-sufficient and empowered individuals."

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# I AM WELLBEING

I Am Wellbeing is an organization dedicated to providing mental health support to vulnerable children and young people living in adverse conditions. We are a multidisciplinary team of mental health professionals with over a decade of experience of working with intense trauma in settings such as Child Care Institutions, Schools, NGOs and vulnerable communities.

Each team member is trained in Trauma informed care and brings their resourcefulness through diverse training backgrounds in trauma healing modalities like Arts Based Therapy, EMDR, IEMT, Drama Therapy, EFT, and more. Keeping mental wellbeing at the heart of the program, the team adopts a holistic approach incorporating modalities like art, mindfulness, metaphors, narrative and somatic approaches to facilitate prevention and intervention models and make a positive shift in the lives of people who have experienced trauma. With our well-networked ecosystem, our team is brimming with initiatives to address the larger picture of trauma healing in India. To achieve our dream of building a trauma-informed society, I Am Wellbeing provides the required support and training, while advocating ideas of prevention and sensitization.





## VISION

To create ecosystems that nurture positive mental wellbeing by mitigating the impact of adverse childhood experiences.

## MISSION

- To empower vulnerable children and adolescents by providing holistic development support
- To create a trauma informed ecosystem by offering specialized skills to caregivers and parents
- To reduce the treatment gap by training professionals to provide effective, specialized mental health intervention for trauma healing



# VALUES

We are driven to bring about a change in the lives of young people



PASSION



We have clear ambition and goals in order to bring about lasting change

AMBITION

We will support young people till the last person in need gets the loving and understanding environment they need to blossom into mentally healthy adults



COMPASSION



## MODEL OF CHANGE



Millions of young children in India are at highest risk for exposure to a number of adversities including child abuse, neglect, poverty, etc. Childhood adversity plays an important role in shaping risk for mental health problems across the lifespan. There is a significant association between poverty, lower levels of education and, sometimes, poor housing or low income with risk of mental illness. Children &

adolescents living in juvenile homes, foster care, children living in the streets or Child Care Institutions, orphanages and in underprivileged communities are the ones who require the most intensive mental health support to counter the impact of childhood trauma..



### ***Child and Adolescent Mental Wellbeing***



## MODEL OF CHANGE

The Impact of ACEs - Children from such communities are exposed to multiple Adverse Childhood Experiences in the form of maltreatment, sexual abuse, violence, prejudice, domestic adversities, inhumane treatment, or even witnessing inhumane treatment. These children are more likely to develop mental health issues, and if left unaddressed, can lead to severe mental health issues, addiction, acts of violence or other adverse conditions.

The crisis of child and adolescent mental health is very real and urgent. I Am Wellbeing aims at bridging the gap to bring communities and individuals together to ensure that care and support is available for young people in need.

### FORMS OF ACEs




- Abuse
- Neglect
- Mental Illness

- Substance Abuse
- Caregiver in Jail
- Death of a Caregiver


### IMPACT OF ACEs

4x  more likely to have lower mental wellbeing

5x  more likely to have underage sex

6x  more likely to have an unplanned pregnancy

7x  more likely to be involved in violence

11x  more likely to use illicit drugs

11x  more likely to be arrested





## Sectors and Settings for Impact

High Stress Communities	Child Care Institutes	Academic and Not for Profit Sector
Vulnerable Children and Adolescents	Caregivers	Mental Health Professionals
Parents and families	Decision Makers	Teachers and Social Workers



## Intermediate Outcomes

Individuals	Organizations	Society
<ul style="list-style-type: none"> <li>• Increased Sense of Belongingness</li> <li>• Improved Self Esteem</li> <li>• Emotional Management</li> <li>• Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding and Nurturing Caregivers</li> <li>• Safe and Supportive Environment</li> </ul>	<ul style="list-style-type: none"> <li>• Trained Professionals</li> <li>• Reduced Mental Health Care Gap</li> </ul>

## Improved Mental health



## Long Term Benefits

<ul style="list-style-type: none"> <li>• Less Anxiety</li> <li>• Depression</li> <li>• Substance Abuse</li> <li>• Improved Physical Health</li> </ul>	<ul style="list-style-type: none"> <li>• Improved productivity at school, home and work</li> <li>• Less Violence Crime</li> <li>• Reduced Suicide Rate</li> </ul>	<ul style="list-style-type: none"> <li>• Improved Quality of Life and Wellbeing</li> <li>• Reduced Economic Burden of Mental Health</li> </ul>
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## HIGHLIGHTS OF THE YEAR (Navigating through 2020)

### NOVEMBER 2020

Completed two batches of Internship in the month of November. Interns were provided with robust training, constant skill-building & supervision.

### DECEMBER 2020

I Am Wellbeing organised an event 'Heal For a Cause' to create space for individuals to make sense of this year, process difficult emotions, & welcome 2021 with hope and joy.

### FEBRUARY 2021

The trainers from I Am Wellbeing were invited as guest speakers for interactive workshops on topics such as 'Managing Exam anxiety and stress during COVID' and 'New child Entry program'.

### MARCH 2021

I Am Wellbeing expanded its network and partnered with India Vision Foundation to support children living in vulnerable families.

### JANUARY 2021

A 3 month Fellowship program was launched in the month of January. 25 fellows were on-boarded and trained under the guidance of supervisors.

### OCTOBER 2020

In October, I Am Wellbeing launched the first issue of monthly Newsletter 'Building Connections'. The newsletter captures the work of I Am Wellbeing and updates its users with the ongoing activities and programs of the organisation.

### AUGUST 2020

In order to mitigate the long term psycho-social impact and provide holistic support to children living in urban slums of Haryana, Project Arya was launched.

### SEPTEMBER 2020

our longest running project in collaboration with Newgen software technologies under their Corporate Social Responsibility Initiative started its new phase online

### JULY 2020

Covid Response along with StepOne focused on the post-recovery well-being of those with COVID-19. Assessing the necessity, volunteers gave information regarding plasma donation to recovered individuals

### APRIL 2020

To immediately address the mental health concerns & provide crisis intervention, a counselling helpline COVID Response was launched in collaboration with DCPCR on 7th April, supporting families in distress.

### JUNE 2020

Phase two of COVID Response was launched in collaboration with Project StepOne with the intention of supporting citizens affected by COVID-19.

### MARCH 2020

Our team provided immediate crisis counselling support to the children, women and families impacted by the North East Delhi riots.

### MAY 2020

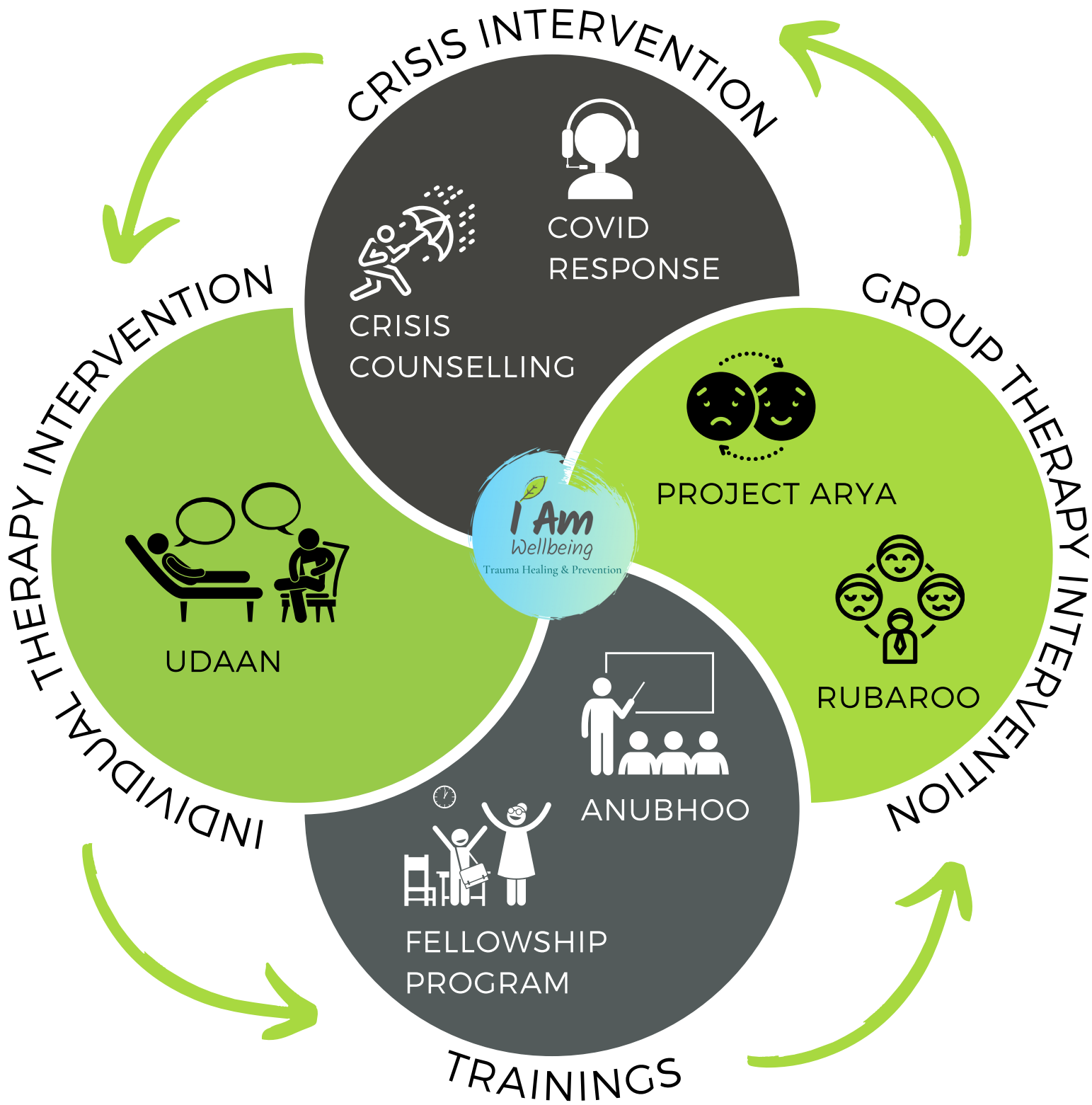
Rigorous training & supervision was provided to more than 800 volunteer counsellors by trauma specialists from I Am Wellbeing



I Am Wellbeing



PROGRAMMES





## CRISIS COUNSELLING IN RIOT AFFECTED AREAS

On 23th February 2020, the peaceful streets of North East Delhi witnessed communal riots, leading to loss of innocent lives, livelihoods and nurtured homes. The communal violence left many people concerned about their and their loved ones' safety and survival. This apart, the violence rendered many incapacitated and psychologically impacted several people, necessitating the need for post-trauma crisis counselling and psychological first aid. Our team provided immediate crisis counselling support to the children living in the relief camps set up at Mustafabad who witnessed extreme violence in the Delhi Riots. We also extended support to overwhelmed and tormented women living in relief camps set up at Mustafabad and Shiv Vihar.

### OBJECTIVES

- Providing immediate mental health support to survivors of the riots.
- Immediate crisis intervention.
- Providing Psychological first aid in order to assist survivors in starting the recovery process.



*Sessions during Delhi Riots 2020*



*A glimpse of a child's drawing during session 2020*

## CRISIS INTERVENTION

### OUTCOME



Riot affected families & individuals started talking about resuming their lives and took necessary help to get their lives back on track.



The survivors were able to step out of their houses ready to counter fear and anxiety.



The immediate crisis intervention supported the survivors in processing the intense trauma.

### IMPACT



**70+**

Children



**100+**

Families



**50+**

Women



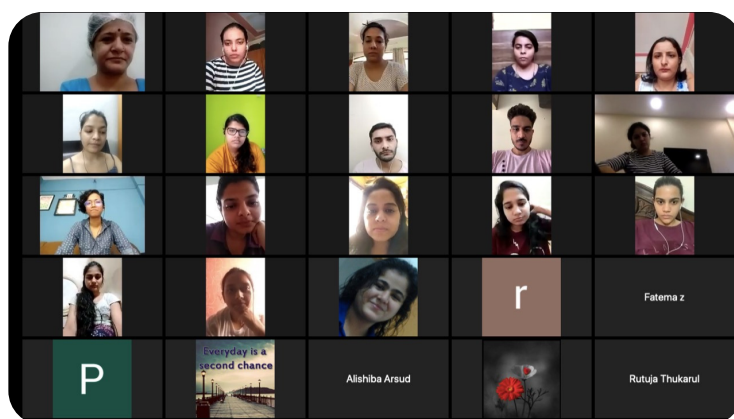
## CRISIS INTERVENTION

### COVID RESPONSE

As the nation collectively faced a “total lockdown”, a group of mental health professionals gathered to provide support to those who were massively overwhelmed and deeply distressed. Covid Response was launched as a helpline to provide psycho-social support to those affected by the suddenness of the lockdown. In addition to that, Covid Response, along with StepOne focused on the post-recovery well-being of those affected by COVID-19. Assessing the necessity, volunteers gave information regarding plasma donation to recovered individuals and asked for their willingness to donate the same.

### OBJECTIVES

- Providing mental health support during the pandemic.
- Setting up a crisis counselling helpline through effective partnerships in order to extend psychosocial support to people pan India.
- Equipping the people with coping resources that could help them survive during the tough times.
- Extending emotional support to people post Covid recovery.
- Spreading awareness about plasma donation.



*Covid Response Supervision circles 2020*



*Covid Response Townhall 2020*

# CRISIS INTERVENTION

## OUTCOME



Assistance to overwhelmed and distressed families during the lockdown.



Increased accessibility of community resources to general population



Timely mental health intervention in the wake of pandemic



Improved mental and emotional well-being during uncertain times



Increased sensitization among citizens for self-care resources and practices

## IMPACT



**800+**

mental health professionals trained



**3,000+**

Post recovery patients supported



**10 FOLD**

Increase in plasma donation



**7,000+**

Covid patients supported



**65,000+**

Families reached out to

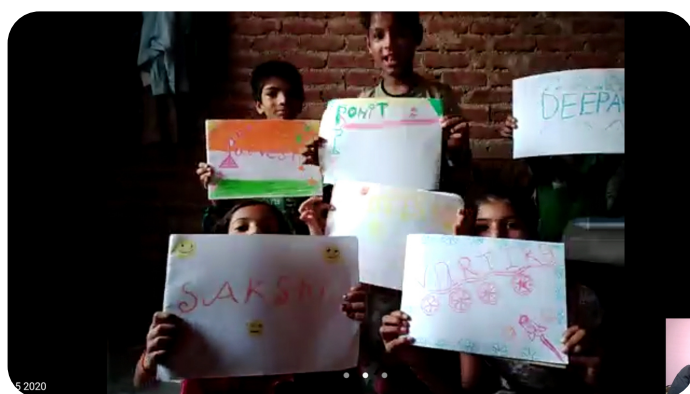
## GROUP THERAPY INTERVENTION

### PROJECT ARYA

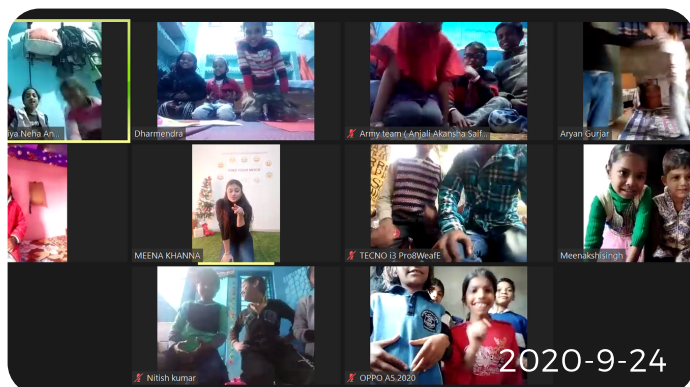
The struggles of children living in adverse conditions have multiplied during the pandemic. With school shutdowns, loss of livelihoods, extreme violence and abuse, children in vulnerable communities are growing in an all the more difficult environment. Lack of resources adds to the plight of these young souls, incapacitating them to break free from this toxic cycle of poverty, vulnerability and trauma. Childhood adversity plays an important role in shaping risk for mental health problems across the lifespan. There is an urgent need to support these children and this community in order to manage the long term psycho-social impact. To mitigate the impact of adverse childhood experiences, Project Arya provides holistic support to children living in urban slums through socio-emotional learning intervention. We aspire to give children living in slums a safe space to dream and the resources to make their dreams come true.

### OBJECTIVES

- To mitigate the impact of adverse childhood experiences by providing holistic support to children.
- To empower vulnerable children and adolescents with skills and resources



*Project Arya Social Emotional Learning group sessions 2020*



*Christmas Celebration with Children under Project Arya 2020*



# GROUP THERAPY INTERVENTION

## OUTCOME



Creating a safe space for learning



Expanding the support system & network of trusted adults for children



Giving children a childhood filled with love and connection



Enhanced pro-social behaviours



Improved emotional wellbeing

## IMPACT



**130+**

children supported during pandemic



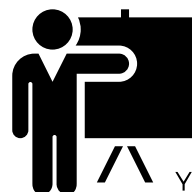
**4,000+**

hours of socio-emotional learning support



**30+**

Community volunteers engaged



**35+**

Young fellows trained

# ASSESSMENT RESULT

**13.3%**

ENHANCED LEVEL  
OF INTERACTION

**11.17%**

INCREASED LEVEL  
OF INVOLVEMENT

**5.94%**

IMPROVED LEVEL  
OF CREATIVITY

**0.64%**

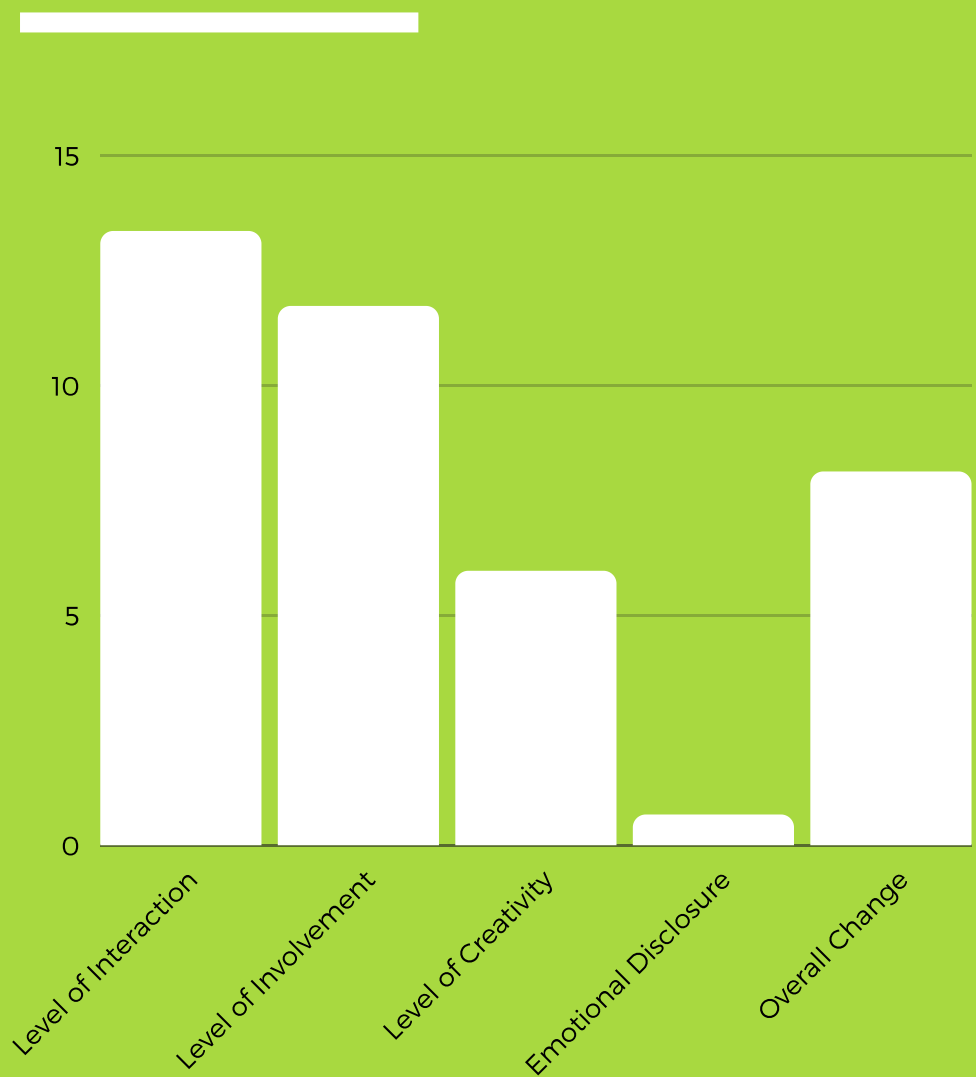
INCREASE IN  
EMOTIONAL  
DISCLOSURE

**8.10%**

OVERALL PROGRESS  
IN CHILDREN OVER  
A PERIOD OF 6  
MONTHS

***"Under Project Arya, progress of all the children enrolled were marked on a monthly basis. Overall, 8.10% change observed in children over a duration of six (6) months indicating improved connections, emotional resilience, creative thinking and pro-social behaviours***

- **13.33% improvement in level of interaction indicating improved communication and social skills and self-expression**
- **11.17% Improvement in involvement indicating enhanced attention, concentration and task completion**
- **5.94%Improvement in creativity indicating improved creative thinking skills**
- **0.64% Improvement in emotions indicating enhanced emotional vocabulary and regulation of emotions**



## GROUP THERAPY INTERVENTION

### RUBAROO

COVID-19 brought about a complex array of factors (uncertainty, social isolation, and parental angst) which had an impact on the mental health of children and adolescents. Children had many worries related to the consequences of the pandemic such as whether they will see their friends and relatives, go to school or get sick. Due to difficulty in reaching out to children & adolescents on-field. Our longest running project for more than four years in collaboration with Newgen software technologies under their corporate social responsibility initiative started its new phase online with children from Sadbhavna NGO and school going girls from Newgen NDDP program. The program initially entailed once in a month, three hour long session but in order to adjust to the new normal it was modified to two 90 minutes session once a month. A new group of 50-70 girls from the NDDP program were also enrolled in the same program.

### OBJECTIVES

Pandemic and lockdown had brought a sense of fear and anxiety around the globe. This phenomenon led to short term as well as long term psychosocial and mental health implications for children and adolescents. In order to cater to the needs of the children enrolled, the objectives of the program were tailored according to their immediate needs.

- Creating a safe space for them.
- Hearing out their experiences and concerns along with validating & addressing them.
- Assisting children in adapting to the "new normal".
- Supporting children in building a self-care routine.
- Educating children about mental health and related concerns
- Giving rise to agents of change who are aware & mindful.
- Building capacity in our agents of change to support oneself and others.



# GROUP THERAPY INTERVENTION

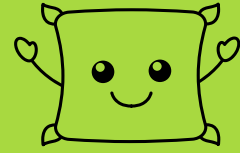
## OUTCOME



A safe space for children to voice out their worries



Compassionate & empathetic changemakers



Increase in adjustment with the new normal



Awareness about mental health



Increase in self care practices amongst children

## IMPACT



# 100+

children supported during pandemic



# 70+

New children enrolled in the program



# 750+

hours of mental health support extended

## INDIVIDUAL THERAPY INTERVENTION

### UDAAN

Pandemic has exacerbated the abuse and exploitation of children trapped in homes. Trauma from adverse childhood experiences such as abuse, neglect, poverty and inhuman treatment can have a huge impact on a child's life. During pandemic, Udaan is providing intensive individuals and group therapy sessions online to children and adolescents struggling with trauma. A contained and healing space for emotional support is created by trauma-informed therapists for young lives to grow. The therapists make use of various modalities like drama therapy, play therapy, body work, metaphors, mindfulness based practices etc. in order to make a positive shift in the lives of individuals who have experienced trauma.

### OBJECTIVES

- To support individuals in processing the impact of trauma and grief, develop positive self-image, manage emotions and build resilience.
- To break the cycle of trauma and abuse by providing intensive individual counselling and therapy sessions



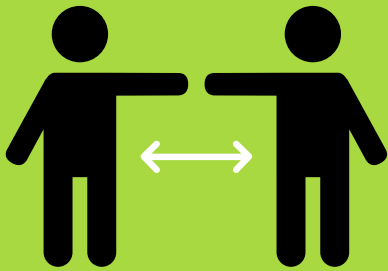
*A client sharing self care practices using art during individual therapy*



*A Glimpse of different modalities used during individual therapy*

# INDIVIDUAL THERAPY INTERVENTION

## OUTCOME

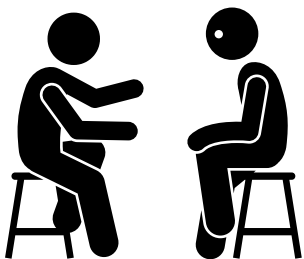


A safe and contained space for individuals struggling with intense trauma



To build resources and support for individuals in their journey of healing

## IMPACT



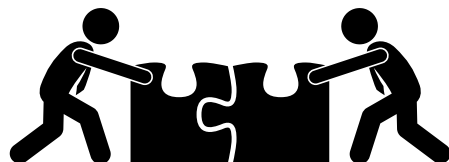
**250+**

Hours of intense trauma therapy



**15+**

Regular intensive therapy clients



**5+**

Organisational Partnerships



## TRAINING

### PROJECT ARYA FELLOWSHIP

A 3 month fellowship program is launched under Project Arya for young people who are passionate about working with children living in adverse conditions and have a zeal to learn about trauma healing and support. The Fellowship is unique as it offers hands-on field experience to the associated fellows along with robust training and supervision sessions from a trauma-informed lens. Components of the fellowship:



Trauma  
Informed Training



Weekly  
Supervision



Community  
Experience



Continuous  
Skill Building



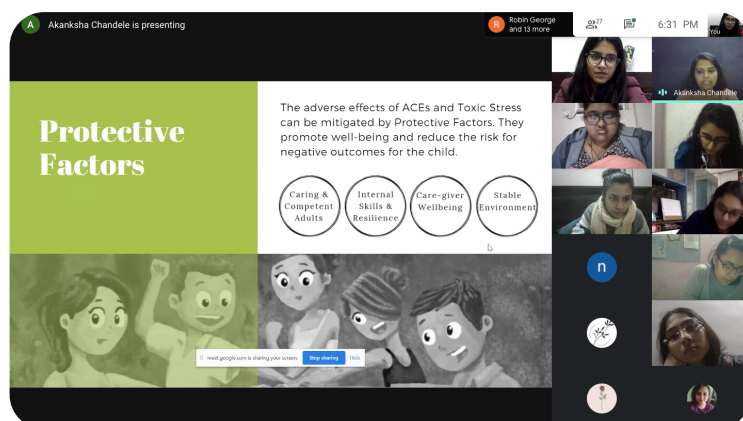
SEL Facilitation



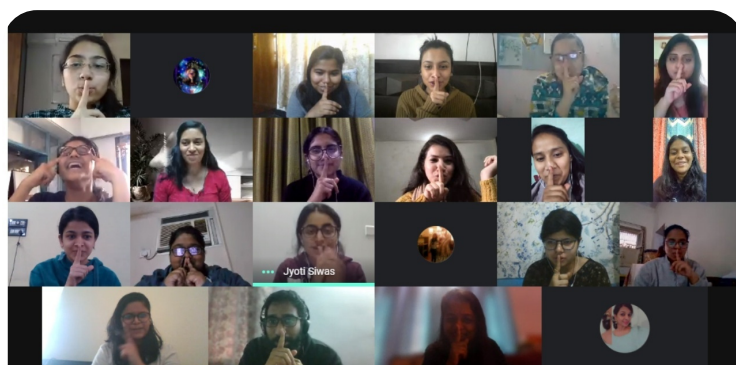
Online Work  
With Children

## OBJECTIVES

To reduce the treatment gap by training professionals to provide effective, specialized mental health Intervention for vulnerable children and adolescents



*Project Arya Training on Adverse Childhood Experiences 2021*



*Project Arya Training on Introduction to Group Therapy 2021*

TRAINING

OUTCOME



Trauma-informed mental health professionals

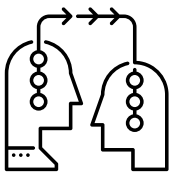


Continuous building & skill development



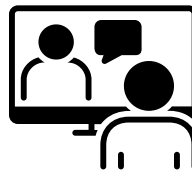
Trained and sensitive professionals

IMPACT



35+

Professionals trained



800+

Hours of supervision



75,000+

Funds raised by the fellows for Project Arya

## TRAINING

# ASSESSMENT RESULT

## 18.3%

IMPROVEMENT IN  
VERBAL  
COMMUNICATION

## 8.5%

IMPROVEMENT IN  
NON VERBAL  
COMMUNICATION

## 32.3%

IMPROVEMENT IN  
GROUP  
PARTICIPATION

## 27%

ENHANCED  
LEARNING  
EFFECTIVENESS

## 17.2%

IMPROVEMENT IN  
CREATING A  
LEARNING  
ENVIRONMENT

***"Under Project Arya Fellowship, all the fellows showed a tremendous overall growth of 20.4%, which is indicative of progress in all the components essential for efficient and effective social emotional learning sessions Facilitation."***

## 19.5%

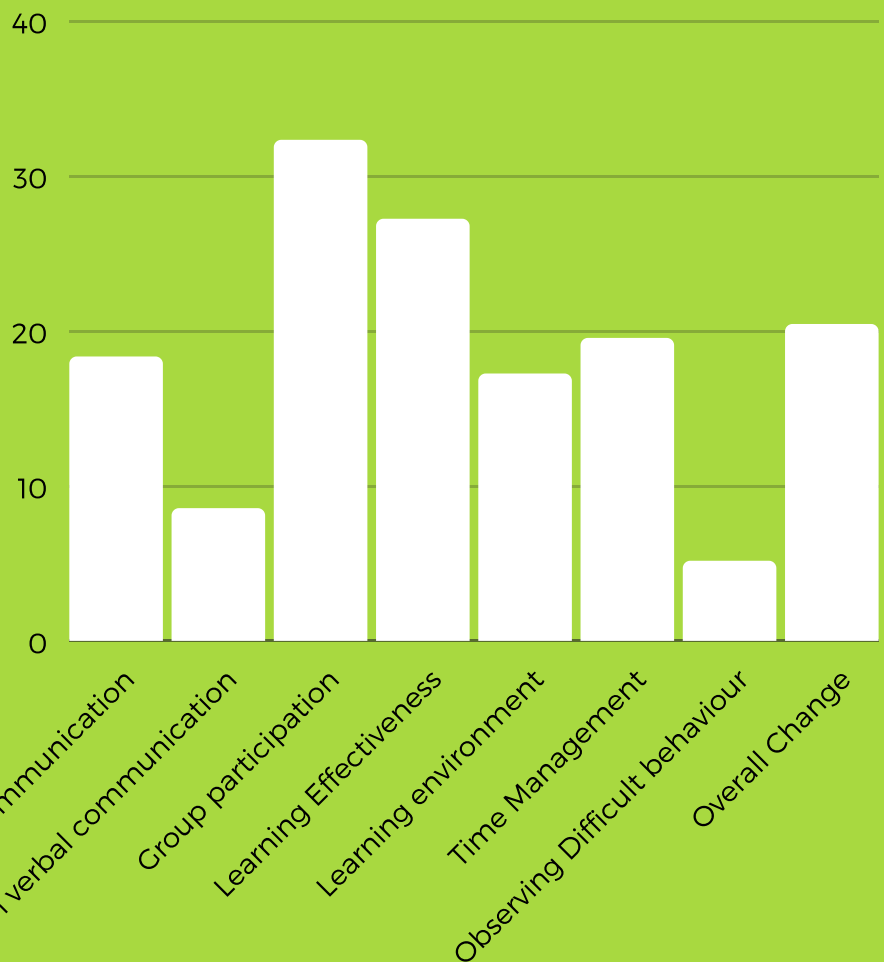
IMPROVEMENT IN  
TIME MANAGEMENT

## 5%

IMPROVEMENT IN  
MANAGING DIFFICULT  
BEHAVIOR

## 20.4%

OVERALL CHANGE  
IN FACILITATOR'S  
PERFORMANCE





## TRAINING

### ANUBHOO

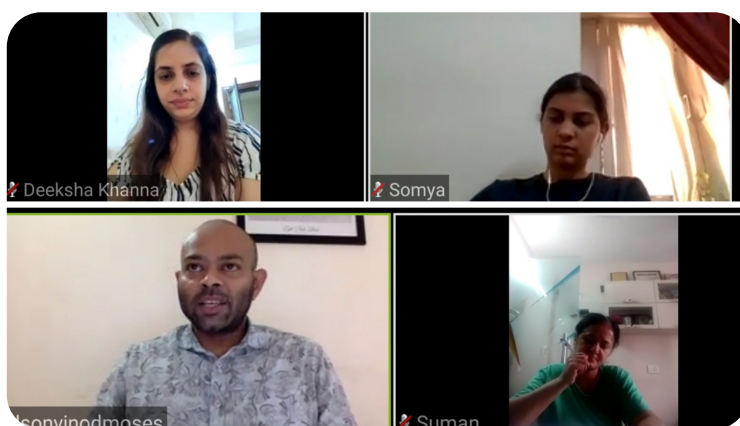
In order to address the rising mental health concerns across the country during the pandemic, counsellors were onboarded and trained within 12 hours to launch the counselling helpline in April with the support of DCPCR. The purpose of providing robust training was to ensure quality controls of the program. A model for crisis intervention, which was an amalgamation of the RAPID model of crisis counselling, trauma informed coping strategies and basic counselling skills was developed by trauma specialists from I Am Wellbeing and rigorous training and supervision was provided to 750+ volunteer counsellors. With the intent to upgrade skills of the volunteers, Workshops relevant to the mental health concerns during pandemic namely, suicide prevention, grief counselling and geriatric psychology were held by industry experts.

### OBJECTIVES

- To reduce the treatment gap by training professionals to provide effective, specialized Crisis Intervention to the citizens
- To ensure skill-building and knowledge enhancement of the associated volunteers



*Workshop on working with Grief & Loss 2020*



*Suicide prevention gatekeeper's training 2020*

TRAINING

OUTCOME



Building a taskforce and safety net for the citizens of the country in the wake of the pandemic

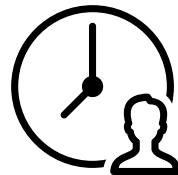


Equipping mental health professionals with relevant knowledge and skills



Addressing the collective trauma with specialised and timely crisis intervention

IMPACT



8,000+

Hours of training



800+

Mental health professionals trained



80,000+

Lives impacted pan India

## CUMULATIVE IMPACT

**6,000+**

Children

**850+**

Mental health  
professionals

**65,000+**

Families

**10,000+**

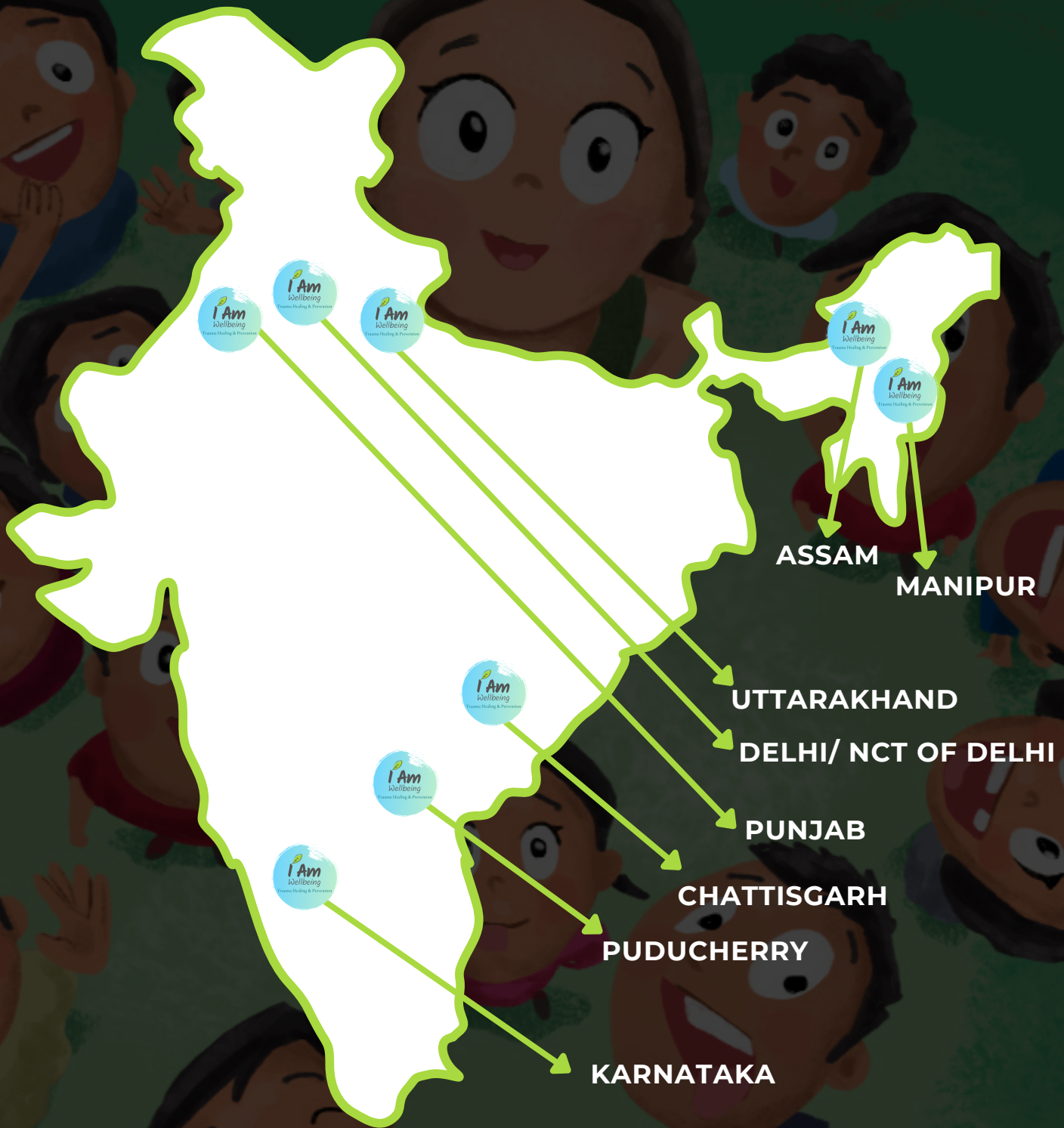
Covid patients

**450+**

Caregivers

***A total of 82,000+  
lives impacted in the  
year 2020-21***

## ORGANIZATIONAL FOOTPRINT

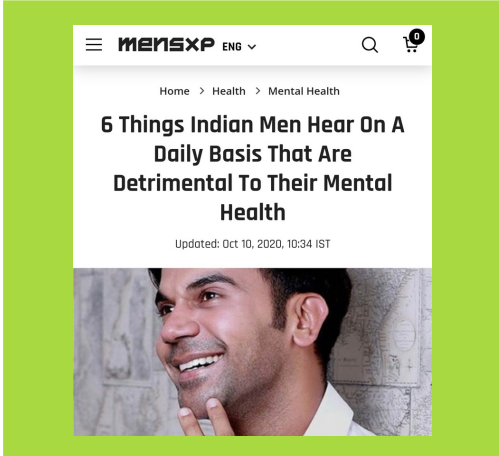


# PAN INDIA OUTREACH

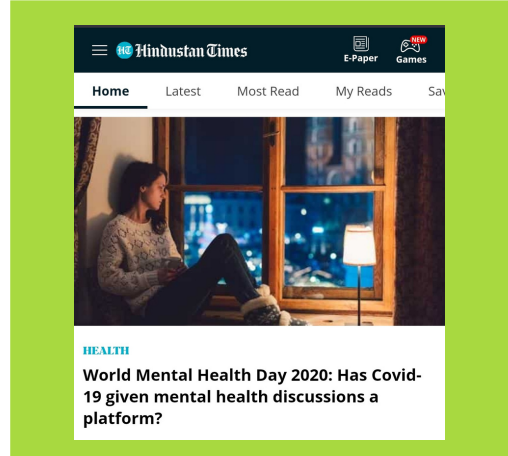


# I AM IN THE SPOTLIGHT

## NEWSPAPER COVERAGE, INTERVIEWS & PODCAST



*6 Things Indian Men hear on a daily basis that are detrimental to their mental health*



*World Mental Health Day 2020: Has Covid-19 given mental health discussions a platform?*



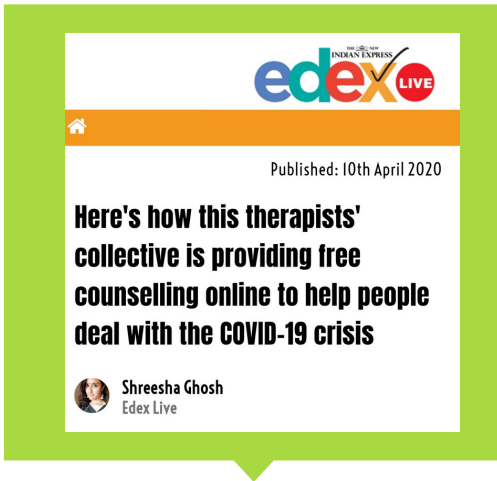
*DCPCR partnered with 'COVID Response', a not-for-profit initiative, to set up and operate the helpline.*



*Boundaries & Breaks: How the counsellors are coping*



## I AM IN THE SPOTLIGHT



*Here's how this therapists' collective is providing free counselling online to help people deal with the COVID-19 crisis*



*Podcast: I Am Wellbeing: Nurturing Trauma Informed Care*



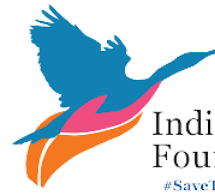


# SIGNIFICANT COLLABORATIONS



सत्यमेव जयते

Government of the National Capital Territory of Delhi



India Vision Foundation  
#SaveTheNextVictim™



SAHAY  
A SOCHARA INITIATIVE



Dost Education



Mind Piper



Robin Hood Army



Together we can!!! Together we should!!!



NEWGEN



उत्तराखण्ड शासन

Uttarakhand State Government



Chhattisgarh State Government



Punjab State Government



Karnataka State Government



Delhi Commission for Protection of Child Rights



I Am Wellbeing  
Trauma Healing and Prevention

## FINANCIALS

**NAIRATMYA FOUNDATION**  
**(A Public Company Limited by Shares not for Profit under Section 8 of Company act 2013 )**  
**1598, Sector 29, Noida, Gautam Budh Nagar Gautam Buddha Nagar Uttar Pradesh 201301**

**BALANCE SHEET AS AT 31ST MARCH 2020**

Particulars	Note No.	Figures as at the end of 31st March, 2020	Figures as at the end of 31st March, 2019
<b>I EQUITY AND LIABILITIES</b>			
<b>(1) Shareholders Funds</b>			
Share Capital	1(a)	20,000.00	
Reserves and Surplus	1(b)	(6,980.00)	-
<b>(3) Non- Current Liabilities</b>			
Long Term Borrowings	2	-	-
<b>(4) Current Liabilities</b>			
Other Current Liabilities	3	7,500.00	-
Short term Borrowings		31,000.00	-
<b>TOTAL</b>		<b>51,520.00</b>	<b>-</b>
<b>II ASSETS</b>			
<b>(1) Non Current Assets</b>			
Deferred Tax Asset	12	-	-
<b>(2) Current Assets</b>			
Sundry Debtors	4	-	-
Cash and Cash Equivalents	5	51,520.00	-
Other Current Assets	6	-	-
<b>TOTAL</b>		<b>51,520.00</b>	<b>-</b>
Significant Accounting Policies	13		
Explanatory Notes	14		





## FINANCIALS

## NAIRATMYA FOUNDATION

(A Public Company Limited by Shares not for Profit under Section 8 of Company act 2013 )

1598, Sector 29, Noida, Gautam Budh Nagar Gautam Buddha Nagar Uttar Pradesh 201301

STATEMENT OF INCOME AND EXPENDITURE FROM 06TH SEPTEMBER 2019 TO 31ST MARCH 2020

Particulars	Note No.	Figures for the year ended 31st March, 2020	Figures for the year ended 31st March, 2019
I Donation Received	7	-	-
II Other Income		520.00	-
III <b>Total Revenue (I+II)</b>		<b>520.00</b>	<b>-</b>
IV <b>Expenses :</b>			
Operating Exp	8	-	-
Employee benefits Expenses	9	-	-
Finance Costs	10	-	-
Depreciation and Amortization expenses		-	-
Other Expenses	11	7,500.00	-
<b>Total Expenses</b>		<b>7,500.00</b>	<b>-</b>
V <b>Surplus Before Tax (III-IV-V(A))</b>		<b>(6,980.00)</b>	<b>-</b>
VI <b>Amount Deemed to be Utilised U/s 11(1)</b>		<b>-</b>	<b>-</b>
VII <b>Surplus Before Tax (III-IV-V(A))</b>		<b>(6,980.00)</b>	<b>-</b>
VI Tax Expenses			
(1) Provision for tax		-	-
(2) Deferred Tax Assets/(Liabilities)	12	-	-
VII <b>Profit (Loss) for the period (V-VI)</b>		<b>(6,980.00)</b>	<b>-</b>
VIII Earning per Equity Share :			
(1) Basic			
(2) Diluted			
Significant Accounting Policies	13		
Explanatory Notes	14		







I Am Wellbeing has a multidisciplinary team of mental health professionals. Our team of counsellors, clinical psychologists, trainers and volunteers are led and supervised by core team members. With continuous learning and a strong focus on self care as the organisation's core beliefs, the team is offered several opportunities for personal and professional growth and nurturance.

## Core Team



Akanksha Chandele  
Founder



Akshita Dutta  
Co-Founder



Pallavi Singh  
Counselling  
Psychologist



Kriti Sareen  
Counselling  
Psychologist

## How you can support

Your contribution can help steer these young lives towards a more fulfilling future

Join the  
team



Volunteer  
with I Am



Make a  
contribution

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