



ATMA Foundation
Volunteering Transformation

ATMA Gurukulam

www.atmafoundation.org





Light the lamp of hope. Let her future glow.

Dear Blessed One, Salutations!

FOCUS of ATMA Foundation is the empowerment of individuals and families to lead happier lives with healthier relationships. Through our 1265 compassion initiatives, we have reached out to over 2,11,000 families.

Our sincere gratitude to all those who have supported us!

Still, see the world of contrasts around us - for every educated, well-fed, well-clothed, loved and protected child, there are thousands who are illiterate, undernourished if not hungry, underdressed if clothed at all, and homeless if not orphans, and unloved and uncared for.

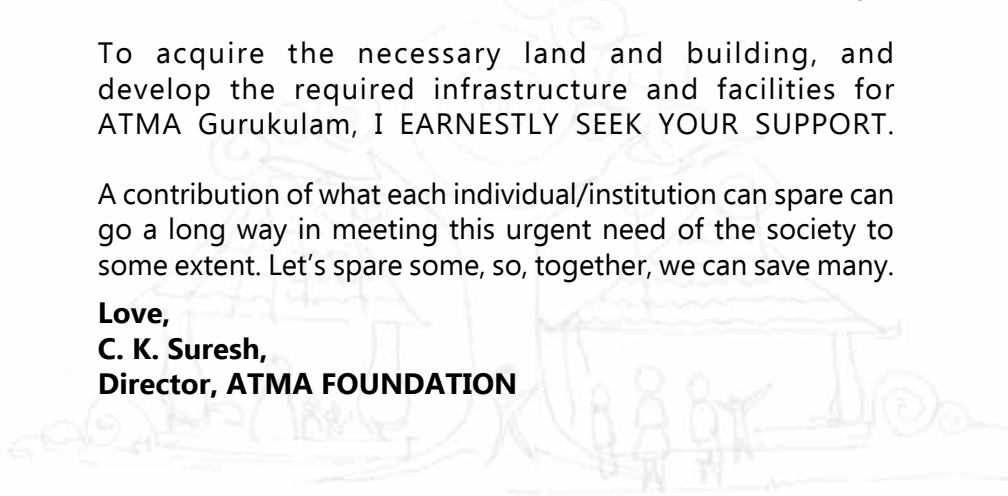
ATMA GURUKULAM was started as a care home for underprivileged girls, with focus on their education and holistic development so they grow up to become successful individuals who add value to the community they live in. So far, 29 girls have come under Gurukulam care. These girls add up to not even a fraction of the large numbers out there who are deprived of even the basic necessities of life – and this is the harsh reality!

Hence we hope to enhance our current facilities to accommodate more girls who are in need of home and care, and also to start a similar home for boys.

To acquire the necessary land and building, and develop the required infrastructure and facilities for ATMA Gurukulam, I EARNESTLY SEEK YOUR SUPPORT.

A contribution of what each individual/institution can spare can go a long way in meeting this urgent need of the society to some extent. Let's spare some, so, together, we can save many.

**Love,
C. K. Suresh,
Director, ATMA FOUNDATION**





ATMA GURUKULAM

ATMA Gurukulam, a care home for girls from backward circumstances, provides them the love, security and freedom of a real home. With focus on education and holistic development, we envision their transformation into socially committed leaders of tomorrow.

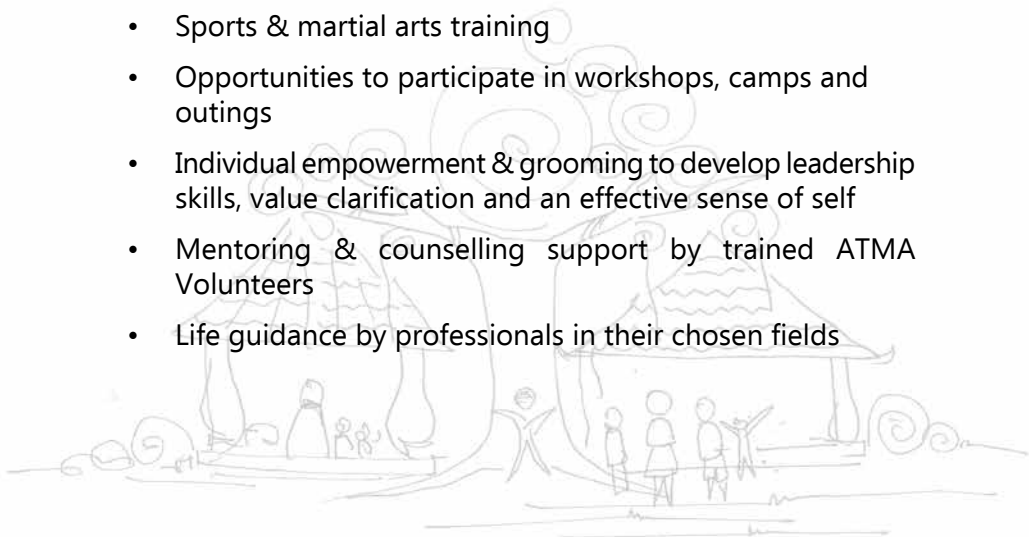
MILESTONES

- Started in 2011 with 4 girls
- Received approval from the Board of Control for Orphanages & Other Charitable Homes, Kerala, in 2014. (Reg No:2289, 03/09/2014)
- Currently accommodating 17 girls aged 8 to 20

UNIQUE APPROACH

At ATMA Gurukulam, the potential of every child is explored and nurtured. The children here also receive:

- Extra academic support to boost school performance
- Regular training in classical arts from expert artistes
- Sports & martial arts training
- Opportunities to participate in workshops, camps and outings
- Individual empowerment & grooming to develop leadership skills, value clarification and an effective sense of self
- Mentoring & counselling support by trained ATMA Volunteers
- Life guidance by professionals in their chosen fields





YES! THEY RESPONDED WELL. The results are amazing!

ATMA Volunteers have untiringly worked all these years for providing safe living and holistic growth opportunities for the children of the home. The children, in turn, have responded beautifully, bringing home numerous accolades in academics, co-curricular activities and leadership. Their amazing evolution reinforces our commitment.

Hence we strive to take the project to the next level.

- Acquire land & building for ATMA Gurukulam
- Develop infrastructure and facilities to accommodate 75 girls
- Develop a similar facility for boys

Infrastructure and facilities will be developed with strict adherence to the rules and regulations specified by Juvenile Justice Board and other concerned Govt departments.



BUDGET ESTIMATE

Land*		2,00,00,000
Boys' Home (75 children)		
Building with basic infrastructure	13000 sq ft x INR 2300/ sq ft	3,00,00,000
Other Amenities	Furniture & fittings, Waste disposal & safety mechanisms, etc	1,00,00,000
Girls' Home (75 children)		
Building with basic infrastructure	13000 sq ft x INR 2300/ sq ft	3,00,00,000
Other Amenities	Furniture & fittings, Waste disposal & safety mechanisms, etc	1,00,00,000
	TOTAL	10,00,00,000

* More land is being sought to simultaneously develop our Elders' Home project which is integral to providing the right campus to host the children's homes.

Facilities include:

- Living space with sufficient amenities
- Kitchen, Store & Dining Areas
- Study Area, Library & Reading Room
- Health & Medical Aid Room
- Reception & Office Area
- Classrooms/ Halls for Art Education, Yoga, Martial Arts, etc
- Recreation & Indoor Games Area
- Outdoor Sports Area
- Staff Accommodation



CONTRIBUTE GENEROUSLY! We need your support.

Send your contributions by cheque/DD/bank transfer to:

ATMA Foundation,

A/c No 000000035590559555

State Bank of India, SPBB Thrissur, Panickers' Tower,

Aswini Junction, Thrissur - 680022

IFSC Code: SBIN0016085

Or Donate online at www.atmafoundation.org

* Donations to ATMA Foundation are eligible for 50% tax exemption u/s 80 G of I-T Act.

* ATMA Foundation has recognition from the Ministry of Home Affairs, Govt of India, to accept Foreign Donations under FCRA rules.

**For donations from abroad, please contact us
for FC account details.**





ATMA FOUNDATION

Activities

- Counselling & Counselling Training
- Workshops, Seminars, Camps and Campaigns for Empowerment for various groups
- Community Health Initiatives

Campaigns

- Living in Harmony – for the public
- P2P - Problems to Possibilities – for adolescents
- We Care – on issues of women, children & elders

Projects:

- ATMA Gurukulam
- ATMA CADC – Child & Adolescent Development Centre
- ATMA FCC – Family Counselling Centre
- ATMA Yoga Peethom – Yoga Therapy & Training centre
- ATMA Kalakshetram – Promoting art as culture



ATMA HARMONY VILLAGE

The ATMA Gurukulam is proposed as part of our larger project – the ATMA Harmony Village.

The Village is a unique project that integrates a range of assisted – living initiatives and community development engagements, and will include ATMA Elders' Homes, Women's Homes, Marital Guidance Centre, Counselling Research & Training Centre, Outbound Training Facility, Health Centre, Arts Centre, etc. The Village will be home to people of all age groups who live interdependently to form a community that is self-reliant and self-sufficient. This will indeed change the very concept of institutionalised care.

For details visit: www.atmafoundation.org



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