



ATMA FOUNDATION

*Volunteering Transformation*

# Impact

ANNUAL  
REPORT  
2017-18





## 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

### 8<sup>th</sup> May 2006 – 31<sup>st</sup> March 2018

#### The numbers so far

6 Running projects, 6 campaigns

27 Living in Harmony Public Seminars

93 Family Harmony Workshops

216 LIH - based sessions

434 Workshops for Children & Youth

275 Seminars for Teachers, Parents & Social Workers

9 Medical Camps

> 600 Volunteers trained through >170 sessions

**>1426 Programmes.**  
**>2,28,000 families benefitted.**



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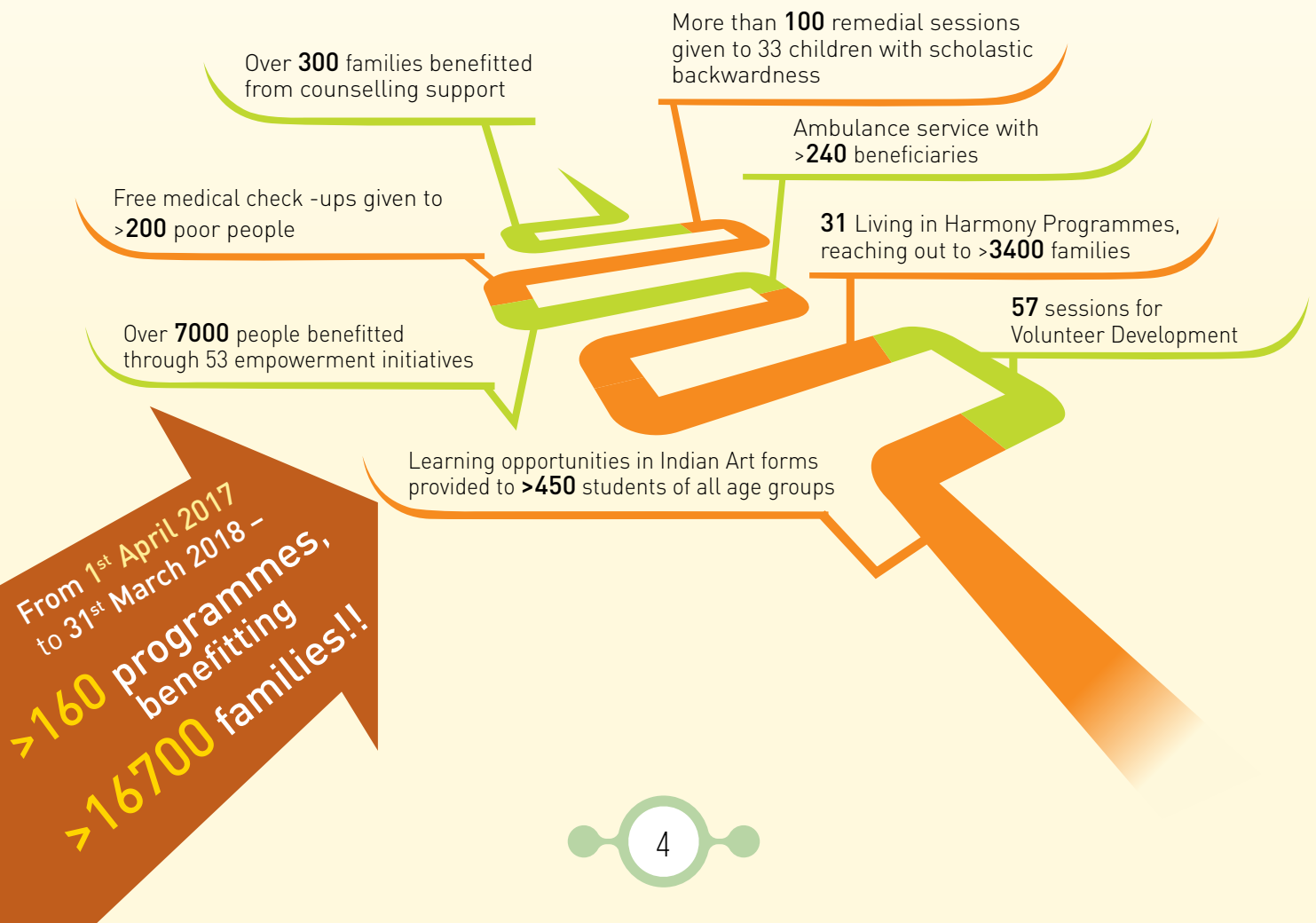
28 FINANCIALS



# HIGHLIGHTS: 2017 2018

- ATMA Harmony Village** - Steps taken to purchase sufficient land.
- Railway Child Help Desk** – ATMA Foundation selected as the collaborative partner of Childline India Foundation to run the Child Help Desk at Thrissur Railway Station, as per SOP of Ministry of Women & Child Development & Ministry of Railways, Govt.of India.
- JJ Act Registration** – ATMA Gurukulam Girls’ Home has been registered under the Juvenile Justice Act 2015 (Reg No. 122/ 2017)
- SPICMACAY** Saparya & Kalasandhya – ATMA Foundation associated with world-renowned organization SPICMACAY to organise a 5-Day workshop on 8 Indian art forms, and performances by 4 expert artistes.
- LEAD with A+**: Leadership Conclave with participation of over 400 young delegates.
- Volunteers’ Conclave**: 3 workshops for volunteer training & team development.
- Global Giving Partnership** – ATMA has been onboarded as a ‘Superstar Partner’ of the reputed online fund-raising platform.

## 2017-18 A Bird’s EYE VEIW







## FOUNDER SPEAKS...



Salutations!!

One more year of sincere social intervention! My heartfelt appreciation to all the dedicated volunteers of ATMA!

We are moving forward! Being selected to run the Railway Child Help Desk at Thrissur, I believe, is a recognition of the committed services of the team. We are proud to be the NGO partner of Childline India Foundation to implement this initiative of Ministry of Women and Child Development in association with Ministry of Railways.

This year we have initiated steps to procure sufficient land for the ATMA Harmony Village. Though not an easy task, with clarity of vision and purity of heart we are moving ahead.

Whatever we have done is the result of genuine intention and committed team work.

My humble regards to all those who supported us all these years!

And I know that we have to do much more - expressing gratitude by sharing our blessings.

Love

C K Suresh





## OUR PROJECTS

### ATMA Gurukulam

Adatt Road, Puranattukara, Thrissur

#### Girls' Home with focus on education & overall development

Reg No.122/ JJ Act

Reg No.2289/ Board of Control for Orphanages

17 beneficiaries

### ATMA Child Help Desk

Thrissur Railway Station

A project of Ministry of Women & Child Development and Ministry of Railways, Govt. of India in collaboration with Childline India Foundation

### ATMA CADC

#### Child & Adolescente Development Centre

Surya Gardens, Paliyam Road, Thrissur

One-stop centre for resolution of child and adolescent issues

209 beneficiaries

### ATMA FCC: Family Counselling Centre

Surya Gardens, Paliyam Road, Thrissur

Counselling & therapeutic support to resolve family conflicts

128 beneficiaries

### ATMA Kalakshetram

Thrissur, Puranattukara & Kolazhi

Promoting Art as Culture for happy living with healthy relationships

600 beneficiaries

### ATMA Yoga Peethom

Surya Gardens, Paliyam Road, Thrissur

Yoga therapy, training & awareness sessions for healthy living

50 beneficiaries

## OUR CAMPAIGNS

### Living in Harmony

Public seminars, talks & workshops on Happy Living with Healthy Relationships

31 programmes, >3400 families benefitted

### P2P: Problems to Possibilities

Workshops & training for students & teachers on harnessing innate potential to overcome problems of adolescence

2 workhops, >500 beneficiaries

### We Care for Elders

Sensitisation campaigns & workshops

5 programmes, > 350 beneficiaries

### We Care for Woman Empowerment

Awareness on Rights, Issues &

Empowerment of Women

1 programme, >3000 beneficiaries



OUR IMPACT

# CHILDREN & ADOLESCENTS

## CHILD PROTECTION

**ATMA Gurukulam Girls' Home - Providing a safe and secure living environment to girls who do not have a safe home.**

This year, 17 girls, aged 8 to 19, have been staying at ATMA Gurukulam



**ATMA Railway Child Help Desk (New Project)- Protecting children in distress coming in contact with the railways at Thrissur railway station** – A project of Ministry of Women & Child Devpt.and Ministry of Railways, in collaboration with Childline India Foundation.



## POVERTY ERADICATION

**Helping girls from financially backward circumstances at the ATMA Gurukulam Children's Home to come out of the poverty cycle by giving them access to quality education, opportunities for sustenance, and individual mentoring support.**

This year, 2 more girls at ATMA Gurukulam have secured admission for Undergraduate Courses, enabling them to look forward to gainful employment in the near future. So far, we have enabled and supported 5 girls to pursue higher education.



## EDUCATION

**1 Providing holistic educational & development opportunities to underprivileged girls at ATMA Gurukulam Girls' Home**

9 Children, from 3<sup>rd</sup> to 10<sup>th</sup> Std, attend school at the nearby Sree Sarada Girls' Higher Secondary School. 8 older children are pursuing plus-two/degree programmes in different colleges in Thrissur, according to their choice of course and subject.





The children were also given:

- ♀ Extra academic support/guidance- regular sessions by our teacher-volunteers Ms Sangeetha N (BSc, B.Ed, M S W), Ms. Niveditha Sivadas (MSc, M.Ed), Ms Parvathy G (MSc, B.Ed), Ms. Anusree Balachandran (MSc, B.Ed).
- ♀ Language development sessions during summer vacation – by Ms Shara Bijosh (English), Ms Sulochana (Hindi) and Ms Shyama (Sanskrit)
- ♀ Learning disability remediation - Sessions were given to children with Scholastic backwardness - by Ms Sreedevi Haridas, LD remediator.
- ♀ Regular mentoring & counselling support by Mr C K Suresh, Counsellor & Trainer and Ms Devikrishna, Clinical Psychologist

♀ Regular classes in Dance, Music, Craft & Martial Arts by experts

- ▶ Kalakshetra Raghi Satheesh, Rank holder, PG- Performance from Kalakshetra, Adayar
- ▶ Ms Dini Sunil, MA Music
- ▶ Ms Deepa Haridas – Craft Teacher
- ▶ Hanshi U Santhosh Kumar – Karate Expert



- ♀ Value Education & Leadership Training – regular sessions by Br Devika Chaitanya
- ♀ Training & participation opportunities in sports through the school
- ♀ Opportunities to participate in Workshops & Trainings
  - ▶ **Saparya** – 5-day workshop on classical arts by SPICMACAY & ATMA Foundation
  - ▶ **Living in Harmony** – 5 day talk series by Mr C K Suresh on Happy Living with Healthy Relationships
  - ▶ **Leadership Conclave** – 1 day workshop on leadership by ATMA Foundation







## Our Achievers

- 👤 Sreelakshmi P R & Indrāja K J completed Std XII as school toppers, and secured admission for undergraduate courses
- 👤 Athira A R and Nandana Jayan were part of the Kho-kho team which secured first place in sub-district level and third place in district level
- 👤 Chinchina A R won second prize in work experience competition at the district level and A grade at the state level.

## Taking a Break

- 👤 Vishu, Onam & Deepavali were celebrated with traditional customs, feasts and bursting crackers
- 👤 Children were occasionally taken for outings – dining out, watching movies, flower show, etc

## 2 Helping Children with Learning Disabilities to Improve Learning Skills

The ATMA CADC (Child & Adolescent Development Centre) has a wing for LD Remediation, under the expert guidance of Ms Sreedevi Haridas, a Remedial Educator with over 15 years of experience.

This year, 128 remedial sessions have been conducted, benefitting 33 children.

## 3 Discussion on 'Rationalising Curriculum in Schools'

On 30<sup>th</sup> March 2018 @ Kerala Sahitya Academy Hall, Thrissur

- ▶ Led by Mr M. Venugopal, Educationist & Former Principal, District Institute of Education & Training (DIET)
- ▶ 25 participants including principals, teachers, parents & students



## MENTAL HEALTH

### 1. Providing support to children & adolescents in need of Mental Health Support, through the ATMA CADC

Assessments, Counselling, Guidance, Therapy & Referrals have been provided to 209 children and adolescents with various problems like behaviour issues, relationship conflicts, substance abuse, exam-stress, psycho-somatic conditions, etc.

Expert panel includes:

Dr Deepa Deepak, Psychiatrist

Ms Devikrishna, Clinical Psychologist

Mr C K Suresh, Performance Coach



## 2. Training to Teachers on Handling Adolescent Issues

### One- day workshop on 'Mentoring Adolescents'

(as part of the Adolescent Empowerment Campaign P2P- Problems to Possibilities)

8<sup>th</sup> July 2017 @ Mrs Williams Rotary Hall, Thrissur

84 delegates – including teachers from 25 schools, helping professionals, educators and ATMA volunteers.



#### ▶ Expert Sessions by:

- 👤 Dr Sailaja Ramkumar, Consultant Neuropsychiatrist - Teacher's Approach to Developmental Changes
- 👤 Dr Deepa Deepak, expert in Child & Adolescent Psychiatry - LD and ADHD
- 👤 Ms Sreedevi Haridas, Remedial Teacher - Learning Disabilities: Identification and Remedial Techniques.
- 👤 Mr C K Suresh, Director ATMA Foundation - Empowerment of Teacher as an Individual

#### ▶ Discussion on:

- 👤 Creative Intervention - Impact & Challenges

#### ▶ Felicitations by:

- 👤 Ms Radhika Krishnan, President of Inner Wheel Club, Trichur
- 👤 Ms Kalyani Balakrishna, Principal, Paramakkavu Vidya Mandir,
- 👤 Mr Ajith Kumar Raja, Director, Sakthan Thampuran College, Thrissur





## EMPOWERMENT

### Empowerment & Compassion (EC) Sessions

	No. of Sessions	No. of Beneficiaries
EC KIDS	3	260
EC YOUTH	5	480
EC ADOLESCENCE	19	3,835



### Full- Day Workshop on Leadership Development

(as part of the Adolescent Empowerment Campaign P2P- Problems to Possibilities)

#### LEAD with A+ The Leadership Conclave

5<sup>th</sup> August 2017 (9 am – 5 pm) @ Harisri Vidyanidhi Nalini Chandran Auditorium, Thrissur  
361 delegates, aged 14- 24 years

#### Inauguration

Ms Nalini Chandran, renowned educationist

#### Sessions by

Mr K Padmakuar IPS, ADGP, Director (Training), Kerala Police Academy,

Dr V P Gangadharan, renowned Oncologist

Mr Mekin Maheswari, Entrepreneur, Former Flipkart CPO

Mr C K Suresh

#### In the chair:

Dr V Bindhu, Principal, Vidya Vihar Central School, Kakkassery

Mr Muhammad Rasheed, President, Sahodaya

Ms Chitra Sankar, Coordinator, SPICMACAY, Thrissur

#### Felicitations:

Mr M Aravindakshan, President, District PTA, Thrissur





# WOMEN EMPOWERMENT

## 1 Women's Day Campaign

March 8<sup>th</sup>, 3 – 6 pm at North Bus Stand, Thrissur



### ♀ Awareness Campaign

- ▶ 3000 Pamphlets on 'Safety systems for women' distributed by ATMA Volunteers
- ▶ Street play competition for college students - St Mary's College, Thrissur, won the first place and Amala Nursing College, Thrissur won the second place.

♀ Free Medical Camp for women - tests for Vision, Blood Sugar, Bone Density and BMI, were conducted in association with Aswini Hospital, Thrissur and Arya Medical Centre, Thrissur. Over 100 women were benefitted from the camp.

### ♀ Wellness Screening Survey for Women



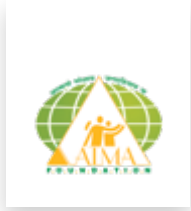
## 2 Talks & Workshops on Woman Empowerment

2 sessions benefitting 155 delegates

## 3 Training in Martial Arts

Regular classes in Karate were conducted for the young girls of ATMA Gurukulam, to empower them in self defence.





# FAMILY & COMMUNITY WELFARE

## 1. Family Counselling Centre

The ATMA Family Counselling Centre, offering relationship guidance and conflict resolution solutions, has benefitted 128 families this year. The centre is based on the unique concept of 'Harmony Counselling' – where the focus is on empowering the individuals and strengthening family relationships, to clarify own needs and find mutually acceptable solutions, arriving at a win-win situation.

### Expert Panel:

Dr Sailaja Ramkumar, Neuropsychiatrist

Ms Devikrishna, Clinical Psychologist

Mr C K Suresh, Relationship Expert

## 2. Living in Harmony Public Seminars

A flagship programme of ATMA Foundation, this involves 5-day evening talk series, educating the public on Happy Living with Healthy Relationships.



## 3. Parenting Seminars

10 sessions, benefitting 1715 delegates



This year, 5 LIH seminar series were organised, reaching out to over 700 families across rural and urban divides

No	Place	Date	Beneficiaries
1.	Cheroor	May 16-20, 2017	100
2.	Sree Parvathy Auditorium, Edakkunni, Ollur	Jan 1- 5, 2018	150
3.	Punkunnam Siva Temple Ground, Thrissur	Jan 6- 10, 2018	200
4.	Gurukulam School, Venginissery	Jan 29 – Feb 3, 2018	50
5.	Sopanam Educational and Recreational Facility, Cherpu	Feb 5- 9, 2018	200
	<b>Total</b>		<b>700</b>



## Special Guests

**Ms Beena Murali,**  
Deputy Mayor, Thrissur Corporation

**Mr C P Pauly,**  
Division Councillor, Thrissur Corporation

**Mr V Ravunni,**  
Division Councillor, Thrissur Corporation

**Ms Poornima Suresh**  
Division Councillor, Thrissur Corporation

**Ms J Lalithambika**  
Division Councillor, Thrissur Corporation

**Mr C K Vinod**  
President, Cherpu Grama Panchayath

**Mr M Sujith Kumar,**  
Ward member, Cherpu Grama Panchayath

**Mr Narayana Menon**  
President, NSS Karayogam, Cherpu

**Dr. C V Krishnan (Scientist)  
& Ms Nalini Krishnan**

**Mr T S Anantharaman,**  
Chairman, Catholic Syrian Bank

**Mr Babu Narayanan,**  
Film Director

**Dr Asha Gopalakrishnan,**  
Bhagini Pramukh, Balagokulam

**Mr Rajesh Poduval,**  
Secretary, Paramakkavu Devaswom

**Prof M Madhavankutty,**  
Secretary, Thiruvambady Devaswom

**Mr P M Sankaran**  
Secretary, Sanjeevani Samithi

## 4. LIH – Based Programmes



Programme	No.of Sessions	No.of Beneficiaries
Family Harmony Workshops	7	900
Harmony Meditation	1	50
Organisational Harmony	9	150
Spiritual Harmony	6	1200
<b>TOTAL</b>	<b>23</b>	<b>2300</b>

## 5. Family Betterment Sessions & Celebrations

Monthly family betterment sessions were conducted, with participation of 40- 50 families. Special get-togethers were organised for Onam, Vishu, Deepavali, Christmas & New Year.







# SENIOR CITIZENS

## 1. Sensitising School Children towards the cause of Senior Citizens

Faculty: Mr Y P Menon, Trainer



Ms Sangeetha N, Social Worker



Session	Date	Venue	Beneficiaries
1	23 June 2017	Govt. Vocational Higher Secondary School, Ayyanthole, Thrissur	25
2	11 Oct. 2017	Sri Sarada Girls' Higher Secondary School, Puranattukara, Thrissur	160
3	11 Oct, 2017	Govt. Model High School For Girls, Thrissur	54
4	21st Oct 2017	TGSM School, Ayyanthole	44
<b>Total</b>			<b>283</b>

## 2. Celebrate 55+

### One Day Workshop on Graceful Ageing

Sessions on:

Nutrition and Healthy Diet - Mr Kalyan Ulpalakshan, Director, Gandhiji Prakrithichikilsa Kendram

Yoga & Pranayama - Mr K K Komalakumar, Yoga Trainer, and Secretary, ATMA Foundation

Looking Fresh - Dr. Kanaka Prathap, Trichonologist & Beauty Consultant

Living In Harmony - Mr C K Suresh, Director, ATMA Foundation, Counsellor & Relationship Expert

Family Communication - Mr Suresh Warriar, Corporate Trainer

Health & Exercise - Dr. T G Gopinathan, Orthopedic Surgeon & Senior Consultant, Sports Medicine

25<sup>th</sup> November, 2017 at  
Hotel Pearl Regency, Warriam Lane, Thrissur

**70 delegates** over the age of 55





# ART & CULTURE

## ATMA KALAKSHETRAM

(Kerala Sangeetha Nataka Academy Reg. No : 155/PFLK/2016)

ATMA Kalakshetram promotes Art as a culture for happy and harmonious living. It facilitates learning, appreciation & performing of Classical art forms among people of all age groups, with the support and involvement of expert artists from different fields.



### 1. LEARNING

#### REGULAR CLASSES



**MUSIC**  
Carnatic Vocal



**DANCE**  
Bharatanatyam,  
Mohiniyattam



**VIOLIN**  
Carnatic

at 3 Centres:

ATMA Foundation,  
Paliyam Road, Thrissur

Rukku's Care,  
Kolazhy

ATMA Gurukulam,  
Puranattukara

#### 6 Teachers:

##### MUSIC

- ✿ Ms Nirmala Vamanan Namboothiri
- ✿ Ms Dini Sunil
- ✿ Mr Ghiljith K.G

##### DANCE

- ✿ Kalakshetra Raghi Sathish
- ✿ Kalamandalam Akshaya Ayyappan

##### VIOLIN

- ✿ Ms Manisha P Muralidharan





## ASSESSMENTS

Assessments were conducted by external faculty and feedbacks given to the students to improve their learning & performance. Certificates were distributed on the occasion of ATMA Raising Day on 14<sup>th</sup> May 2017.

## WORKSHOPS

**Bharatanatyam Workshop by Ms Uma Govind** | April 30<sup>th</sup> & May 1<sup>st</sup> @ Rukku's Care, Kolazhi  
30 participants

### SAPARYA 2017

- ▶ 5-day workshop on classical arts, organized in association with SPICMACAY and Bhavan's Thrissur
- ▶ September 6-10, 2017 @ Sarva Dharma Mythri Prathishtan, Thrissur
- ▶ 8 renowned artistes... >250 participants!



Odissi - Ms Jahnabi Behera

Kuchipudi - Ms Payal Ramchandani

Madhubani Painting – Ms Ambika Devi

Cheriyal Painting – Mr Mergoju Madhu

Mohiniyattam - Ms Anupama Suresh

Kathak - Ms Deepthi Gupta

Mural Painting – Ms K R Babu

Carnatic Vocal – Ms V R Dileep Kumar

## 2. APPRECIATION

### KALASANDHYA

Performances by expert artistes

Organized in association with SPICMACAY as a part of the M.S Subbulakshmi Centenary Celebrations.

Sep.12-15, 2017 @ Paramakkavu Auditorium, Thrissur

- ✿ Tholppavakoothu by Ramachandra Pulavar & Party
- ✿ Odissi by Ms Jahnabi Behra
- ✿ Bharathanatyam by Ms Deepthi Parol
- ✿ Kuchipudi by Ms Payal Ramchandani





### 3. PERFORMANCES

- ❁ Music programme by senior lady students broadcast in Akashvani Vanithavedi in connection with Vijayadashami
- ❁ 45 students performed in Chembai Sangeetholsavam at Guruvayoor in November 2017
- ❁ Concerts by Music Teacher Ms Nirmala Vamanan Namboothiri at Paramekkavu Temple on March 20<sup>th</sup>, and at Sankarankulangara Temple on March 24<sup>th</sup>.
- ❁ Senior music students participated in the Thiruvambadi Temple Sangeetholsavam in December 2017
- ❁ Bharatanatyam Performance by students at Mookambika Temple, Kolazhi, on 23<sup>rd</sup> Sept 2017
- ❁ Bharatanatyam Performance by Ms Raghi Sathish at Sahitya Academy Hall, Thrissur on 30<sup>th</sup> March 2017

### 4. ACHIEVEMENTS

- ❁ Aswathi Rajesh, Gayathri Jayaraj, Swathi Menon and Vaishnav J secured prizes in Sahodaya Music Competition
- ❁ Parvathy Kishore secured second prize in Classical Music in District School Youth Festival.
- ❁ Sruthi Narayanan got First Prize in District Level Violin Competition
- ❁ Samudyatha, Parvathy Kishore, Sreejishna, Athira A R, Chinjina A R, Nandana Jayan & Aleesha received scholarship from Sangeetha Nataka Academy (from June 2017)

### EVENTS

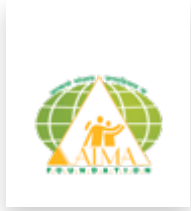
#### **VIDYARAMBHAM – 2017**

New batches were started on the occasion of Vijayadasami on 30<sup>th</sup> September 2017 at Thrissur & Kolazhi centres.

#### **RAISING DAY – 2017**

Over 75 students of ATMA Kalakshetram performed on the occasion of ATMA Raising Day on 14<sup>th</sup> May 2017





# COMMUNITY HEALTH

## 1. Yoga & Pranayama –awareness session

(An initiative of ATMA Yoga Peethom)

25th November 2017 @ Hotel Pearl Regency,

By Mr. K K Komalakumar, yoga trainer and secretary, ATMA Foundation

Attended by 70 senior citizens

## 2. Medical Camps



26 <sup>th</sup> Nov 2017	Mulloorkara	In association with NSS unit of GHSS Mullorkkara	100 beneficiaries
8 <sup>th</sup> March 2018	North Bus Stand, Thrissur	Exclusively for Women	100 beneficiaries
	Total		200

## 3. Ambulance Services

ATMA ambulance services have been utilised by 243 beneficiaries





## VOLUNTEER DEVELOPMENT

Volunteers are the backbone of ATMA Foundation. We believe that readiness to serve should originate from the happiness of the individual. ATMA organises regular Volunteer Development programmes, for individual empowerment & team building.

### 1. EC Groups

Weekly 90 minute sessions for personal value clarification and team interaction. Led by C K Suresh.

1 group – 10 participants - 33 sessions



### 2. Volunteers Conclave

Half/ Full Day workshops for Learning, Brainstorming & Planning

No.	Date	Place	Agenda	Participants
1.	10 <sup>th</sup> June 2017	Hotel Radhakrishna Prasadam, Thrissur	Annual Calendar Preparation, Felicitation of Dr. V.S. Sreelakshmi, on getting IAS selection	45
2.	5 <sup>th</sup> Nov 2017	Hotel Moti Mahal, Thrissur	Brochure Release of ATMA Gurukulam Expansion Project, Discussion on Fundraising	30
3.	19 <sup>th</sup> Nov 2017	Lifeline Wellness Centre, Thrissur	Get together of participants of EC labs – discussion on ATMA Harmony Village project	40
4.	25 <sup>th</sup> March 2017	Hotel Moti Mahal, Thrissur	Discussion on fund raising	50





### 12<sup>th</sup> Raising Day

14<sup>th</sup> May 2017 @ Vivekodayam School Auditorium, Thrissur

Chief Guest : Dr A Kowsigan IAS, District Collector



### 3. Workshops & Trainings by outside agencies, attended by ATMA Volunteers



	Event	Agency	Place	Date
1.	HR conclave	Trainers Club, Thrissur	Thrissur	16 <sup>th</sup> May 2017
2.	NGO Training	Rashtriya Sewa Bharathi	Thrissur	11 <sup>th</sup> June 2017
3.	Self defence training	District Probation & SJD	Thrissur	12 <sup>th</sup> March 2018
4.	Training for Railway Child Help Desk	Childline India Foundation	Trivandrum	21 <sup>st</sup> - 24 <sup>th</sup> March 2018
5.	NGO Meeting	TISS	Trivandrum	22 <sup>nd</sup> March 2018

### STUDENT INTERNS - 2017-18

*Apart from regular volunteers, ATMA also has the support of student interns from reputed institutions all over India. This year, the following students interned with us:*

Aiswarya S , Parvathy Jyothish	Symbiosis Law School, Hyderabad
Amritha V	TISS, Hyderabad
Chandrakanth T, Harishma Mohandas	Christ University, Bengaluru
Anjana Gopinath	Symbiosis Law School, Pune
Shameem A	Holy Cross IMT, Calicut
Sreena T	Vimala College, Thrissur
Subitha Dominic	Amritha Viswa Vidya Peethom



## FUND RAISING

### Annual Donors' Meet & Charity Dinner

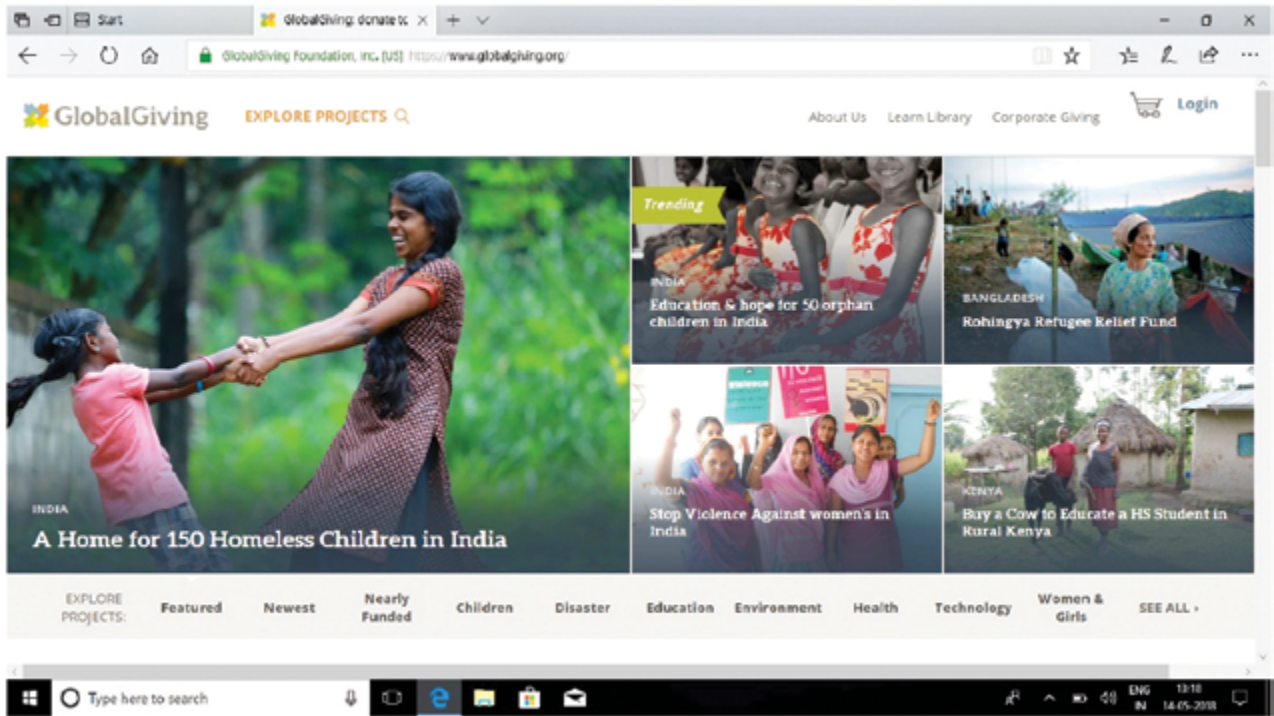
1<sup>st</sup> May 2017, from 5.30 to 8 pm @ The Garuda Hotel, Thrissur

- ✿ Report Presentations
- ✿ Discussions on Future projects
- ✿ Interaction
- ✿ Music programme
- ✿ Dinner



### Online Fundraising

ATMA Foundation has become a 'Superstar Partner' of Global Giving, a reputed international online fundraising portal, by qualifying their March Accelerator programme. We also secured a special Bonus Day Reward and Top Donor Reward for getting 258 unique donors to donate to our project.



### ATMA in the Spotlight

- ✿ Short talks by Mr C K Suresh were telecast in the Suprabhatham segment of All India Radio, Thrissur
- ✿ Parvathy G, ATMA Volunteer, was felicitated at the State level Women's Day Celebration of All India Catholic University Federation at Vimala College, Thrissur, for her contribution to society through ATMA Foundation.





# OUR HONOURED GUESTS...







# OUR HONOURED GUESTS...







# OUR HONOURED GUESTS...







# OUR HONOURED GUESTS...





## ATMA Team

**Mr C K Suresh**, Managing Trustee

MBA, MSc (Psychology), PGDJ

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.

**Mr K K Komalakumar**, Secretary

Retd Retail Banking Officer from Standard Chartered, Abu Dhabi, actively involved in the popularisation of Yoga for over 18 years.

**Mr A P Balakrishnan**, Treasurer

Financial Consultant (ICWAI) with international exposure in finance and accounting.

**Mr P K Krishnankutty**, Manager, ATMA Gurukulam

Retd Manager from the Central Bank of India, Involved in developing the ATMA Gurukulam Girls' Home, right from its pilot phase.

**Ms Radhika Krishnan**, Secretary, ATMA Gurukulam Managing Committee

Homemaker, President of the Inner Wheel Club of Thrissur.

**Mr T M Reghunandan**, Board Member

Retd Deputy Collector. Involved in social work through various organisations.

**Ms Parvathy G**, Board Member

Teacher and entrepreneur with volunteering experience in youth organisations.

## ATMA Gurukulam Managing Committee

Mr C. K. Suresh (Managing Trustee)

Ms Radhika Krishnan (Secretary)

Ms Sangeetha N (Social Worker)

Ms Prema B. Menon (Retd. Vice Principal)

Ms P. M. Mini (Teacher)

Ms Padmaja (Volunteer)

Ms Anusree Balachandran (Volunteer)

Mr P. K. Krishnankutty (Correspondent)

Ms Parvathy G (Trustee)

Dr. V Bindhu (Senior Educationist, Principal)

Ms Krishnakumari (Retd. Head Mistress)

Br Devika Chaitanya (Volunteer)

Ms Deepa Haridas (Volunteer)





# FINANCIALS 2017-18

## INCOME AND EXPENDITURE

### INCOME

Indian sources	
Donations from individuals	26,70,073
Donations from others	4,65,000
International sources	
Donations from individuals	1,000
Other income	1,62,752
<b>TOTAL INCOME</b>	<b>32,98,825</b>

### EXPENDITURE

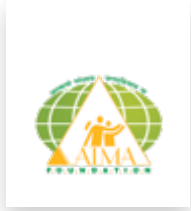
Social Protection - Girls Home	<b>11,06,077</b>
Enhancing Social awareness	<b>61,971</b>
Women Empowerment	<b>18,853</b>
Youth Empowerment	<b>52,137</b>
Family & Social Welfare	<b>41,830</b>
Ageing issues and empowerment	<b>18,754</b>
Volunteer Development	<b>66,360</b>
Community Health	<b>60,227</b>
Arts and Culture	<b>4,69,107</b>
Social Protection - CHD	<b>31,033</b>
Adolescent Mental Health	<b>1,20,073</b>
Management and administration	<b>4,69,941</b>
Maintenance and Others	<b>2,53,958</b>
<b>TOTAL EXPENDITURE</b>	<b>27,70,322</b>

**ASSETS****BALANCE SHEET**

Fixed assets	<b>6,70,213</b>
Loans and advances	<b>1,38,82,789</b>
Cash and bank balances	<b>1,90,676</b>
Other current assets	<b>39,513</b>
<b>TOTAL ASSETS</b>	<b>1,47,83,191</b>

**LIABILITIES**

Trust/ Society/ Share-holder funds	<b>58,602</b>
Corpus and endowment fund(s)	<b>52,99,000</b>
Restricted/ Earmarked funds	<b>92,000</b>
Loans and borrowings	<b>75,00,000</b>
Current liabilities and provisions	<b>1,38,333</b>
Excess of income over expenditure (if any)	<b>16,95,256</b>
<b>TOTAL LIABILITIES</b>	<b>1,47,83,191</b>



## RECEIPTS AND PAYMENTS ACCOUNT

### RECEIPTS

Opening Cash and Bank Balance	<b>28,23,707</b>
Indian sources	
Donations from individuals	<b>26,70,073</b>
Donations from others	<b>4,65,000</b>
Donations towards corpus fund	<b>27,64,000</b>
International sources	
Donations from individuals	<b>1,000</b>
Loans	<b>75,00,000</b>
Other receipts	<b>2,64,715</b>
<b>TOTAL RECEIPTS</b>	<b>1,64,88,495</b>

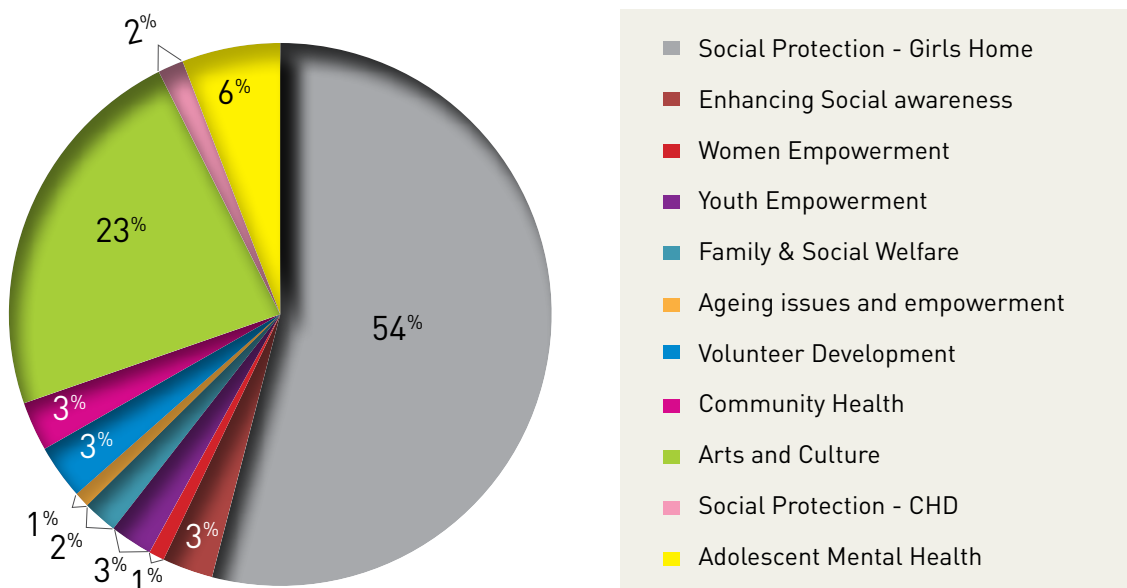
### PAYMENTS

Capital items/ assets purchased for the organisation	<b>95,234</b>
Loans and advances	<b>1,36,00,000</b>
Spending on Programmes and activities	<b>20,46,422</b>
Other payments	<b>5,56,163</b>
<b>TOTAL PAYMENTS</b>	<b>1,62,97,819</b>

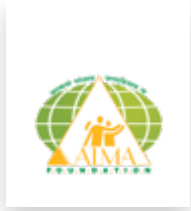
Closing Cash and Bank Balance

**1,90,676**

## RESOURCE UTILISATION PATTERN







### AGENCIES THAT SUPPORTED US



### OUR BANKERS



#### *Our Sincere Gratitude...*

*To volunteers, well-wishers, organisations and donors , who believed in our cause, and gave us their support in the form of money, time, effort or expertise- your contribution has definitely helped in making the world a slightly better place for those who are less privileged!*

Counselling centre  
 Skill Development centre  
 Destitute women's home  
 Youth Homes  
 Health Centre  
 Children's Homes  
 Adolescent Mental Health Centre  
 Yogapeethom  
 Kalakshetram  
 Elders' Homes



**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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🌐 www.atmafoundation.org