



MAYA

MINDFUL | AMBITIOUS | YOUNG AIDE

MAYA ANNUAL REPORT 2025

Bengaluru, India | [Website](#) | [Email](#) | [WhatsApp](#)



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NOTE FROM THE FOUNDER

Dear supporters,

As I look back on this year at MAYA, I am filled with both pride and purpose. Each step we took - whether it was reaching a survivor, training a caregiver, holding space for a child, or challenging systems that silence - was made possible because of your belief in our mission.

This work is not easy. It demands courage, tenderness, and relentless hope. But it is in the eyes of a child who feels safer, or the voice of a survivor who feels seen, that we find our reason to keep going.

To every volunteer, supporter, therapist, ally, and survivor who walked with us this year - thank you. You are the heart of MAYA.

With gratitude and solidarity,
Anjana
Founder, MAYA



NOTE FROM THE VICE PRESIDENT



Dear Supporters,

This past year, MAYA has been able to reach out to survivors, provide them space and channels for healing; connect with young kids, teach them not to be silent. MAYA has also brought together people and organisations to help underprivileged kids find their voice against violence. All of this has been possible due to your trust in us, for which, we are extremely grateful.

There is still a long road ahead of us, until every child feels safe, until survivors aren't forced to bottle up due to lack of support. Sometimes, one supportive nudge is all it takes to make a world of change for a child and/or survivor.

For this, therapists, volunteers, supporters, and everybody who believes in this mission, have come together. Without any of you, this wouldn't have been possible. Thank you, for being with us, and lending your hand in every possible way.

With love and gratitude,
Chinmayi
VP, MAYA

ABOUT MAYA

MAYA is a non-profit, student-run organisation that aims to raise awareness about child sexual violence. By breaking barriers and raising awareness about **sexual violence**, we work to empower every child to recognise and report it. We have collaborated with over **2000** students across **30+** schools, colleges, orphanages and residences and educated them about sexual harassment, online abuse and how to tackle it. To make mental health more accessible, we have also spearheaded a **free therapy program**, providing responsible and accurate mental health resources.



ACTIVITIES UNDERTAKEN

PROJECT SURAKSHA

This project was a top-5 nominee (out of 30+) for Rotaract's Outstanding Project by A District!

In the month of February, MAYA, in collaboration with the Rotaract District Organisation 3191, conducted sessions on safe and unsafe touch, consent, respect and boundaries in more than **10 schools** and interacted with around **800 students**. The sessions aimed to equip the students with the knowledge to recognise and report unsafe touch as well as to navigate our guide on child sexual abuse.

"The awareness session helped me understand that no one can touch me if I do not want to be touched. Period. No excuses."

*-A student, Bangalore
(translated from Kannada)*



FREE THERAPY PROGRAMME

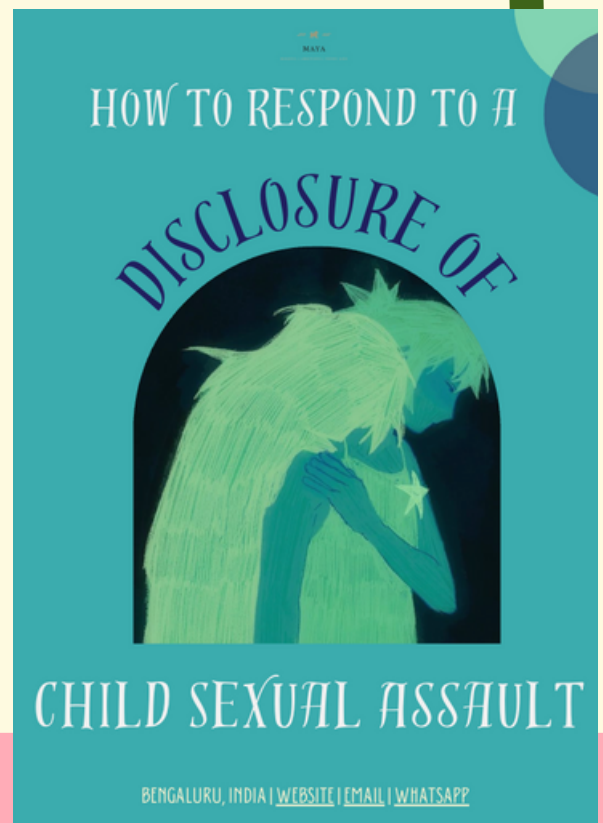
At MAYA, we firmly believe that access to emotional healing and self-understanding should not be a luxury. Every survivor deserves a holistic well-being and a chance at recovering from their trauma through the right resources. In line with this vision, MAYA had been consistently offering free therapy sessions to underprivileged students for over a year now. We have facilitated **75+** sessions.

We are now customising this program for survivors of any form of sexual violence.

GUIDE ON RESPONDING TO A DISCLOSURE OF SEXUAL ASSAULT

Responding to a disclosure of sexual assault requires the right words, empathy and a sense of responsibility. Understanding the weight such a moment carries, MAYA has developed a comprehensive guide to help individuals in responding to a disclosure of sexual assault appropriately, do's and don'ts, how to navigate the next steps and addresses other questions surrounding disclosures.

You can find the link [here](#).





WORKBOOK

The workbook curated by the team of MAYA is designed for children in the age group of 7-14 years. It includes a range of interesting age-appropriate activities, quizzes and engaging stories. The primary objective is to educate the children on differentiating between safe and unsafe touch. The workbook has been checked and vetted by many prominent people in the field of child safety.

We are releasing it soon, stay tuned!

AWARENESS SESSIONS CONDUCTED IN BANGALORE AND JAMMU

MAYA conducted an awareness session on safe and unsafe touch in the Nagrota Military Station in Jammu. These sessions focused mainly on consent and boundaries, along with online sexual harassment. Through case studies and interactive discussions, students were sensitised to the dangers of catfishing and blackmailing.

ISSUE IN SPOTLIGHT

School-based gender related violence (SBGRV)

What is it?

- It is an act (or threat of) sexual, physical or psychological violence occurring in an educational setting. It is enabled by power dynamics and influenced by gender norms.
- It has devastating impacts such as severe psychological and physical trauma, unwanted pregnancies, sexually transmitted diseases (STI's), depression and child marriage.

Whom does it affect?

It affects girls, boys, LGBTQIA+ students and those with disabilities.



What is the most effective approach to prevent SRGBV?

The Whole-School Approach is most effective in dealing with SRGBV. It involves students, teachers, staff and community members. The battle is not of students alone!

What must be taught to prevent SRGBV?

- Students should be taught about **safe and unsafe touch, consent, boundaries, reporting** of abuse and building **healthy relationships** with their peers.
- Educators must follow the 4R's, i.e **Recognise, Record, Report and Refer**, in case of any instances of sexual abuse.
- Schools should implement clear codes of conduct with **zero tolerance** for SRGBV, and formulate anti-harassment policies.

What is the way forward?

- **Speak up and Report** abuse, harassment or inappropriate behaviour to a trusted adult, professional or a school official.
- **Seek support** from trusted sources like friends, family or counsellors for emotional strength and guidance
- **Challenge problematic behaviour** and comments whenever encountered to break the cycle of silence
- **Understand the issue** deeply through reading, dialogue, and listening to experiences
- **Spread awareness** via discussions, workshops, social media, and daily conversations.

How has MAYA worked toward the prevention of SGBRV?

- We have been conducting awareness sessions on bodily autonomy, consent, boundaries and reporting of abuse across **30+** schools, colleges and residential apartments in India. We have reached more than **2000** children and caregivers.
- We have also promoted age-appropriated education on safe and unsafe touch.

It is really encouraging to know that we have been working in line with UN Recommendations to end sexual violence!



WHAT PEOPLE HAVE TO SAY

"MAYA has been doing such amazing work and I'm genuinely so grateful I got to be a small part of it through **Project Suraksha**. The session on good touch and bad touch was so **honest, warm, and needed**. Doing it at a U&I centre made it even more special because I've always felt connected to the kids there. Watching them engage in such an **important conversation** really stayed with me. It was simple, meaningful, and something I won't forget"

- Supritha [Secretary, Rotaract Club, Jyoti Nivas College]



"The MAYA Initiative is doing some seriously awesome, **important work for young folks** in India, and it's really touched me. MAYA gets that students face tough mental times, so they offer **free, one-on-one mental health sessions**. How cool is that?! It's a safe spot for young minds to get stronger. Their **focus on emotional well-being** is fantastic!"

- Pakhi Garg [Data privacy lawyer; Co-Founder & Director - Trainings, World Cybersecurity Safety Forum]



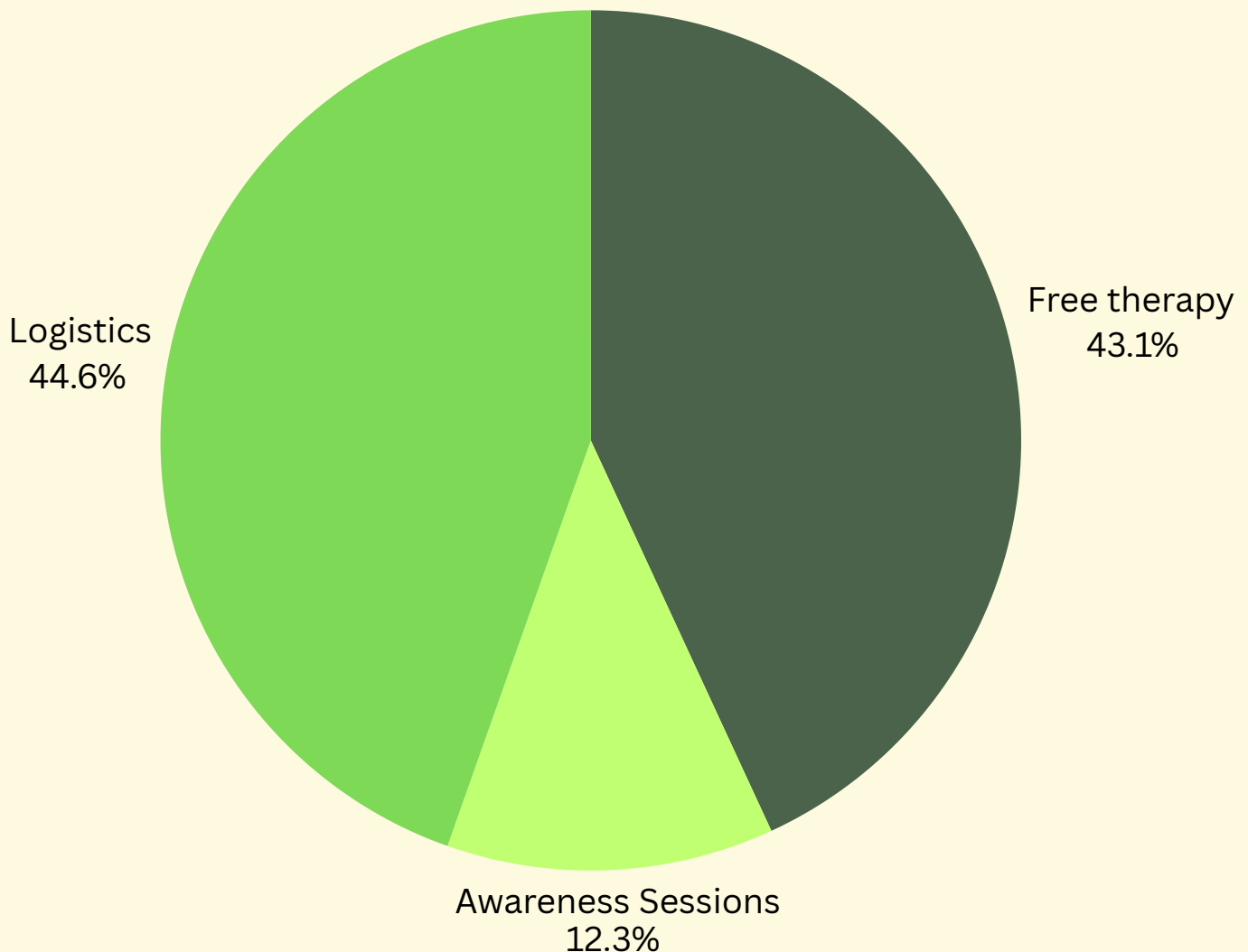
"I had a wonderful experience working with Maya. I was given a lot of space to explore and find my space as a **SGBV Advocacy consultant**, and that resulted in a **huge positive impact** within army cantonments in the Jammu and Kashmir region. I hope to continue working in this field and supporting Maya's brilliant work, and reaching many more children."

-Wamika Sachdev [SGBV Advocacy Consultant]



FINANCES

Maya is transparent with its funding, ensuring that all financial contributions are responsibly managed and clearly accounted for. We have spent **Rs.16818** during July 2024-July 2025.



NOTE: Your support matters. Please contact Anjana (+91 9008865558) to learn how you can support our cause.

WAY AHEAD



MAYA is designing a **child-friendly workbook**, filled with activities, stories and quizzes. This resource was curated keeping in mind 7-14 year olds, ensuring that they can engage with the workbook. It will help them recognise the difference between safe and unsafe situations.

As of March 2023, we also offer a free therapy program for those who cannot otherwise access it. We work with a team of qualified therapists, who practice a code of conduct rooted in integrity and trust.

Going further, we hope to expand our impact and improve more young lives. **We are now focusing our free-therapy program for survivors of sexual violence.**



HOW YOU CAN HELP

DONATE TO OUR CAUSE

At MAYA, we believe even the smallest acts of kindness can help transform the life of a child monumentally. Through your contribution, we would be able to provide them with the necessary resources and the promise of a better tomorrow.

Your support can make a profound difference.

To donate, please reach out to initiative.maya@gmail.com or at +91 9008865558 (Anjana Palamand). Thank you.

JOIN US

Every individual deserves to live a life with safety, dignity and care. MAYA strives to be a forum where voices are heard, rights are protected, and lives are nurtured. It would only be possible with the help of conscious and socially responsible individuals such as yourself.

As we are looking to expand our impact, we invite you to become a part of our community at MAYA and help shape a better tomorrow. We are looking for passionate individuals, particularly in the field of -

- Finance
- Marketing
- Technical assistance
- Logistics

Please reach out to initiative.maya@gmail.com in case you are interested in joining our team.

CALL FOR ADVISORS

As MAYA continues to pursue its mission, we are seeking passionate, experienced and supportive advisors in the field of child rights, sexual harassment laws and child education to guide us in the same.

It would be our pleasure to have individuals like you help us in making and implementing informed programs to create safe, inclusive and empowering spaces for everyone.





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With warmth,
MAYA

