



JANUARY 24-MARCH 24 NEWSLETTER

BINDAAS BOL

OUR WORLD : OUR STORY

Imagine the trauma of little Raveena (name changed) who came to Aarushi Children's Home, Salaam Baalak Trust in 2020 when she was just about 15 years old. Her mother had passed away and before she could comprehend the loss, one of her family member started sexually abusing her. The child was too young to understand the situation and didn't disclose the incident. She soon got pregnant.

Though a police case was registered and the culprit detained, Raveena and her siblings were in severe trauma. Home was no longer a safe space for them! Their small secure world – the only one they were familiar with had collapsed.

All the siblings were transferred to our girls home in Gurgaon. Raveena was very stressed initially and was provided almost a year of intense counselling. Her pregnancy was too advanced to be terminated ethically or medically. She gave birth to a healthy baby and decided to put him/her for adoption as being a child there was no way she would be in a position to take care of the infant.

After a lot of hard work and many healing sessions she was enrolled in non-formal education. She proved to be a keen learner and was extremely bright. She completed her 10th grade with fairly good marks completed a course in Housekeeping. Today she is a confident smart young girl working at IBIS hotel, Delhi.

She has been rehabilitated from Arushi Home and is living a fulfilling life.

Nearly 10 percent of the children staying in our Shelters Homes exhibit various disabilities and neurodevelopmental conditions. Most children reach us after having suffered at the hands of an uncaring social construct. Often they are a psychological and emotional wreck having gone through all kinds of abuse.

These conditions demand prompt diagnosis and therapeutic interventions such as emotional therapy occupational therapy, speech therapy, physiotherapy, special education etc. With a team comprising 12 psychologists and 3 psychiatrists, SBT diligently intervenes in each case to provide the necessary support and early identification of mental health needs.

The impact of the COVID-19 pandemic has magnified the need of mental health support to the underprivileged children who bore untold misery.

Initially founded with a focus on providing a safe haven, education, and medical assistance, our organization quickly recognized the profound effects of trauma, abuse, and neglect experienced by the children we serve. In response, we started a dedicated mental health program in 2002 to address these pressing issues head-on.

Through initiatives such as awareness building, preventive work, and the provision of psychosocial support, we strive to create a sustainable environment that fosters inclusivity for children with special needs too. Each child is an individual – with specific needs and an identity that is working hard to establish itself.

SBT has a supremely gifted and dedicated clutch of empathetic staff. However, we are always struggling to give enough to the children. In order to sustain and expand our efforts, we require additional funding support.

Please do consider contributing to enable us to continue offering vital services such as referral work, life skills education, group sessions, career counselling, and specialized activities for children with disabilities. Moreover, it will help us maintain our Child Development Unit (CDU), which provides essential early screening, intervention, and around-the-clock care for children with neurodevelopmental difficulties.

HOW CAN YOU HELP US?

By Volunteering With Us

<https://www.salaambalaktrust.com/volunteers.php>

Sponsor the special education of one child @INR 5000 per month / 60 USD / 47GBP

Sponsor an therapy session of one child INR 2000 per month / 24 USD/ 19 GBP

DONATE

<https://www.salaambalaktrust.com/donations.php>

Here is another example of a young one transforming adversity into achievement:

In 2013, a 10-year-old Mahesh arrived at the DMRC Children Home in Tis Hazari, facing many challenges. Struggling academically and socially, with diagnoses of learning disabilities and autism spectrum disorder, his future seemed uncertain.

At SBT he went through therapy, medication, and personalized education and in the process discovered his passions for chess, running, and cricket. Despite setbacks, he persevered. His highpoint was winning a bronze medal in the U-16 Delhi Olympics.

Recognizing his interest in Physical Education, he pursued a training course, overcoming academic obstacles with the aid of a scribe and today he is a certified fitness trainer living in Bangalore.

Mahesh's transformation is what makes our work worthwhile. We couldn't be prouder.

Celebrations and Special visit



Ms. May-Elin Stener, the Ambassador of Norway, visited us with her partner. Together, they embarked on a Citywalk. As they wandered the streets of Delhi, hearing stories, narrated by our guides - they were captivated by the rich history of the narrow alleys of Paharganj and the reality of children living in street situations.

Their visit was a heartfelt exchange of stories and experiences. Engaging with our guides, they forged connections that transcended borders, their hearts touched by the humanity that binds us all.



Salaam Baalak Trust hosted a delightful Republic Day celebration, graced by Mr. Vikas Kumar, MD Delhi Metro and Dr. Shalini Singh. The girls from Udaan home and boys from the DMRC home, regaled them with vibrant dances, speeches, and karate displays. Dr. Shalini Singh added sweetness to the day by distributing treats to all the children, making it an unforgettable occasion



Amidst joyous laughter, vibrant colors and delicious food, we celebrated Holi and Iftar with our excited children. Together, we painted memories of unity and happiness.

Celebrating Success at 'SHAKTI SAMMAN'-Women's Day Celebration



Our talented girls from Salaam Baalak Trust Kishalaya Centre attended 'Shakti Samman' on International Women's Day, hosted by the Office of the District Magistrate, New Delhi District. Our high achieving girls were celebrated by all those gathered there. Rekha's dance, Preeti's sports prowess, and Nandini's educational achievements were lauded by everyone. Our talented girls from Salaam Baalak Trust Kishalaya Centre attended 'Shakti Samman' on International Women's Day, hosted by the Office of the District Magistrate, New Delhi District. Our high achieving girls were celebrated by all those gathered there. Rekha's dance, Preeti's sports prowess, and Nandini's educational achievements were lauded by everyone.

Alumni Reunion Sparks Fond Memories at Aarushi Girls Home



Once a year we invite our alumni to come to the shelter home to share stories of the wonderful world outside that they navigate as adults. The reunion was full of excited chatter, tales of shared laughter and some of tears, and reminiscences of their journeys and shared aspirations. The younger girls living in the Shelter homes wait this event eagerly – decorating the home and dressing up to welcome their 'didis' and eat a special lunch with them. A much needed session was also organised by a team of psychologists about maintaining emotional safety in relationships.

The event showcased the enduring bonds fostered at our girls home and highlighted the success of its alumni. Here's to cherished memories and lasting friendship

VOLUNTEER STORY



In 2023, I found myself immersed in the vibrant streets of India, stationed at the Jama Masjid Contact Point. Here, I embraced the roles of both teacher and student, navigating the intricate dance of learning alongside the resilient children of Old Delhi. In their presence, I discovered a profound sense of solace and strength, witnessing their unwavering determination to thrive despite adversity.

Every day was a testament to their resilience and curiosity, as we embarked on a shared journey of discovery through English grammar, mathematics, and beyond. Yet, beyond academic pursuits, it was the moments of laughter, shared triumphs, and the deep-rooted pride in their heritage that resonated with me the most.

As my time with Salaam Baalak Trust came to a close, I departed with a renewed perspective and a heart filled with gratitude. The transformative power of human connection had left an indelible mark on my soul, reminding me of the boundless resilience of the human spirit. As I returned to Canada, I carried with me the memories of our shared journey, eagerly awaiting the day when I could once again walk the corridors of the Jama Masjid Contact Point, continuing our journey of growth together.

-SHISHIR

Celebrating Anita's Decade of Dedication at Apna Ghar



Here is a shoutout to Anita, our cherished housekeeping staff member at our boys home, who has dedicated a decade of unwavering commitment to Apna Ghar. Anita's infectious cheerfulness and nurturing demeanour have endeared her to all, earning her the affectionate title of "Mummy" among the children. For ten years, Anita has been the backbone of our home, ensuring that every corner reflects warmth and comfort. Beyond her duties, she has woven herself into the fabric of the SBT family, offering love, support, and guidance to all who pass through. With gratitude and admiration we unreservedly say that Anita's presence is not merely felt in the meticulous care she gives to the surroundings but also in the countless lives she has touched with her kindness and compassion.

As we celebrate this milestone with her, we extend our deepest gratitude to her. She is a treasured member of the Apna Ghar family, and her legacy will continue to inspire us for years to come. May her light continue to shine brightly, guiding us with love and compassion every step of the way.

HURRY UP AND BOOK YOUR SLOT

Our Citywalk and Old Delhi food walk is fascinating and a new experience for all those who book it, Don't miss your turn!

www.salaambalaktrust.com/book-a-city-walk-tour.php

www.salaambalaktrust.com/

www.salaambalaktrust.com/newsletters.php

www.salaambalaktrust.com/our-annual-reports.php

