

2022-23

# 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"*

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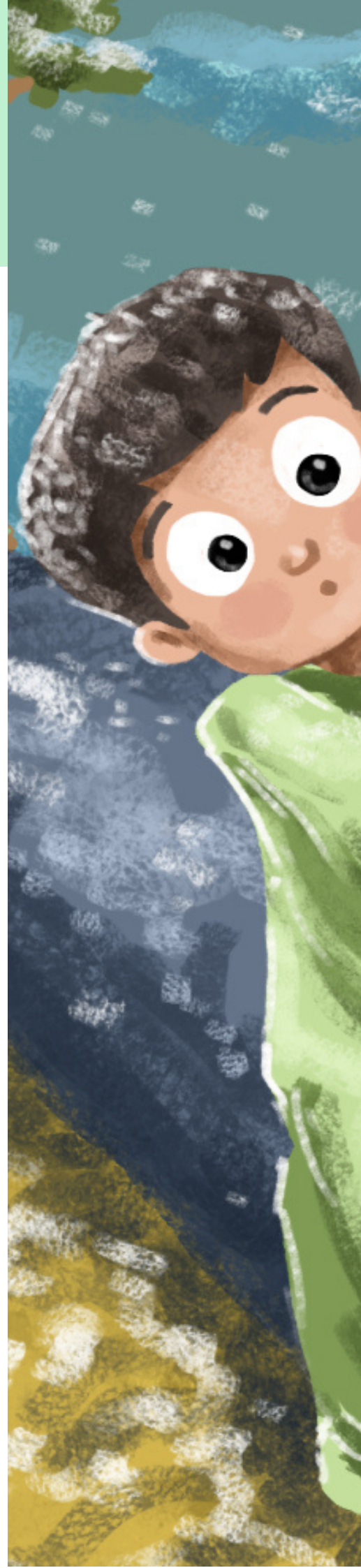
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# ABOUT THE ORGANISATION



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 well-being. 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 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, IFS, Drama Therapy, EFT, Somatic therapy, and more. Keeping mental well-being 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 to develop a healthy and happy nation.

## VISION

### *Making India trauma-informed*

"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 reduce the treatment gap by training professionals to provide effective, specialized mental health Intervention for vulnerable children and adolescents.



To empower young survivors by providing holistic development support.



To create a Trauma-Informed ecosystem by offering specialized skills to caregivers and parents.

# VALUES

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## **PASSION**

We are driven to bring about a change in the lives of young people of India by creating trauma-informed ecosystems.



## **AMBITION**

We have clear ambition and goals to develop, strengthen, and integrate a trauma care facility within the existing systems in order to bring about lasting change.



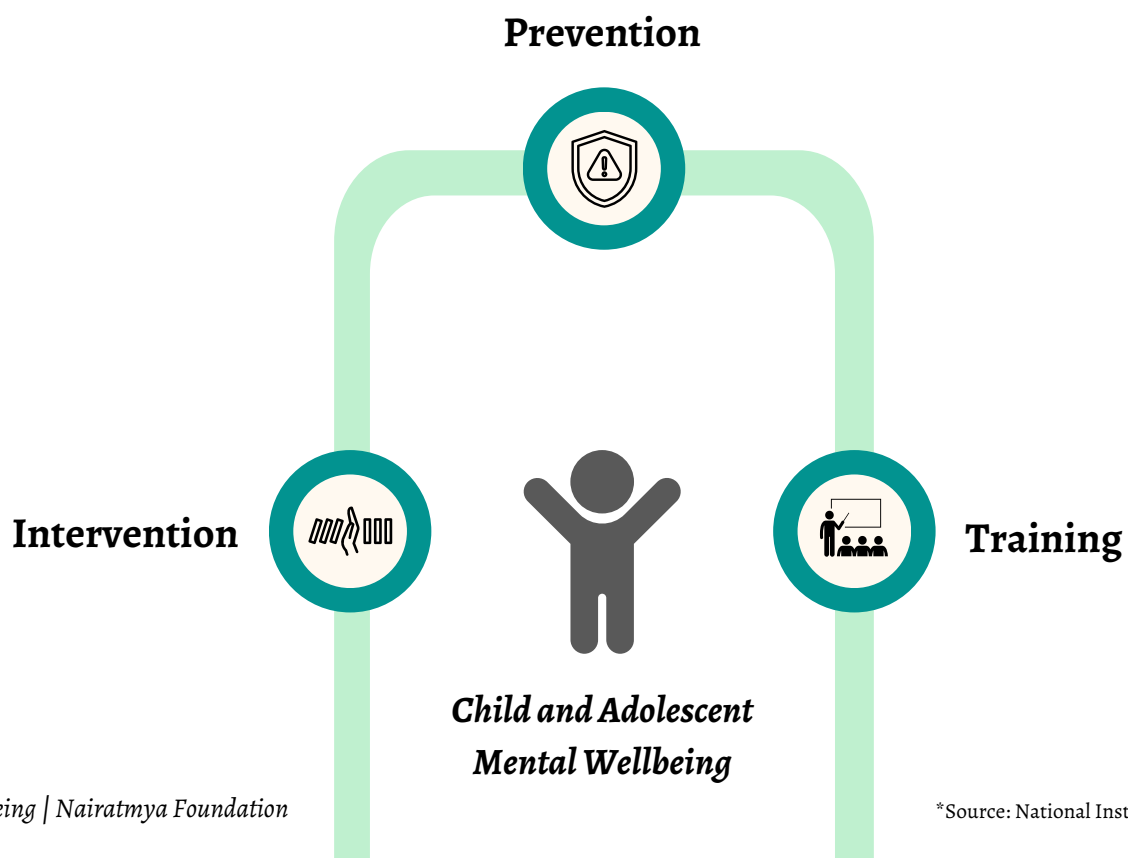
## **COMPASSION**

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

Over 7.8 million young children\* in India live in abject poverty and poor conditions, and thus are at the highest risk for exposure to a number of adversities including child abuse, neglect, etc. Childhood adversity plays an important role in increasing the risk for mental and physical health problems across the lifespan. There is a significant association between poverty, lower levels of education, and, poor housing or low income with a 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.



**The Impact of ACEs** - Children from marginalized 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**



**Caregiver in Jail**

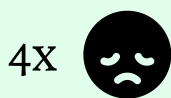


**Substance Abuse**



**Death of a Caregiver**

## IMPACT OF ACES



more likely to have lower  
mental wellbeing



more likely to have  
underage sex



more likely to have an  
unplanned pregnancy



more likely to be  
involved in violence

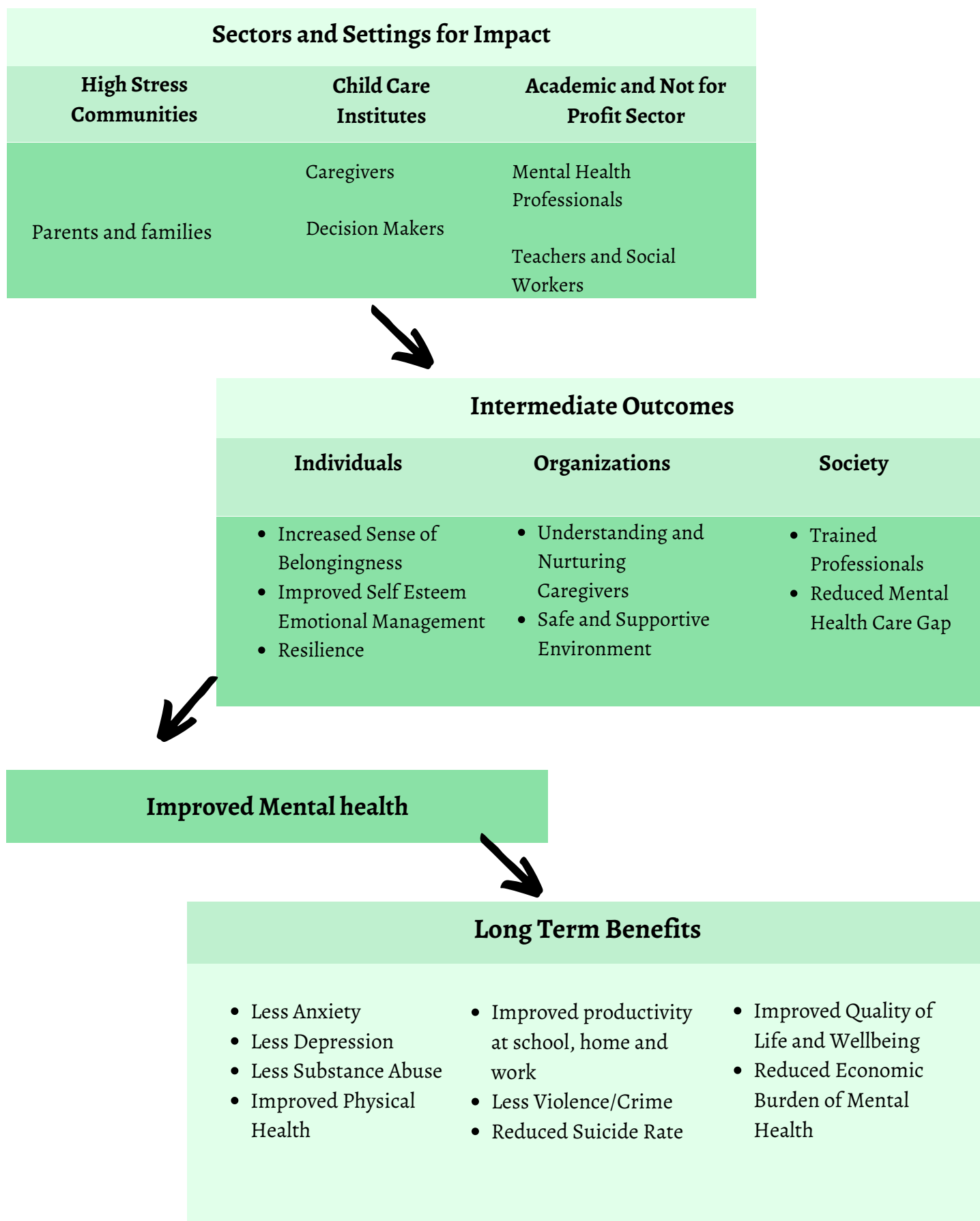


more likely to use  
illicit drugs



more likely to  
be arrested

## MODEL OF CHANGE





## HIGHLIGHTS OF THE YEAR

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### **April 2022**

15 teachers from Shiv Nadar Public School were trained in trauma-informed approaches in schools to foster an environment where students feel nurtured.

Our founder, Akanksha completed teaching the paper- Trauma Therapy as a guest faculty to second-year MA Psychology students at TISS-Balm.

### **May 2022**

The groundwork of our Certificate course in Trauma-informed Care Practices was initiated by the core team members and subject matter experts from the field.

### **June 2022**

Our core team member Pallavi took in-depth interviews of 20 people from the Sanitation workers' community across India for our qualitative research work with SASLN.

### **July 2022**

Badlav team was trained in trauma and addiction to help them better understand the population they work with.

### **August 2022**

The team conducted a training session on group therapy for the Badlav team to equip them to take group sessions with their beneficiaries.

### **September 2022**

We successfully started our first cohort of the Certificate course on Trauma-Informed Care Practices. Through this, we aimed to create an understanding of evidence-based holistic tools used to process deep-rooted trauma.

Udaan supervision started for the new team members.

### **October 2022**

We collaborated with SASLN to collect data for quantitative research across ten states of India. 20 fellows from their team were trained in the data collection process and understanding of the scales used in the research.

## HIGHLIGHTS OF THE YEAR

### November 2022

We started individual sessions with our beneficiaries of the Badlav team. 8 individuals were given weekly trauma-informed individual therapy sessions.

In-person Sadbhavna sessions in collaboration with Newgen Software Technologies, a 12-month personality development program started.

### December 2022

Successful closing of our first cohort of the Trauma-informed care practices course was done.

### January 2023

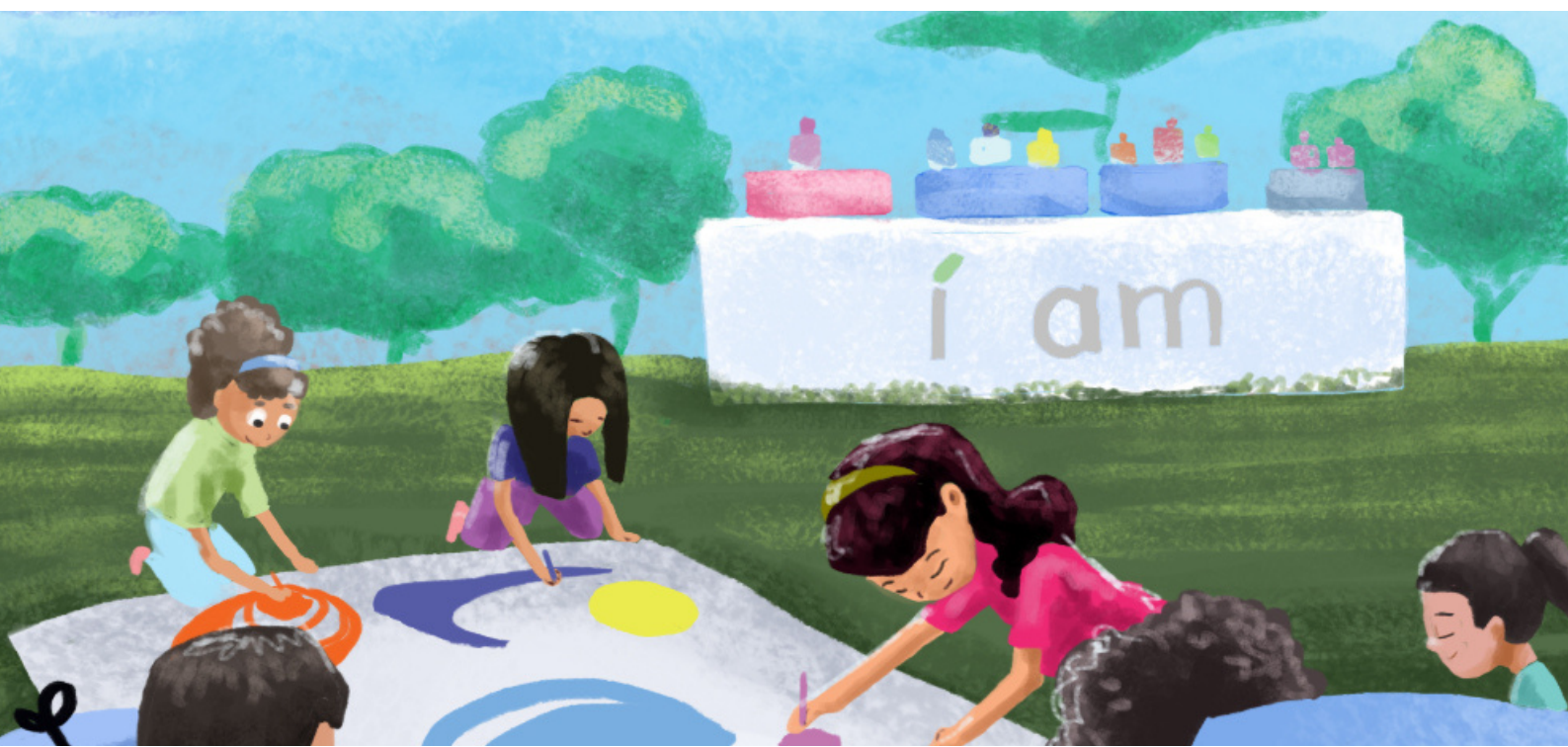
With the start of the new year, an internal team training on “team capacity building” was conducted to equip the team members with changing ways forward.

### February 2023

We started to prepare the closing of our programs for the year 2022-23, by completing program reports, and monitoring and evaluation reports.

### March 2023

We collaborated with Mind Legal for POSH training. The trainings were delivered to the Internal committee, Junior, Middle, and Senior Management of the organisation, Azure Power.



# PROGRAMMES

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## ANUBHOO

**Trauma-Informed Care Training**



## UDAAN

**Individual Therapeutic Intervention  
Crisis Intervention**



## PROJECT ARYA

**Trauma-focussed  
Group Intervention**



## CERTIFICATE COURSE ON TRAUMA-INFORMED CARE PRACTICES

Understanding the intense need to combat mental health concerns not by treating symptoms but by **building the capacity of aspiring mental health professionals** toward holistic healing, we emphasize adopting a trauma-informed approach that is **inclusive, contextualised, and de-stigmatizing**. To bring this shift in perspective of viewing and treating mental health concerns, we designed a 43-hour long & 10 credit-based coursework on trauma-informed care and healing. Experts from the field enabled the participants to build a trauma-informed care lens for intervention planning. Various activities like online learning/theory sessions, practical, and viva, assignments, and class discussions were encompassed in this coursework.

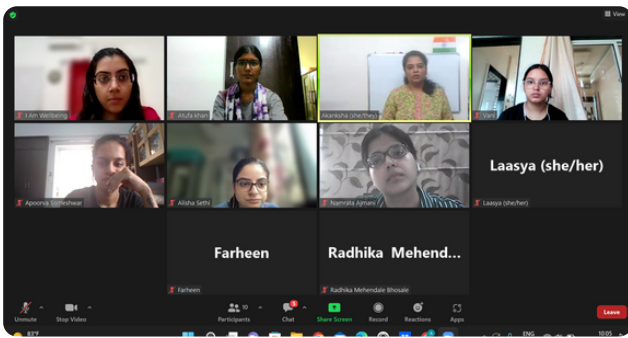
### OBJECTIVES

- Get equipped with trauma-informed counselling skills for practical application.
- Develop an understanding of evidence-based holistic tools for processing trauma.
- Build a trauma-informed care lens for intervention planning.
- Become a trauma-informed mental health practitioner. Develop an understanding of trauma in the Indian context.

# ANUBHOO

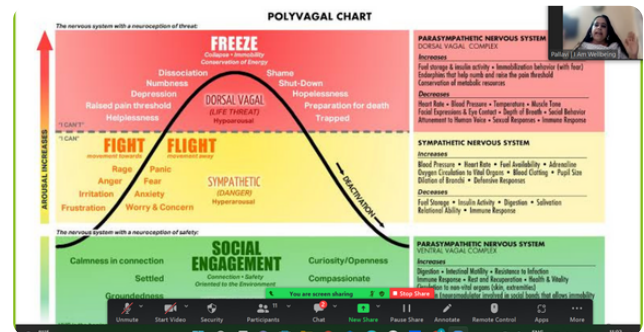
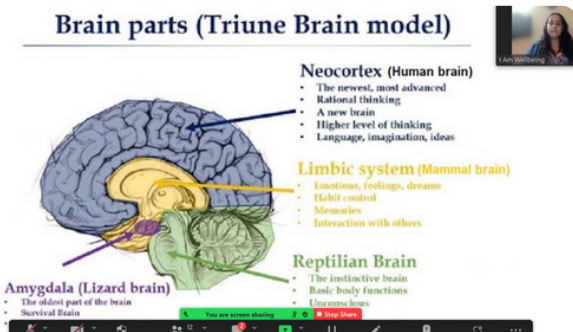
## Module 1 (Introduction to Trauma)

The course started with making the participants understand trauma through the decades and establishing safety and rapport for the group. Akanksha Chandele took the first two classes and covered the topics of bio-psycho-social-cultural context and adverse childhood experiences. The interactive classes made the participants reflect, and share their understanding of trauma in the Indian context.



## Module 2 (Neuroscience of trauma)

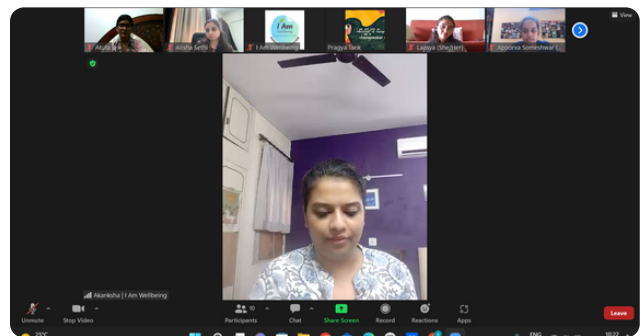
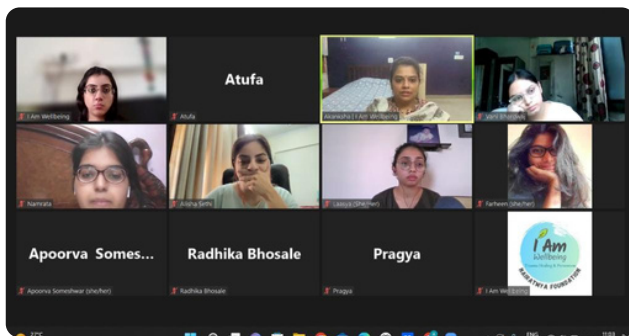
The participants were introduced to the theoretical concepts of the anatomy of survival, brain-body connection, and levels of safety and imprint of trauma memories. Pallavi Singh covered this section.



## ANUBHOO

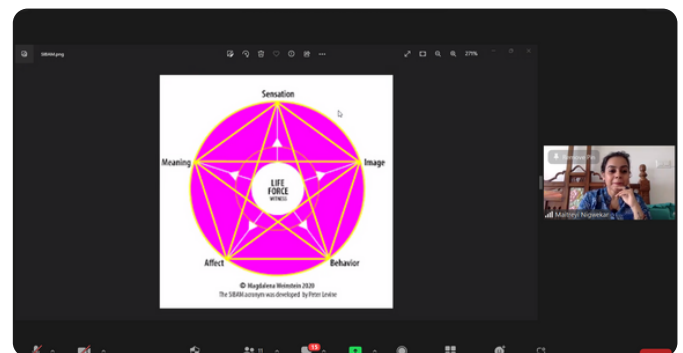
### Module 3 (Trauma-informed Care)

In this module, the what and why of trauma-informed care, principles of trauma-informed care, adopting the lens in everyday life, and social-cultural perspective was discussed. The module was taken up by Akanksha.



### Module 4 (Understanding and relearning counselling skills from a trauma lens)

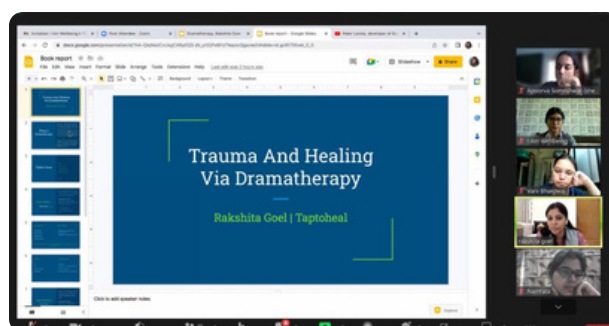
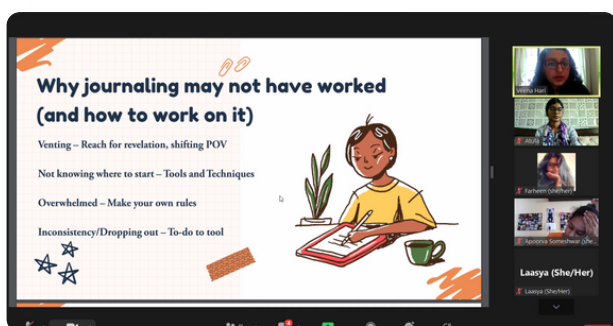
Understanding counselling skills from a trauma-informed lens was taught in this module with the help of role plays. Preeta Ganguli covered non-violent communication. Our trainer Maitreyi Nigwekar talked about authentic self-care and vicarious trauma.



## ANUBHOO

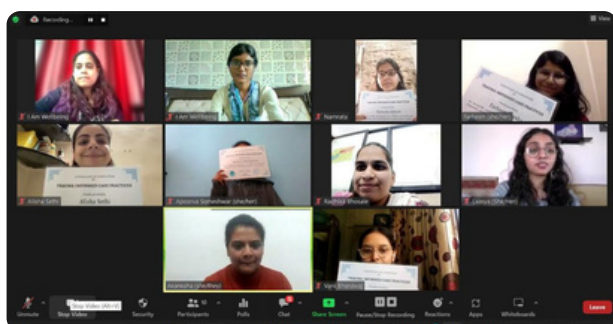
### Module 5 (Evidence-based tools for processing trauma)

Expert trainers were called to introduce the participants to various tools for processing trauma. Maitreyi talked about bodywork and somatic practices and stages of processing trauma. Veena Hari introduced mindful journaling as a trauma-informed mindfulness-based activity. The basics of dramatherapy and EFT were discussed by Rakshita Goel and Divya Shrivastava, respectively.



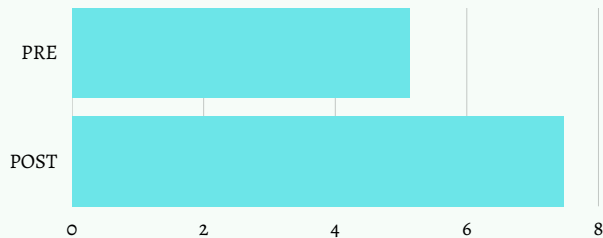
### Closing Ceremony

We concluded our four-month-long journey by having everyone share their experiences and think back on the changes they experienced while taking the course. After the course, participants discussed how motivated they feel to further the cause.



## ANUBHOO

## OUTCOME



# 45.7%

increase in participants' preparedness to recognise and respond to trauma

Following were the outcomes based on the participants' responses and assignments-

- Deeper understanding of the impact of trauma on the brain and body.
- Awareness of the prevalence and impact of trauma.
- Feeling a strong sense of safety and connection with the cohort.
- Viewing self, others, and the world through a trauma informed lens.

## IMPACT



**8** therapists trained



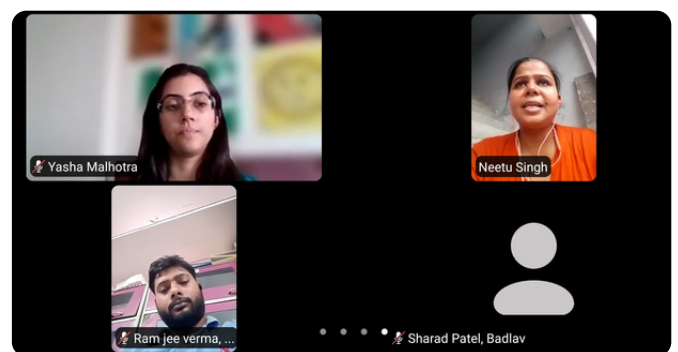
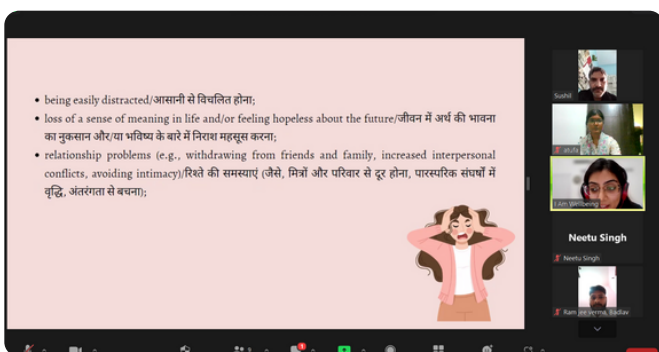
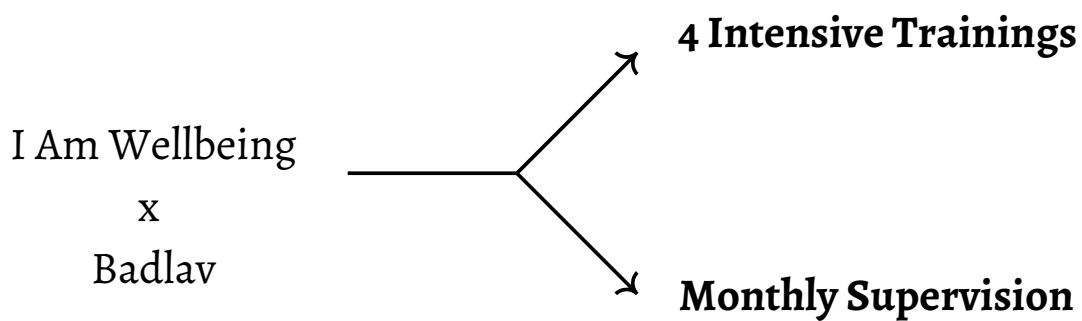
**43** hours of intensive training



## ANUBHOO

## BADLAV

This collaboration aimed at implementing a **comprehensive program** that boosts the skills of both care providers and mental health counselors through **intensive training** and **supervision** and also included the development of modules for group therapy sessions with beneficiaries who were struggling with addiction and adverse life circumstances. To support clients, trauma-informed care is crucial to truly healing past traumas and beginning to live a healthier life. Trauma-informed addiction treatment acknowledges that individuals, more likely than not, have a history of trauma. Therefore, care providers recognize the symptoms and roles that trauma will play in a client's care. A trauma-informed care provider's perception is "what has happened to this person?" rather than "what is wrong with this person?".



*Snapshots of trainings with Team Badlav*

## ANUBHOO



*Arts-based group therapy sessions*

## OBJECTIVES

- To conduct trauma-informed trainings for all the team members of Badlav.
- To develop trauma-informed group session modules for survivors of addiction and adverse life circumstances.
- To train the team members in group therapy conduction skills
- To provide regular supervision to the team members.

# ANUBHOO

## OUTCOME

**46.8%**

decrease in drop-out percentage of beneficiaries

**37.75%**

increase in beneficiaries uniting back with their families

**33.42%**

increase in relational wellbeing

**48.09%**

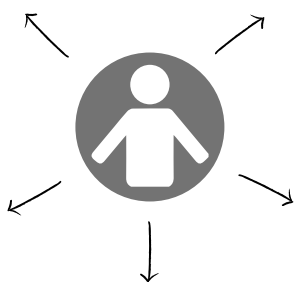
increase in physical wellbeing

**48.63%**

increase in emotional wellbeing

**48.03%**

increase in mental wellbeing



**35.44%**

increase in spiritual wellbeing

## IMPACT



**30** supervision sessions



**5+** social workers trained

## SHIV NADAR SCHOOLS

Trauma-informed teachers provide a **learning environment that is psychologically, physically, and emotionally safe**. Our team provided trauma-informed methods training to 15 Mental Health Professionals (MHPs) from various branches of Shiv Nadar School to assist them in creating opportunities for students to develop a sense of identity within a supportive environment. We intended that by providing them with this training, they would better understand how teachers can foster relationships of care and trust with each student, which can operate as a protective factor.

## OBJECTIVES

- Equipping teachers to connect effectively with the students.
- Providing MHPs with the tools they need to recognise concerns better.
- Enabling the teachers to provide supportive space to students.
- Making teachers aware of Adverse childhood experiences (ACEs) and its impact .

**HOW ACEs WORK**

**Adverse Childhood Experiences**

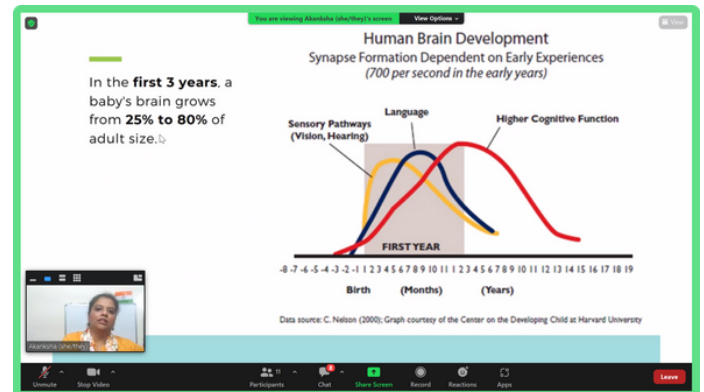
- Abuse and Neglect (e.g., psychological, physical, sexual)
- Household Dysfunction (e.g., domestic violence, substance abuse, mental illness)

**Impact on Child Development**

- Neurobiologic Effects (e.g., brain abnormalities, stress hormone dysregulation)
- Psychosocial Effects (e.g., poor attachment, poor socialization, poor self-efficacy)
- Health Risk Behaviors (e.g., smoking, obesity, substance abuse, promiscuity)

**Long-Term Consequences**

Disease and Disability	Social Problems
• Major Depression, Suicide, PTSD	• Homelessness
• Drug and Alcohol Abuse	• Prostitution
• Heart Disease	• Criminal Behavior
• Cancer	• Unemployment
• Chronic Lung Disease	• Parenting problems
• Sexually Transmitted Diseases	• High utilization of health and social services



## TEAM CAPACITY-BUILDING

To increase the effectiveness and sustainability of the organisation, the team underwent capacity-building training. The training focused on **building both organisational and human capacity**. Building organisational capacity required educating and training the team members on new technical skills in documentation and efficient communication. Building human capacity entailed supporting team members to identify key areas for their development and get crucial insights for better potential utilisation. As a trauma-informed organisation, we bring our holistic selves to work. Addressing this, Our director, Akanksha Chandele, talked about how we can build on our capacity by keeping our personal and professional selves together.

### OBJECTIVES

- Training the team to acquire the necessary skills to carry out delegated tasks properly.
- Optimum utilization of resources through consistent application of Resource and Development.
- Increase efficiency of communication within the team.
- Enhance capacity to identify and address performance challenges.

## AZURE POWER

Mind Legal collaborated with I Am Wellbeing to deliver POSH training to the Management, and the Internal Committee of Azure Power in Delhi, Rajasthan, and Gujarat. Avanti Tewari Chandele from Mind Legal covered the informational and legal component of the training and Pallavi Singh from our team had an interactive session on how to create a **safe work environment** and **support team members with a trauma-informed lens**. The training aimed to create awareness and sensitivity among the various levels of management.

### OBJECTIVES

- To promote a culture of safety and consent in the workplace.
- Create awareness of how to take up POSH complaints with a trauma-informed lens.
- To emphasize the need for sensitivity and compassion when supporting people filing POSH complaints.

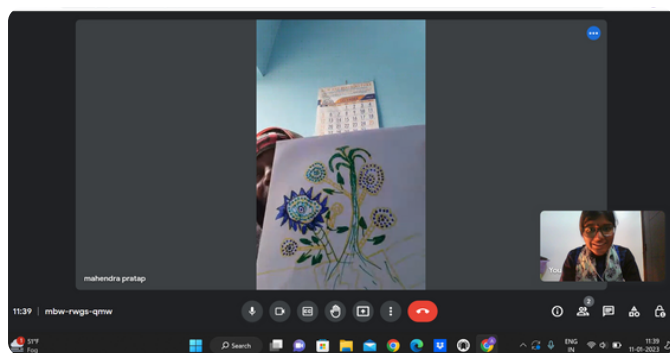


## UDAAN

For Trauma Healing, we empower vulnerable lives by providing mental health support through individual therapy intervention, a collaboration with the Badlav, an organisation that works for the livelihood of homeless people. Under individual intervention, we provide **intense trauma therapy support** to individuals struggling with severe trauma and assist them in their healing journey. Being a highly misunderstood population, these people struggling with addiction have undergone intense trauma. Udaan provides intensive individual therapy sessions online to adults struggling with trauma and addiction. Trauma-informed therapists create a contained and healing space for emotional support for them. The therapists use various modalities like drama therapy, play therapy, bodywork, metaphors, mindfulness-based practices etc., to make a positive shift in the lives of individuals who have experienced trauma.

## OBJECTIVES

- Provide a safe space to express and address their concerns.
- To support individuals in processing the impact of trauma.



## OUTCOME



**7** individuals united back with their families

**84.21%**

increase in following routines

**53.33%**

increase in connection with self

**17.39%**

increase in emotional expression

**60%**

increase in healthy coping

## IMPACT



**10** adults supported



**70+** hours of intensive therapy



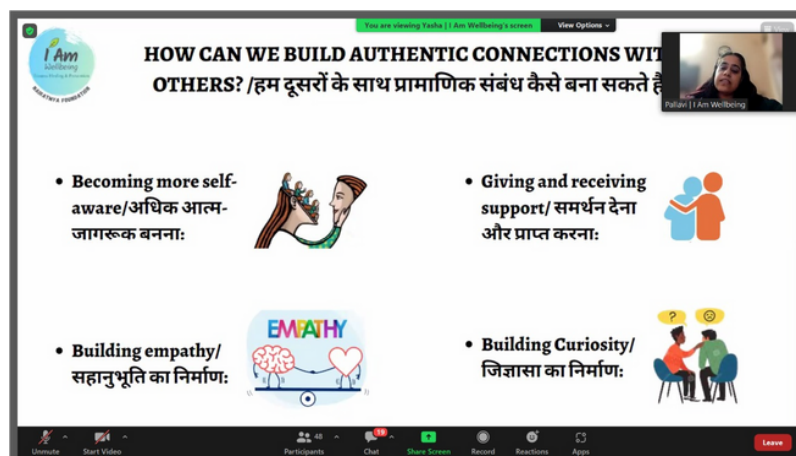
## NEWGEN SOFTWARE TECHNOLOGIES LIMITED

The pandemic has had a significant impact on the social and emotional well-being of children and adolescents. Adversities like this have a negative effect on their development, both in terms of their personality and their capacity to handle challenging circumstances. Furthermore, returning to in-person learning and normal activities after a prolonged period of remote learning and social distancing has been extremely challenging for students. Sound mental health at this age is crucial for composing their emotional well-being and social skills. With the intent to address these concerns, we in collaboration with Newgen software technologies started three different programs this year.

### Peer Leadership Program

### Personality Development Program

### Life Skills Development Program



## PROJECT ARYA

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### 1. PEER LEADERSHIP PROGRAM

The COVID-19 era has called us to educate youth on managing their intense sadness, isolation, and anxiety. With adequate assistance and timely intervention, young lives who have experienced mental distress can bounce back as we recover from this crisis. To support young lives, we have focused on building their resilience and creating **mental health peer leaders** who can strive to take care of their well-being along with supporting other children around them in their communities. Keeping this at the forefront, we started a leadership intervention program called "Peer Leadership Program" in June 2022, intending to equip them with tools and knowledge to support their mental health and that of other children around them. So far, we have supported and trained over 600 young girls from government schools across Delhi. Over the last seven months, there has been a gradual shift in the awareness and engagement of these young leaders. They feel equipped to support themselves and others by building a safety net, identifying risky behaviours in times of stress, and using the resources required to maintain their mental health.

### OBJECTIVES

- To disseminate general knowledge about mental health.
- To build resilience against common challenges faced by children after transitioning back to school.
- To develop a safety net by identifying risky behaviors in times of extreme stress.
- To empower mental health peer leaders equipped to support self and others in a post-pandemic world.

## PROJECT ARYA

- To support adolescents in demonstrating a range of communication and social skills to interact effectively.
- To inculcate skills required to understand one's emotions, thoughts, and feelings as well as those of others.
- To enhance the skills required to manage and express their emotions, thoughts, impulses, and stress in more effective ways.

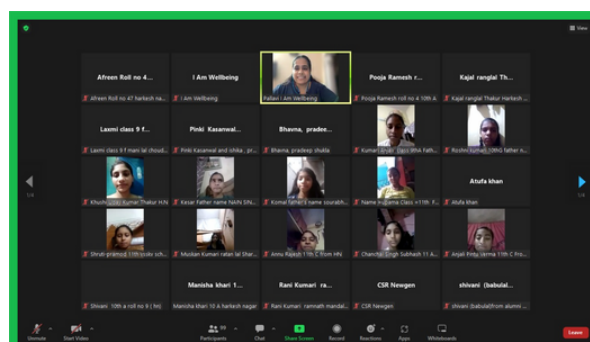
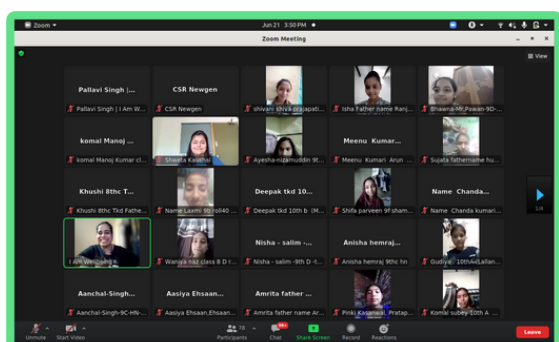
## JOURNEY OF A PEER LEADER

### Orientation session

The peer leadership program started with briefing the participants about the structure of the program. Objectives of the sessions and expectations from the peer leaders were told. Orientation intended to build rapport with the groups.

### Understanding mental health

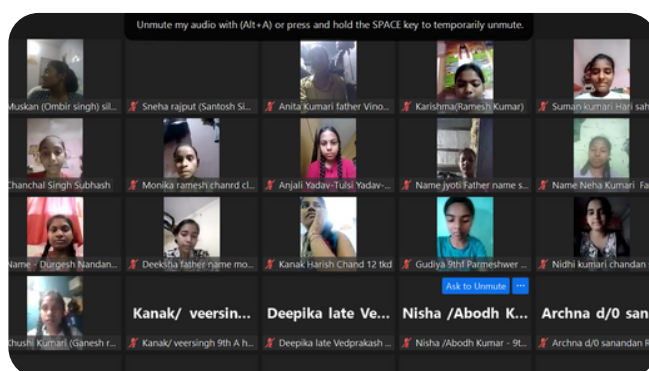
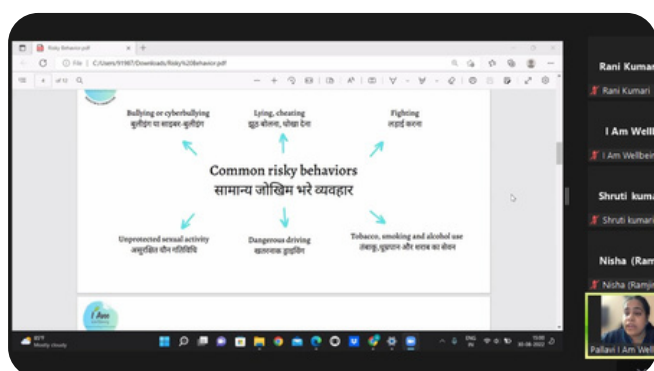
The session's primary focus was on understanding mental health & what we can do to support our wellbeing. Positive signs of mental health like healthy boundaries, healthy self-esteem were shared.



## PROJECT ARYA

### Identifying signs of risky behaviour among children and adolescents

The session focussed on why pre-teens and teenagers are more vulnerable to risky behaviors. Various factors, including the biology of the brain, were explained. Healthy risk-taking behaviors were discussed.



### Art of listening

Through this interactive session, participants tried to understand the process of listening, types of listening and reflected on how they feel when listened to.



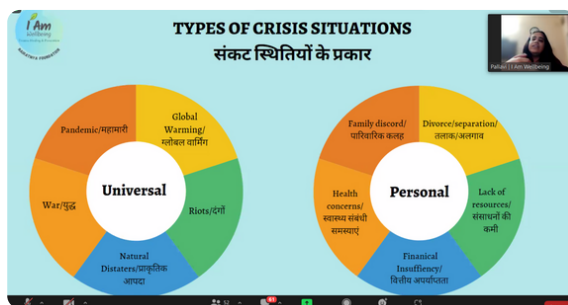
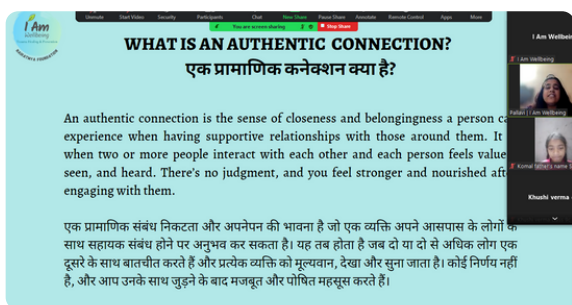
### Effective and nonviolent communication

Peer leaders learned what effective communication means and why it is important. They practiced how to use non-violent communication.

## PROJECT ARYA

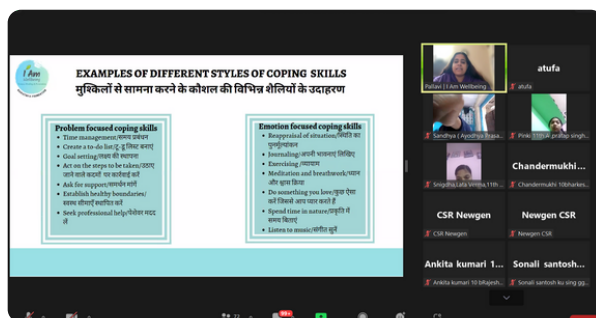
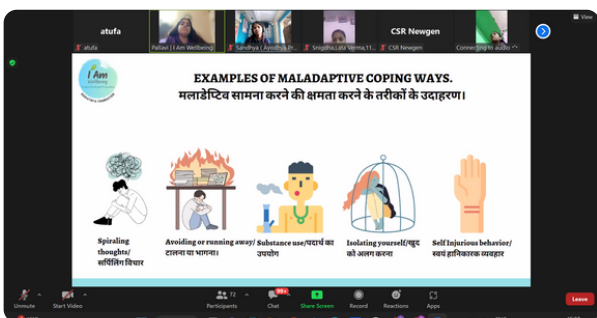
### Connection building & identifying crisis

Through this session, peer leaders learned the meaning and importance of authentic connections. They also learned various ways to identify when someone is in a crisis situation.



### Effective coping skills

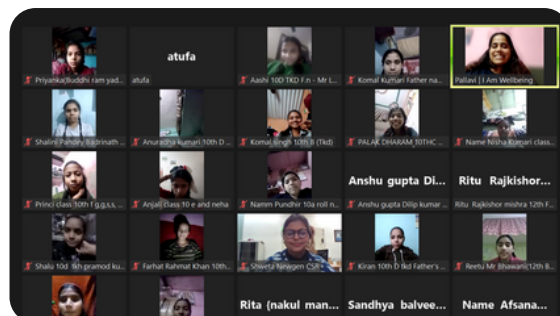
The facilitator discussed various ways to manage stress, after which the concept of coping was introduced. It was followed by an interactive discussion on different maladaptive and adaptive coping methods.



### Emotional Freedom Tapping

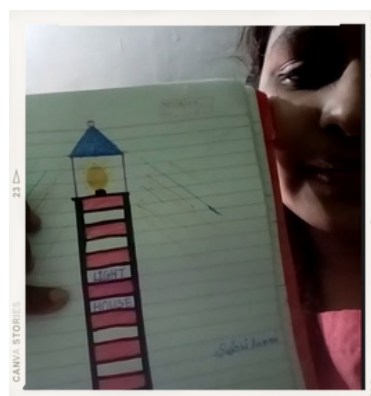
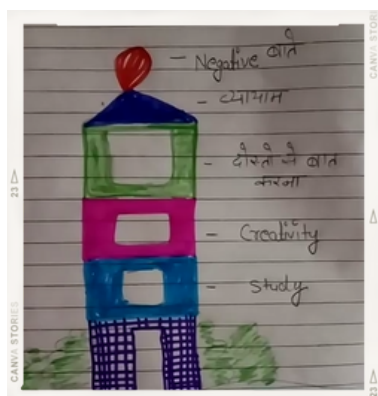
The session focused on understanding difficult emotions, how they affect us, and how to manage and release them using the emotional freedom tapping technique. The students practiced the entire technique with the help of the facilitator.

## PROJECT ARYA



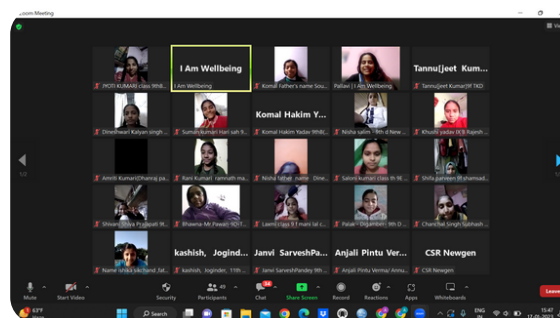
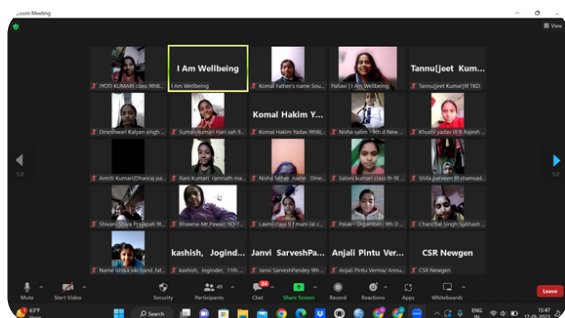
## Arts-based tools

Through this session, participants learned about art-based tools as coping resources. They all participated in an art-based activity during the session, which was immersive in nature.



## Journey mapping

The ten months long journey of the peer leaders was closed with reflecting and sharing the change they noticed in themselves and their respective group.



## PROJECT ARYA

### OUTCOME



Enhanced confidence and communication skills



Equipped with leadership skills

*"Earlier I wasn't able to communicate, form groups, or work as a team very effectively. Since I have become a Peer Leader, now I feel confident to work as a leader with anyone"*

-S, 16 years

*"By joining Peer Leadership Program, I got the confidence to put my points forward"*

-A, 17 years

### IMPACT



**600+**  
peer leaders trained



**2500+**  
adolescents supported by the peer leaders

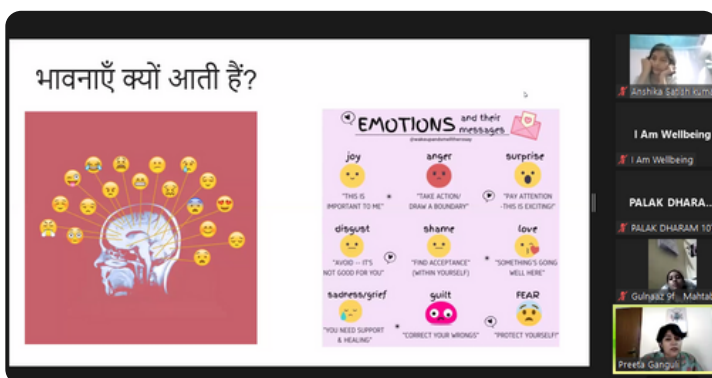
## PROJECT ARYA

### 2. LIFE SKILLS DEVELOPMENT PROGRAM

This collaboration aimed at building life skills that focus on **personal development** to promote confidence and well-being among students up to 17 years of age. The program focused on learning life skills using arts-based tools, reflective activities, group discussions, and learning tasks to help develop self-confidence and learn to successfully deal with significant life changes and challenges such as pandemic stress and transitions.

#### OBJECTIVES

- To build life skills that focus on personal development.
- To promote confidence and well-being.
- Develop a greater sense of self-awareness and appreciation for others.
- Develop responsible decision making and communication skills.





## PROJECT ARYA

Self and emotions

Menstrual hygiene & Body image

Nutrition

Relationships & Responsible  
decision making

### OUTCOME

**67.8%**

girls felt equipped to deal with  
relationship conflicts

**84.4%**

girls expressed having a better  
understanding and knowledge of  
menstrual health

**79.1%**

girls felt confident to follow their  
individual diet plan

**89.1%**

girls understood the meaning of emotions and  
how to cope with difficult emotions

### IMPACT



**600+** adolescents supported

### 3. PERSONALITY DEVELOPMENT PROGRAM

As the world has resumed its offline state, it is essential to help young children **build communication and social skills** to interact effectively, to equip adolescents with the understanding required to regulate and express their emotions, thoughts, impulses, and stress in more effective ways, and to help individuals develop an awareness of and empathy for one another. These once in a month, 90 minutes long socio-emotional learning sessions are designed to help children navigate through unprecedented challenges through the use of art, play, drama, music, and movement; holistic developmental activities; building safe connections; learning social skills; and nurturing creativity and self-expression, all of which ultimately lead to a well-rounded and well-adjusted personality.

#### OBJECTIVES

- Develop critical social and emotional skills.
- Be able to better adapt to new circumstances post-COVID.
- Address the holistic needs of the participants.
- Improve their ability to regulate emotions.
- Enhance social connectedness.



## PROJECT ARYA

### OUTCOME



Enhanced ability to regulate emotions



Increased self-awareness and self-expression



Improved communication and social skills



A safe space to explore and express self

### IMPACT



**70+** adolescents supported

# ORGANIZATIONAL FOOTPRINT

*since conception*



**3,346**

Professionals trained



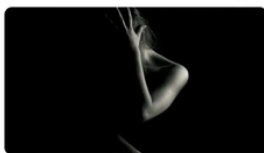
**1,00,844**

Lives impacted

## I AM IN THE SPOTLIGHT

### How a negative body image killed my desire for romance

Loyalty, compassion, and love took a backseat — validation for my body was all I was looking for and it hit me hard in the long run

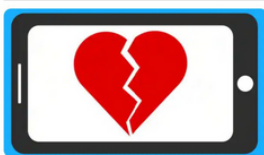


***How a negative body image killed my desire for romance\****

**-Featuring Akanksha Chande, Mint Lounge**

### Are social media dating experts killing your relationship?

Steer clear of self-proclaimed online therapists and dating experts, who dole out relationship advice by the minute, without being qualified to do so



***Are social media dating experts killing your relationship?\****

**-Featuring Akanksha Chande, Mint Lounge**

### What to do if you're accused of being too needy as a partner, friend, or sibling

An emotionally expressive person can be too needy for an emotionally unavailable one. But it isn't so black or white. Here's the right way forward



***What to do if you're accused of being too needy as a partner, friend, or sibling?\****

**-Featuring Pallavi Singh, Mint Lounge**

### I Am Wellbeing (Nairatmya Foundation)

I Am Wellbeing is an organization dedicated to Trauma Healing and Prevention, creating Trauma-Aware ecosystems that nurture, heal, and build resilience by training mental health professionals, parents & caregivers, teachers & educators, anyone and everyone working directly with children. This team of trauma-informed therapists and counselors has vast experience of working with intense trauma in settings and uses diverse healing modalities like Arts Based Therapy, EMDR, IEMT, Drama Therapy, EFT, and more.

***8 Mental Health Interventions in India\****

**-Living Bridges Project**

## SIGNIFICANT COLLABORATORS

## OUR NETWORK OF COMPASSION



## FINANCIALS

### NAIRATMYA FOUNDATION

(A 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 2021 TO 31ST MARCH 2022

Particulars	Note No.	Figures for the year ended 31st March, 2022	Figures for the year ended 31st March, 2021
I Donation Received	7	22,55,652.92	20,78,887.38
II Other Income		26,275.00	9,878.27
Amount to be Utilized u/s 11(1)		3,03,303.00	
<b>III Total Revenue (I+II)</b>		<b>25,85,230.92</b>	<b>20,88,765.65</b>
<b>IV Expenses :</b>			
Operating Exp	8	-	-
Employee benefits Expenses	9	13,90,738.00	13,77,258.00
Finance Costs	10	-	-
Depreciation and Amortization expenses		6,585.20	1,969.00
Other Expenses	11	6,91,478.00	57,524.00
<b>Total Expenses</b>		<b>20,88,801.20</b>	<b>14,36,751.00</b>
<b>V Surplus Before Tax (III-IV-V(A))</b>		<b>4,96,429.72</b>	<b>6,52,014.65</b>
<b>VI Amount Deemed to be Utilised U/s 11(1)</b>		<b>1,60,000.00</b>	<b>3,03,303.00</b>
<b>VII Surplus Before Tax (III-IV-V(A))</b>		<b>3,36,429.72</b>	<b>3,48,711.65</b>
<b>VI Tax Expenses</b>			
(1) Provision for tax		-	-
(2) Deferred Tax Assets/(Liabilities)	12	-	-
<b>VII Profit (Loss) for the period (V-VI)</b>		<b>3,36,429.72</b>	<b>3,48,711.65</b>
<b>VIII Earning per Equity Share :</b>			
(1) Basic			
(2) Diluted			
Significant Accounting Policies	13		
Explanatory Notes	14		



## FINANCIALS

**NAIRATMYA FOUNDATION**  
(A 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 2022**

Particulars	Note No.	Figures as at the end of 31st March, 2022	Figures as at the end of 31st March, 2021
<b>I EQUITY AND LIABILITIES</b>			
<b>(1) Shareholders Funds</b>			
Share Capital	1(a)	20,000.00	20,000.00
Reserves and Surplus	1(b)	6,78,161.37	3,41,731.65
<b>(3) Non- Current Liabilities</b>			
Long Term Borrowings	2	31,000.00	31,000.00
<b>(4) Current Liabilities</b>			
Other Current Liabilities	3	2,85,000.00	4,03,303.00
Short term Borrowings		-	-
<b>TOTAL</b>		<b>10,14,161.37</b>	<b>7,96,034.65</b>
<b>II ASSETS</b>			
<b>Property Plant &amp; Equipments</b>			
Intangible Assets		26,340.80	32,926.00
<b>(1) Non Current Assets</b>			
Deferred Tax Asset	12	-	-
<b>(2) Current Assets</b>			
Sundry Debtors	4	-	-
Cash and Cash Equivalents	5	9,20,384.57	7,48,196.65
Other Current Assets	6	67,436.00	14,912.00
<b>TOTAL</b>		<b>10,14,161.37</b>	<b>7,96,034.65</b>
Significant Accounting Policies	13		
Explanatory Notes	14		





## CORE TEAM



Akanksha Chandele  
Director,  
Therapist



Pallavi Singh  
Program manager,  
Therapist



Atufa Khan  
Research Coordinator,  
Therapist



Yasha Malhotra  
Training Coordinator,  
Therapist

## CONSULTANTS



Preeta Ganguli  
Training



Maitreyi Nigwekar  
Training



Veena Hari  
Research



Ishi Agarwal  
Social Media



Dr Shiraz  
Psychiatrist



Rakshita Goel  
Training



Sukun Chandele  
Legal



Faseeh Amin  
Research



Anupam Parashar  
Finance

## 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



'Making India Trauma-Informed'

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☎ +91-8920715913

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📷 [@iamwellbeing\\_](https://www.instagram.com/iamwellbeing_)

🐦 [@iamwellbeing\\_](https://twitter.com/iamwellbeing_)

🌐 [/company/i am](https://www.linkedin.com/company/i_am)