

ANNUAL REPORT 2024-25



ATMA FOUNDATION



ENABLING IMPACT

Impact in Numbers

8th May 2006 – 31st March 2025

- 12 Projects, 6 Major Campaigns
- ₹ 62 Lakhs Disaster Relief in > 30 villages
- 89 girls get residential care at ATMA Gurukulam
- 41 women provided legal aid at ATMA SPC
- 1116 children rescued at ATMA Railway Child Help Desk
- 59,600 families reached with the message of Living in Harmony
- 3100 families provided free counselling support
- 281 women given livelihood support & training
- 8000 persons provided learning & appreciation opportunities in classical art
- 4850 persons provided Digital & Financial Empowerment Training
- 760 educational kits distributed to underprivileged children
- 3700 nutrition kits provided to people in vulnerable communities
- 4 Drinking Water projects in tribal and rural areas
- 994 training programmes empowering 92840 youth, 17520 children, 47232 parents,
- 12234 teachers, 850 volunteers and 2200 professionals

2414 outreach events, benefitting >3,96,000 families
Direct benefits of ₹ 2 Crore + provided to over 15000 families

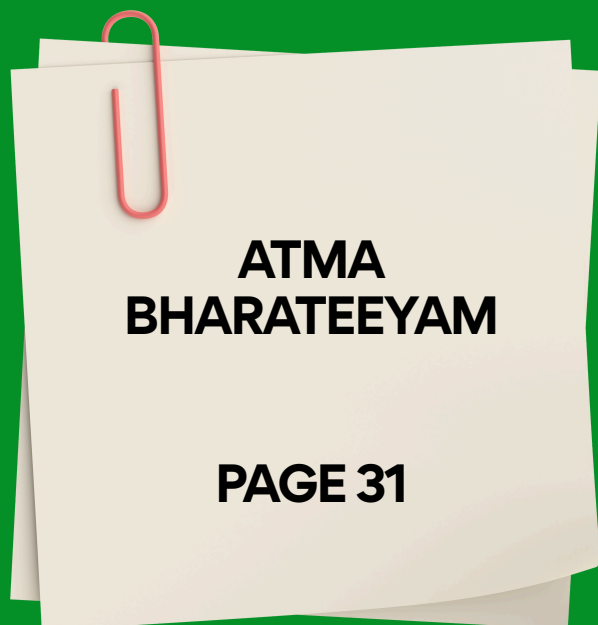
2024-25: A Bird's Eye View

- The First CSO from Kerala to register on the NSE Social Stock Exchange
- ATMA Social Impact conclave organised
- 90 women trained in Mushroom Cultivation
- 5 women auto rickshaw drivers provided with e-autos
- Scholarships provided to 100 children from disadvantaged backgrounds
- New project launched - ATMA Prakrithi - tree planting at Alappuzha
- 24 girls supported at ATMA Gurukulam
- 295 children from 20 Childcare institutions given learning support through ATMA Uyare
- 480 persons, including women & children, given digital skill training
- 850 persons in 16 panchayats given financial literacy classes
- Legal support given to 10 women who are victims of domestic violence, through ATMA SPC
- Legal Awareness given to 324 persons through 17 sessions
- 31 students taking regular lessons in classical dance, music & drawing
- 30 families supported at the ATMA Family Counselling Centre
- 42 children were supported at the Child and Adolescent Development Centre

₹28,62,000 worth of direct benefits facilitated
91 outreach events... Over 9000 families benefitted



TABLE OF CONTENTS



**IMPACT IN
NUMBERS 2**

CONTENTS 3

**FOUNDER'S
MESSAGE 5**

ABOUT US 6

ACHIEVEMENTS 8

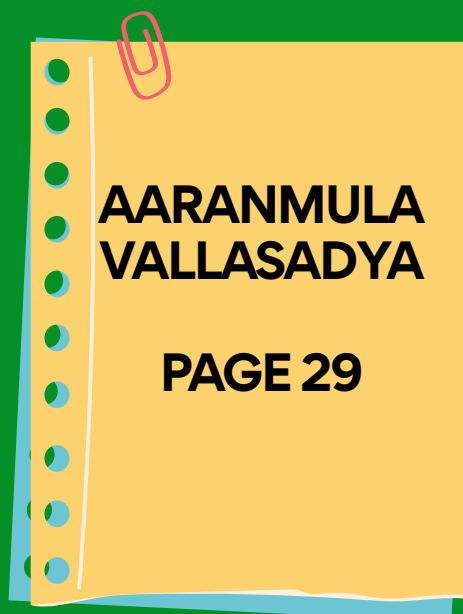
WHAT WE DO 10

**ATMA
GURUKULAM 12**

ATMA UYARE 18

**ATMA DIGITAL &
FINANCIAL
EMPOWERMENT
CENTRE 21**

**ATMA SERVICE
PROVIDING
CENTRE 24**





**ATMA
SOCIAL IMPACT
CONCLAVE**

PAGE 38

**ATMA FAMILY
COUNSELLING
CENTRE 25**

**ATMA CHILD &
ADOLESCENT
DEVELOPMENT
CENTRE 25**

ATMA SHREYA 26

**ATMA
VAYOBANDHU 28**

CAMPAIGNS 42

**ATMA
YOGAPEETHOM 30**

EC INITIATIVES 43

**ATMA
KALAKSHETRAM 31**

HEALTH 44

**ATMA
PRAKRUTHI 36**

**VOLUNTEER
DEVELOPMENT 44**

**ATMA RESEARCH
& DEVELOPMENT
CENTRE 37**

FINANCIALS 49

PARTNERS 51

FOUNDER'S MESSAGE



C K SURESH

FOUNDER & DIRECTOR
ATMA FOUNDATION

This reporting year has been very satisfying with regard to our activities! Our gratitude to all those wonderful people who have supported our endeavours!

Becoming the first CSO from Kerala to get registered on the NSE Social Stock Exchange is, I feel, a great step in our journey forward. My appreciation to all our team members for maintaining a professional standard in our work and personal warmth in our interactions.

The first ATMA Social Impact conclave is another important attempt in our desire to impact the social development ecosystem of Kerala. Its success prompts us to make this an annual feature.

Both these initiatives will definitely increase the impact of ATMA and will help several other non-profits in Kerala to derive strength and inspiration from ATMA.

ATMA Women Empowerment Initiatives took a significant turn with the activities of ATMA Shreya reaching out to create ripples of development in the lives of several women.

ATMA Prakrithi, our environment initiative, was launched this year with the Firmenich Biodiversity Restoration Project at Alappuzha. This, again, is another important step in our journey. I must thank M/s DSM Firmenich and Munnodi Devasthanam committee for their support.

We could also complete the preparation of our new project, ATMA Ayush Health Centre at Kolazhy. Our gratitude to M/s C H Robinson for their support. Our direct benefit support has also increased this year. Our other projects are also having a significant impact on the lives of people and the community in a broader sense now. My sincere gratitude to all our team members, employees, Volunteers, donors and CSR partners for the support they have been extending to us. This increases our sense of responsibility as well!

Looking ahead, the next few years will be crucial in our work as we prepare to increase the impact of our initiatives. More Volunteers with greater commitment and Greater support from all our well-wishers will definitely help us fulfil the expectations! Thank you all!

Love,
C K Suresh



ABOUT US

ATMA Foundation is a non-profit social sector voluntary organisation which implements social transformation initiatives with proactive volunteer engagement. ATMA facilitates the empowerment of marginalized and vulnerable social groups - children, adolescents, youth, women, differently abled persons, senior citizens, rural populations, etc

VISION

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

MISSION

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

OUR MOTTO

आत्मनो मोक्षाय जगत् हिताय च

Working for social development is also a pathway to personal growth. At ATMA, we believe that the happiness and contentment of the individual is key to social engagement. Empowered individuals contribute to developed societies. Hence we call our programmes Empowerment & Compassion (EC) Initiatives.

OUR PHILOSOPHY

Living in Harmony

A practical concept of Intrapersonal and Interpersonal integration for Effective Living with Joyous Relationships. Developed by Sri C K Suresh, Founder- Director of ATMA Foundation



**Social work is not an effort FOR happiness..
it is an expression of gratitude
that springs forth FROM happiness!**

- C K Suresh



12

Regular Projects

91

Outreach Events

9000+

Families benefitted

ATMA FOUNDATION IS THE FIRST NPO FROM KERALA

TO REGISTER ON THE SOCIAL STOCK EXCHANGE (SSE)

The Social Stock Exchange (SSE) in India is a novel platform designed to facilitate the funding of social enterprises (both for-profit and nonprofit) and voluntary organizations that are working towards social welfare objectives. It operates as a separate segment within the existing stock exchanges, namely the National Stock Exchange (NSE) and the Bombay Stock Exchange (BSE).

The key objectives of the SSE are to establish a regulated platform linking social organizations with potential donors, to facilitate their access to funding and support their growth, and to implement robust standards for reporting both social impact and financial performance.



Registering on the SSE requires that the NPO (Not - for-profit Organisation) is engaged in impactful social activities and has transparency and accountability. SSE registration opens up possibilities of funding by offering novel financial instruments like ZCZP. It also enhances the credibility of the NPO, as the NPO now comes under the regulatory requirements of SEBI and has to adhere to stringent reporting norms.



We are pleased to inform you that ATMA Foundation is being registered as a Social Entity – Not for Profit Organization on NSE Social Stock Exchange w.e.f. January 10, 2025 with Registration No. NSESENPO00106

ON 10TH JANUARY 2025, ATMA FOUNDATION BECAME THE FIRST NPO FROM KERALA TO REGISTER ON THE SSE SEGMENT OF THE NATIONAL STOCK EXCHANGE OF INDIA.

On 11th January 2025, at the venue of the First ATMA Social Impact Conclave, this achievement was publicly announced by Dr R Balasubramaniam, Member-HR of the Capacity Building Commission, Govt of India and the Chairman of the SSE Advisory Committee.

Thus begins another chapter in our journey of service. We look forward to creating greater impact and providing better service to humanity in the years to come.

We dedicate this achievement to everyone who has been a part of this wonderful journey of service!

ATMA FOUNDATION IS CERTIFIED AS A GREAT PLACE TO WORK

ATMA Foundation has been recertified this year as a Great Place to Volunteer!

The certification, based on an in depth survey of our employees and volunteers, is given by Great Place To Work, an agency that assesses employee satisfaction and workplace culture in organisations across the globe.

We were first certified in February 2024, which we have now renewed after a fresh survey.



What we do

All ATMA initiatives can be broadly categorised into 5 verticals

Each vertical comprises of regular projects, campaigns, events and activities in that thematic area. However, these verticals often overlap, as we aim to achieve holistic impact.



EDUCATION

We empower communities through education, digital and financial literacy, promotion of arts, and legal aid. Our public campaigns, workshops and trainings reach out to diverse social groups.



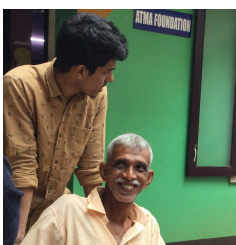
HEALTH & WELLNESS

Holistic well-being through through yoga training, counselling and community health initiatives like medical camps and nutrition.



ENVIRONMENT

Preserving and conserving the environment through biodiversity restoration, tree planting, and sustainable practices.



FAMILY & RELATIONSHIPS

Enabling meaningful relationships through Living in Harmony Campaigns, premarital trainings, parenting workshops, family counselling, and initiatives for supporting the elderly.

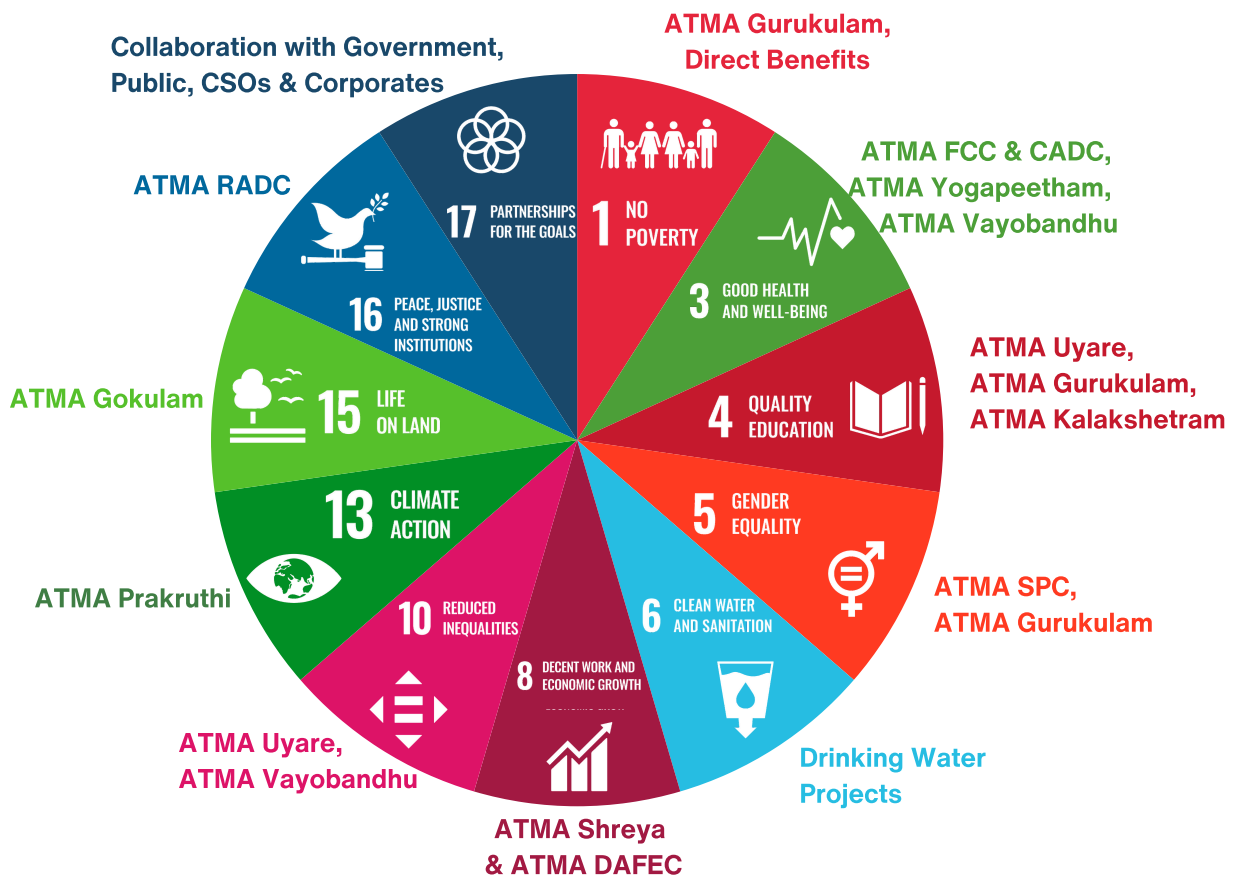


CAPACITY BUILDING

Fostering resilient and thriving communities and organisations through different initiatives for organisational development, initiating actionable research on social and psychological well-being,

SDGs we address

Our initiatives align with 11 of the 17 Sustainable Development Goals identified by the UN to achieve the vision of a better world by 2030



Communities we support

Through various need-based and innovative initiatives, we reach out to different social groups, including:





ATMA GURUKULAM

Located in Thrissur, Kerala, India, ATMA GURUKULAM is a residential facility that provides a safe and supportive home for girls who lack parental care or a stable family environment. The project focuses on providing a safe and nurturing home, as well as opportunities for quality education and holistic development, empowering the girls to build better futures. ATMA Gurukulam is registered as a Child Care Institution under the Juvenile Justice Act 2015, of the Govt of India, adhering to all procedures, protocols and compliance requirements as envisaged under the act.

NEEDS ADDRESSED

Above and beyond food & accommodation, ATMA Gurukulam focusses on education and holistic development of the girls, addressing their multifaceted needs. This includes -

- Lack of parental care and functional family environment.
- Limited or no access to quality education due to financial constraints.
- Basic needs such as safe shelter, nutritious food, and healthcare.
- Emotional insecurity and lack of consistent love and support.
- Limited opportunities for personal growth, skill development, and recreational activities.
- Need for guidance and support to become responsible and empowered social citizens.

APPROACH

ATMA GURUKULAM adopts a holistic and nurturing approach to address the multifaceted needs of the girls under its care. This involves:

◆ Home-like Environment

Providing a secure and loving residential facility that replicates the emotional support and security of a real home.

◆ Health Care

Ensuring access to nutritious meals, quality healthcare, regular yoga practice, and all basic necessities.

◆ Focus on Education

Facilitating enrollment and continued education in reputed schools and colleges, from primary to postgraduate/doctoral levels.

◆ Personalised Academic Support

Offering extra academic assistance, remedial sessions for learning disabilities, and spoken English classes to improve learning outcomes.

◆ Holistic Development

Providing opportunities for recreational activities, personal development programs, and extracurricular activities like dance, music, yoga, and computer classes.

◆ Value Education

Instilling strong moral values, promoting social responsibility, and providing emotional and psychological support through regular value-based sessions.

◆ Exposure and Enrichment

Facilitating participation in camps and workshops to broaden their horizons.

◆ Empowerment for Active Citizenship

Encouraging civic engagement and voting by senior girls. We also facilitate the provision of Aadhaar cards and voter IDs for all our children

◆ Skill Development for Future Careers

Facilitating vocational training and internships to enhance employability.

◆ Personal Mentoring

Regular mentoring support by professionals and trained ATMA volunteers for personal and career development

ACTIVITIES & ACHIEVEMENTS

The following activities and achievements highlight the work undertaken at ATMA GURUKULAM in the past year

Education

Continued support was provided for the girls' education across various levels. The complete expenditure for their education - including admission fees, tuition fees, examination fees, travel expenses, uniforms, books, entrance coaching, hostel fees etc - has been borne by ATMA Foundation.

- Ms Reshma P P has gained admission for Bachelors in Education (B Ed) at St Mary's College, Thiruvalla, after completing her Masters in Malayalam.
- Ms Laya C gained admission for the MSW course at Vimala College, Thrissur
- Ms Saranya S joined the BNYS course (Bachelor of Naturopathy & Yogic Sciences) at the SDM College of Naturopathy & Yogic Sciences Ujire, Dharmasthala, Karnataka.
- Ms Reshma V was enrolled for the *Prakshastri* course at the Central Sanskrit University, Guruvayur Campus, Thrissur, Kerala



Ms Sreelakshmi P R

Congratulations!

Qualified for the Junior Research Fellowship in Social Work. She is currently a PhD scholar at Central University of Kerala, Kasargode.

Academic Support

Extra tuition, remedial sessions and spoken English classes were provided regularly to enhance academic performance.

Digital Skills Enrichment

The children were given special computer classes at the ATMA DAFEC - Apni Pathshala live pod to enhance their digital skills and make them future-ready.



Extracurricular Activities

- Regular classes in Bharatanatyam and classical music are conducted by expert teachers.
- The children attended a live-orchestra Bharatanatyam concert by a young artiste. The occasion was also graced with the presence of senior artistes, whose talks inspired the children and gave them insights into the rich traditions of Indian Classical Dance. They also attended the ATMA Bharateeyam Dance Festival for 3 days.
- The children participated in different sports and arts competitions, and achieved recognition.
 - Ms Rubisha: Second prize in the 4x50m relay and Tamil recitation at the school level Sports & Arts Festival of Sree Sarada Girls' Higher Secondary School, Thrissur
 - Ms. Anupriya M.P.: Second prize in the district level of the State yogasana championship organised by Palakkad District Yogasana Association, held at St. Mary's College, Thrissur.
 - Ms. Chinchina A.R: 3rd prize in a short video making competition in Yoga, conducted by the Ayurveda Medical Association of India (AMAI), Palakkad District, in connection with their 45th District Conference.
 - Ms. Reshma V: Represented the Central Sanskrit University, Guruvayur Campus, in the district sports competition.
 - Ms Laya C: First prize in the gender Based Quiz Competition, organized by the District Kudumbashree Mission, the Women Empowerment Mission of the Govt of Kerala. She received the certificate from Sri Arjun Pandiyan IAS, Hon District Collector of Thrissur.



Camps & Workshops

- All children participated in the 'Smart Camp' organised by ATMA Foundation during the summer holidays. This was a two-week program combining fun and learning through different activities, involving children from local communities in Thrissur. They also attended the Art Intensive workshop for Bharatanatyam, Carnatic Vocal and Drawing, during this period
- Two senior children, Ms Athira and Ms Anupriya, and the house mother Ms Kowsallya participated in the 26-day training programme on environment-friendly mushroom cultivation, organised by the Entrepreneurship Development Institute of India. The training was conducted at the ATMA Foundation Hall at Paliyam Road, Thrissur from 19th November to 20th December 2024.
- Ms. Anija participated in the 3-day residential camp organised as part of the Program for Promotion of Education and Leadership (PROPEL) an initiative of Swami Vivekananda Medical Mission, Attappady, Palakkad District, Kerala, for tribal children from Attappadi, with a vision of enabling them to become social leaders within their communities, all while remaining rooted in their own culture and values. She is one among the 19 tribal children chosen for this project.

Internships & Placements

The ATMA team actively supports and encourages our senior girls to take up internships which help them gain professional expertise. These internships are often outside their college curriculum requirements, and are taken up purely as an extra means of professional development.

This year, we were able to secure internships to three of our children:

- Ms. Saranya S completed a one-month internship at Gandhiji Naturopathy Hospital, Thrissur, Kerala, before joining the BNYS course at SDM College, Ujire.
- Ms. Anupriya M.P, a student of BVoc (Bachelor of Vocational Education) Multimedia, has joined for a 6-month internship at C-Design, a global multimedia company in Thrissur.
- Ms. Athira A R has joined as a trainee in the accounts and administration department at the office of Balaram & Nandakumar, a Chartered Accountant's Firm in Thrissur, Kerala.

Civic Engagement

5 girls, who were above the age of 18, exercised their right to vote in the Lok Sabha Election in April 2024.

Celebrations & Outings

- The children were taken on a trip to visit the Aranmula Temple in Kerala, to take part in the famous 'Aranmula Vallasadya'. They enjoyed seeing the famous snake boats of Kerala coming across the Pampa river, and actively participated in welcoming the boatmen through traditional 'vanchipaattu', followed by a feast consisting of 63 items.
- The children were taken on day trips to movies, restaurants and the flower show
- Festive occasions like Vishu, Onam, Navaratri, Christmas and New Year were celebrated with get togethers of the ATMA Family, along with cultural programs and traditional activities. Activities were also organised on days of national importance, Independence Day, Children's Day, International Yoga day etc - like flag-hoisting, learning and singing patriotic songs, poster making, cultural programmes and special yoga sessions.
- Each child's birthday is celebrated by singing a birthday song in sanskrit, composed by Swami Tejomayananda, former head of Global Chinmaya Mission. A traditional feast (sadya) with sweet dessert (payasam) is prepared and served on plantain leaf to all children.



ATMA UYARE

Launched in August 2020, the Uyare Project has been instrumental in providing equitable educational opportunities to underprivileged children across Kerala, particularly those residing in Child Care Institutions (CCIs). Through live online classes led by volunteer teachers from around the world, Uyare offers curriculum-aligned instruction in core subjects, including English and Mathematics.

* In the academic year 2024-25, ATMA Uyare conducted an impressive total of 500 online sessions,

* These sessions were held for 295 students across 20 Child Care Institutions (CCIs) and were facilitated by a dedicated team of 21 teachers.

20

Institutions

295

Children

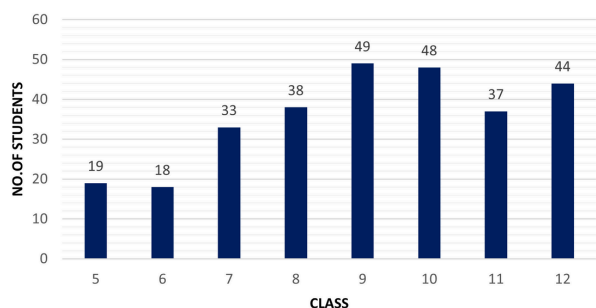
500

Sessions

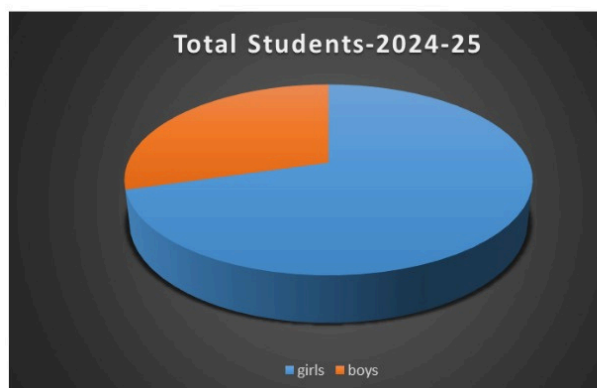
30

Volunteer Teachers
& Coordinators

Class-wise number of students



Total Students-2024-25



* The initiative also provides essential resources such as educational kits and nutrition packs, addressing both academic and nutritional needs.

* Over the past five years, Uyare has positively impacted nearly 700 children from 40 CCIs, fostering academic improvement and aspirations for higher education and future careers.

5

Years

40

Institutions

700

children

SCHOLARSHIPS

With CSR support from IDBI Bank, 100 socio-economically disadvantaged students across Kerala's 14 districts, were given scholarships. These students, all from government schools and studying in classes 8 to 12, received financial assistance of ₹5,000 each to support their educational needs.

100

Scholarships

₹ 5 Lakhs

total worth

SCHOOL KITS

As part of Uyare's material support initiative, 159 children from 9 child care institutions were provided with notebooks, pencils and other essential school accessories. The materials were handed over to CCI authorities at a function on 27th May 2024.

159

School Kits

9

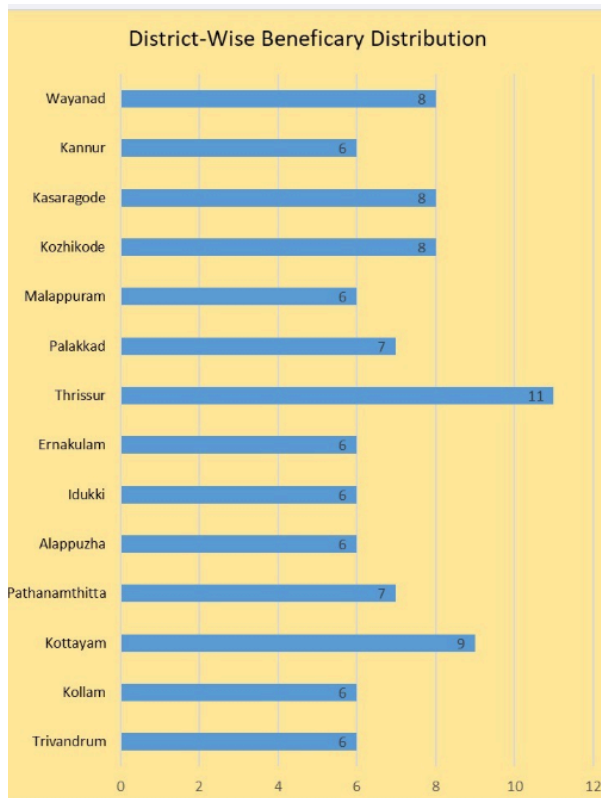
Child Care Institutions

ONLINE CLASSES

During the 2024–25 academic year, ATMA Foundation conducted regular online classes for students from 5th to 12th standards across Child Care Institutions (CCIs) in Kerala. These sessions were led by expert volunteer teachers from various parts of the world and were aligned with the school curriculum for each grade. The initiative aimed to bridge educational gaps and provide consistent academic support to underprivileged children.

BRIDGING GAPS

Regular foundational classes in English and Mathematics were conducted for upper primary and high school students, along with Communicative English sessions for higher secondary students. These programs aim to strengthen essential academic skills, bridge learning gaps, and build students' confidence, thereby preparing them for future academic challenges.



SMART CAMP

The 'ATMA Smart Camp' was organised for children during the summer holidays, at 3 venues - Thrissur, Kolazhi & Palakkal. The camp, with a participation of 64 children aged 5 to 15 years, consisted of fun 'n' learn sessions, computer classes as well as art intensives for music, dance, drawing and craft.

- * The camp concluded with a grand closing ceremony on May 27th at the Neeranjali Hall, Thrissur.
- * Ms. B Geetha Rani, retired principal, Government Music College, Thrissur, and Principal, Chinmaya Kalamandir, Thrissur inaugurated the function.
- * There were cultural performances as well as an Art & Craft exhibition by the camp participants.
- * Gifts and participation certificates were distributed to all participants, teachers and coordinators.



FIELD TRIP

On May 22nd 2024, over 60 children from ATMA visited Inker Robotics in Thrissur. The students engaged in interactive sessions exploring robotics and artificial intelligence, gaining practical insights into emerging technologies.

SITE VISITS

In June 2025, the ATMA team visited 11 Child Care Institutions (CCIs) in Thrissur. These engagements provided an opportunity for the team to interact directly with the children and hold discussions with CCI authorities. Such visits are integral to ATMA's commitment to understanding the unique needs of each institution, ensuring that their educational and developmental programs are effectively tailored and implemented.

CAPACITY BUILDING

An online session was held on July 5th for the authorities of Child Care Institution (CCI) authorities, with participation from 26 CCIs. The session focused on enhancing collaboration and aligning efforts to support the educational and personal growth of children under care.

A peer-learning session was organised on July 19th, bringing together the mathematics educators in the Uyare team to discuss strategies for improving mathematical proficiency among students.



ATMA DIGITAL & FINANCIAL EMPOWERMENT CENTRE

ATMA continues to lead the way in digital literacy and skill development, ensuring individuals from all walks of life are equipped to navigate the digital world with confidence. Through various training programs and workshops, we have empowered students, entrepreneurs, and communities with essential computer and financial skills.

EMPOWERING STUDENTS THROUGH DIGITAL EDUCATION

- * 91 new students were enrolled at the ATMA Digital Learning Pod at Thrissur, including children, women & senior citizens.
- * They were provided computer courses ranging from 1 month to 1 year, as per their needs. The courses ranged from basic MS Office and Internet to Coding & Designing.

480

persons

completed digital training courses

815

persons

attended financial literacy sessions

SCHOOL OUTREACH

Many schools lack adequate facilities and specialized teachers to teach digital skills. To address this, ATMA has commenced a system of temporary digital labs with laptops in these schools throughout the year. This initiative enables students to learn the basics of digital skills, including coding and other essential digital competencies.

The schools which availed this facility this year are -

- Namboothiri Vidyalayam Thrissur
- GUPS Olarikkara
- Gurudev Vidyanikethan, Puthur



3

Schools
hosting temporary labs

38

Days
of Classes

389

Children
learn digital skills

APNI PATHSHAALA

ATMA DAFEC runs a live pod of Apni Pathshala- which is a pan- India initiative for enabling digital education.

ATMA DAFEC has been a tier-1 pod of Apni Pathshala, and one of our students, Ms Vedika of Grade 6, won the 'Apnipathshala Content Champion' Award. She was awarded a Selligion Praho Desktop PC by Apnipathshala & Selligion.



FINANCIAL LITERACY

Sessions on financial literacy were conducted across multiple locations- Vadanapilly, Pavaratty, Chalakkudy, Mala, Poyya, Aloor, Vallatholnagar, Kondazhi, Ollukkara, Anthikad, Panambilly Anganwadi, Olarikkara, Nadathara, and Eravimanagalam. These sessions focused on: financial management, digital transactions and online security.

A total of 815 individuals benefited from these sessions.

SPECIAL INITIATIVES

Mobile Pod

A special camp was organized in Pamboor in collaboration with the GSS Library, focusing on digital empowerment for children. 35 children participated in hands-on interactive sessions conducted in the ATMA Mobile Pod, a unique mobile learning space designed to make digital education more exciting and effective. The novelty of the mobile pod captivated the children, creating a memorable learning experience.



Digital Skills for Entrepreneurs

Recognizing the importance of digital skills for business growth, ATMA launched a special computer training course for women entrepreneurs. The program received an enthusiastic response, with over 15 participants successfully completing the course. This initiative empowered entrepreneurs with practical knowledge and technical expertise, enabling them to leverage technology for business expansion.



Summer Classes

During the summer vacation, ATMA organized free computer classes for children, giving them an opportunity to learn and enhance their digital skills. The program saw an overwhelming response, with 50+ children attending daily. This initiative aimed to make technology education accessible and engaging, fostering early digital literacy in a fun-filled environment.



ATMA SPC SERVICE PROVIDING CENTRE

The ATMA Service Providing Centre (SPC) is a project by the Department of Women & Child Development, Government of Kerala, run by ATMA Foundation.



- * It provides free legal aid and counseling to women affected by domestic violence, in alignment with the Protection of Women from Domestic Violence Act of 2015.
- * Located at the premises of Vinayaka Ayurvedic Hospital, Palakkal, the focus area of ATMA SPC is the Cherpu Block in Thrissur District.

LEGAL AID

10 women supported

Awareness Classes

17

Number of participants

324

LEGAL AID & CASE MANAGEMENT

The SPC provided legal support and intervention in 10 cases related to domestic violence over the year. 3 were resolved through mediation, and the DIR was filed for 1. The remaining 6 cases are ongoing.

EDUCATIONAL AND AWARENESS PROGRAMS

In addition to offering legal aid, ATMA SPC conducted awareness classes and workshops for women as well as school and college students. These sessions provide knowledge about the Domestic Violence Act, Protection of Children from Sexual Offenses (POCSO) Act and the POSH Act (Prevention of Sexual Harassment). This year, 17 sessions were conducted, benefitting 324 persons. These sessions included workshops at Anganwadi centers in four grama panchayats, for teachers, helpers, and community women; nine training sessions for student interns from across India, and legal awareness classes to students at four educational institutions - Buds School Paralam, Little Flower College Guruvayur, St. Thomas College Thrissur, and Jubilee Mission Medical College and Research Centre Thrissur.

ATMA FCC FAMILY COUNSELLING CENTRE

ATMA has been providing counselling support and guidance, totally free of cost, under the able guidance of Sri C K Suresh, founder and director of ATMA, himself an experienced counsellor.

ATMA CADC CHILD & ADOLESCENT DEVELOPMENT CENTRE

Functioning since 2012, the ATMA CADC is a one-stop centre for children and adolescents with behavioural and learning difficulties. It provides remedial sessions, counseling & referral services.

Outreach

On 28th July 2024, Ms Sangeetha and Ms.Ayana from ATMA Foundation conducted Life Skills sessions for the students of Gurudev Vidyanikethan, Puthur, benefiting 200 students.

Capacity Building for Educators

As part of the CADC project, ATMA Foundation also organises capacity building initiatives for educators. This year, a workshop titled "The Empowered Teacher" was conducted by ATMA Foundation on July 27, 2024, at YWCA Hall, Thrissur. It was attended by more than 50 teachers from 15 educational institutions. The event was inaugurated by eminent educator Sri. Ajithkumar Raja. Sri. M K Ramachandran, President, Thrissur Sahodaya, offered felicitations. Expert sessions were led by Dr. Bindu M P, Dr. V Bindu, and Sri CK Suresh on the topics "NEP 2020 - Be the Change Agent," "Bringing Credit System to Schools," and "Personal Empowerment for Professional Effectiveness." The participants gained new insights on how they can prepare themselves to align with the new systems and needs.

Guidance &
Counselling for

72

Families & Children

Capacity Building for

50

Educators

Lifeskills Training for

200

Children



ATMA SHREYA



ATMA Foundation launched the new project ATMA Shreya in 2024 March, with a one-day workshop on entrepreneurship development for women. This year, the project has achieved significant milestones in qualitative and quantitative terms.

TRAINING IN MUSHROOM CULTIVATION

ATMA Foundation organised a 26-day training programme on environment friendly mushroom cultivation, under the aegis of the Entrepreneurship Development Institute of India, during Nov-Dec 2024. The training was held at two locations - at the ATMA Foundation Hall at Paliyam Road, Thrissur from 20th Nov 2024 and at Nila Seva Samithi Thannal Mathrusadanam, Mayannur from 26th Nov 2024. 90 women participated in the training.

More than 50% of the participants took *Udyam* registration after the completion of the course, and have started mushroom cultivation on their own.

ATMA Foundation continues to handhold and mentor the participants to enable them to grow in their business. Follow-on sessions are being held for their continued business development. A session by Sri Sebin Antony, DGM, NABARD was organised where the entrepreneurs got information about various schemes of NABARD. A course on 'Digital Skills for Entrepreneurs' was organised at ATMA-DAFEC in Feb-March, to help them gain the digital skills required to market and develop their business.

DISTRIBUTION OF ELECTRIC AUTOS

ATMA Foundation, with the CSR support of Hykon India Ltd, distributed electric auto rickshaws to 5 women auto drivers.

The beneficiaries were chosen based on parameters like their current financial situation, lack of support from other family members, their experience in driving auto rickshaws, their readiness to help others in need etc.

To ensure that their financial situation improves through this initiative, ATMA Foundation continues to support them through -

- Financial counselling on matters related to savings, closing of loans, insurance, digital banking tools etc
- Connecting them to potential regular clients by connecting them to other ATMA initiatives like Vayobandhu



90

Women Trained in
Mushroom Cultivation

67

Women provided
subsidised two wheelers

5

Women drivers given
electric- autorickshaws

SUBSIDISED TWO-WHEELERS

As part of the 'Women on Wheels' initiative of the National NGO Confederation, ATMA sourced two wheelers to 67 working women at 50% subsidy. It was a dream come true for many women who were struggling to find the financial resources to get a two wheeler, which would greatly ease their travel difficulties and enable them to utilise their time more efficiently.



ATMA VAYOBANDHU

ATMA Vayobandhu is envisioned as a helpline for senior citizens, supporting them in routine activities like hospital or doctor visits, digital tasks, household needs, Shopping/ travel, etc. The programme would also offer facilities for emotional support/ counselling, as well as promote healthy socialisation through small pleasure trips, workshops & gatherings and other social inclusion activities. The facilities would be offered in collaboration with suitable agencies like hospitals, home nursing services, etc.

This year, the focus has been on registering senior citizens who would like to take benefit from the Vayobandhu programme, and on onboarding service providers who can offer special support for them. As on 31st March 2025, the registration has crossed 500, and 30 plus service providers have been identified.



As part of the Vayobandhu project, ATMA also organizes monthly trips for senior citizens and families, providing them with opportunities to visit places of interest, relax, and socialize. These trips bring joy and enrichment to participants by fostering companionship and shared experiences.

This year's Yatra included visits to significant cultural and spiritual sites in Thripunithura, such as Hill Palace, Poornathrayeesa Temple, and Chottanikkara Temple. Participants also enjoyed a pleasure trip to Snehatheeram Beach in Thalikkulam. Additionally, the ATMA Vayobandhu team embarked on a memorable journey to Thiruvullakkavu Temple, Peruvanam Temple, and Thayamkulangara Temple

ARANMULA VALLASADYA

A very memorable trip was organised as part of the ATMA Vayobandhu project, enabling senior citizens to take part in the culturally significant Aranmula Vallasadya. ATMA Family collectively made an offering of the renowned Vallasadya, a traditional feast to Lord Parthasarathy at the iconic Aranmula Parthasarathy Temple, on September 28th. The ceremonial procession, accompanied by energetic renditions of 'Vanchippattu', added to the spiritual ambience. The 'Vallasadya' was reverently served to the deity, with 64 traditional items, showcasing the rich culinary heritage of Kerala. This ritualistic feast symbolizes the community's gratitude and devotion to Lord Parthasarathy, seeking his blessings and protection. 129 members of ATMA Family, participated in the ceremony.





ATMA YOGAPEETHOM

ATMA Yogapeethom is an endeavour to promote the learning and practice of yoga to attain holistic well being. The activities of ATMA Yogapeethom include regular classes, practice sessions, awareness sessions and special programmes.

- * On June 21st, International Yoga Day, ATMA collaborated with the NCC unit of FISAT Angamaly, to conduct a yoga session at the FISAT auditorium. The session, led by expert trainer Sri Anil Kumar P, was attended by over 100 persons including NCC cadets of FISAT and members of a neighbouring community group. A yoga dance was also performed by Ms. Saranya S and Ms. Anupriya M P of ATMA Gurukulam.
- * On 23rd June, ATMA Foundation organised a session by Dr.Reni M K, Medical Officer, Yoga & Naturopathy Department, Ayurveda Hospital, Thrissur. The interactive session, attended by over 50 persons, helped the audience to gain a deeper understanding about Lifestyle and Health, based on the concepts of Naturopathy and Yoga.
- * In December 2024, a new batch of yoga classes began at the ATMA Yoga Hall, Thrissur.
- * A month-long yoga programme was also introduced for all the employees of ATMA Foundation, in order to improve their health and wellness.



ATMA KALAKSHETRAM

ATMA Kalakshetram is an endeavour to promote and popularise art as a culture, encouraging people of all age groups to understand, appreciate and learn them, as a means to achieving inner peace and harmony.

REGULAR CLASSES

In 2024-25, Bharatanatyam and Carnatic classical music classes were regularly conducted at the ATMA Centres in Kolazhi, Palakkal and Puranattukara. 40 plus students are benefitting from these classes.



ATMA BHARATEEYAM

ATMA Bharateeyam, the Indian Arts Fest, was organised by ATMA Foundation with the support of the Ministry of Culture, Govt of India, under its Cultural Function and Production Grant Scheme.

Two phases of ATMA Bharateeyam have been completed from January to March 2025 - Live orchestra performances by eminent artistes, as well as campus performances by upcoming artistes. The third phase, a workshop session for art enthusiasts, will be conducted later this year.



INAUGURATION

on 10th January 2025 by
Sri Vidyadharan Master
renowned Composer

10th Jan 2025

LIVE PERFORMANCES BY EMINENT ARTISTES

@ TGSM Saraswathi
Vidyanikethan, Thrissur



Mizhavu Melam

Kalamandalam Vivek,
Kalamandalam Athul,
Kalamandalam
Harikrishnan,
Kalamandalam Abhishek,
and Kalamandalam
Abhimanyu - accompanied
by Kalamandalam Suhas K
Menon (Valanthala),
Kalamandalam Akash
(Valanthala), Kalamandalam
Abhijith Pillai (Thalam) and
Kalamandalam Nandhu
(Thalam)



Nrithasamanvayam

Ms Sumayya, Ms Arya, Ms Gagana, Ms Athulya,
Ms Sreelakshmi Marar, Ms Devika, Ms Devika
Unni, Ms Jayalakshmi, Smt Kalamandalam
Sangeetha Prasad (Nettuvangam),
Kalamandalam Sagar Das (Vocal),
Kalamandalam Sreeraj (Violin), Kalamandalam
Sreenath (Flute), and Kalamandalam Vivek
(Idakka)





11th Jan 2025

Bharatanatyam

Kalakshetra Neethu P,
Kalamadalam Aparna Prakash,
Dr Libin Benny, Ms Lakshmi
Suresh, Ms Unneema P U,
Ms Arathy Sunil, Ms Theertha P S,
Ms Sandra S Nair, Kalakshetra
Raghi Satheesh (Nettuvangam),
Gayathri Suresh (Vocal),
Kalamandalam Sreerang
(Mridangam) and Thrissur
M Shyam Kalyan (Violin)

12th Jan 2025

Kathak

Ms Deepa Kartha,
Ms Parvathy Anoop,
Ms Vandhana Nair, Ms Jahnvi
Halder, Ms Renu Kuriachan,
Ms Niranjana Sajikumar,
Ms Nikitha Natarajan (Vocal),
Sri Ganesh Bareth (Pakhwaj),
Ms Retnasree Iyer (Tabla),
Ms Sreeja Rajendran (Sitar)
and Ms Bhadrapiya (Flute)

The second phase of ATMA Bharateeyam had a dual purpose - to promote understanding and appreciation of Indian art forms in the campuses, as well as to provide an opportunity for upcoming artistes to perform. A series of lecture demonstrations were conducted at different campuses, featuring young artistes.



* The interactive nature of the lecture demonstrations allowed attendees to engage with the artists, gaining insights into the history, techniques, and aesthetics of these art forms.

* A special bharatnatyam recital was organised at Neeranjali Hall, Thrissur, on March 1st, for ATMA well wishers, volunteers and the public

**CAMPUS
PERFORMANCES**

Lecture
Demonstrations
by upcoming
artistes

5

campus
sessions

1

public
session



Sree Sharadha Girls HSS, Puranattukara

Mohiniyattam by Ms **Gayathri Padmanabhan**



St. Mary's College, Thrissur



Mohiniyattam by Ms. Manjumol C S



Central Sanskrit University,
Guruvayoor Campus

Koodiyattam by Ms. Kalamandalam Sreelakshmi,
Kalamandalam Harikrishnan, and Kalamandalam Shyamjith



RLV PrajithK P (Bharatantyam), Ms Nimisha (Kuchipudi) and Kalakshetra Ragi Satheesh & Ms Unneema P U (Bharatanatyam) at Vaidyaratnam Ayurveda College Ollur, M D College Pazhanji and Chinmaya Mission Neeranjali Hall, respectively.



ATMA PRAKRUTHI

The organisational culture of ATMA has always been one of Harmony - be it within oneself, or with the world outside. Now, ATMA is extending this thought into visible projects to restore the harmony of our environment.

FIRMENICH BIODIVERSITY RESTORATION PROGRAMME (FBRP)

With the CSR support of Firmenich Aromatics, ATMA has launched an afforestation and biodiversity restoration project in a plot of land over 1 acre in area, at Munnodi Devasthanam in Alappuzha. The first phase of the project was inaugurated on March 12th, with the planting of the Nakshatra Vanam, a sacred grove with trees linked to zodiac stars. By connecting nature with culture, we aim to ensure that environmental protection becomes a part of the community's fabric - reviving a concept that has always been at the heart of our tradition. Work is going on to create a fruit orchard and a Miyawaki grove in the assigned area, and restore the pond in the vicinity to ensure sustainable water resources.

ATMA GOKULAM

ATMA Gokulam promotes cattle rearing as both a cultural tradition and a sustainable economic activity. We are taking care of 3 cows in our Gurukulam. The cow dung is efficiently used as a bio-fertilizer to nourish our vegetable garden, supporting an organic and self-sustaining ecosystem.



ATMA RADC

RESEARCH & DEVELOPMENT CENTRE

The ATMA Research and Development Centre is the academic wing of ATMA Foundation. It promotes actionable research aligned with the different projects of ATMA Foundation, provides reporting guidelines, and identifies impact indicators.

Strongly committed to the future of the development sector, ATMA Foundation is deeply engaged in bridging the gap between academics and practice. With this view, ATMA offers internship opportunities for students of social work, social sciences and management.

This year, 84 students from 31 colleges have successfully completed their internship at ATMA. They pursue different courses like BSW, MSW, MBA, and PGDM at reputed institutions across India, including NMIMS (Mumbai), Amrita Vishwa Vidyapeetham Coimbatore, Central University of Karnataka, Dr. Harisingh Gour Vishwavidyalaya (Madhya Pradesh), Sree Dharmasthala Manjunatheshwara Institute of Management Development (SDMIMD, Mysore), as well as institutions within Kerala.

CAPACITY BUILDING FOR CIVIL SOCIETY ORGANISATIONS

ATMA Foundation organised a one-day workshop, "NGOs for the Future, " on July 13, 2024, at ATMA Foundation office, Thrissur, with the participation of 46 delegates from 29 Kerala-based voluntary organizations. Expert sessions were conducted by Sri. C K Suresh, Ms. Parvathy G, and Ms. Sangeetha N, focusing on relevant topics like legal compliance, technology adoption, social media, fundraising and resource mobilization. The workshop was a first step towards ATMA's commitment to strengthen the development sector in Kerala.

ATMA Foundation also provided training support for the Social Innovation Summit organised by Aavishkar LLP at Kadampazhipuram, Palakkad District, for capacity building and development of CSOs. The program was attended by 60 delegates from different CSOs and CBOs across Kerala.





ATMA SOCIAL IMPACT CONCLAVE

The first edition of the ATMA Social Impact Conclave 2025 was organized by ATMA Foundation at Thrissur from January 10th to 12th, 2025. It served as a confluence of stakeholders in the social development sector, including NGOs, students, teachers, CSR professionals, academia, development agencies, and policy influencers. The conclave was conceptualized as a platform for collaborative engagement, knowledge exchange, and capacity building to address the contemporary challenges facing Kerala's development landscape.

Keynote Speakers

Dr. R. Balasubramaniam

Member - HR, Capacity Building Commission, Govt of India and Chairman of the Social Stock Exchange Advisory Committee.



Sri Ravi Sreedharan

Founder & Director Indian School of Development Management, Noida



Setting the tone

Sri C K Suresh

Founder & Director, ATMA Foundation



Panel Discussions



CSR- Myth & Reality

- Dr. Anil Balakrishnan, Regional Head (South) Adani Foundation
- Sri Sunil Balakrishnan, Chief Values Officer and Global Head of CSR, UST
- Dr. V. Narayanan, Swami Vivekananda Medical Mission
- Sri T.R. Vijayakumar, Rotary International

Connect & Collaborate

- Sri Sebin Antony, DGM, NABARD
- Sri Arun Palasseri, CA, Wadhvani Foundation
- Dr Sreeram Shankar, Deseeya Seva Bharathi, Keralam
- Ms Dhanya Ravi, Disability Evangelist
- Sri Sagar Tiwari, Apni Pathshaala



Mental Health & Psychiatric Social Work: a Kerala Perspective

- Dr Manoj Kumar, Founder & Clinical Director, MHAT
- Smt Vidhubala, Mind & Wellness Expert
- Dr Deepa Deepak, Psychiatrist
- Sri C K Suresh, Director, ATMA

Master Classes



Sri Narayanan Krishnan

Income Tax Officer

Compliance for CSOs



Sri Arun Palasseri

CA, Wadhvani Foundation

FCRA



Sri Sebin Antony

DGM, NABARD

Social Stock Exchange

Master Classes



Smt Sindhu Nambiath

Development
Consultant, Noida

Fundraising Landscape



Dr Shubhitha Menon

Social/
Communication Expert

Government Schemes



Dr Anish K R

Associate Professor,
Rajagiri College, Kochi

**Social Work: Academics
to Practice**



Sri Kalesh K K

Digital Media
Professional

Digital media for Nonprofits



Sri Sreekanth Avanav

Technology &
Software Professional

Technology for Nonprofits



Dr Andrea Vincent

Research Head,
Co-Guide

Monitoring & Evaluation



Ms Parvathy Ganesan

Social Impact
Assessor

Impact Assessment

Paper Presentations

Ms Thanu Sonpali

Fellow, Sewa
International

**Transformative Role of
Volunteerism**



Ms Arya Das

Madras School of
Social Work

**Inclusive Workplace in
Development**

Special Thanks



Our sincere gratitude to NCC Battalion of Federal Institute of Science & Technology, Angamaly, for their volunteering support!

Special Event



Distribution of electric autos to 5 women auto drivers during the inaugural session of the conclave, in the presence of Hykon CMD Sri Christo George. The electric autos were sponsored by Hykon India.

Glimpses



CAMPAIGNS

LIVING IN HARMONY

Living in Harmony is a practical philosophy for happy living developed by ATMA Founder Sri C K Suresh, based on his experiences and insights in management, psychology, spirituality, counselling and social work. It consists of simple attitude changes and perceptual shifts for powerful transformation. ATMA Foundation organises talk series, short sessions, family harmony workshops and harmony meditation training as part of the Living in Harmony Campaign.

In 2024-25, Sri C K Suresh delivered 4 sessions based on Living in Harmony - at the Fluid Control Research Institute (FCRI), Palakkad, the Madhwasabha at Raghavendra Bhajanamadom, Punkunnam, the Souharda Street residents' association, Kolazhi, and at Amballur. Over 350 families benefited from these sessions.

WE CARE FOR WOMEN EMPOWERMENT

As part of International Women's Day celebrations, on 8th March 2025, ATMA Foundation's MSW interns from different colleges organised an awareness campaign on Women Empowerment. Through the medium of flash mobs and street plays, they endeavoured to educate the public about the challenges that women are still facing, various support mechanisms available and the society's responsibility towards women. They conducted the campaign in four venues in and around Thrissur Corporation.



EC INITIATIVES

ATMA Foundation conducts various training programmes termed 'EC' Initiatives, which aim to empower participants and cultivate compassion, aligning with their motto "*Aathmano Mokshaaya Jagath Hithaaya cha*" (Self-realization for the benefit of the world). These initiatives encompass workshops, talks, and training sessions tailored for diverse groups. Sri. C.K. Suresh, Director of ATMA Foundation, has been actively involved in delivering these impactful sessions.

In 2024-25, 11 such sessions were conducted, benefitting 1500 plus participants - adolescents, teacher and parents.

- * EC Adolescence: 5 sessions were conducted on Adolescent Empowerment, Career Guidance and Achievement Motivation benefitting 1000 plus students at the Sreedevivilasam Hindumatha Convention Trust (Chettikulangara Bhagavathi Temple), TGSM Saraswathi Vidyanikethan School, Udayanagar, Chinmaya Vidyalaya, Kolazhy, and Bharatiya Vidya Bhavan, Thripunithara.
- * EC Teacher: 15 teachers from Brahmaswom Madom, Thrissur were given guidance on addressing the challenges faced by adolescents in contemporary times.
- * EC Parent: A parenting session was held at Gurudev Vidyanikethan, Puthur, benefitting 150 participants.



- * Counselling Skills Training: Sri C K Suresh was the chief faculty for a session on 'Counseling skills' organized by the District Child Protection Unit, Thrissur, at Costford, Ayyanthole on September 4th. The program benefited 75 school counselors.
- * EC Women: A program on "The Power of Together: Effective Team-Building Strategies" for women empowerment was conducted at S.N. College, Nattika, organized by the Women's Cell. 90 women participated.

HEALTH

- * As part of our Community Health initiative, an awareness session on "Health, Nutrition, and Associated Diseases" was held at Prateeksha Anganwadi near Thiruvambadi Temple, in collaboration with Rajagiri College of Social Sciences, and led by Dr. Minisha Rahiman from Jubilee Mission Medical College.
- * ATMA Foundation, in association with the Social Work Department of MD College, Pazhanji organized a Community Outreach Program on Solid Waste Management. Ms. Subhitha Menon, Social & communication Expert of Kerala Solid Waste Management Project, led the session, highlighting the importance of proper waste management and students' role in sustainability.
- * Financial support was provided to an aged and unmarried lady for cataract surgery.
- * The infrastructure work for the ATMA Ayush Health Centre at Kolazhi has been completed. This project, with the CSR support of C H Robinson, is to be inaugurated in April 2025.



VOLUNTEER DEVELOPMENT

FAMILY GETTOGETHER

The ATMA monthly family get togethers were held every month as usual, providing a platform for ATMA well wishers and volunteers to interact with each other and to discuss the different initiatives of ATMA Foundation.

CELEBRATIONS

Festivals like Onam, Vishu, Diwali & Christmas became occasions for bonding and team building with the ATMA Family celebrating the occasions together, along with our children of ATMA Gurukulam.



RAISING DAY

The 19th Raising Day of ATMA Foundation was celebrated on 7th May at Neeranjali Hall, Thrissur. A detailed report of the past year's activities was presented. There were performances by the children of ATMA Gurukulam and ATMA Kalakshetram. A colourful handwritten magazine titled "*Penem Pencillum*" (Pen & Pencil) crafted by the children of ATMA Gurukulam, was also released on the occasion. The occasion was graced by the presence of over 150 ATMA volunteers and well wishers. Sri C K Suresh, Founder-Director of ATMA, gave the Raising Day message.



VOLUNTEERS' CONCLAVE

Committed to the training & development of our volunteers, ATMA Foundation conducted two workshops for Volunteers this year. The half-day workshop on May 27th 2024 at the ATMA Training Hall covered areas like monitoring and impact assessment. The second, on March 23rd 2025 at the Engineers' Hall, Chembukkavu, Thrissur, was a full day event, which provided a platform for volunteers to review past efforts, plan future initiatives, and strengthen team dynamics. Both workshops were attended by 40 plus regular volunteers.



DINE 'N' CONNECT

In celebration of the registration of ATMA Foundation on the Social Stock Exchange, ATMA Foundation organised a Charity Dinner, 'Dine n Connect' on 6th February 2025 at Hotel Pearl Regency, Thrissur. The event was attended by over 120 well-wishers, volunteers and donors of ATMA Foundation. The event highlighted our journey, key initiatives, and impact while sharing our vision for the future. Former Central Minister Sri V. Muraleedharan graced the occasion and felicitated the ATMA Family.



CAPACITY BUILDING

C K Suresh, Director, and Parvathy G, ATMA Volunteer, attended the 3-day training programme on Social Stock Exchange & Impact Assessment organised by the National Bank for Agriculture & Rural Development (NABARD) at the Bankers' Institute of Rural Development (BIRD), Mangalore, from 22nd- 24th April 2024.



Sri C K Suresh, Ms Parvathy G and Ms Sangeetha N participated in the workshop on Accelerating Social Impact with Social Stock Exchange, organised by the National Stock Exchange on 5th October at Kochi. The workshop offered deep insights on how the Social Stock Exchange can benefit Non Profit Organisations.

ACHIEVEMENTS

Dr Sangeetha N



ATMA Foundation organised a special programme to felicitate Dr. Sangeetha N, a dedicated ATMA Foundation volunteer for over 15 years, for achieving her doctoral degree in Social Work. Dr G Mukundan, Director, Chinmaya Vidyalalya, Kolazhi and Dr V Ramankutty, former President of Chinmaya Mission, Thrissur, Were the guests of honour. The event, conducted at Neeranjali Hall, Thrissur, on 1st March 2025, was attended by over 150 ATMA well-wishers and other dignitaries, along with Ms Sangeetha's family.



Smt Sreedevi Haridas

Smt Sreedevi haridas, long-time ATMA volunteer and the learning disability remediator of ATMA Child and Adolescent Development Center, has written a book titled 'Parenting with Purpose'. The book, based on her long experience in supporting children with learning difficulties, has been published by Green Books, Thrissur. It was released during the inaugural function of the ATMA Social Impact Conclave on 10th January 2025. Renowned Musician Sri Vidyadharam Master received the first copy from Sri C K Suresh, Director, ATMA Foundation. Smt Sobha, Editor, Greenbooks, introduced the book.



Sri C K Suresh

Sri C.K. Suresh, Director of ATMA Foundation, was honored by Sourakshika, Thrissur, for his outstanding contributions to society.

Ms Parvathy G

Ms Parvathy G cleared the Social Impact Assessors Certification Examination offered by the National Institute of Securities Markets. She has also registered with the Institute of Social Auditors of the Institute of Company Secretaries of India (ICSI - ISA) and has now become a SEBI-empanelled Social Impact Assessor.

Newsletter

The official Monthly Newsletter of ATMA Foundation, 'Harmony', launched in January 2021 is continuing till date. 12 issues of Harmony were brought out in 2024-25. The newsletter is shared online with all ATMA wellwishers, to give them updates on the news and events at ATMA during the previous month and on upcoming programmes.



ATMA in Social Media

ATMA Foundation was able to increase its presence in various social media platforms. We have an active instagram page and have also strengthened our presence on youtube, Facebook, twitter and linkedin.

ATMA TEAM

Managing Trustee

C K Suresh

Harmony Mentor, Trainer & Counsellor with over 40 years' experience in creative social interventions. Held leadership positions in social and cultural organisations. ICSI certified CSR professional.

<https://in.linkedin.com/in/cksuresh>

Board of Trustees

- Reghunandanan T M
- P K Krishnankutty
- Radhika Krishnan
- Parvathy G

Managing Committee

- Radhika Mohan
- Sangeetha N
- Sivadas C G
- Anil Palakkath
- Ramachandran V
- Rema Sunilkumar
- U S Mohanan
- Anoop K Mohan

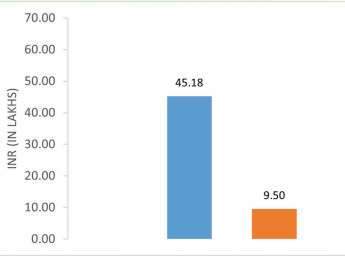
FINANCIALS

Sources of Funds

■ FY 2024-25

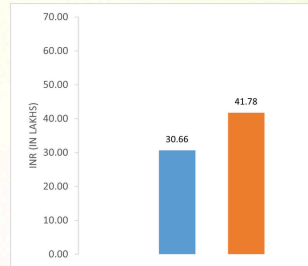
■ FY 2023-24

Opening Balance



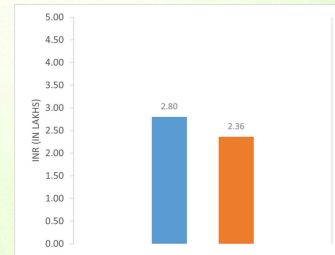
Opening balance of 2023-24 reflects the extensive individual fundraising done in March 2023, for the successive year's projects

Donations from individuals

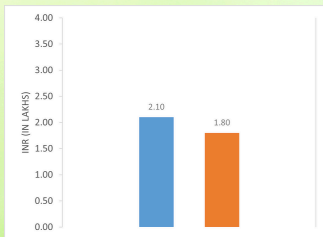


Increased individual fundraising in 2024-25 through greater outreach

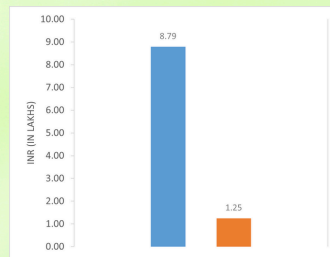
Donations from organisations



FCRA Donations

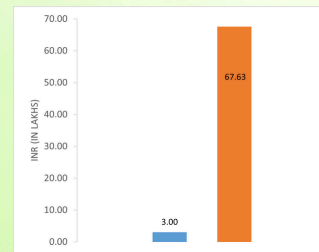


Government Grants



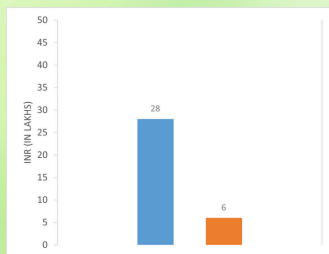
Railway Child Help Desk project handed over to District authorities as per the mandate of Govt of India regarding Childline.

CSR Donations



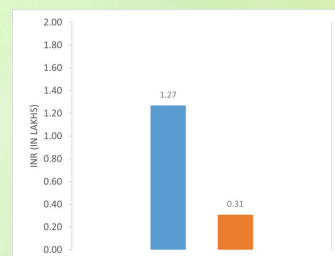
Enhanced visibility, stringent compliance and thrust on corporate outreach leading to major CSR partnerships

Loans from well wishers



Loans taken for advance towards land purchase

Interests, refunds & others

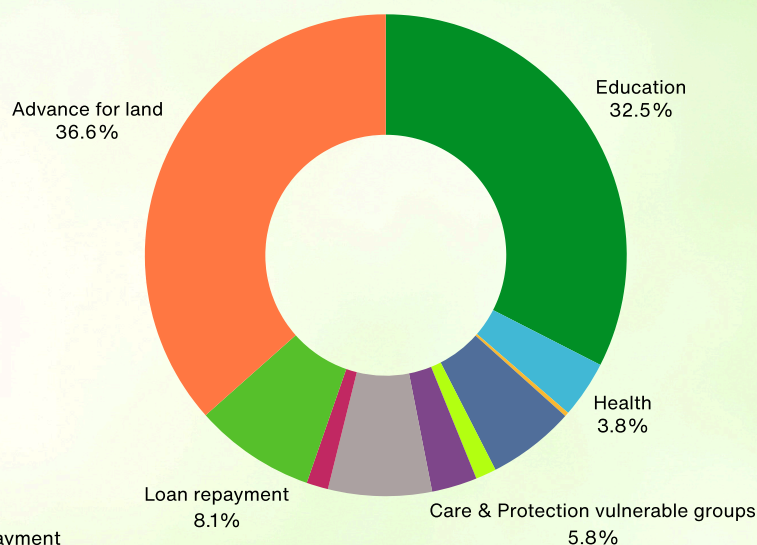


FINANCIALS

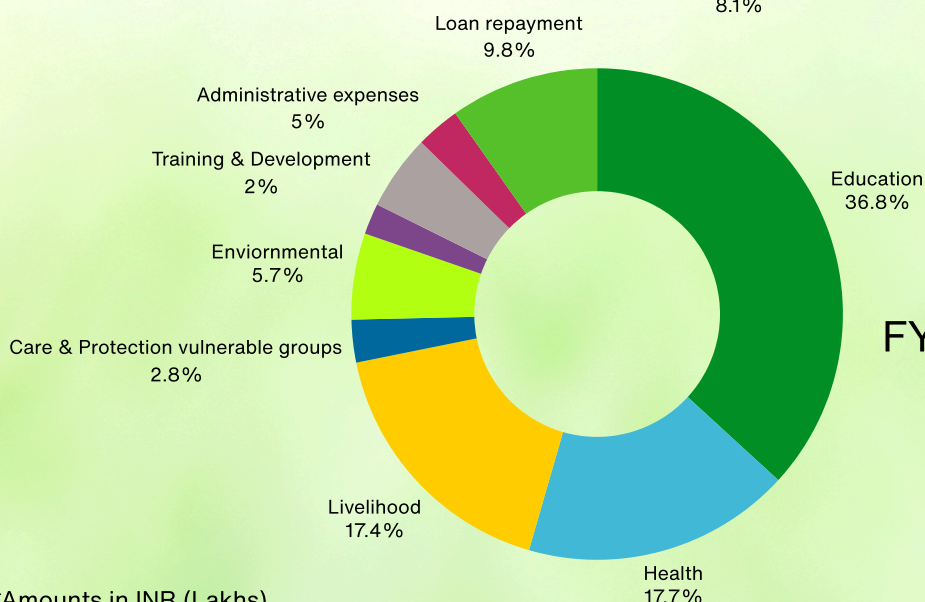
Applications of Funds

- Education ● Health ● Livelihood
- Care & Protection vulnerable groups
- Environmental ● Training & Development
- Administrative expenses ● Salary
- Loan repayment ● Advance for land

FY 2023-24



FY 2024-25



*Amounts in INR (Lakhs)

	2023-24	2024-25	Remarks
Education	40.03	45.09	Greater support in 2024-25 for higher studies of girls from ATMA Gurukulam
Health	4.71	21.64	ATMA Ayush Health Centre started in March 2025 with CSR support
Livelihood	0.35	21.26	Expansion of ATMA Sreya project with CSR support
Care & Protection vulnerable groups	7.20	3.44	Railway Child Help Desk project handed over to Distruct authorities as per the mandate of Govt of India regarding Childline.
Enviornmental	1.71	6.95	New project- ATMA Prakrithi launched in January 2025 with CSR support
Training & Development	3.75	2.50	
Administrative expenses	8.56	6.07	
Salary	1.79	3.55	Staff strength increased to support project expansion
Loan repayment	10.00	12.00	
Advance for land	45.00	0.00	Land payments completed and waiting for completion of registration processes
Current Year Expenses	65.00	90.41	
Total Expenses	123.11	122.51	

PARTNERS IN SERVICE



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!

OUR BANKERS





ATMA Foundation

Surya Gardens, Paliyam Road,
Thrissur, Kerala - 680001