

ATMA FOUNDATION

*Volunteering Transformation*

# ANNUAL REPORT

2021-22



# REVIVE



## VISION



Creative Intervention for Social Transformation through Effective Empowerment and Productive Compassion



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

## MISSION

Aatmano Mokshaya,  
Jagat Hithaya cha

## MOTTO

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





## WHAT WE DO

# PROJECTS

Project	Description	Beneficiary Group	Impact area
<b>ATMA GURUKULAM</b>	Girls' Home(Reg No 122/ JJ Act, Reg No. 2289/ Orphanage Control Board)	Children & Adolescents - Girls	Child Protection, Poverty Eradication, Education, Woman Empowerment
<b>ATMA Uyare</b>	Online learning support for children in Child Care Institutions	Children & Adolescents	Education
<b>ATMA RAILWAY CHILD HELP DESK</b>	Childline kiosk at Thrissur Railway Station	Children & Adolescents	Child Protection
<b>ATMA CADC – Child &amp; Adolescent Development Centre</b>	Counselling, Therapeutic & Remedial Support	Children & Adolescents	Mental Health, Education
<b>ATMA FCC – Family Counselling Centre</b>	Relationship Counselling & Therapeutic support for families in conflict	Families	Mental Health, Family Welfare, Relationships
<b>ATMA KALAKSHETRAM</b>	Training, workshops & performances in classical arts	All age groups	Art & Culture, Mental Health
<b>ATMA YOGA PEETHOM</b>	Yoga training & Therapy	All age groups	Health
<b>ATMA DAFEC - Digital &amp; Financial Empowerment Centre</b>	Training in Digital & Financial Literacy	Women, Children & Rural Youth	Education, Women Empowerment, Financial Literacy
<b>ATMA RADC- Research &amp; Development Centre</b>	Research and project development for effective intervention in psycho-social and community development issues	Society & institutions	Research, Education, Impact assessment
<b>ATMA Gokulam</b>	Cattle rearing as a culture and economic activity	Rural and economically backward families	Economic inclusion, empowerment



## CAMPAIGNS

Campaign	Description	Beneficiary Group	Impact area
Living in Harmony	Talks, workshops & 5-Day public Seminars on Happy Living with Healthy Relationships	Public, Families	Family Welfare, Mental Health, Relationships
Problems to Possibilities	Seminar series on Empowering adolescents to harness their inner possibilities to overcome problems of their age	Adolescents, Teachers, Students	Adolescent Empowerment, Life skill education, Prevention of Substance abuse
Saha Dharmam Chara	Premarital Training & Post Marital Guidance	Families, Youth	Family Welfare, Relationships
We Care	Campaigns based on current social issues	Elders, Women, Children, Families	Awareness creation, woman empowerment, senior-citizens welfare

## PROGRAMMES

Programme	Description	Beneficiary Group	Impact area
EC (Empowerment & Compassion) Initiatives	Workshops, Camps & Trainings	Children, Adolescents, Youth, Teachers, Parents, Senior-Citizens, Social Workers, Women	Empowerment, Skill Development, Life Skill Education
Community Health Initiatives	Medical Camps, Ambulance Service, Talks & seminars	Public, Students of Helping Professions	Community Health
Volunteer Development	Trainings, Workshops & Internship Programmes	Public, Students	Promoting Volunteerism
Disaster Relief & Rehabilitation	Material, financial, Reconstruction & Counselling support	Disaster- affected communities	Disaster Relief, Livelihood support





## Founder's Message

Salutations! Namaskaram!

2021-22 has been a year of revival for humanity - a positive struggle from the devastation caused by the pandemic. Stories of hope and faith are more! Now, most restrictions are lifted. People can come together again, to experience festivals and celebrations.

For ATMA Foundation, too, this was a time of reviving our service activities on the ground. We were able to source financial and material support to over 1700 families in need.

We could provide safe drinking water to over 60 households in tribal colonies of Wayanad and in some remote regions of Thrissur district. Our sincere gratitude to Singapore Red Cross for their support!

After a long gap, we could organise a dance festival with live orchestra performances by eminent artistes. We are grateful to the Ministry of Culture, Govt of India, for supporting this endeavor. Most of the artistes were performing on stage after nearly two years! It was truly a revival of art!

The ATMA Uyare project has really grown, with 400 plus children attending our regular online classes and special sessions. It is indeed wonderful to see the paradigm shift in their attitudes towards their own education and career. The managements of the Children's Homes also have now started giving more importance to these aspects. We hope that Uyare will help many more children to scale greater heights!

Thanks to our volunteers who are contributing their efforts to get back our regular activities on track. Team ATMA has indeed managed to withstand the challenges of the pandemic and come up with innovative ways to keep serving the society.

My sincere gratitude to all the good people who have held our hands throughout these tough times, and through us, supported a community in dire need.

May the Blessings of the Almighty grace us all!

Loka samastha sukhino bhavanthu!

Love

C K Suresh



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8<sup>th</sup> May 2006 to 31<sup>st</sup> March 2022

10 Projects

4 Major Campaigns

> Rs 62 Lakhs Disaster Relief in > 30 villages

61 girls supported at ATMA Gurukulam

845 children rescued at ATMA Railway Child Help Desk

> 57,000 families reached out with the message of Living in Harmony

> 3000 families provided with free counselling support

> 7000 persons provided with learning & appreciation opportunities in classical art

> 900 training programmes empowering



750 Volunteers



10000 Teachers



46000 Parents



16500 Children



87500 Youth



2000 Professionals



1925 Programmes, 10 projects,  
6 campaigns..  
benefitting >3,35,000 families







## 2021-22: A Bird's Eye View

Over 200 people provided with regular safe drinking water supply in tribal areas of Wayanad and remote areas of Thrissur districts

Over 12 lakhs worth relief distributed to people affected by the pandemic - medicines, financial support, digital devices, school kits and other material support

20 children supported at ATMA Gurukulam

430 children from 34 Child Care Institutions given learning support as part of ATMA Uyare

118 children rescued at ATMA Railway Child Help Desk

ATMA Nrityotsav 2022 - Dance Festival organised with the support of Ministry of Culture, Govt of India

Women's Day Awareness Programme conducted at North Bus Stand, Thrissur - with pamphlet distribution and street plays

Free health check up and health survey conducted at North Bus Stand, Thrissur

Yoga and Dance classes restarted in offline mode

Two online workshops conducted on the themes 'Domestic Violence' and 'Happitude'

**...138 programmes  
benefiting over  
22500 beneficiaries...**





## PROJECTS

### ATMA GURUKULAM

ATMA Gurukulam is a Children's Home for girls who have no homes or functional families, with focus on their education and overall development.

The ATMA Gurukulam, started in June 2012, is currently functioning at Puranattukara, 5 kms from Thrissur town.

Registered under the Juvenile Justice Act ( Regn No: 122/ 2017) and the Orphanage Control Board (Regn No: 2289/ 2014), the ATMA Gurukulam has so far supported 61 girls with long-term and short-term care.

As of March 2022, the strength at ATMA Gurukulam was 20.

At ATMA Gurukulam, the children are given love, care and security of a real home. The vision of the Foundation is to inspire and enable them to transform into responsible and responsive citizens of the society, and leaders in their chosen fields. The regular school/college education of the girls is supplemented with an array of opportunities to grow, learn and evolve.

### EXTRA ACADEMIC SUPPORT

As part of providing quality learning opportunities for every child, ATMA enrolls the support of qualified teachers to care for the academic development of the children of gurukulam. In 2021-2022, the schools started functioning again and our children were given extra support in various school subjects to bridge the learning gaps.



Felicitating Ms Swarna Devi Thampy, who got her BSc Nursing Degree



### CO - CURRICULAR ACTIVITIES:

Regular classes in Bharatanatyam were given to all children. Due to the covid restrictions, the classes were held online.

Once the covid restrictions eased, the children were given the opportunity to showcase their talents in dance, music and yoga at the special ATMA Family get-togethers during Independence day, Onam and Deepavali.



## HEALTH

- ▲ All children eligible for covid 19 vaccination were given the same.
- ▲ A medical checkup and Interactive session on Health and Hygiene was conducted by Dr Lakshmi Krishnamoorthy, Senior Gynecologist.

## SPECIAL PROGRAMS IN 2021- 2022

- ▲ Plus-one students had an online interaction with Mr.Dinesh Nair (former football player).
- ▲ All children attended a session on '**Let's find one's skills**' led by DSLA, DCPU and Childline. They also attended an online interactive program for children of CCI's and inmates of old age homes.
- ▲ Children from classes 5,6 and 7 attended "**Kerala Quiz**" conducted by ATMA Uyare.

## SOCIAL AND EMOTIONAL HEALTH

**Celebrations:** Onam, Vishu, Navaratri and Deepavali were celebrated at ATMA Gurukulam with traditional festivities. Special ATMA Family get- togethers were organised on these occasions, so that children could celebrate with the entire ATMA family. The ATMA Family felicitated Swarna with a special gift during the Christmas celebration. Chinchina, Laya, Athira and Sandra were also given special gifts on the occasion.





## ACHIEVEMENTS



- ▲ All three children who had appeared for the +2 public exam have passed with flying colours. 2 of them got A+ in all subjects, with a total score of 98% and 97% respectively.



- ▲ 4 of our girls got admission in Vimala College, Thrissur for undergraduate programmes in Commerce, English, Malayalam and Zoology.
- ▲ Chinchina, senior child at Gurukulam has qualified the Kerala Engineering Architecture Medical (KEAM) entrance exam with category rank of 350. She has secured admission to B Tech Dairy Technology at the Kerala Veterinary and Animal Sciences University, College of Dairy Sciences & Technology, Mannuthy.
- ▲ Swarna Devi Thampy, our eldest child of ATMA Gurukulam, received her Nursing degree from Govt. Nursing College, Thrissur.
- ▲ Our senior child of ATMA Gurukulam, Ms Sreelakshmi P R, final year MSW student of Vimala college, Thrissur has cleared the UGC NET exam in her very first attempt. She has made us proud and has become an inspiration and a true role model for other children.
- ▲ Laya and Anupriya got selected for the third round of Vivekayanam 2021, an online competition conducted by Sri Ramakrishna Math for higher secondary & college students. The competition was organized by 'Prabuddha Keralam' magazine and Vivekananda Youth group.
- ▲ Saranya won 2nd place in the "Prana" competition conducted by ICPS, Women & Child Development Dept. as part of "Sargavasantham - 2021"



## ATMA UYARE

ATMA Uyare is an educational support programme for underprivileged children, with special focus on those living in Child Care Institutions.

The project involves the following components:

- ▲ Live online classes by volunteer teachers - to bridge learning gaps and create a strong foundation in academics.
- ▲ Life guidance sessions by experts and professionals - on topics related to career, leadership, values, etc.
- ▲ Material support - including digital devices, educational kits, etc.



In 2021-22, 430 students from 34 Children's Homes participated in ATMA Uyare classes, supported by 30 volunteer teachers from different parts of the world.





## PROJECT HIGHLIGHTS

- ▲ 5000+ hours of live online classes were conducted for Uyare participants of different age groups.
- ▲ Monthly value education sessions on different topics were conducted.
- ▲ 7 life guidance sessions were organised. This included:
  - Three motivational sessions by Sri.C.K.Suresh, Director, ATMA Foundation.
  - A session on 'How to prepare for public exam' by Mrs. Mridula M.R, Vice Principal, Chinmaya Vidyalaya, Kannur.
  - 'Meet the Achievers' - an interactive session with eminent professionals from different fields - Ms.Ruby Menon an Attorney from San Diego, Mr.Nirmal G Menon, an IT professional from New York and Dr.Meera N Menon, Paediatric Surgeon from New York.
  - A session on Road Safety and traffic rules by Sri.Babu, former Police Officer.
  - A career guidance session by Sri C K Suresh for students of Std 10.





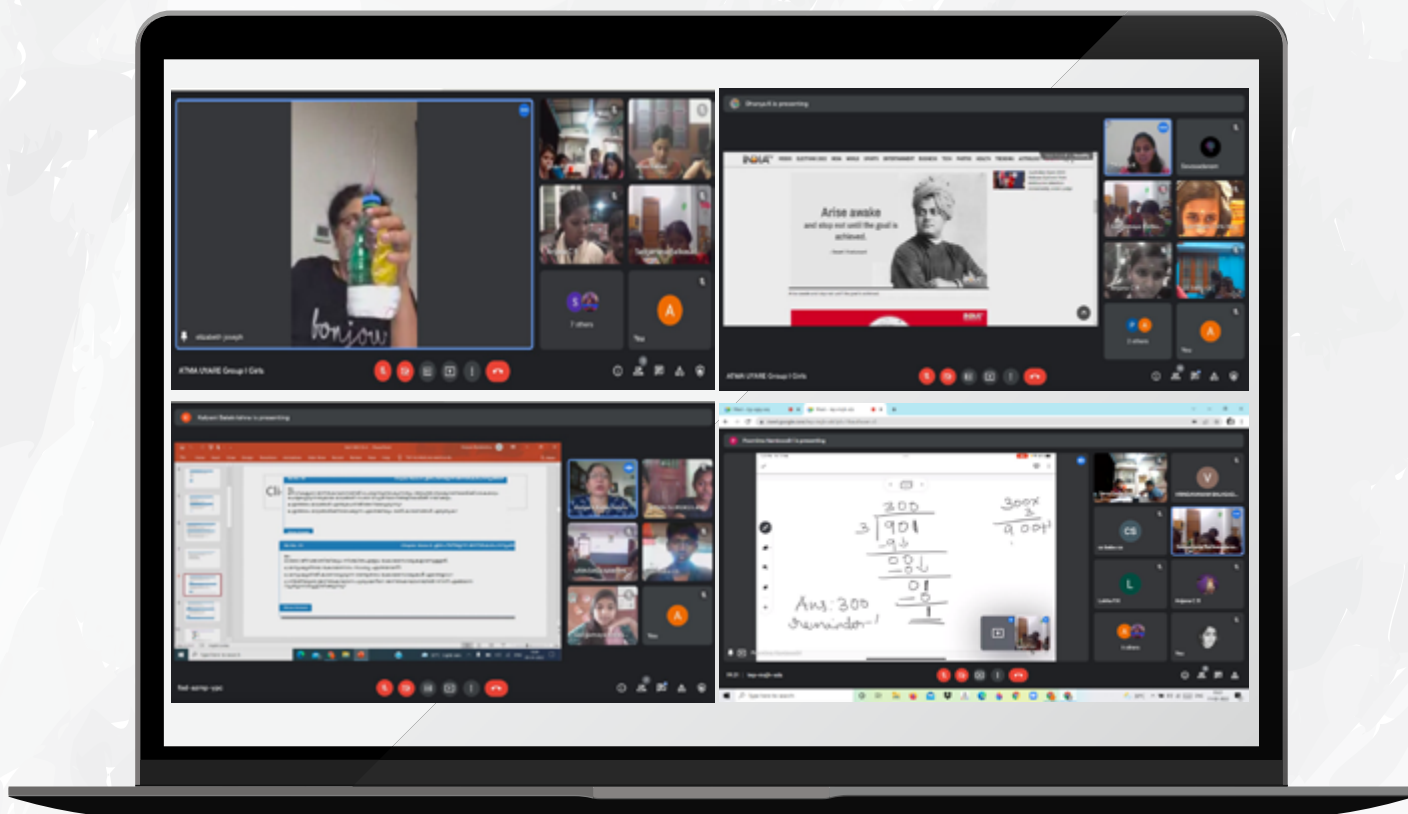
- ▲ Uyare Coordinator Smt. Reshmi Praveen conducted two sessions on the topic 'The Importance of Education' for Sevabharathi Balikasadanam in online mode and for Sadgamaya Balikasadanam, Venkitangu in offline mode on 27<sup>th</sup> December 2021.
- ▲ 3 capacity building sessions were organised for Uyare volunteer teachers.
- ▲ 2 feedback sessions were conducted, with the teachers and the institution heads of the CCIs participating in Uyare.
- ▲ Uyare children participated in an online live master class by renowned author Mr Ruskin Bond, through which they got an opportunity to understand and appreciate the art of writing.
- ▲ Ms Reshmi, Uyare Coordinator, gave the keynote address at the webinar on Alternate Education organised by the Social Work students of Central University, Kerala. The Uyare project and its impact as an alternate education platform were discussed.

## Achievements

- ▲ 9 students in STD X and 5 in STD XII, who are participants of Uyare, have scored an A+ grade in all their subjects in Kerala State 10<sup>th</sup> & 12<sup>th</sup> Board Exam.

## Special Days & Celebrations

- ▲ A live virtual celebration was organised through Google Meet to mark the joyous occasion of the First Annual Day of Uyare on 15<sup>th</sup> August 2021.
- ▲ Special sessions were taken by Volunteer Teacher Ms. Dhanya on 12<sup>th</sup> January as part of National Youth Day/ Swami Vivekananda Jayanti and on 22<sup>nd</sup> January, National Girl Child Day.







## ATMA RAILWAY CHILD HELP DESK, THRISSUR @ Platform No 1, Thrissur Railway Station



The Railway Child Help Desk is a joint initiative of the Ministry of Women and Child Development and the Ministry of Railways, Govt of India, implemented through the Childline India Foundation. It is a support system to rescue and restore run-away, unaccompanied and trafficked children who come in contact with the railways. ATMA Foundation, as the NGO partner of Childline, runs the 24x7 Railway Child Help Desk at Thrissur Railway Station.

In 2021-22, due to the extending pandemic situation, trains were cancelled for a few months. The RCHD still maintained its duties of supporting children by providing both online and offline awareness classes for children and parents. ATMA Foundation, through RCHD Thrissur, sourced financial and material aid to children in the Railway Colony, and to the families of unskilled workers in the Thrissur Railway Station.

Since the ATMA RCHD started functioning in May 2018,  
845 children have been rescued and supported.

### RCHD ACTIVITIES

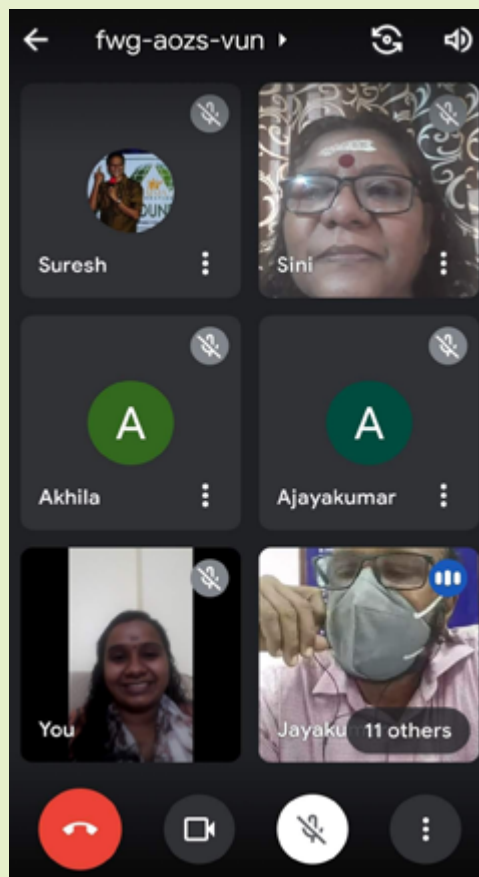
#### Child Rescue & Protection

- ▲ Platform observation, Train observation & Premises observation to identify children in need.
- ▲ Providing immediate assistance - food, medical support, counselling etc.
- ▲ Ensuring the child's safety through Govt mechanisms - taking the child to the Child Welfare Committee, reconciling with family, etc.

In 2021-22, 118 children were rescued from the Thrissur Railway Station premises, and restored to their families, guardians or safe shelters

### Regular Programmes:

- ▲ Daily outreach among passengers and railway stakeholders in trains, railway platforms and premises.

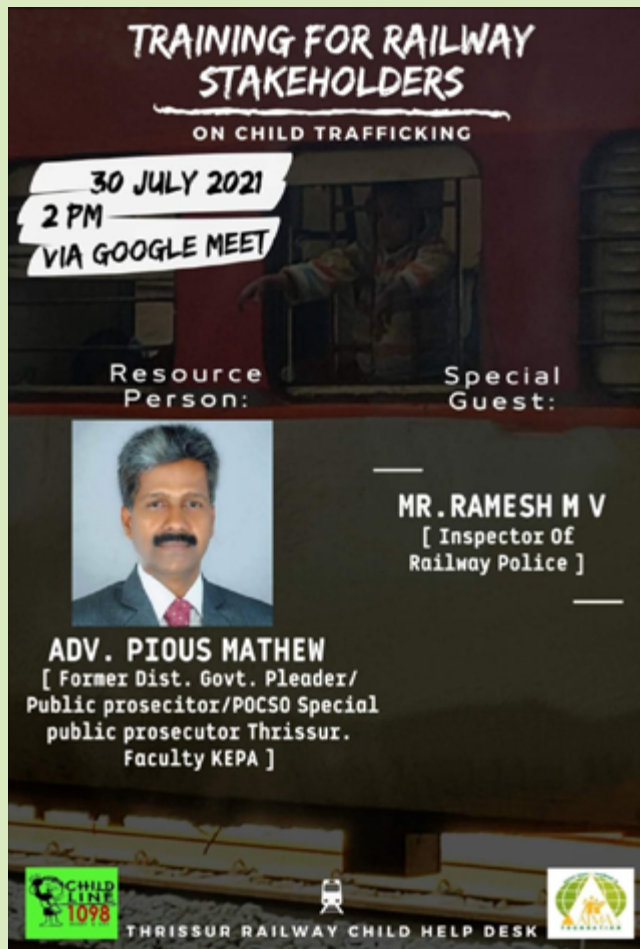


- ▲ 5 Online programmes were conducted for children, parents, railway stakeholders, passengers and the public to spread awareness on relevant issues like Child Rights, Child support systems, importance of Childline, etc. Special sessions were also held to create awareness about new concerns like the spread of the pandemic, adapting to online classes, etc.



## Special Awareness Programs:

- ▲ Online awareness program on the topic “**ONLINE SCAMS**” by Mr. Sujith Nair, Cyber Crime Investigator, Thrissur, on 6<sup>th</sup> June 2021. Around 40 parents and children attended the session
- ▲ Training program on ‘**Child Trafficking**’ by former public prosecutor Adv. Pious Mathew, for the railway stakeholders in connection with World Day Against Trafficking in Persons on 30<sup>th</sup> July 2021.



- ▲ Awareness sessions for 20 Kudumbasree workers, Asha workers and Anganvadi teachers in the Ayyanthole division.

RCHD collaborated with the GRP for their combing programme on 18<sup>th</sup> and 19<sup>th</sup> December. They also participated in a capacity building programme conducted by the Childline Nodal Agency on 29<sup>th</sup> December.

A mass awareness program was conducted on 11<sup>th</sup> January 2022 in connection with National Human Trafficking Awareness Day by Railway Child Help Desk in collaboration with KISMAT Project to create awareness among migrant labourers.



Capacity building sessions for RCHD Team





## ATMA CHILD & ADOLESCENT DEVELOPMENT CENTRE (CADC)

The ATMA CADC provides counselling and remedial support to children who are challenged with emotional problems, behaviour deviations, scholastic backwardness, motivational issues, relationship issues, etc. The CADC integrates the expertise of professionals like psychiatrists, psychologists, counsellors, LD remediators, yoga trainers, etc.

The regular clinic of ATMA CADC functions at the ATMA Foundation Office, Surya Gardens, Paliyam Road, Thrissur. Services provided here include Counselling, Assessment, LD Remediation, Career Guidance, Yoga Therapy & Performance Coaching.

The Learning Disability Remediation Clinic has been functioning at ATMA CADC since 2012 under the guidance of Smt Sreedevi Haridas, expert remedial educator and counsellor.

During the pandemic times, counselling & remediation sessions were provided through online mode also as required.

The ATMA CADC supported 73 children in 2021-22, taking the total number of beneficiaries to 1493 so far.

## ATMA FAMILY COUNSELLING CENTRE

The pandemic created a unique situation where even the busiest professionals were forced to stay home. Suddenly, '**work from home**' and online schooling became the norm. This created a sense of panic and anxiety among many. Although we are no longer in those situations, getting out of these lifestyles has become a challenge.

The ATMA Family Counselling Centre, under the guidance of Sri C K Suresh, expert counsellor and Director of ATMA Foundation, actively provided online and offline support to families to resolve conflicts and stress. The unique approach of '**Harmony Counselling**' developed by Sri C K Suresh helps people identify and overcome their problems by empowering themselves, creating nurturing relationships, and working in an outcome frame.

**54 families took support from ATMA FCC in 2021-22.**

The ATMA FCC has so far benefitted 919 families, since formal documentation began in 2009.



## ATMA YOGAPEETHOM

The ATMA Yoga Peethom provides Yoga Training & Therapy to combat life-style diseases, psycho- somatic problems, depression, stress, etc. The mini-fitness centre at the ATMA Foundation premises provides equipment and facilities for staff, volunteers and the public to exercise regularly..

In 2021-22, yoga classes were conducted regularly at Kolazhi and Thrissur, benefitting 16 participants.







## ATMA KALAKSHETRAM

The ATMA Kalakshetram promotes art as a culture for happy and healthy living. It provides opportunities for people of all age groups to learn, appreciate and enjoy classical art forms. In spite of the pandemic, Bharatanatyam Classes by Kalakshetra Raghi Satheesh and Mohiniyattam classes have been regularly going on in the online mode. By November 2021 we were able to restart offline classes.

“32 students have benefitted from these classes in 2021-22.”



From October 15<sup>th</sup>-22<sup>nd</sup> an online Vijayadasami Dance Festival was conducted and streamed through the ATMA Foundation YouTube channel.



The ATMA Nriyotsav 2022 was organised from January to March 2022, with the support of the Ministry of Culture, Govt of India, under the Cultural Function and Production Grant Scheme.

The festival included campus performances by upcoming artistes and live orchestra performances by eminent artistes.

This time, more group performances were organised, so as to give opportunities to more artistes to perform.



## Campus Performances by Upcoming Artistes

Reaching out to over 1000 youngsters in 3 different campuses...



### Bharatanatyam

Sri. Alex Raphael.

4<sup>th</sup> March 2022, Chinmaya Vidyalaya, Kolazhi

### Bharatanatyam

Ms. Aswathy K Suresh

7<sup>th</sup> March 2022, M D College, Pazhanji



### Bharatanatyam

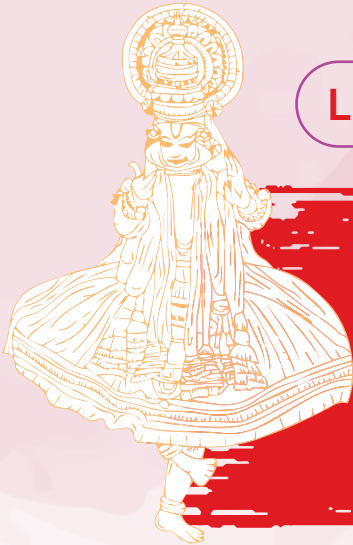
Sri Satheesh Neeleswaram.

19<sup>th</sup> March 2022,

Vaidyaratnam Ayurveda College, Thrissur







## Live Performances by Senior Artistes

### Kathakali Nalacharitham 4<sup>th</sup> Day

16<sup>th</sup> January 2022, 5.30 to 8.30 pm  
@ Paramekkavu Agrasaala Hall, Thrissur

In the performance of Nalacharitham fourth day at ATMA Nrityotsav, eminent artistes Kalamandalam Krishnakumar, Champakkara Vijayakumar and Kalamandalam Praveen played the roles of Bahukan, Damayanthi and Kesini respectively. They were supported by vocal artistes Kalamandalam Babu Namboodiri and Kalamandalam Viswas, accompanied by Kalamandalam Ravisankar (Chenda) and Kalamandalam Rajanarayanan (Maddalam). Kalamandalam Rajesh was the make-up (Chutti) artiste. The programme was attended by over 150 people at the Paramekkavu Agrasala Hall.





## Bharatanatyam by Kalakshetra Raghi Satheesh

11<sup>th</sup> March 2022, Friday 5.30 pm  
@ TGSM Saraswathi Vidya Niketan,  
Udayanagar, Ayyanthole, Thrissur.



The performance was supported by eminent artistes Sri Udayasankar Lal (Nattuvangam), Sri Bijeesh Krishna (Vocal), Sri Kalamandalam Charudutt (Mridangam) and Sri Hariprasad Subramaniam (Flute).





## Kuchipudi

by Dr Pattathil Dhanya Menon & Team

12<sup>th</sup> March 2022, Saturday 5.30 pm  
@ TGSM Saraswathi Vidya Niketan,  
Udayanagar, Ayyanthole, Thrissur.

Dr Dhanya Pattathil, eminent cyber-crime investigator and accomplished kuchipudi exponent, gave a traditional kuchipudi performance at the ATMA Nrityotsav, accompanied by Smt Deepa Pattathil, Ms Nanditha P and Ms Praveena P Menon. The live orchestra support was given by eminent artistes Guru. Smt Rema Vaani Sundari (Vocal & Nettuvangam), Sri Vishnu Chandrasekhar (Vocal), Sri Vijaykumar S Kamath (Mridangam) and Sri. Ramesh E P (Violin).



## Koodiyattam

"Subhadraa Dhananjayam"

13<sup>th</sup> March 2022, Sunday 5.30 pm  
@ TGSM Saraswathi Vidya Niketan,  
Udayanagar, Ayyanthole, Thrissur.

On the final day of ATMA Nrityotsav 2022, Subhadra Dhananjayam was performed by eminent artistes Sri. Kalamandalam Krishnakumar, Sri Kalamandalam Prasanna and Sri Kalamandalam Kanakakumar, who played the roles of Arjunan, Subhadra and Koundinyan respectively. They were supported by Kalamandalam Vivek (Mizhavu), Kalamandalam Rahul Aravind (Mizhavu), Kalamandalam Suhas (Idakka) and Kalamandalam Sajitha (Thalam). Kalamandalam Sreejith was the make-up (chutti) artiste and backstage assistance was given by Kalamandalam Sohan.





## ATMA DIGITAL AND FINANCIAL EMPOWERMENT CENTRE

The ATMA Digital & Financial Empowerment Centre conducts basic training programmes with special focus on women, children and senior citizens to accelerate financial inclusion and enable greater economic participation. Started in 2019, in the background of the nation's vision for transforming into a digital economy, the DAFEC has commenced training programmes at the stand-alone centre at ATMA Foundation, Paliyam Road, Thrissur.

Pilot studies were undertaken by DAFEC to

understand the training needs of different social groups like auto drivers, shopkeepers, etc.

In 2022, a vehicle was purchased with the support of Singapore Red Cross, to be used as a Mobile Training Lab for effective outreach into rural and underserved areas. The vehicle, after due customisation, is scheduled to be functional from the next reporting year onwards.

## ATMA GOKULAM

The ATMA Gokulam promotes cattle rearing as a culture and as a livelihood activity.

Started on the premises of ATMA Gurukulam in 2020, the ATMA Gokulam has grown with 4 cows, a goat and a few hens.

On the auspicious occasion of "Mattu Pongal" on 16<sup>th</sup> January, the traditional 'Gopooja' was done at the ATMA Gokulam, with the involvement of Gurukulam children and ATMA volunteers.





## ATMA RESEARCH AND DEVELOPMENT CENTRE

The ATMA RADC conducts actionable research into social and psycho-social issues. The pilot studies and surveys by RADC support and give direction to the various welfare programmes of ATMA Foundation.

This year, as part of International Women's Day, the ATMA RADC team conducted a health survey to screen the well-being of women above the age group of 18. There was also a general health survey among men. 150 women and 100 men participated in the surveys.





## CAMPAIGNS

The campaigns organised by ATMA Foundation on various socially relevant themes, attract tremendous public participation and interest. Even though the pandemic situation imposed restrictions on large gatherings, many programmes could be conducted effectively in the online mode too.

### LIVING IN HARMONY

Living in Harmony (LIH) is a practical philosophy developed by Sri C K Suresh, Founder-Director of ATMA, from his experiences and insights in Psychology, Management, Spirituality and Social Work. It consists of simple daily life tips, approaches and attitudes for happier living with healthier relationships. ATMA Living in Harmony campaign includes talk series, topic talks, workshops and training programmes by C K Suresh.

In 2021-22, the following programmes were conducted:

- ▲ Talk on 'Harmony in Relationships' at the Rotary Club, Palakkad.
- ▲ Two 5 -day online workshops on Harmony Counselling in June 2022
- ▲ Webinar on Simple Tips on Happy Living on 24<sup>th</sup> August 2021.





## We Care For Woman Empowerment

The following programmes were conducted in 2021-22 as part of the ATMA campaign We Care for Woman Empowerment:



### ▲ Women's Day Celebration

As part of International Women's Day on 8<sup>th</sup> March 2022, a public awareness programme was conducted at the North Bus Terminal, Thrissur. It included pamphlet distribution, street plays and flash mobs by ATMA Volunteers and student interns.





### ▲ Health Check Up:

A free health check up was held for women and the public at Thrissur North Bus Terminal, with the support of Malabar Eye Care Clinic and Mother College of Nursing. Dr Indhuchudan of Rudraksha Ayurvedics, Thrissur and Dr Vineeth, Psychiatrist were also available at the camp for consultation. Over 200 women availed the benefits. A Health survey was also conducted along with the camp for the betterment of women.



## Workshop on Domestic Violence

ATMA Foundation, in association with K E College Mannanam, organised an online workshop on Domestic Violence on 24<sup>th</sup> July 2021. The webinar, attended by over 500 participants, was inaugurated by Hon. Justice N Nagaresh, High Court of Kerala. The panel discussion, moderated by Sri C K Suresh, Director, ATMA Foundation, included eminent dignitaries Shri. K G Simon IPS, former Superintendent of Police, Dr Sailaja Ramkumar, Consultant Psychiatrist and Smt. Vidhubala, Counselor and Media personality. Rev. Fr. Dr Xavier C S CMI, Principal, K E College offered felicitations.







## We Care For Elders

As part of the ATMA campaign for senior citizens welfare, an exclusive webinar was conducted on 2<sup>nd</sup> Oct. 2021 on the topic **"Celebrating Wellness"**. The sessions, based on physical, emotional and social aspects of old-age, were led by eminent experts including Dr Deepa Deepak (Psychiatrist), Dr P K V Anand (Prof. & HOD, Vaidyaratnam Ayurveda College, Thrissur), Sri. Varghese Koikkara (Retd. Banker and trainer), Ms Sangeetha N (PhD Scholar in Social Work), and Sri C K Suresh (Director, ATMA Foundation). Over 150 seniors participated in the webinar.

## EMPOWERMENT INITIATIVES

The 'EC' (Empowerment & Compassion) initiatives of ATMA Foundation empower people to lead happier lives, and also help them to develop an attitude of pro-active compassion for their less-privileged fellow beings. EC initiatives include workshops, talks, trainings, etc for different groups.

This year, most of these programmes were conducted in the online mode.

Programme	No. of sessions	No. of participants
EC Kids	2	200
EC Youth	1	100
EC Adolescence	1	120
EC Teacher	1	150
EC Social Worker	7	350
<b>Total</b>	<b>12</b>	<b>920</b>

## EC Labs:

These are experiential training labs that help a person to understand oneself and others, to evolve into an Empowered and Compassionate Individual. This year, the EC Lab pattern was adapted to the online mode, with 90 minute sessions once a week, spanning 12 weeks. Two batches, with a total of 35 participants, were given the EC lab training in 2021-22.

## Happitude:

### A Webinar series on Happiness

ATMA Foundation conducted an online conclave, **"Happitude"**, from 10<sup>th</sup> to 13<sup>th</sup> August 2021, to spread the message of happy living. The webinar, organised in association with the Professional Trainers' Club Thrissur, was inaugurated by Justice Kurian Joseph, Former Judge, Supreme Court of India.

Eminent trainers Dr Sharon S Rajkumar, Dr Thomas Idiculla, Dr V A Joseph, and Mr Madan Menon handled the sessions titled Happiness @ Learning Spaces, Happiness in Family, Happiness @ Workplace and Happiness in the Community respectively.



## DISASTER RELIEF & REHABILITATION

ATMA Foundation continued to offer relief and support to people whose lives and livelihoods had been badly disrupted by the pandemic situation.

- ▲ **Financial & Material Support** worth INR 8,20,500 was provided to 1700 families in need
- ▲ **Medicines** worth INR 1,20,000 were given to the Govt Medical College, Thrissur
- ▲ **11 Digital devices** - 6 laptops, 2 tablets and 3 smartphones were given to deserving students and child care institutions.

### SAFE DRINKING WATER PROJECT

ATMA Foundation, with the support of Singapore Red Cross, was able to provide safe drinking water facilities to three tribal colonies in Wayanad, and one village in Thrissur.

#### Beneficiaries :

- ▲ 10 tribal households, which includes 32 adults and children of Ayyanatta Paniya Tribal Colony, ward 9 Thavinjal Panchayat, Wayanad District, Kerala.
- ▲ 20 households including 40 adults and children of Sivaji Nagar Tribal Colony, 30<sup>th</sup> Division, Mananthavady Municipality, Wayanad District, Kerala.
- ▲ 15 households including 30 adults and children of Keecherikunnu Tribal Colony, Ozhakodi, 30<sup>th</sup> Division, Mananthavady Municipality, Wayanad District, Kerala.
- ▲ 15 households in Anjeetti, ward no 5, Mulankunnathukavu Panchayath, Thrissur District, Kerala.







## VOLUNTEER DEVELOPMENT

ATMA Foundation, true to its tagline, 'Volunteering Transformation', promotes volunteerism among people, offering opportunities to serve the community in different ways. A dedicated team of volunteers has always been a core strength of ATMA. The empowerment of the volunteer as an individual, and the effectiveness of the team are both significant. Therefore, ATMA conducts regular programmes for volunteer empowerment and team building.

### Family Betterment Sessions

12 family betterment sessions were conducted last year, in online and hybrid modes, for ATMA volunteers and their families to interact, and to discuss the activities of ATMA Foundation.

### EC Groups

These are weekly one-hour discussion groups for ATMA Volunteers and well wishers, focussing on individual empowerment and team building. This year, after a gap due to the pandemic, two weekly EC Groups were started in the online mode, with 35+ regular participants.

### Raising Day celebration

The 16th Raising Day of ATMA Foundation was celebrated online on 8<sup>th</sup> May 2021, through the Zoom platform. Over 100 volunteers, well-wishers and partners of ATMA Foundation participated in the programme, as well as key officials of relevant Govt departments. There were presentations about the various projects and campaigns of ATMA, experience sharing and felicitations. Sri C K Suresh, Director, gave the Raising Day message.

### Volunteers' Conclave

An online volunteers' conclave was organised through Zoom on 23<sup>rd</sup> May 2021. Before the conclave, an active campaign was run on social media, soliciting volunteers for the various projects of ATMA. 50 plus people participated in the conclave, and many expressed their wish to explore volunteering opportunities at ATMA.

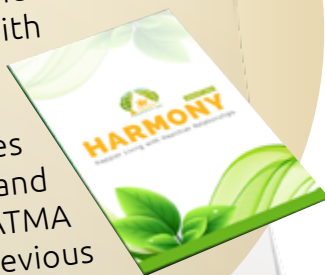
### Internship Programme

The ATMA Internship programme offers opportunities for students of different disciplines to get an exposure to the actual functioning of an NGO and understand the ground realities of social work. In the pandemic situation, online internships were also introduced. In 2021-22, over 75 students from different colleges across the country did their internships with ATMA Foundation.



### Newsletter

The official Monthly Newsletter of ATMA Foundation, 'Harmony', launched in January 2021 is continuing till date. 12 issues of Harmony were brought out in 2021-22. The newsletter is shared online with all ATMA well-wishers, to give them updates on the news and events at ATMA during the previous month and on upcoming programmes.



### ATMA in Social Media



ATMA Foundation was able to increase its presence in various social media platforms. We were able to enter the partnership programme of YouTube, as the ATMA Foundation Youtube channel crossed 1700 subscriptions and 42.7K viewing hours on YouTube. We have an active instagram page and have also strengthened our presence on Facebook, twitter and linkedin.

### ATMA TEAM

#### Sri C K Suresh | Founder- Director

Counsellor, Trainer & Relationship Coach. Post Graduate in Psychology, Management & Journalism. He has taken up leadership roles in socio-cultural organisations for over 40 years, to implement creative social intervention initiatives.

#### Sri T M Reghunandanan | Secretary

Retd Deputy Collector, and trustee of Chinmaya Seva Trust Kerala.

#### Sri P K Krishnankutty | Treasurer / Manager, ATMA Gurukulam

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

#### Smt Radhika Krishnan | Secretary, ATMA Gurukulam Managing Committee

A homemaker, who is actively associated with various charitable institutions.

#### Ms Parvathy G | Trustee

Teacher & entrepreneur, committed to social work and involved with ATMA Foundation since 2006.





# FINANCIALS

(All figures in INR)

## CURRENT YEAR EXPENDITURE

'(in '000)

ATMA Gurukulam Girls' Home	1841
ATMA Uyare (Education)	777
Railway Child Help Desk	1567
Community Health & Medical Aid	189
Safe Drinking Water Project	298
Art & Culture - ATMA Kalakshetram	401
Child & Adolescent Development	50
Covid 19 Relief	975
ATMA Gokulam	90
Empowerment Programmes	43
Administrative Expenses	659
Loan repayment	13028
Advance for land	400
<b>TOTAL</b>	<b>20318</b>



## SOURCES

	'(in '000)
Opening Balance	16907
Donations from Individuals	3026
Donations from Organisations	2088
Interest, refunds & others	197
Donations to corpus fund	382
Grant - Ministry of Culture	225
Grant (Childline) Railway Child Help Desk	1166
Loans from Trustees & Members	
Donation (FCRA) - Social Charity	823
Interest on Deposits (FCRA)	680
<b>TOTAL</b>	<b>25494</b>

## APPLICATION OF FUNDS

	'(in '000)
Current Year Expenses	20318
Fixed Assets	2162
Live Stock	69
Funds earmarked for ongoing projects	2945
<b>TOTAL</b>	<b>37798</b>





## OUR BANKERS



### Our Sincere Gratitude...

*To all the people and organisations who have supported us in this incredible journey of service- THANK YOU.*

*It is our proud privilege to have associated with you!*





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

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