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ANNUAL REPORT 2020-21

AATMSUKH AATMDEV AASHRAM

(For Mentally Challenged)

RUN BY : TEK CHAND SUD CHARITABLE TRUST (REGD.)

OLD KANAK MANDI, ADJOINING TEMPLE DEVI DAWARA, HOSHIARPUR 146001 (PUNJAB)

01882-241300, 9779168400, 9779888658 | Email : aatmsukh@yahoo.com , tcsctrust@yahoo.com | website : www.aatmsukh.org

AIMS & OBJECTIVES

1. To acquire, establish, start and run or manage school, libraries, hostel or an institution for Mentally challenged/ handicapped and all kinds of disabled persons as well as normal persons, children, orphan children, aged persons and to take up self help group activities to support the objectives of the society, to understand housing and re-settlement activities for the poor people in urban and rural area by way of concept formulation, survey, planning supervision, management and training.
2. To build up vocational training center to help disabled persons as well as normal persons.
3. To help the needy students of all communities especially in rural area.
4. To arrange and organize lectures, debate discussion and excursion for diffusion of knowledge.
5. To help aged sick, helpless and indigent persons.
6. To engage and assist for “self help group”.
7. To collect donation, subscriptions and aid of all kinds for the purpose of the society.
8. To organize and arrange tournament for the promotion and advancement of various games.
9. To organize Blood Donation Camp and Medical checkup camp which is needed for the public with the advice of qualified Doctor and without any profit and motive?
10. To arrange awareness programme through seminar, discussion, and exhibition and video shows about disability, ill-health, sanitation and poverty.
11. Impart and develop pollution awareness among the people by way of tree planting, garbage removing, proclaiming about pollution etc.
12. To provide computer education to the weaker section of the society.
13. To create opportunity of imparting moral education for the children so as to make them active, responsible and faithful citizen of nation.
14. To establish and run shelter cum rehabilitation homes/centers for children ,

AIMS & OBJECTIVES

widows, destitute working girls and orphans coming from various segments of the society.

15. To establish the sangeet kala centers and public theatres for imparting education relating to sangeet kala to children and adults.
16. To establish and run institutes to impart training in dance, Music, Song, etc. among children and adults.
17. To subscribe, contribute or grant money for any national charitable benevolent, public, genre, or useful objects or fund for any exhibition but not amounting to contribute to any political party under any circumstances.
18. To organize and promote Road safety awareness programme.
19. To provide Assistance to the NRI.
20. To ensure safe drinking water for the people.
21. To awareness about AIDS among the youth of the nation.



HISTORICAL BACKGROUND OF THE TRUST

“Tek Chand Sud Charitable Trust” is a totally charitable institution. This trust was founded by Late Sh. Tek Chand Sud Ex. MLC in 1976. It was registered in 1980. His father Late Sh. Mela Mal Sud, donated his land which is now worth Crores to Mela Mal Sud Rotary Eye Hospital, Palampur (Himachal Pradesh), presently one of the biggest eye hospital in North India. Late Sh. Tek Chand Sud walking on his fathers' footprints donated his residential house and other immovable properties to this trust for the welfare of



society. Present Aatmsukh Aatmdev Aashram is situated in the residential house of founder Trustee ie Late Sh. Tek Chand Sud. From 1980, this trust helped deprived sections of society in many ways such as financial assistance to poor girls in their marriage, contribution to book banks, paying for medical treatment of poor etc.etc.



HISTORICAL BACKGROUND OF AATMSUKH AASHRAM

History of Birth of “Aatmsukh Aatmdev Aashram”

Aatmsukh Aatmdev Aashram (earlier known as Aatmsukh Mandbudhi Aashram) is a project of “Tek Chand Sud Charitable Trust”. One of the Presidents of this trust had a mentally-challenged daughter “Megha”. This led to the concept of Aatmsukh with an aim to create a second home for mentally challenged that too with emphasis on females who are the most vulnerable section of the society. In the present Indian conditions, with hardly any residential facilities for mentally challenged girls, a need was felt to create a second house for them. Present Indian society failed to create a safe environment for girls, so everyone is scared to take the risk to build residential facilities for girls. Moreover, the girls have problems which are peculiar as compared to boys or man. While Aatmsukh was being conceived to provide residential facilities to girls from birth to death, lots of or say almost everyone tried to discourage because of the risk involved in such residential hostels for girls. Fear of wrong by some sick mentality or negligence towards these mentally challenged by others was explained. But we have gone ahead with our pure mind and devotion. If we also do not create a second home for mentally challenged, then who will answer the question of” what a second home for mentally challenged, then who will answer the question of” what after the death of parents of mentally challenged and who will take care of them”.

OUR COMMITMENT

Aatmsukh Aatmdev Aashram” and all associated with it is committed to take care and promote welfare with total commitment, selfless service, love and affection towards mentally challenged who are no less than “Aatmdev”

CURRENT PROJECTS

- ❖ Totally free day care and education services for mentally challenged children.
- ❖ Totally Free Amrit Prem Girls Hostel (For Mentally Challenged)
- ❖ Scholarship schemes for poor children to enhance participation in their rehabilitation process.
- ❖ To create a well-furnished rehabilitation centre for mentally challenged.
- ❖ Advanced Physiotherapy, Occupational therapy and Speech therapy centre.
- ❖ Shelter work shop and vocational training centre for all type of differently-abled so that they can live an independent life.



FACILITIES PROVIDED BY THE TRUST

Facilities provided below are entirely FREE at Aatmsukh

- ❖ The Furnished barrier-free building
- ❖ AC classrooms
- ❖ Kitchen and Dining room.
- ❖ Free transport services to all differently-abled children.
- ❖ Well qualified specially trained teachers.
- ❖ Free education with flexible timing.
- ❖ Providing free uniform to all children.
- ❖ Vocational, Music, Games and sports training.
- ❖ Parents counselling.
- ❖ Regular medical check-up for differently-abled by the dentist, eye specialist, physicians etc. etc.
- ❖ Wheelchair facility to one of the bedridden differently-abled girl.
- ❖ Motivation allowances of Rs. 500 to Aatmdev to increase attendance.



OUR MISSION & GOAL

Who will look after the mentally challenged once parents die, is a question which haunts every such parent? Aatmsukh is an answer and shall become second parent of such mentally challenged.

To create residential facilities from birth to death for mentally challenged with special emphasis on females, males and persons with severe and profound conditions of disabilities. Special Education, Vocational Training, Special Therapies and Rehabilitation Skills will be imparted to realize hidden potential of the Mentally Challenged (Aatmdev).

Aatmsukh Divyang Welfare Association (ADWA)... Movement for Mentally Challenged has been formed in 2017. Its aim is to change the mind-set of society and government toward needs of mentally challenged.

It will raise its voice to ensure dignified living for mentally challenged (Aatmdev)



ACTIVITIES OF 2021-21

As is well known, due to Covid-19, the whole world has become stable and helpless. In India, there was a total public downturn from 22nd March 2020 to December 2020. Neither any colleges were open nor did any school have any activity for the whole year. Everyone has been troubled due to the world health disaster. If anyone has been disturbed the most, then it is a mentally disabled person and his family because it is impossible to keep a mentally challenged child in one place or in a room.

It is very difficult to understand what will happen to those parents who have mentally challenged child in their home. Atmashik Atmdev Ashram (for Mentally Challenges) provided the items they need for the mentally challenged children living in the rural area during this world health disaster.

At the time of this world disaster, 2 staff members of our organization, Mr. Amarjit Lal and Mr. Pawan Singh, visit every mentally challenged child home those who are enrolled in our institution and aware their family members about how to keep children safe from this disaster and how to handle these child at home.

Aatmsukh Aatmdev Aashram provides materials to families of mentally challenged according to their needs during this Covid-19 pandemic.



ACTIVITIES OF 2021-21

On 23-03-2020 Responding to call of Janta curfew by Prime Minister Sh. Narender Modi, one 33 year old Mentally Challenged Girl also participated with plate & spoon banging thus giving loud message that she despite disability is equal partner in joint fight against corona virus.

FINANCIAL ASSISTANCE IN COVID-19 PANDEMIC

In the wake of COVID-19, realizing that parents of these children are unable to earn their livelihood, the trust in a unique initiative has decided to enhance monthly help to 20 children from Rs. 500/- to 1000/- .Thus the Trust will now pay Rs. 25000/- Per Month as financial assistance to 20 such poor Mentally Challenged children till terror of COVID-19 ends & parents start resuming their work.

6-4-2020 LITE THE LAMP BY MEGHA

Megha, a special student of Aatmsukh Aatmdev Aashram (For Mentally Challenged), a free special school run by the Tek Chand Sood Charitable Trust, lit the lamps on the roof of the Aashram at the call of Honorable Prime Minister Shri Narendra Modi to fight the Corona epidemic and gave a message to the people that even special children are ready to participate in fight against corona virus.



LOHRI CELEBRATION 2021-22

On Tuesday, 13th April 2021 Special child Megha Celebrating Lohri Festival with staff members of Aatmsukh Aatmdev Aashram (For Mentally Challenged)



YOGA TRAINING DURING COVID-19 PANDEMIC 2021-22

On Tuesday, 15th December 2020, Aatmsukh Aatmdev Aashram (For Mentally Challenged) organized one day Yoga Training Session for Special Children.



MEDIA HIGHLIGHTS

होशियारपुर, (विकास) : टेक चंद सूद चैरीटेबल ट्रस्ट द्वारा चलाए जा रहे निःशुल्क विशेष विद्यालय आत्मसुख आत्मदेव आश्रम फार मँटती चैलेंज्ड की विशेष छात्रा मेघा ने कोरोना महामारी से लड़ने व एकजुटता दिखाते हुए आश्रम प्रांगण की छत पर जाकर दीपक जलाए और लोगों को यह संदेश दिया कि विशेष बच्चे भी इस संकट की घड़ी में देश के लिए तत्पर हैं।



दैनिक सवेरा Tue, 07 April 2020
epaper.dainiksaveratimes.org/

एक अनूठी पहल: 25 दिव्यांग बच्चों को हर महीने 1 हजार रुपए की दी जाएगी सहायता

होशियारपुर, 23 मार्च (अखिबरी): प्रमुख एन.डी.ओ. टेक चंद सूद चैरीटेबल ट्रस्ट द्वारा संचालित आत्मसुख आत्मदेव आश्रम गुणने कनक मंडी जे विशेष बच्चों के लिए वर्ष 2012 से पूर्णसम निःशुल्क चल रहा है ने एक अनूठी पहल करते हुए 6 वर्षों में अर्थिक तौर से कमजोर दिव्यांग बच्चों को फ्रेंडर 500 रुपए की अर्थिक सहायता देने का बौद्धिक उपाय था। टेक सूद चैरीटेबल ट्रस्ट के प्रबंधक वरुण सूद ने आज 'पंचाब केराले' को बताया कि कोरोना वायरस के चलते इन बच्चों के पालन-पोषण काम पर नहीं जा रहे थे।

इसके चलते इनको अर्थिक संरक्षण ही हो पाया। उन्होंने कहा कि ट्रस्ट ने इस फेरवरी को दूर करने के लिए बच्चों को टी.आर.ए.सी. अर्थिक सहायता 500 में बढ़ाकर 1 हजार रुपए प्रति माह कर दी है। इस तरह कोरोना वायरस का बहुर दूर रूप में समाप्त नहीं हो जाय। सूद ने बताया कि रासदिक प्रबन्धनके तहत मंडी की प्रेरणा से लकर हर जका कर्मचारी इन 25 वर्षीय मानसिक रूप से दिव्यांग लड़की मेघ ने समान व प्रेम की धरि से एक घर का पंचम दिया है कि वह मानसिक रूप से दिव्यांग होने के बावजूद कोरोना वायरस विरुद्ध खूबस रूप में संघर्ष की जागीर है।

इसो बीच पूर्व सांप्र अखिबार राव छाना ने टेक चंद सूद चैरीटेबल आश्रमाल इस मानसिक रूप से दिव्यांगों के लिए किए जा रहे निःशुल्क व निःस्वार्थ सेवा की सराहना की है। उन्होंने ट्रस्ट की इस छलत का सम्बन्धन किशो व अन्य लोगों में भी अशील की कि वह अशील समर्थ में लोगों की सहायक के लिए आगे आए।

पंजाब केसरी Tue, 24 March 2020
https://epaper.punjabkesari.in/c/58282166

होशियारपुर, 11 जनवरी (अखिबरी): पुरानी कनक मंडी स्थित आत्मसुख-आत्मदेव आश्रम में विशेष बच्चों ने आज लोहड़ी का त्यौहार बड़ी भूमिधाम के साथ नाचते-गाते सैलीब्रेट किया। कार्यक्रम को शुरूआत टेकचंद सूद चैरीटेबल ट्रस्ट के सचिव सतपाल बाली द्वारा बच्चों को लोहड़ी की बधाई के साथ की गई। उन्होंने कहा कि लोहड़ी पर्व पर अंदर की बुराईयों को पावन अग्नि में डाल कर जलना देना चाहिए व अच्छाईयों को अपनाना चाहिए। सभी बच्चों के साथ मिलकर लोहड़ी की अग्नि प्रज्वलित की गई। इसके पश्चात विशेष बच्चों ने विभिन्न कार्यक्रम प्रस्तुत किए। इस अवसर पर राज पवन, अरुण सूद, कंचन, पवन सिंह, ज्योति देवी, अनु बाला, रंजना, नीलम भी मौजूद थे। सभी बच्चों को रवेडियों बांटी गई।

आत्मसुख आत्मदेव आश्रम में आयोजित लोहड़ी पर्व में शामिल विशेष बच्चे। (अखिबरी)



पंजाब केसरी Sat, 12 January 2019
https://epaper.punjabkesari.in/c/35731592

होशियारपुर: आत्मसुख आत्मदेव आश्रम, विशेष विद्यालय पुरानी कनक मंडी में भाई-बहन के प्यार का प्रतीक त्यौहार रक्षा बंधन बड़े हर्षोल्लास से मनाया गया। इस अवसर पर सभी बच्चों ने बड़े हर्षोल्लास से भाग लिया। विशेष बालिकाओं ने सहपाठियों को राखियां बांधीं। इस मौके पर टेक चंद व चैरीटेबल सदस्यों ने सभी को बधाई दी। (अखिबरी)

बच्चों ने रक्षा बंधन का जौदार मनाया



पंजाब केसरी Thu, 15 August 2019
https://epaper.punjabkesari.in/c/4251

होशियारपुर : आत्म सुख-आत्म देव आश्रम में आयोजित कार्यक्रम के मौके स्वैराल बच्चों के साथ संस्थान के प्रबंधक तथा रंजने मंडी गर्लज सी.टी. स्कूल की मि. ललिता रानी को सम्मानित करते कैबिनेट मंत्री तुस राजिन्द्र सिंह राजवा, साथ ही विधायक सुंदर राम अरोड़ा, डी.टी. विपुल उज्ज्वल डा. कुलपीथ चंदा, अजयार सिंह कपूर व मनमोहन सिंह कपूर। (अखिबरी)



पंजाब केसरी Sun, 28 January 2018
https://epaper.punjabkesari.in/c/36128921

होशियारपुर: आत्म सुख आत्मदेव आश्रम कनक मंडी चौक में होली के उपलक्ष्य में समारोह का आयोजन किया गया। इस अवसर पर दिव्यांग बच्चों ने अध्यापकों व संस्था संचालकों के संग होली मनाई। बच्चों ने झूमते-गाते होली के गानों पर रंगारंग कार्यक्रम प्रस्तुत किया। कार्यक्रम में मि. राज पवन ने बच्चों को होली के पर्व की पृष्ठभूमि बताई। (अखिबरी)



ACTIVITIES



ACTIVITIES

