

ATMA FOUNDATION



ANNUAL REPORT

2018 -19

RESILIENCE



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 are 'EC Initiatives' – Empowerment & Compassion Initiatives, with Individual Empowerment forming the basis of all social work as we believe an empowered individual with compassion to his fellow beings is a true change agent.

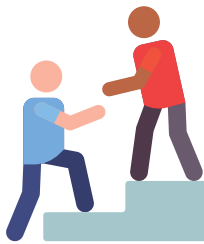
Philosophy: Living in Harmony

Intrapersonal and Interpersonal Integration for Effective Living with Joyous Relationships

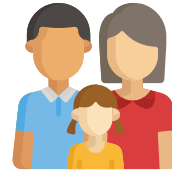


THE **ATMA** TRACK RECORD

8th May 2006 – 31st March 2019



> **600** volunteers trained



Living in Harmony:

32 five-day public seminars &
over **300** sessions –
53,000 families reached



Empowerment Initiatives – over **1,54,000** beneficiaries

■ **16,000** Children ■ **26,000** Youth ■ **59,000** Adolescents
■ **9,000** Teachers ■ **1,000** Social workers ■ **43,000** Parents

198 children rescued at the Railway Child Help Desk

39 girls supported at ATMA Gurukulam

Medical camps & Ambulance services benefitting **>2700** people

Counselling & Guidance to over **2300** families!

>50 lakhs worth of Flood Relief, benefitting over **5000** families in **30** villages



More than **1538** programmes...

reaching out to over **2,60,000** families!!



2018-19 HIGHLIGHTS

1

KERALA FLOODS -

Relief, Reconstruction & Rehabilitation efforts worth INR 50 Lakhs

2

ATMA NRITYOTSAV DANCE FESTIVAL -

performances and lecture demonstrations by eminent artistes

3

INDIVIDUAL EMPOWERMENT

Workshop for children and adolescents - May 2018

4

RESIDENTIAL YOUTH LEADERSHIP CAMP

Turning Point

5

NATIONAL SEMINAR ON ECONOMIC PARTICIPATION OF WOMEN -

New Age Challenges & Opportunities

6

CELEBRATE 55+ -

Seminar for seniors on Graceful Ageing

7

ATMA GURUKULAM DAY – opportunity for the children to explore their leadership skills, and express their talents

8

RAILWAY CHIDLIN

198 children supported, outreach among over 14,000 stakeholders



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 Care & Protection, Poverty Eradication, Education, Woman Empowerment
ATMA RAILWAY CHILD HELP DESK	Childline kiosk at Thrissur Railway Station	Children & Adolescents	Child Care & 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	Emotional 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 & Well being
ATMA D & F EMPOWERMENT CENTRE	Training in Digital & Financial Literacy	Women, Children & Senior Citizens	Education, Women Empowerment, Financial Literacy
ATMA R & D CENTRE	Research & 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	5-Day public Seminars & talks on Happy Living with Healthy Relationships	Families	Family Welfare, Emotions, 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, Marital Relationship
We Care	Campaigns based on current social issues	Elders, Women, Children, Families	Awareness creation, Empowerment, Welfare

PROGRAMMES

CAMPAIGN	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



MESSAGE FROM THE **DIRECTOR**



Salutations!

The people of Kerala showed remarkable ability to recover from the devastating effects of the recent floods. Nobody was expecting floods of such magnitude, though we had been knowingly or unknowingly contributing to the destruction of our beautiful nature and the disruption of the earth's climate system. The impact was much more than anything we had experienced in the recent past.

True, the ATMA team was not well prepared or trained to meet such a massive calamity. Still we could rise to the occasion and contribute our mite for the rescue, relief and rehabilitation of the flood victims. Our volunteers visited different flood-affected villages and supported the people in many ways – be it through providing counselling, conducting medical camps, supplying drinking water or distributing materials. We could even organise camps and distribute necessary mobility equipments for the flood victims. We have taken up some long-term projects in this regard, and are going further ahead with the reconstruction and rebuilding support initiatives.

And I am happy that we could also move forward with our regular projects and programmes, which did not suffer.

My sincere gratitude to all partners and donors as well as volunteers and associates.

Thank you very much!

C K Suresh



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PROJECTS

ATMA GURUKULAM

JJ Act Regn No. 122/2018

Orphanage Control Board Regn No. 2289/2014

ATMA Gurukulam is a Home for girls who have no safe home, and who hail from socially or economically backward circumstances. At ATMA Gurukulam, the children are given more than food and shelter- they are provided with facilities and opportunities for education and development.

The vision is to inspire and support them to transform into responsible and responsive leaders in their chosen fields.

The children attend school at SreeSarada Girls Higher Secondary School, Puranattukara till Std X. After this, they proceed to higher secondary and college education, specialising in the subjects of their choice and aptitude.

FOCUS AREAS @ ATMA GURUKULAM

PHYSICAL DEVELOPMENT

- ▲ Daily Yoga practice
- ▲ Outdoor games
- ▲ Wholesome and balanced diet
- ▲ Regular Health Check-ups
 - Dr Jeejan Gangadharan & Dr Deepa Jeejan of Santhi Hospital, Kodakara, conducted a general health check-up for all children at the beginning of the school year.
 - Dr Kavitha V N, MD (Ayurveda), conducted monthly health check-ups for all children, and advised them on diet and lifestyle.
- ▲ Sessions on health & hygiene:
 - Students of the Dept of Social work, Christ College Irinjalakuda, conducted an awareness session on PCOD and urinary infections.

EMOTIONAL DEVELOPMENT

- ▲ Counselling
 - Children are given regular group counselling sessions with Mr C K Suresh, and individual counselling sessions with Ms Sreedevi Haridas.
 - Assessments and consultations with mental health professionals, for children who need support.

ACADEMIC DEVELOPMENT

- After-school Academic Support by expert teachers of different subjects.
- Remedial Teaching for children with learning difficulties.



SPECIAL PROGRAMMES:

- ▲ All children participated in the Atal Tinkering Lab at Gurukulam Public School, Venginissery
- ▲ 'World Book Day' was observed, with Smt M S Suseelamani, Author, conducting a quiz competition for all students of ATMA Gurukulam.
- ▲ A workshop by Smt Pallavi Krishnan, renowned Mohiniyattam artiste, was conducted exclusively for the children of ATMA Gurukulam
- ▲ All children attended the three-day ATMA Nrityotsav dance festival at Saraswathi Vidya Nikethan Chengamanad, from 27th – 29th December 2018.
- ▲ A poster making event was organised for the children of Gurukulam by the Inner Wheel Club of Thrissur on 15th August 2018.



ART EDUCATION

- ▲ Bharatanatyam- Regular classes by Kalamandalam Akshaya Ayyappan
- ▲ Carnatic Music (Vocal)- Regular classes by Smt M S Suseelamani
- ▲ Embroidery & craft classes by Smt Deepa Haridas and Smt Mani, ATMA Volunteers

INDIVIDUAL DEVELOPMENT

▲ Value Education

The children are given weekly value education sessions by Br Devika Chaitanya, Ms Parvathy G and Ms Sangeetha N

▲ Participation in Leadership Development Workshops

- "Turning Point" : 5- Day Residential Leadership Development Workshop at Saraswathi Vidya Nikethan, Chengamanad, from 26th to 30th Dec 2018
- One-day Personality Development workshop at Sri Sathya Sai Seva Samithi, Thrissur
- National seminar on 'Economic Participation of Women'
- Half- day Personality Development Workshop conducted by SA Foundation, Thrissur

TOURS AND OUTINGS

The children were taken out on 4 trips to watch movies and dine out, to help them refresh and rejuvenate personally, and also to bond better among themselves.



FESTIVALS & CELEBRATIONS

Vishu, Onam, Navarathri and Christmas were celebrated at ATMA Gurukulam with special get togethers, and traditional festivities.



ACHIEVEMENTS

Academic:

- ▲ Chinchina A R – Full A⁺ in Std. X Board Exam, Won gold coin from the SC &ST Vikasana Board for securing full A⁺ in SSLC, 1st place in the Natural Fibre section of Sasthrolsavam at the District level and A grade at the State level.
- ▲ Jayapriya V – Received an A⁺ grade in 5 of her 6 subjects in Plus Two

A special ATMA Family get together was organised in May, to felicitate the children who had completed their board exams with good results.



Sports:

- ▲ Athira A R, Ramya Ramu, Chinchina A R and Saranya were part of the Kho-Kho team of Sri Sarada School that won the 1st place in the Sub-district Kho-kho championships.
- Saranya, Ramya and Chinchina were also part of the sub-district team that won the 3rd place in the District level Kho-Kho competition.

Co-curricular:

- ▲ Chinchina and Athira won the Kerala Sangeetha Nataka Academy scholarship for learning Bharatnatyam.

NO. OF CHILDREN SUPPORTED DURING THE YEAR:

- ▲ In 2018-19, 17 girls were supported at ATMA Gurukulam. 4 were given temporary shelter.



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 Nivedya Divakaran	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
Kalamandalam Akshaya Ayyappan	Dance Teacher	Dance classes
Smt Sakhi Naveen, M A B.Ed	Volunteer	Academic Support (English)
Ms Abhirami Shibu, M A Student, EFLU	Volunteer	Academic Support (English)
Smt Deepa Haridas	Volunteer	Craft & Embroidery
Smt Mani Pratapan	House Mother	Residential Care
Smt Remani	House Mother	Residential Care
Smt Jayasree	Helper	House Keeping



SPECIAL PROGRAMMES

ATMA GURUKULAM DAY - 2018

7th October 2018 at ATMA Gurukulam, Puranattukara



Organised by the children of ATMA Gurukulam, as part of their Leadership Development Programme

Over 200 invited guests – including friends, teachers, relatives and neighbours.



Children expressed their talents and shared their achievements, dreams and aspirations.



The 'mothers' at ATMA Gurukulam were felicitated for their dedicated service and their loving care.



Guests and ATMA volunteers shared their opinions and feedbacks about ATMA Gurukulam.



The programme concluded with a wholesome lunch, served with love by ATMA volunteers and the children.





RAILWAY CHILD HELP DESK, THRISSUR

@ Platform No. 1, Thrissur Railway Station



Ministry of Women and
Child Development



198 children supported
Awareness Campaigns reaching out to over 14,000 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:

- ▲ 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 Government mechanisms – taking the child to the Child Welfare Committee, reconciling with family, etc.



2. Regular Outreach

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



3. Special Awareness Programs

May 18th – International Child Helpline Day
Oath taking and poster distributions.



May 28th – Innovative Awareness Campaign:
Through the traditional art form of Pulikali





June 12th – Anti Child Labour Day
Pamphlet distribution, Poster exhibition and signature campaign against child labour



November 14th – 20th:
Childline se Dosthi Week



Week long campaign aimed at making ordinary citizens stakeholders in the Child Help Desk initiative. Through the course of 7 days, starting with an inauguration ceremony and oath taking by the RPF Officer, Mr P. S. Chatterji, various videos on CHD were released on the railway monitors. The public, officials, inspectors and various CHD representatives were part of the day to day activities. Spot quiz for children passengers, children's group formation after visits to the Railway Colony, Pink Campaign against child abuse, Awareness Class for the Railway Staff on the Juvenile Justice Act, etc. were part of the week's activities. Public outreach was done in the passenger trains from Thrissur, Shornur and Chalakudy areas, reaching out to more than 3650 passengers and other stakeholders like the Ticket Collectors, Police officers and the like.

Support Systems

The RCHD Thrissur is sincerely grateful to the individuals & organisations who support us in effectively supporting the children in need

- ▲ The Station Director, Station Manager & Railway Staff at Thrissur Railway Station
- ▲ The Railway protection Force & the GRP
- ▲ The unorganised sector at the Thrissur Railway Station
- ▲ The Child Welfare Committee, Thrissur
- ▲ Childline Nodal office at Vimala College, Thrissur
- ▲ ChildlineCollab Office at Christina Home, Thrissur

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.

ATMA- Going an extra mile...

ATMA Foundation, inculcating the true spirit of Railway Childline, is going a step beyond, and taking the initiative to provide long-term support to the inhabitants of the Railway Colony, Thrissur. A general need assessment has been conducted. Based on this, developmental interventions with special focus on children will be initiated in the near future.



ATMA CHILD & ADOLESCENT DEVELOPMENT CENTRE (CADC)

The ATMA CADC is a one-stop centre that provides holistic support to children and adolescents

Addressing issues like

Emotional Problems, Behaviour Deviations, Scholastic backwardness, Motivational Issues, Relationship Issues... etc

Integrating the professional expertise of

Psychiatrist, Psychologist, Counselor, LD Remediator, Yoga Trainer, etc.

Activities of the CADC:

1. Consultation

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 .

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 2018-19

- ▲ 193 children & adolescents have been supported.
- ▲ The LD Remediation Programme has supported 42 children through 311 sessions
- ▲ A 5-Day Residential Teacher Training Workshop on 'Adolescence mentoring & Basic Counselling Skills' was organised from 26th -30th December 2018, at Saraswathi Vidya Nikethan, Chengamanad, with the participation of 20 teachers.





Awareness & Guidance sessions:

Date	Topic	Venue	Faculty	Nature of audience	No.
09-06-2018	Learning Disabilities	Jyoti Jyotisha Samvadam, Thrissur.	Sri C K Suresh, Counsellor & Performance Coach	Helping Professionals	90
06-12-2018	Career Guidance	Cooperative Public School, Thrissur	Ms Parvathy G, Educator	Students of Std VI - X	200
25-11-2018	Parenting	Haritha Homes, Thrissur	Smt Sakhi Naveen, Educator	Parents	100

ATMA FAMILY COUNSELLING CENTRE (FCC)

Harmony in Relationships is essential for Happiness in Life. Based on the ATMA Philosophy of Living in Harmony, C K Suresh, Founder-Director of ATMA, has developed a unique approach to counselling, which he calls as Harmony Counselling. At the ATMA Family Counselling Centre, families are empowered with a better understanding of oneself and others, enabling them to rediscover the love and joy in relationships. This gives them new hope and confidence to act and solve their problems, for which the support of experts in relevant fields – psychologist, psychiatrist, physician, yoga therapist, etc – is provided or suggested by ATMA FCC.



In 2018-19, 81 families have benefitted from free counselling sessions at ATMA FCC.

Outreach:

As part of the flood relief & rehabilitation efforts, group Counselling & personal counselling sessions for flood victims were conducted in 8 places, benefitting over 1200 people.

ATMA YOGA PEETHOM

A Yoga Training programme was conducted for 42 youngsters at the ATMA Youth Camp from 26th -30th December 2018, at Saraswathi VidyaNikethan, Chengamanad, under the guidance of Smt Mini, an expert Yoga Trainer. The delegates were given 1 hour-long sessions for four days, teaching them loosening exercises, basic asanas, pranayama and Surya namaskaram.



ATMA KALAKSHETRAM

Promoting Art as Culture for Happy Living

The ATMA Kalakshetram provides opportunities for people of all age groups for Learning, Performance & Appreciation of Classical Art forms.



Learning

Regular Classes by Expert Artistes

Bharatanatyam: Kalakshetra Raghi Satheesh **Mohiniyattam:** Kalamandalam Akshaya Ayyappan

Music: Sri Giljith P G, Ms Dini Sunil **Drawing:** Ms Ambili K C **Violin:** Maneesha P Muraleedharan

Performances

1. Bharatanatyam performance by Kalakshetra Raghi Satheesh and Students of ATMA Kalakshetram at Kottaram Temple, Kolazhi on October 8th 2018.
2. Bharatanatyam & Mohiniyattam Performances by Kalakshetra Raghi Satheesh, Kalamandalam Krishnapriya and Sandra S Nair at Sahitya Academy Hall on March 31st, 2019.



ATMA Vrityotsav Dance Festival



Special Programme

Under the CFPG Scheme of
Ministry of Culture, Govt of India

CAMPUS PERFORMANCES BY UPCOMING ARTISTES

“ Reaching out to over **1400** youngsters in 3 campuses ...
Directly inspiring them to learn and appreciate classical art forms... ”

Bharatanatyam



KALAKSHETRA RAGHI SATHEESH
@Vimala College Auditorium, Thrissur

23rd November (Friday) 2018, 10.30 am – 11.30 am

Bharatanatyam



SANDRA S NAIR
@ St Mary's College Auditorium, Thrissur

30th November (Friday) 2018, 1.30 pm – 3.00 pm

Mohiniyattam

KALAMANDALAM AKSHAYA AYYAPPAN
@ Vaidyaratnam Ayurveda College, Ollur

17th December (Monday) 2018, 2 pm – 3.30 pm





LIVE PERFORMANCES BY SENIOR ARTISTES

@ Saraswathy Vidya Nikethan, Chengamanad | Dec 27th – 29th 2018

An offering to the flood-hit people of Chengamanad, to help them ease back into normal life once again.

“More than 800 people attended the 3-day fete.”



December 27th 2018, 6 pm - 8 pm
Bharatanatyam: Dr. Rajashree Warriar



December 29th 2018, 6 pm- 8 pm
Bharatanatyam: Smt. UMA GOVIND



December 28th 2018, 6 pm- 8 pm Kathakali: LAVANASURAVADHAM
Sadanam Sadhanandan, R.L.V Pramod, Kalamandalam Adithyan, Kalamandalam Arun Raju

LECTURE – DEMONSTRATION: KATHAKALI

Led by Sri K Sasi and Sri P M Narayanan
December 28th 2018, 3 pm – 5 pm



MEET THE ARTISTE

Interactive session with Dr Rajashree Warriar
Dec 28th 2018, 9.00 am – 10.30 am



ATMA DIGITAL & FINANCIAL EMPOWERMENT CENTRE

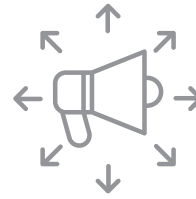
In the background of the nation's vision for transforming into a digital economy, ATMA has taken up a new project in 2019 – the ATMA Digital & Financial Empowerment Centre. The centre will offer short-term basic training programmes designed with special focus on women & children, to accelerate financial inclusion and enable greater economic participation. The ATMA D & F Empowerment Centre 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.

ATMA RESEARCH & DEVELOPMENT CENTRE

Considering the importance of research in the development and assessment of impactful interventions, the ATMA Research and Development Centre started functioning in September 2018. Studies are being conducted in the areas of Woman Empowerment, Senior Citizens welfare and on the impact of floods in Kerala.



CAMPAIGNS



LIVING IN HARMONY

Living in Harmony (LIH) is a practical philosophy developed by C K Suresh, Founder- Director of ATMA Foundation, which focusses on intrapersonal and interpersonal integration for happy living. It is an effective blend of Indian wisdom with the techniques of modern management and psychology.



ATMA organises LIH talk series, short talks and workshops for families, organisations and other social groups. These sessions give simple tips easily applicable in day-to-day life for happy living with healthy relationships in the family, the community and the workplace.

“In 2018-19, **18 programmes** were organised as part of the LIH campaign, reaching out to over **2685 families**.”

5 LIH Talk series, of 5 days each, were organised at different places.

No	Place	Date	Beneficiaries
1.	Ayyanthole	9 th – 13 th April	150
2.	Edavilangu	17 th – 21 st April	300
3.	Thrissur	21 st – 25 th May	120
4.	Pathramangalam	17 th - 21 st June	150
5.	Poonkunnam	8 th - 11 th August	80
	Total		800

Other LIH-based programmes:

Programme	No. of sessions	No. of participants
Family harmony Workshops	7	1060
Organisational Harmony Seminars	3	145
Old Age harmony	1	60
Topic Talks - LIH	2	600
Total	13	1885



WE CARE FOR WOMAN EMPOWERMENT

National Seminar on
Economic Participation of Women - New Age Challenges and Opportunities
9th March 2018 Thrissur @ Hotel Pearl Regency, Thrissur

Over 120 women delegates from different walks of life...



Seminar sessions guided by an expert faculty panel consisting of

- ▲ Dr. T P Sethumadhavan, Director, UL Education
- ▲ Sri G S Prakash, Deputy Director, MSME
- ▲ Smt. Deepa S Pillai, Asst. General Manager, NABARD
- ▲ Sri C K Suresh, Director, ATMA Foundation
- ▲ Sri. Adarsh P Dayal, District Program Manager, Kudumbasree
- ▲ Sri Ramachandran V R, Financial Counsellor
- ▲ Smt. SmithaKeeran, counselor, Christ University, Bangalore

Panel interaction with

- ▲ Dr. Mary Antony, Entrepreneur and Trainer
- ▲ Dr. Sabitha Krishnamoorthy, Consultant General Physician
- ▲ Smt. Sujatha Warriar, Freelance Writer.

Sessions chaired by

- ▲ Dr. Julie P Lazar, HOD Economics, St. Marys College, Thrissur
- ▲ Smt. Radhika Krishnan, Trustee, ATMA Foundation
- ▲ Dr. Linda Mary Simon, Principal, ELIMS Thrissur
- ▲ Ms Parvathy Ganesan, Teacher and Social Worker



Feedbacks from participants...

"I have been inspired to look for innovative career options that would satisfy my financial and creative aspirations, while fitting into my time and energy constraints."

Dhanya V, German Teacher

"The seminar has increased my confidence levels. I feel that age is not a hindrance to express my talents"

Smt Usha, Housewife & Mural painting enthusiast



WE CARE FOR ELDERS

CELEBRATE 55+

One Day Seminar on 'GRACEFUL AGEING'
23rd March 2019 @ Hotel Pearl Regency, Thrissur

The programme, attended by 51 delegates, was inaugurated by Adv K Kittu Nair, Former Asst Commissioner of Income Tax, an octogenarian who is actively involved in socio-cultural activities.



Dr Anju K P, Asst Professor, Govt Ayurveda College, Ollur, guided an interactive session on health care and lifestyle practices for well-being.

Sri Varghese Koikkara, a retired banker -turned agriculture enthusiast, gave a presentation on Value Addition & Preservation of Vegetables. He delighted the delegates with tasty samples that he had prepared.

In the post-lunch session, Dr Deepa Deepak gave a presentation on the Mental Health aspects of ageing, and how to overcome the challenges.

Smt Vanisree Kelath, Zumba Trainer, got the delegates on their feet, swaying and gliding to nostalgic music, enjoying the simple movements of Zumba dance. To many of the elders, it was an exhilarating experience, as they realised that their dancing days were far from over!!

C.K.Suresh, Counsellor & Relationship Guru gave the concluding address, giving the delegates, simple daily - life tips for happy living with healthy relationships.

The programme was an enjoyable experience, and all the participants appreciated the sessions and the ambience.



P 2P: PROBLEMS TO POSSIBILITIES

Turning Point

4-Day Leadership Development Camp

Dec 26th – 30th 2018@ Saraswathy Vidya Nikethan CBSE School, Chengamanadu

Leadership & Resilience Development Training for Youth
in the flood-hit region of Chengamanadu

Sessions by experts

Interactions with achievers

Discussions & Debates

Yoga & Games

A retreat in the lap of nature to prepare for success & achievement!

Camp Director: C K Suresh

A Faculty panel of expert trainers & motivational speakers...

Sri Suresh Warriar, Sri Devidas Menon, Dr Haridas Mani, Sri Jishnu Manmathan,
Br Sudheer Chaitanya , Sri R V Jayakumar & Sri Vishnu





EMPOWERMENT & COMPASSION - EC INITIATIVES

The stated mission of ATMA Foundation is to enable people to lead happier lives with healthier relationships. To achieve this, Individual empowerment is the key. Empowerment, here, is functionally defined as the ability to take charge of one's own life. ATMA EC initiatives empower individuals and also inspire them to utilise their new energy to serve humanity.

Programme	No. of sessions	No. of participants
EC Kids	1	45
EC Youth	6	327
EC Adolescence	22	3540
EC Teacher	3	155
Parenting Seminars	13	2200
Total	45	6267

Special programmes

TURNING POINT

3- Day Workshop for adolescents

21st – 23rd May @ 'Patanodyanam', Thrissur Corporation Achyutha Menon Park

Over 40 teenagers from different schools and colleges in and around Thrissur, participated. There were sessions on Communication, Goal Setting, Effective Learning, Career Guidance, Introspection, Team building, etc. The faculty panel included Smt Chitra Sankar (Trainer), Br Devika Chaitanya, Smt Sreedevi Haridas (LD Remediator) and Smt Saritha (Yoga Teacher). There were also some workshop sessions by post-graduate social work students from Christ College, Irinjalakuda and Sree Sankaracharya University, Kalady.





COMMUNITY HEALTH INITIATIVES

In 2018-19, ATMA organised 18 Primary Health Care Camps in flood- affected areas of Thrissur & Ernakulam with the support of Americares Foundation, India.



SL. No	Date	Villages	Taluk/Block	District	Total No. of participants
1	29-08-2018	Thottippal	Mukundapuram/ Irinjalakkuda	Thrissur	77
2	29-08-2018	Injamudi	Thrissur/ Anthikkad	Thrissur	119
3	31-08-2018	Puthanvelikkara	Paravur/ Parakkadavu	Ernakulam	81
4	02-09-2018	Nenmanikkara	Mukundapuram/ Kodakara	Thrissur	152
5	02-09-2018	Parappookkara	Mukundapuram/ Irinjalakkuda	Thrissur	103
6	05-09-2018	Parakkadav	Aluva/Parakkadavu	Ernakulam	77
7	05-09-2018	Parakkadav (Kurumassery)	Aluva/Parakkadavu	Ernakulam	38
8	08-09-2018	Vadama	Chalakkudi/Mala	Thrissur	64
9	08-09-2018	Kakkullissery	Chalakkudi/ Mala	Thrissur	80
10	09-09-2018	Nellayi	Mukundapuram/ Irinjalakuda	Thrissur	103
11	09-09-2018	Kodakara	Chalakkudi/ Chalakkudi	Thrissur	57
12	10-09-2018	Peringavu	Thrissur Corporation	Thrissur	83
13	10-09-2018	Nenmanikkara	Mukundapuram/ Kodakara	Thrissur	76
14	14-09-2018	Melur Vettukadavu	Chalakkudi/Chalakkudi	Thrissur	51
15	14-09-2018	MelurKalady	Chalakkudi/Chalakkudi	Thrissur	91
16	15-09-2018	Chengamanad	Aluva/ Parakkadavu	Ernakulam	85
17	15-09-2018	North Paravur	North Paravur	Ernakulam	80
18	16-09-2018	Vatanappilly	Chavakkad/ Thalikkulam	Thrissur	139
TOTAL - 1556					



VOLUNTEER DEVELOPMENT INITIATIVES

The tagline of ATMA Foundation, *Aatmano Mokshaya, Jagat Hithaaya cha*, translates as 'For Self Growth and for the Welfare of the World'. The self-development and happiness of volunteers is of prime importance at ATMA. ATMA also strives to develop volunteerism in people of all age groups and backgrounds.



EC (Empowerment & Compassion) Groups: Weekly guided group sessions for ATMA Volunteers to share their thoughts, ideas and concerns. Helps to gain a deeper insight into oneself and understand others. It is also a powerful programme for conflict resolution and team development.

Family Betterment Sessions: Every month, ATMA volunteers, along with their families, get together and spend an evening discussing the activities of the past month, upcoming events, and any other relevant social issues.

Festivals & Celebrations: The ATMA Family celebrates festivals like Vishu, Onam, Christmas, New Year, etc with special get-togethers.

Volunteers' Conclave: A full day Volunteers' conclave was organised on 28th March 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.

Workshops attended by ATMA volunteers in 2018-19

- ▲ National Seminar on Disaster Recovery organised at Don Bosco College, Mannuthy
- ▲ One-Day workshop on Woman Empowerment organised by Professional Trainers' Club, Thrissur
- ▲ One-day workshop on 'Publication Trends in the Digital era' organised by Vimala College, Thrissur
- ▲ One-day workshop organised by the District Probation office, Thrissur

C K Suresh and Parvathy G represented ATMA Foundation at the Partners' Meet organised by Americares India Foundation at Kochi, and gave a presentation on the flood relief efforts taken up by ATMA Foundation, which was well appreciated by all delegates.



Internship Programmes

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 2018-19, 42 students from colleges in different parts of India, completed their internship at ATMA.

Two teachers and 22 first semester BSW students of the **Department of Social Work, Gurudev arts and Science College, Payyanur** visited ATMA Foundation on 4th August 2018, and interacted with Director C K Suresh and other volunteers to understand the scope of social work in child welfare settings.



AWARDS & ACCOLADES

C K Suresh, Founder-Director of ATMA Foundation, was honoured with two awards:



The **Malayali Mudra Award** by **Malayali Samskarikam**, a Socio-cultural organisation



The **Champions of Humanity Award** by Rotary Club, Thrissur



RESOURCE MOBILISATION



ANNUAL DONORS' MEET

On May 1st, 2018, ATMA Foundation hosted the Annual Donor's Meet & Charity Dinner at Hotel Pearl Regency, Thrissur. It was a get together of former and potential donors to introspect, discuss and mobilize resources for the future functioning of the organization. The previous year's Annual report was presented, followed by discussions on future projects- with special focus on ATMA Harmony Village.

BAJAJ FINSERV DAAN UTSAV

ATMA Foundation was chosen as the partner NGO by Bajaj Finserv for the Daan Utsav 2018, wherein their employees made material contributions for ATMA Gurukulam.

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 K K Komala Kumar** – Secretary
A retired Retail Banking Officer from Standard Chartered, Abu Dhabi, actively involved in the popularisation of Yoga for over 17 years.
- ▶ **Sri A P Balakrishnan** – Treasurer
Financial Consultant (ICWAI) with over 14 years' international exposure in finance and accounting
- ▶ **Sri P K Krishnankutty** – 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.
- ▶ **Sri T M Reghunandan** – Trustee
Retd Deputy Collector, and trustee of Chinmaya Seva Trust Kerala.
- ▶ **Ms Parvathy G** – Trustee
Teacher & entrepreneur, committed to social work and involved with ATMA Foundation since 2006.



PARTNERS IN SERVICE



OUR BANKERS



RECOGNITIONS



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!



COVER STORY

ATMA FOUNDATION

RESPONSE TO KERALA FLOODS - 2018

After the rains wreaked havoc and Kerala reeled under widespread devastation, ATMA Foundation has been standing firmly with our people, doing what we can to support the relief and reconstruction efforts.

PHASE I (Completed)

In the initial days of the deluge, ATMA Volunteers were actively involved in rescue and relief efforts in their areas. In the next stage, the focus was on mobilising resources to meet the urgent needs of the affected people.

Sourcing Support

ATMA Foundation partnered with Americares India Foundation, Mobility India Bangalore, AB InBev, Indiana Malayali Association, AS India Thirupur and other organisations to source urgently required relief and support to flood affected areas. Funds were raised through online platforms like Global Giving and Letzchange.

Relief Materials

- ▲ 6 truckloads of drinking water (over 90,000 Litres) were sourced to many badly hit regions in Thrissur, Chalakkudy and Ernakulam during the floods.
- ▲ Hygiene kits, cleaning materials, mosquito nets, and utility materials like floor mats, bedsheets, etc, with a net worth of over INR 18 Lakhs, were distributed to more than 1500 families in worst affected areas like Thottippal, Kodassery, Vynthala, Kuzhur, Injamudi, etc.
- ▲ Groceries, Utensils and Household Items worth over INR 2.5 Lakhs to 50 families
- ▲ New clothes were distributed to all children of the LP school in Parakkadavu, where people suffered heavy material loss.



Health

- ▲ Primary Health Care Rural Camps were conducted in 18 remote villages in Thrissur & Ernakulam districts, benefitting over 1500 people. Medicines worth over INR 2 Lakhs have been distributed free of cost.
- ▲ Group Counselling & personal counselling for flood victims were conducted in 8 places, benefitting over 1200 people.
- ▲ Water storage cans with water purification tablets were distributed to 1000 families in areas which were facing severe shortage of clean water – making provision for clean drinking water for over 3 months.



Livelihood Support

- ▲ Sewing machines were given to 4 families

Mobility Aids

Assessment & Free Distribution of Mobility Equipments to flood victims was organised on 22nd & 23rd September 2018, with a follow up programme from November 1st – 3rd. 47 people with disabilities were provided with mobility equipment worth over INR 3.5 Lakhs – including wheelchairs, walkers, crutches, walking sticks, rollators, etc. Brief training sessions were also given to them and their caretakers by expert physiotherapists, enabling them to make the best use of the received device for maximum mobility.



ATMA was able to channelize more than 2800 man hours from 116 volunteers for the flood relief work in the first phase.



PHASE II

RECONSTRUCTION & RESILIENCE (ONGOING)

Reconstruction & Repairs

ATMA Foundation has provided financial support of INR 8 Lakhs for repairs and reconstruction, benefitting 11 families. One house, which was completely damaged has been fully reconstructed. 10 other families have been given support for constructing the foundation, electrical fittings, tiling work completed for one house, repair of wells, purchase of water tank, etc.



Resilience Training & Recovery Support

Cultural programmes, camps, workshops, etc were organised to help people relax, recover from the emotional trauma and get back to their normal lives. These included:

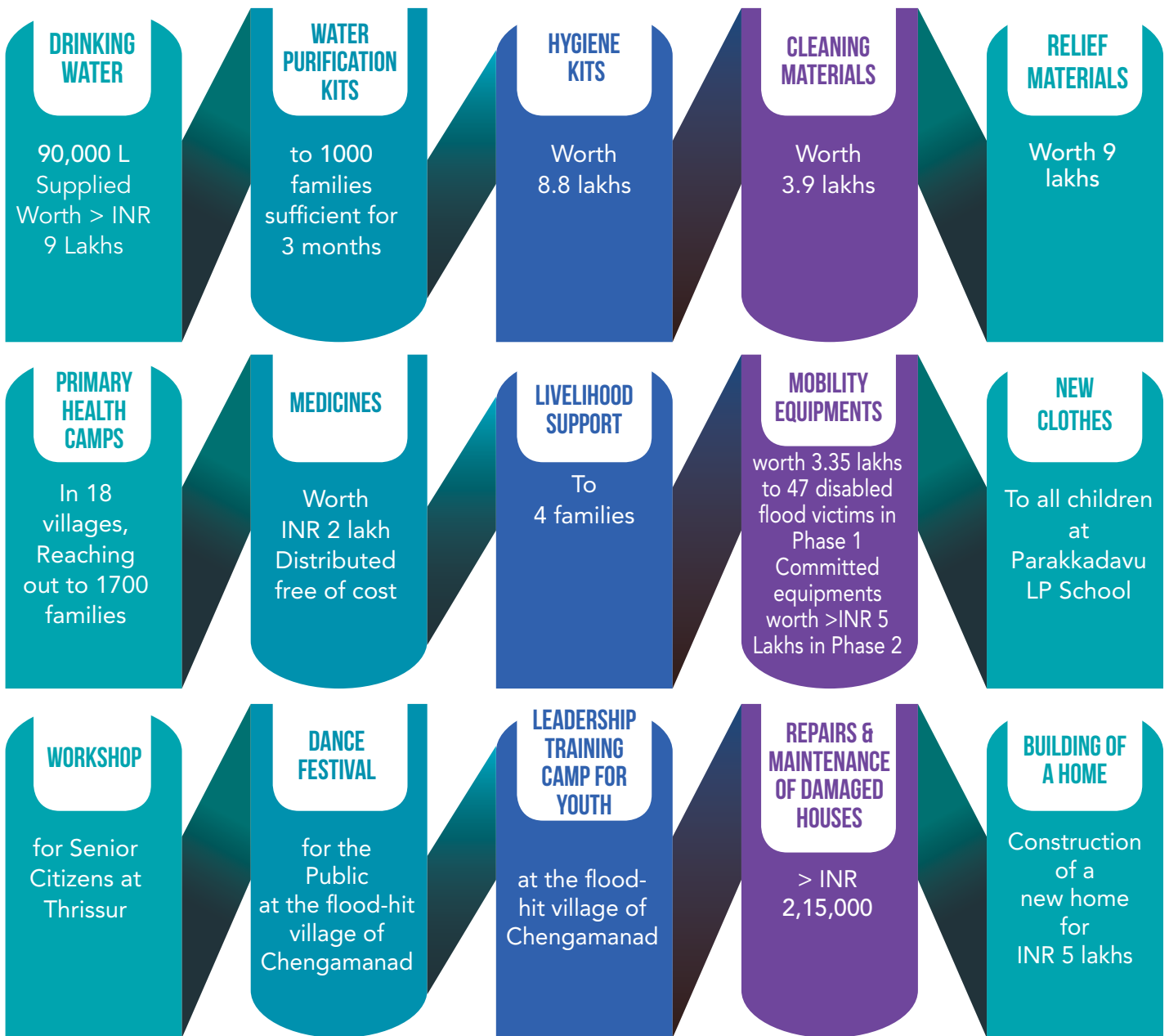
- ▲ A one-day workshop for senior citizens
- ▲ 5-Day Residential Camp for children during December holidays
- ▲ Dance festival with eminent artistes in flood-hit Chengamanadu



Livelihood

The ATMA Digital & Financial Empowerment Centre is initiating a training programme for flood victims to empower them to seek better livelihood opportunities, and increase their income through digital and financial literacy.

On the whole, by March 2019, ATMA has given support worth over 50 lakhs, benefitting over 5,000 flood hit families in Thrissur and Ernakulam. Programmes are still continuing to support the flood-affected areas, and to help the people reclaim their lives.



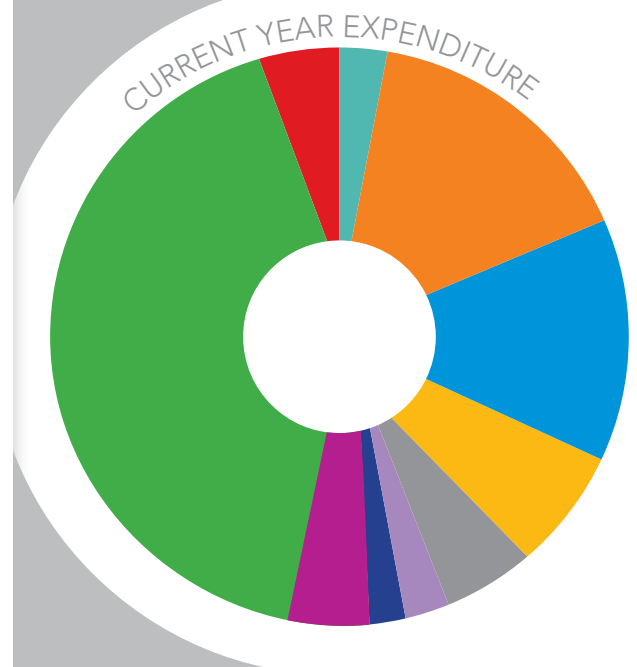


FINANCIALS

(All figures in INR)

CURRENT YEAR EXPENDITURE

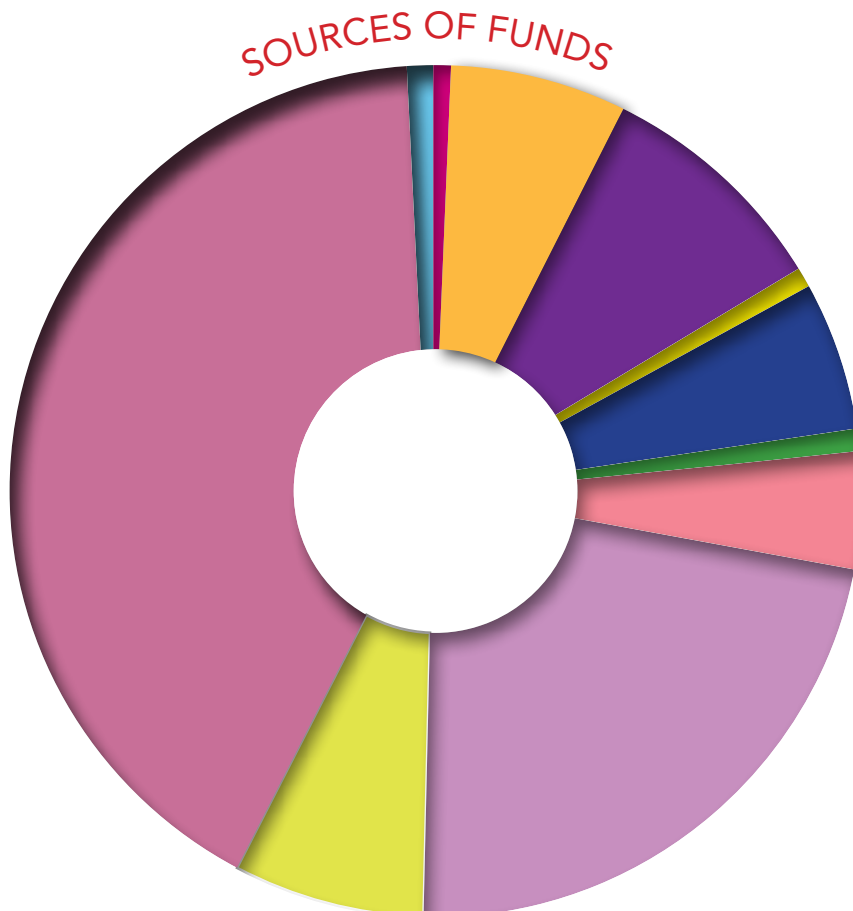
ATMA Gurukulam Girls' Home	14,42,738
Railway Child Help Desk	15,01,821
Community Health & Medical Aid	6,91,154
Art & Culture - ATMA Kalakshetram	7,06,070
Child & Adolescent Development	55,402
Flood Relief & Rehabilitation	40,21,506
Empowerment Programmes	3,87,928
Youth Empowerment	1,23,520
Woman Empowerment	56,847
Family & Social Welfare	88,778
Senior Citizens Empowerment	12,242
Volunteer Development & Training	68,091
Skill Development	38,450
TOTAL	3,87,928
Documentation	1,30,112
Administrative Expenses	2,28,680
Other Expenses	80,729
TOTAL	92,46,140





SOURCES

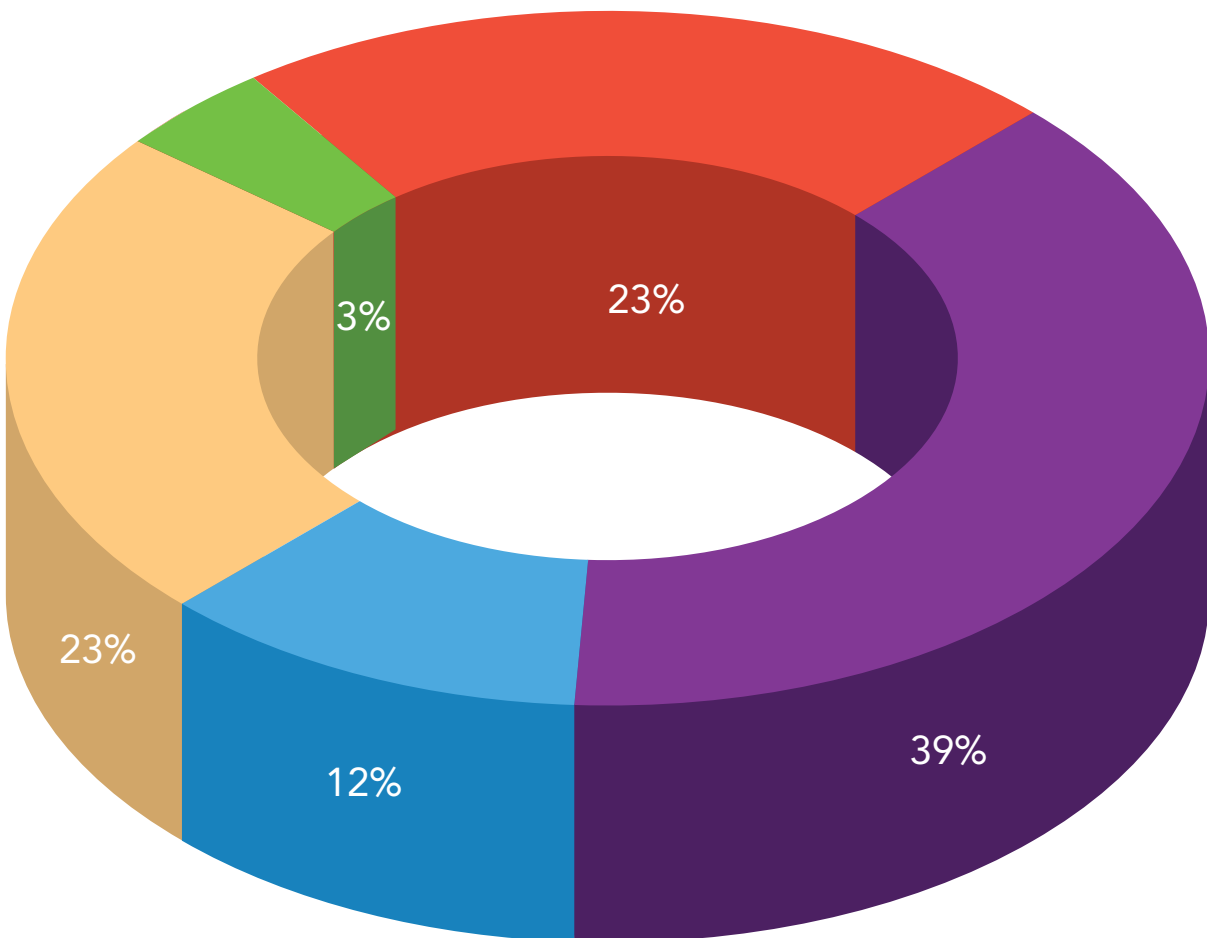
Opening Balance	1,90,675
Donations from Individuals	27,37,221
Donations from Organisations	36,96,778
Interest, refunds & others	2,88,078
Donations to corpus fund	23,84,200
Grant - Ministry of Culture	2,25,000
Grant (Childline) Railway Child Help Desk	17,77,033
Loans from Trustees & members	92,50,000
Donation (FCRA) - Social Charity	28,52,533
Donation (FCRA)- Flood Relief & Rehabilitation	1,71,13,001
Interest on Deposits (FCRA)	2,94,182
TOTAL	4,08,08,701

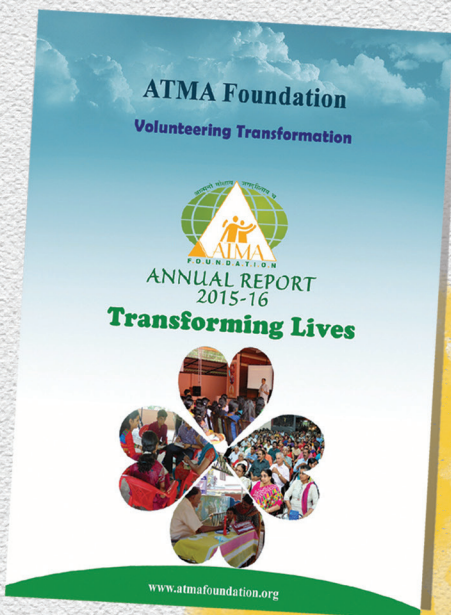
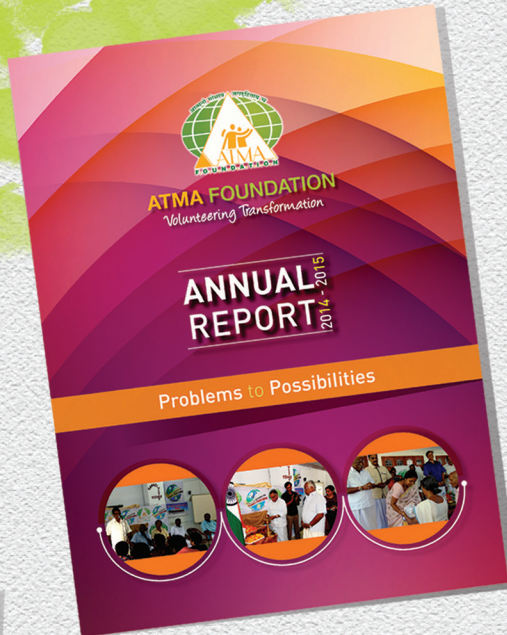
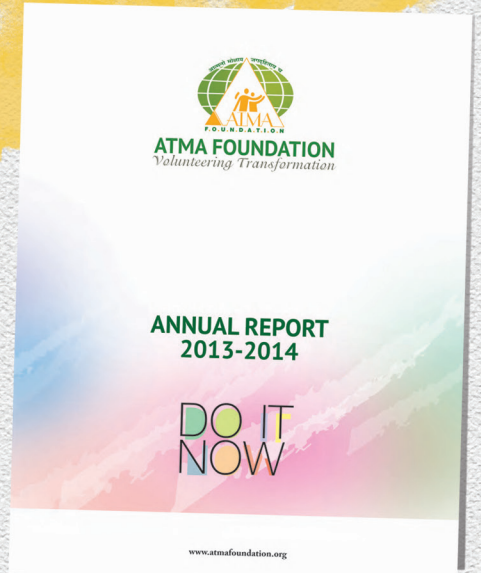




APPLICATION OF FUNDS

Current Year Expenses	92,46,140
Fixed Assets	13,64,457
Land	48,62,200
Advance for Land	95,37,800
Funds earmarked for ongoing projects	1,57,98,104
TOTAL	4,08,08,701







Volunteering Transformation



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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