

# ATMA Foundation

**Volunteering Transformation**



ANNUAL REPORT  
2015-16

**Transforming Lives**



# WHO WE ARE

## WHO WE ARE

### 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.*

### OUR PHILOSOPHY: LIVING IN HARMONY

*" I am the Creator, Sustainer and Destroyer of My World.....  
When I need a better world I have to Create it "*

### 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.*

### FOUNDER: C K SURESH

*Trainer, Consultant, Counselor, Life Coach & Relationship Guru.*

*A social activist with over 30 years experience in creative social intervention, who has taken leadership roles in various socio- cultural organizations.*



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## FROM THE CHAIRMAN'S DESK

Salutations!!

When I first conceived a website for ATMA Foundation, one idea that I communicated thru it was - 'I am the Creator, Sustainer and Destroyer of My world'... I was not thinking about the external world as it is. The Real World that I experience is 'My' world.. it is my Perceived world.. and whether it is the world here within us or the outside world, one thing is certain - When I need a Better world, I have to create it by putting in the Right EFFORTS.



For the last 10 years we have been doing exactly that thru ATMA Foundation. Hence we can claim some amount of satisfaction as we celebrate 10 fruitful years of service. It is not only about the number of programmes that we have organized or associated with. It is the life that we have added to our years of service; it is the quality of lives of fellow beings, that we have been instrumental in enhancing; it is also the dimensions of Genuine Relationships that we could spread light into.

From Living in Harmony campaigns to camps to personal counseling interventions – we have lived our philosophy all these years.. our team has put in a great deal of committed efforts! Friends and well wishers have supported us wherever possible... through ATMA we have tried to share the Blessings we have with Gratitude to our fellow beings..

I Remember with lots of Love, all those who have walked with me in this journey..

We have a long way to move forward... we renew our commitment to continue in the path of personal empowerment and compassionate social contribution...

May His Blessings be with us as always!

Looking forward to the continued patronage of all ...

C K Suresh

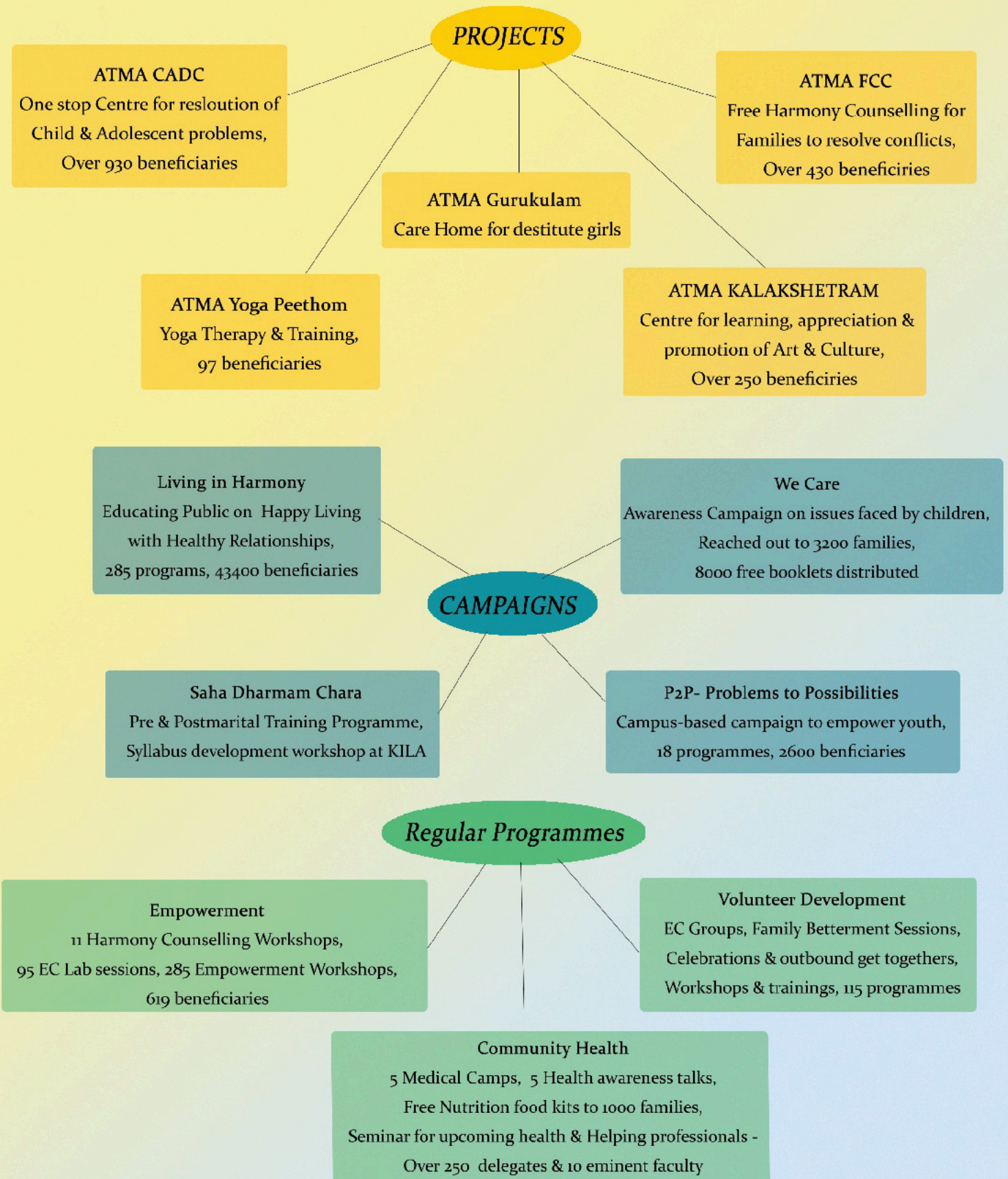


# ATMA Foundation

8<sup>th</sup> May 2006 – 31<sup>st</sup> March 2016

10 Years of Volunteering Transformation...

Over 1147 programmes... Benefitting more than 1.9 lakh Families!



# 1. PROJECTS

## 1.1 ATMA GURUKULAM

ATMA Gurukulam is a care & boarding home for destitute girls from deprived circumstances. It is recognised by the Board of Control for Orphanages and Other Charitable Homes, Kerala (Reg No:2289, 3/9/14).

The unique brilliance and individual talents of every child are nurtured with care and developed under expert guidance. Trained ATMA volunteers provide one - to - one mentoring and life guidance. The children are groomed with values, confidence and leadership skills, enabling them to make their mark in the world, and serve humanity as powerful leaders with social commitment



## ACADEMIC SUPPORT

Besides schooling, regular subject wise tuitions for children are taken by qualified and experienced teachers. The topics of Physics, Maths, Chemistry, Biology, and Statistics classes are handled by : Parvathy G[M.Sc,B.Ed], Sangeetha N[B.Sc, B.Ed, MSW], Niveditha Sivadas[M.Sc,M.Ed],Prema B Menon [M.Sc,B.Ed], Vinusha Vinodan[MA, B. Ed], Vidhya Sanjay[C.A], AnusreeBalachandran[M.Sc ,B.Ed].

One girl attended entrance coaching classes at Sakthan Thampuran College & Jayaram Education Centre, Thrissur. For the betterment of English, Special Coaching Classes were provided by Ms.Vinusha Vinodan, Children with learning difficulties were supported by professional remediator Smt Sreedevi Haridas and given counselling by Sri C.K Suresh, Director, ATMA, when required.

## ACADEMIC ACHIEVEMENTS

- ◆ Swarna Devi Thampy got admission for B.Sc Nursing at Govt Nursing College, M.G.Kavu, Thrissur.
- ◆ Aleesha Anil Kumar and SreeLakshmi P R have been awarded Best Student certificates for their meritorious performances in Class X and Class XI respectively of SSGHSS, Puranattukara.
- ◆ Archana R G has been awarded Best Out Going Student of the year 2014 – 2015 from SSGHSS, Puranattukara.
- ◆ Athira S Madhu secured the awards for best student in Hindi and Sanskrit in Class X,SSGHSS, Puranattukara.
- ◆ Swarna Devi Thampy received a cash award from Tribal Development Office, Chalakkudy for her good performance in Higher Secondary Exams.

## CO CURRICULAR ACHIEVEMENTS

- ◆ Athira S Madhu secured Grade A for Vanchipattu at the Kerala School Kalolsavam-2015 and First Prize for Malayalam Story Writing Competition in School Youth Festival.
- ◆ Aleesha AnilKumar, Athira S Madhu, Chaitanya K and Nandhana Jayan won the second prize for Naadanpattu in School Youth Festival.
- ◆ Aleesha AnilKumar secured second place in Group song in School Youth Festival. Her poem got published in 'Poornodaya' magazine.
- ◆ Ashna P got second prize for English recitation and consolation prize for English Extempore in School Youth Festival.
- ◆ Indrāja K J won second prize for Malayalam extempore competition in School Youth Festival.
- ◆ Athira S Madhu and Aleesha Anilkumar participated in 2<sup>nd</sup> Chinmaya International Geetha Chanting Competition 2015 held at Neeranjali

## ARTS

Expert artistes of ATMA Kalakshetram train the children of ATMA Gurukulam in Arts. Music classes were taken by Mrs Nirmala Vamanan Namboothiri assisted by Ms Dini Sunil and Dance Classes by Kalakshethra Raghi Sathish.



## SPORTS

- ❖ Swarna Devi Thampy won the First Place in Badminton Doubles, Third place in Badminton singles, First place in Shot put and First in Relay during College level Competitions of Govt Nursing College, Thrissur
- ❖ Chaitanya K won Third place for Hammer Throw (4 Kg), Second place for Kho-Kho and Third place for 3 Km walk at the Thrissur West Subdistrict Kerala School Sports and Games 2015-2016 and Third for Kho-Kho (Thrissur Revenue District School Sports and Games 2015-2016). She also secured second place in 1500m walking during the Annual Sports Meet at School. She was awarded the Best Performer Award in Sports and Arts at the school level.
- ❖ Nandhana Jayan won the second place in Kho-Kho during Thrissur West Sub District Kerala Sports and Games 2015-2016 and Third in Kho-Kho during Thrissur Revenue District School Sports and Games 2015-2016
- ❖ Nandhana Jayan, Athira A R & Krishnendu C D received Yellow Belt for Taekwondo.
- ❖ Reshma P P, Chinchina A R and Aswini V R also took Taekwondo training at school.



## CAMPS & WORKSHOPS

The children were given the opportunity to attend the following camps and workshops for their holistic development:

- ❖ LEAD- Empower To Transform: 2- Day Residential Camp by ATMA Foundation from 17<sup>th</sup>-19<sup>th</sup> July 2015 at National Heritage Centre, Mazhuvanchery
- ❖ RYLA -Rotary Youth Leadership Award programme from 8<sup>th</sup>- 10<sup>th</sup> Jan 2016 at Niranalavu Resorts, Poomala, Thrissur
- ❖ Leadership Development and Public Speaking, a 4- Day Workshop for Youth by C. K. Suresh, Director, ATMA Foundation from 26<sup>th</sup> to 29<sup>th</sup> May 2015
- ❖ Workshop cum Demonstration Class on Experiments in Physics by Hithes Pathiyil, Associate Professor, Sreepathy Engineering College on 17<sup>th</sup> Oct 2015
- ❖ Health & Harmony Seminar conducted by ATMA Foundation on 17<sup>th</sup> Jan 2016 at Kerala Sahithya Academy Hall, Thrissur
- ❖ District Level Camp conducted by Tourism Club, Thrissur at Poomala Dam on 27<sup>th</sup> Sept 2015





Daniya T.D attended a 3 day Training Programme for Volunteers by Pain and Palliative Care Unit on 13<sup>th</sup>, 14<sup>th</sup> and 16<sup>th</sup> Nov 2015 at General Hospital, Thrissur.

Sreelakshmi P R, Indraj K J and Krishnankutty P K ( Manager, ATMA Gurukulam) attended a discussion on Child Policy at the Collectorate, organised by Thrissur District Child Protection Council.

## **CRAFT**

A one day workshop on Paper Quilling by Ratnam Sreekumar, Former Teacher at Hari Sree Vidya Nidhi school, Thrissur and a 3 day Stching tutorial by Manju Subramanian were conducted for the Gurukulam children

## **BALASABHA**

Smt Niveditha Sivadas and Sangeetha N conducted Balasabha for the children, with Group Discussion and activities based on various topics.

## **HEALTH**

Medical checkup for children was conducted at Santhi Hospital, Kodakara by a group of expert doctors and the necessary medication and treatments were provided under their supervision.

## **OUTINGS**

Various entertainment programmes were organised for the children:

- ❖ They were taken for a movie, followed by lunch at Hotel Pooram International. Smt Radhika Krishnan and Smt Niveditha Sivadas accompanied them.
- ❖ They enjoyed Kathakali performance at Paramekkavu Agrasaala on 24<sup>th</sup> October, 2015, interacted with the artistes and watched their elaborate traditional makeup (chutti) .
- ❖ They visited Club FM Radio Station on July 26<sup>th</sup> 2015, and observed Recording, Sound Modulation and other technical aspects.
- ❖ During onam holidays, they were invited for a special lunch and movie at Ms Parvathy's residence.
- ❖ The children were also treated to a lunch buffet on 22<sup>nd</sup> Oct 2015 at the newly opened Ayush Vegetarian Restaurant, Thrissur.

## CELEBRATIONS

Onam, Vishu, Deepavali and Navarathri were celebrated at Gurukulam with ATMA members and Volunteers. Members of the Inner Wheel club of Thrissur spent a day with the children during onam. Deepavali was celebrated at ATMA Gurukulam on Nov 10<sup>th</sup> 2015 in ATMA Gurukulam from 5.00 p.m to 7.00 p.m. 72 people including ATMA members and neighbours attended the function.

Dr Krishnankutty, Senior Consultant Obstetrics and Gynaecology, KARE Centre, Thrissur, interacted with the children on 15<sup>th</sup> Nov 2015. C.K Suresh, Chairman Atma Foundation gave the Deepavali message. The function was made colourful with lamps and fireworks. Navarathri was celebrated with 'Samoohabommakkolu' from Oct 13<sup>th</sup> to 23<sup>rd</sup> 2015 at the new branch of ATMA Kalakshetram near ATMA Gurukulam. There were Bhajans and rituals every evening, with the participation of ATMA Gurukulam children, neighbours and ATMA members. New Dance and Music batches also commenced on Vijayadasami Day.



## VEGETABLE GARDEN & BIOGAS PLANT

Gurukulam has an organic vegetable garden in the backyard with a variety of vegetable plants including Cauliflower, Cabbage, Brinjal, Colocasia, Yam, Moringa, Papaya, Tapioca, Passion Fruit etc. It is set and maintained by the children of ATMA Gurukulam. For effective kitchen waste management a bio gas plant has been installed in the backyard and the slurry is utilized in the vegetable garden, according to the practice of organic farming.



## VISITORS

Mala E.M [Orphanage Counsellor, Department of Social Justice, Thrissur], P O Chummar [President, Adat Grama Panchayath], Shylaja Sreenivasan [Vice President, Adat Grama Panchayat], Adv Laiju C Edakkalathur [Puzhakkal Block Panchayat President], Smt Suma Hari [Member, Puzhakkal Block], Smt Usha Sreenivasan [Panchayat Member], Smt Vasanthi Damodaran [Panchayat Member], Smt Pushpalatha Radhakrishnan [Panchayat Member]

# 1.2 ATMA CADC

## Child & Adolescent Development Centre

Atma Foundation has started a full- fledged Child & Adolescent Development Centre (ATMA CADC) - a one-stop centre for holistic resolution of child and adolescent issues.

The CADC facilitates the integrated support of a team of expert professionals like –

- Psychiatrist
- Psychologist
- Counselor
- Yoga trainer
- Paediatrician
- Ayurveda Physician
- Performance coach
- Career guide
- LD Remediator
- Academic Consultant.. etc

Assistance will be provided to children and adolescents with issues related to-

- Scholastic Backwardness
- Emotional Health
- Behavior Problems
- Career Guidance... etc

We also provide referrals & guidance for other services which the child or family may require.

Dr. Shailaja Ramkumar ( Psychiatrist) , Smt Juliet George (Clinical Psychologist) and Smt Sreedevi Haridas( LD remediator) have associated with ATMA CADC.

| Programme      | No of Sessions | No of Beneficiaries |
|----------------|----------------|---------------------|
| LD Remediation | 275            | 21                  |
| Counselling    | -              | 122                 |

### Special Programme

A interactive workshop on Physics by Sri Hitesh Pathiyil , Assistant Professor, Sreepathy Institute of Management & Technology was held on 17<sup>th</sup> Oct 2015. The workshop provided direct learning experiences, clarifying various concepts of physics through experiments and games. 20 children attended the workshop.



## 1.3 ATMA FAMILY COUNSELLING CENTRE (FCC)

C K Suresh, Founder -Chairman of ATMA Foundation, an expert and experienced counsellor, has been providing free counseling to individuals in need, for more than 20 years. He adopts his own unique approach of Harmony Counselling, wherein labelling is avoided, and the individual is empowered to achieve needs on his own.

**76 Families have benefitted from free family counseling in the current reporting year.**

The Counselling & Guidance Facility at ATMA is now being developed into the ATMA FCC (Family Counselling Centre) with special focus on family harmony.

## 1.4 ATMA YOGA PEETHOM

Yoga training is provided for stress relief and energy management. Yoga therapy is given to counter the effects of Life Style diseases like Diabetes, BP, Anxiety, Depression, etc.

23 students have undergone regular yoga training & practice this year, under the guidance of Sri Anilkumar P, an expert yoga instructor with over 20 years' experience. 176 persons have benefitted from our group yoga sessions.



# 1.5 ATMA KALAKSHETRAM

ATMA Kalakshetram provides opportunity for people to get training under the tutelage of expert artistes. Regular music, dance and violin classes are conducted at ATMA Kalakshetram. Presently ATMA Kalakshetram Functions at three different centers in Thrissur, Kolazhy & Puranattukara.

Music classes were led by Smt Nirmala Vamanan Namboodiri, assisted by Ms Dini Sunil and Smt Anu Hemanth. Advanced music classes for artistes and teachers were taken by Sri. Dileep Kumar. Dance classes were conducted by Kalakshetra Raghi satheesh and violin classes by Smt Sunitha.

A total of 165 students attended Music, Dance and Violin classes in the current reporting year

|        | No of Students |
|--------|----------------|
| Dance  | 40             |
| Music  | 112            |
| Violin | 13             |



## EVENTS

- ◆ The new branch of was ATMA Kalakshetram was started near ATMA Gurukulam, Puranattukara, in Oct 2015 with 'Samootha Bommakkolu' during the 'Navarathri' festival. Children of ATMA Gurukulam attended the classes at the Puranattukara Branch.
- ◆ A meeting of parents, senior students and teachers of ATMA Kalakshetram was organized at ATMA office, Paliyam Road on 28<sup>th</sup> March 2016, 5 – 6.30 pm with a participation of over 60 persons.

## PERFORMANCES

Students of ATMA Kalakshetram got opportunities to perform on different occasions at various venues:

- ◆ Chembai Sangeetholsavam, Guruvayur - Nov 2015 (50students)
- ◆ Thiruvambady Vaikunta Ekadasi Music Festival - Dec 2015 (20 students)
- ◆ Sree Krishna Jayanti Celebrations of ISKCON at Vadakke Samootha Madom, Thrissur - September 5<sup>th</sup> 2015 (11 students)
- ◆ Navaratri Festival of Kottaram Mookambika Temple, Kolazhi - October 2015 (12 students)
- ◆ Living in Harmony Campaign at Kuttankulangara Temple Auditorium, Thrissur – March 2015 (15 students)
- ◆ ATMA Charity Dinner on May 1<sup>st</sup> 2015 at Hotel Pearl Regency, Thrissur (3 students)
- ◆ ATMA Raising Day on May 10<sup>th</sup> 2015 at Kerala Sahitya Academy Hall, Thrissur (80 students)



## 2. CAMPAIGNS

### 2.1 LIVING IN HARMONY

Living in Harmony is the practical philosophy of intrapersonal & interpersonal integration, developed by C K Suresh, Chairman, ATMA Foundation to assist individuals and families to lead happier lives with healthier relationships.

A 5-Day Talk Series on Living in Harmony was conducted by C K Suresh from 30th March to 3<sup>rd</sup> April 2016 at Kuttankulangara Temple Auditorium, from 6:45 – 8 pm. The series was inaugurated by Sri K Ananthakrishna Navada, Family Court Judge, at an inaugural function presided by Smt J Lalithambika, Counsellor, Thrissur Corporation, with Padmasri Dr Sundar Menon as the chief guest. Sri K B Brahmadathan and Sri G R Nair offered felicitations. Sri Suresh Warriar welcomed the guests and Sri P K Krishnankutty proposed the vote of Thanks.

Cultural Programmes were presented by ATMA Kalakshetram Students and Music Teacher Smt Nirmala Vamanan from 6.00 – 6:45 pm everyday at the venue. Morning sessions on Harmony Meditation were conducted by C K Suresh from 7 to 8 am.

Over 400 families have benefited from the talks. A feedback session was organized at 5 pm on 3<sup>rd</sup> April at the venue, where the audience got the opportunity to interact with C K Suresh, clear their doubts and give their response to the concepts and ideas presented in the sessions.



| Other LIH Programmes           | No. of Sessions | No. of Beneficiaries |
|--------------------------------|-----------------|----------------------|
| Family Harmony Workshops       | 7               | 1060                 |
| Topic Talks – LIH              | 16              | 2007                 |
| Spiritual Harmony Seminars     | 1               | 150                  |
| Organisational Harmony         | 5               | 355                  |
| Harmony Meditation (4 – 5 day) | 2               | 42                   |
| <b>Total</b>                   | <b>31</b>       | <b>3614</b>          |

## 2.2 P2P – Problems to Possibilities

### YOUTH CAMP

Topic: LEAD – Empower to Transform

Date: 17<sup>th</sup> - 19<sup>th</sup> July

Venue: National Heritage Centre, Mazhuvancherry

Participation: 76 delegates from 30 schools

### Report

The camp began with an introductory session by C K Suresh, Director, ATMA Foundation, where the delegates were familiarised with the nature and purpose of the camp. Dr Mini K Jose from the Dept of Social Work, Vimala College Thrissur, interacted with the students in the next session, based on the topic 'Self Awareness'. After dinner, C K Suresh guided the ice breaking session, enabling the delegates to know each other, and think more about themselves as well, as they talked about their own positive qualities.

For the next two days, the delegates began their learning experiences at 5:45 am with Yoga, guided by Sri K K Komalakumar, doing basic exercises, Surya Namaskar and Pranayama.



Dr N Gopalakrishnan, Director, IISH, addressed the delegates for a power-packed 30 minutes early morning on Saturday. There were sessions by C K Suresh, Director, ATMA (Turning Point), Parvathy G, Educator (Introspection), Devidas Menon, Trainer (Communication), M S Paulson, Trainer (Success & Faith), and Dr Jyothsna (Life Style Management ). Vishnu, a Post Graduate in Management from UK, conducted a quiz on Indian Heritage and Achievements, inspiring pride and instilling patriotism in the delegates.

Two representatives from the Police Department gave a presentation on the traps and pitfalls that adolescents should be beware of. Sri Ramachandran, DySP (Vigilance) interacted with the youngsters in a session on corruption and the citizen's role in preventing it. The delegates had an energetic games session, which gave them plenty of physical exercise and mental relaxation.





On Sunday Morning, there was a special session with three achievers as guests – successful entrepreneurs Sri Vinod Manjaly and Rafi John, and Dr Varghese Mani, veteran maxillofacial surgeon.

They shared their success stories with the delegates and answered their questions on different areas ranging from their personal opinions to professional challenges. Sri C K Suresh presided over the session and Sri V G Krishnan proposed the vote of thanks.

The camp concluded with a valedictory session on Sunday, where the parents of most delegates too were present. Parvathy G gave a short presentation on the activities of ATMA Foundation. Sri P K Krishnankutty, Smt Sangeetha N and Sri Vishnu offered felicitations. Many of the campers shared their experiences and reiterated their learning – all those present were touched by the intensity of their feeling and genuineness of their transformation. Finally C K Suresh gave the parting message, in which he gave an insight to the delegates and parents about the peculiarities of adolescence, how the problems can be overcome and the possibilities harnessed, and how relationships can be nurtured with care to ensure a happy and successful life.



## WORKSHOP FOR TEACHERS

Topic: Transform to Transform

Date: 11<sup>th</sup> July, 9:00 am - 4:00 pm

Venue: Hotel Elite Internatioal

Participation: 67 teachers from 25 schools

### Report

The workshop was inaugurated by Dr.K G Viswanathan, Principal, Vaidyaratnam Ayurveda College. In his inaugural address, he emphasized the importance of lifestyle management for health – which the teacher should first practice herself and then instill in the students. Sri C K Suresh, Director, ATMA Foundation presided over the inaugural session. Sri K K Komalakumar, Secreatry, introduced the chief guest. Smt Sangeetha N, Programme Coordinator, welcomed the gathering and Sri P K Krishnankutty, Manager, ATMA Gurukulam, proposed the vote of thanks.

The next session, on Learning Disabilities, was presented by Smt Sheeja P M, an expert remediator with over 15 years' experience. She spoke about the different learning styles in children, and how the teacher can adapt her teaching style accordingly. This was followed by a session on Yoga by Sri Suresh Plavida, a Yoga expert with over 2 decades of experience in the field. After giving a detailed explanation on the basic theories and concepts in Yoga, he guided the teachers through some practical yoga and breathing exercises which they can use in the classroom to manage the children and ensure better learning.



## Workshop for Teachers

The afternoon session, on 'Transform to Transform' was conducted by C K Suresh. With an amazing mixture of insightful thought, activities and humour, he made the teachers think about their own empowerment and the need to break existing shells and thinking patterns for growth - only a transformed teacher can transform the student. The participants were inspired by the sessions, and gave a very positive feedback. Smt Bindu K C proposed the vote of thanks.

# 3. EMPOWERMENT INITIATIVES

## Empowerment – the ATMA concept

- It is the ability to give the correct response to situations, minimizing the impact of external circumstances or internal prejudices.
- It involves realising one’s true potential, expressing it in excellent performance, appreciating the need for interdependence while maintaining personal independence in relationships.
- It touches all aspects of life – physical, emotional, intellectual & spiritual.
- It is developed through intrapersonal & interpersonal integration.

This requires constant awareness, value clarification & emotional catharsis

### 3.1 HARMONY COUNSELLING

Workshops for teachers, helping professionals, and interested individuals on Basic Skills of Adolescence Counselling and Transactional Analysis

|  |    |
|--|----|
| No: of workshops conducted in the year | 1  |
| Total reach                            | 60 |

### 3.2 EC YOUTH

Leadership Workshops, Topic Talks and camps to inspire youngsters to achieve their best and work for the betterment of society.

|  |      |
|--|------|
| No: of workshops conducted in the year | 24   |
| Total reach                            | 3578 |

## Special Programme

### *Leadership Development & Public Speaking Workshop*

A Four day workshop for youth on LEADERSHIP DEVELOPMENT & PUBLIC SPEAKING by Sri C K Suresh was conducted from May 26<sup>th</sup>- 29<sup>th</sup> 2015 at ATMA, Paliyam Road, Thrissur. The workshop gave emphasis on introspection, attitude build up, self leadership, communication skills, interpersonal skill and presentation. 21 students in the age group 15 to 20 years were benefitted by this workshop.



### 3.3 E C KIDS

Talks and workshops for children in the age group of 10- 14 years, organised at various educational institutions and other venues.

|  |      |
|--|------|
| No: of workshops conducted in the year | 10   |
| Total reach                            | 2080 |

### 3.4 E C TEACHER

To empower good teachers with skills and attitudes for creative intervention, thus transforming them from 'High-Tech' into 'High -Touch' Teachers

|  |     |
|--|-----|
| No: of workshops conducted in the year | 6   |
| Total reach                            | 710 |



### 3.5 E C PARENTING

Sessions to transform the average parent into an Empowered & Compassionate Parent who can bring up the child with Love, Firmness & Respect

|  |      |
|--|------|
| No: of workshops conducted in the year | 18   |
| Total reach                            | 3941 |

### 3.6 E C SOCIAL WORKER

Only an empowered individual can effectively express true compassion. ATMA organises workshops for social workers, to enable them to recognise and address their specific needs for personal and professional growth.

|  |     |
|--|-----|
| No: of workshops conducted in the year | 7   |
| Total reach                            | 575 |

### 3.7 E C ADOLESCENCE

Half- Day or Full-Day Training Sessions for students of class IX - XII on topics like Life Guidance, Career Options, Overcoming the challenges of Adolescence, Handling Emotions, Healthy Relationships, etc.

|  |      |
|--|------|
| No: of workshops conducted in the year | 18   |
| Total reach                            | 6030 |

# 4. COMMUNITY HEALTH

ATMA Foundation also organised some direct benefit programmes to support the poor and the needy. These include:

## 4.1 MEDICAL CAMPS

ATMA Foundation in association with Arya Medical Centre organized Free Medical Camp and Eye Check up at Kolazhi on 14<sup>th</sup> Feb 2016 & on 21<sup>st</sup> Feb 2016.

The following team of specialist doctors extended their professional support for this initiative

- ❖ Dr Sangameswar B.Sc, MBBS, DCH, MHS (USA) General and Paediatric Medicine
- ❖ Dr Sethu MS (Ophthal)
- ❖ Dr Lakshmi . S, MBBS, PGDHS (Diab)

A total of 144 persons were benefitted by this service



## 4.2 FINANCIAL AID

ATMA Foundation provided financial assistance to Mr Babu Narayanan Kutty for his major Kidney replacement surgery.



## 4.3 NUTRITION FOOD KIT

On the occasion of Onam, ATMA Foundation in association with Kottungal Bhadrakali Kshetra Samiti, distributed Nutrition Food Kits to 500 poor families on 24<sup>th</sup> August 2015 at Service Sahakarana Bank Auditorium, Venginissery. The inaugural function was attended by ATMA Trust Board members and Volunteers, members of Kottungal Bhadrakali Kshetra Samiti and LSG representatives.

## Special Programme

# Seminar on HEALTH & HARMONY

### A UNIQUE TRIBUTE TO A ROLE MODEL

17<sup>th</sup> January 2016 was the 70<sup>th</sup> birthday of Smt M Radha (Radha sister), a compassionate health care professional who has been dedicatedly serving humanity for over 5 decades. As a tribute to her commitment to the Health Profession and to Humanity at large, ATMA Foundation organized a seminar on the topic 'Health & Harmony' for students of health and helping professions.



The seminar, conducted on 17<sup>th</sup> January 2016 at Sahitya Academy Hall, Thrissur, was well attended by over 250 delegates. The aim of the seminar was to initiate among the students, an attitude build-up and value orientation about holistic approach and compassion in health interventions. It was also an opportunity for the upcoming professionals to interact with role models in the field, and listen to their views and experiences.

The seminar was inaugurated by Padmasri P R Krishnakumar, MD, Arya Vaidya Pharmacy, Coimbatore

and Chancellor, Avinashilingam Institute of Home Science and Higher Education for Women. He also gave the keynote address. The inaugural session was chaired by Dr M R Chandran, Principal, Amala Institute of Medical Sciences, Thrissur. C K Suresh, Chairman, ATMA Foundation, gave the introductory note.

The next session on 'Holistic Approach to Health Interventions' was chaired by Dr V K Ramankutty, Former Principal, Jubilee Mission Medical College, Thrissur. Dr Smitha Ramdas, Associate Professor of Psychiatry, Medical College, Thrissur, Dr V T Ravi, Consultant Neurologist, Moulana Hospital Perinthalmanna, and Vd M Prasad, Principal, Ashtamgam Ayurveda Hospital, addressed the delegates on the topic.



After lunch, Dr Nidhish Kumar of Vaidyamandiram Heritage, Palayoor, presented his paper on 'Holistic Health Intervention', which was the best entry of the Paper Presentation Competition announced by ATMA Foundation as part of the seminar.

The afternoon session on Compassion in Helping Professions was chaired by Dr K N Gopakumaran Kartha, Principal, PKDIMS, Vaniyamkulam. The topic was dealt in detail by a faculty panel consisting of Dr M R Rajagopal, Founder Chairman, Pallium India Dr T Manoj Kumar, Managing Trustee, MHAT and Dr P V Ajayan, Additional Professor of ENT, Medical College, Thrissur.



In the evening, in a colourful public function at the same venue, Smt M Radha was honoured by friends, colleagues and dignitaries. The function commenced with a carnatic performance by the senior students of ATMA Kalakshetram led by their Guru Smt Nirmala Vamanan Namboothiri, renowned artiste. C K Suresh, Chairman, ATMA Foundation presided over the function. Sri K K Komalakumar, Secretary ATMA Foundation, gave the welcome note.

Dr E Divakaran, Director, Institute of Palliative Care, Thrissur introduced Radha Sister and her work. The dignitaries who graced the function included Sri Therambil Ramakrishnan MLA, Smt Ajitha Jayarajan, Hon Mayor of Thrissur, Dr M R Rajagopal, Founder Chairman Pallium India, and office bearers of the Pain & Palliative Society Thrissur – Dr A K Unnikrishnan, Chairman and Dr K Aravindakshan, Joint Secretary. Radha Sister, in her reply address, reiterated that, at 70, she still felt that it was her duty. Ms Sangeetha N, ATMA Volunteer, proposed the vote of thanks.



# 5. VOLUNTEER DEVELOPMENT

## Celebrate... The Joy of Giving : Charity Dinner & Donors' Meet

ATMA Foundation organized the Annual Charity Dinner & Donors' Meet on 1<sup>st</sup> May 2015 at Hotel Pearl Regency Thrissur. The meeting was attended by members, donors and well wishers of ATMA-a total of over 200 persons. A melodious touch was added to the evening by Play Back singers Amal Antony, Malavika Anilkumar and Parvathy, along with Nishanth Eswar, Neeraja and Vishnu Prasad.

ATMA Trust Members presented the activity reports.



## Raising Day Celebration:

Date: 10<sup>th</sup> May 2015

Venue: Kerala Sahitya Academy Hall, Thrissur

The occasion was graced by the distinguished presence of Poojya Swami Adhyatmanandaji, Sri R Valsan (MD, Green Books, Thrissur) and Prof T B Ramakrishnan. Cultural Programmes were presented by the students of ATMA Kalakshetram.

The Activity Reports of ATMA Foundation were presented by ATMA Volunteers.





## New Year Celebrations

The ATMA Family welcomed the New Year on 1st January 2016 with a get together at Kerala Sahitya Academy Changampuzha Hall, from 6 -8 pm. The programme was attended by over 80 ATMA volunteers and families. There were cultural programmes by ATMA Gurukulam Children and ATMA Kalakshetram Students. Smt M Radha gave a short message on 'Volunteering with Grace' and Smt Sangeetha N shared her experiences about volunteering

work and the NGO concept in Delhi. C K Suresh, Chairman, gave the New Year Message. Smt Omana Vasudevan gave a presentation on the concept and vision of ATMA Kalakshetram.



## Monthly Family Betterment Sessions

This year also, ATMA organized the monthly family betterment sessions, to promote interaction among ATMA Volunteers and their families in an informal environment.

## Onam Celebration

ATMA Family celebrated Onam with a get together on 25<sup>th</sup> August 5:30 – 7:30 pm at ATMA office, Paliyam Road, Thrissur. The programme was attended by over 50 people. There was a special Magic Show by amateur magician Sri Mannar Sasi. ATMA Gurukulam children and Kalakshetram students expressed their talents in music and dance. C K Suresh, ATMA Chairman gave the Onam Message.

## VISITS

A team of ATMA Volunteers visited Nana Nani, Retirement homes for senior citizens, Coimbatore on 20<sup>th</sup> Dec 2015. The visit helped to understand the functioning, infrastructural facilities, practical challenges of the organization and living environment through direct interaction with a family living there. The visit gave insights to the future development projects of ATMA Foundation.

## TRAININGS AND WORKSHOPS

- C.K Suresh and K. K.Komalakumar attended the CII CSR CONCLAVE on “Building Partnerships for Social Growth” at Kochi on 26<sup>th</sup> Aug 2015
- C K Suresh attended 5 Day Training on “Developing Counselling Skills and Support Services for Women in Distress” from 31<sup>st</sup> Aug – 4<sup>th</sup> Sept 2015 at NIPCCD Headquarters, Delhi
- Ms Anusree Balachandran, Smt. Niveditha Sivadas and Ms Vinusha Vinodan had the privilege of attending Master Training Programme on Child Development conducted by Rotary International District 3201, on 18<sup>th</sup> & 19<sup>th</sup> Aug, 2015 as a part of Rotary Literacy Mission (T-E-A-C-H) at Bharatiya Vidya Bhavan, Poochetty.

## INTERNSHIPS

This year the following students have interned with us:

- Anju V J and Sangeetha Nandakumar of II Semester MSW, Vimala College, Thissur as a part of their Block Placement programme from April 15<sup>th</sup> – 8<sup>th</sup> May 2015
- Anoop K Menon, Symbiosis Centre for Media & Communication, Pune, Symbiosis Internal University - Nov 2<sup>nd</sup> to Dec 12<sup>th</sup> 2015.
- Arathi S and Jenny KJ of I Semester MSW, Vimala College, Thissur as part of their Concurrent Field Work from 20<sup>th</sup> Nov 2015 to 23<sup>rd</sup> Jan 2016
- Hari Krishanan T, MBA student, NMIMS School Of Buisness Management - from Feb 1<sup>st</sup> to 24<sup>th</sup> 2016.

## FINANCIAL SUMMARY

The monetary value of the man-hours spent by our volunteers is not considered here. Their work has enabled us to organize programmes with less financial involvement than usually possible. Salutations to the committed team!!

| <b>Income &amp; expenditure statement</b>   |                  |
|---|------------------|
| <b>INCOME</b>                               |                  |
| Donations from Individuals                  | 1,192,940        |
| Donations from Individuals Corpus Fund      | 600,000          |
| Other Income                                | 178,985          |
| <b>Total Income for the year ended</b>      | <b>1,971,925</b> |
| <b>EXPENDITURE</b>                          |                  |
| Programme                                   | 299,266          |
| Payments to beneficiaries                   | 941,701          |
| Management & Administration                 | 415,072          |
| Other expenses                              | 85,523           |
| <b>Total expenditure for the year ended</b> | <b>1,741,562</b> |

| <b>Balance Sheet</b>                   |                  |
|--|------------------|
| <b>ASSETS</b>                          |                  |
| Fixed Assets                           | 406,215          |
| Loans & Advances                       | 122,135          |
| Cash & Bank Balances                   | 62,437           |
| Bank Term Deposits towards Corpus Fund | 1,811,700        |
| <b>Total Assets</b>                    | <b>2,402,487</b> |

ATMA Foundation has received approval under section 80 G of the Income Tax Act, 1961, whereby donations will qualify for deduction u/s 80 G (5) of the Income Tax Act.

| LIABILITIES                       |                  |
|-----------------------------------|------------------|
| Corpus & Endowment Funds          | 1,825,602        |
| Excess of Income over expenditure | 576,885          |
| <b>Total Liabilities</b>          | <b>2,402,487</b> |

| <b>Receipts &amp; Payments Account</b>               |                  |
|--|------------------|
| RECEIPTS   |                  |
| Opening cash & bank balance                          | 1,288,092        |
| Donations from Individuals Corpus Fund               | 600,000          |
| Donations from Individuals                           | 1,792,940        |
| Other receipts                                       | 111,848          |
| <b>Total Receipts</b>                                | <b>3,792,880</b> |
| PAYMENTS   |                  |
| Capital Items/ assets purchased for the organisation | 219,811          |
| Loans & Advances                                     | 10,237           |
| Other payments                                       | 1,688,695        |
| <b>Total Payments</b>                                | <b>1,918,743</b> |
| <b>Closing Cash &amp; Bank Balance</b>               | <b>1,874,137</b> |



# Thank You.....

The dignitaries who have participated in our programmes, sharing their thoughts and words – Ministers, MPs, MLAs, LSG Representatives, Government Officials, Heads of Socio Cultural Organisations, Spiritual Leaders, Social Workers, Artistes, Film Personalities, Literary Stalwarts, and many others...

Our sincere thanks to all of them!!

## ORGANISATIONS WHO SUPPORTED US

- Guruvayur Devasom Board
- Nivz Imports & Exports Pvt Ltd Kodannur
- Shanti Hospital, Kodakara
- SSGHSS, Puranattukara
- Aarya Medical Centre, Thrissur
- T. R Vijayakumar, Managing Director, Elite Super Market, Thrissur
- Inner wheel club of Thrissur
- Hotel Pearl Regency, Thrissur
- Swapnam Events and Management, Shornur Road, Thrissur
- Green Books, Thrissur
- Adatt Grama Panchayath
- K.M. B.V.M Pottore
- Sreelakshmi Catering Services, Puranattukara
- Vanita vedhi, Grihalakshmi
- Ayush Veg Restaurant, Thrissur

## ATMA team

**Sri. C K Suresh, Managing Trustee**

MBA, MSc (Psychology), PGDJ

Counsellor, Trainer & Relationship Coach. Post Graduate in Psychology, Management & Journalism. He has taken up leadership roles in socio- cultural organisations for over 30 years, to implement creative social intervention initiatives. Member of ORC Core Group, Thrissur.

**Sri. K K Komalakumar, Secretary**

Retd 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 international exposure in finance and accounting, also associated with a Mumbai -based NGO working for the education of minority girls.

**Sri. P K Krishnankutty, Manager, ATMA Gurukulam**

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

**Smt. Radhika Krishnan, Secretary, ATMA Gurukulam Managing Committee**

Homemaker, member of the Inner Wheel Club of Thrissur.

**Sri. T M Reghunandan, Board Member**

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

**Ms. Parvathy G, Board Member**

MSc, B Ed . Teacher and entrepreneur with volunteering experience in youth organisations.

## ATMA Gurukulam Managing Committee

Sri. C. K. Suresh (Managing Trustee)

Sri. P. K. Krishnankutty (Correspondent)

Smt. Radhika Krishnan (Secretary)

Sri. K. K. Komalakumar (Trustee)

Ms Parvathy G (Trustee)

Smt. Prema B. Menon (Retd Vice Principal, Paramakkavu Devaswom Women's College)

Smt. Krishnakumari (Retd Head Mistress, Sri. Sarada Girls HSS, Puranattukara)

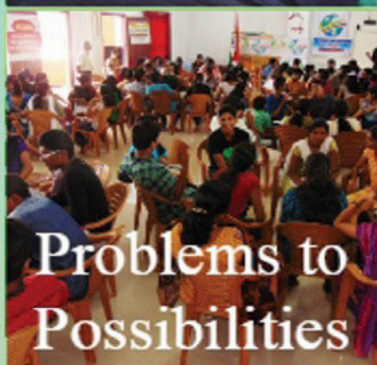
Smt. P. M. Mini (Teacher, Sri. Sarada Girls HSS, Puranattukara)



# Snapshots from yesteryears...



We Care



Problems to Possibilities



LEAd with A+



Dine & Donate



Guiding Adolescents



Nutrition Food Kit Distribution



**ATMA Foundation**  
 Regd charitable trust: 397 / IV / 06  
 NGO Regn No: KL / 2009 / 007103  
 Surya Gardens, Paliyam Road, Thrissur - 1  
 Ph: +91-487-232-5232, +91-940-099-5232  
 Email: [info@atmafoundation.org](mailto:info@atmafoundation.org)  
 Website: [www.atmafoundation.org](http://www.atmafoundation.org)