



Towards Empowerment...



ATMA FOUNDATION
Volunteering Transformation



ANNUAL REPORT

2016-17



Towards Empowerment...





VISION

Creative Intervention for Social Transformation through Effective Empowerment and Productive Compassion

MISSION

Empowering individuals, families and social groups to live happier lives with healthier relationships and serve less privileged fellow beings with Love, by fostering intrapersonal and interpersonal harmony.

MOTTO

Aatmano Mokshaya, Jagat Hithaya cha

ATMA Foundation is for people who want to
Achieve the Best and Share with the Rest.

All our activities are 'EC Initiatives' – Empowerment & Compassion Initiatives.

At ATMA, Individual Empowerment forms the basis of all social work – an empowered individual with compassion to his fellow beings is a true change agent.

OUR PHILOSOPHY

Living in Harmony

Intrapersonal and
Interpersonal Integration
for Effective Living with
Joyous Relationships.



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A Bird's EYE VIEW Highlights: 2016-17

- ▲ **FCRA registration** from the Ministry of Home Affairs, Govt of India
- ▲ **Ambulance from Bank of India** as part of their CSR initiative
- ▲ **Kerala Sangeetha Nataka Akademi Recognition** (ATMA Kalakshetram)
- ▲ **WE CARE for Woman Empowerment** – 8 day Mega Campaign and Seminar on Women's Rights, Issues & Empowerment - Reached out to over 20,000 people
- ▲ **Celebrate 55⁺** : Workshop for Senior Citizens on Graceful Ageing- 75 participants
- ▲ **Sensitising School Children towards the Problems of Senior Citizens** – Workshops in 5 Schools, Over 1000 children reached
- ▲ **Living in Harmony** Talk Series at 4 venues - More than 1000 beneficiaries
- ▲ **I Transform** Youth Camp - with 110 delegates
- ▲ **Medical Camps** at 2 venues, benefitting 150 families





FROM THE DIRECTOR'S DESK

Greetings! Salutations!!

Another year has passed... Though we would have been happier if we could do more, we have maintained the pace.. Receipt of FCRA license and accreditation for ATMA Kalakshetram are major milestones this year. Our heartfelt gratitude to m/s Bank of India for giving an ambulance to us under their CSR scheme.

On the projects side, children at ATMA Gurukulam are definitely responding well to the support given.. their overall growth is the real test of the success of the project.. we are happy that it is in the right direction..

ATMA Child and Adolescence Development Centre is in the path of development. The CADC team is being expanded, with professionals like psychiatrist, clinical psychologist and others also joining us. ATMA Yogapeethom continues to serve the community. We are very happy about the developments happening with regard to ATMA Kalakshetram, now accredited by Kerala Sangeetha Nataka Academy.

It is a matter of pride that our regular programmes elicit very good response. The spurt in Living in Harmony seminars with greater participation is really heartening. The highlight of the year was the WE CARE for Woman Empowerment Campaign. The public involvement and social impact of the campaign has been very satisfying.

The untiring efforts of committed volunteers, cooperation from high impact guests and generous support from various well-wishers are remembered with much gratitude...

Appreciation to the ATMA Team as well!

Thank You...

Lovingly yours,

C K Suresh



CAMPAIGNS

Society evolves when the individuals evolve. Sometimes, the individuals need a collective push to move them towards growth and positive change. Right since inception in 2006, ATMA has taken up mass campaigns to focus social consciousness on various issues that urgently need resolution.

ATMA campaigns do not stop at creating awareness about social concerns – they spread positive responses and solutions to these concerns. They are not about creating a stir in the social psyche – they are about inspiring change in the individual.

Our campaigns have impacted the beneficiaries at a personal level. Transformation of one individual creates a positive impact on those around him too, thus multiplying the benefits manifold - a key reason for the public goodwill ATMA enjoys today, as a 'Champion of Campaigns'.

Major campaigns this year include -

WE CARE FOR WOMAN EMPOWERMENT

Campaign on Women's Rights,
Issues & Empowerment

LIVING IN HARMONY

Campaign for Happy Living with
Healthy Relationships

WE CARE FOR ELDERS

Campaign for Welfare of Senior Citizens

P2P: PROBLEMS TO POSSIBILITIES

Campaign for Adolescent Empowerment



Cover Story



WOMAN EMPOWERMENT

WE CARE for Woman Empowerment

25th Sep - 2nd Oct 2016

at South Nada, Vadakkumnathan Temple Grounds, Thrissur

A wide range of programmes over 8 days

To create awareness about women's issues and generate holistic solutions
With focus on empowering the individual to empower the society.

— Sensitising Children & Youth —

Essay Writing & Painting Competitions on the topic for school & college students on 25th Sept 2016. Over 200 Participants.



Perspectives Conclave: 25th – 29th Sept, 6:00- 7:30 pm

5 day series of talks on Woman Empowerment from Various Perspectives

10 speakers, over 1000 participants...

25th Sept: Inaugural Session

Presided by C K Suresh, Director,
ATMA Foundation

Welcome address by K K Komalakumar, Secretary,
ATMA Foundation

Inauguration by Smt Sheela Vijayakumar,
District Panchayath President

Keynote Address by Swami Purushottamananda

Felicitations by Hon Mayor Smt Ajitha Jayarajan and
former MLA Sri Therambil Ramakrishnan

Vote of Thanks by Sri P K Krishnankutty,
ATMA Volunteer



26th Sept: Woman Empowerment from the Perspective of the Modern Literature

Welcome Note by Sri C N Jayarajan, ATMA Volunteer

Introductory Address by C K Suresh

Presided by **Sri Krishnadas, MD, Green Books**

Keynote Address by **Dr P Saraswathi, Writer**

Vote of Thanks by Ms Sangeetha. N, ATMA Volunteer



27th Sept: Woman Empowerment from the Perspective of Scriptures

Welcome Note by Ms Nanditha Menon, ATMA Volunteer

Introductory Address by C K Suresh

Keynote Address:

Acharya M.R Rajesh, Founder, Kasyapa Veda Research Foundation - Woman Empowerment from the Perspective of Vedas

His Lordship Dr Mar Yohannan Yosef Episcopa, Church of the East - Woman Empowerment from the Perspective of the Christian Scriptures

Vote of Thanks by Sri James C Joseph, ATMA Volunteer



28th Sept: Woman Empowerment from the Perspectives of Gandhiji & Swami Vivekananda

Welcome Note by Sri P K Krishnankutty, ATMA Volunteer

Introductory Address by C K Suresh

Keynote Address:

Dr. M. Lakshmikumari, Director, Vivekananda Vedic Vision Foundation - Woman Empowerment in Vivekananda Darsanam

Sri. Peethambaran Master, Sarvodaya Leader & Author - Woman Empowerment from the Gandhian Perspective

Vote of Thanks by Smt C K Niveditha, ATMA Volunteer





29th Sept: Woman Empowerment from the Perspective of the Epics

Welcome Note by **Smt Radhika Mohan**, ATMA Volunteer

Introductory Address by **C K Suresh**

Presided by **Br Jayashankar, Mata Amritanandamayi Mutt**

Keynote Address: **Smt K B Sreedevi, Writer**

Vote of Thanks by **Sri Raju M D**, ATMA Volunteer



Main Event: Sept 30th 5 pm – Oct 2nd 8 pm

9 ATMA volunteers fasted for 51 hours as a symbol of our commitment towards the cause. 12 others fasted for 24 hours.

3- Day Conference on Women's Rights, Issues & Empowerment

30th Sept 2016

Community Garba Dance - More than 500 girls and women participated in this event designed to help them break their shell and overcome fears and inhibitions.



Inaugural Session



His Beatitude **Dr Mar Aprem**, Bishop, Church of the East



Hon. Mayor **Smt. Ajitha Jayarajan**



Hon. M.P **Sri C.N Jayadevan**



Kum. Dhanya Ravi (Survivor of Brittle Bone Disease & Motivational Speaker)



Division Counsellor **Smt. M S Sampoorna**



Dignitaries on the dais, along with ATMA Foundation Director **Sri C K Suresh**, Secretary **Sri K K Komalakumar**, General Convenor **Sri T R Vijayakumar** and Volunteers **Ms Rekha** and **Ms Parvathy**



Thayambaka by **Padmasree Peruvanam Kuttan Marar**

Oct 1st 2016

Seminars & Panel Discussions

- ◆ **Role of Education in Gender Sensitisation** – Padmasree Dr. P.R Krishnakumar, Chancellor, Avinashilingam University, Dr. Rosy Thampy, Writer, Dr. V. Bindu, Educationist, Sri. C.K Suresh, Ms Parvathy G, Smt Smitha Keeran
- ◆ **Safety & Security of Women** - Smt. R. Nishanthini, IPS, District Police Chief, Thrissur (Rural)
- ◆ **Role of Media in Woman Empowerment** - Smt. R. Vidhubala, Smt. R. Mochitha & Sri. Rahul Easwar (Media Personalities), Smt. Preethi Panicker, (Film Director), Dr. Aby Paul (Educationist), Sri C K Suresh
- ◆ **Financial Literacy** - Sri. Ramachandran (Faculty, RSETI)
- ◆ **Women in Politics** - Adv. C.K Sajinarayanan (National President, BMS), Sri. K. Venu (Communist Thinker & Political Activist), Sri. M.T Ramesh (State Gen Sec, BJP), Sri C K Suresh, Sri K K Komalakumar, Sri P K Krishnankutty





Cultural Sessions on the theme

- ◆ **A Musical Tribute to Womanhood** -Sri. Anoop Shankar, Playback Singer
- ◆ **Women & Art** - Performance and Talk by Dr. Padmini Krishnan and Dr. Draupadi Praveen (Neelamana Sisters), renowned dancers
- ◆ **Kavi Sammelanam** (Poets' Conclave) – Renowned Poets Sri. Murukan Kattakada, Smt. Sreelatha Varma, Smt. Roshni Swapna, Sri. V. G Thampy, along with ATMA Volunteers Sri C N Jayarajan, Smt Ajitha and Smt Sangeetha N
- ◆ **Magic Show** – by Sri Davis Valarkavu, Social Activist



Oct 2nd 2016

Seminars & Panel Discussions

- ◆ **Religious & Cultural Perceptions on Woman Empowerment**- Smt. Vidhubala (Social Activist), Dr. Mary Regina (Kerala Catholic Council Joint Secretary), Smt. Vasanti Gopalan (Bhakta Mahila Trust)
- ◆ **Woman & Career** - Smt. Geetha T.R (DGM, SBI RASMECC), Smt. Priya Habeeb (Entrepreneur), Smt. Seena A.C (Headmistress, Govt HS RV Puram), Dr. Lizzy Cleetus (Registrar Medical Oncology, Lakeshore Hospital), Ms. Nanditha Menon (Social Worker), Sri C K Suresh
- ◆ **Security & Safeguards for Women**- Dr. K.S David (Psychologist), Adv. Villi Jijo (Asst Prof, Dept. of Social Work St. Thomas College)





- ◆ **Women and Health** -Dr. Chithrathara K (Uro-gyneac Oncology Surgeon)
- ◆ **Women in Social Work** - Smt. Nalini Chandran (Educationist), Smt. Sheeba Amir (Social Activist), Ms. Preeti Sreevalsan (Animal Rights Activist), Dr Krishna Gopinath (Music Therapy Trainer for Children with Special needs), Smt Smita Keeran Warriar (Counsellor)
- ◆ **Woman Empowerment in the Work Place** - Dr. Mini K Jose (Assoc Prof, Dept of Social Work, Vimala College, Thrissur), Smt. Vijaya Ananthakrishnan (Banker & Trainer), Smt. Vinaya (A.S.I), Sri. T.R Vijayakumar (Secretary, Chamber of Commerce, Thrissur)



— **Open Forum: Towards a Woman Friendly Thrissur** —

Dr. Jaya Cherian (Head of the Dept of Social Work, Vimala College, Thrissur), Sri. Ajith Kumar Raja (Director, Sakthan Thampuran College for Women, Thrissur), Sri C K Suresh, Sri T R Vijayakumar



— **Valedictory Session** —

Sri Jayaraj Warriar, Renowned Artiste & Media Personality with C K Suresh, T.R Vijayakumar & Board Members of ATMA Foundation





Conclusion of the Upavasam



Concluding Address by C K Suresh



Conclusion of the Upavasam with the upavaasis taking lime juice from Sri C N jayarajan, senior ATMA Volunteer.

“ Participation of over **10,000 People...** Reached out to over **20,000 People...**”

Related Programmes

- ◆ **Yoga Demonstration and Training** – morning sessions with over 100 participants, on Oct 1 & 2, to encourage people, especially women, to adopt a healthy, stress free lifestyle.
- ◆ **Info Booths, Stalls & Other Facilities**
 - ◆ Service stall by District Legal Services Authority
 - ◆ Burn Victim assistance stall by Ganga Hospital, Coimbatore
 - ◆ Free Health check-up by Arya Medical Centre
 - ◆ Awareness booth by RSETI (Regional Self Employment Training Institute).
- ◆ **Free Booklet Distribution** – A booklet detailing important legal protections for women, government schemes and important contact numbers, prepared by ATMA Team, was released by Smt R Nishanthini IPS, on Oct 1st, by presenting the first copy to Smt Vidhubala. Over 1000 copies were distributed to the participants.





Prior to the Event...

- ◆ Campaigns in more than 50 schools/ colleges
- ◆ Garba Trainers' workshop by Smt Rajasree at Harisri Vidyanidhi School – with participation of over 50 dancers
- ◆ 10 Garba workshops at schools, colleges & community centres
- ◆ Press Conference at Hotel Pooram International, with participation of representatives from more than 20 prominent newspapers and TV channels.



Media Campaigns...

With the support of the media, the 8-day event was used as an occasion to steer the attention of the community towards Women's Rights, Issues & Empowerment

- ◆ Salient points of the Perspectives conclave were reported in leading Malayalam Dailies
- ◆ Wide media coverage of the Mass Garba Dance
- ◆ Coverage in FM Radio and local cable TV networks
- ◆ 20- minute airtime in Janam TV, about the concept behind the programme



Follow-up Programme

BE BOLD FOR CHANGE!

Awareness Campaign on 8th March 2017

On the Occasion of Women's Day

> 250 Volunteers...
Reaching out to over 5000 people!!

THE MESSAGE

Woman Empowerment is possible only when women speak out – to assert their rights, to expose the atrocities they suffer, to bring to light the injustices they face.

Woman Empowerment is not the responsibility of the Woman alone – it is the collective responsibility of the men, the family and the society – to support her to BE BOLD FOR CHANGE.

THE CAMPAIGN

- ◆ Public Awareness & Mass Contact programme at North Bus Stand Thrissur from 3.30 – 5.30 pm on 8th March 2017
- ◆ Free distribution of 5000 pamphlets and 500 booklets to the public in the buses, shops and the vicinity of the bus stand
- ◆ Street plays and flash mobs by college students.
- ◆ Short talks by ATMA Volunteers and guest speakers



Follow- up Programme

Participation

The programme was organized with the support of the Lions Club of Thrissur and the participation of Vimala College, St Mary's College and St Aloysius College, Thrissur.

More than 200 student volunteers from 4 colleges, 50 ATMA volunteers & representatives of Lioness Club participated in the campaign.

Corporation Counsellor Sri K Mahesh, ATMA Foundation Director Sri C K Suresh, Secretary Sri. K K Komalakumar, Lions Club Zone Chairman Dr Justin George, Dr Asha Gopalakrishnan, Dr Asha P Rao and Cine artist Sri Nandakishore addressed the public.

ATMA Volunteers and senior children of ATMA Gurukulam also gave their opinions on the issue.

Smt Leena James, President, Lioness Club of Trichur, inaugurated the booklet distribution by handing over a copy to Counsellor Sri K Mahesh.



Change Begins @ Home...

A Family Get Together was also organised at the ATMA Foundation office premises from 6 – 8 pm with participation of more than 30 families.

Smt Devikrishna, Cinical Psychologist and Dr Bindhu V, Principal, Vidya Vihar School, Kakkassery led the discussion on **Role of family in woman empowerment – concerns and challenges**



LIVING IN HARMONY

Living in Harmony is the Practical Philosophy of Intrapersonal & Interpersonal Integration for Happy Living with Healthy Relationships, developed by C K Suresh, Founder- Director of ATMA Foundation, and an Expert Counsellor, Trainer and Relationship Coach.

ATMA Living in Harmony Campaign aims to educate the public on empowering the self, understanding the needs of others and fostering harmonious relationships in the family & workplace. This in turn reduces personal stress and family conflicts – and is an effective deterrent for psycho-social negativities like depression, suicides, substance abuse, etc.

In 2016-17, ATMA has organized 4 LIH Campaigns – each a 5-day talk series with daily 90 minute sessions by C K Suresh.



Date	Place	No. of Beneficiaries
2016 April 19-23	Aiswarya Auditorium, Kizhakkumpattukara	200
2016 July 10- 14	Kasturba Library Hall, Kuttumuck	250
2016 August 24- 28	Sree Narayana Hall, Koorkkencherry	200
2017 March 1 - 5	Vallivattom, Bralam	450
Total		1100

Prior to the sessions, there were performances by talented young artistes from the locality, and by students of ATMA Kalakshetram. This was an initiative to promote the learning and appreciation of art as a means of finding harmony in life.

Other LIH- based initiatives:

Programme	No. of Sessions	No. of Beneficiaries
Harmony Meditation (4 days)	3	140
Family Harmony	7	1395
Organisational Harmony	3	145
Spiritual Harmony	3	750
Total	16	2430

“ 20 programmes... benefitting 3530 families!! ”

WE CARE FOR ELDERS

Campaign for the Welfare of Senior Citizens

Celebrate 55+

Full- day Workshop for Senior Citizens on Graceful Ageing - 75 participants

14th January 2017, 9:30 am – 5:00 pm

@ Hotel Vrindavan Inn, Marar Road, Thrissur

*To Empower Elders to Celebrate Old Age
And contribute with compassion to the world around*

Participation of over 75 senior citizens...

Interactive Sessions on various aspects of Old Age...

- ◆ Health & Exercise
- ◆ Yoga
- ◆ Celebrating Age
- ◆ Mental Health
- ◆ Digitalisation & Technology
- ◆ Living in Harmony ...etc



Experts and dignitaries from different fields...

- ◆ Padmasri Dr P R Krishnakumar
- ◆ Sri E K Bharat Bhushan, Former Chief Secretary of Kerala
- ◆ Dr K S Pillai, prominent Orthopaedic Surgeon & President of NSS, Trichur Taluk
- ◆ Smt Nalini Chandran, renowned Educationist
- ◆ Sri C K Suresh, Director, ATMA Foundation
- ◆ Dr Sailaja Ramkumar, noted Neuropsychiatrist
- ◆ Sri Jayakumar, Chief Manager of Central Bank of India, Thrissur
- ◆ Sri Anilkumar, Yoga Expert

Sensitising School Children on the Challenges Faced by Elders

Seminar Series for high school & higher secondary students

Sessions on:

- ◆ Problems Faced by Senior Citizens
- ◆ How Children can support the elders in their home and in the community
- ◆ Basics of Relationship Building



Faculty Panel:

- ◆ C K Suresh, Relationship Coach
- ◆ Y P Menon, Professional Trainer
- ◆ Ms Sangeetha N, Social Worker
- ◆ Parvathy G, Educational Entrepreneur

“ From October 2016– January 2017,
5 sessions, with participation of
 more than **1000 students!** ”

P2P: Problems to Possibilities

Campaign for Adolescent Empowerment

P2P campaign was launched in 2014 to empower adolescents to overcome the challenges of their age by harnessing their innate potential and possibilities of the future.

Continuing the initiative, ATMA Foundation organised a 3- day residential camp from 12th- 15th August 2016 at National Heritage Centre, Mazhuvancherry, with the participation of 110 youngsters from various institutions. This year, children in the pre-adolescent age group were also included in the camp.

Snapshots of the Camp



#i transform

Residential Camp for Children & Youth
12th – 15th August 2016
@ National Heritage Centre,
Mazhuvancherry, Thrissur



Inauguration:

Sri Boban Kollannur, former MD of Foster Biscuits, many-time national award winner, renowned management expert and writer



Sessions on:

- ◆ Self Management
- ◆ Leadership
- ◆ Financial Planning
- ◆ Career Planning
- ◆ Communication
- ◆ Self Development

And also:

- ◆ Yoga Practice
- ◆ Games
- ◆ Group Discussion
- ◆ 'I for India' Quiz
- ◆ Kuchipudi appreciation Workshop
- ◆ Interaction with leaders from different professions

Under the guidance of Expert Trainers & Professionals...

- ◆ Dr N Gopalakrishnan – Founder, Indian Institute of Scientific Heritage
- ◆ C K Suresh – Director, ATMA Foundation – Counsellor, Life Coach & Excellence Trainer
- ◆ Suresh Warriar, Devidas Menon, Kiran Kesavan, Smitha Keeran Warriar, Manmathan Nair – Professional Trainers
- ◆ Nanditha Menon, Parvathy G - Educators
- ◆ Dr Vijayakumar- Financial Expert
- ◆ Jeff Antony – Architect
- ◆ Dr Mohan - Medical expert
- ◆ Pallavi Krishnan - Mohiniyattam exponent
- ◆ K K Komalakumar - Yoga Trainer
- ◆ Dhanya Menon - cyber-crime investigator and dancer





PROJECTS

ATMA GURUKULAM

Care Home for Girls from backward circumstances



ATMA CADC

Child & Adolescent Development Centre



ATMA FCC

Family Counselling Centre



ATMA YOGA PEETHOM

Yoga Therapy & Training Centre



ATMA KALAKSHETRAM

Centre for Promotion of Art as Culture





ATMA GURUKULAM

ATMA Gurukulam, the Girls Home started by ATMA Foundation, has seen meritorious performances and achievements by the inmates during the year 2016-17.

18 girls were accommodated at ATMA Gurukulam this year.

True to our vision of transforming young girls from deprived circumstances into successful and socially committed leaders of the future, the ATMA Team has further enhanced the facilities available to the children of ATMA Gurukulam.



ACADEMICS

Academic Support Team

Apart from regular schooling, extra academic support was given to the children, with the support of the ATMA Gurukulam Education team, comprising of

- ◆ Smt Niveditha Sivadas M.Sc, M.Ed
- ◆ Smt Prema B Menon, MSc B Ed
- ◆ Ms Parvathy G, M. Sc, B. Ed
- ◆ Ms Sangeetha N B.Sc, B.Ed, MSW
- ◆ Ms Anusree Balachandran M Sc, B. Ed
- ◆ Smt Sakunthala Sreekumar B.Sc
- ◆ Smt Sulochana E S, Hindi Siksha Visarad

Diagnostic and remedial support was provided by Smt.Sreedevi Haridas, Professional Learning Disability Remediator, to 4 children with scholastic backwardness.

Our Achievers

- ◆ Sreelakshmi P R – School topper in Plus One Humanities Board Examination
- ◆ Indraja K.J - School topper in Sociology Plus One Board Examination
- ◆ Chinchina A R - best student in SC category, Std IX
- ◆ Athira A R - best student in SC category, Std VIII

Higher Studies

The following students secured admission for higher studies in various colleges -

- ◆ Daniya T.D – GNM course at School of Nursing, District Co-operative Hospital, Thrissur
- ◆ Amrutha U A - B.Sc Family and Community Science, Vimala college, Thrissur.
- ◆ Chaitanya K -Plus One admission at Sarada Samskritha Gurukulam , Chemmunda, Irinjalakuda.



Sessions by Student Interns

The Children also had interactive group sessions with college and university students, on different topics:

- ◆ **First Aid Techniques** by Ms Mithuna Jose and Ms Neenu Joy, MSW students of De Paul School of Social work
- ◆ **English Comprehension and Listening Skills** by Naju Joseph, Mass Communication student of Symbiosis Centre for Media & Communication, Pune
- ◆ **Communication Skills** by Amrutha K B Nair, Student of Media and Communication Studies, Christ University, Bengaluru
- ◆ **Cultures across the World** by Srilaxmi Sriram, student of M.A Diplomacy, Law and Buisness, O.P Jindal Global University

CO-CURRICULAR ACTIVITIES

Arts & Craft

Regular classes

- ◆ Bharatanatyam by Kalakshetra Raghi Sathish, Rank holder in PG Performance from Kalakshetra Foundation, Adayar
- ◆ Carnatic Vocal Music by Smt Nirmala Vamanan Namboothiri, renowned Music Teacher, assisted by Ms Dini Sunil, student of MA Music

Vacation Classes

- ◆ Training in Socially Useful Productive Work (Soap & File making), news paper art and glass painting by Smt Rajalakshmi Teacher of SSGHSS, Puranattukara
- ◆ Basic Hand Embroidery lessons by Smt Deepa Haridas
- ◆ Crochet work lessons by Ms Anusree Balachandran

Performance

- ◆ The children, under the tutelage of Kalakshetra Raghi Satheesh, gave traditional folk dance performances at the ATMA Raising Day Celebration on 8th May 2016

Workshops

- ◆ The children attended a Lecture - Demonstration by noted Mohinayattom Artist Dr Pallavi Krishnan, organized by ATMA Kalakshetram on 31st March 2017
- ◆ The Children also attended a Dance Programme organised by Suryakanti Dance School at Kerala Sangeetha Nataka Academy Regional Theatre on Jan 14th 2017, which included talks by reputed artistes like Dr Kshemavathy, Ms Manju Warriar, Ms Sreelakshmi Govardhan, etc. and performances by students of the dance school



Sports

- ◆ Athira A R, Chinchina A R, Krishnendhu C D and Nandana Jayan won First prize in Kho- Kho competition Thrissur West Sub District Sports and Games, Category - Junior Girls
- ◆ Athira A R , Krishnendhu C D, Nandana Jayan, Aswini V R and Abhirami M R underwent regular Taekwondo training at school
- ◆ Athira A R, Nandana Jayan and Krishnendhu C D qualified for yellow belt in the Colour Belt Promotion Test by Taekwondo Association of Kerala

ACHIEVEMENTS

Thrissur Revenue District Level School Sasthrolsavam Work Experience Fair

Name	Achievement	Event	Category
Sreelakshmi P R	Third with A Grade	Volleyball/Badminton Net Making	HSS
Chinchina A R	Third with A Grade	Fibre work Using natural fibre	HS
Jayapriya V	Participation	Screw Pine Leaves Products	HSS
Ashna P	Participation	Fibre work Using natural fibre	HSS

Thrissur West Sub district Science, Maths, Social Science, Work Experience and IT Fair

Name	Achievement	Event	Category
Chinchina A R	First with A Grade	Fibre work Using natural fibre	HS
Jayapriya V	Second with A Grade	Screw Pine Leaves Products	HSS
Ashna P	First with A Grade	Fibre work Using natural fibre	HSS
Aleesha Anil Kumar	Participation	Embroidery	HSS
Reshma P P	Participation	Volleyball/Badminton Net Making	H S
Indraja K J	Participation	Metal Engraving	HSS

LIFE GUIDANCE

- ◆ Participation in camps & workshops organized by ATMA Foundation-
 - ◆ **# I Transform:** 2 Day Residential Camp at National Heritage Centre, Mazhuvanchery by ATMA Foundation from 12th to 15th August 2016
 - ◆ **We Care For Woman Empowerment:** Seminar on Women's Rights, Issues & Empowerment at Sree Vadakkumnathan Temple Ground from Sept 30th to Oct 2nd 2016
- ◆ Weekly sessions on value education by Br Devika Chaitanya
- ◆ Regular interactive sessions with C K Suresh, Counsellor & Relationship Coach on Value Clarification, Self Empowerment and Compassion.
- ◆ Interactive session with Ms Priya Venkatesh, Associate Director, GDO - Statistical Programming, Novartis Health Care Pvt Ltd, Hyderabad on Career Options in Statistics
- ◆ Individual Career Counselling Sessions by C K Suresh for children who completed 10th & 12th Std.



HEALTH

Check Ups & Treatment

- ◆ Health Check Ups and necessary treatments were provided for the children on a regular basis. The team of doctors who supported us in this regard include Dr P.K.V.Anand M.D (Ay), Dr Prasanna M.D (Ay), Dr Sabitha Krishnamoorthy, M.D, Dr Rajani, MD (Ophthal), Dr Sedhu, MD (Ophthal) Dr M G Meenakshi, Retd Civil Surgeon, Dr Sonia, M.B.B.S, D.A, and Dr Ramankutty, M.B.B.S, DVD.



Awareness Classes

- ◆ Dr Praveen B Viswan, Govt Homeo Medical Officer, Thrissur gave an awareness class on preventive measures for chicken pox.
- ◆ Smt M Radha, Retd District Nursing Officer, and a volunteer for Pain and Palliative care Society, Thrissur gave a session on General health and Hygiene and First Aid Techniques on 5th June 2016
- ◆ Dr Lakshmi, MD, DGO (Ob& Gyn) gave an interactive session on Menstrual Health and Hygiene on 26th March 2016



Mental Health

- ◆ Consultations were arranged with Dr Deepa Deepak M.D, Psychiatrist, and Smt Devikrishna, Clinical Psychologist, to children who needed support. Counselling support was provided by Sri C K Suresh, Chairman, ATMA Foundation, whenever required.

Yoga

- ◆ Children have daily yoga practice sessions to maintain physical & mental health

VEGETABLE GARDEN

- ◆ Children of ATMA Gurukulam have set up an organic vegetable garden within the Gurukulam premises
- ◆ Mr Ramakrishnan, amateur agriculturalist, gave the necessary guidance for the proper management of crops from sowing to harvesting.
- ◆ Kitchen waste was disposed in the biogas plant in the backyard. The biogas was used for cooking, and the slurry utilised in the vegetable garden according to the practice of organic farming.





OUTINGS & CELEBRATIONS

- ◆ On 28th Dec 2016, the children, along with ATMA Volunteers, had a fun filled and educational one day trip which included a visit to the Heritage sites in Kaladi, followed by a trek through the forests of Paniyeli Poru, and Bhoothathankettu.
- ◆ The children enjoyed the famous Thrissur pooram, with a visit to the Pooram Exhibition and the traditional Anachamayam
- ◆ ATMA Volunteers joined the children to celebrate all major festivals. Vishu was celebrated with Vishukkani and safe fireworks. Onasadya and Onapudava made their onam extra special. For Deepavali, the children were taken on an evening trip to Engandiyur beach, after which they joined the children of Saraswati Vidya Niketan, Engandiyoor, for a grand Deepavali Celebration with lighting of one thousand lamps, fireworks display, dancing, campfire and dinner. The children also received Christmas gifts from members of Inner Wheel Club of Trichur. They also had occasional outings for lunch, dinner and movies.



OFFICIAL VISITS

Mala E M, Orphanage Counsellor, Department of Social Justice, Thrissur

P. O Chummar, President, Adat Grama Panchayat

Mahidevi, District Child Protection Officer, Alappuzha

Aswany V S, Protection Officer, District Child Protection Unit

Vaidehi K R, Protection Officer, District Child Protection Unit

A. A Sharafudheen, Senior Superintendent, Social Justice Department

K R Pradeepan, Senior Superintendent, Social Justice Department

Deepthy B, Legal cum probation officer



ATMA CADC

Child & Adolescent Development Centre

The ATMA Child & Adolescent Development Centre provides counselling support and LD remediation to children and adolescents in need.

This year, **135 children & adolescents have benefitted** from the free personal counselling sessions provided by expert Counsellor & Trainer C K Suresh at the ATMA CADC.

Remedial sessions have been provided by Smt Sreedevi Haridas, LD remediator, benefitting 27 children with learning difficulties.

The centre is being expanded to a full-fledged one-stop centre to meet a wider range of mental health needs of the target group.

ATMA FCC

Family Counselling Centre

The ATMA Family Counselling Centre provides free counselling to individuals & families in relationship conflicts.

ATMA Foundation Director C K Suresh is an expert counsellor with over 20 years' experience in the field. His unique approach of '**Harmony Counselling**' adopts an 'outcome frame', where the person is encouraged to identify his 'real need' rather than focusing on the problem. This approach avoids psychological labeling, and empowers the person to resolve his conflict himself.

This year 95 families have benefitted from the free counseling sessions at the ATMA FCC.



ATMA KALAKSHETRAM

Centre for Promotion of Art as a Culture

ATMA Kalakshetram, under the guidance of expert artistes, has continued to initiate and inspire students, young and old alike, into the harmonious world of Art and Culture. The loving discipline of the Gurus drives our youngsters to greater perfection and commitment, while the easy camaraderie brings greater harmony and joy to the senior generation.

ATMA Foundation received recognition from Kerala Sangeetha Nataka Academy as a Professional Kalasamithi in June 2016 (Reg No: 155/PFLK/2016)

3 Centres

ATMA Foundation,
Surya Gardens, Thrissur

Rukku's Care, Kolazhi

ATMA Gurukulam,
Puranattukara

Regular Classes in



Music
(Carnatic Vocal)



Dance
(Bharathanatyam)



Violin
(Carnatic)

5 Teachers

Music

Smt Nirmala Vamanan Namboodiri

Ms DiniSunil

Sri Ghiljith K G

Violin

Ms Manisha P Muralidharan

Dance

Kalakshethra Raghi Sathish

> 170 Students Music- 120 Dance - 48 Violin - 9

15 Performances

ATMA Kalakshetram students have given individual & group performances on different occasions at various venues. During the ATMA Raising Day Celebrations on 8th May 2016, 120 students, trained by our Teachers, gave performances in Bharatanatyam, Folk Dance, Carnatic Vocal and Violin.

Encouraging Young Talent

During Living in Harmony Talk series at Kizhakkumpattukara and Konathukunnu, ATMA Kalakshetram facilitated an occasion for young artistes in the locality to present their talents.

10 Programmes by Professional Artistes

ATMA Kalakshetram also organized 10 programmes by professional artistes and art groups, as part of other ATMA Foundation programmes. Renowned artistes who graciously associated with us include Padmasree Peruvanam Kuttan Marar, Dr Padmini Krishnan & Dr.Draupadi Praveen (Neelamana Sisters) and Sri Anoop Sankar (Playback singer).

Workshops

◆ Garba Training Workshops

As part of the Campaign WE CARE for Woman Empowerment, a mass Garba event was organized on 30th September 2016 at Sree Vadakkumnatha Kshetra Maidanam, Thrissur, with the participation of 500 young garba artistes. As a run up to the event, 9 garba workshops were organized at different venues in Thrissur, training more than 350 women of all age groups – students, teachers, housewives, etc.

◆ Lecture-Demonstration by noted Mohiniyattom exponent Smt Pallavi Krishnan on 31st March 2017 at ATMA Kalakshetram, Puranattukara, with the participation of 20 students. She explained the basic differences between Mohiniyattom, Bharatanatyam and other classical Indian dance forms and the Aesthetic communication of Mohiniyattom.

◆ Lecture-Demonstration by Dr Dhanya Menon Pattathil on 12th August 2016, organized as part of the ATMA Foundation "I Transform" Youth Camp at National Heritage Centre, Mazhuvanchery. She enlightened the 110 young delegates on the various aspects of the Kuchipudi dance form.





Monitoring & Appraisal

ATMA Kalakshetram has a system for monitoring the progress of the students.

The performance appraisal for music students was conducted by Sri Cheppad Vamanan Namboodiri in April 2016 at the Thrissur Centre of ATMA Kalakshetram.

Sri Satheesh Neeleswaram was the faculty for the performance appraisal of Dance Students, conducted at the Kolazhi Centre in November 2016.

This year, the grade certificates for Music Students were awarded during the ATMA Raising Day Function by noted Music Composer Sri Vidyadharan Master. The certificates for dance students were awarded by Sri K Jayakrishnan, renowned Mridangam Artiste during a special dance performance by our students on 15th February 2017.



Achievements

At the CBSE District Kalolsavam, 5 students won A grade in Carnatic and Light Music Competitions, and one student won A grade in Kuchipudi.

16 students participated in the district level Dance & Music competition organized by Salabhanjika Studio for Arts & Performance. Students of ATMA Kalakshetram swept away the First, Second and Third prizes in Carnatic Music, and the First prize in Bharathanatyam.

Smt Nirmala Vamanan Namboodiri, our music teacher, was bestowed with the Best Music Teacher Award, considering the meritorious performance of the students of ATMA Kalakshetram.



ATMA YOGA PEETHOM



Yoga Training & Therapy Centre

The ATMA Yoga Peethom continues to provide Yoga Training & Therapy to enhance the physical and mental health of people of all age groups.

Individual training and therapy sessions help to reduce stress, develop inner harmony, and combat lifestyle diseases like BP, Diabetes, Depression, etc.

Mass yoga sessions are also organised to promote Yoga as a means of Healthy Living.

This year, 9 persons have benefitted from individual sessions.

Mass Yoga Programmes:

Date	Venue	Target Group	No. of Beneficiaries
2016 Aug 13-15	National Heritage Centre, Mazhuvancherry	Adolescents	110
2016 Oct 1 -2	Sree Vadakkumnatha Kshetra Maidanam	Public	100
2016 Oct 28 - 30	Saraswathi Vidya Nikethan, Engandiyur	Children	155
2017 Jan 14	Hotel Vrindavan Inn, Thrissur	Senior Citizens	75
		Total	440



REGULAR PROGRAMMES

Empowerment Initiatives

Volunteer Development

Community Health

EMPOWERMENT INITIATIVES

Individual Transformation is a key factor in Social Transformation – hence the empowerment of the individual remains as a prime focus of ATMA Foundation's activities.

A range of programmes, from short talks to full fledged workshops, are organized for different social groups, addressing their specific needs. These are termed as 'EC' initiatives – Empowerment & Compassion initiatives – because they empower the individual to address own needs, and also inspire him/ her to extend a helping hand to others in need.

This year a total of 49 EC sessions have been conducted, benefitting more than 8000 persons.



Programme	No. of sessions	No. of Beneficiaries
EC Kids	5	770
EC Adolescence	15	2740
EC Youth	11	1745
EC Teacher	5	345
EC Social Worker	1	120
EC Parenting	11	2110
Total	48	7830

COMMUNITY HEALTH

MEDICAL CAMPS

Two medical camps were organized this year, at Kolazhi and Puranattukara, benefitting over 150 families.

The Medical Camp at Puranattukara, on 26th March 2017, was organized with the support of Rotary Club of Trichur Central.

The Team of Doctors included:

- 👨‍⚕️ Dr Krishnamurthy, MD, DCH (Paediatrics)
- 👩‍⚕️ Dr Lakshmi, MD, DGO (Ob & Gyn)
- 👨‍⚕️ Dr Jeejan Gangadharan, MS (Ortho)
- 👨‍⚕️ Dr Raghunath, MD, DM (Neuro)
- 👨‍⚕️ Dr Udayakumar, MS (ENT)

The Medical Camp at Kolazhi on 25th March 2017 was organized with the support of Aswini Hospital, Thrissur. A lab team from the hospital conducted clinical tests like Blood sugar, BP, Cholesterol, SGOT, BMI, Uric Acid, Bilirubin, etc and the participants of the camp were given lifestyle advice based on the test results.



FREE PLASTIC SURGERY FOR BURN VICTIMS

ATMA Foundation, in association with Ganga Hospital, Coimbatore, facilitated free plastic surgery to 18 burn victims from different part of the district. The beneficiaries were identified through a wide media campaign, followed by an identification camp.

NUTRITION FOOD KIT DISTRIBUTION

As in the previous years, during the Onam Season, nutrition food kits were distributed to 1000 poor families of Venginissery Panchayath, in association with Kottungal Bhadrakali Kshetra Samiti, Venginissery with the support of Venginissery Grama Panchayat.

FREE MEDICAL CHECK UP

In association with Arya Medical Centre, Thrissur, ATMA Foundation organized a 2- Day Free Medical Check Up Camp at Sree Vadakkumnatha Kshetra Maidanam, Thrissur.

Sri C K Suresh, Director, ATMA Foundation, addressed a get together of more than 200 Cancer Survivors at the Lakeshore Hospital, Ernakulam, on 18th September 2016.

SPECIAL EVENT

Bank of India Donates Ambulance to ATMA Foundation

Bank of India, under the CSR scheme, donated an ambulance to ATMA Foundation. In a function held at the ATMA Foundation office courtyard on 20th March 2017, Bank of India Dy Zonal Manager (Kerala) Sri T Raveendran handed over the vehicle to Sri C K Suresh, Director, ATMA Foundation. The function was attended by over 100 people including ATMA Foundation trustees, volunteers, well-wishers and Bank of India personnel. In his presidential address, Sri C K Suresh promised that the ambulance would be used to lead people towards life. Chief Guest Sri T Raveendran lauded the good work of ATMA Foundation and expressed his happiness in associating with ATMA. Sri Mark Elias, Senior Branch Manager, Thrissur and Asst Gen Secretary of BOI Officers Assn, Mr Sivaramakrishnan, Gen Secretary, Bank of India Staff Union, Sri Sivan, Dy Gen Secretary, SC/ST/OBC Employees Assn, Dr G Mukundan, Dr V Ramankutty, Sri Sasidharan, Sri K B Brahmaddattan and Sri V Sreenivasan offered felicitations. ATMA Foundation trustees Sri K K Komalakumar, Sri P K Krishnankutty and Ms Parvathy G also spoke on the occasion.





VOLUNTEER DEVELOPMENT

Charity Dinner & Donors' Meet

The Annual Charity Dinner & Donors' Meet was held on 1st May 2016 at Hotel Vrindavan Inn, Thrissur, with participation of more than 200 members, donors and volunteers of ATMA Foundation.

Smt M S Sampoorna (Thrissur Corporation Counsellor), Sri Vishwaroopan (MD, Janam TV), Sri T.K.Vijayakumar (Secretary, Chamber of Commerce & MD of Elite super market), Adv. C.K.Saji Narayanan, Sri M.S Kutty, Sri K Radhakrishnan (TUDA Chairman) and Sri Vamanan Namboothiri (Musician & AIR Artiste) felicitated the occasion. Founder - Director Sri C K Suresh led the discussion on the major milestones covered by ATMA Foundation in the last 10 years, and the vision for the future.

The ambience was further enriched with melodious performances by the students of ATMA Kalakshetram and Sri Dilraj Gopi (Reality Show Winner).

Raising Day

The 11th Raising Day of ATMA Foundation was celebrated on 8th May 2016 at Sahitya Academy Hall, Thrissur, with the participation of over 400 well-wishers of ATMA Foundation. Sri C K Suresh presided over the Raising Day Function.

Reputed composer Sri Vidyadharan Master gave the inaugural address and Sri K Jayakrishnan, renowned Mridangam artiste, gave the keynote address.

Trainings & Workshops

Sri P K Krishnankutty attended the Workshop for the stakeholders of ICPS at Costford, Thrissur on 29th August 2016

Volunteer Empowerment - EC Groups

EC Groups are 90 minute experience-sharing & guidance sessions where ATMA Volunteers discuss different aspects of personal life and social work. It is an opportunity to share feelings, thoughts and grievances and resolve intra and inter-personal conflicts. EC Groups promote transparency and intimacy among the ATMA Volunteers. 16 such sessions were conducted from June 2016 to March 2017, each with a participation of 10 -15 members.



Team Building

- ◆ Monthly Family Betterment Sessions, with an average participation of 25- 30 families
- ◆ Celebrations – Onam, Vishu, Christmas, etc were celebrated by organising special get togethers of ATMA Volunteers, Well wishers and their families.
- ◆ One Day trip to Kalady, Paniyeli Poru and Bhoothathankettu on 28th December 2016, with 50 people – ATMA Volunteers with their friends and families and Gurukulam children.



INTERNSHIPS

The following students completed internship at ATMA Foundation as part of their course requirements:

- ◆ Sangeetha N - Dept of Social Work , Vimala College Thrissur
- ◆ Aswathy C K - Dept of Social Work, St Thomas College, Thrissur
- ◆ Neenu Joy, Mithuna Jose – Dept of Social Work, DIST Angamaly
- ◆ Naju Elizabeth Joseph - Symbiosis Centre for Media & Communication, Pune
- ◆ Sandra N S – School of Law, Sastra University, Thanjavur
- ◆ Amrutha Nair – Christ University, Bangalore
- ◆ Nayana N N – Sahrdaya College of Advanced Studies, Kodakara
- ◆ Aiswarya S Nair, Manas Unnikrishnan, Sreepriya E S - Govt Law College Thrissur

ATMA IN MEDIA

- ◆ Feature on ATMA Foundation published in the August- September issue of 'Business News', the Malayalam Business Journal.
- ◆ Interview with Ms Parvathy G, Trustee, ATMA Foundation, telecast on 23rd Septmeber 2016 in the 'Ladies Corner' Segment of Janam TV, based on the ATMA 'WE CARE for Woman Empowerment' Campaign.
- ◆ Sound Bytes in Club FM by ATMA Volunteers, during the practice sessions of the Mega Garba Event organized at Thrissur in September 2016.



Our Sincere Thanks....

To all the good people who supported us – teachers, doctors, social workers, elected representatives, government officials, business people, and countless others... who lent a helping hand, who walked a few steps with us, who joined forces with us – knowingly, gracefully...

The ATMA Team Salutes You!!

ORGANISATIONS WHO SUPPORTED US

- ◆ Rotary Club of Trichur Central
- ◆ Inner Wheel Club of Trichur
- ◆ Lioness Club, Trichur
- ◆ Aarya Medical Centre, Thrissur
- ◆ Ganga Hospital Coimbatore
- ◆ Aswini Hospital, Thrissur
- ◆ Saroja Nursing Home, Thrissur
- ◆ Bank of India, Thrissur
- ◆ Canara Bank, West Palace Road, Thrissur
- ◆ Elite Supermarket, Thrissur
- ◆ Green Books, Thrissur
- ◆ Hotel Vrindavan Inn, Thrissur
- ◆ Ayush Restaurant, Thrissur
- ◆ Pooram Hotel, Thrissur
- ◆ DLSA, Thrissur
- ◆ Club FM, Thrissur
- ◆ Janam TV
- ◆ Asianet Cable Vision
- ◆ National Heritage Centre, Mazhuvanchery
- ◆ Vimala College, Thrissur
- ◆ St Thomas' College, Thrissur
- ◆ St Mary's College, Thrissur
- ◆ St Aloysius College, Thrissur
- ◆ Sakthan Thampuran College, Thrissur
- ◆ Harisri Vidyanidhi School, Thrissur
- ◆ Brahma Yoga Centre, Thrissur



FOUNDER



C K SURESH

MBA, MSc (Psychology), PGDJ
Managing Trustee

Counsellor, Trainer & Relationship Coach. Post Graduate in Psychology, Management & Journalism. He has taken up leadership roles in socio-cultural organisations for over 30 years, to implement creative social intervention initiatives. As national team member of All India Chinmaya Yuva Kendra, the youth wing of Chinmaya Mission, he has led young teams to execute mammoth projects, like the Awakening Indians to India National Quiz having a participation of 1lakh youth; Vijayasangamam- a one-day academic seminar on 'success' at Thrissur with 15,000 young delegates and an array of dignitaries of national repute, 'Empower to Perform'- 5 day residential camp at Pallavur with 1,300 youth, etc. Member of ORC, Thrissur.

ATMA Team

Shri. K K Komalakumar (Secretary) Retd Banker & Yoga Trainer

Shri. A P Balakrishnan (Treasurer) Financial Consultant

Shri. P K Krishnankutty (Manager, ATMA Gurukulam) Retd Manager, Central Bank of India

Smt. Radhika Krishnan (Secretary, ATMA Gurukulam Managing Committee)

Shri. T M Reghunandan (Board Member) Retd Deputy Collector

Ms. Parvathy G (Board Member) Teacher & Entrepreneur

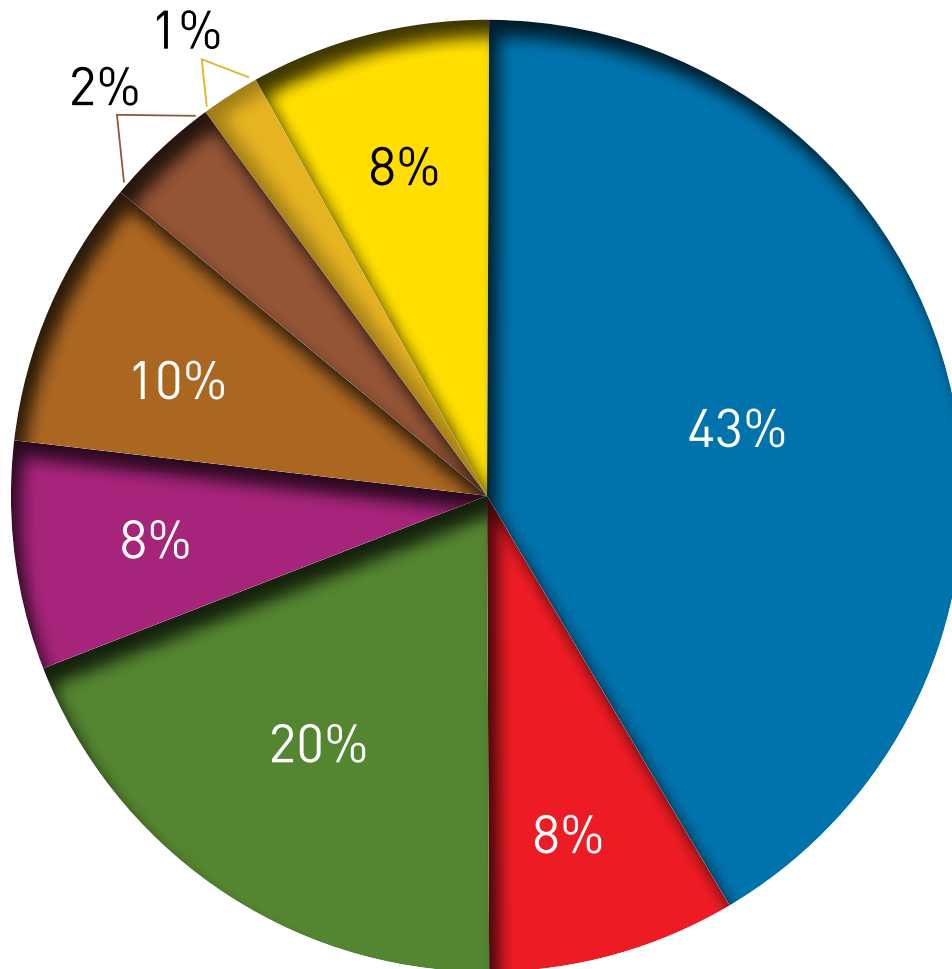
ATMA Gurukulam Managing Committee Members

1. Shri. C. K. Suresh (Managing Trustee)
2. Shri. P. K. Krishnankutty (Correspondent)
3. Smt. Radhika Krishnan (Secretary)
4. Ms. Parvathy G (Trustee)
5. Dr. V Bindhu (Senior Educationist, Principal, Trainer & Counsellor)
6. Smt. Prema B. Menon (Retd. Vice Principal, Paramakkavu Devaswom Women's College)
7. Smt. Krishnakumari (Retd. Head Mistress, Sri Sarada Girls HSS, Puranattukara)
8. Smt. P. M. Mini (Teacher, Sri Sarada Girls HSS, Puranattukara)
9. Smt. Padmaja (Volunteer)
10. Smt. Deepa Haridas (Volunteer)
11. Ms. Anusree Balachandran (Volunteer)
12. Ms. Sangeetha N (Social Worker)



FINANCIALS 2016-17

Resource Utilisation Pattern



- Social Protection -Girls Home
- Enhancing Social awareness
- Women Empowerment
- Youth Empowerment
- Community help and support
- Ageing issues and empowerment
- Health
- Arts and Culture



INCOME AND EXPENDITURE

INCOME

Donations from Individuals	32,08,885
Other Income	1,29,417
Total Income	33,38,302

EXPENDITURE

Social Protection - Girls Home	9,96,552
Enhancing Social awareness	1,77,278
Women Empowerment	4,62,888
Youth Empowerment	1,80,023
Community help and support	2,43,500
Ageing issues and empowerment	51,146
Health	28,264
Arts and Culture	1,84,818
Management & Administration	2,87,003
Maintenance and Others	1,38,727
Total Expenditure	27,50,198

BALANCE SHEET

ASSETS

Fixed Assets	6,96,762
Loans And Advances	3,78,885
Bank Term Deposits - Corpus Fund	26,75,718
Cash & Bank Balance	1,46,226
Total Assets	38,97,591

LIABILITIES

Corpus & Endowment Funds	26,85,602
Other Liabilities	47,000
Excess Of Income Over Expenditure	11,64,989
Total Liabilities	38,97,591



RECEIPTS AND PAYMENTS ACCOUNT

RECEIPTS

Opening Balance	18,74,137
Donations from Individuals	32,55,885
Donations from Individuals - Corpus Fund	8,60,000
Other Receipts	1,62,617
Total Receipts	61,52,639

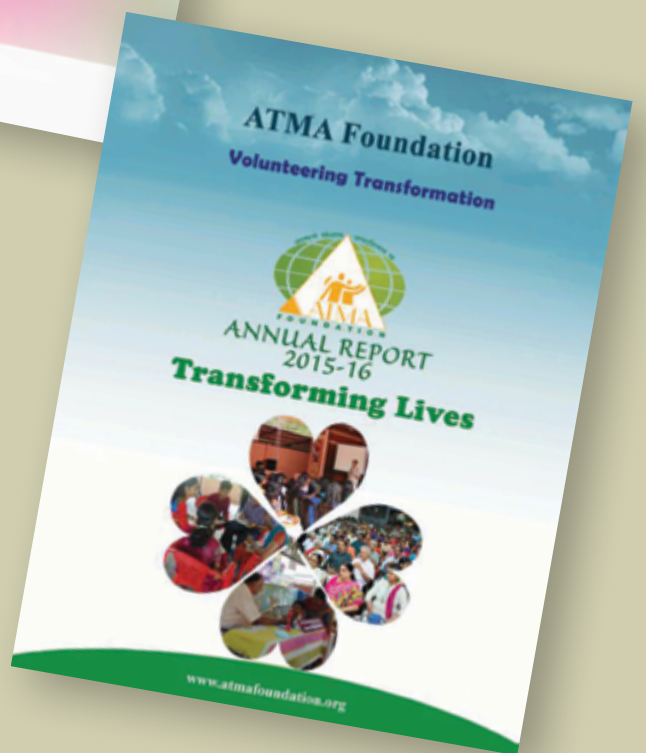
PAYMENTS

Capital Assets	3,74,132
Spending on Programmes and activities	23,24,469
Other payments	3,43,095
Loans and Advances	2,89,000
Total Payments	33,30,696

Closing Cash and Bank Balance

28,21,943

The man-hours spent by our dedicated volunteers are not reflected in the Balance Sheet. They considerably bring down the organisational costs of our programmes. Salutations to the committed team!!



Towards Empowerment...



ATMA FOUNDATION

Regd Charitable Trust: 397/IV/06 NITI Aayog Regn No: KL/2009/007103

📍 Surya Gardens, Paliyam Road, Thrissur – 1

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