

EMPOWER



ATMA FOUNDATION

Volunteering Transformation



ANNUAL REPORT

2022-23



VISION

Empowered communities where people lead happy lives with healthy relationships and serve fellow beings with compassion, for sustainable development.



MISSION

- ▲ Contributing to improve the lives of people by meeting their developmental needs
- ▲ Empowering marginalised and vulnerable social groups
- ▲ Enabling and engaging volunteers to serve the community through social transformation initiatives



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.

WHAT WE DO

PROJECTS

Project	Description	Beneficiary Group	Impact area
ATMA GURUKULAM	Girls' Home(Reg No 122/ JJ Act, Reg No. 2289/ Orphanage Control Board)	Children & Adolescents - Girls	Child Protection, Poverty Eradication, Education, Woman Empowerment
ATMA Uyare	Online learning support for children in Child Care Institutions	Children & Adolescents	Education
ATMA RAILWAY CHILD HELP DESK	Childline kiosk at Thrissur Railway Station	Children & Adolescents	Child Protection
ATMA Service Providing Centre	Free legal aid & counselling to domestic violence victims	Women	Woman Empowerment
ATMA CADC – Child & Adolescent Development Centre	Counselling, Therapeutic & Remedial Support	Children & Adolescents	Mental Health, Education
ATMA FCC – Family Counselling Centre	Relationship Counselling & Therapeutic support for families in conflict	Families	Mental Health, Family Welfare, Relationships
ATMA KALAKSHETRAM	Training, workshops & performances in classical arts	All age groups	Art & Culture, Mental Health
ATMA YOGA PEETHOM	Yoga training & therapy	All age groups	Health
ATMA DAFEC - Digital & Financial Empowerment Centre	Training in Digital & Financial Literacy	Women & children	Education, Women Empowerment, Financial Literacy
ATMA RADC- RESEARCH & DEVELOPMENT CENTRE	Research and project development for effective intervention in psycho-social and community development issues	Society & institutions	Research, Education, Impact assessment
ATMA Gokulam	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	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

FOUNDER'S MESSAGE

Greetings to one and all!

We stepped into 2022-23, after having faced the pandemic and its fallout for more than two years. We have emerged more grateful and content out of it. It has brought to light the true meaning of life and its blessings, and we learnt to value even the most trivial things in life.

ATMA Foundation never wavered from the commitment of service to our fellow-beings, however hard the times were. All our projects were sustained and even expanded during these difficult years, extending support to more children, women and families in need.

It is with great pride that I watch our children of ATMA Gurukulam shine both in their academics and extra curricular activities. All our girls are transforming into confident young women who are heading to fulfil their dreams.

The mobile unit of ATMA DAFEC has become fully functional and we are now able to reach out to underserved people in rural areas, with digital and financial awareness sessions. We are looking forward to doing more for them - through livelihood and financial inclusion projects.

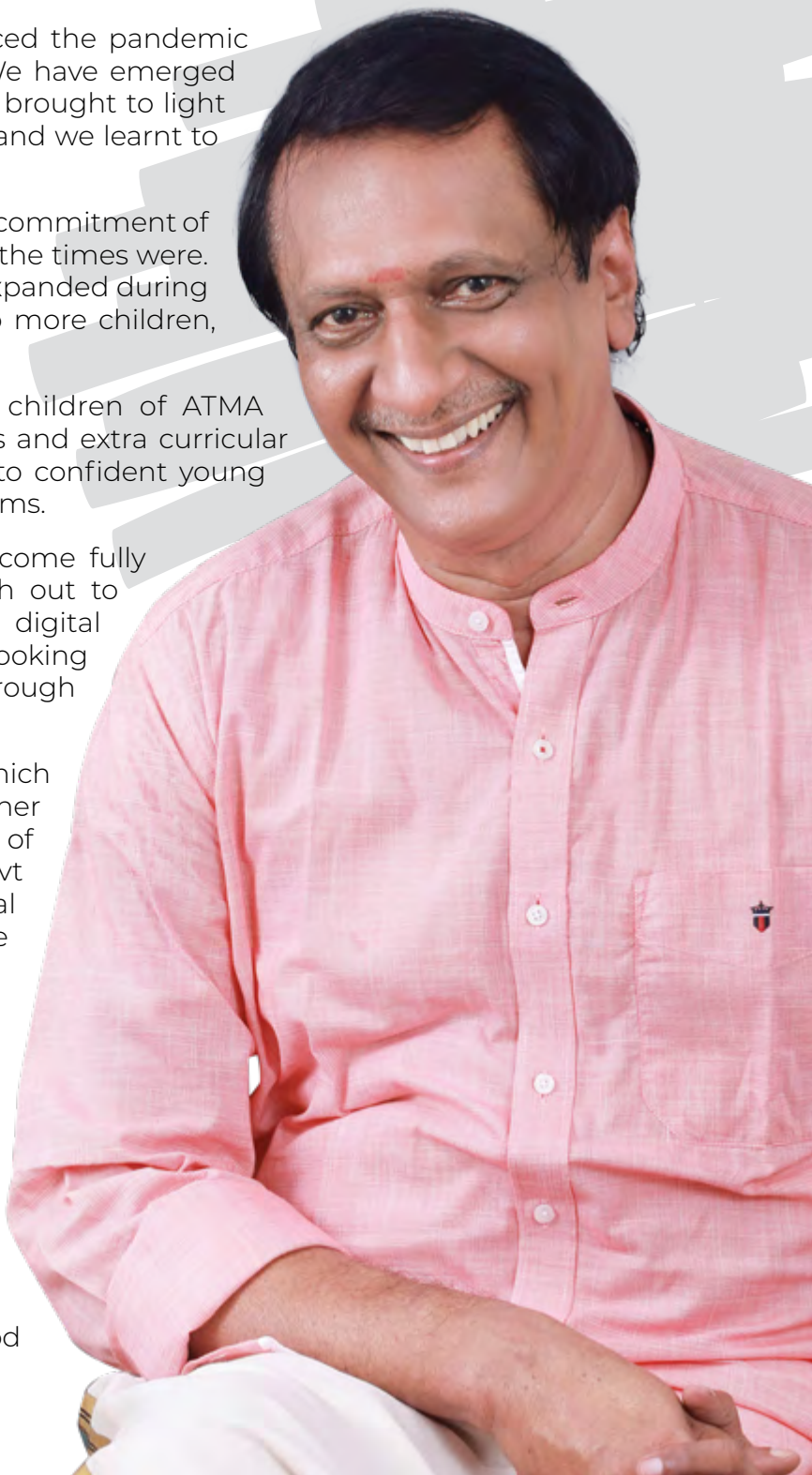
The ATMA Service Providing Centre which was opened in November 2022, is another milestone in our work. With the support of Dept of Women & Child Development, Govt of Kerala, the ATMA SPC provides free legal aid and counselling to domestic violence victims.

All our other projects too are now functioning efficiently, after the Covid challenges. We have also revived our efforts for our dream project- the ATMA Harmony Village.

I thank all volunteers and well wishers of ATMA Foundation, who have stood by us throughout these challenging times. Without your support none of this would have been possible! Thank you! May God Bless You!

Love,

C K Suresh





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FINANCIALS

8th May 2006 to 31st March 2023

11 Projects, 6 Major Campaigns

> Rs 62 Lakhs Disaster Relief in > 30 villages

74 girls supported at ATMA Gurukulam

1059 children rescued at ATMA Railway Child Help Desk

> 57500 families reached with the message of Living in Harmony

> 3000 families provided free counselling support

> 7000 persons provided learning &
appreciation opportunities in classical art

> 1750 persons provided Digital & Financial Empowerment Training

> 1600 educational kits distributed to underprivileged children

> 1700 families given dry rations & material support

> 4 Drinking Water projects in tribal and rural areas

> 900 training programmes empowering

750 volunteers | 10000 teachers
46000 parents | 16500 children
87500 youth | 2000 professionals

**2108 Programmes,
benefitting >3,71,000 families**



2022-23: A Bird's Eye View

The ATMA Service Providing Centre was inaugurated on 23rd November 2022 at Palakkal. The project is supported by the Dept of Women & Child Development, Govt of Kerala, and provides free legal aid and counselling to women who are victims of domestic violence.

Mobile unit of ATMA Digital & Financial Empowerment Centre inaugurated. The mobile classroom with seating capacity for 20 people was flagged off by Smt Haritha V Kumar, IAS, Hon District Collector, Thrissur on 29th November 2022

Educational kits given to 1100 under privileged children

220 children from 25 Child Care Institutions given online learning support through ATMA Uyare education project.

Medical aid given to 168 persons with long term illnesses

Ms Chinchina from ATMA Gurukulam joined BAMS course after clearing NEET exam. Ms Sreelakshmi P R joined for PhD in Social Work at Central University of Kerala.

214 children rescued at the ATMA Railway Child Help Desk

PROJECTS

ATMA GURUKULAM

ATMA GURUKULAM is a Children's Home for girls who have no home, no parents, no functional families or no means for education.

At Atma Gurukulam, we nurture the children with love, care & security. Emphasis is laid upon their overall development, enabling them to grow into capable & responsible citizens of society.

As on 31st March 2023, ATMA Gurukulam had a strength of 18 girls. Since the beginning of the project in 2012, 74 girls have been supported with long term and short term care.

Education & Career

Our girls are privileged to be educated at Sree Sarada Girls Higher Secondary School, Puranattukara. After finishing their higher secondary education, they move onto reputed colleges for their future education. From there, they choose their respective careers, securing themselves a bright future.

Extra Academic Support

As the girls are from extremely challenging backgrounds, ATMA bestows more care into their academic needs. We provide them with extra after-school classes so they can be at par with their peers.

Remedial sessions are provided by Smt Sreedevi Haridas, special educator and counsellor, to support children who are academically backward.

This year, special tuition classes were arranged for our SSLC students to improve their academic performance.

Educational Achievements

2023-24 brings in a ray of hope & promise as Covid 19 slowly starts to diminish from our lives. Ms Saranya and Ms Anupriya, our beloved children, made us proud with their achievements. Saranya secured 94% marks in the science stream and Anupriya secured 86% in the humanities stream in their +2 examination.



Chinchina has made us proud by clearing the NEET exams & securing admissions for BAMS at Vishnu Ayurveda College, Shornur. She was also awarded the Swami Chinmayananda professional education scholarship by Chinmaya Seva Trust Kerala.

Our senior child Sreelakshmi got selected for the Gandhi Fellowship Program 2022- 2024 and the SBI Youth for India fellowship. However, she chose to work with the Tribal Development Project of Viswasanthi Foundation at Adimali. Later, she secured admission for PhD in Social Work, which she is currently pursuing at the Central University of Kerala, Kasargode.

Swarna Devi, our senior most student at Gurukulam was appointed as staff nurse at ER Department, Rajagiri Hospital, Aluva.

Ms. Reshma P P secured admission for M.A Malayalam in Vimala college, Thrissur.

Ms. Anupriya M S got admission for B.Voc Multimedia in St. Mary's College, Thrissur.

Ms. Saranya S acquired admission for Bachelor of Physical Education programme in Christ College, Irinjalakuda.

The UG students of ATMA Gurukulam have passed their semester exams with commendable results.



Art & Literature

At ATMA, we explore & develop our children's interests in arts, crafts and literature.

Ms Adithya won the First Prize for story writing in the school youth festival. She also won A grade for story writing in sub district HS level competition.

Regular dance classes by Kalakshetra Raghi Satheesh were restarted in the offline mode. Music classes by Smt.Sathyabhama were also conducted.

Sports & Yoga

Ms Reshma V was awarded the 1st prize in the yoga competition conducted at Sree Sarada Girls' Higher Secondary School, Puranattukara. She was part of the Kho Kho team from Sree Sarada Girls' Higher Secondary School, which secured the Gold Medal in the junior level sub district sports competition.

Ms Lakshmi, Ms AdityaKrishna and Ms Midhuna were part of the school Kabaddi team which secured the bronze medal in the sub district competition.

Saranya, who is pursuing her Bachelors in Physical Education from Christ College, Irinjalakuda was part of the College team that won the Gold in the Calicut University Women's Kho - Kho championship. She & her team bagged second position in The Calicut University Women's Gymnastics category too.

Anupriya, who is pursuing her B Voc in Multimedia from St.Mary's College, Thrissur participated in the intercollegiate Yoga competition and her team won the 4th place. She also bagged the first position in high jump in the college sports meet at St.Mary's College, Thrissur.

Health, Hygiene & Fitness

At ATMA Gurukulam, emphasis is given to the overall fitness of the children. Their daily meals are wholesome & balanced, prepared according to a diet chart. Regular Yoga & Pranayama practice is encouraged. Health awareness sessions, medical consultations & treatments are provided to the children as and when needed, by expert doctors.

Psycho - social development

The children are given regular group & individual counselling sessions to ensure their emotional well-being. Sri C K Suresh, ATMA Foundation Director, who is also a Life Coach and Mentor, interacts with the children and inspires them to overcome their fears and bring out their best. Our counsellors Smt Sreedevi Haridas and Ms Masleeha Majeed also meet the children regularly to address their emotional needs. Special care is taken to foster healthy social interactions among the children.

Celebrations

All important festivals are celebrated with lots of enthusiasm at our Gurukulam. The children along with the teachers & volunteers actively participated in Vishu, Onam, Navaratri & Diwali festivities this year. ATMA well-wishers & neighbours of ATMA Gurukulam participated with their respective families in these celebrations too. Dance, music, laughter & sumptuous food were the key ingredients that made these occasions memorable.





Camps & Workshops

The children were given weekly value education classes by Brni. Devika Chaitanya. A special session was also conducted by Smt Sreedvi Haridas.

A reading workshop under the guidance of Mrs Susheela C P, Retired Malayalam professor, Sivagiri Vidya Nikethan was conducted for the children of ATMA Gurukulam by student interns of St Joseph's college, Irinjalakuda.

Children of ATMA Gurukulam participated in the Kalyan Hypermarket Special Carnival on 23rd December 2022. They set up a stall with hand-made gift items, food items and mehendi.



A 5-day camp was organised for the children of ATMA Gurukulam during Christmas holidays, at ATMA office premises, with focus on their academic improvement.

The children also had an overnight camp at the ATMA office on 30th April, after the ATMA Family Get Together. The next day, ATMA volunteers took them for an outing in the city.



Interactions with Agencies

In February 2023, the members of the Child Welfare Committee, Thrissur visited ATMA Gurukulam and interacted with the children.

ATMA UYARE

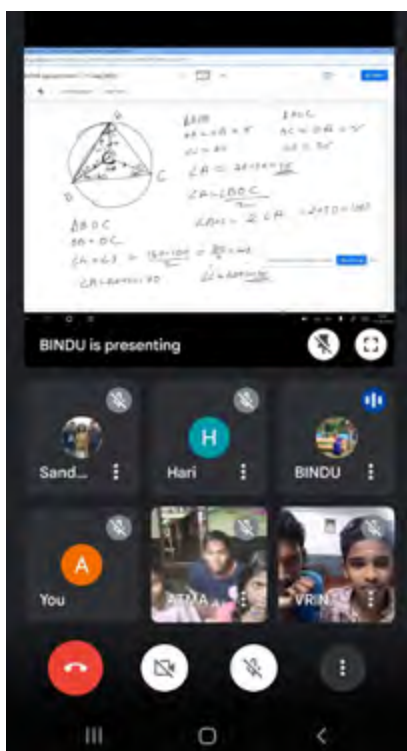
Better education equals a better nation. ATMA Uyare is a project that envisions equal opportunities for underprivileged children through quality education.

ATMA Uyare provides online learning support and material support to children hailing from challenging socio-economic backgrounds, especially those living in Child Care Institutions in Kerala.



For these children, lack of proper care and support in early years often results in poor physical, emotional and academic development. ATMA believes in giving them an equal footing as those of their privileged peers.

Online Learning Support



ATMA Uyare provides live and interactive online classes in different subjects by expert volunteer teachers from across the globe. Classes are conducted for English, Hindi, Malayalam, Mathematics and General Science. For students of Std 10 and 12, subject-based exam-oriented classes were conducted. Special courses in Spoken English, and English classes for Degree students were also started which are very beneficial to our students.

In 2022-23, 220 students from 25 Child Care Institutions attended the Uyare classes.



ATMA Uyare App

The ATMA Uyare app was launched to make it easier for children to access the learning material at all times, and also to track their attendance and progress in the Uyare classes.



Special Programmes

ATMA Foundation, in association with Childline, organized a summer camp “Kuttikootam” for students in 10 different Panchayats - Kadukutty, Koratty, Varavoor, Madakkathara, Choondal, Vadanappally, Poomangalam, Kattakambal, Mullassery and Porkkulam. More than 1000 children participated in the different camps.



An orientation session on the importance of education was given to 43 children from Venkitangu Grama Panchayat, and the ATMA Uyare project was introduced to them. Many interested students downloaded the Uyare app.

Online sessions by Sri C.K. Suresh were organised for Uyare participants. His focus on the importance of education and the bright possibilities it offers, kindled hope and positivity among the children.

to access the learning material at all times, and also to track their attendance and progress in the Uyare classes.



Impact

The children have been responsive to the UYARE classes. They are excited to interact with other children outside their homes and also to meet teachers from different places. There is a beautiful rapport between the students and teachers. Caretakers and managers of CCIs have reported that the children are showing visible



increase in their academic interest and performance. Many new CCIs have also shown interest in joining the ATMA Uyare classes.



ATMA RAILWAY CHILD HELP DESK

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 24*7 Railway Child Helpdesk at Thrissur Railway Station. ATMA RCHD started functioning from 1st May 2018.



Impact

Child Rescue & Protection: In 2022-23, 214 Children were rescued from the Thrissur Railway Station premises and restored to their families, guardians or safe shelters. From 1st May 2018 to 31st March 2023, 1059 children have been rescued at the ATMA RCHD.



Awareness Programmes: 2 awareness programmes were conducted on Childline and its activities, with a participation of 70 people.

Outreach: Childline brochures were distributed and awareness given to 27,379 children and adults through daily outreach initiatives.

Mass Awareness Program was conducted on 17th May 2022, on the occasion of International Child Helpline Day, in collaboration with RPF, at Thrissur Railway Station.

Nutritional & educational kits were distributed to 23 children of daily wage workers in the Railway Station Premises.

Special Programmes like Spot Quiz for children, poster exhibition, cycle rally and sensitization programmes for railway stakeholders were conducted on different occasions.

Train outreach was conducted on 3 occasions with the support of RPF, giving awareness about Railway Child Help Desk to more than 5300 passengers.



Training Programme was conducted for RPF and GRP personnel on the topic of Human Trafficking.

Capacity Building Training was organised for the RCHD staff, with Sri C K Suresh, ATMA Foundation Director and Project Director of RCHD Thrissur taking a session on Team Work and Professional Behaviour in Child Care.





ATMA CHILD & ADOLESCENT DEVELOPMENT CENTRE (CADC)

Problems faced by children and adolescents are multi-faceted, and solving them requires an innovative and integrated approach which can help in their overall development.

The ATMA CADC has been successfully functioning for the past 12 years adopting this very same approach, integrating the expertise of professionals like psychiatrists, psychologists, counsellors, LD remediators, yoga trainers, etc.

This project has provided support and solutions to more than 1500 children and adolescents helping them overcome their mental & emotional problems, behaviour deviations, scholastic backwardness, motivational issues, relationship issues, etc.

A regular clinic of ATMA CADC functions at the ATMA Foundation office, Surya Gardens, Paliyam Road, Thrissur. Here, various services like Counselling, Assessment, LD Remediation, Career Guidance, Yoga Therapy & Performance Coaching are provided.

A Learning Disability Remediation Clinic is also functioning at ATMA CADC under the guidance of Smt Sreedevi Haridas, expert remedial educator and counsellor.

This year, 14 children have taken regular remedial sessions at the ATMA CADC, and 55 children have taken counselling sessions.

ATMA SERVICE PROVIDING CENTRE (SPC)

Women are the backbone of every family & any abuse to them disrupts the harmony in the entire social system. Unfortunately, such incidents do happen, and many times, the victims are helpless and do not know where to turn for help.

The ATMA SPC provides free legal aid and counselling to domestic violence victims.

The **ATMA SPC** (Service Providing Centre under the Protection of Women from Domestic Violence Act) functions in the Cherpu Block Panchayat, and has its office in the premises of Vinayaka Nursing Home, Palakkal. It is supported by the Dept of Women and Child Development, Govt of Kerala.

Inauguration

The ATMA SPC was inaugurated on 23rd November 2022 by Sri P K Davis Master (President, Thrissur Jilla Panchayath), in a function attended by 90 plus members of the ICDS and ATMA volunteers. Sri C K Suresh, Director, ATMA Foundation, gave the welcome address and Smt Geetha Sukumaran (Vice President, Avinissery Grama Panchayath) gave the presidential address. The brochure release was done by Sri Shibu T V (C I, Cherpu police station). Smt Rosily Joy (Member, Block panchayath), Smt Meera P (District Women and Child Development Officer), Smt Lekha S (Women Protection Officer), Smt Gretta Kurien (CDPO Cherpu), Smt Lakshmi Vinod (President, Inner Wheel Club, Thrissur) also addressed the gathering.



Impact

From 23rd November 2022 to March 31st 2023, the ATMA SPC was able to help 15 women who had undergone some form of domestic violence. Out of these, 7 cases were compromised, protection order was obtained in 3 cases, and 5 are ongoing.

18 awareness classes on Domestic Violence Act and Gender Equality were organised at different panchayats in Cherpu Block, reaching out to 870 women from rural households.





ATMA FAMILY COUNSELLING CENTRE

The ATMA Family Counselling Centre provides free counselling services to families and individuals in need. Sri C K Suresh, Founder Director of ATMA, is himself an experienced Life coach and Relationship Guide, and has helped thousands of people resolve their conflicts with loved ones and find renewed joy and love in their relationships. He has developed a concept called Harmony Counselling, wherein the individual is empowered to understand one's own and others' needs with greater clarity, and find workable solutions to satisfy those needs. Here, instead of using standard labels, each person is considered as a different individual with different aspirations and behaviour patterns, having the power to solve their own problems.



The ATMA Family Counselling Centre has helped 970 plus individuals since 2009, when official documentation commenced.

In 2022-23, a new branch of the ATMA FCC was started at the Vinayaka Ayurvedic Hospital premises at Palakkal, Thrissur. The ATMA FCC Palakkal works in close association with the ATMA SPC, providing counselling support to domestic violence victims.

This year, the ATMA FCC has supported 52 persons.



ATMA DAFEC

Digital & Financial Empowerment Centre

Technology makes it possible for people from all walks of life to have access to different resources.

The ATMA DAFEC aims to bridge the digital divide and enable people from rural areas to have equal access to these resources. The ATMA DAFEC also promotes Financial Empowerment of rural households through financial literacy sessions, awareness and livelihood initiatives.

The stand-alone centre of ATMA DAFEC functions at the ATMA Foundation Office premises at Paliyam Road, Thrissur. Here, short term courses in basic computers and internet usage are offered free of cost to children and adults.

The mobile unit of ATMA DAFEC, a travelling classroom with facilities to accommodate 20 students at a time, was launched on 29th November. Smt Haritha V Kumar IAS, Hon. District Collector of Thrissur, flagged off the vehicle at a function held at the Govt. Vocational Higher Secondary School, Ayyanthole. The function, presided over by ATMA Foundation Director Sri C K Suresh, was also graced with the presence of dignitaries including Sri N Prasad (Division Counsellor), Smt Sreenitha Nair (Regional Manager, SBI) Sri Rajesh (Regional Manager, Canara Bank), etc.



This 'smart bus' now travels to rural areas, providing financial empowerment training sessions to different groups.

Till 31st March 2023, 50 sessions were conducted, reaching out to 1751 participants.



Special Programme

ATMA DAFEC conducted an expert discussion on the topic, "Financial Frauds-Kerala Model" on 11th February 2023. The programme, held at Press club Hall, Thrissur was inaugurated by Smt Radhika, President, Press Club, Thrissur and presided over by Sri C K Suresh, Director, ATMA Foundation. The experts in the panel were

- ▶ Dr M Mohandas, Former Associate Dean, College of Cooperation, Banking & Management, Kerala Agricultural University
- ▶ Dr V K Vijayakumar, Investment Strategist
- ▶ Adv A D Benny, Consumer Protection Act Specialist
- ▶ Sri Feesto T D, Sub Inspector, Cyber Cell, Thrissur City Police
- ▶ Sri Davis Kannanaikkal, Chairman, All India Chitty Foremans Association

The discussions gave the audience a deep insight into the various types of financial frauds that are commonly taking place now, and the precautions that the common man can adopt to avoid falling into these traps.



ATMA KALAKSHETRAM



Put MUSIC into our troubles & we will DANCE them away!



This is exactly what we follow at the ATMA Kalakshetram. We promote music & dance for happy & healthy living. We provide opportunities for people of all age groups to learn, appreciate & enjoy different art forms.

A new wing of ATMA Kalakshetram has started functioning at Vinayaka Ayurvedic Nursing Home, Palakkal, Thrissur. At a function held on 20th April 2022, Avinissery Village Panchayath president Sri Hari C Narendran inaugurated the new initiative. Sri C K Suresh, Director, ATMA Foundation, presided over the meeting. Dr Shyam Mohan P V, MD, Vinayaka Ayurvedic Nursing Home, Smt Geetha Sukumaran, Ward Member and Sri Ramakrishnan, President, NSS Karayogam Avinissery, offered felicitations.

Atma Kalakshetram offers regular training in Bharatnatyam, Mohiniyattam & Carnatic Vocal Music. We conduct Dance workshops wherein eminent artistes perform & give lecture demonstrations.

During the pandemic we had conducted regular online Bharatnatyam classes. This year we have resumed the offline sessions much to the delight of our students.





Performances

Anthara

On 18th September, ATMA Kalakshetram organised Anthara, a Bharathanatyam duet performance by Smt. Uma Govind and Sri. Vidhun Kumar at Swami Vivekananda Sarva Dharma Maithri Prathishtan - Bharatiya Vidyabhavan Hall, Vadakkechira, Thrissur.

This was a new production based on the concept of Love & Relationships. Through the medium of classical dance, the artistes explored the different aspects of human love, like devotion, romance, family relationships, mentorship, etc.

The performance reached the heart of the audience through its powerful conceptualisation. The chemistry and the synchronisation between the artistes brought the theme to life, as they lent a personal touch to each rendering. It was a wonderful opportunity for the audience to witness a live performance, after the long gap due to the covid 19 pandemic.



Sruthilaya Sayahnam

ATMA Kalakshetram also hosted "Sruthilaya Sayahnam", a musical performance for the general public at Pisharody Samajam Hall in Udaya Nagar, Ayyanthole on 26th January 2023. The programme involved a live orchestra performance by Prof Dr T Unnikrishnan. Sri Ratheesh Vegha, noted Music Director, inaugurated the programme.



Workshops

Two Dance workshops were conducted this year, one by Guru Smt Uma Govind and the other by Kalakshetra Raghi Sathish - both acclaimed Bharatanatyam teachers, performers & choreographers. Over 30 aspiring dancers of different age groups participated in these workshops.

A series of classes on Voice Modulation and Voice Culture were conducted at ATMA Foundation, under the guidance of Prof Dr.T.Unnikrishnan, former Dean at the Indira Music University, Chattisgarh.





ATMA YOGAPEETHOM & MINI FITNESS CENTRE

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to unite'. Yoga focuses on bringing harmony between the mind & body.

ATMA Yoga Peethom is an initiative to bring healthy discipline to a person's life by integrating body, mind & soul using this powerful medium. ATMA Yoga Peethom provides Yoga Training & Therapy to combat lifestyle diseases, psycho-somatic issues, depression, etc.

We have a mini Fitness centre at the ATMA Foundation premises which provides equipments & facilities for staff, volunteers and the public to exercise regularly. Regular sessions on Pranayama are conducted for the children at the Gurukulam to boost their immunity & general health. Regular yoga classes are being revived at Thrissur and Kolazhi.

ATMA RESEARCH & DEVELOPMENT CENTRE

The ATMA RADC promotes actionable research on social and psycho-social issues. This year, mini-surveys were conducted on the financial and digital literacy needs of senior citizens and rural families. These findings formed the basis for designing the sessions of ATMA DAFEC.

ATMA GOKULAM

ATMA believes in harmonious coexistence with Mother Nature. The ATMA Gokulam promotes cattle rearing as a culture and as an economic activity. Apart from providing fresh unadulterated milk for our children, the cow dung is utilised as a bio fertilizer for the vegetable garden. Tending to the cow & calves also has a therapeutic effect on the children and caretakers of ATMA Gurukulam, and is a means of preventing stress.



CAMPAIGNS

ATMA Foundation organises various campaigns with large public participation, on different concepts and issues relevant to individuals, families and to society at large.

Living in Harmony (LIH) is the flagship campaign of ATMA Foundation. Living in Harmony is a practical philosophy for effective living, developed by Sri C K Suresh, Founder -director of ATMA Foundation, from his rich experience in Management, Psychology, Spirituality and Social Work. It forms the basis of all ATMA initiatives.

Living in Harmony Talk Series consists of 5-day, 90- minute sessions for the public by Sri Suresh. It consists of simple tips for daily living which helps people to lead happier lives with healthier relationships.



————— In 2022-23, two LIH talk series were organised —————

The first series was conducted at ATMA Foundation office premises from Dec 28 to Jan 1. Adv. A.Suresan (Board Member and President, Thrissur Taluk Union, NSS) Smt. Poornima Suresh (Division Counsellor), Dr. T A Sundar Menon (President, Thiruvambady Devaswom), Sri.T.R.Vijayakuamar (MD, Elite Supermarket), Dr.M.Balagopal (President, Paramakkavu Devaswom) and Sri Ramachandra Pisharody (President, Pisharody Samajam) were special guests at the programme.





The second series was organised at the Pisharody Samajam Hall from January 21st to 26th. Distinguished dignitaries Dr. Athira.V, Sri. Ramachandran Changarath, Sri. Prasanth, Sri. Jayachandran, and Sri. Ramachandra Pisharody were the guests of honour on successive days.





Sri C K Suresh also conducted workshops on LIH-based topics like Family Harmony and Organisational Harmony. Harmony Meditation sessions were also conducted, with focus on relieving stress and finding inner peace.



Name of programme	No. of sessions	No of participants
5-day Talk Series	2	200
Family Harmony Workshops	4	350
Organisational Harmony Workshops	7	500
Harmony Meditation	8	30
Total Participants		1080



Empowerment Initiatives

ATMA Founder – Director Sri C.K. Suresh defines empowerment as the ability to be in control of our responses to situations, enabling one to shape his or her destiny.

ATMA organises workshops, training sessions and talks to empower people from all walks of life and inspires them to be compassionate towards their less privileged fellow humans. These initiatives are called “EC Initiatives” (Empowerment & Compassion Initiatives).

The following were the EC programmes in 2022-23

Type of programme	No. of programmes	No. of participants
EC Kids	10	600
EC Youth	6	500
EC Adolescence	24	1000
Parenting Seminars	3	200
EC Workshops for Social Workers	1	75
Total	44	2375

Community Health

ATMA Foundation was able to provide medical aid worth INR 72961 to 168 persons with long-term illnesses. Beneficiary identification was done through the Pain & Palliative Care Society, Thrissur.

Livelihood

On the occasion of International Women's Day, Hindu Economic Forum, Thrissur, in collaboration with ATMA Foundation and Laghu Udyog Bharati organized a vocational training program and an awareness about loan schemes financed by Central Government. The programme, conducted on 8th March at ATMA Foundation Yoga hall, was inaugurated by Sri.C.K.Suresh, Director, ATMA Foundation. The sessions were led by Sri.M.A.Venkatesh, President, HEF Thrissur, Sri. P.S.Rajesh, National Coir Board member & Laghu Udyog Bharathi State General Secretary and Smt.Deepa Nair, Founder, D N Creative Solution.



Volunteer Development

Volunteers form the core pillar of ATMA Foundation. ATMA considers that compassion comes in the aftermath of true empowerment. Hence, ATMA focuses on empowering the volunteers to lead happier lives with healthier relationships, and in grooming them to become effective social contributors.

Family Betterment Sessions

ATMA volunteers and their families come together for an informal session every month, to discuss ATMA activities and projects. 12 such sessions were held in 2022-23.



Raising Day Celebration

The 17th Raising Day of ATMA Foundation was celebrated online on 8th May 2022 at the ATMA Foundation Office premises. Over 150 ATMA volunteers and well wishers participated. Distribution of education and nutrition kits was inaugurated by handing over kits to representatives of Child Care Institutions and parents of children from the Railway Colony. , There were presentations about the various projects and campaigns of ATMA, experience sharing and felicitations. Smt Radhika Mohan, Sri C G Sivadas, Smt Niveditha C K and Ms Sangeetha N were honoured for their commendable volunteering services during the year. Sri C K Suresh, Director, gave the Raising Day message. The programme concluded with all participants sharing a simple and delicious lunch.



Volunteer Capacity Building

Two volunteer capacity building workshops were organised, on 29th May and 15th August, at ATMA Foundation Office premises. Different projects of ATMA Foundation and expansion plans were discussed, and volunteers took up individual responsibilities in areas of their interest and capacity.

Internship Programme

The ATMA Internship programme offers opportunities for students from disciplines like Social Work, Management, Sociology, etc to get a direct exposure to the working of a non-profit voluntary organisation. In 2022-23 91 students from different colleges in India completed their internship at ATMA Foundation.

Field Visits

50 BSW students and 3 faculty members from Lissah College, Calicut, 20 MSW students from Sree Narayana Guru College, Paingottoor, came to ATMA Foundation for a field visit to learn about the working of the organisation.

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.



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!

FINANCIALS

(All figures in INR)

CURRENT YEAR EXPENDITURE

ATMA Gurukulam Girls' Home	1894298
ATMA Gokulam	158041
ATMA Uyare (Education)	402514
Railway Child Help Desk	1391016
ATMA Service providing centre	60854
Community Health & Medical Aid	72961
Safe Drinking Water Project	75000
Art & Culture - ATMA Kalakshetram	191578
ATMA Digital & Financial Empowerment Centre	483452
Child & Adolescent Development	50865
ATMA FCC Project	24333
ATMA Research & Development centre	10000
ATMA Kalakshetram	191578
ATMA Yogapeethom	6600
Livelihood Assistance	7800
Empowerment Programmes	65464
Administrative Expenses	948647
Loan repayment	200000
Advance for land	54606503
TOTAL	60841506

SOURCES

Opening Balance	2944586
Donations from Individuals	1494027
Donations from Organisations	1462790
Interest, refunds & others	87830
Donations to corpus fund	17464000
Grant - Ministry of Culture	40624
Grant (Childline) Railway Child HelpDesk	1359080
Loans from Trustees & Members	500000
Donation (FCRA) - Social Charity	3692018
TOTAL	29044956

APPLICATION OF FUNDS

Current Year Expenses	60841506
Fixed Assets	591581
Funds earmarked for ongoing projects	4517719
TOTAL	65950806



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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