



ATMA FOUNDATION
**ANNUAL
REPORT**
2019-20

MEND



OVER THE YEARS





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 at ATMA are
'EC Initiatives' – Empowerment & Compassion Initiatives.
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 Happier Living with Healthier Relationships



THE ATMA TRACK RECORD

8th May 2006 – 31st March 2020



1648 programmes...
benefitting over **2,87,000** families!!



★ HIGHLIGHTS ★ 2019-20

OUR FIRST PROFESSIONAL
FROM ATMA GURUKULAM
COMPLETED
HER BSC NURSING DEGREE

OUR FIRST GRADUATE
FROM ATMA GURUKULAM
JOINED PG PROGRAMME
IN COMMUNITY SCIENCE

ATMA DIGITAL
& FINANCIAL
EMPOWERMENT CENTRE
INAUGURATED

ATMA
GOKULAM PROJECT
STARTED

261 CHILDREN RESCUED/
SUPPORTED BY RAILWAY
CHILD HELP DESK

CHILDLINE AWARENESS
CAMPAIGNS REACHING
OUT TO OVER 30,000
PEOPLE

SCHOOL KITS WORTH >
₹1000 DISTRIBUTED TO
600 CHILDREN

MOBILITY EQUIPMENTS
WORTH INR 5 LAKHS
DISTRIBUTED TO
80 PERSONS WITH
DISABILITIES.

PARTNERSHIP WITH
SINGAPORE RED CROSS

TRAINING HALL &
MINI FITNESS CENTRE
STARTED FUNCTIONING

511 PATIENTS UTILISED
OUR AMBULANCE
FACILITY



SPECIAL OCCASIONS...

ATMA TRAINING HALL

@ ATMA Foundation, Paliyam Road, Thrissur

Inaugurated by Pujya Swami Viviktananda Saraswathi,
Regional Head, Chinmaya Mission, Kerala
on 1st Aug 2019



A SPECIAL VISITOR

Sri V Muraleedharan, Hon Minister of State for External Affairs and Parliamentary Affairs, visited ATMA Gurukulam Children's Home on 23rd February 2020. The children welcomed him with Vedic chanting. He interacted with the children, asked them about their studies and co-curricular activities, and wished them luck in their upcoming board exams. It was an inspiring and exciting occasion for the children – and a memory for all to cherish!





SOUVENIR RELEASE ON DEEPAVALI DAY

A souvenir highlighting the work of ATMA Foundation for the last 14 years, was released at a special function on Deepavali. Senior physician Dr M G Meenakshi, who is highly regarded for her selfless service to the community, released the souvenir by handing over the first copies to invited dignitaries. Noted media person Sri Hari P Nair was the guest

of honour. Dr V Ramankutty, Senior Dermatologist, Dr C V Krishnan, MD, Saroja Hospital, Thrissur, Sri Viswaroopan, MD, Janam TV and Ms Preethy Sreevalsan, noted animal welfare activist, blessed the occasion with their presence and words.

Deepavali Celebrations of ATMA Family added cheer and colour to the occasion.





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 & Youth (Girls)	Child Protection, Poverty Eradication, Education, Woman Empowerment
ATMA RAILWAY CHILD HELP DESK	Childline kiosk at Thrissur Railway Station	Children & Adolescents	Child Protection
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 & Holistic well-being
ATMA DAFEC – Digital & Financial Empowerment Centre	Promoting Digital Skills & Financial Literacy for livelihood & inclusion	Women, children, senior citizens, youth	Education, Women Empowerment, Livelihood, Financial Literacy
ATMA RADC- RESEARCH & DEVELOPMENT CENTRE	Research and Development for effective intervention in psycho-social and community development issues	Society & institutions	Research, Education, Impact assessment



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 challenges 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 relevant 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
We Care	Campaigns based on current social issues	Elders, Women, Children, Families	Awareness creation, woman empowerment, senior-citizens welfare



MESSAGE FROM THE DIRECTOR

Salutations !!

This year also our team was active with new, as well as existing projects and programmes. A new Yoga and training hall was inaugurated. The new Digital and Financial Empowerment Centre was opened – thanks to Lenovo for their support! This, I think will function in line with the financial inclusion and Digital India initiatives.

A nation will progress only when the last man also starts getting the benefits of its growth! My heartfelt thanks and appreciation to all the volunteers, donors and others who made all our work possible, and the ATMA Team once again has committed itself to CONTRIBUTE more!

The year concluded with fear gripping the world due to the new virus. Our country is also facing an unprecedented lockdown to prevent the spreading of the pandemic and to prepare the health and allied systems to meet the new challenges.

Face we must! Faith we all must have!! Overcome the challenges we MUST!!!

... May be - we have to MEND our ways a little!



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PROJECTS

ATMA GURUKULAM

ATMA Gurukulam is a Home for girls in need of care and protection – underprivileged girls who have no safe home, no functional parents, who are from families in conflict, who have no means for education, and hail from socially and economically backward circumstances. Functioning in leased premises at Puranattukara, 5 kms from Thrissur town, ATMA Gurukulam is registered under the Juvenile Justice Act, Govt of India and the Orphanage Control Board, Kerala.

PROJECT DETAILS

Commencement Date: June 1st, 2012

Project Location: Adatt Road, Puranattukara, Thrissur

Type: Girls' Home

Registered under

- ▲ Juvenile Justice Act, Regn No: 122/ 2017
- ▲ Orphanage Control Board Regn No: 2289/ 2014

Strength as of 1st April 2019: 17

No. of new admissions: 11

No. of children who left in the year: 7

No. of senior girls who were relieved after getting a job: 1

Strength as of 31st March 2020: 20

Total no. of children who have taken support until 31st March 2020: 49

At ATMA Gurukulam, the children are given the love, care and security of a real home. Over and above the basic needs, there is a focus on the education and overall development of the girls. The vision 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 appoints qualified teachers to take extra classes for the children of Gurukulam, after school hours, to bridge learning gaps and to improve academic performances.

In 2019-20, the following volunteer teachers supported our children:

- ▲ Maths – Smt Parvathy Narayanaswamy, Ms Sangeetha N
- ▲ English – Smt Deepa Suresh, Ms Meenakshi
- ▲ Statistics – Smt Prema B Menon
- ▲ Science – Smt Niveditha Sivadas, Ms Parvathy G
- ▲ Remedial Teaching – Smt Sreedevi Haridas

Two of our senior girls, in their final year of graduation, started attending coaching classes for PG entrance examinations, at the reputed institute, T.I.M.E, at Thrissur.

CO-CURRICULAR ACTIVITIES

ATMA provides opportunities for the children to learn and practice fine arts and performing arts. Regular classes in Bharatanatyam and Carnatic Vocal Music were conducted by Kalamandalam Gadha and Smt M S Suseelamani respectively.

The following special sessions were conducted in 2019-20:

- ▲ Dance workshop Smt Pallavi Krishna, eminent Mohiniyattam artiste
- ▲ Training programme in Mural Painting by Smt Usha
- ▲ Training Sessions in Fabric Painting by Smt Lathika
- ▲ Interactive Session with Dr Kavitha, Psychiatrist and Dancer

The children also gave dance and music performances during the special ATMA Family get togethers during Onam and Deepavali.

Facilities for sports training and daily games sessions were provided at the Sree Sarada Girls' Higher Secondary School, under the Guidance of Smt Ambika N, Physical Education Teacher.



CAMPS & WORKSHOPS:

Children of ATMA Gurukulam are given opportunities to participate in many camps and workshops for individual empowerment and leadership development.

This year, they participated in the following workshops:

- ▲ **Youth Parthi Yatra:** April 11th – 16th
A 4 day residential youth camp at Puttapparthi, with training sessions, value education seminars and visits to various development and educational projects of Sri Sai Baba.
- ▲ **Turning Point:** May 15th – 19th
Residential Youth Camp at Saraswathi Vidya Niketan, Chengamanad, organised by ATMA Foundation.
- ▲ **Young Leaders' Meet:** Oct 2nd
One day leadership development workshop for youth, conducted by ATMA foundation at Paramekkavu Pushpanjali Auditorium, Thrissur.
- ▲ **NLP Basic Practitioner Workshop:** Oct 19th - 22nd
2 senior children from ATMA Gurukulam attended the 4-day workshop conducted by Sri C K Suresh, ATMA Founder, who is also an NLP Coach
- ▲ **December Retreat:** December 20th – 25th :
6-Day camp exclusively for the children of ATMA Gurukulam, at the ATMA Foundation office premises, Thrissur. A 'fun-n-learn' programme, with training and mentoring sessions, local sight-seeing trips, dining out, movies, camp-fire, etc.
- ▲ **Value Orientation:** December 29th
An interactive session with Sri Mukunda Chaithanya, Acharya, Chinmaya Mission, on personal and social values
- ▲ **Digital & Financial Literacy:** Nov 24th & 29th
Half-day training sessions at ATMA DAFEC
- ▲ **Self-defence classes:** June 3rd – 5th
Under the Nirbhaya Scheme of Kerala Police
- ▲ **Child Rights Awareness:** June 8th
Session by Sri P O George, former Chairman, Child Welfare Committee, Thrissur



Our children inspire us with their achievements...

Even as we support the children to explore their true potential, they in turn, inspire us through their readiness to change, consistent efforts, and drive to succeed. Their sincere struggle is often rewarded with commendable achievements in sports, arts, and academics.

In 2019-20,

- ▲ Saranya, Sravya and Nandini were part of the team that won the 1st place in the Sub District Kho-kho tournament (Junior)
- ▲ Athira, Remya and Chinchina were part of the Senior Kho kho team that won 2nd Place at the District level
- ▲ Sravya won the 2nd place in the 800 m race at the Sub District level.
- ▲ Nandana P S was part of the group that won the 2nd place in Vanchippaattu at the Sub District level Arts Festival
- ▲ Chinchina, consecutively for the third year, won the first prize at the District Level for Natural Fibre Category at the Sastrolsavam, the science & craft fair
- ▲ Saranya was invited to perform Yoga at the Annual Meeting of the Rotary Club of Thrissur. She was felicitated for her excellent performance.
- ▲ Saranya participated in the Yoga competition conducted by the District Yoga association



Scholarships

Amrutha U A received the Swami Chinmayananda scholarship for higher studies

Sreelakshmi received the merit-based Central Sector Scholarship for the third consecutive year.

“

5 of our girls cast their first vote in the Loksabha elections of 2019, proudly becoming a part of the democratic process

”

HEALTH, HYGIENE & FITNESS

ATMA takes particular care to ensure that every child is healthy and follows hygienic practices, The children are provided-

- ▲ Wholesome balanced meals according to diet chart prepared by nutrition experts
- ▲ Daily practice of yoga and pranayama
- ▲ Health awareness sessions
- ▲ Regular medical checkups
- ▲ Consultation with doctors and treatments as required



Special programmes in 2019-20

- ▲ A special session by expert yoga trainer Sri V K Sreenivasan was organised for the children on 7th September 2019
- ▲ With the help of Santhi Hospital, Kodakara, a complete medical check-up was provided for the children on May 29th, 2019
- ▲ A session on Hair Care by Smt. Sindhu, expert beautician, was conducted on August 4th
- ▲ A session by Dr. Deepthi, renowned gynaecologist, was conducted on November 16th, 2019
- ▲ Weekly grooming sessions are conducted by Smt. Santhi Regunanadanan and Smt. Radhika Mohan, ATMA volunteers

SOCIAL & EMOTIONAL HEALTH

ATMA Gurukulam grooms the children to grow up into emotionally mature and socially responsive citizens with good intra and interpersonal skills. To ensure this, the following facilities are provided to the children:

- ▲ Individual counselling
- ▲ Group counselling sessions
- ▲ Capacity building sessions on conflict resolution, relationship management, emotional management, etc
- ▲ Opportunities for team work
- ▲ **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
- ▲ **Outings:** The children were taken for local sight-seeing trips, to watch movies and to dine out occasionally





Experiencing Live Theatre!

The children of ATMA Gurukulam were given a wonderful opportunity to watch a Live Theatre Performance of the famous play 'Kadamattatthu Kathanar' by the renowned theatre group Kalanilayam.

STAFF CAPACITY BUILDING

In 2019-20, the staff and volunteers of ATMA Gurukulam attended 10 capacity building sessions, of which one was organised jointly by JJB, DCPU and CWC and one by SJD. 8 sessions were organised by ATMA Foundation.

PARTICIPATION IN OFFICIAL PROGRAMMES/ MEETINGS/TRAININGS

- ▲ 2 senior children and the Child Welfare Officer of ATMA Gurukulam, participated in the Child Rights Day Celebration at Jawahar Balabhavan, Thrissur on Nov 20th, organised by DCPU.
- ▲ On Feb 12th Social Justice Dept conducted an Orientation for Managers and Sri C K Suresh, Sri P K Krishnankutty & Ms Sreena attended the programme.

OFFICIAL VISITS:

DATE	VISITORS	ORGANIZATION	PURPOSE
6 th June 2019	Smt Aswany	DCPU	JJ Grant Application Verification
6 th July 2019	Smt Swapna K K	Rationing Inspector Taluk Supply Office, Thrissur	Inspection for Ration permit
8 th & 14 th July 2019		KSCPCR	Social Audit
1 st August 2019,	Smt Mala E M	Orphanage Counsellor	Counselling
17 th October 2019	Sri Vinish	Civil Police Officer from Janamaithri	Official Visit
18 th January 2020	Smt Swapna K K	Rationing Inspector Taluk Supply Office, Thrissur	Renew ration permit
7 th February 2020	Smt Mala E M	Orphanage Counsellor	Counselling



2nd ATMA Gurukulam Day

Feb 2nd, 2020

@ ATMA Gurukulam, Puranattukara
A Leadership Development Initiative

"The children of ATMA Gurukulam are incredibly amazing! How easily they come up on stage and speak! And how polite they are in their interactions!" Dr Deepthi, renowned obstetrician and a well-wisher of ATMA, was bowled over by our children's performance at the ATMA Gurukulam Day.

She was just one among the many who watched in wonder as the 20 girls at ATMA Gurukulam came out with their creative talents and management skills.

The second ATMA Gurukulam Day was conducted on 2nd February, at the ATMA Gurukulam premises at Puranattukara. The programme is conceptualised as a

leadership development opportunity for the children, where in ATMA volunteers and mentors guide the children to organise and conduct the event by themselves.

This year, apart from cultural programmes and experience sharing, there were special counters set up and managed by the children. There was a live mehendi (henna designs on the hand) counter, a hand-made gifts counter, a selfie corner and a food specialties counter. Our children, their friends, and ATMA volunteers worked together for more than a week to make beautiful hand-made gifts, fun selfie frames and packed foods for the counters. They also made 'microgreens' by growing edible sprouts in old food containers.

The children themselves manned the counters, welcomed the guests and conducted the stage programmes. Ms Swarna Devi, the first professional graduate from Gurukulam, was honoured for her achievement. The 'mothers' who take care of the children were also appreciated on stage for their selfless service.

More than 200 people attended the Gurukulam day function. All of them were mesmerised by the programmes, and touched by the love and affection that they could closely feel within the ATMA Gurukulam Family. For the children, it was a day they could call completely their own.





2nd ATMA
* Gurukulam
* Day *
Feb 2nd, 2020





Success Stories from ATMA Gurukulam

OUR FIRST PROFESSIONAL

“Our duty is to do more than protect these girls – we should strive to empower them, help them stand on their own feet, holding their head high and holding out their hand to support others around them”, C K Suresh, Director of ATMA Foundation had this vision for his team when the ATMA Gurukulam Girls’ Home was started in 2012.

And it was a success achieved, when Swarna Devi, our senior-most girl at ATMA Gurukulam, cleared the 4 year BSc Nursing programme with flying colours.

Swarna was a diligent student, who cleared her 10th exams with commendable grades, and opted for the science stream. Compassionate and helpful by nature, and guided by the career counselling sessions at ATMA Gurukulam, she chose to pursue her interest in nursing. After completing Plus Two, she got admission into the prestigious Govt College of Nursing, Thrissur.

Now, after 4 years of committed and consistent efforts, she has achieved another milestone – she has become the first professional to qualify from ATMA Gurukulam. She is soon to start her one-year internship in the medical college, after which she will be seeking employment as a nursing officer.

Ever the dreamer, she has set her eyes upon a nursing career in the government sector, and is preparing in full swing for the exams and interviews.

As we share this joy with all our well-wishers and donors, we look forward to creating more success stories, brighter futures and happier lives!





Success Stories from
ATMA Gurukulam

ON TOP OF THE WORLD

It was a real celebration time at ATMA Gurukulam when Amrutha, one of our senior girls, secured the First Rank in the Kerala Agricultural University Entrance for Masters in Community Science.

The first graduate from ATMA Gurukulam, Amrutha is undeniably the trendsetter – the inspiration and role model for the others- especially the seniors who are in different stages of their undergraduate studies. Over the last 5 years, the ATMA team had taken great care in grooming her – helping her to make her choices, and guiding her through the process of decision making. Having done Science for her higher secondary, Amrutha was interested in Life sciences. After exploring the various options and matching them with her true interests and spontaneous talents, she decided that she would like to pursue a career in food science and nutrition. This led her to join the Family & Community Science programme at Vimala College, which offered courses in food science & dietetics.

After graduating with an A grade, she started preparing in earnest for the KAU entrance. Ever concerned about giving the best to our children, we at ATMA, felt that it would be good for her to get an exposure to the real workplace. We were able to secure a two-month internship opportunity for her in the dietetics department of Daya hospital in Thrissur. Happy and excited beyond words, Amrutha took up the assignment with great enthusiasm and commitment, gaining very positive reviews from the hospital authorities about her sincerity and her attitude to work.

Just three months after completing her graduation, Amrutha was set and ready to take the next big step. She goes into the University Campus, already a winner – the confidence & professionalism gained from her internship days standing her in good stead, making her ready to face the new challenges. And, as ever, we at ATMA stand with her, looking out for her with care, while making sure that she learns to be independent, as she makes her way in the world. We care, and we wait, enjoying her growth story, being there for her when she needs us, looking forward to her next achievement... And our sincere appreciation to Amrutha, for being a true role model, setting a trend of achievement, which her juniors at ATMA will definitely aspire to follow...





THE SUPPORT TEAM @ ATMA GURUKULAM

A team of dedicated professionals offer their expert support to the children of ATMA Gurukulam, aiding their holistic development.

Name	Designation	Support area
Sri C K Suresh	Director, ATMA Foundation Counsellor & Performance Coach	Vision & Policy, Counselling, Mentoring
Smt Niveditha C K, MSc M Ed	Superintendent	Overall supervision, Academic Support, Health
Smt Sreedevi Haridas	Counsellor & Remedial Educator	Counselling & Remedial teaching
Ms Parvathy G M Sc, B Ed	Volunteer	Academic Support & Mentoring
Ms Sangeetha N, BEd, MSW, PhD scholar in Social Work	Volunteer	Overall supervision, Liaison with Government Agencies, Academic Support, Mentoring
Ms Sreena K	Child Welfare Officer	Overall supervision, Liaison with Government Agencies, Academic Support
Smt Raji P, Academic Director, Saraswathi Vidya Nikethan CBSE School, Chengamanadu	Volunteer	Academic Support (English)
Smt M S Suseelamani, Ganabhooshanam	Music Teacher	Music classes
Ms Devika Chaitanya	Volunteer	Value Education & Mentoring
Smt Sulochana, TTC (Hindi)	Tutor	Academic Support, Health & Hygiene
Ms Gadha	Dance Teacher	Dance classes
Smt Sakhi Naveen, M A, B.Ed	Volunteer	Academic Support (English)
Smt Deepa Haridas	Volunteer	Craft & Embroidery



RAILWAY CHILD HELP DESK, THRISSUR

@ Platform No. 1, Thrissur Railway Station



261 children supported in 2019-20

Awareness Campaigns reaching
out to over 30,000 people

The Railway Child Help Desk (RCHD) is a joint initiative of Ministry of Women and Child Development and Ministry of Railways to ensure the care and protection, security and well-being of run-away, unaccompanied and trafficked children who come in contact with the railways. ATMA Foundation is the collaborative partner of Childline India Foundation for the implementation of Railway CHILDLINE service in Thrissur District.

ATMA RCHD started functioning at Thrissur Railway Station on 1st May 2018. The ATMA RCHD team, led by Project Director C K Suresh, consists of 12 members – including a Coordinator, a Counsellor, 7 Team members and 3 volunteers. The ATMA RCHD Kiosk at Platform No.1, Thrissur Railway Station, as per SOP, is manned 24x7 by 3 personnel.

RCHD Activities:

1. Child Rescue & Protection:

In 2019-20, 261 children have been rescued and supported by RCHD Thrissur, through surveillance in platforms, trains & premises. Immediate assistance like food, medical support, counselling, etc. were provided to them, and their safety was ensured with the help of RPF, FRP, CWC and other Government support systems. They are also given rehabilitation support.

2. Regular Outreach

The RCHD team has conducted daily grassroots level outreach among passengers and railway stakeholders in the trains, railway platform and premises to create awareness about Childline and Railway Child Help Desk Services. In 2019-20, the Thrissur RCHD team was able to reach out to 20,663 people through brochures, exhibitions and direct contact.

3. Train Outreach

In 2019-20, four train outreach programmes were conducted. The RCHD team, with the support of RPF and GRP, travelled in different trains passing through Thrissur Railway Station, and directly engaged with 7,587 passengers, spreading awareness about Childline & RCHD.



4. Capacity Building & Training

The RCHD conducts capacity building & training programmes for students, children in the railway colony and railway stakeholders. The programmes in 2019-20 were as follows:

Sl No	Date	Beneficiaries	Target Group	Topic	Total no of participants
1	10/9/2019	Railway Colony - Children's Group	Children	Team building	15
2	3/5/2019	Mathrubhumi SEED students	Children	Childline	9
3	15/11/2019	GRP and RPF	Primary stakeholders	Child Welfare Committee	15
4	17/11/2019	Children's group	children	Life Skills	11
5	19/11/2019	Cleaning staff	Secondary stakeholders	Childline	12
6	7/3/2020	Children's group	Children	Personal hygiene	56

5. Mass Awareness Programmes

The RCHD conducted capacity building & training programmes for students, children in the railway colony and other railway stakeholders.

Date	Day	Programme	No. of people reached
01.05.2019	Thrissur RCHD Annual Day	Flash Mob, special out reach	1200
17.05.2019	International Child Help Line Day	Selfie corner at Platform No.1, special outreach	1000
25.05.2019	International Missing Children day	Outreach	148
12.06.2019	Anti – child labour day	Poster exhibition, Signature campaign Outreach	450
26.06.2019	International day against Substance Abuse	Poster exhibition at entrance, oath taking and placards exhibited at platforms	100
30.07.2019	World day against trafficking	Train Outreach	850
11/10/2019	International girl child day	Outreach, poster exhibition	46
20/11/2019	Run for safe childhood	Mass Run around the Thrissur Swaraj Round, with participation of Government officials, social work students and childline volunteers	150

Childline se Dosthi Week: November 14th to 20th

It is a week-long campaign aimed at making ordinary citizens stakeholders in the Child Help Desk initiative. This year, a special kiosk was set up at the entrance of Thrissur Railway Station, to promote awareness among the passengers and other visitors.



6. Other Programmes

The RCHD also conducted special programmes as part of different public initiatives:

- ▲ Shramdaan by RCHD & ATMA Volunteers and Spot Quiz for child passengers as part of Swachh Bharath Abhiyaan
- ▲ Signature Campaign on Women's Day

Onam Celebrations were also organised for the Children in the Railway Colony

The RCHD Annual Day was conducted on 1st May 2019, with special outreach programmes and a Flash Mob.



SUPPORT SYSTEMS

To support the effective functioning of the RCHD, the Child Help Group has been formed at the Thrissur Railway Station, with the involvement and participation of all Railway Stakeholders. The CHG has regular meetings, where RCHD activities are reviewed and suggestions for improvement discussed.

The RCHD Thrissur is sincerely grateful to the individuals & organisations whose support has been very crucial for us in reaching out and helping children in need:

- ▲ The Station Director, Station Manager & Railway Staff at Thrissur Railway Station
- ▲ The Railway Protection Force & the GRP
- ▲ The vendors and all others at the TCR Railway station
- ▲ The unorganised sector at the Thrissur Railway Station
- ▲ The Child Welfare Committee, Thrissur
- ▲ Childline Nodal office at Vimala College, Thrissur
- ▲ Childline Collab Office at Christina Home, Thrissur





ATMA CHILD & ADOLESCENT DEVELOPMENT CENTRE (CADC)

The ATMA CADC is a one-stop centre that provides holistic support to children and adolescents with emotional problems, behaviour deviations, scholastic backwardness, motivational issues, relationship issues, etc. The CADC adopts an integrated approach, facilitating the support of professionals like psychiatrist, psychologist, counselor, LD remediator, yoga trainer, etc.

Activities of the CADC:

1. Consultation

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

2. Outreach

The ATMA CADC also organises workshops, seminars and awareness campaigns for students, parents and teachers, on topics related to Child and Adolescent Development and Mentoring.

In 2019-20

- ▲ 103 children & adolescents have benefitted from counselling & guidance
- ▲ The LD Remediation Programme has supported 40 children through 616 sessions

SPECIAL PROGRAMMES

'IMPACTING LIVES: Primary & Beyond'

15th June 2019 @ Mrs Williams Rotary Hall, Museum Road, Thrissur

One day Workshop for Primary Teachers

The workshop, inaugurated by Sri Venugopal C Govind, Chairman, Bharathiya Vidya Bhavan, Kochi, had a participation of over 60 teachers from various schools in Thrissur.

The sessions were handled by Sri M Venugopal, Former Principal, DIET, Sri C K Suresh, Expert Trainer and Performance Coach, Dr Deepa Deepak, Psychiatrist, and Smt Sreedevi Haridas, Remedial teacher & counsellor, ATMA CADC. Smt Raji P, Academic Director, Saraswathi Vidya Niketan, Chengamanadu, Dr V Bindhu, Principal, Vidya Vihar Central School, Smt Binu K Raj, Principal, Sree Sai Vidya Peedhom, Anthikkad and Smt Mrudhula M R, Principal, Cooperative Public School, Padukad chaired the sessions.





DISCUSSION ON DRAFT NATIONAL EDUCATION POLICY 2019

19th June 2019 @
Hotel Pooram International, Thrissur

Over 60 experts from the field of education, including Leaders of educational institutions, Principals, Managers and Teachers participated in the programme. Sri A Vinod Karuvarakundu, Hon. Member, National Monitoring Committee for Education, was the guest of honour. The key points of the discussion were submitted to the ministry of Human Resource Development, Govt of India.





ATMA FAMILY COUNSELLING CENTRE

The ATMA Family Counselling Centre provides guidance and support to individuals and families in conflict. The ATMA FCC follows the unique approach of Harmony Counselling, developed by ATMA Founder-Director Sri C K Suresh, who is an expert Relationship Guide and Life Coach. Here the focus is on empowering the individual to identify his/her needs and resources based on an outcome frame, enabling them to resolve their problems.

In 2019-20, 68 families have benefitted from the free counselling sessions at ATMA FCC.

ATMA YOGAPEETHOM & MINI FITNESS CENTRE

ATMA Yoga Peethom is an initiative to bring healthy discipline into the individual's life by integrating body, mind and soul using the powerful science of yoga.

ATMA Yoga Peethom started functioning in 2012. Yoga Training & Therapy are being provided by expert practitioners, helping people to combat life-style diseases, psycho-somatic problems, depression, stress, etc.

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

In 2019-20, 30 people of various age groups attended the daily yoga training sessions at ATMA, under the guidance of expert trainer Sri V K Sreenivasan.

The mini-fitness centre at the ATMA Foundation premises provides equipment and facilities for staff, volunteers and public to exercise regularly.

ATMA KALAKSHETRAM

Promoting Art as a Culture for Happy Living

The ATMA Kalakshetram provides opportunities for people of all age groups to learn and appreciate classical art forms.

Regular Classes by Expert artistes

- ▲ **Bharatanatyam:** Kalakshetra Raghi Satheesh
- ▲ **Mohiniyattam:** Kalamandalam Akshaya Ayyappan
- ▲ **Music:** Sri Giljith P G, Ms Dini Sunil
- ▲ **Drawing:** Smt Ambili K C
- ▲ **Violin:** Smt Maneesha P Muraleedharan





Workshop

A Mohiniyattom Workshop by renowned artiste Smt Pallavi Krishnan was organised at the ATMA Kalakshetram Centre at Kolazhi, Thrissur, on 13th July 2019. Over 50 dance students attended the programme.



Performances

Bharatanatyam students of ATMA Kalakshetram, with Guru Kalakshetra Raghi Satheesh, gave a performance at the Kottaram Sree Mookambika Temple at Kolazhi, on 5th October 2019.





ATMA DIGITAL & FINANCIAL EMPOWERMENT CENTRE

In the background of the nation’s vision for transforming into a digital economy, ATMA has taken up a new project in 2019 – the ATMA Digital & Financial Empowerment Centre. The centre offers short-term basic training programmes designed with special focus on women, children and senior citizens, to accelerate financial inclusion and enable greater economic participation. The ATMA DAFEC has received CSR support from Lenovo in the form of product donations. The centre hopes to develop effective partnerships with Government agencies and financial institutions for better rural outreach.

The centre was jointly inaugurated on 11th August 2019 by Sri P C Thomas, renowned Educationist, Smt Deepa S Pillai, AGM NABARD, and Sri M Narayanan, former GM, NABARD. Over 200 well-wishers and supporters of ATMA Foundation participated in the function.



Partnership with NIIT Foundation:

ATMA Foundation has partnered with NIIT Foundation to conduct Financial Literacy Programmes for children. ATMA Volunteers Sri U S Mohanan & Sri Manmathan Nair completed the Trainers' Training by NIIT Foundation.

Programmes by DAFEC in 2019-20 include:

Basic Financial Literacy Training for the customers of Kerala Gramin bank:

Sessions in 10 branches from 29th August to 6th September 2019. More than 330 people attended the program.



Basic Computer Skills & Financial Literacy for Children in Care Homes

40 children from 2 Child Care Institutions in Thrissur were given training in MS Office and basic internet use. They were also given an awareness session on Financial Literacy.



Digital & Financial Literacy for Senior Citizens

A 10-Day training programme in two batches for 20 senior citizens

Digital & Financial Empowerment of Auto-rickshaw drivers

An awareness drive was organised among the Auto Rickshaw drivers in Thrissur Corporation about the benefits of using digital payment methods and banking facilities. Over 200 auto drivers were reached. The awareness drive, and the follow up training programme planned for them, had to be suspended due to the Covid situation.



ATMA RESEARCH AND DEVELOPMENT CENTRE

The ATMA RADC conducted pilot studies and surveys to support the various welfare programmes of ATMA Foundation. This includes -

Wellness Screening of sales girls in shops of Thrissur Swaraj Round

Compiling data about the schemes and concessions available for senior citizens

Data collection about the cleaning staff in Thrissur Corporation, as part of developing welfare programmes for this sector.

Pilot Survey among senior citizens - to understand their bio-psycho-social situations, digital & financial awareness & competencies.



ATMA GOKULAM

ATMA Foundation has taken up a new project - the ATMA Gokulam - to promote cattle rearing as an economic activity and also as a culture.

The project has been initiated by a well-wisher donating a pregnant heifer to ATMA Foundation. A cow-shed with good facilities is being built at the ATMA Gurukulam compound.

Apart from providing fresh unadulterated milk for the children, and cowdung as bio-fertiliser for the vegetable garden, a cow and a calf will bring much joy and cheer to the children. It will also have a therapeutic effect on them.





CAMPAIGNS

LIVING IN HARMONY

The Living in Harmony Campaign, the flagship programme of ATMA Foundation, is based on the concepts 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 various programmes like 5-day talk series for the public, talks and workshops for different social groups, etc. These sessions give simple and easily applicable daily life tips enabling individuals to lead happier lives with healthier relationships.

In 2019-20, **16** programmes were organised as part of the LIH campaign, reaching out to over **1635** families.

5-Day LIH Talk series

Date	Place	No. of participants
July 20 th - 24 th	Cheroor	60
Dec 20 th - 24 th	Surya Gardens, Paliyam Road, Thrissur	50





Other LIH-based programmes:

Programme	No. of sessions	No. of participants
Family harmony Workshops	5	545
Organisational Harmony Seminars	3	365
Old Age harmony	2	175
Spiritual Harmony	3	405
Harmony Meditation	1	30

P2P: PROBLEMS TO POSSIBILITIES

The P2P campaign was launched by ATMA Foundation in 2014, to empower adolescents to overcome the problems of their age. P2P adopts a training approach to enable youngsters to harness their inherent potential and focus on the possibilities of the future. As part of this campaign, ATMA organises camps and workshops for students on positive themes like self empowerment, leadership development, etc. Training programmes are also organised for teachers and parents to equip them with the skills and attitudes to mentor their adolescent wards.

In 2019-20, the programmes organised include:

- ▲ 3 teacher training programmes with a participation of over 600 teachers.
- ▲ 4-day residential workshop for teachers on 'Mentoring Adolescents'
- ▲ A full day leadership conclave for youth with 250 delegates
- ▲ 4-day residential workshop on Self Empowerment for youth, with 41 delegates





Youth Leadership Conclave

2nd October 2019 @ Paramekkavu Pushpanjali Hall, Thrissur

>250 young delegates from schools and colleges in Thrissur



Sessions by:

Sri Shantanu Gupta

Author, TedX Speaker, Political Analyst & Management Consultant



Sri Yathish Chandra G H, IPS

District Police Commissioner, Thrissur



Sri C K Suresh

Performance Coach & Counsellor



Special interactive session with Professionals and Business Leaders

Sri T R Vijayakumar, President,
Thrissur Chamber of Commerce

C A Silpa Ramdas, Chairperson,
Thrissur branch of SIRC of ICAI

Sri K N Balaraman, MD, Krishna Homes

Dr M Dinesh Babu, General Secretary, Sahodaya





U-Turn

4-Day Residential Workshop for Youth

15th-19th May 2019 @ Saraswathy Vidya Nikethan CBSE School, Chengamanadu | > 40 delegates |

A retreat in the lap of nature to prepare for success & achievement with a participation of over 40 young delegates and over 10 distinguished speakers

- ▲ Sessions by experts
- ▲ Interactions with achievers
- ▲ Discussions & debates
- ▲ Yoga & Games

Camp Director: [C K Suresh](#)





EMPOWERMENT INITIATIVES

ATMA Training programmes are called 'EC' Initiatives - as they invariably aim to transform the participants into Empowered & Compassionate individuals. True to its motto '*Aathmano Mokshaaya Jagath Hithaaya cha*', ATMA Foundation enables individuals to harness their own inner strength, and inspires them to utilise these new found resources for the well being of the community.

In 2019-20, 40 EC trainings were organised in different forums, reaching out to over 6000 individuals from different social groups.

Programme	No. of sessions	No. of participants
EC Kids	1	20
EC Youth	11	1650
EC Adolescence	10	1009
EC Teacher	8	1360
EC Women	1	30
EC Social Worker	3	345
EC Parenting	6	1490
Total	40	5904

VOLUNTEER DEVELOPMENT

The ATMA Foundation tagline 'Volunteering Transformation' highlights the importance of volunteerism at ATMA. ATMA has a cohesive team of volunteers who devote their time, resources and expertise for social good. The ATMA philosophy views service as a positive way of expressing our gratitude for the blessings we have received. Hence the personal happiness and peace of the volunteer is of prime importance.

ATMA Volunteer development programmes focus on promoting volunteerism, empowering the volunteer for personal growth and happiness, and developing a spirit of togetherness and familial feeling within our volunteer group.





Some of our regular programmes include:

EC (Empowerment & Compassion) Group

Weekly guided group sessions for ATMA Volunteers to share their thoughts, ideas and concerns.

Family Betterment Sessions

Semi-formal monthly get togethers of ATMA volunteers, along with their families

Tours & Outings

ATMA volunteers along with the children of Gurukulam went on a 5-day trip to Puttapparthi, to visit the social projects of Sri Sathya Sai Baba.

Festivals & Celebrations

The ATMA Family celebrated Vishu, Onam, Deepavali, Christmas and New Year with special get-togethers.

Volunteers' Conclave

A full day Volunteers' conclave was organised on 20th May 2019, with the participation of 20 ATMA volunteers, to discuss the past year's work, and the roadmap for the next year.

Trainings & Workshops:

ATMA volunteers actively attend trainings and workshops by expert agencies in relevant fields.

In 2019-20:

- ▲ Representatives from the ATMA RADDC attended the 2-day Workshop on Questionnaire Development @ Calicut University on 25th & 26th July 2019
- ▲ Members of the ATMA Gurukulam Welfare Committee attended the session on JJ Act of 2015 by Sri P O George, former chairman, Child Welfare Committee, on 8th June 2019.
- ▲ Sri C K Suresh, Founder-Director, attended the NGO meeting organised by the Bachpan Bachao Andolan on 8th & 9th May 2019, and the Inter Agency Group Meeting for Disaster Management at Thrissur on 15th July 2019.



Internship Programme

ATMA offers internship programmes to students who require this as part of their coursework. ATMA integrates the youngsters into its regular work flow, giving them a real experience of the ground reality of social work. They are also given ample opportunities to contribute meaningfully to the society during their internship. In 2019-20 **32 students from colleges in different parts of India, have completed their internship at ATMA.**

Two international students from Nepal, pursuing their Bachelors in social work, as part of their course work, visited the various projects of ATMA Foundation from 7th to 9th January 2020.

Two teachers and 28 first semester MSW students of the Department of Social Work, Sree Sankaracharya University college, Regional Centre, Thirur visited ATMA Foundation on 15th October 2019, and interacted with Director C K Suresh and other volunteers to understand the working of an NGO.

DISASTER RELIEF & REHABILITATION

ATMA Foundation has been extending support to the community to overcome the devastation caused by the Kerala Floods in 2018 and 2019. From March 2020, ATMA has also been helping people cope with the massive disruptions to normal life in the background of the Covid 19 pandemic.

Reconstruction Support

ATMA supported the complete rebuilding of one home which was fully damaged in the Kerala Floods and the partial reconstruction of 5 houses.





Material Support

Educational kits worth INR 1000/- each were distributed to 600 children in 10 villages and the Railway Colony. Personal use kits were provided to quarantined patients at the District Ayurveda Hospital, Thrissur

Medical Aid

Financial support was provided to a flood-affected family for specialised treatment of their child suffering from nephrotic syndrome.

Mobility Equipments

Custom-made mobility equipments, including artificial limbs, were provided to 31 persons with disabilities, from flood-hit areas.





ATMA Mobility Camp

"I have never seen my son sit so patiently in his wheelchair for such a long time. This chair is so comfortable for him". Suresh's happiness was very perceptible as he learnt how to move his son around on the new CP chair. The family had lost most of their possessions in the flood, along with the wheelchair of their 10 year old son who has cerebral palsy. Attending the ATMA Mobility Aids Assessment and Distribution camp proved to be boon for them, as the child was given a new custom-made CP chair, and the required orthotics support, to enable him to attend school with even greater comfort than earlier.

The 3rd phase of the ATMA Mobility Project was organised in March – April 2019. The assessment camp was conducted on March 21st & 22nd. 31 flood victims, who required mobility support and had lost their equipments, were assessed by the expert team from Mobility India, Bangalore. The fitting and training camp was organised from 25th – 27th April. A temporary workshop was set up at the ATMA office campus, for the orthotics & prosthetics team to work. 48 devices were provided to the 29 persons who came for the fitting – 15 wheelchairs, 4 KAFO, 9 AFO, one prosthetic limb, 1 partial foot prosthesis, 5 twin device, 2 walker, 6 knee gaiters, 2 toilet chair, 1 soft neck collar, 1 foot orthosis and 1 elbow crutch. The devices were either custom-made for each person or customised at the camp. The team also gave training to the users and their bystanders in the proper use and maintenance of the device. This ensures that each device is 100% suitable to the person's needs, and will actually help him/her become more mobile.

The fitting camp was a touching experience. So much joy and hope were shared there. So much love and gratitude...The joy of a parent who realises that his child can sit longer in school. The hope of a middle aged father who is able to move on his own with the custom-made wheelchair, and, for the first time in 8 years, feels confident that he could work and earn again. The excitement of two-year-olds when they bang on the lap-boards of their twin-device, their heads protected by its soft cushion.

For people who were already fighting the wrath of fate in the form of a long-borne disability, the flood had caused an additional burden. With the ATMA Mobility Project, we could ease this burden by one little bit, lend our shoulder for a little while, help them take a little break from constant fight.. and our reward was there in the well-concealed tears of joy, the cautious smiles of hope, and the carefully controlled outbursts of excitement that we could glimpse in some precious moments!

And our gratitude goes out to all those anonymous, unknown donors – who, across nations, across boundaries, came out in one massive wave of support, to lend a hand to a struggling people. To you, we dedicate the ATMA Mobility Project. Every smile it brings is a gift to you alone.

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Workshops for children

ATMA, with the support of Childline, organised Life Skill workshops for children during the summer vacation, to empower them to overcome the trauma caused by the floods, and to enhance their disaster -preparedness. The camps, titled 'Kalikkootam' were organised in 9 panchayats, with the participation of 428 children.

Sl No	Date	Place	No of Participants
1	18-05-2019	Parappukkara Grama Panchayath	44
2	20-05-2019	Karalam Grama Panchayath	35
3	22-05-2019	Kadukkutti Grama Panchayath	40
4	23-05-2019	Chalakkudy Municipallity Hall	50
5	25-05-2019	Arimbur Grama Panchayath	58
6	27-05-2019	Vellanchira Grama Panchayath	52
7	28-05-2019	Chazhur Grama Panchayath	56
8	30-05-2019	Annamanada Grama Panchayath	45
9	31-05-2019	Kuzhur Grama Panchayath	48
		Total	428





ATMA TEAM

Sri C K Suresh | Founder- Director

Trainer & Life 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.

We are proud of you!



AWARDS & RECOGNITIONS

Our Ms Parvathy G,
was honoured with the **Karma Shreshta Award** by
Junior Chamber International,
Thrissur, for her work with **ATMA Foundation**





PARTNERS IN SERVICE



OUR BANKERS



VISITS BY PARTNER & DONOR AGENCIES

Sri Satya N M from Singapore Red Cross and Sri Sojan Joseph from Give Foundation visited ATMA Foundation, as part of the due diligence processes of their respective organisations, to explore partnerships with ATMA for various service projects.

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!



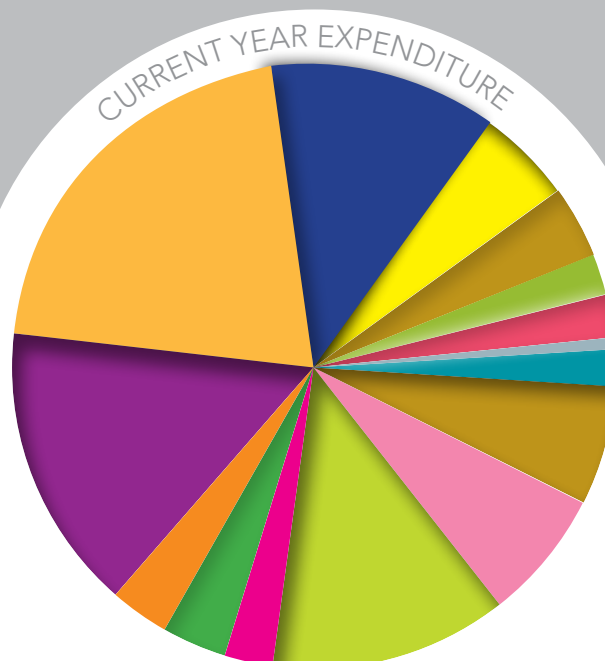
FINANCIALS

(All figures in INR)

CURRENT YEAR EXPENDITURE

'(in '000)

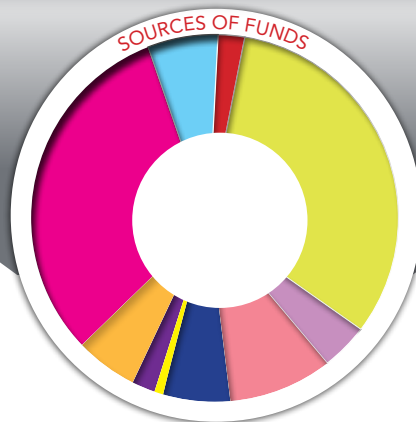
ATMA Gurukulam Girls' Home (incl.Gokulam Exp.)	1776
Railway Child Help Desk	1400
Community Health & Medical Expenses	116
Art & Culture - ATMA Kalakshetram	125
Child & Adolescent Development Centre	96
Disaster Relief & Rehabilitation	1116
ATMA Digital & Fin. Empowerment Centre	591
Education Support to Students	576
ATMA Yoga Peethom	16
ATMA Research & Development Centre	1
Empowerment & Training Programmes	162
Youth Empowerment	: 64
Family & Social Welfare	: 98
Documentation	86
Administrative Expenses	380
Loan Interest	843
TOTAL	7284





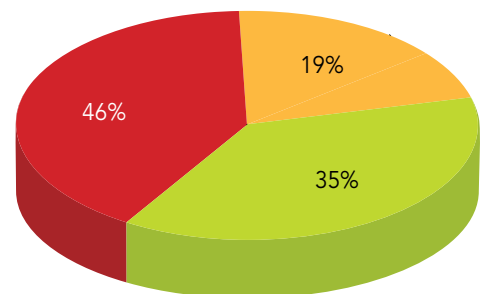
SOURCES

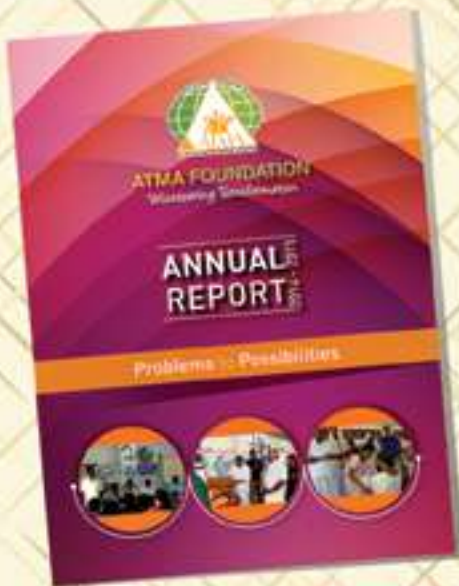
	'(in '000)
Opening Balance(Incl-FD)	15798
Donations from Individuals	1979
Donations from Organisations	373
Interest, refunds & others	39
Donations to corpus fund	400
Grant (Childline) Railway Child Help Desk	1373
Loans from Trustees & Members	216
Loan	12600
Donation (FCRA) - Social Charity	4155
Donation (FCRA) - Relief & Rehabilitation	123
Interest on Deposits (FCRA)	742
TOTAL	37798



APPLICATION OF FUNDS

	'(in '000)
Current Year Expenses	7284
Live Stock - Cow	20
Advance for Land	13000
Funds earmarked for ongoing projects (Incl.FD)	17494
TOTAL	37798







ATMA FOUNDATION

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

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