



A journey towards empowerment

ANNUAL REPORT



BUILDING AN INCLUSIVE WORLD

WHERE EVERYONE
THRIVES
BOTH ONLINE,
AND OFFLINE.

OUR INITIATIVES



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INTRODUCTION

“

Building an inclusive world where everyone thrives,
both online and offline.

”

AHAAN was seeded with the need for kindness and respect for people through social reform, and today it has grown into a **tree of resilience** nurturing well-being in the **real and digital world.**

In 2012, 13 years ago, **AHAAN FOUNDATION was registered as a Trust,** dedicated to **mobilizing and empowering people** towards self enhancement, transition, and evolution. A journey that began to promote mental health soon transitioned into **advocating for mental health in cyberspace** through a unique and niche project titled **Responsible Netism.** A visionary initiative committed to **empowering women, children, and community members** to co-exist with technology to foster well-being in cyberspace. In 2024, guided by the same passion for social reform, **AHAAN extended its arms to embrace** inclusion. We stepped forward to support our youngest, most vulnerable minds through a vital project dedicated to the **Early Detection and Intervention For Children with Autism Spectrum Disorder.**

This journey highlights an ever-growing human need, moving us to **protect well-being across two critical frontiers:**

- **safeguarding mental health in cyberspace** through Responsible Netism,
- **championing true inclusion** for children on the autism spectrum.

The increasing support we receive from government bodies, national and international associations, and technology platforms—alongside the **massive community involvement driving our initiatives forward**—proves just how vital this work is.

Through this **Annual Report for the year 2025–26,** we present our efforts, impact, and the **results of our collective hard work.**



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WORD FROM THE CEO

FOREWORD

As I look back on the reporting year 2025–26, I am filled with deep gratitude for how far we have come, but also with an acute awareness of the immense responsibility we carry. We operate in a landscape of sharp contradictions. On one hand, India is experiencing a blindingly fast digital acceleration. On the other hand, our digital literacy has not kept pace, leaving an unshielded ecosystem where our most vulnerable demographics face sophisticated, predatory threats.

True safety is not the absence of threat, but the presence of connection.

Thirteen years ago, the Ahaan Foundation was seeded with a single, uncompromising belief: that every individual deserves physical and virtual spaces defined by kindness, empathy, and respect. Today, we act as a nationwide sanctuary of safety and empowerment, offering a reliable harbor where children, women, and vulnerable communities can rebuild their resilience and reclaim their well-being. Through our flagship initiative, Responsible Netism, and our specialized developmental vertical focused on Early Detection and Intervention for Children with Autism Spectrum Disorder, we remain fiercely committed to transforming isolation into community and vulnerability into strength. As we navigate an increasingly complex socio-digital landscape, I look at the immense horizon ahead not with trepidation, but with profound confidence.

This confidence stems entirely from my absolute belief in my extraordinary team. Their unwavering commitment, empathy, and relentless on-ground dedication are the true driving forces of this movement. I have complete trust in their capability and shared passion to ensure that our strategic goals are not just met, but that our vision of building a compassionate, secure, and inclusive nation is fully realized.

This report is a testament to the collective hard work of Team Ahaan, our strategic partners, corporate CSR donors, and the government bodies that have placed their trust in our vision. The strides we have made this year prove that when we replace isolation with community, and technical code with human empathy, real transformation happens.

Yet, an institution alone cannot rewrite social fabrics; real, lasting transformation requires collective action. This is not just our initiative—it is a shared societal responsibility. I warmly invite each of you to step forward, contribute your voice, resources, and time, and join hands with us in this collective journey to build a compassionate, secure, and truly inclusive nation for the generations to come.

The journey ahead is vast, and our roadmap is ambitious, but we move forward with remaining humble, grounded, and entirely committed to turning digital and physical spaces into sanctuaries of safety and well-being.

Thank you for standing with us.

Sonali Patankar
Founder & CEO,
Ahaan Foundation



DIFFERENCE

THE WAYS AHAAN MAKES A DIFFERENCE



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**RESPONSIBLE[®]
NETISM**



**Autism Spectrum
Disorder**
EARLY DETECTION PROJECT

Understanding Our Identity – One Foundation, Distinct Verticals

While the Ahaan Foundation serves as the sole corporate and value-driven anchor, we operate through two distinct, specialized operational verticals. They operate in parallel, utilizing distinct methodologies, serving separate demographics, and requiring dedicated resource systems.

The Intersection: Where the Verticals Meet

Though distinct in execution, both projects are deeply bound by Ahaan's overarching soul: **Kindness, Respect, and Resilience**. Whether protecting a child from a predator in virtual space or protecting a neurodivergent child from social exclusion in a physical classroom, **Ahaan Foundation works toward a singular vision: building a safer, more inclusive, and emotionally stable world for the generation of tomorrow.**



EMPOWERMENT

WHY DOES AHAAN EXIST?

MOTIVE

The Indian Reality: Cyber Security & Digital Harms

India's rapid digital acceleration has outpaced digital literacy, leaving our most vulnerable demographics exposed to sophisticated threats in an unshielded digital ecosystem.

- Cybercrimes in India grew by an alarming 24% annually (Indian Cyber Crime Coordination Centre [I4C] / National Cyber Crime Reporting Portal [NCRP] Statistical Trend Update).
- In 2025, 75% of all financial losses stemmed from predatory investment scams, while 19% involved traumatic sextortion cases and 9% from structural "digital arrests" (Ministry of Home Affairs [MHA] Cyber-Threat Intelligence Briefing).
- Over 60% of online harassment cases actively target young women through Non-Consensual Image Sharing (NCII), deepfakes, and stalking, devastating their mental health (National Crime Records Bureau [NCRB] / Crime in India Annual Report).
- Globally, 1 in 5 children face online bullying or grooming (UNICEF / "Disrupting Harm" Global Evidence Series), while a lack of digital hygiene turns our senior citizens into prime targets for lifelong savings extortion (HelpAge India / National Advisory on Elder Financial Abuse).

We saw that state systems offer legal mechanisms (FIRs) and technical tracking, but leave the intense trauma, fear, and suicidal ideation completely unaddressed.

The Invisible Crisis: ASD & Early Intervention Gaps

While the virtual world grows more hostile, thousands of neurodivergent children in the physical world remain systemically isolated due to an absolute lack of grassroots support systems.

- Epidemiological studies estimate that approximately 1 in 68 children in India is on the Autism Spectrum (ASD) (INCLEN Trust International Study / Indian Journal of Pediatrics).
- A child's neurological development is mostly plastic before the age of 6 (World Health Organization [WHO] Early Child Development Guidelines). Yet, due to widespread social stigma and low awareness, diagnosis in rural and semi-urban India is delayed past 4 to 5 years, permanently missing the prime window for early intervention (Indian Journal of Public Health / Mapping Age of Diagnosis Multi-Centric Study).
- Over 85% of pre-primary and primary school teachers, alongside Anganwadi sevikas, have zero formal training to identify early behavioural, sensory, or communication markers of ASD (Ministry of Women and Child Development [WCD] Institutional Audit / NGO Needs-Assessment Survey Baseline).
- We saw that advanced diagnostic care for ASD was locked behind expensive, elite urban private clinics, leaving rural families stranded.



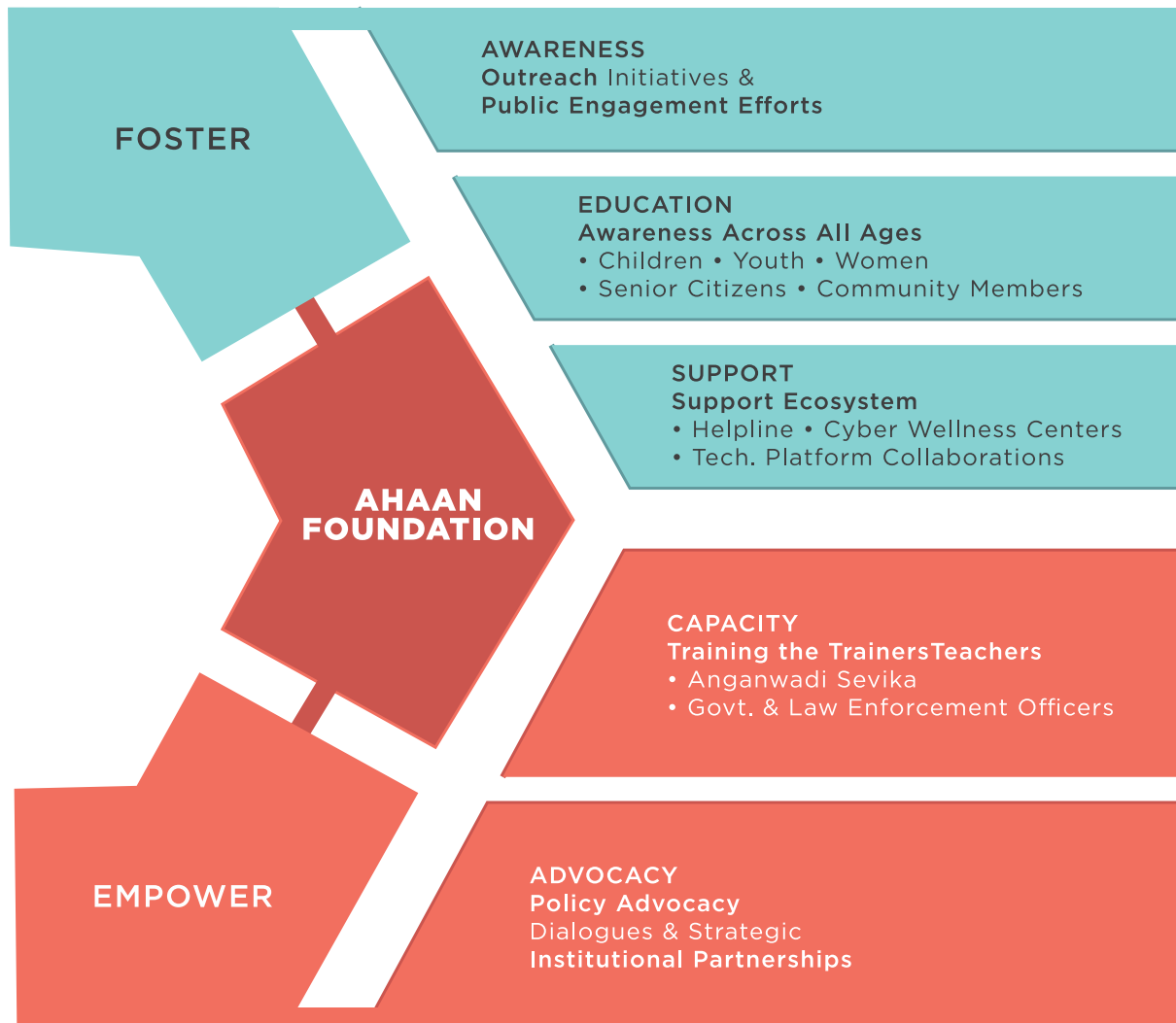
HOW AHAAN GREW: THE TIMELINE

2011	THE SPARK Initial session conducted at Thane College by Unmesh Sir and Sonali ma'am, sparking the digital safety vision.								
2012	INCEPTION & LAUNCHED - Foundation officially established on 16 October 2012. - Launched the Cyber Safe Awareness Campaign. - Conceptualized the core framework of "Responsible Netism".								
2014-2016	RECOGNITION & STRATEGIC PIVOT - Recognized globally / nationally: won the eNGO Award (2014) - Evolved approach from basic "Cyber Safety" to a holistic "Cyber Wellness"framework (2016)								
2022	INFRASTRUCTURE INCEPTION Established the First-ever Cyber Wellness Centre (CWC) in Goa, in collaboration with the Goa State Govt. and TEVA Pharmaceuticals.								
2023	BDR PROJECT In collaboration with the Department of Women and Child Development (DWCD) Maharashtra.								
2024	CAPACITY BUILDING - Rolled out massive ASD-related programs across 9 talukas of Goa, training 1,017 teachers. - Collaborated with Dosti House for Cyber Sakhi Training Sessions. RECOGNITION: - Sonali Patankar, Founder & CEO, Ahaan Foundation, was appointed external adviser to National Commission for Women								
2025	STRATEGIC & LAW ENFORCEMENT EXPANSION <table><tr><td>CWC Parel (MCGM)</td><td>Cyber Support Centre Jaipur (Jaipur Police Commissionerate)</td><td>Cyber Wellness Centre Thane/Bhiwandi (Thane Police Commissionerate)</td></tr><tr><td>Cyber Wellness Centre Pune (Pune Police Commissionerate)</td><td colspan="2">Cyber Wellness Centre Bandra (Mahila Ayog)</td></tr></table>			CWC Parel (MCGM)	Cyber Support Centre Jaipur (Jaipur Police Commissionerate)	Cyber Wellness Centre Thane/Bhiwandi (Thane Police Commissionerate)	Cyber Wellness Centre Pune (Pune Police Commissionerate)	Cyber Wellness Centre Bandra (Mahila Ayog)	
CWC Parel (MCGM)	Cyber Support Centre Jaipur (Jaipur Police Commissionerate)	Cyber Wellness Centre Thane/Bhiwandi (Thane Police Commissionerate)							
Cyber Wellness Centre Pune (Pune Police Commissionerate)	Cyber Wellness Centre Bandra (Mahila Ayog)								
• GASA participation in London & Singapore									
2026	INSTITUTIONAL MATURATION & TEAM ALIGNMENT <table><tr><td>Programme Expansion - Pune CWC expansion with Zscaler Softech India </td><td>New Centres - Mahila Ayog Centre opened at BKC - ASD Intervention Centre inaugurated at Ambernath </td></tr><tr><td>Governance - FCRA certification secured - BOBCARD partnership established - Internal POSH Committee constituted </td><td>Knowledge Leadership 10th National Cyber Psychology Conference hosted </td></tr></table>			Programme Expansion Pune CWC expansion with Zscaler Softech India	New Centres - Mahila Ayog Centre opened at BKC - ASD Intervention Centre inaugurated at Ambernath	Governance - FCRA certification secured - BOBCARD partnership established - Internal POSH Committee constituted	Knowledge Leadership 10th National Cyber Psychology Conference hosted		
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FRAMEWORK

“AHAAN’S” STRATEGIC FRAMEWORK



DEVELOPMENT

AHAANS' ALIGNMENT WITH GLOBAL SUSTAINABLE DEVELOPMENT GOALS (SDG)

Ahaan Foundation's work across cyber safety, counselling, digital literacy, and ASD awareness aligns with multiple Sustainable Development Goals (SDGs):



SDG 3 – Good Health & Well-being - Cyber distress counselling, survivor support, ASD awareness, and strengthening support systems for children and caregivers.



SDG 4 – Quality Education - Digital safety education modules promoting digital literacy, internships, teacher capacity-building, and inclusive education practices.



SDG 5 – Gender Equality - Online safety awareness and support for cyber violence against women and girls, working to fight against technology-triggered gender-based violence.



SDG 8 – Decent Work & Economic Growth - Youth engagement, internships, skill-building, and responsible digital participation.



SDG 9 – Industry, Innovation & Infrastructure - Promoting safe technology use and awareness of emerging cyber risks, responsible online gaming and responsible AI.



SDG 10 – Reduced Inequalities - Community outreach, ASD support in underserved areas, and improving access to early intervention and support services.



SDG 11 – Sustainable Cities & Communities - Building safer, informed, and inclusive communities through awareness and grassroots support networks.



SDG 16 – Peace, Justice & Strong Institutions - Focus on inclusion, legal rights, protection from exploitation, institutional equity, and prevention for safer ecosystems.



SDG 17 – Partnerships for the Goals - Collaborations with schools, colleges, NGOs, government bodies, cyber cells, and community stakeholders.

Our Values are closely aligned with the UN Sustainable Development Goals (SDGs). Across both our focus areas, Cyber Wellbeing and ASD Early Intervention, we are guided by the values of relevance, collaboration, respect & dignity, protection, humility, integrity, and accountability. These values are reflected consistently in both our internal culture and external interventions.



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THE REACH

REACH & OUTREACH

Organisational Reach - Project Responsible Netism

Reached 72,316+ school students through awareness and capacity-building initiatives.

Engaged 5,445+ parents reached through community and awareness sessions.

534+ teachers engaged through institutional outreach and collaboration efforts.

Empowered 153+ NGO representatives through capacity-building and community-level programs.

Impacted 3,635+ community members through outreach and awareness initiatives.

Engaged 6,743+ college students through interactive sessions.

Reached 1,645+ government officials through stakeholder sensitization initiatives.

90,471+
BENEFICIARIES

During the reporting period, the organization directly reached 90,471+ beneficiaries across schools, colleges, communities, NGOs, families, and government institutions through its cyber wellness and digital safety interventions.

Autism Spectrum Disorder - Early Intervention

12 Training programmes conducted

183,475 Families Impacted

1017 Teachers and Anganwadi Sevikas Trained

21 Parent Sessions Conducted

140 Cases handled

593 Parents Reached

Coverage Expanded Across 9 Talukas in Goa and the Maharashtra regions of Ambarnath, Badlapur, and Ulhasnagar



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INCLUSION

WHERE YOU CAN FIND US (Geographical Location)

Project Responsible Netism



Ahaan, Head office,
Mulund



Cyber Wellness Centre,
Thane



Cyber Wellness Centre,
Goa



Cyber Wellness Centre,
Pune



Cyber Wellness Centre,
Parel



Cyber Wellness Centre,
Bandra



Cyber Support Centre,
Jaipur

Autism Spectrum Disorder - Early Intervention



**ASD
Early Detection
Centre,**
Goa



**ASD
Early Detection
Centre,**
Ambarnath



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VERTICAL

AUTISM SPECTRUM DISORDER, EARLY DETECTION PROJECT

A STORY WE LOVE

Case Study

After attending an awareness session conducted with Anganwadi sevikas in Ambernath, one frontline worker reached out to the Ahaan Foundation regarding Aarav*, a four-year-old child whose behaviours reminded her of the signs of Autism Spectrum Disorder (ASD) discussed during the training. Soon after, Aarav's father contacted the team.

He spoke about his growing worry and exhaustion as a parent — his son used very few words, preferred playing alone, and struggled to communicate his needs. Although the family had previously sought support, they felt confused and discouraged after not seeing meaningful progress. When Ahaan Foundation's counsellors met the family at a local Anganwadi centre, Aarav entered the room full of energy, quietly exploring the space around him while his father watched with uncertainty and concern. Through the interaction, the team gently helped the family understand that Aarav's behaviours were consistent with ASD and reassured them that early support and intervention could make a meaningful difference. The family was subsequently connected to a nearby psychiatric clinic for further assessment and therapeutic support.

Aarav's story reflects how grassroots awareness can create pathways to early identification and care. What began as a single awareness session enabled a community worker to recognise early signs, support a concerned family, and connect a child to the services he needed.

Services Provided

Awareness, Early Identification, and Community-based Support

The ASD Intervention Centre Project operates across two locations- Goa and Ambernath- with each centre tailoring its work to the needs of the local community while working towards greater awareness, early identification, and access to support for children with ASD.

Core Focus Areas of Work

- Capacity-building initiatives for teachers, parents, Anganwadi workers, and stakeholders.
- Awareness and sensitization on ASD, inclusion, and the importance of early intervention.
- Improving access to early identification and support services in underserved communities.
- Strengthening grassroots-level referral pathways and community-based support systems.

GOA	Ambernath
• Capacity-building and awareness initiatives for school teachers and parents • Screening and early identification support for children showing signs of ASD • Psychosocial support and home-based intervention strategies for caregivers and families	• Community awareness and early intervention sensitization programs • Counselling support for parents and caregivers • Therapeutic interventions for children, including play therapy, occupational therapy, and speech therapy • Referral and support linkages for continued developmental care and intervention services

*name changed to protect identity

SPREADING SMILES IN SCHOOLS: PROJECT REACH



Key Impact Areas

- Stronger community-based support systems for children with ASD and caregivers
- Improved access to referral pathways and support services
- Enhanced collaboration between parents, educators, and community stakeholders
- Greater awareness and early identification support within communities
- Successful completion of the 2-year ASD Sensitisation Programme in Goa



Autism ke liye aap jo kaam rahen hain,
aisa humne pehle kabhi suna aur dekha nahi tha.
Ambarnath mein aapne Intervention Centre khola hai,
isse parents ko bohot rahat milegi.”



(The work you are doing for autism is something we have never seen or heard of before.
You have opened an Intervention Centre in Ambarnath; this will bring a lot of relief to the parents.)

Anganwadi Sevika, Ambarnath

PROJECT RESPONSIBLE NETISM



From **Crisis** to **Confidence** - **Neha's Story*

For 22-year-old Neha, what began as a relationship built on trust slowly turned into a nightmare. Someone she once trusted with her private photographs used them against her for years. What started in 2021-22 became a prolonged cycle of blackmail, threats, and fear.

The accused repeatedly threatened to share her intimate images with her father, upload them online, and circulate them through pen drives unless she complied with his demands for sexual favours and money. For years, Neha lived under constant fear and emotional distress. Every phone notification felt like a threat. Every day carried the fear of exposure, humiliation, and harm. Not knowing whom to trust or where to seek help, she silently endured the abuse.

Things changed when a close friend learned about the threats and immediately brought Neha to the Cyber Support Centre. For the first time in years, Neha felt a sense of hope as she met counsellors who listened to her without judgment.

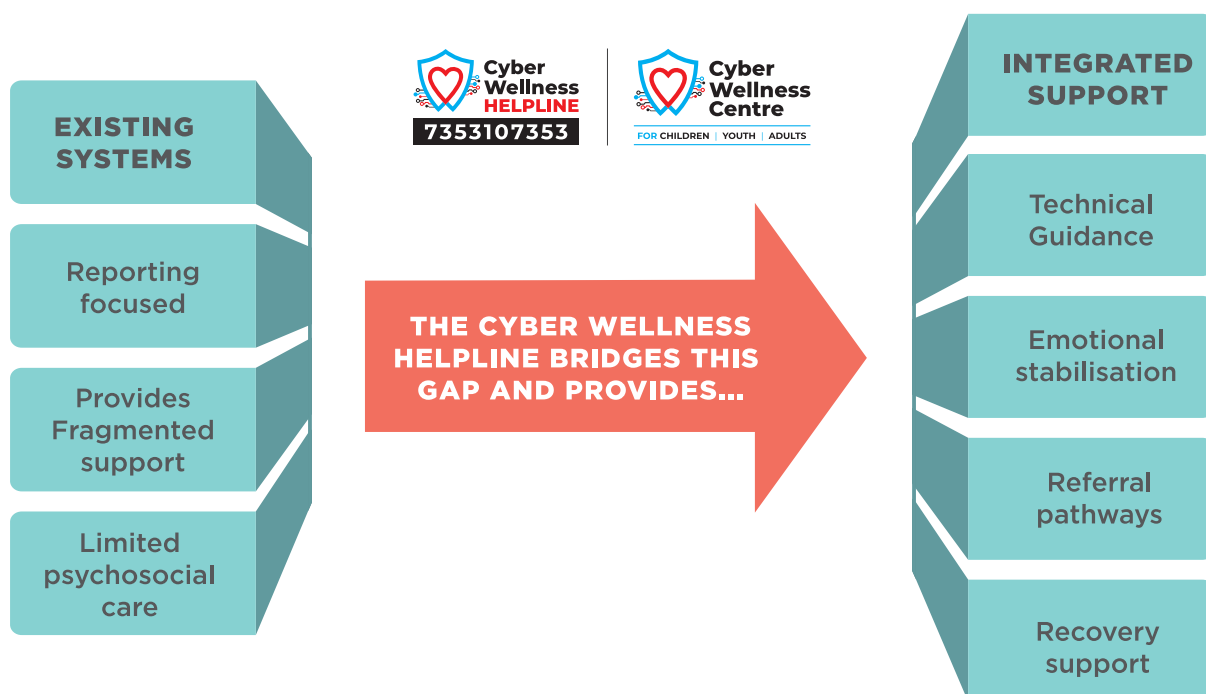
Her case was escalated immediately — not only from a legal perspective, but with equal importance given to her emotional well-being and mental health. Alongside the FIR registration process, continuous emotional support and counselling were prioritised. Neha was informed about her legal rights, especially the laws protecting a woman's identity and privacy in cases of online sexual exploitation.

The intimate content was immediately reported on [StopNCII.org](https://stopncii.org), initiating the process for blocking and takedown of the material across platforms.

Within two days, the accused was traced and apprehended by the police. The police obtained an acknowledgement and undertaking from the boy to ensure this act is not repeated again.

Neha's story is one of many survivor journeys supported through our Cyber Wellness and Support Centres across the country. Our support does not end with legal action. We continue to stand beside survivors long after the procedures are completed — helping them rebuild confidence, restore their sense of safety, and regain trust in a world increasingly shaped by technology.

RESPONSIBLE NETISM



A key feature of the support provided under Project **Responsible Netism** is its integrated support model. The counsellors working in the project are trained in technical guidance, legal response mechanisms, and psychosocial support related to digital harms and cybercrimes. This integrated approach helps bridge an important gap in cybercrime response systems, where technical and legal assistance is often available, but emotional support and mental health assistance remain limited. We bridge this critical gap of counselling services and provide support through two different mediums - the **Cyber Wellness Helpline** and our **Cyber Wellness Centres** and the **Cyber Support Centre**.

CYBER WELLNESS HELPLINE	CYBER WELLNESS CENTRES
• Provides on-call support to victims and survivors of cybercrimes. • Easily accessible and available for individuals across India. • Provides referrals not only to CWCs for more in-depth support but also to other relevant authorities for escalations.	• Provides in-person support to victims and survivors of cybercrimes. • Focuses on particular areas, working to provide more in-depth support. • Many centres are connected with law enforcement agencies or other government bodies, thus integrating support into the existing system. • Conducts awareness and capacity-building sessions with institutions, organisations, and communities in the area.

OUR SERVICES HEALING, GUIDANCE & DIGITAL EMPOWERMENT

- Compassionate psychological counselling for survivors of cybercrime and online exploitation
- Professional support for device, internet, and gaming dependency to encourage healthier digital habits
- Technical guidance and assistance in reporting cybercrimes and navigating legal procedures
- Personalised safety support to strengthen privacy, security, and protection across social media platforms and digital devices
- Patient and accessible assistance for elderly individuals in understanding, adapting to, and confidently using technology in everyday life.



JUST A CALL AWAY!

What is the Cyber Wellness Helpline?

73531 07353

The Cyber Wellness Helpline (CWH) provides integrated cyber wellness support services to individuals across India, combining technical guidance, legal response support, and psychosocial assistance for individuals affected by digital harms.

VOICES HEARD!

Supported
650+
callers over
the year

Reached
15+
states in
India

Provided
support for
50+
cases of online
financial fraud

Was the first point
of contact for
100+
callers

STORIES OF HOPE!

Empowerment Through Support

“A 13-year-old student approached the Cyber Wellness Helpline after facing persistent cyberbullying through social media and messaging platforms. The harassment, including abusive messages and exclusion from online peer groups, negatively affected the child’s confidence, emotional well-being, and school participation. The helpline provided psychological counselling, guidance on reporting and blocking offenders, and support in preserving digital evidence. The team also assisted the family in understanding safety and legal options while engaging with them to build a healthy dialogue with the child. Through timely intervention, the bullying was addressed, and the child regained confidence in navigating the digital world safely.”

“A 14-year-old student who had attended a Cyber Wellness awareness session recognized the warning signs of an online financial scam targeting his parents. When the family received messages requesting urgent payments and personal banking details, the child advised them not to respond and immediately contacted the Cyber Wellness Helpline. The helpline guided the family on verification and reporting procedures, helping them avoid financial loss and strengthening their confidence in practicing safe digital behaviours.”



CYBER WELLNESS CENTRE LOCATIONS, ESTABLISHMENT & COLLABORATIONS

CENTER	COLLABORATION	YEAR OF ESTABLISHMENT
Cyber Wellness Centre, Goa	Goa CMO	2022
Cyber Wellness Centre, Parel	Municipal Corporation of Greater Mumbai	2025
Cyber Support Centre, Jaipur	Jaipur Police Commissionerate	2025
Cyber Wellness Centre, Thane	Thane Police Commissionerate	2025
Cyber Wellness Centre, Pune	Pune Police Commissionerate	2025
Cyber Wellness Centre, Bandra	Maharashtra State Commission for Women	2026

ALONGSIDE!

**PEOPLE WE
WALKED ALONGSIDE!**



Number of cases handled

6,386

Total Cases closed

5,491

Total Financial Fraud cases

282

Total Amount reported in financial cases

7,96,72,174

Total Females

360

Total Minors

5,475

“

Mi ek varsha pasun mazya barobar jhalelya cyber gunyabaddal madat milavi mhanun phirte ahe. Tumchya Center la alyavar, konihi mala judege kele nahi, ani majha problem shanta pane aikun ghetala.”

(For the past year, I've been running from pillar to post seeking help for a cybercrime I fell victim to. When I came to your center, no one judged me; instead, they listened to my problem with patience and empathy.)

- 50, Female, Survivor of Cyber Crime

”

OUR SQUAD: EDUCATIONAL & CAPACITY-BUILDING PROGRAMS

Voices for Safety!

Creating Safer, Smarter & More Responsible Digital Communities

- **Being Responsible Netizens** – Interactive and age-appropriate sessions for middle and high school students, nurturing safe, mindful, and responsible digital behaviour
- **Being Digital Guardian** – Empowering teachers and parents to guide, protect, and support children in today's evolving digital world
- **Cyber Sakhi** – A focused initiative for college-going and working women, strengthening cyber awareness, online safety, and digital confidence
- **Cyber Bro** – Engaging programs for college students that encourage responsible technology use, digital ethics, and peer-led cyber awareness
- **Digital Stree Shakti** – A community-centred initiative designed for women with limited digital exposure, helping them confidently navigate technology and online spaces
- **Cyber Smart School** – A holistic program aimed at building a cyber wellness-focused school ecosystem through awareness, preparedness, and preventive practices
- **Building Digital Rakshak** – A customised capacity-building program that empowers child protection systems and community organisations to become first responders against cyber violence affecting children.

Through these initiatives, we continue to foster safer, smarter, and more responsible digital communities across the country.

- **959+ sessions** on **cyber wellness** and **digital safety** were conducted **across India**.
- **699+ sessions** were conducted with **school students**, promoting safe, mindful, and responsible digital behaviour.
- **56+ sessions** engaged **college students**, fostering cyber awareness, digital ethics, and responsible technology use.
- **87+ sessions** were delivered within **community settings**, strengthening digital confidence and online safety awareness.
- **105+ sessions** empowered **parents** with knowledge and tools to guide and protect children in the digital world.
- **12+ sessions** were conducted with **government officials** to strengthen stakeholder awareness and institutional capacity.

RAKSHAK

BUILDING DIGITAL RAKSHAK! **A CAPACITY BUILDING INITIATIVE**



A customised program implemented for the first time in the country that empowers child protection members and community organisations as proactive first responders against cyber violence against children.

Under the BDR (Building Digital Rakshak) project, strong collaborations were established with the department of women and child development, law enforcement, education department, and community-level stakeholders to strengthen efforts around cyber safety, digital wellness, and child protection.

As part of the initiative, district-level headmasters' meetings, police trainings, school awareness sessions, and community outreach programs were conducted to enhance sensitivity, awareness, and response mechanisms related to cyber risks and online safety.

In the last financial year alone, First Responder Digital Rakshaks across multiple **districts of Maharashtra** handled over **4,582 cases involving children** facing various forms of cyber distress and online harm. Adding to that, **a total of 757** cases were handled by counsellors under the Building Digital Rakshak Programme. We are proud to share that **more than 80% of these cases were successfully intervened** in and resolved with appropriate support and action by Responsible Netism and its collaborating stakeholders.



“Ahaan Foundation” is the only organisation working regularly on the ground for Cyber safety and awareness

- Deputy Commissioner of Cyber Crime, Solapur





EQU

WELL-BEING

MENTAL HEALTH IN CYBERSPACE MATTERS!

HEALTH

From Vulnerability to Empowerment

**Mr Sharma, a senior citizen from Pune, lost nearly ₹40 lakhs in an online trading fraud — an amount that represented his lifelong savings and sense of financial security. This devastating financial loss was followed by the prolonged uncertainty and lack of progress in the case took an even deeper emotional toll on him. For over a year, he felt helpless and unheard, facing the repeated procedural delays and disappointing visits to the police station. Despite reporting the fraud through official cybercrime channels, the fear of permanently losing his savings led to severe emotional distress, anxiety, hopelessness, and suicidal thoughts. With no ground and in-person support available for digital distress, The Cyber Wellness Helpline provided immediate emotional support and crisis intervention, offering him a safe and empathetic space to process the trauma caused by the fraud. Alongside counselling support, the case was escalated to the relevant law enforcement authorities to facilitate timely assistance. Through continued engagement, Mr Sharma was supported in rebuilding emotional resilience while navigating the distressing aftermath of financial cybercrime.*

Psychological/Physical Symptoms Associated with the Cybercrime/Distress

65 - 70%

Mood Disturbance

40 - 45%

Sleep Issues

30 - 35%

Social Withdrawal

25 - 30%

Academic Impairment

20 - 25%

Appetite Changes

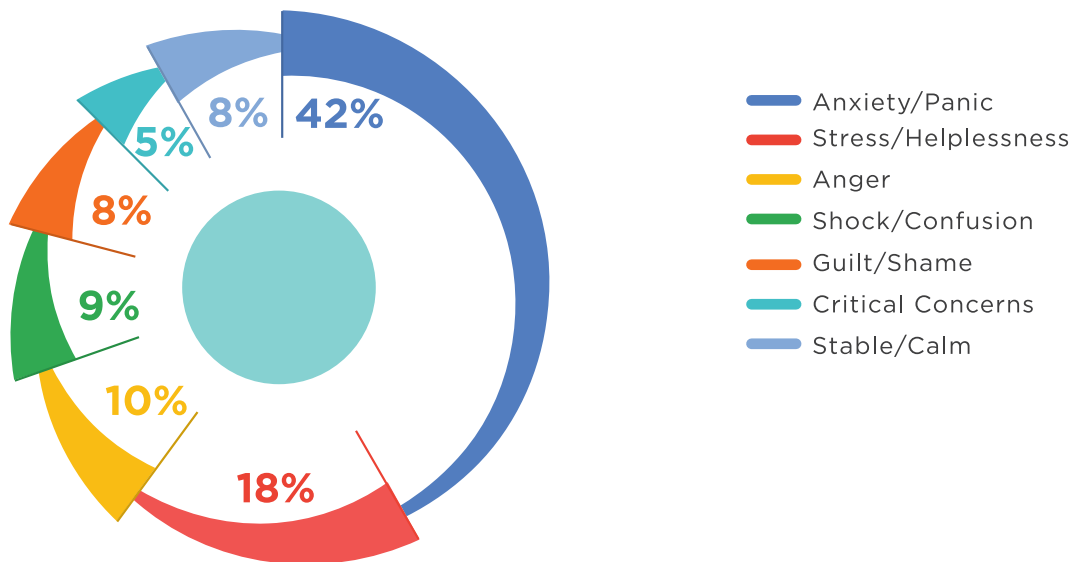
15 - 20%

Occupational Impairment

08 - 12%

Suicidal Thoughts/Self-harm

EMOTIONAL AND PSYCHOLOGICAL STATUS OF CLIENTS



The chart and graph categorize the **observed symptoms** into seven primary groups; however, in **practice, these experiences often overlap rather than exist in isolation**. Among all, **anxiety and panic emerge as the most frequently reported responses**. These are typically triggered by immediate financial loss, ongoing harassment, or fear of potential consequences, creating a sense of urgency and loss of control.

This is followed by **feelings of stress and helplessness**, which are often rooted in gaps in awareness, knowledge, and clarity about available reporting mechanisms or next steps.

The holistic recovery process, helping individuals rebuild fractured offline relationships and restore stable domestic environments. By bridging immediate clinical intervention with long-term community networks, these efforts successfully reduced digital trauma relapse rates, lowered acute anxiety among victims, and empowered families to establish healthy boundaries with technology. This integrated approach ultimately transformed vulnerable individuals into cyber-resilient citizens who can navigate the digital world safely.



Emotional and Psychological Status of Clients after Counselling

Immediate Stability	90% of clients reported reduced acute distress after the first session.
Cyber Resilience	Long-term psychological coping scores improved across all age groups.
Family Restoration	Reconnected strained support systems to prevent future isolation.
Emotional Regulation	75%+ clients learned to manage intense emotions and make calmer, clearer decisions
Emotional Regulation	75%+ clients learned to manage intense emotions and make calmer, clearer decisions
Sleep and Daily Functioning	4 in 5 clients improved sleep routines, leading to better rest and focus
Social Reconnection	Around 80% of socially withdrawn clients reconnected with support systems
Academic Engagement	85%+ of students resumed and improved their focus on academics
Healthy Eating Habits	3 in 4 clients restored healthier eating patterns after stress-related disruptions
Return to Work and Routines	90%+ working clients smoothly resumed work and daily activities
Crisis Support and Safety Planning	87% of high-distress clients engaged with referrals and developed safety plans
Healthier Digital Behaviour	70%+ of children and adolescents demonstrated safer online behaviour
Reduced Risky Online Activities	60%+ child-related cases showed reduced excessive screen use and risky online behaviour
Confidence and Sense of Safety	7 in 10 cases reflected improved confidence, safety, and reduced fear

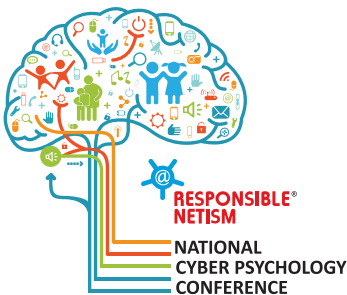
The Challenge:

The current structure of law enforcement agencies, especially in addressing cybercrimes, is entirely focused on technical and legal measures. Prevailing frameworks capture only the physical and financial footprints of violence, creating a critical blind spot around enduring mental trauma. Physical damage is documented. Financial loss is calculated. Psychological trauma is always ignored. Therefore, Cyber Wellness Centres prove to be a critical necessity to provide victims with the essential emotional and resilience- building support they need to heal.

OUR ANNUAL EVENT!

National Cyber Psychology Conference

The National Cyber Psychology Conference began in 2017, when the concept of cyber psychology was less well-known than it is today. Technology was still relatively new, and only a handful of people were thinking through its long-term impacts. Keeping this in mind, the concept of the National Cyber Psychology Conference was envisioned to engage like-minded individuals, discuss themes such as Cyber Hygiene Culture, Mental Well-being in Cyberspaces, and Youth for Cyber Wellness, while addressing systemic gaps, the needs of youth and children, and finding collective solutions. It became the first and only conference of its kind in India to engage in a multi-stakeholder dialogue on prevention, protection and restoration related to digital harm. Over the years, the conference has brought together distinguished experts, government representatives, educators, mental health professionals, law enforcement agencies, youth leaders, and civil society organisations to strengthen cyber wellness initiatives and build meaningful dialogue around emerging digital challenges.



10th YEAR

Marking the 10th year of the conference, it became the first conference on digital safety led by children, for children, themed **“Being Responsible Netizens”**

MAJOR HIGHLIGHTS – 10TH NATIONAL CYBER PSYCHOLOGY CONFERENCE

Official Recognition

Recognised as a **Pre-Summit Event** of the India AI Impact Summit 2026.

Partners & Supporters

Official Cyber Guardian Partners: Google Safety Engineering Centre, Snapchat | **Partners & Support Knowledge Partner:** Prin. L. N. Welingkar Institute of Management Development and Research (WeSchool)

Participation

300+ participants | Students from multiple schools
35 schools joined virtually | Participation from Maharashtra, Goa, Jaipur, and international organisations from the UK and USA

Dialogue Led by Children

Child-led discussions and moderation | Sharing of Gen-Alpha lived experiences | Tech demonstrations and student-led project showcases

Key Discussion Themes

Cyber Hygiene & Safe Gaming | Peer-to-Peer Influence
Responsible Digital Citizenship | Cyber Wellness & Mental Well-being | Online Safety & Reporting Mechanisms | Ethical and Responsible Technology Use

ONLINE

ONLINE SAFETY MANUAL



The conference culminated with the presentation of the **“Online Safety Manual”** — a child-centric, future-ready framework envisioned and articulated by children themselves. The manual presented thoughtful recommendations for:

- Educational institutions
- Intermediaries, including social media and gaming platforms
- Law enforcement agencies

The presentation emerged as one of the most compelling highlights of the conference, with children confidently voicing their insights, concerns, and solutions before stakeholders and their peers.



It is brilliant to see kids presenting such great ideas with clarity of thought. It is definitely motivating to see kids talking about their future and needs.

Mr Brijesh Singh, IPS – Principal Secretary, Information & Public Relations



I was really happy to talk about gaming and AI without someone saying it is bad. I love using technology, and I met so many new students here who think the same.

8th std. Student, attending the conference.



HIGHLIGHTS

HIGHLIGHTS OF THE YEAR!

Global Anti-Scam Summit Asia (GASA 2025)

Sonali Patankar, was invited as a panelist to share her thoughts on Cyber Wellness at the Global Anti-Scam Summit Asia (GASA 2025) in Singapore.

Global Cybersecurity Forum (GCF) 2025 Riyadh

Sonali Patankar represented Project Responsible Netism at GCF 2025 in Riyadh as a panellist on “The Cyber Effect: Understanding Technology’s Impact on Human Behaviour”.

Responsible Netism collaborated with **Google Trust & Safety** for hosting powerful capacity-building workshops in Mumbai and Pune.

Responsible Netism’s Cyber Wellness Centre in Goa, which conducted its **4th Annual Inter-school Drawing Competition on Cyber Safety** in collaboration with the Directorate of Education, Goa. A similar drawing competition was also conducted by Cyber Wellness Centre, Pune.

Ahaan Foundation (Project Responsible Netism) signed an **MoU with the Madhya Pradesh State Women’s Commission** to promote cyber wellness.

Ahaan Foundation (Project Responsible Netism) signed an **MoU with the Municipal Corporation of Greater Mumbai** for the establishment of Mumbai’s first Cyber Wellness Centre at Parel.

Ahaan Foundation (Project Responsible Netism) signed an **MoU with the Maharashtra State Women’s Commission** to promote cyber wellness.

***Our representation of Cyber Wellness
as a holistic approach to digital well-being was well received
and appreciated by international stakeholders.***



COMPLIANCE & FINANCE

- Certification - 12A, 80G, FCRA, CSR1 and Niti Ayog
- Registered under Under Bombay Trust Act, the Society Registration Act,
- Employee Welfare Programme - PF, PT, ESIC
- We follow the HR Policy Manual, approved by the board of trustees. We also have a finance procurement policy for ethical & transparent financial discipline.
- Ahaan is proudly a POSH-compliant organization.
- To support workforce well-being, Ahaan provides a fully funded Employee Assistance Programme (EAP), offering all team members confidential psychological support through independent, external specialists

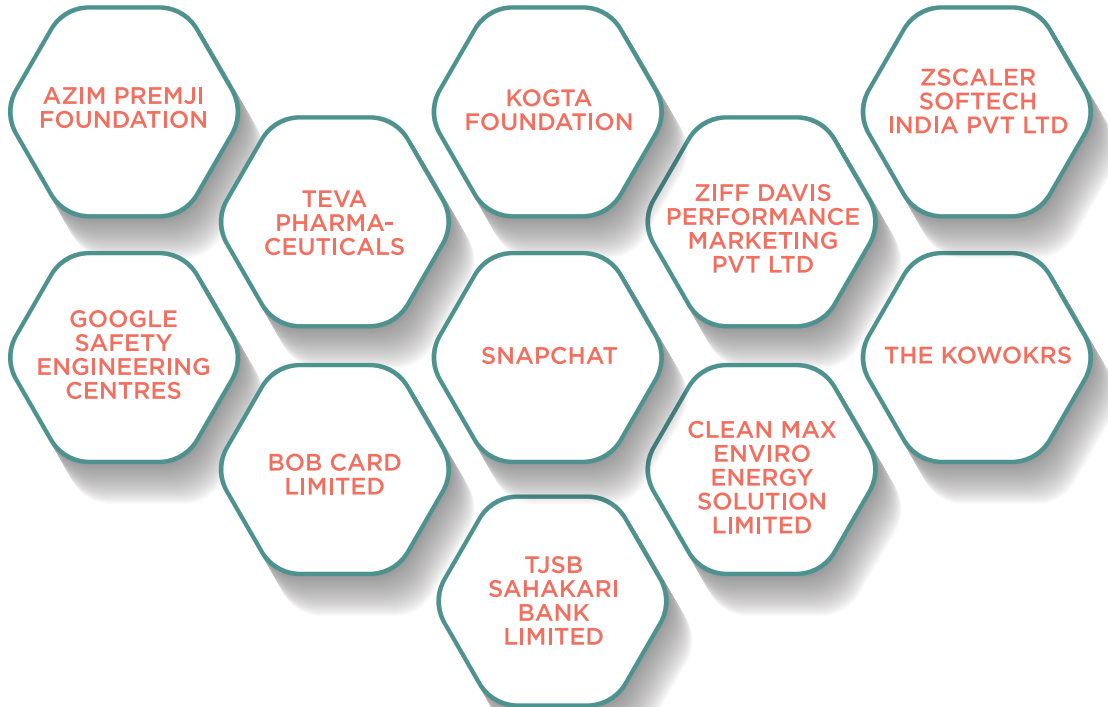
OUR STRATEGIC PARTNERS

- State Commission for Women: Maharashtra, Goa and Madhya Pradesh
- Municipal Corporation of Greater Mumbai – Collaborating with the SPGRC wing for infrastructure and ward-level engagement
- Thane Police Commissionerate - For Cyber Wellness Centre Support
- Jaipur Police Commissionerate – Facilitating police station referrals and the Cyber Support Centres
- State Council of Educational Research and Training (SCERT), Goa – Permissions for capacity building of teachers, school-specific parent sensitisation sessions, and administrative support
- District Early Intervention Centre (DEIC), North and South Goa – Resource persons for training and referral support for children
- Directorate of Health Services (DHS) – Goa Health system coordination and permissions support
- State Institute of Health and Family Welfare (SIHFW), Mapusa – Venue support for trainings
- South Goa District Hospital (SGDH), Margao – Auditorium and training space support
- Pune Police Commissionerate
- Department of Women and Child Development, Maharashtra State
- Integrated Child Development Services Supervisor, Ambarnath Region – Anganwadi support for early ASD identification

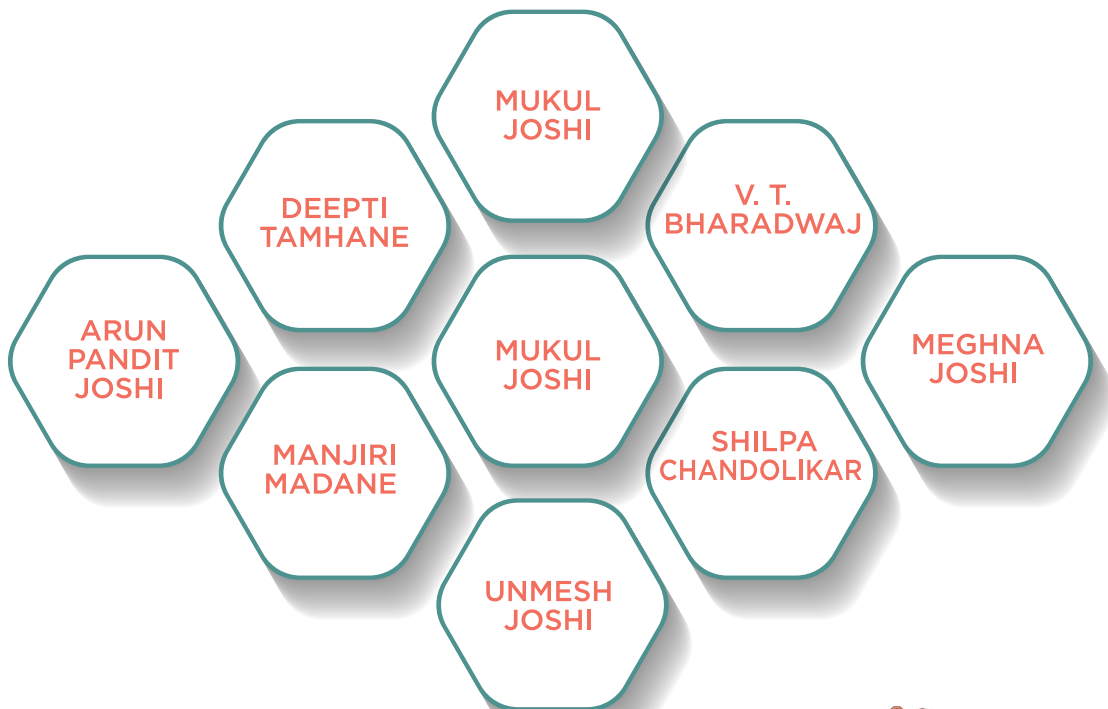


PARTNERS

CSR PARTNERS



INDIVIDUAL CONTRIBUTORS



PATTERNS

EMERGING PATTERNS & AREAS OF CONCERN

Project Responsible Netism

- **Target Vulnerabilities:** High exposure to online fraud and digital harms among high-risk groups, specifically children, adolescents, senior citizens, and digitally underserved communities.
- **Deficiencies in Digital Literacy:** Insufficient awareness regarding online safety, digital wellbeing, and existing reporting mechanisms, which prevents effective self-protection.
- **Institutional Bottlenecks:** Restructured access to psychosocial support caused by administrative barriers and disconnected referral pathways between schools and law enforcement agencies.
- **Systemic Requirements:** Strategic expansion of grassroots preventive education, development of coordinated institutional referral frameworks, and multi-stakeholder collaboration to establish accessible, community-based support systems.

Project - Autism Spectrum Disorder, Early Detection Project

- **Caregiver Burden:** High levels of emotional stress among parents driven by diagnostic uncertainties and a lack of accessible support services.
- **Societal & Educational Barriers:** Deficits in community and school-level understanding of neurodiversity, resulting in fear of judgment and resistance to inclusive education.
- **Communication Deficits:** Strained dialogue between families and educators, characterized by parental hesitation to report challenges and teacher difficulties in raising developmental concerns.
- **Infrastructural Shortages:** A critical deficit in localized, accessible early screening centers and specialized intervention facilities.
- **Systemic Requirements:** Intensified community sensitization, strengthening of grassroots referral networks, and structural integration between families, educators, and healthcare professionals.



NEXT?

WHAT'S NEXT? OUR ROADMAP

GEOGRAPHIC EXPANSION

New Centres

Madhya Pradesh

Cyber Wellness Centre –
Indore & Bhopal

Maharashtra

Solapur & Satara

New Initiatives

Implementation of a project in Sikkim
with the Sikkim State Commission for Women

Building Responsible Digital Citizens in the AI Era

As Artificial Intelligence reshapes education, workplaces and everyday life, Ahaan Foundation is committed to helping people become not just AI-enabled, but AI-aware.

Through Responsible Netism, we are strengthening our focus on Cyber Wellness and Responsible AI Use, empowering children, parents, educators, professionals, law enforcement agencies and government stakeholders to use AI safely, ethically and responsibly.

Looking ahead, Ahaan Foundation aims to collaborate with government departments across Maharashtra to establish Cyber Wellness Centres that provide free support to cyber victims and survivors while serving as hubs for digital literacy, AI awareness and cyber safety education.

Our vision is to build resilient digital communities where technology empowers people, safeguards well-being and promotes responsible digital citizenship. Because the future is not just AI-powered—it must be human-centred, ethical and responsible.

EXPANDING THE REACH, INTENSIFYING THE IMPACT!



A journey towards empowerment

ACKNOWLEDGEMENTS

ANNUAL REPORT ACKNOWLEDGEMENTS:

- Office of the Chief Minister, Goa,
- State Commission for Women, Maharashtra, Goa, and Madhya Pradesh
- Municipal Corporation of Greater Mumbai (MCGM) - Collaborating with the SPGRC
- Mumbai Police Commissionerate
- Thane Police Commissionerate
- Jaipur Police Commissionerate
- State Council of Education, Research and Training (SCERT) - Maharashtra and Goa
- District Early Intervention Centre (DEIC), North and South Goa
- Directorate of Health Services (DHS) Goa
- State Institute of Health and Family Welfare (SIHFW), Mapusa - Goa
- South Goa District Hospital (SGDH), Margao - Goa
- Department of Women and Child Development (DWCD), Maharashtra State
- Department of Women and Child Development (DWCD) / Integrated Child Development Services (ICDS) for ASD
- Department of Education, Maharashtra and Goa

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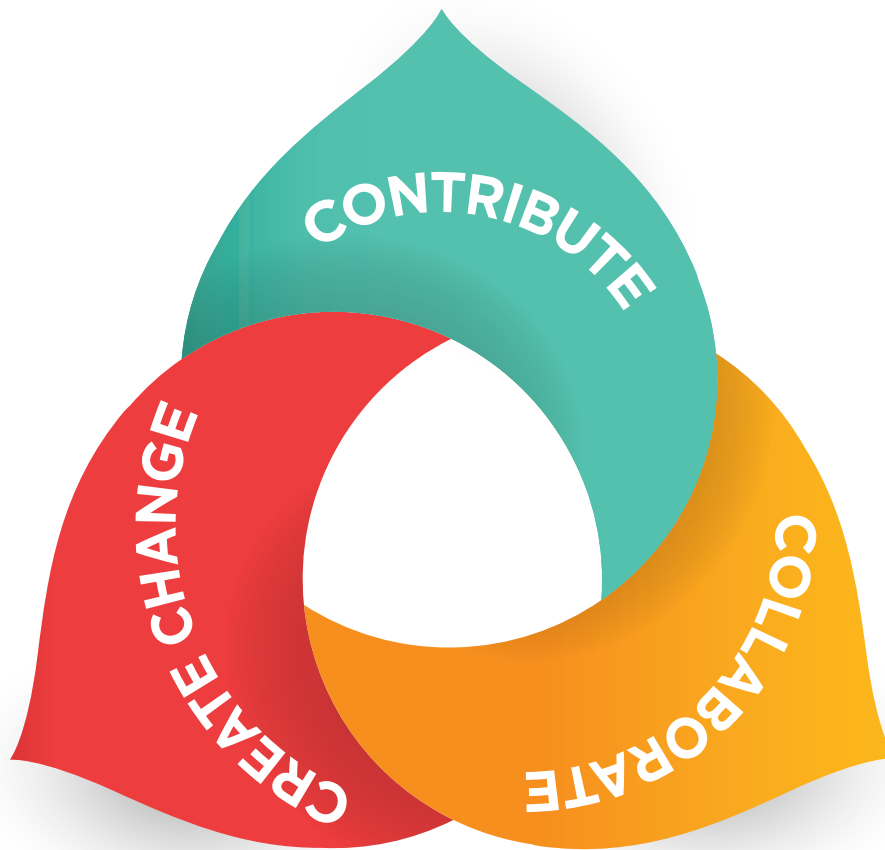
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CHANGE

HOW YOU CAN COLLABORATE



**JOIN THE MOVEMENT TOWARDS WELL-BEING,
SAFETY & INCLUSION**

**PARTNER WITH PURPOSE.
SUPPORT WITH COMPASSION!**



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RESILIENCE

FINANCIAL OVERVIEW

Year 2022 - 23

Rs. In Lakhs

Project	Income	Expenses	Expense Heads
Cyber Wellness Centre	₹ 115.75	₹ 115.73	- ₹ 43.48 - Human Resource - ₹ 28.35 - Infrastructure - ₹ 17.12 - Rent and Deposits - ₹ 9.46 - Annual Conference Expenses - ₹ 7.44 - Advertising and Promotion - ₹ 4.16 - Travelling - ₹ 1.96 - Trainig Session - ₹ 1.79 - Website Design & Maintenance - ₹ 1.15 - Printing & Stationery - ₹ 0.43 - Trademark Registration - ₹ 0.17 - Centre Running Cost - ₹ 0.12 - 10th Year Celebration - ₹ 0.10 - Drawing Competition
Cyber Wellness Sessions	₹ 2.83	₹ 11.15	- ₹ 4.22 - Admin Salary - ₹ 2.40 - Professional charges - ₹ 2.37 - Training & Session Charges - ₹ 1.32 - Session Travelling - ₹ 0.54 - Helpline - ₹ 0.15 - Session Food - ₹ 0.15 - Advertising
Individual Donation	₹ 7.64		
Cyber Sakhi Sessions	₹ 0.73		
Total	₹ 126.95	₹ 126.88	



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Year 2023 - 24

Rs. In Lakhs

Project	Income	Expenses	Expense Head
Cyber Wellness Centre	₹ 98.55	₹ 98.59	- ₹ 65.46 - Human Resource - ₹ 12.55 - Rent - ₹ 6.65 - Printing and Stationery - ₹ 5.59 - Travelling Expenses - ₹ 3.83 -Promotion - ₹ 2.75 - Centre Running Cost - ₹ 1.04 - Drawing Competition - ₹ 0.72 - Online and Offline publicity
Building Digitak Rakshak	₹ 30.00	₹ 29.94	- ₹ 12.57 - Training Venue and Food - ₹ 8.00 - Human Resource - ₹ 3.39 - Participant's Travel - ₹ 1.69 - Participant's Accomodation - ₹ 1.20 - Trainers - ₹ 1.55 - Travel - ₹ 0.96 - Printing - ₹ 0.58 - Participant Kits
Being Responsible Netizen	₹ 6.00	₹ 22.19	- ₹ 13.70 - Administration Cost - ₹ 4.75 - Professional Fees - ₹ 1.90 - Conference - ₹ 1.84 - Travelling for session
National Cyber Psychology Conference	₹ 5.00		
Cyber Safety Education Session	₹ 1.72		
Individual Donations	₹ 9.47		
Total	₹ 150.74	₹ 150.72	

Year 2024 - 25

Rs. In Lakhs

Project	Income	Expenses	Expense Head
Cyber Wellness Centre	₹ 102.80	₹ 102.87	- ₹ 69.45 - Human Resource - ₹ 12.01 - Printing and Stationery - ₹ 9.39 - Rent - ₹ 7.99 - Travelling Exp - ₹ 1.49 - Promotion - ₹ 1.17 - Drawing Competition - ₹ 1.00 - Centre Running Cost - ₹ 0.36 - Infrastructure

Continue Next Page



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Continue . . .

Year 2024 - 25

Rs. In Lakhs

Project	Income	Expenses	Expense Head
ASD - Early Intervention Project	₹ 34.98	₹ 34.97	- ₹ 16.02 - Human Resource - ₹ 10.04 - ASD Training for Teachers - ₹ 4.35 - Training of Department Health workers, Goa - ₹ 2.00 - Dashboard App Data Collection - ₹ 1.51 - Content Development and Design - ₹ 1.05 - Handout and Posters Printing
Building Digital Rakshak	₹ 26.18	₹ 26.18	- ₹ 11.91 - Salaries - ₹ 7.55 - Program Expenses - ₹ 2.57 - Visit Travelling, Food and Accommodation - ₹ 1.88 - Police Training - ₹ 1.19 - Trainer cost for Training Program Refresher workshop - ₹ 0.57 - Printing - ₹ 0.51 - Infrastructure
Cyber Sakhi and Digital Stree Shakti	₹ 23.39	₹ 23.39	- ₹ 14.50 - Computer Purchase - ₹ 4.70 - Printing Expenses - ₹ 2.01 - Monitoring & Evaluation - ₹ 1.88 - Trainer Remuneration - ₹ 0.30 - Travelling
Being Responsible Netism	₹ 6.00	₹ 6.00	- ₹ 3.68 - Session charges - ₹ 1.53 - Closure Programmes - ₹ 0.49 - Monitoring & Evaluation - ₹ 0.30 - Design and content
Individual Donations	₹ 2.45	₹ 3.91	- ₹ 1.74 - Professional Fees - ₹ 0.90 - Consultation Fees - ₹ 0.81 - Website content - ₹ 0.46 - Running cost
Cyber Safety Education Paid Session	₹ 1.46		
National Cyber Psychology Conference	₹ 5.00	₹ 5.00	- ₹ 5.00 - Conference Expenses
Total	₹ 202.25	₹ 202.32	

"In alignment with our core values of accountability and financial integrity, this statement of Income and Expenditure is publically shared to maintain the utmost transparency in our work. Full, audited financial statements are available upon request."



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TEAM AHAAN FOUNDATION



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REACH OUT TO US!



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