



2021-22

ANNUAL REPORT

I AM WELLBEING

"Our dream is to support young lives struggling with adverse childhood experiences and build an ecosystem of trusted, available trained adults"

TABLE OF CONTENTS



03
ABOUT THE ORGANIZATION

06
MODEL OF CHANGE

09
HIGHLIGHTS OF THE YEAR

11
ANUBHOO

24
UDAAN

26
PROJECT ARYA

31
MAKING INDIA TRAUMA-INFORMED

34
SPOTLIGHT

35
COLLABORATORS

36
FINANCIALS

I AM WELLBEING

Trauma is the most unaddressed and unseen epidemic in today's time. Seven out of ten children in India experience some form of adversity at an early age. If left unaddressed, these painful experiences can haunt them for the rest of their lives, impacting their mental, emotional, and physical wellbeing. I Am Wellbeing (Nairatmya Foundation) is a mental health not-for-profit organization dedicated to supporting such young people struggling with adverse childhood experiences and building an ecosystem of trusted available trained adults. We are a multidisciplinary team of mental health professionals with over a decade of experience of working with intense trauma in settings such as Child Care Institutions, Schools, NGOs and vulnerable communities. Each team member is trained in Trauma-Informed Care and brings their resourcefulness through diverse training backgrounds in trauma healing modalities like Arts Based Therapy, EMDR, IEMT, Drama Therapy, EFT, and more. Keeping mental wellbeing at the heart of the program, the team adopts a holistic approach incorporating modalities like art, mindfulness, metaphors, narrative and somatic approaches to facilitate prevention and intervention models and make a positive shift in the lives of people who have experienced trauma. With our well-networked ecosystem, our team is brimming with initiatives to address the larger picture of trauma healing in India. To achieve our dream of building a trauma-informed society, I Am Wellbeing provides the required support and training while advocating ideas of prevention and sensitization. We believe in the power of compassion, connection, and care in order to develop a healthy and happy nation.



VISION

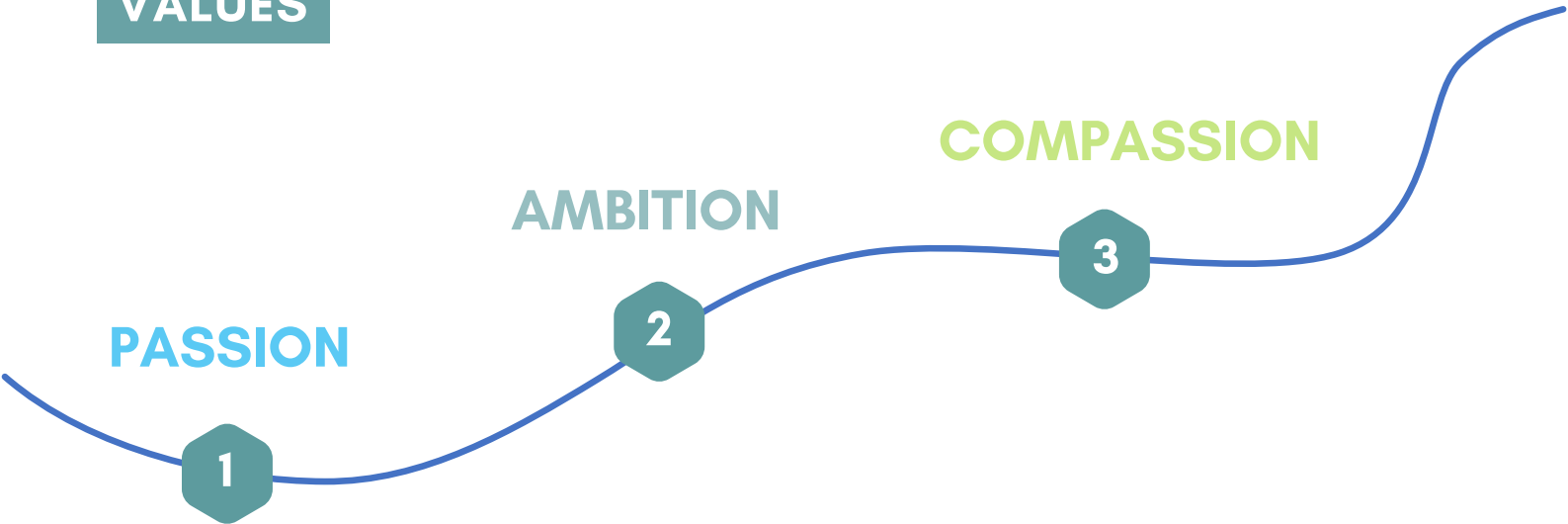
"We are BREAKING the cycle of inter-generational TRAUMA, by creating ECOSYSTEMS of TRAINED, TRUSTED, AVAILABLE adults that understand & heal the plight of young lives struggling with trauma"



MISSION

- To create a Trauma-Informed ecosystem by offering specialized skills to caregivers and parents.
- To reduce the treatment gap by training professionals to provide effective, specialized mental health Intervention for vulnerable children and adolescents.
- To empower vulnerable children and adolescents by providing holistic development support.
- Making India Trauma-Informed.



VALUES

PASSION: We are driven to bring about a change in the lives of young people of India

AMBITION: We have clear ambition and goals in order to bring about lasting change.

COMPASSION: We will support young people till the last person in need gets the loving and understanding environment they need to blossom into mentally healthy adults



MODEL OF CHANGE



Millions of young children in India are at the highest risk for exposure to a number of adversities including child abuse, neglect, poverty, etc. Childhood adversity plays an important role in shaping the risk for mental health problems across the lifespan. There is a significant association between poverty, lower levels of education and, sometimes, poor housing or low income with risk of mental illness. Children & adolescents living in juvenile homes, foster care, children living on the streets or in Child Care Institutions, orphanages and underprivileged communities are the ones who require the most intensive mental health support to counter the impact of childhood trauma.



Child and Adolescent Mental Wellbeing

MODEL OF CHANGE

The Impact of ACEs - Children from such communities are exposed to multiple Adverse Childhood Experiences in the form of maltreatment, sexual abuse, violence, prejudice, domestic adversities, inhumane treatment, or even witnessing inhumane treatment. These children are more likely to develop mental health issues, and if left unaddressed, can lead to severe mental health issues, addiction, acts of violence or other adverse conditions.

The crisis of child and adolescent mental health is very real and urgent. I Am Wellbeing aims at bridging the gap to bring communities and individuals together to ensure that care and support are available for young people in need.

FORMS OF ACEs



- Abuse
- Neglect
- Mental Illness

- Substance Abuse
- Caregiver in Jail
- Death of a Caregiver

IMPACT OF ACEs

4x 

more likely to have lower mental wellbeing

5x 

more likely to have underage sex

6x 

more likely to have an unplanned pregnancy

7x 

more likely to be involved in violence

11x 

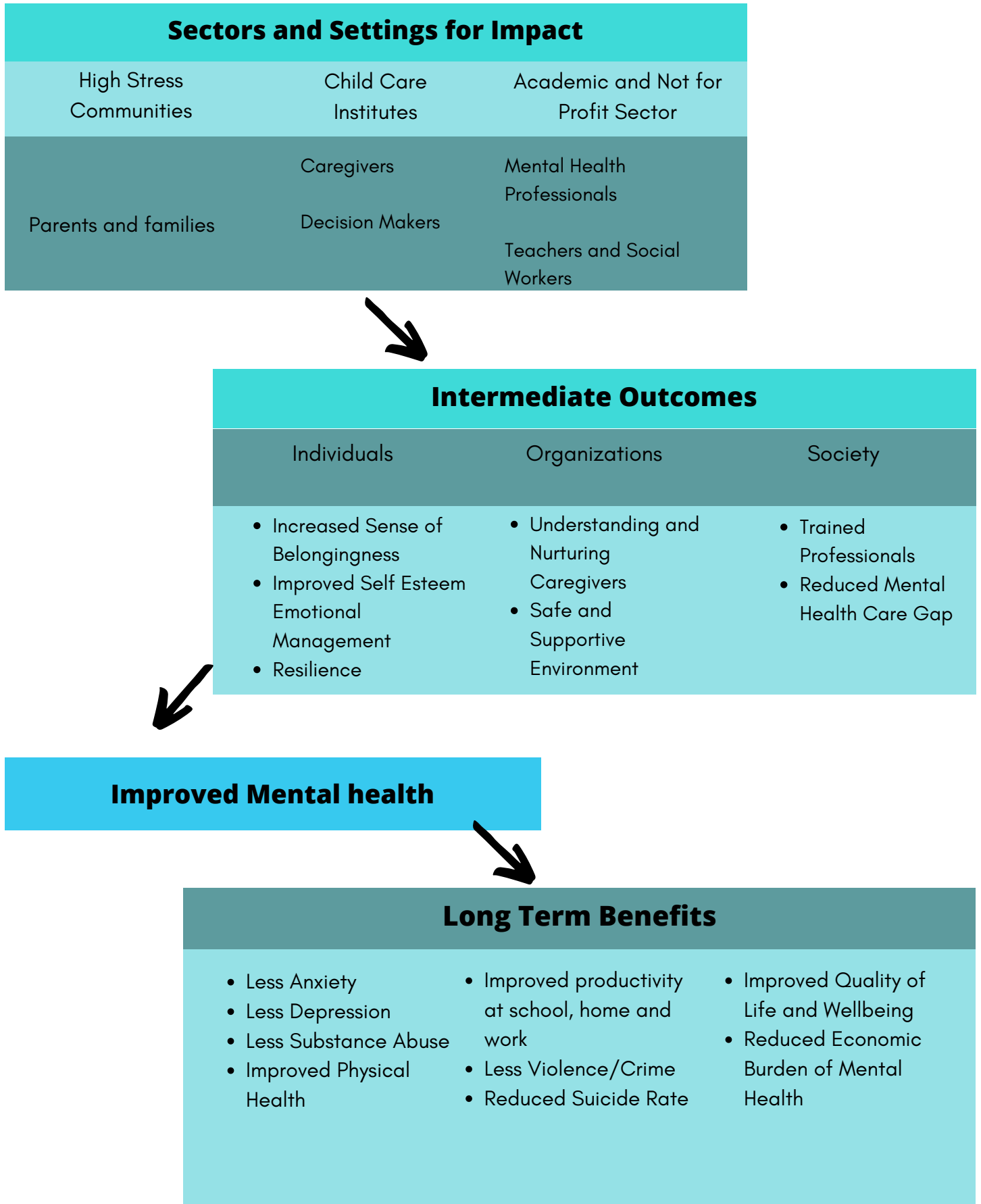
more likely to use illicit drugs

11x 

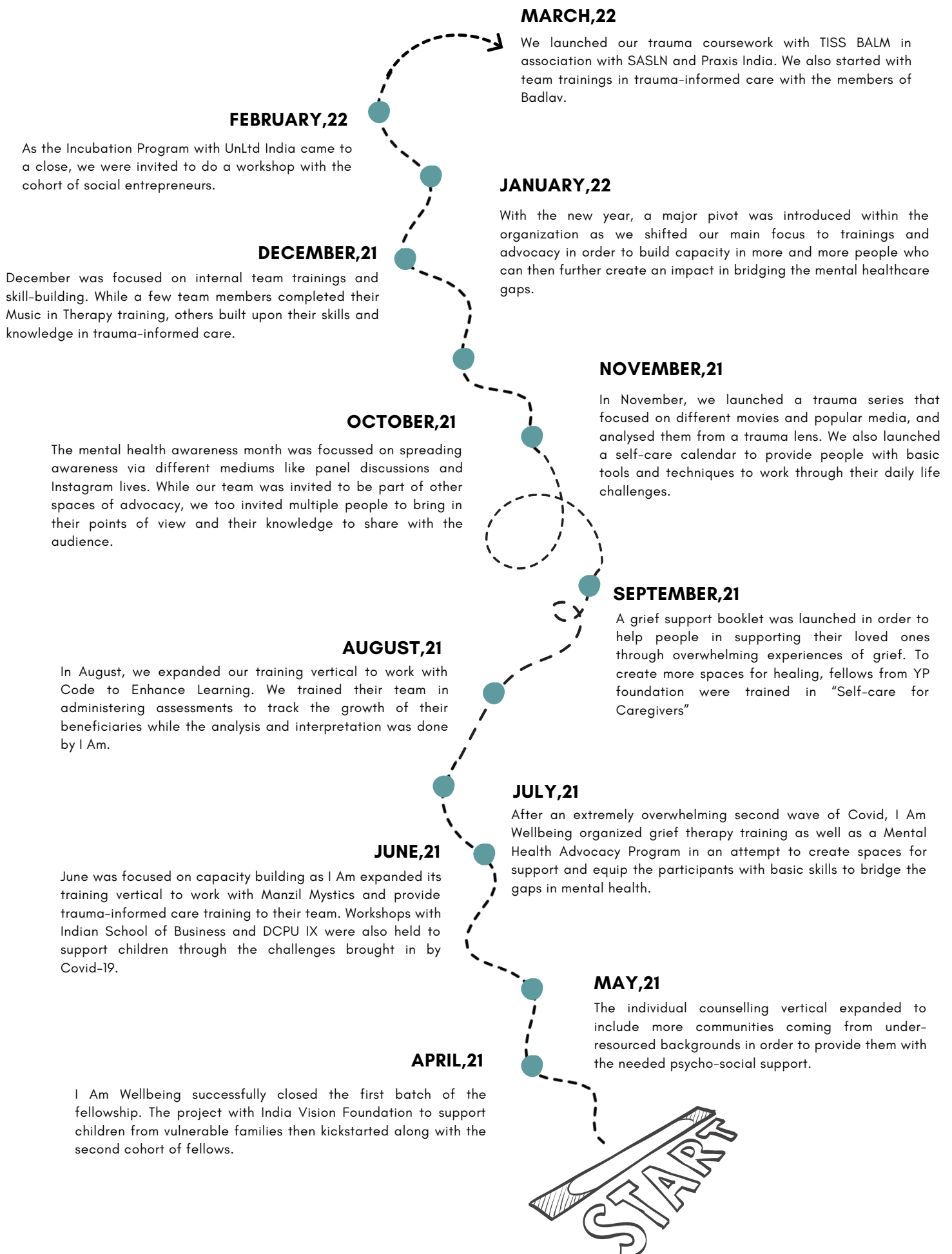
more likely to be arrested



MODEL OF CHANGE



HIGHLIGHTS OF THE YEAR (Navigating through 2021)



PROGRAMMES

**ANUBHOO**

Trauma-informed
care training

**UDAAN**

Individual Therapeutic
Intervention
Crisis Intervention

**PROJECT ARYA**

Trauma-focussed Group
Intervention



GRIEF THERAPY TRAINING

Comprehending the universal yet individualized nature of grief and loss, we recognise that it is crucial to get in touch with one's grieving self and likewise address the collective grief experienced by masses during the pandemic. To assist us in this journey, a two-day Grief Therapy training workshop was held by Ms Bhavana Goel, an Atlanta-based Psychotherapist. Through the means of theoretical and practice-based activities, the trainees gained more insight into their grief and also widened their perspective on creating an empathetic and attuned space for the individuals they work with. The training equipped 7+ professionals and fellows with skills in creating safe spaces, validation, and making individuals feel heard.

OBJECTIVES

- Equipping professionals with tools and techniques to support people experiencing grief
- Enabling the trainees to integrate a grief-informed space in their practice
- Providing grief education to address its contextual and intricate nature



TRAINING WITH YP FOUNDATION- DELHI

YP Foundation invited our director, Ms Akanksha Chandele to deliver training to 16 sexuality educators on the topic of Self-care for Caregivers under their co-sharing space of "Knowledge hub". An Arts-based approach was followed to help people tap into their inner thoughts, feelings and experiences through creative expression. The training was taken with a trauma-informed lens, appreciating its relevance to the group.

OBJECTIVES

- Help caregivers learn calming and non-threatening ways of self-expression and exploration
- Supporting the educators to understand personal barriers in their self-care journey
- Creating a safe and trauma-informed space to help the participants to be aware of their emotional feelings and further plan active coping strategies according to their needs.

INDIAN SCHOOL OF BUSINESS-HYDERABAD

Covid-19 brought out unusual and multi-dimensional challenges. The enormous scale of the crisis and its impact caused unusual amounts of fear, anxiety and uncertainty. An interactive session on managing Covid-19 with 30+ students from the Indian school of business (ISB) was conducted by our team. The session gave students a space to discuss their challenges during the pandemic & ways to cope with them.

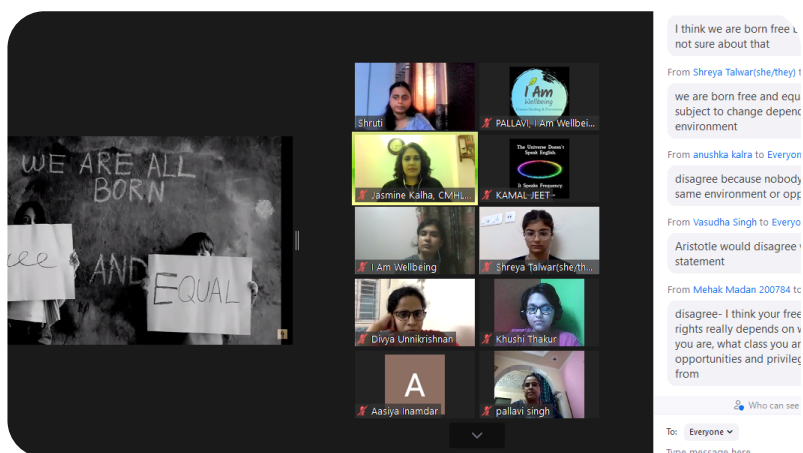
MENTAL HEALTH ADVOCACY PROGRAM

Considering the lack of awareness about mental health issues, inadequate access to treatment and extensive stigma associated with it, we introduced a 3-month program for Training and Practice in Mental health Advocacy to educate and empower enthusiastic individuals from a diverse range of fields. It was an initiative toward creating trauma-aware ecosystems in India. Weekly listening circles formed a significant part of the program and were curated specifically to equip the advocates with the necessary resources to materialize these actions. Various training sessions were held by industry professionals in the field who focused on the intersection of trauma and mental health with caste, gender and transformative justice. We collaborated with 5 prestigious organisations like India Vision Founder, The Blue Dawn, Centre for Mental Health Law and Policy, The Yellow Umbrella Foundation and Pravah to share their expertise in these areas.

OBJECTIVES

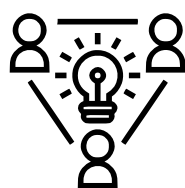
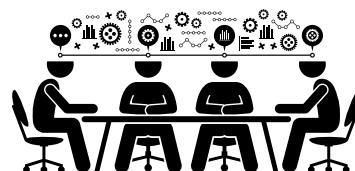
- To shed light on WHO Mental Health Advocacy actions of Spreading Awareness for mental health rights, Redistribution of resources through Mutual Help, and Defending and Denouncing the rights of individuals from marginalized communities.
- Train individuals in learning the intersectionality of trauma and social issues.
- Equip individuals with effective fundraising strategies.
- To reduce the existing treatment gap by training individuals in creating trauma-aware spaces through prevention and intervention.

ABUBHOO

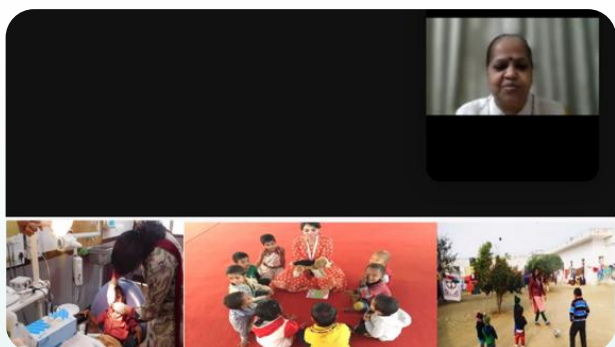


IMPACT

30+ mental health advocates trained



3 months of intensive training

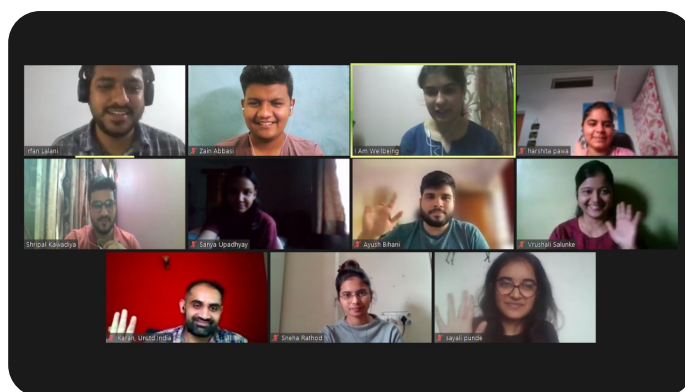


CODE TO ENHANCE LEARNING-AHMEDABAD

As a means of reaching out to more and more stakeholders and to encourage emotional and cognitive skill-building in young minds, we collaborated with Code to Enhance Learning (CEL). The organisation aims to build 21st-century skills in children through the means of teaching them coding. We provided CEL third-party monitoring and evaluation services for qualitative assessments aimed at gauging the emotional wellbeing of children. The volunteers at CEL from TATA Group were trained by I Am Wellbeing on skills like working with children, using qualitative assessment etc.

OBJECTIVES

- Acquainting the participants with group skills and impact assessment
- Making the individuals aware of ACEs



DISTRICT CHILD PROTECTION UNIT- IX- DELHI

The Covid-19 pandemic led to dramatic changes in daily life. It has been overwhelming to adapt to the new normal. There's a massive mental health impact from a long period of uncertainty and change that left people isolated. I Am Wellbeing conducted an engaging session with 200+ children and 50+ caregivers from different Child care institutions across the Northwest District of Delhi. Amidst the isolation experienced by children during the pandemic, the session focused on building resources for them.

ANUBHOO

OBJECTIVES

- Help the individuals regain a sense of normalcy by reconnecting with peers
- Addressing and validating the concerns of the individuals
- Assisting the participants in adjusting to the new normal
- Supporting them to build resources to deal with the challenges of the pandemic

OUTCOME

Build resources and support for individuals



Increase in adjustment to new normal



Assistance to the overwhelmed and distressed community

IMPACT

200+

children supported



50+

caregivers supported



ANUBHOO

BANYAN ACADEMY OF LEADERSHIP IN MENTAL HEALTH SASLN (SOUTH ASIAN SANITATION LABOUR NETWORK)

A 4-month long training, part of the Ambedkar Social Impact Award (ASIA) Fellowship, developed in collaboration with BALM (Banyan Academy of Leadership in Mental Health) is designed to enhance Community Mental Health Professionals (CMHP) knowledge and skills to support the healing process for those who struggle because of a history of trauma and adversity in their community including individual selves. It is meant for lay mental health workers who are trained in trauma-informed and community mental health approaches. The participants are empowered to become leaders of their own community by equipping them with basic counselling skills, and tools for processing trauma and addressing gaps at a community level for the rehabilitation and restoration of the community.

OBJECTIVES

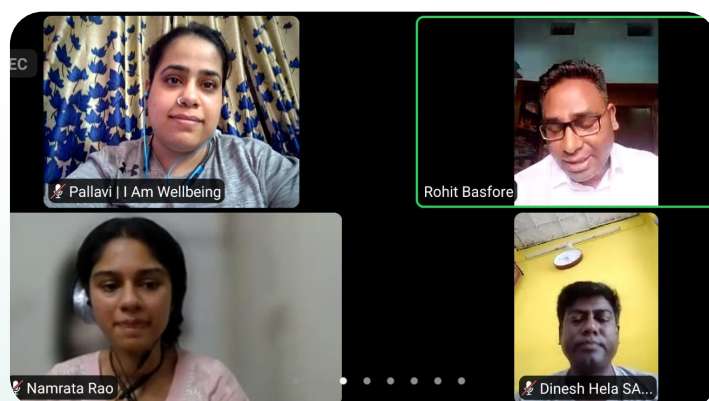
- Developing an understanding of trauma and self.
- Training in assessment and identification of trauma.
- Equipping in making a treatment plan.
- Exposure to prevention and outpatient treatment approaches.

IMPACT



20+

Community Healthcare Workers from
10 states



BADLAV-LUCKNOW

The project with Badlav is focused on providing trauma-informed care training to the mental healthcare workers associated with the organization. They specifically work with trauma and addiction and therefore, in order to aid them in their journey of creating an impact and building a community of care, we have lent our support in offering the knowledge, sensitivity, sensibility, tools and techniques needed in this work. They are trained in taking group sessions using arts-based interventions which they use with their respective cohorts of 5 people each. We also extend our support in training and supervising the counsellor associated with Badlav.

OBJECTIVES

- Training in trauma-informed approaches
- Support in module development
- Improved relationship between care providers and clients
- Enhanced long-term physical and mental health outcomes
- Reduced burnout among care providers

IMPACT

5 social workers



25 survivors of adverse childhood experiences



MANZIL MYSTICS-DELHI

To enable the organisations to grow and further strive to promote social development, we extended our support to Manzil Mystics, a not-for-profit organisation that uses music to navigate social change. The team I am Wellbeing is supporting Manzil Mystics in its social endeavours by providing our expertise in the monitoring and evaluation of qualitative and quantitative assessments. As a part of this collaboration, the first successful supervision session took place in August where the associated volunteers of Manzil Mystics shared technical challenges and behavioural concerns of children and our team shared their expertise to help them resolve those issues and work through the further steps of this journey.

OBJECTIVES

- Provide supervision sessions to the volunteers of Manzil Mystics
- Enabling them to resolve the behavioural concerns of children faced

IMPACT



18+

volunteers supervised and trained for 1 year



ANUBHOO

LIGHT UP-DELHI

Around 20+ team members and mentors from Light Up Foundation, an SEL organisation that works for underserved communities, were trained by our core team on Self-Care for Caregivers. The session concentrated on acclimatising the caregivers about the window of tolerance, factors that reduce the window and activities that can enhance our window of tolerance as caregivers to be attuned to working with children.

OBJECTIVES

- Helping the organisation adopt trauma-sensitive practices
- Creating avenues for building compassionate ecosystems

OUTCOME

- Increased sensitization among participants for self-care resources and practices
- Enhanced understanding of Window of tolerance

IMPACT

20+

team members trained
across 9 months



PANEL DISCUSSIONS, WEBINARS AND INSTAGRAM LIVE

Instagram Live 1: *Mental Health in an Unequal India*

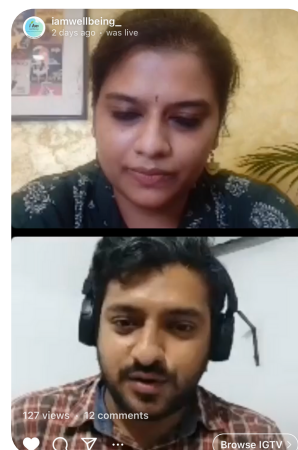
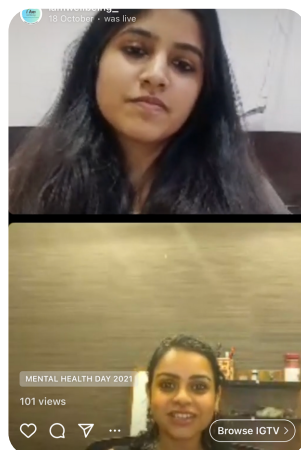
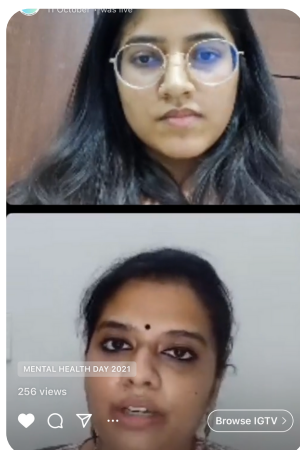
Ms Akanksha shed light on how the situation has worsened during the pandemic as now people have come to realise and reflect upon their mental health needs but the number of professionals required to cater to these growing needs remains at an all time low.

Instagram Live 2: *Quality of Care: From a Trauma Therapist's Lens*

Maitreyi, a trauma therapist, brought in her perspective by highlighting how extremely important it is for professionals to be trauma-aware, how trauma exists within the nooks and crannies of our society, and how this trauma does not just impact the person dealing with it directly, but also impacts their caregivers. She focused on the need for therapy services to be extended to the caregivers.

Instagram Live 3: *The Gift of Therapy: A Trauma Survivor's Account*

Irfan, an entrepreneur and a trauma survivor, spoke about his journey of what made him take up therapy, challenges he faced and how the therapeutic encounter helped him. He highlighted the importance of finding the right therapist to be able to work through the trauma which points to the need for perseverance in our attempts at working towards our mental health. Drawing from his personal account, he invited the audience to create communities of care and support individuals and caregivers in building a compassionate and thriving ecosystem.

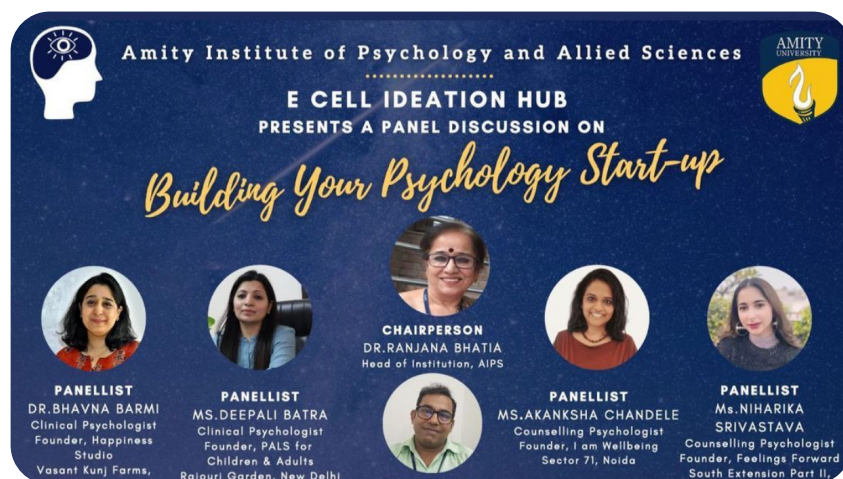


ANUBHOO

2. Amity University Panel Discussion on “Building your Psychology Start-Up”:

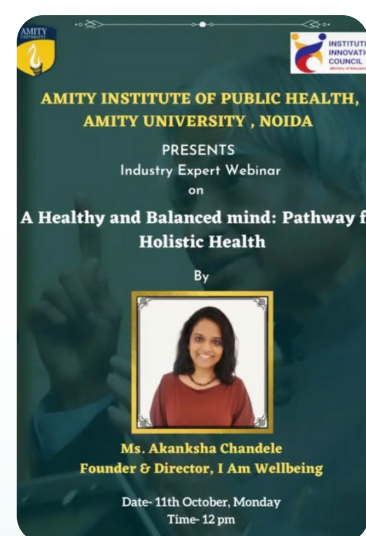
Akanksha Chandele, Director, I Am Wellbeing was invited as a Panelist by Amity Institute of Psychology and Allied Sciences, Noida to share her entrepreneurial journey with 70+ psychology students. She shed light on the reason for starting her social venture and discussed her approach to therapy, common counselling cases seen in the setting and challenges faced due to the pandemic with the students. The panel discussion enabled students to expand their array of career options in psychology and include social enterprise as an added way of working in the field.

Q



3. Webinar on 'A Healthy and a Balanced Mind: Pathway for Holistic Health

As a keynote speaker for the webinar on “A Healthy and a Balanced Mind: Pathway for Holistic Health” organised by Amity Institute of Public Health, Amity University, Noida, our director, Ms Akanksha spoke about the role of mental health in making healthier public health communities. By leveraging her expertise and experience, Akanksha talked about the role of mental health in today’s era, her entrepreneurial journey, challenges faced by healthcare professionals and inculcating healthier practices for holistic health to 62+ budding public health professionals.



ANUBHOO

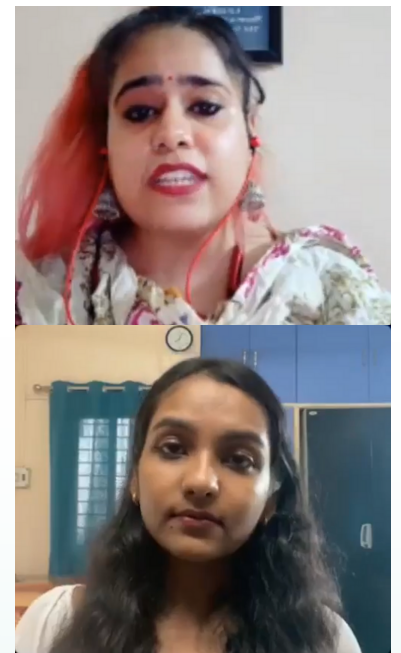
4. Panel Discussion for Collective Action by Sakshi:

On World Mental Health Day, Ms Akanksha was part of the panel for Collective Action by Sakshi, a youth-led movement to end Child Sexual Abuse in India. Drawing from her experience and expertise, Akanksha shared the trajectory and impact of intergenerational trauma, its relation to the viscous cycle of sexual abuse in India and ways to foster healing at the community and individual level. The discussion was streamed on YouTube and benefitted 305+ viewers by creating communities of accountability.



5. Heart it Out Live :

Our core team member Ms Pallavi Singh was invited as a speaker by Heart it Out to their Instagram live to speak on the topic "Hacking the mind: Quick Hacks to enhance Mental Health". Pallavi decoded the word "hack" for the audience and underscored the importance of forming consistency in any coping tool or resource one resort to. Drawing parallels to physical health, she shed light upon PCM (Physical, Creative and Mindfulness-based activities) for a healthy mind and body. The live event gave insight to 355+ people about different tools and resources one can adopt to enhance one's mental and emotional wellbeing.



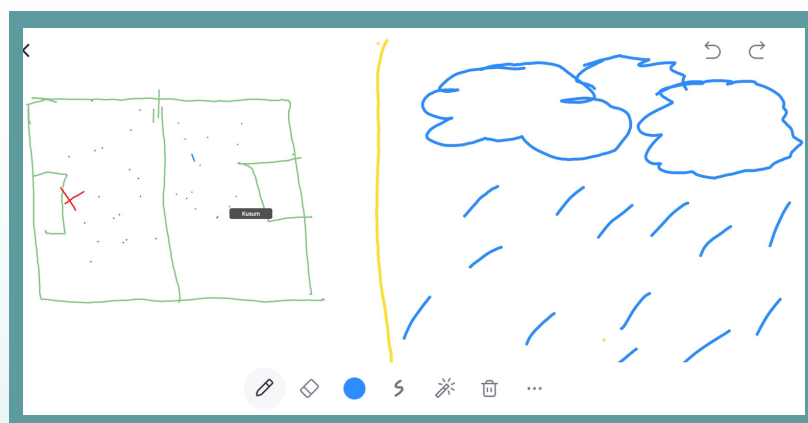
UDAAN

For Trauma Healing, we empower vulnerable young lives by providing mental health support through individual therapy intervention, a collaboration with the Light Up Foundation, an SEL organisation that works for underserved communities. Under individual intervention, we provide intense trauma therapy support to individuals struggling with severe trauma and assist them in their journey of healing.

Pandemic has exacerbated the abuse and exploitation of children trapped in homes. Trauma from adverse childhood experiences such as abuse, neglect, poverty and inhuman treatment can have a huge impact on a child's life. During the pandemic, Udaan is providing intensive individual and group therapy sessions online to children and adolescents struggling with trauma. A contained and healing space for emotional support is created by trauma-informed therapists for young lives to grow. The therapists make use of various modalities like drama therapy, play therapy, bodywork, metaphors, mindfulness-based practices etc. in order to make a positive shift in the lives of individuals who have experienced trauma.

OBJECTIVES

- To mitigate the impact and long-term effects of trauma caused by adverse life circumstances by providing trauma-informed therapeutic support
- To support individuals in processing the impact of trauma and grief, develop a positive self-image, manage emotions and build resilience.



Glimpse of different modalities used in therapy

OUTCOME

Working with triggers



Enhanced emotional regulation



Healing trauma symptoms



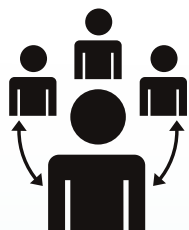
Healthy Coping



Improved Resilience

IMPACT

15+ young adults supported



20+ mentors trained

NEWGEN SOFTWARE TECHNOLOGIES LIMITED-DELHI

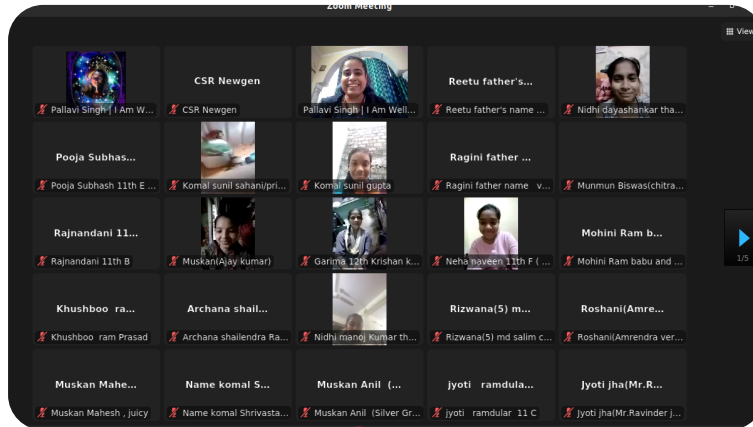
The COVID-19 pandemic is disturbing the health, social and mental well-being of children as adolescents. Sound mental health at this age is crucial for composing their emotional well-being and social skills.

Grief, fear, uncertainty, social isolation, and parental fatigue have negatively impacted the mental health of children. COVID-19 pandemic has also disrupted the stabilizing forces for children. Our longest-running project for more than four years in collaboration with Newgen software technologies under the corporate social responsibility initiative started its new enrollment of 50-70 girls from Sadbhavna NGO and school-going girls from the Newgen NDDP program. The program initially entailed a once-in-a-month, three-hour-long session but to adjust to the new normal, it was modified to a 90 minutes session once a month.

OBJECTIVES

- Strengthening confidence amongst young lives to seek support for early intervention.
- Developing a safety net by identifying risky behaviours in the times of extreme stress.
- Building resilience against common challenges faced by children after transitioning back to school.
- Raising awareness about mental health & covid trauma amongst communities.
- Empowering mental health peer leaders equipped to support self and others in a post-pandemic world.
- Developing self-confidence and learning to successfully deal with significant life changes and challenges, such as pandemic stress and transitions.

PROJECT ARYA



OUTCOME



A safe space for children to voice out their worries



Increase in adjustment to fluctuating circumstances



Compassionate and empathetic change makers



Increase in self-care practices among children



Awareness about mental health

IMPACT

40 children supported and assessed

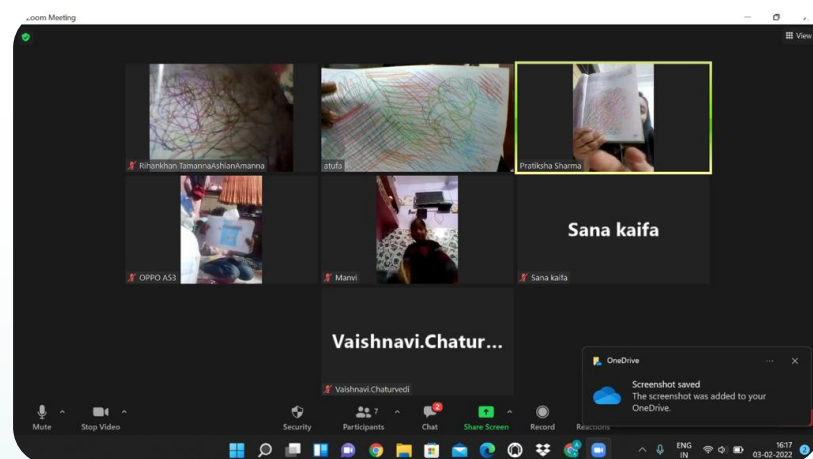


INDIA VISION FOUNDATION-DELHI

I Am Wellbeing, in collaboration with India Vision Foundation, set up an arts-based social-emotional learning intervention program for children of previous or existing prison inmates. For children coming from such vulnerable families, many challenges have been identified that take away their sense of security and resilience. These challenges include financial crises that end up putting undue strain on very young children, social stigma owing to parental incarceration, parental neglect and abuse, increased vulnerability and a lot more. These adverse childhood experiences inevitably impact the social, emotional and academic development of the children. The project intended to offer an intervention focused on the social and emotional development of the children by creating a safe and nurturing space for them.

OBJECTIVES

- To mitigate the impact of adverse childhood experiences by providing holistic support to children.
- To empower vulnerable children and adolescents with skills and resources.



Snippet from IVF session

PROJECT ARYA

OUTCOME



Creating a safe space for learning



Enhanced pro-social behaviours



Improved emotional-wellbeing



Expanding the support system and network of trusted adults for children



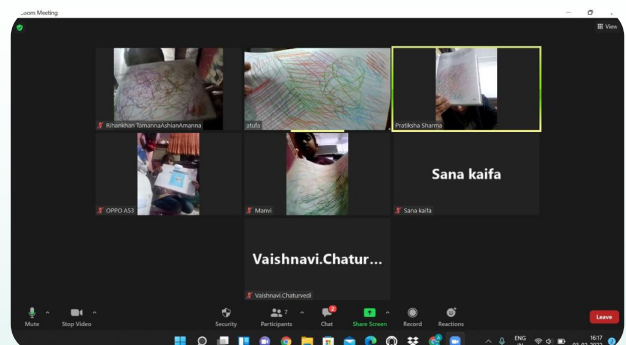
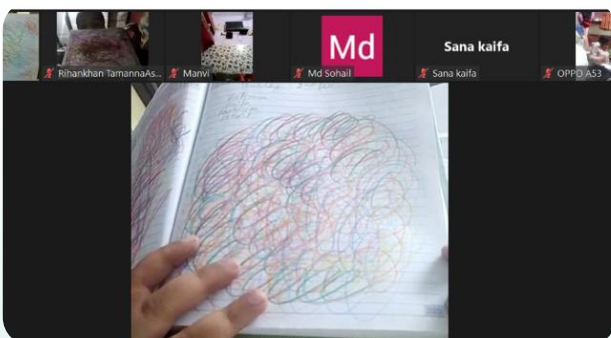
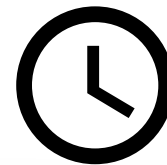
Giving children a childhood filled with love and connection

IMPACT

55 children impacted



155 Trauma-Informed SEL Session hours



IMPACT ASSESSMENT



INVOLVEMENT

- *Motivated to attend sessions despite difficulties*
- *Increased sense of belongingness*
- *Ability to communicate likes and dislikes with regard to activities*
- *Sharing of artwork with their fellows*
- *Appreciating fellow mates on their work*



EMOTIONS

- *Motivated to attend sessions despite difficulties*
- *Increased sense of belongingness*
- *Ability to communicate likes and dislikes with regard to activities*
- *Sharing of artwork with their fellows*
- *Appreciating fellow mates on their work*



CREATIVITY

- *Motivated to attend sessions despite difficulties*
- *Increased sense of belongingness*
- *Ability to communicate likes and dislikes with regard to activities*
- *Sharing of artwork with their fellows*
- *Appreciating fellow mates on their work*



INTERACTION

- *Motivated to attend sessions despite difficulties*
- *Increased sense of belongingness*
- *Ability to communicate likes and dislikes with regard to activities*
- *Sharing of artwork with their fellows*
- *Appreciating fellow mates on their work*

LAUNCH OF OUR GRIEF BOOKLET “ SUPPORTING A DEAR ONE THROUGH GRIEF”

As the pandemic has knocked us with a heavy ripple of Grief and Loss that no one was prepared for, a basic understanding of grief support is the need of the hour now. I Am Wellbeing extended support by helping people create spaces of holding and compassion for their near and dear ones through our Grief Booklet.



SELF-CARE CALENDAR

Having been through a year that weighs so heavily upon every one of us, self-care has become a crucial need of the hour. We and the people around us have all reached a state of burnout that was never known. In an attempt to offer the little that we can, I Am Wellbeing introduced a self-care calendar that is a collection of activities that anyone can incorporate into their daily schedules at their own pace and convenience. It involves activities around mindfulness, body-based work, affirmation and a lot more.

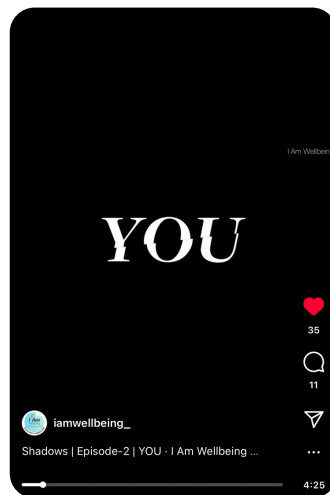
    SELF-CARE CALENDAR						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Mindful Breathing	2 Connect with a friend	3 Self-Massage	4 Diaphragmatic Breathing	5 One Act of Kindness for yourself	6 Self-Hugging pose
7 Raisin Exercise	8 Self-affirmations	9 Voo Sound Technique	10 Standing behind the Waterfall	11 Engage in hobbies (self-care)	12 Lion Pose	13 Grounding Root Meditation
14 Journaling	15 Supta Baddha Konasana	16 Body Scan Technique	17 Solfeggio frequency of joy	18 Legs up the wall pose	19 Loving Kindness Meditation	20 Gratitude letter for self
21 Extended puppy pose	22 5-4-3-2-1 Grounding	23 Metta Prayers	24 Move To The Music	25 Witnessing your thoughts	26 Limited social media use	27 Stretching (tension areas)
28 Identifying hopes	29 Cat & Cow Pose	30 Mandala Making/ Art Work	 *Click on the dates to access the resources			

TRAUMA SERIES

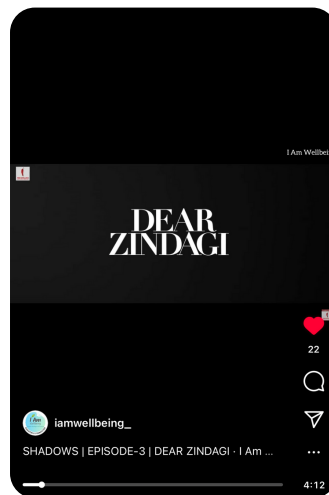
One of our newest undertakings has been the launch of “Shadows”, a Trauma Series that throws light on the ever-existing hidden realities of our daily lives. In this series, we present movies, stories and crime cases with a trauma lens that allow the viewer to understand certain narratives at a deeper level. So far, we have come up with four episodes within the series. (House of Secrets, You, Dear Zindagi, Highway)



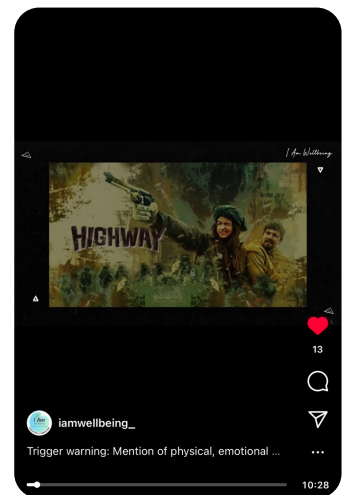
Episode-1
House of Secrets



Episode-2
You



Episode-3
Dear Zindagi



Episode-4
Highway

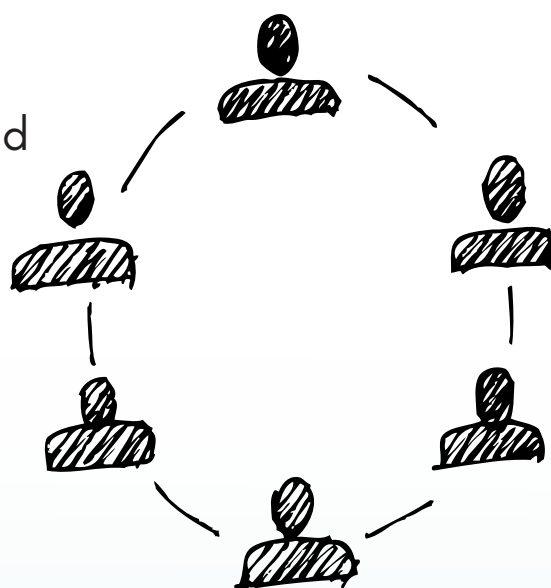
The objective of this series is to spread awareness across **3000+** followers of I Am Wellbeing.

ORGANIZATIONAL FOOTPRINT



1550

Professionals trained

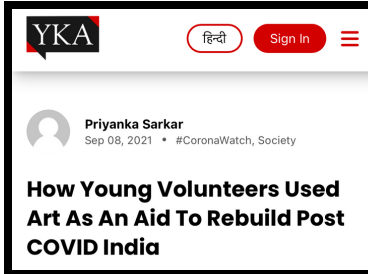


91655

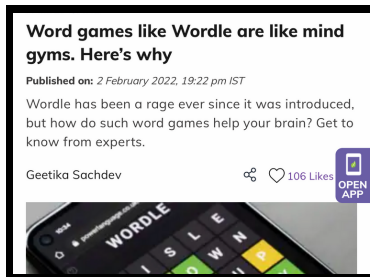
lives impacted

I AM IN THE SPOTLIGHT

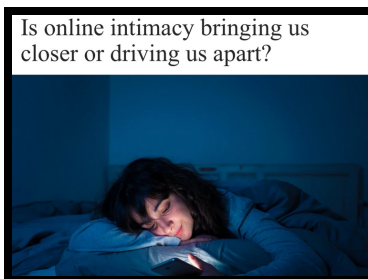
MEDIA COVERAGE



How Young Volunteers Used Art As An Aid To Rebuild Post COVID India
-Youth ki Awaaz



Word games like Wordle are like mind gyms. Here's why
-Health shots



Is online intimacy bringing us closer or driving us apart?
-The Hindu



SIGNIFICANT COLLABORATORS

OUR NETWORK OF COMPASSION



FINANCIALS

NAIRATMYA FOUNDATION

(A Public Company Limited by Shares not for Profit under Section 8 of Company act 2013)
1598, Sector 29, Noida, Gautam Budh Nagar Gautam Buddha Nagar Uttar Pradesh 201301
STATEMENT OF INCOME AND EXPENDITURE FROM 01 APRIL 2020 TO 31ST MARCH 2021

Particulars	Note No.	Figures for the year ended 31st March, 2020	Figures for the year ended 31st March, 2020
I Donation Received	7	2,078,887.38	-
II Other Income		9,878.27	520.00
III Total Revenue (I+II)		2,088,765.65	520.00
IV Expenses :			
Operating Exp	8	-	-
Employee benefits Expenses	9	1,377,258.00	-
Finance Costs	10	-	-
Depreciation and Amortization expenses		1,969.00	-
Other Expenses	11	57,524.00	7,500.00
Total Expenses		1,436,751.00	7,500.00
V Surplus Before Tax (III-IV-V(A))		652,014.65	(6,980.00)
VI Amount Deemed to be Utilised U/s 11(1)		303,303.00	-
VII Surplus Before Tax (III-IV-V(A))		348,711.65	(6,980.00)
VI Tax Expenses			
(1) Provision for tax		-	-
(2) Deferred Tax Assets/(Liabilities)	12	-	-
VII Profit (Loss) for the period (V-VI)		348,711.65	(6,980.00)
VIII Earning per Equity Share :			
(1) Basic			
(2) Diluted			
Significant Accounting Policies	13		
Explanatory Notes	14		

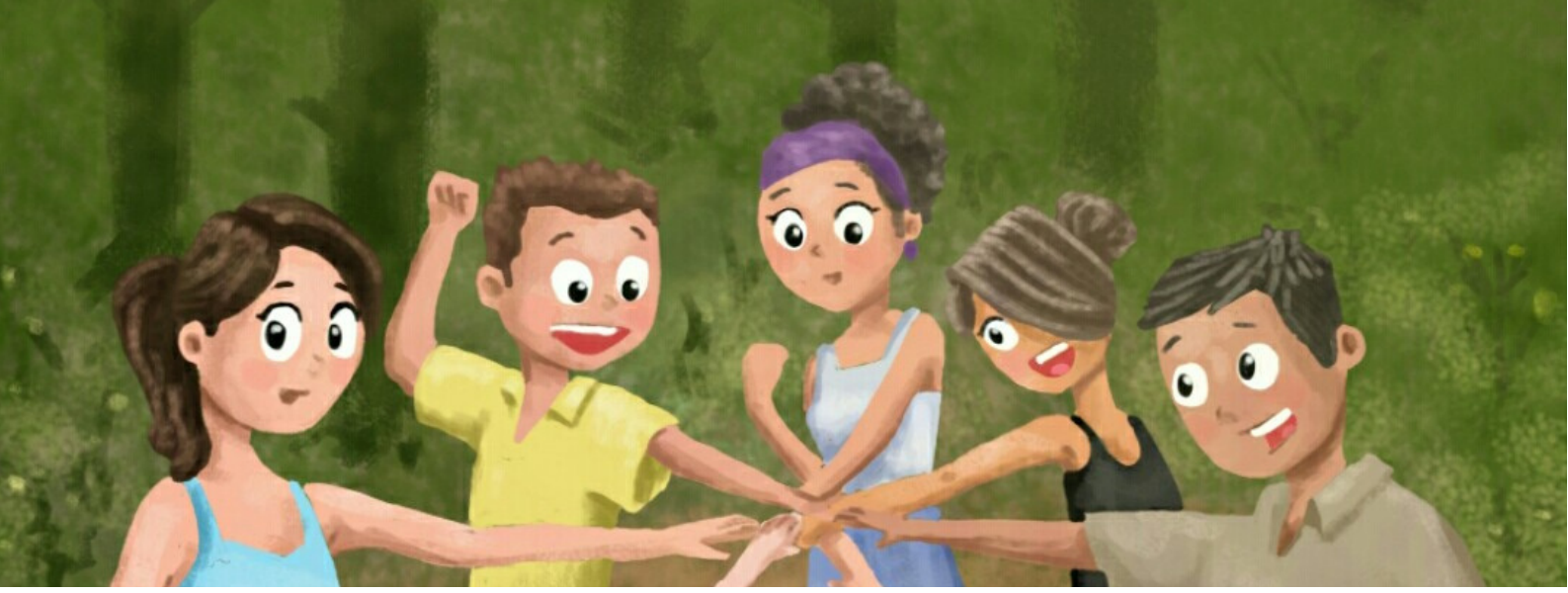


FINANCIALS

NAIRATMYA FOUNDATION
(A Public Company Limited by Shares not for Profit under Section 8 of Company act 2013)
1598, Sector 29, Noida, Gautam Budh Nagar Gautam Buddha Nagar Uttar Pradesh 201301
BALANCE SHEET AS AT 31ST MARCH 2021

Particulars	Note No.	Figures as at the end of 31st March, 2021	Figures as at the end of 31st March, 2020
I EQUITY AND LIABILITIES			
(1) Shareholders Funds			
Share Capital	1(a)	20,000.00	20,000.00
Reserves and Surplus	1(b)	341,731.65	(6,980.00)
(3) Non- Current Liabilities			
Long Term Borrowings	2	31,000.00	-
(4) Current Liabilities			
Other Current Liabilities	3	403,303.00	7,500.00
Short term Borrowings		-	31,000.00
TOTAL		796,034.65	51,520.00
II ASSETS			
Property Plant & Equipments			
Intangible Assets		32,926.00	
(1) Non Current Assets			
Deferred Tax Asset	12	-	-
(2) Current Assets			
Sundry Debtors	4	-	-
Cash and Cash Equivalents	5	748,196.65	51,520.00
Other Current Assets	6	14,912.00	-
TOTAL		796,034.65	51,520.00
Significant Accounting Policies	13		
Explanatory Notes	14		





I Am Wellbeing has a multidisciplinary team of mental health professionals. Our team of counsellors, clinical psychologists, trainers and volunteers are led and supervised by core team members. With continuous learning and a strong focus on self care as the organisation's core beliefs, the team is offered several opportunities for personal and professional growth and nurturance.

CORE TEAM



Akanksha Chandele
Director, Therapist



Pallavi Singh
Program manager,
Therapist



Atufa Khan
Therapist



Yasha Malhotra
Therapist

HOW YOU CAN SUPPORT

Your contribution can help steer these young lives towards a more fulfilling future

Join the
team



Volunteer with
I Am Wellbeing



Make a
contribution



CONTACT US



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☎ +91-8920715913

📍 Sector 29, Noida

🌐 iamwellbeing.org

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