

SHIELDING FUTURES

आपकी सुरक्षा, हमारा संकल्प

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवता:



Message from the Chairman



Shri M. P. Tiwari

President, Avpravaah
Foundation & Senior Advocate,
Rudrapur District Udham Singh

Justice is not confined to courtrooms or legal arguments; it is the moral foundation of a civilized society. The true strength of a nation lies not merely in its economic growth, but in how effectively it protects the dignity, safety, and rights of its women, girls, and children.

For over four decades, I have practiced law as a Senior Advocate in Rudrapur, District Udham Singh Nagar, Uttarakhand, handling civil, commercial, corporate criminal, labour, and revenue matters before the District & Sessions Court and the Uttarakhand High Court. Throughout this journey, cases involving women and children have required not only legal expertise but also deep sensitivity, commitment, and resolve.

I have had the honour of being elected President of the Udham Singh Nagar District Bar Association eight times. This responsibility extended beyond professional leadership—it was an opportunity to strengthen the justice delivery system and promote legal awareness within the community. Through these years of service, I have closely witnessed the systemic challenges faced by marginalized individuals, particularly women and young girls seeking justice.

From the beginning of my legal career until today, I have considered it my moral duty to provide free legal assistance to victims—especially women, girls, and children who are unable to afford legal representation. For me, this is not an act of charity, but a responsibility rooted in the very spirit of justice. No individual should be denied justice due to financial hardship or social vulnerability.

The Constitution of India guarantees equality, dignity, and the right to life under Articles 14, 15, and 21. Progressive legislations such as the Protection of Children from Sexual Offences (POCSO) Act, the Prevention of Sexual Harassment (POSH) Act, and the Domestic Violence Act provide a strong legal

framework. However, laws alone are not sufficient. Effective implementation, institutional accountability, and timely access to justice are equally essential.

We firmly believe that:

Prevention must be structured — not symbolic.

Empowerment must be sustainable — not temporary.

Through Avpravaah Foundation, our commitment is to:

- Ensure accessible and free legal support for women, girls, and children in distress.
- Strengthen institutional compliance and safeguarding mechanisms in workplaces, schools, and communities.
- Promote gender sensitivity, child protection frameworks, and ethical governance.
- Foster a culture where safety and dignity are not exceptions, but established norms.

Justice is not merely about delivering judgments□ it is about restoring balance, protecting rights, and building a society grounded in fairness and compassion. Until every woman feels secure, every girl walks with confidence, and every child grows in a safe environment, our responsibility remains unfinished.

Justice must not be delayed.

Justice must not be denied.

Justice must remain accessible, fair, and humane — this is our enduring commitment.

With dedication to service and unwavering faith in the rule of law.



— Message from the Founder



Avnesh Sharma

Founder | Managing Director
& Chief Functionary
Avpravah Foundation

When we speak about development, we often measure it in numbers — growth rates, infrastructure, and economic indicators. But the true strength of a nation lies in something deeper: the safety, dignity, and protection of its women and children.

Avpravah Foundation was established with a clear purpose — to build safer systems where women and children can live without fear, access justice without barriers, and grow with confidence.

Despite progressive legal frameworks such as the Protection of Children from Sexual Offences (POCSO) Act, 2012, the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act), and the Protection of Women from Domestic Violence Act, 2005, awareness and effective implementation remain significant challenges across communities and institutions.

We believe that protection must be proactive, not reactive. Prevention must be structured, not symbolic. And empowerment must be sustainable, not temporary.

Our work stands on three pillars:

Protection – Safeguarding individuals through legal awareness and structured support systems.

Prevention – Proactive sensitization and institutional strengthening to stop harm before it occurs.

Empowerment – Building resilience, economic independence, and confidence among women and children so they can protect their rights and shape their future.

In advancing this mission, we are supported by dedicated professionals and associate partners who bring specialized expertise in areas such as POSH compliance, legal sensitization, gender justice, and child protection frameworks. Their contribution strengthens our commitment to delivering legally sound, socially responsible, and ethically grounded programs.

Avpravah Foundation is not merely an organization — it is a responsibility. A responsibility to stand with survivors, to educate institutions, and to ensure that safety becomes a norm rather than an exception.

Together, we can create systems where dignity is protected, rights are respected, and futures are secure.

With commitment and resolve,

Avnesh Sharma
Founder | Managing Director
& Chief Functionary
Avpravah Foundation



— Message from the Founder



Aadya Sharma

Founder, Avpravah Foundation

Founder & CEO, Yogantrikshakti



True empowerment begins from within. A strong society is not built solely through policies and systems, but through healthy bodies, balanced minds, and safe environments. When women are confident, girls are fearless, and children grow in secure surroundings, real progress becomes possible.

As a social worker and yoga expert, my journey has always been dedicated to holistic wellbeing, mental resilience, and inner strength. Through Yogantrikshakti, I strive to promote yoga not merely as a physical exercise, but as a way of life — one that enhances physical fitness, mental clarity, emotional stability, and self-awareness.

In today's world, the protection of women and children is not only a legal matter but also a question of social awareness and mental empowerment. Legislations such as the Prevention of Sexual Harassment (POSH) Act and the Protection of Children from Sexual Offences (POCSO) Act provide a strong legal framework. However, their true effectiveness depends on awareness, sensitivity, and the confidence of individuals to protect themselves and speak up.



With this vision, alongside yoga and mental health initiatives, I place special emphasis on **Self-Defence Training** as a vital component of empowerment.

Through our programmes:

- Women and girls are provided structured self-defence training to equip them with practical skills to protect themselves in vulnerable situations.
- Children and adolescents are guided to develop confidence, alertness, and safe behavioural practices.
- Mental health sessions focus on stress management, emotional balance, and positive thinking.

- Schools, institutions, and communities are engaged in awareness and sensitization programmes related to POSH and POCSO compliance.

I firmly believe that legal protection alone is not sufficient; physical preparedness, mental strength, and emotional stability are equally essential. Self-defence training is not merely about techniques — it builds confidence, courage, and self-respect.

My participation as a contestant in the nationally recognized reality show MTV Roadies further strengthened my leadership qualities, discipline, resilience, and ability to connect effectively with youth. This experience enhanced my capacity to motivate and inspire young minds, which now positively reflects in my social and wellness initiatives.

At Avpravah Foundation, my commitment is to integrate yoga, mental health awareness, self-defence training, and legal sensitization into a unified framework of empowerment. Our goal is not only to create protection systems, but to build confident individuals who are aware, prepared, and resilient.

When the mind is strong, the body is capable, and awareness is present — society becomes safer and more balanced.

With dedication to holistic wellness and sustainable empowerment,

Aadya Sharma

Founder

Avpravah Foundation



— About Us - Avpravah Foundation

Avpravah Foundation is a legally registered non-profit social organization under the Ministry of Corporate Affairs (CIN: U88900DL2024NPL439629). Guided by the commitment “***A Step Towards Positive Change,***” the Foundation works to bring positive, inclusive, and sustainable change to society. It is dedicated to the holistic development of children, youth, women, senior citizens, and underprivileged communities.

Adopting an ***integrated and holistic approach***, the Foundation’s work is not limited to education alone. It connects and addresses key areas such as ***mental health awareness, child protection and safety, environmental conservation, climate change, sanitation and health, women empowerment, and social awareness.***

The Foundation organizes training programmes, workshops, and awareness campaigns to promote ethical values, life skills, emotional well-being, and personality development among children and youth. In the area of environmental protection, it undertakes initiatives on water conservation,

waste management, plantation drives, promotion of sustainable lifestyles, and public awareness on the impacts of climate change. Under social empowerment, the Foundation works to enhance women’s safety, dignity, and self-reliance; protect child rights; support elderly care; and strengthen community participation

Avpravah Foundation was founded by **Avnesh Sharma** along with his associate partner **Aadya Sharma**, with the objective of social service and community development.



About Founders - Avpravah Foundation

Avnesh Sharma

Managing Director & Chief Functionary Avpravah Foundation

Avnesh Sharma hails from a rural background in *Baghpat district of Uttar Pradesh*. Growing up in a rural setting, he closely observed and experienced the real challenges related to **education, health, and access to resources**, which shaped his grounded, empathetic, and practical approach to social development. Drawing from this experience, he is currently **actively supporting various schools in Baghpat district** through initiatives focused on education, child awareness, health, and capacity-building programmes.

He has over **18 years of experience working under the Government of India**. During this period, he has made significant contributions in the fields of **public health, climate change, and community development**, particularly through his involvement in **national-level projects, programmes, and policy initiatives related to climate change and human health**.

He brings extensive expertise in **effective programme implementation, policy coordination, management of training programmes, execution of community awareness initiatives, and development of multi-sectoral partnerships**. By working closely with government departments, institutions, and diverse stakeholders, he has consistently delivered **long-term, practical, and impactful outcomes**, which are clearly reflected in his leadership and social initiatives today.



Aadya Sharma

Aadya Sharma, Founder of Avpravah Foundation, is a dedicated social worker, yoga expert, and an inspiring advocate of women empowerment. She is also the Founder and CEO of **Yogantrikshakti**, a reputed wellness initiative promoting yoga, mental balance, and holistic health. Through her leadership, yoga is being promoted as a lifestyle to achieve physical, mental, and spiritual well-being across diverse sections of society.

Through yoga, Aadya Sharma actively works to improve **physical health, mental resilience, concentration, self-confidence, and life skills** among children, youth, women, and other groups. She has conducted yoga training programmes, wellness workshops, and health awareness campaigns with special focus on inculcating discipline, emotional balance, and healthy habits in children. She believes that **a healthy body and a healthy mind form the foundation of a strong society**.

Her social reach and impact were further strengthened when she participated as a contestant in the popular reality show **MTV Roadies**. This experience enhanced her leadership skills, confidence, discipline, and ability to connect effectively with youth—positively reflecting in her social and health-focused initiatives.

At Avpravah Foundation, she plays a key role in planning and coordinating **yoga and mental health programmes, community health initiatives, women empowerment campaigns, and social awareness activities**. By engaging children and communities at the grassroots level, she actively promotes healthy lifestyles, positive thinking, and behavioural change through yoga.



Raksha: The Power of Protection

Rights Protection & Social Justice Programs

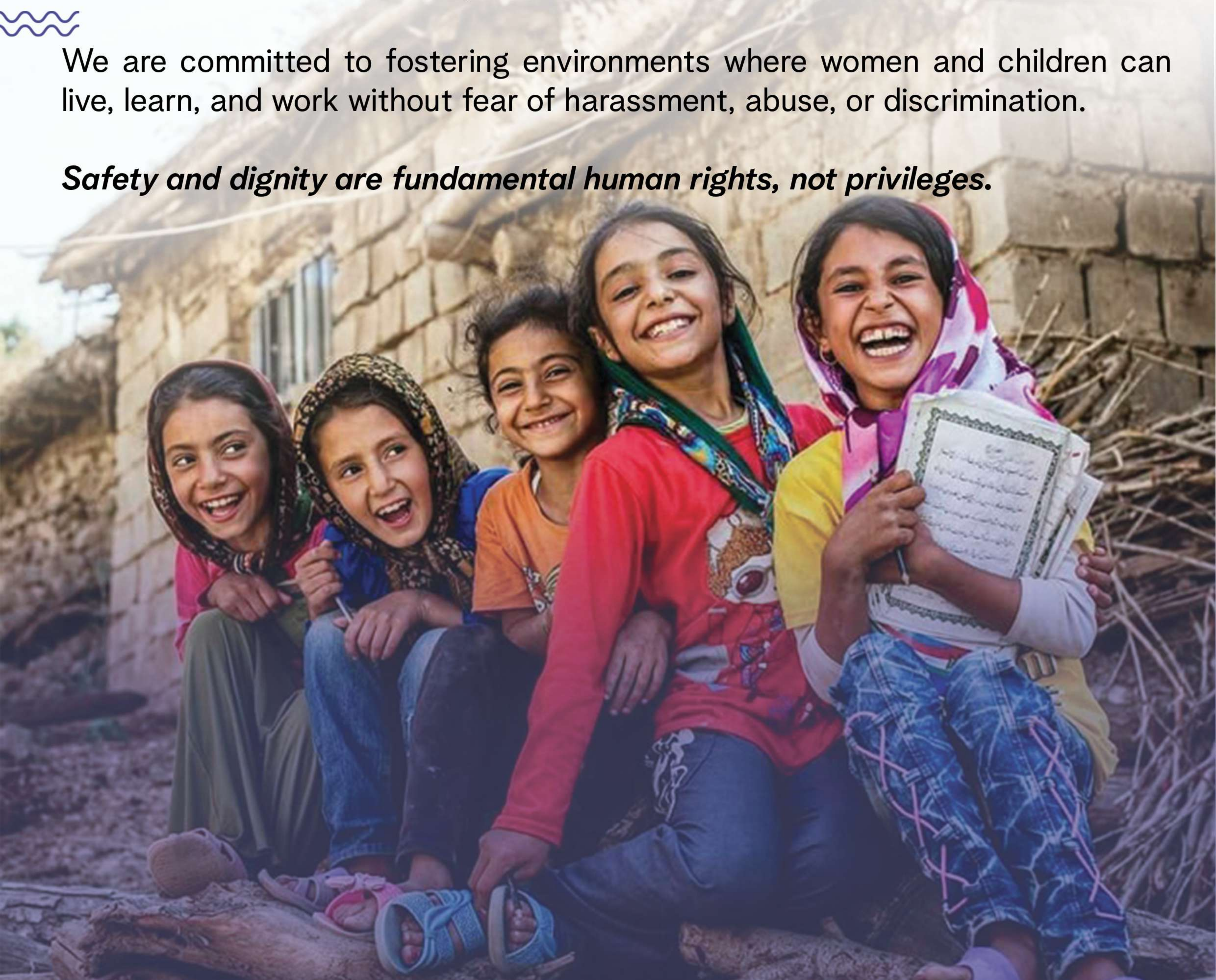
— Introduction / Overview

Avpravah Foundation believes in a holistic approach to nation-building, recognizing that a nation's true strength lies in the well-being, safety, and dignity of its women and children.

We work to prevent violence, raise awareness, enable economic and social opportunities, and strengthen protection systems for women and children. Through a multi-faceted and rights-based approach, we address the unique challenges faced by women and children, empowering them to overcome barriers and realize their full potential.

We are committed to fostering environments where women and children can live, learn, and work without fear of harassment, abuse, or discrimination.

Safety and dignity are fundamental human rights, not privileges.



— Our Vision

An India where every woman and child lives with dignity, security, and equal opportunity.

We envision a future where: - Women are economically independent, healthy, and safe from violence and discrimination. - Every child has a happy and healthy childhood, with access to quality education, nutrition, and protection from all forms of exploitation.



— Our Mission & Objectives

- Create immediate and lasting change in the lives of vulnerable women and children
- Promote safety, legal awareness, and emotional well-being
- Prevent, protect, and redress child abuse, child marriage, and trafficking
- Prevent, protect, and redress domestic violence and sexual harassment against women
- Build skills and economic independence for women
- Provide educational support and protection for children

— Our Core Pillars

- **Protection** – Safeguarding individuals through legal awareness and structured support systems.
- **Prevention** – Proactive sensitization and institutional strengthening to stop harm before it occurs.
- **Empowerment** – Building resilience, economic independence, and confidence

— What We Do | Our Impact Areas

1. Education & Skill Development

Education is a powerful tool for empowerment and protection.

- Back-to-school programs for dropout children
- Scholarships and academic mentorship
- Vocational training for women (tailoring, digital literacy, entrepreneurship)
- Self-defence training (Karate, Taekwondo, personal safety)
- Digital literacy and cyber awareness programs
- Leadership and life-skills workshops



2. Health & Nutrition

We work to ensure access to essential healthcare and nutrition, particularly in underserved areas:

- Mobile health clinics for remote villages
- Maternal and child health check-ups
- Awareness programs on hygiene, reproductive health, and nutrition
- Nutrition support to combat malnutrition and stunting
- Medical checkups for public at large
- Medical camps – Diagnostic & medical testing camps



3. Child Protection & Safety

- Rehabilitation, counselling, and referral support for child survivors
- Child protection system strengthening
- Child-friendly helpline and reporting mechanisms
- Cyber safety and online protection programs
- School and community workshops on body safety and safe/unsafe touch
- POCSO awareness programs
- Parent and teacher training on child psychology and protection
- Child health care including medical check ups, testing, etc

4. Women's Rights, Legal Aid & Advocacy

- Legal aid and counselling for domestic violence and sexual harassment
- POSH Act awareness and compliance support
- Gender sensitization programs
- Policy advocacy and research
- Women's Rights in All Fields
- Rapid legal response and referral services



5. Senior Citizens Rights & Health Care

- Legal aid and counselling
- Senior Citizens' Rights in All Fields
- Rapid legal response and referral services
- Health check ups
- Health & legal awareness

6. General Awareness among the Public

- Legal aid and counselling
- Rapid legal response and referral services
- Health check ups
- Health & legal awareness

— How We Work | Safeguarding Framework

Child Safeguarding Policy

- Zero tolerance towards child abuse
- Mandatory police verification of staff and volunteers
- Code of conduct for all team members
- Confidential and mandatory reporting protocols
- Strict adherence to the POCSO Act, 2012



— How We Work | Safeguarding Framework

Despite the enactment of the POCSO Act, 2012, child sexual abuse remains underreported due to lack of awareness and professional training.

Areas of Expertise

- Community awareness on POCSO provisions
- Child-friendly personal safety education
- Training of teachers, police, healthcare workers, and frontline professionals
- Support to schools and institutions in drafting Child Protection Policies (CPPs)
- Creating safe, inclusive, and compliant educational environments



— POSH Act – Workplace Sexual Harassment Prevention

Avpravah Foundation supports organizations in creating safe, inclusive, and legally compliant workplaces.

Services Offered

- POSH awareness and sensitization sessions
- Internal Committee (IC) training
- POSH policy drafting and compliance documentation
- Annual POSH report drafting and submission support
- SheBox registration assistance
- External member services for ICs
- Gender sensitization and respectful workplace programs

Sectors Covered

Corporate Sectors | Educational Institutions | Hospitals | NGOs | Government | MSMEs | Market Associations | Schools | Colleges | Shops | Cafes & Restaurants

Languages

English | Hindi

— Domestic Violence Prevention Program

Safe Homes, Strong Communities

A comprehensive initiative addressing domestic violence through awareness, training, and survivor support.



Key Components

- Community awareness workshops
- Gender sensitization for men and boys
- Trauma-informed training for police, healthcare providers, and social workers
- Legal aid, counselling, and shelter linkage
- Survivor referral and support networks
- Media and community outreach campaigns



Why Avprava Foundation?

- Strong legal and rights-based approach (POCSO, POSH, DV Act)
- Proven grassroots and institutional experience
- Trauma-informed, survivor-centric methodology
- End-to-end support model from awareness to rehabilitation
- Qualified multidisciplinary team (law, counselling, social work)
- Customised, bilingual programs (Hindi & English)
- Robust governance, safeguarding, and ethical standards
- Alignment with national priorities and Sustainable Development Goals
- Focus on sustainable, long-term impact

Emergency Contact & Helpline Support

Avprava Foundation – Emergency Support

- **Emergency Helpline : 9717702931**
- **Office Contact : 011-40451168**

(Counselling | Legal Guidance | Referral Support – Women & Children)



— Our Commitment

We do not just implement programs—we build safer systems, informed communities, and empowered futures for women and children.

Avpravah Foundation

Standing with you. Protecting rights. Saving futures.

आपकी सुरक्षा, हमारा संकल्प; अवप्रवाह फाउंडेशन है आपके साथ, हर पल।



— Partner With Us | Collaborate for Impact

We invite corporates, educational institutions, government bodies, and community organizations to collaborate with Avpravah Foundation in building safer and empowered societies.

CSR Collaboration Invite:

We welcome Corporate Social Responsibility (CSR) partnerships to design and implement impactful programs aligned with national priorities and Sustainable Development Goals.

School & Institutional Onboarding:

We partner with schools, colleges, and institutions to implement structured programs on child safety (POCSO), POSH compliance, mental health, self-defence training, and awareness initiatives.

Corporate Engagement:

Organizations can collaborate with us for POSH compliance, employee sensitization, gender training, and workplace safety programs.

Together, we can create safe, aware, and empowered communities.

— Our Registration Details

Avpravah Foundation is a legally registered and government-recognized organization. Below are our registration details:

- MCA (Ministry of Corporate Affairs) – CIN: U88900DL2024NPL439629
- NITI Aayog Unique ID: DL/2024/0474792
- PAN No.: ABBCA7747F
- TIN No.: DELA80262A
- 80G / 12A Registration No.: ABBCA7747FE20241

— How to Donate | Why Your Support Matters

*Your contribution to **Avpravah Foundation** is not just a donation—it is an investment in **safety, dignity, and opportunity** for women and children. Every contribution directly supports:*

- Protection of children from abuse, exploitation, and trafficking
- Legal aid and counselling for women facing domestic violence and harassment
- POSH and POCSO awareness and compliance programs in school, workplaces and communities
- Education, skill development, and self-reliance programs for vulnerable women and children
- Emergency response, counselling, and referral support during crisis situations

*With transparent governance and strong safeguarding mechanisms, we ensure that **every rupee creates measurable impact on the ground.***

— Ways to Donate

You can donate via **online bank transfer, UPI, or other digital payment methods.**

Bank Details

- **Bank Name:** Bandhan Bank Limited
- **Account Name:** Avpravah Foundation
- **Account Number:** 20100036963779
- **IFSC Code:** BDBL0002665



Your generosity helps us stand with survivors, protect children, and build safer communities.

Together, we can create change that lasts.

