

APNI SHALA FOUNDATION



# ANNUAL REPORT 2021/22



building skills for life

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# MESSAGE FROM THE CEO

The year 2021-22 began for us in very conflicting ways. We began the year celebrating the grand success of our first-ever SELebrating Inclusion Summit, a global online gathering organised in partnership with Ummeed CDC to build larger awareness and advocacy for social-emotional learning and inclusion. A month later, we were hit by the second way of the COVID-19 pandemic. The school year had closed, and the summer break for our students had begun.

**Rishabh Lalani, our advisor, asked us,  
“What are we doing to support our students,  
their families, and the larger community?”**

That led us to design an intentional and strategic response in the months of May and June, to build the online Communities of Wellbeing, in partnership with Atma, Catalysts for Social Action, Narrative Practices India, and The Yellow Umbrella. This was further layered up by individualized support for our students, many of whom had moved to their villages with their families and were further isolated from the community of friends. The loneliness, loss, and grief were on a rise.

Shahbaan Shah, from the Apni Shala team, during one of the, debriefs' shared, "I called up one of my students to check on him. He is in the village. I asked how he was doing. My student went quiet. Then after a few seconds, he asked me if I could call him back in the night as he was not able to think at that moment. When I called him again in the night he shared with me, 'Bhaiya, in the last so many days I have not thought about how I am feeling. No one has asked me recently, and when you asked me, it reminded me of our class. I don't know how to respond to you then. So I asked you to call me in the evening. I can tell you now bhaiya how I am feeling. I am feeling happy that you called.' **This is why we do what we do.**

This is why we continued to do whatever we did in the year 2021-22. While COVID-19 continued to pose a daily uncertainty, team Apni Shala found many ways to respond to these challenges and co-create opportunities for our students, parents, teachers, volunteers, and other stakeholders to find ways to heal together.

**Our incredible team did some phenomenal work  
in the context of the challenges we were posed with.**

We entered into an MCGM partnership to build Khoj, Apni Shala's SEL-informed school initiative, operationalizing it at MCGM's Limbuni Baug Mumbai Public School; we kickstarted a 6-months long journey to rediscover Apni Shala's values with Suchetha Bhat's guidance and "Compassion, Equity and Trust" showed up for us; and returned to in-person with our school and NGO partners in the second half of the school year.

A team of 25 people have modeled once again for me, what's possible when we come into community with each other and with those we hope to serve.

With deep gratitude and humility, I present our year 2021-22.

Rohit Kumar,  
CEO  
Apni Shala Foundation



# OUR MISSION

**We build social-emotional learning (SEL)  
competencies in individuals  
for a harmonious co-existence**





# WHAT WE DO

## **Build**

a wholesome Social Emotional Learning (SEL) curriculum and evaluation framework in the Indian context

## **Facilitate**

to increase access to SEL for a larger reach

## **Capacitate**

institutions and educators for SEL

## **Advocate**

with the government and other stakeholders for policy interventions



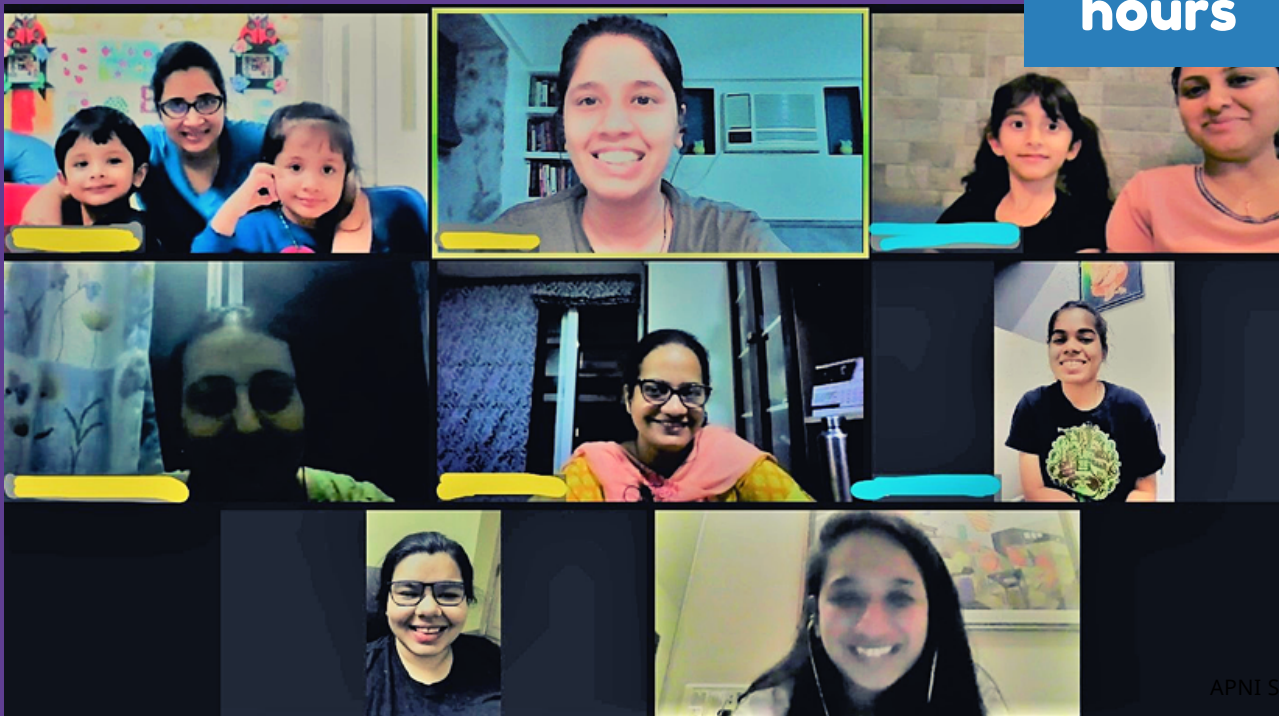
# COMMUNITIES OF WELLBEING

We started this year in a unique way. The COVID-19 second wave disrupted lives in communities across India. In response to the situation, we launched the Communities of Wellbeing program to extend support to communities by creating safe and open spaces where adults, children, and youth could come together to overcome the challenges that the new wave presented.

We facilitated virtual well-being sessions every week over a number of months so that people could regularly access a safe space to express their feelings, build solidarity through their shared experiences, and co-create spaces of community wellbeing.

**1170**  
people  
supported

**72**  
wellbeing  
session  
hours



# SELebrating Inclusion Summit

SELebrating Inclusion Summit envisioned to be an annual SEL and inclusion gathering of organizations, policymakers, schools, educational institutions, families, educators, and any individuals working towards making the education system more inclusive, safe, and focused on the well-being of those accessing it.

In collaboration with Ummeed Child Development Centre, this inaugural summit was held online over two days and in many ways became a much-anticipated and needed gathering of various stakeholders of the SEL movement and conversation in India. We look forward to these gatherings and exchange of ideas and intentions every year.



23rd-24th April 2021  
Friday & Saturday

**The theme of this inaugural summit was “Systems, Stories, and Spaces of Wellbeing/ SEL”.**

**250+**  
**education and mental health professionals and organisations participated in our inaugural summit!**



A group of approximately 15 school children, both boys and girls, are posed in a classroom. They are wearing light blue and white striped uniforms with dark neckerchiefs. Many of the children are making peace signs with their hands. The background features a red horizontal band on the wall and a window with a grid pattern on the right.

# SEL PROGRAMMES

*Integrating social-emotional  
learning in education settings  
in Mumbai and across the country*



# The School SEL Programme

The School SEL Programme is the first of two flagship initiatives at Apni Shala, engaging children across schools and NGOs in age-appropriate social-emotional learning sessions throughout the school year.

In 2021/22, COVID-19 exacerbated inequality due to unequal access to technology and other resources that support education. Through creativity and innovation, our team helped the children we serve to continue accessing SEL programmes throughout the year, irrespective of their ability to access resources, supports, and technology for education!

## HOW WE FACILITATED ACCESS AND INCLUSION

- Hundreds of call-ins and check-ins with caregivers and students
- Delivered SEL sessions through live video (Zoom) to children with access to resources and technology
- Delivered SEL sessions through asynchronous methods when needed (through Whatsapp) to children with limited access to necessary resources
- Engaged caregivers to help meet program goals for the children



**19**  
schools  
and NGO  
partners

**4500+**  
students

**3100+**  
SEL  
classroom  
sessions

What's in Your Heart?

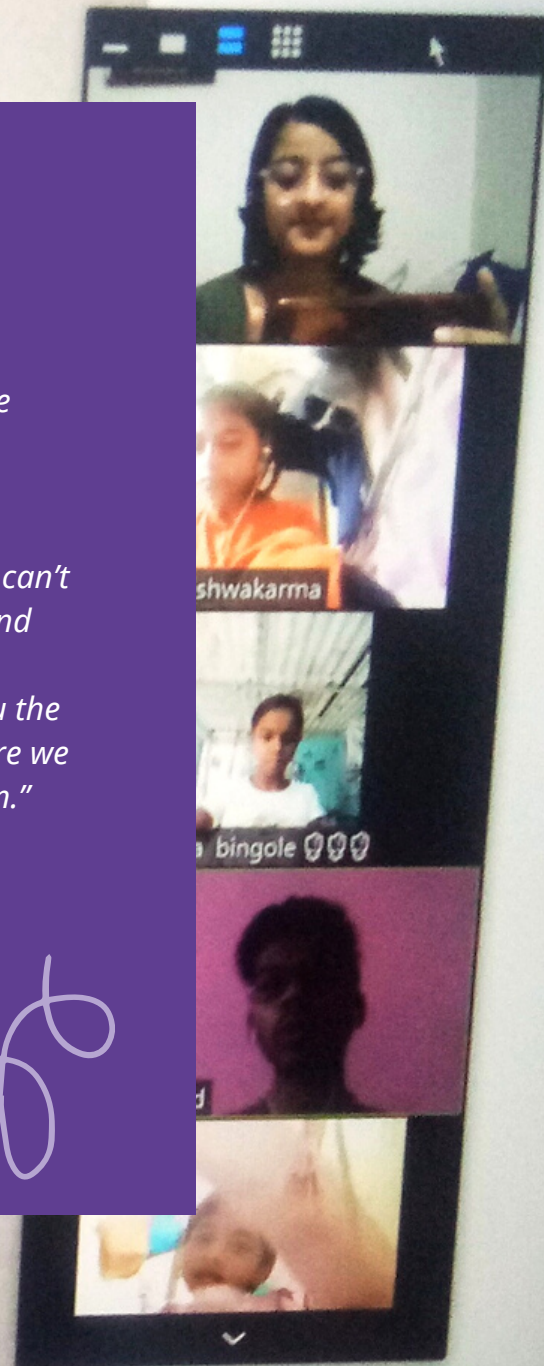


*We asked our students:*

*"Who are our friends, and how do we choose them?"*

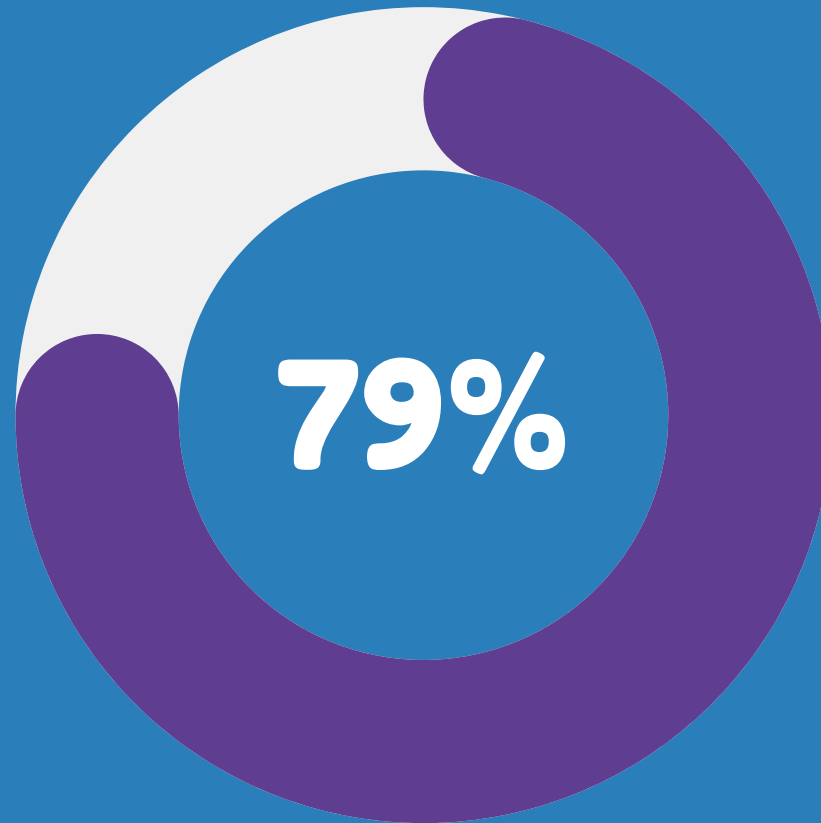
*A student shared:*

*"I have two friends. One can't hear. Another can't speak. I spend most of my time with them and enjoy with them. In fact, I have learned to communicate in signs from them. To tell you the truth, I don't understand sometimes what are we talking about, but I experience joy with them."*



Mad Frustrated

## IMPACT OF THE YEAR-LONG SCHOOL SEL PROGRAMME



**Percentages of students reporting an increase in  
at least 1 SEL competency at the end of the year**

Data presented is based on responses to self-assessments administered for students of grades 4-7

# SEL Workshops for Children

In line with Apni Shala's strategic goal to work with students to increase their awareness of SEL competencies and provide them with opportunities to develop these competencies, Apni Shala partnered with NGOs and educational institutions to conduct SEL workshops for children. The themes covered in these workshops were the SEL competencies of self-awareness, self-management, social awareness, relationship skills, responsible decision-making. Children also engaged in intensive conversations and learning around peer relationships, kindness, emotional well-being, dealing with anxiety, unpacking uncertainty and goal-setting during the pandemic, individual differences and diversity, general wellbeing for youth, self-care and cyber-bullying.

## OUR PARTNERS WALK THE SEL JOURNEY

We offered these workshops to children in partnership with

Oscar Foundation

Teach for India

Bajaj Auto Ltd.

Udaan India Foundation

Antarang Foundation

Sir Aurobindo College (NSS Unit)

Akanksha Foundation

People for Action

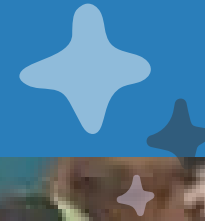
**90**  
**workshop**  
**hours**

**1350+**  
**children build SEL**  
**awareness and**  
**competencies**



# SEL for Caregivers

Apni Shala recognises the need for SEL intervention in the students' ecosystem. Important actors in this ecosystem include caregivers and family, and teachers and principals. We conduct quarterly Mental Health awareness sessions with caregivers of students during the school year!



**17**

**partner  
schools  
participate**

**543**

**caregivers/families  
build SEL awareness and learn  
ways to support children's SEL  
journey**

# SEL for Educators

Apni Shala collaborated with various organizations through train-the-trainer initiatives on SEL and/or SEL workshops for the participants and/or organization staff.

## CAPACITY BUILDING PROGRAMS AND INITIATIVES WE UNDERTOOK

SEL Shala - professional development for educators in SEL topics

Diversity Shala - professional development for educators in diversity and inclusion themes

Leadership for Equity - online SEL course for teachers and govt. officers

## PARTNERS WHO INVESTED IN BUILDING SEL CAPACITY WITH APNI SHALA

Wipro

Ummeed Child Development Centre

Feeding from Far

Adhyayan

Tata Institute of Social Sciences

MCGM schools

**298**  
educators  
developed  
skills in SEL,  
diversity, and  
inclusion

**431**  
govt.  
teachers &  
officers  
trained in SEL  
leadership

# #BeAMentalHealthAmbassador Campaign

In October 2021, we began brainstorming ideas to better engage with people who felt connected to the cause of mental health. A month later, we launched the "Be A Mental Health Ambassador" with an invitation to individuals to contribute to the cause of children and young people's mental health by building awareness, lending their voices as advocates, and helping build resources and funds.

The final leg of this initiative was an annual crowdfunding campaign in support of our flagship initiatives in Mumbai's government schools. Throughout the month of February, a community of 50+ Mental Health Ambassadors engaged in peer-to-peer fundraising efforts, interacting with their social networks over the phone, email, and social media, sharing their stories and connection to mental health via videos, and making a donation themselves. Also part of this community through their fundraising efforts were Apni Shala's team members, board members, advisors and well wishers.



**27  
lakhs**  
raised for  
children's SEL

**50+**  
individuals  
signed up as  
ambassador

**250**  
donors -  
individuals,  
businesses  
and  
foundations

**900**  
students  
supported!



A group of children and an adult are gathered in a schoolyard. The children are standing in a line, some wearing masks. The adult is standing in the center, gesturing with her hands. The background shows a school building with a yellow wall and a black metal fence. The ground is paved with grey tiles.

# KHOJ LEARNING CENTRE

*A lab school for SEL-integrated  
education in Mankhurd, Mumbai*



# A new school year...

Social Emotional Learning helps creating educational opportunities and environments that promote learning and practicing social, emotional, and academic skills, all of which are fundamental to healthy human development. This year, Khoj continued to engage the students on their learning journey with much compassion and care through robust partnerships, interactive school events, and updated SEL-integrated curriculum

## ... and a new school address!

Khoj Community Learning Centre was established in 201 with the vision to be a school. The team built pathways to work closely with the system and adapt a school and education model that is recognized by the government and the system at large. Years of ideation, brainstorming, and collaboration finally resulted in Khoj becoming operational at Limbuni Baug Mumbai Public School (LBMPs)!

In our new partnership with the municipal corporation for LBMPs, the Apni Shala team started providing SEL-integrated teaching-learning support (academic, physical, and psychosocial) for elementary grades (1-3). All students (Khojis) successfully transitioned to the new school address, and the team implemented an integration plan for new and returning students in partnership with Ms. Pramila Dhygude, principal of LBMPs.

As community partnerships have been a pillar for Khoj and the SMC members, the community and parents remained an integral part of Khoj's decision-making process. The team is deeply grateful to the parents who have shown immense trust in the Khoj-way of teaching-learning. We sincerely acknowledge the donors and volunteers who have ensured that the school had all the support it needed to make this transition possible. We also thank the MCGM officials and the LBMPs team for partnering with Khoj to realize this initiative. A huge shout out to The Akanksha Foundation team for their unwavering support to us in the process. And last but never least, to our wonderful, caring students whose enthusiasm and support gave us the inspiration we needed to create this change!

# Self-Learning for Teachers

In the work of SEL where engagement with children and ecosystem are at the core, the team continuously engaged in self-learning and reorienting curriculum, vision and learning modalities. As the Khoj team began preparing themselves for the academic year 2021-22, here are a few training sessions that the team went through:

Orientation to Social, Emotional, and Ethical Learning | Differentiating Instructions to support diverse learning needs/abilities in a classroom | Orientation to Akanksha Curriculum K3 | Identifying Red Flags | Effective Online Teaching/Education | Leadership Development | Diversity and Inclusion training through Diversity Shala | Mindfulness | Introduction to Narrative Practices | Planning Skills; Prevention of Sexual Harassment





# Children's Learning Activity Highlights

## ART SYNERGY

Khoj's new collaboration with Art Synergy helped the children access resources and worksheets to draw pictures using alphabets and numbers. Khoj is also creating a resource bank for junior grades with art worksheets.

## READING CLUB

Reading club is an engagement programme which took place every week from Monday-Thursday with volunteer support to build students' interest in storybooks, build vocabulary, and engage in listening and reading activities.

## NUTRITION WEEK

This was a week-long organized event in which the kids explored the importance of consuming healthy food.

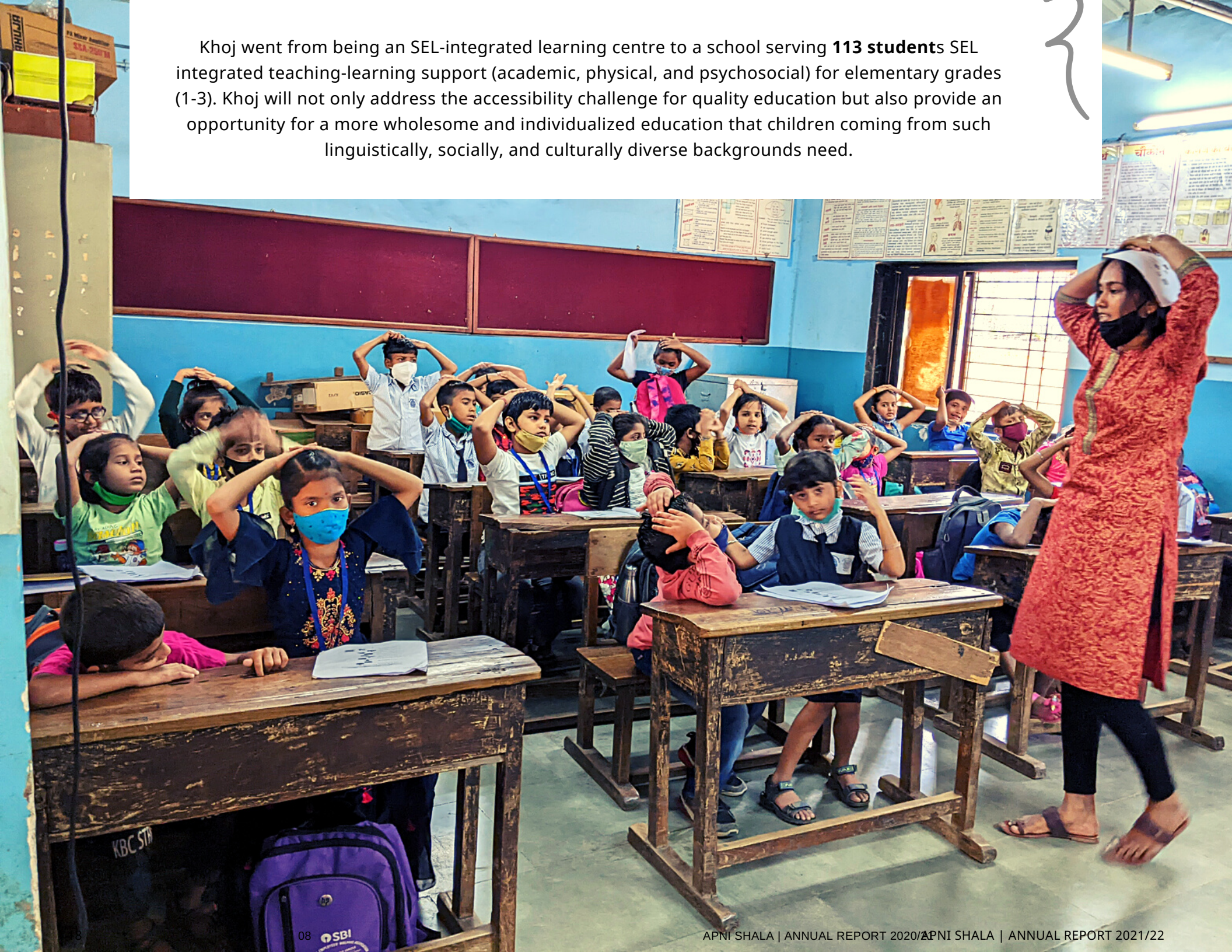
## KHANA KHAZANA

This event was a virtual food party by the khojis where making KHANA (food) together is celebrated with KHAZANA (treasure) of care, love, joy, and togetherness.





Khoj went from being an SEL-integrated learning centre to a school serving **113 students** SEL integrated teaching-learning support (academic, physical, and psychosocial) for elementary grades (1-3). Khoj will not only address the accessibility challenge for quality education but also provide an opportunity for a more wholesome and individualized education that children coming from such linguistically, socially, and culturally diverse backgrounds need.





# Community Engagement

A strong community partnership leverages families' expertise and diversity to ensure that SEL is taught in culturally relevant ways that celebrate the assets, identity, and diversity students bring to school, making SEL more impactful and lasting. Khoj engaged with the community on a monthly basis to build awareness, working together to share perspectives and deciding on what's best for the children.

## SCHOOL MANAGEMENT COMMITTEE

The School Management committee continued to be actively engaged in supporting decision-making at the school, as well as participating in learning opportunities. Some of the themes the SMC committee learnt about include SEL competencies such as Social Awareness, Relationship skills, and Responsible Decision-Making.

## ENGAGEMENT WITH MCGM

Apni Shala was invited by the Education Officer's Office, MCGM (BMC) for a consultative meeting to discuss best practices keeping in mind the reopening of schools. As one of the initiatives to support young students' learning, especially for grades 1 and 2 who may not have been in physical school spaces earlier, MCGM started building forward a bridge program. Apni Shala team took on the support activities to develop this program, along with other NGO partners

Apni Shala's wonderful staff of 26 staff and several volunteers not only spearheaded our SEL and Khoj initiatives, but also engaged in a myriad of learning and unlearning workshops that helped nurture our minds and serve our communities better. We thank our team for all they do to realize our complex yet critical mission to nurture mental wellbeing in education and in communities.

# FUNDERS AND SUPPORTERS

**We are grateful to those who helped us realize our 2021/22 mission:**

## Our Funders

BONACE ENGINEERS PVT. LTD.	IMPACT FOUNDATION	KULDAY TECHNOPACK PVT. LTD.	N.A. SPORTZ INTERACTIVE PVT. LTD.	SHOBIZ EXPERIENTIAL COMMUNICATIONS
BRIJ DISA FOUNDATION	ION FOUNDATION	LIGHTHOUSE ADVISORS INDIA PVT. LTD.	OMIDYAR NETWORK INDIA ADVISORS PVT. LTD.	SNEHA AND SANAA FOUNDATION
HASSANAND BODARAM CHAWLA CHARITABLE TRUST	JAINEX LTD.	MIV INVESTMENT SERVICES PVT. LTD	ROTARY CLUB	WIPRO

## Key Partners

MCGM	GUIDESTAR INDIA	PROJECT MUMBAI	PRAVAH	APNALAYA
AKANKSHA FOUNDATION	RENISCIENCE EDUCATION	UMMEED CHILD DEVELOPMENT CENTRE	CITY AS LAB	ATMA
THE NATIONAL SEED PROJECT (USA)	TATA INSTITUTE OF SOCIAL SCIENCES	4AM WORLDWIDE	UNLTD INDIA	SAVE THE CHILDREN

## **SEL Program, Prof. Development and Khoj partners**

AKANKSHA FOUNDATION (ART FOR AKANKSHA)

ANTARANG FOUNDATION

GURUNANAK HS

HAPPY FEET HOME

INNERSPACE COUNSELING LLP

NARRATIVE PRACTICES INDIA

OSCAR FOUNDATION

ROTARY CLUB OF BOMBAY WORLI

SAFE

SEED PROJECT, WELLESLEY CENTER FOR WOMEN, WELLESLEY, USA

SPARK A CHANGE

TEACH FOR INDIA

TRANSFORM SCHOOLS

UDAAN INDIA FOUNDATION





## Many thanks to our donors

A S KARANTH	JYOTHI PRIYA	SAGAR PANCHAL
AFTAB ALA	JYOTI RAJEEV MENON	SAKSHI AGARWAL
ALKA JAIN	KANIKA GUPTA	SANJAY BHANGAR
AMI MISTRY	KHURSHEED PRINTER	SANJAY SHRIDHAR DESAI
AMIT CHINCHOLIKAR	LATA RAJESH PILLAI	SANJEEV BAJAJ
AMIT GUPTA	MADHUSUDAN GOPINATH	SAURABH MINNI
AMRIT LAL WADHAWAN	MAYANK U GALA	SHARADA KATAGI
ARUN AGRAWAL	MEGHA MODI	SIVARAJA SIVASUBRAMANIYAN
ARUNA KUMAR GADEPALLI	MILI SHAH	SOURAV KUNDU
ASHISH KACHOLIA	MITALI KM	SUCHIT SIKARIA
BETSY PHILIP	MITALI SARNA	SUNDARRAJ KAUSHIK
C V RAMANA	MURALI NAIR	SUNITA KAMLESH MANEK
CHETAN PRATAPRAI SHAH	NITA DOSHI	T. M. CHANDRAN
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GAURAV ABHAY CHOKSI	PRABHA KUMARI	VIKRAM LAL
GAURAV VALECHA	RAJAN KUMAR	VINITA SINGH
H KUMAR BABA	RAJAT SINGHAL	...
HIMAL TEWARI	RITIKA BAHL	AND MANY ANONYMOUS DONORS!
J VASUNDHARA	RITIKA CHOKHANI	
JENNIFER LOBO	ROHINI NILEKANI	
JOGESH CHAWLA	SACHIN NAMBEEAR	



# FINANCIAL AUDIT

## BALANCE SHEET AS ON 31ST MARCH 2022

### Schedule XIII

[ Vide Rule 17 (1) ]

The Maharashtra Public Trusts Act 1950

Name of Public Trust : Apni Shala Foundation

Registration No. - E-29950 [MUMBAI]

Balance Sheet as on 31. 03. 2022

LIABILITIES & ADVANCES	AMOUNT (Rs.)	AMOUNT (Rs.)	PROPERTY & ASSETS	AMOUNT (Rs.)	AMOUNT (Rs.)
<b>Trust Funds or Corpus :-</b>			<b>Immovable Properties :- (at cost)</b>		
Balance as per last Balance Sheet	5,44,100		Balance as per last Balance Sheet	-	
Add: For Life Membership		5,44,100	Additional during the year	-	
			Less: Sale during the year	-	
			Depreciation up to date	-	-
<b>Other Embarked Funds :-</b>			<b>Investments :-</b>		
Depreciation Fund	-		Fixed Deposit with Axis Bank	7,41,491	
Sinking Fund	-		Add : - Accrued Interest	38,628	7,80,119
Reserve Fund	-	-			
<b>Loans [Secured or Unsecured] :-</b>			<b>Fixed Assets :-</b>		
From Trustees	-		Balance as per last Balance Sheet	2,10,219	
From Other	-	-	Additional during the year	80,122	
			(As per Schedule "C")		
<b>Liabilities :-</b>			Depreciation up to date	(77,468)	2,12,873
TDS Payable	47,753		<b>Current Assets Loan Advance :-</b>		
Provident Fund	41,250		Prepaid Expenses	20,333	
Professional Tax	2,200		Security Deposit for Rent	1,00,000	
For Sundry Credit Balance	32,505	1,23,708	Advance to Creditor	78,603	1,98,936
<b>Provision :-</b>			<b>Income Outstanding :-</b>		
Provision for Audit Fees	42,834		TDS Receivable	76,284	
Other Provision	-	42,834	Fees Income	1,11,995	1,88,279
<b>Income and Expenditure Account :-</b>			<b>Cash and Bank Balances :-</b>		
Balance as per Balance Sheet	36,43,551		a) Cash in Hand	9,737	
Less: Appropriation, if any	-		b) In Saving Account with Yes Bank	37,650	
Add: Surplus (As per I & E A/c)	30,03,974	66,47,525	In Saving Account with Axis Bank	59,30,573	
			c) With the Trustee	-	
			d) With the Manager	-	59,77,960
<b>Total</b>		<b>73,58,167</b>	<b>Total</b>		<b>73,58,167</b>

# INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31-03-2022

.....

## Schedule IX

[ Vide Rule 17 (1) ]

The Maharashtra Public Trusts Act 1950

Name of Public Trust : Apni Shala Foundation

Registration No. - E-29950 [MUMBAI]

Income and Expenditure Account for the year ending 31. 03. 2022

EXPENDITURE	AMOUNT (Rs.)	AMOUNT (Rs.)	INCOME	AMOUNT (Rs.)	AMOUNT (Rs.)
<b>To Expenditure in respect of properties : -</b>			<b>By Rent (Accrued and realised)</b>		
Rates, Taxes, Cesses	-				
Repairs and Maintenance	-		<b>By Interest (Accrued and realised)</b>		
Salaries	-		On Fixed Deposits	38,628	
Insurance	-		On Bank Account	1,60,345	
Depreciation	-		On Loan	-	
Rent Expense	-		On Securities	-	
Other Expenses	-	-	On Recurring deposit	-	
			On Income Tax demand	10,293	2,09,556
<b>To Establishment Expense [As per Schedules "A"]</b>		11,15,697			
<b>To Remuneration to Trustee</b>		-	<b>By Donations in cash or kind</b>		
			Grants and Donations - Institutions	50,94,485	
<b>To Audit Fees</b>		42,834	Donations - Individuals	48,58,732	
			CSR Donations	18,11,000	1,17,64,217
<b>To Depreciation (As per Schedules "C")</b>		77,468	<b>By Income from other sources</b>		
<b>To Amount Transferred to Reserve or Specific Funds</b>			Training Fees	8,15,963	
			Other Income	-	8,15,963
<b>To Expenditure on object of the Trust : -</b>					
a. Religious	-				
b. Education [As per Schedules "B"]	85,49,763				
c. Medical Relief	-				
d. Relief of poverty	-				
e. Other Charitable Objects	-	85,49,763			
<b>To Excess of Income over Expenditure</b>		30,03,974			
<b>Total</b>		<b>1,27,89,736</b>	<b>Total</b>		<b>1,27,89,736</b>

As per audited statements and report prepared by  
Rajesh K. Jain and Associates | Chartered Accountants | Firm Registration No. 131463W



# Governance

## Trustees

Dr. Disha Devi Prasad Nawani

Occupation: Associate Professor, School of Education, TISS

Shachi Wadhawan

Occupation: General Manager and Head, India Access Strategy and Development for  
Tata Communications

Chetna Duggal

Occupation: Assistant. Professor, Centre for Human Ecology, TISS

## Advisory Council Members

Kavita Anand

Executive Director, Adhyayan Quality Educational Services

Fiona Reynolds

Deputy Head of School, American School of Bombay

Rishabh Lalani

Fundraising Expert and Consultant

Anand Nair

Director-Operations at TAG Vinnatti

Anukriti Goyal

Co-founder, Apni Shala

Swetha Ranganathan

Co-founder, Apni Shala

# About

**Address**

Registered:

201, Anand Villa, Buddha Mandir Road, Parel (E), Mumbai - 400012

**Contact:**

61/C, first floor, D.N. Road, Near Saraswati Mahavidyalay, Kamgar Nagar, Kurla (E) - 400 024

**Bank:**

YES Bank, Ground Floor, Shrikant Chambers, Adj R K Studio, Sion Trombay Road,  
Chembur, Mumbai - 400 071

**Auditor:**

For Rajesh K. Jain & Co Chartered Accountants  
Firm Registration No - :131463W

**PAN:** AAETA 0041 P





**Join the movement to promote  
mental wellbeing in India's schools.**

**DONATE  
VOLUNTEER  
JOIN THE TEAM**

[www.apnishala.org](http://www.apnishala.org)