



2017

# ANNUAL REPORT

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ARTSCAPE

# FOUNDER MESSAGE



The Arts are what make us most human, most complete as people. The language of the Arts is universal and has the ability to speak to us deeply and uniquely.

Our Sessions use Expressive Arts Therapy to provide emotional aid in a supportive and non-judgemental space.

The process can be used to develop individuality, communication and social skills, to instill a sense of confidence, motivation and self-expression, as well as enhance well-being and better quality of life for people of all ages with a range of needs and challenges.

As our partner, your association helped leverage our foundations projects and build new programs

I look forward to staying connected and to continue working together, towards a common goal.

With faith and goodwill,  
Kamalika Guha Thakurta

Do write in to me at [artscape2017@gmail.com](mailto:artscape2017@gmail.com) with your feedback and suggestions



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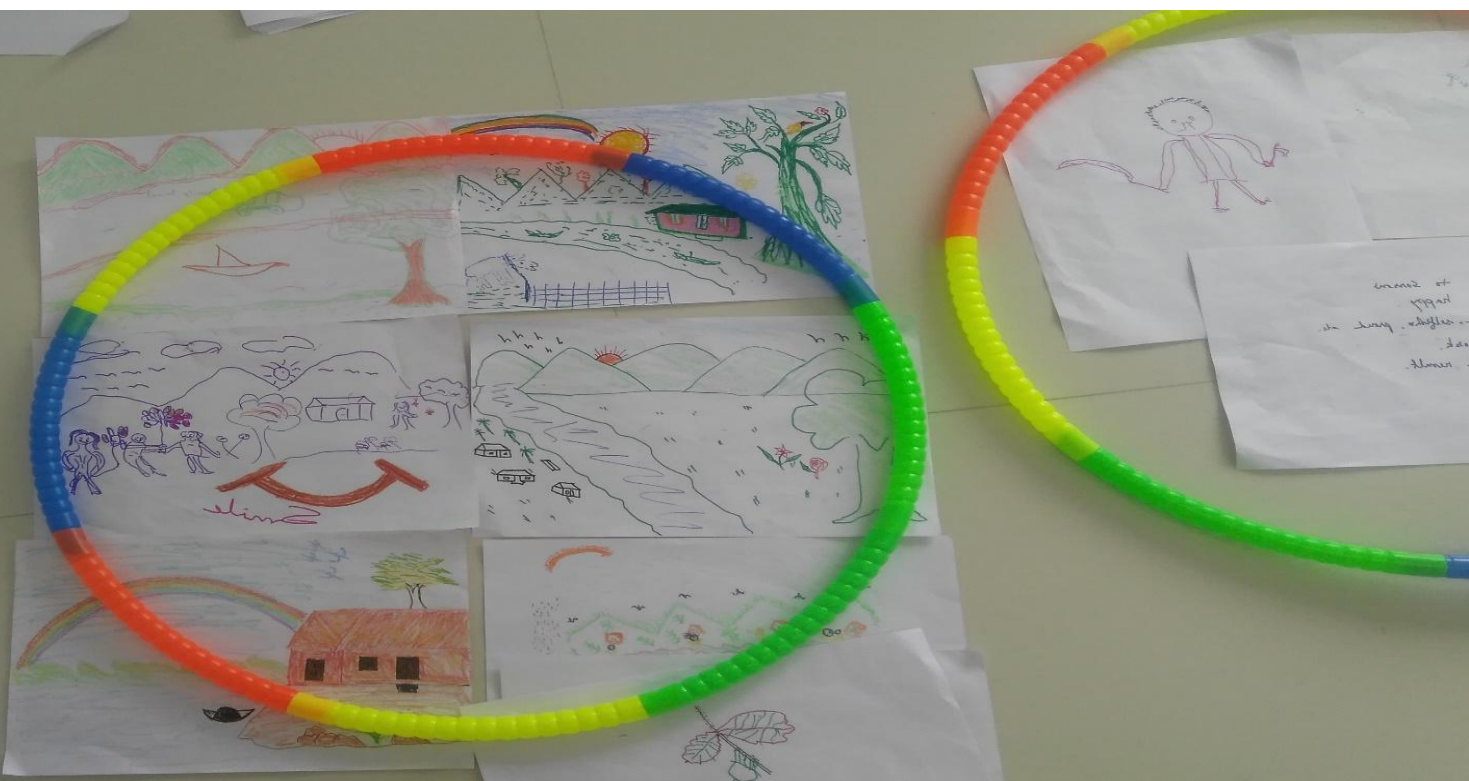
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# ORGANISATION OVERVIEW

1. WHY WE EXIST
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## ORGANISATION OVERVIEW

# WHY WE EXIST

We are an organisation united by our passion to make mental health a priority. We believe each individual has the potential to attain a state of mental wellbeing if they are educated about self awareness and coping strategies for self-care.

38 million  
Indians suffer  
from anxiety  
disorders

4,5% Indians  
suffer from  
depression

7,5% Indians  
need expert  
intervention

According to WHO, 7.5% Indians suffer from major or minor disorders and need expert intervention, 4.5% of India's population suffer from depression at this moment. Another 38 million Indians suffer from anxiety disorders. It is a growing concern across all demographics.

Artscape uses Expressive Art Therapy to help individuals attain a mental state of wellbeing regardless of their circumstance, age, occupation & environment

## ORGANISATION OVERVIEW

# ABOUT US

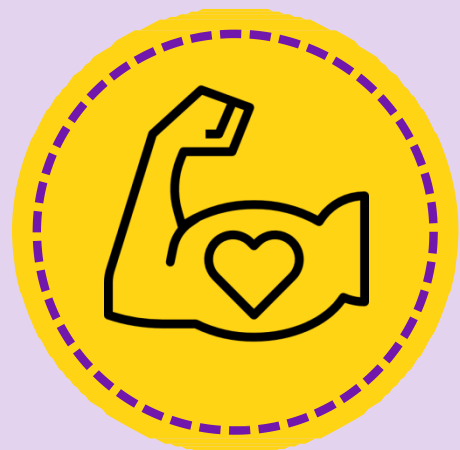
Artscape- A Srijon Foundation Undertaking is a pioneering Non-Profit Organisation established in 2015 that works in the field of mental wellness with an aim to enable personal transformation in all individuals for a good quality of life under any given circumstance.



Artscape provides a platform for individuals to creatively engage & express their emotions therapeutically in a group using music, movement and meditation to enable physical, emotional, social and psychological well-being.



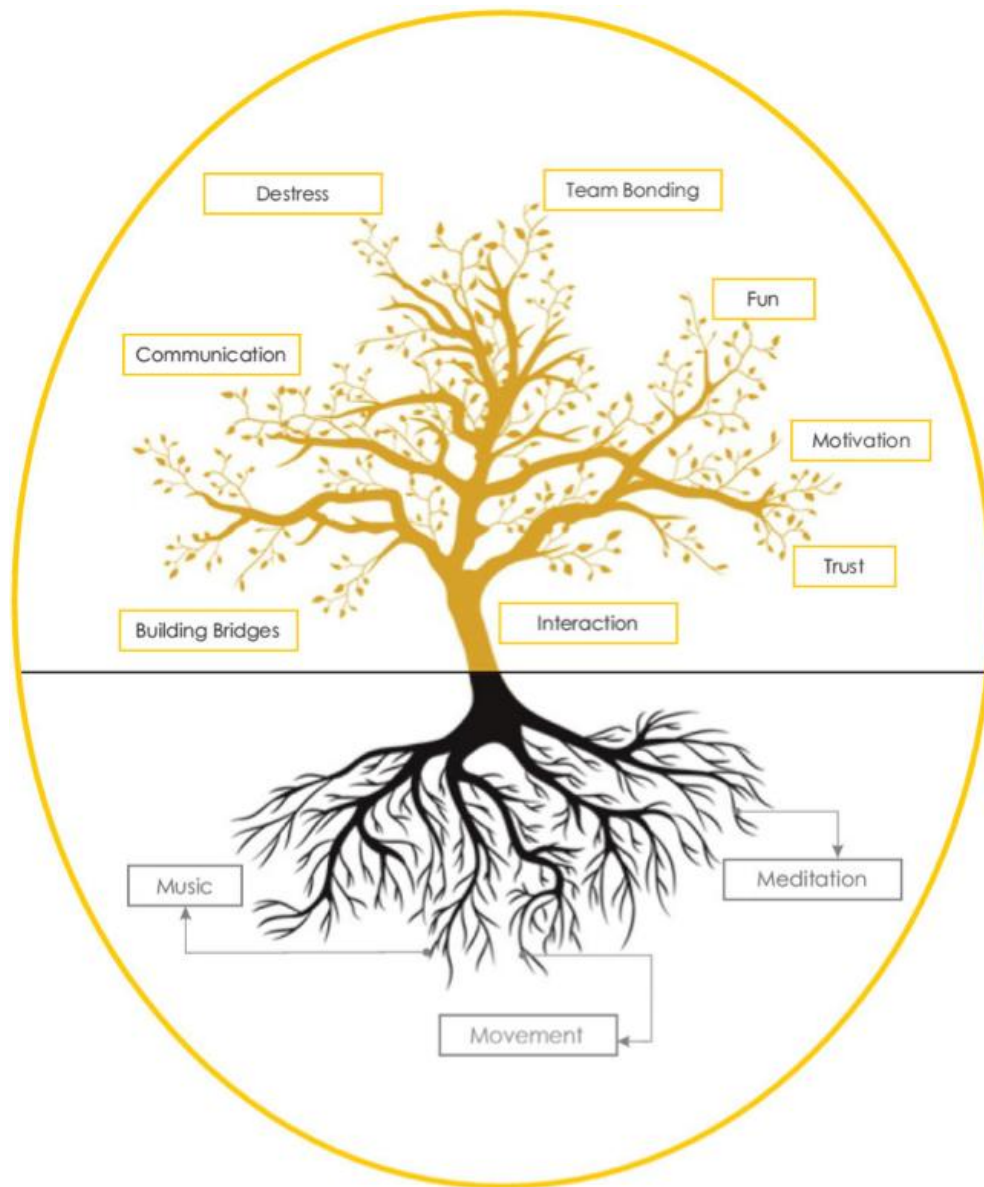
It was founded by Kamalika Guha Thakurta, who has 20 years of experience in Performing Art and has formal training in Dance Movement Therapy from Tata Institute of Social Sciences (TISS).





We believe that mental wellness is key to an empowered living.





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## OUR VISION

ONE DAY ALL  
INDIVIDUALS WILL BE IN  
A STATE OF MENTAL  
WELLBEING AND LEAD  
A GOOD QUALITY OF  
LIFE UNDER ANY  
CIRCUMSTANCE

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## OUR MISSION

To enable a state of mental well-being in which individuals realize their own potential, recognise their everyday stressors and cope with them, work productively and are able to make fruitful connections with the community at large through Expressive Art Therapy.



# OUR PROCESS

**Expressive arts therapy** is a process of discovering ourselves through any art form - dance/movement, drawing, painting, sculpting, music, writing, the sound that comes from an emotional depth. It uses these art forms in a supportive setting to facilitate growth and healing. Expressive Art Therapy techniques can be used to work with a multitude of groups. It can be used in various settings such as schools, hospitals, residential facilities, NGOs, private practice etc. Artscape has adapted itself to run its programme in two forms therapy or therapeutic based on the type of population (Fixed or Moving).

## THERAPY

These are sessions where our intervention is more frequent and with the same population. The repeat population gives us the opportunity to run well designed programmes covering all aspects of the social & emotional framework designed for deeper impact. (Self Awareness, Social Awareness, Self-Management, Relationship Management & Decision Making).

## INTERVENTION

Daily intervention through Artscape Studio and once/twice a month sessions using Expressive Art Therapy.

## SESSION OBJECTIVE

- Personal transformation
- Social integration
- Positive outlook

## THERAPY PROCESS



### THERAPEUTIC

These are sessions where our intervention is less frequent and not with the same population. Since the opportunity of creating impact is limited with one session, we will create sessions that focus on Self-awareness, Self-management & coping with the environment to maximise impact of our limited interventions.

### INTERVENTION

Once a month

### SESSION OBJECTIVE

- Provide relaxation, relief, calm, peace of mind, positive outlook, social interaction & participation, introduce tools for coping with the environment

# TOOLS WE USE



## MOVEMENT

- Creative movement expression
- Body awareness
- Improvisation



## THEATRE

- Story-telling
- Improvisation
- Role-Playing
- Puppetry



## MEDITATION

- White light awareness
- Breath awareness
- Breathing exercises



## MUSIC

- Singing
- Instrumental music
- Body percussions
- Chanting
- Listening to music

# OUR PROGRAMMES

1. CARE FOR CANCER
2. BEYOND ACADEMICS
3. CORPORATE WELLNESS

## OUR PROGRAMMES

# CARE FOR CANCER

Artscape provides customised expressive art therapy sessions to cancer patients, survivors and care givers from low economic background giving them a platform to look inward, acknowledge their emotions and express their feelings using music, movement & meditation without the use of any language.

Our programme target populations are the low income cancer patients, survivors and caregiver from all over India.

Every year thousands of people travel miles away from home to Tata Memorial Hospital in Parel, Mumbai. This is primarily because of absence of treatment facilities closer to where they live and the quality of care that the hospital provides. Cancer treatment runs into lakhs of rupees because of which 25% people are pushed below poverty line and live with the burden with no avenue or platform to express or vent their emotions. Challenges faced are communication, accommodation problems, lack of funds and most importantly, support system.



As patients & caregivers try to cope with the vast procedures and processes in cancer care, their feelings of distress mostly remain unaddressed.

These suppressed emotions over a long period of time leads to emotional outbursts, anxiety, depression and slow recovery causing deaths or increased burden on care facilities. This unmet need could be harmful not only for the patient's and caregiver's quality of life but also in their clinical outcomes when compared to patients who manage their stress.

“The White Light therapy helped me relieve a lot of stress. I believe in God and hopefully I shall be able to overcome the difficulties with your support.”



“I could completely connect with these sessions. It felt really nice and i hope these continue.”



“We are going through a very tough time but these sessions helped us feel relaxed from within. It Motivated us to fight and not give up”



“ARTSCAPE helped us find a new sense of hope and motivated us.”



## OUR PROGRAMMES

# BEYOND ACADEMICS

Artscape conducts sessions on lifeskills and value education with children from urban slums and rural areas using expressive art therapy giving them a space to become mentally stronger and cope with their environment.

Our programme target populations are the children from urban slums and rural areas.

The world is urbanizing on a rapid scale. Over 50% of the population lives in informal settlements having little or no access to basic services: water, sanitation, power and waste management. Most badly affected are the children growing up in urban slums and rural areas. The environment puts an undue psychological distress on children leaving them extremely vulnerable to mental disorders as well as anti-social influence.

These suppressed emotions over a long period of time leads the children to substance abuse, petty crimes and even become victims of crime.



This program focusses on personality development and community building for children studying in municipal schools and those living in slums. The process includes training in the disciplines of music, dance, theatre and the visual arts. The study of the fine arts provide learners with non-academic benefits such as promoting self-esteem, motivation, aesthetic awareness, cultural exposure, creativity, improved emotional expression, as well as social harmony and appreciation of diversity. The capacity to express oneself through Arts, empowers an individual and helps them take a step forward to come out of mental barriers.

“The program helped me upgrade my confidence level and gave me the belief that I can make my dreams come true.”



“In these Sessions I have done activities which I never thought I could perform. This has reduced my fear of trying new things. I want to now explore all opportunities that come my way.”



“The Sessions taught me about discipline and time-management. I now wish to be a role model and pass on this knowledge to my peers.”



“These Sessions make us feel that everything is possible in our life with proper guidance and hard work.”



“The activities taught me that I am my biggest strength and taught me to be self-reliant and self-confident.”





## OUR PROGRAMMES

# CORPORATE WELLNESS

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Artscape conducts team building, bonding and stress management sessions with corporate employees using Expressive Art Therapy.

Our target population is the employees of corporate organisations.

Globally, more than 300 million people suffer from depression. Out of which more than 25% of mental illnesses arise due to workplace stress. Job stress has professional and personal consequences.

It affects workplace performance, relationship with co-workers and peers, quality of work and their relationships with superiors which trickles into their personal lives too.

There is a need to bring together employees to participate in creatively engaging activities that help them connect with themselves, address various emotions, form bonds as a team and have fun!



"Women's day celebration organized for us was a very refreshing activity. Learning new technique of relaxation has helped to control the stress level. Looking forward for such activities in future"



"The Expressive Arts Therapy was a very innovative session I have experienced. It has bought a sense of self awareness and confidence in me. I do try and follow what I have learnt at the session and it proves to be very helpful."

"Thank you for organizing such a wonderful session. Till the day, was not even aware of the therapeutic values of dance and movement. It was greatly needed especially since life has become so full of stress and tension. For an hour and a half, we just lost ourselves in the moment. Felt free, relaxed and happy."



"Women's Day Dance Music Therapy was indeed a de-stressing activity. It was a wonderful CSR initiative and touched my heart. It actually takes few moments to find ourselves from our busy schedule to find self –love and self –care. This initiative should be rolled out for all the staff of our bank."

## OUR PROGRAMMES

# PROJECTS ADVANTAGES

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### MUSIC AND MEDITATION THERAPY :

Helps to cope with symptoms of the disease and its treatment like pain, anxiety, depression and also helps in expressing emotions better. It also improves emotional and physical well-being and develops self-confidence and self-esteem.

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### CREATIVE MOVEMENT EXPRESSION :

Increases emotional expression and confidence, level of comfort with body and mind. Releases pent up energy, leaving them energised and relaxed. Builds a positive self-image and reduces negativity or feeling of defeat, if present.

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### ART THERAPY:

Creates a safe space for sharing and allows scope for enjoyment. A creative form of self expression, with the ability to inspire and see things from a different perspective.



“We are each gifted in a unique way. It is our privilege and our adventure to discover our own special light”

# IMPACTS

Artscape conducted sessions in this year and reached out not only to cancer patients and their care givers but also underprivileged children. Based on the data collected after each session following are some insights

The Care for cancer participant feedback after the session is as follows:

**100%**  
*participants*

- reported feeling extremely happy
- agreed to learning something new about themselves
- agreed to feeling calm & peaceful

The beyond academics program was also well received by the beneficiaries:

**91%**  
*participants*

- said that they eagerly wait for the next sessions.

The Kalpataru project has changed many lives. Here's the story of Mahadevi, one of the leads of the show:

“Kalpataru has brought about many changes in me. Used to be very shy. My body language and my speech was not good. And I did not know how to speak Hindi, though everybody in my family speaks Hindi. Used to speak in Hindi with a Marathi accent so I had to work on my language a lot for the play. We had many different activities and training sessions which prepared me. I felt like, “Yes, I can do this.” I would shy away from doing anything earlier, but now I confidently am ready to take on any work that anyone gives me. I know that I have the confidence to do things now. I learned how to express myself in a way that the person to whom I am communicating will understand exactly what I am trying to say. Used these techniques that I learnt here in another youth festival that I participated in. I always wanted to prove to myself and to others that I can do something. Now I feel very proud after this Kalpataru show. I feel like I can do anything.  
Mahadevi Waghmare”

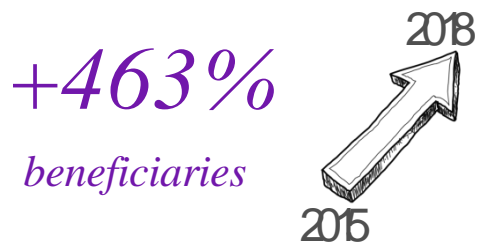


Mahadevi is currently pursuing a diploma in Bharatnatyam from Nalanda Nrutuyakala Mahavidyalaya, Mumbai.

## GROWTH

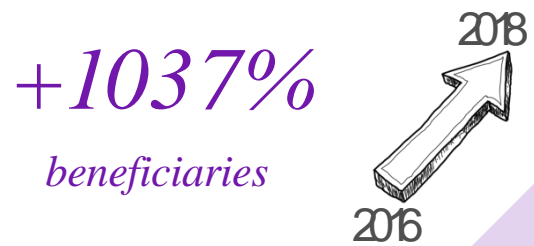
### Care for cancer

- The number of beneficiaries have grown by 463% from March 2015 to March 2018
- The number of sessions conducted have grown by 247% from March 2015 to March 2018

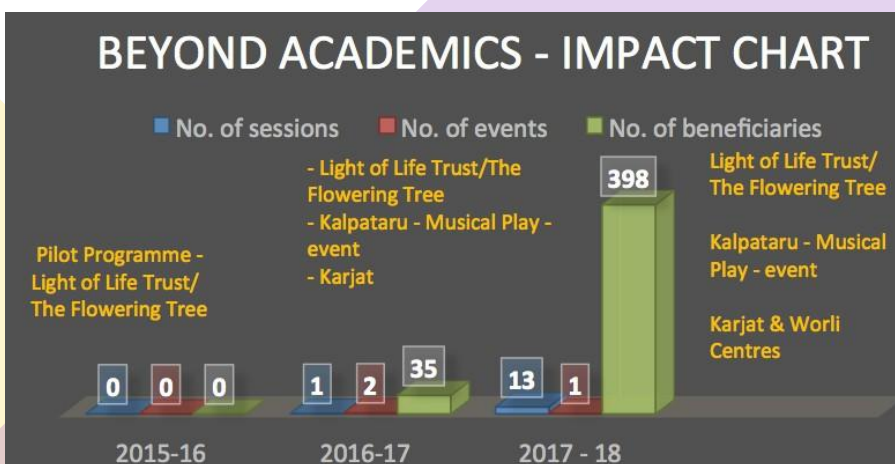
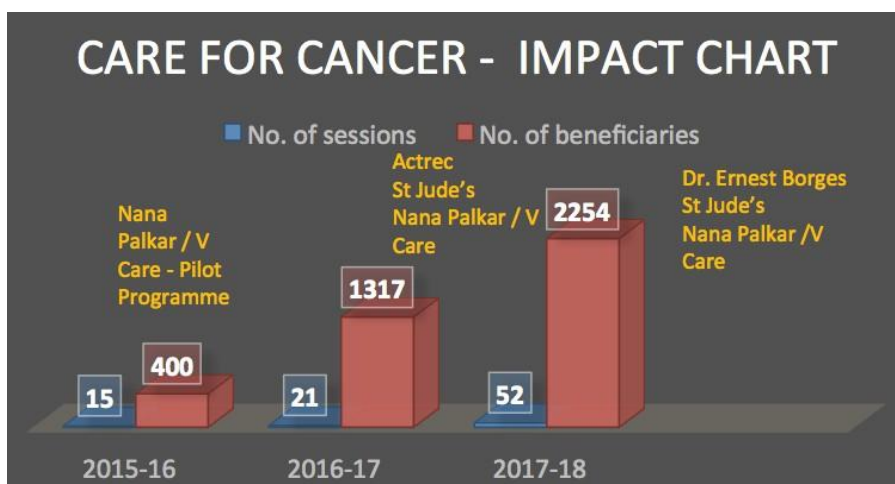


### Beyond Academics

- The number of beneficiary interaction has grown by 1037% from March 2016 to March 2018
- The number of sessions conducted have grown by 1200% from March 2016 to March 2018



## IMPACT CHARTS



Many such children deserve the opportunity to broaden their horizons and empower themselves through an arts education. We hope to continue this project, engaging and empowering children through creative expression!



# EVENTS

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1. Kalpataru - A Musical Play
2. Diwali Event at Nana Palkar Smruti Samiti
3. Diwali Event at St Judes India Childcare Centre
4. TATAMumbai Marathon 2018
5. Spirit 2018

# KALPATARU A MUSICAL PLAY

We are very grateful to Flowering Tree and Light of Life Trust for giving us an opportunity to work with the children through our BEYOND ACADEMICS programme using tools from the Performing Arts to teach Life Skills and Values.

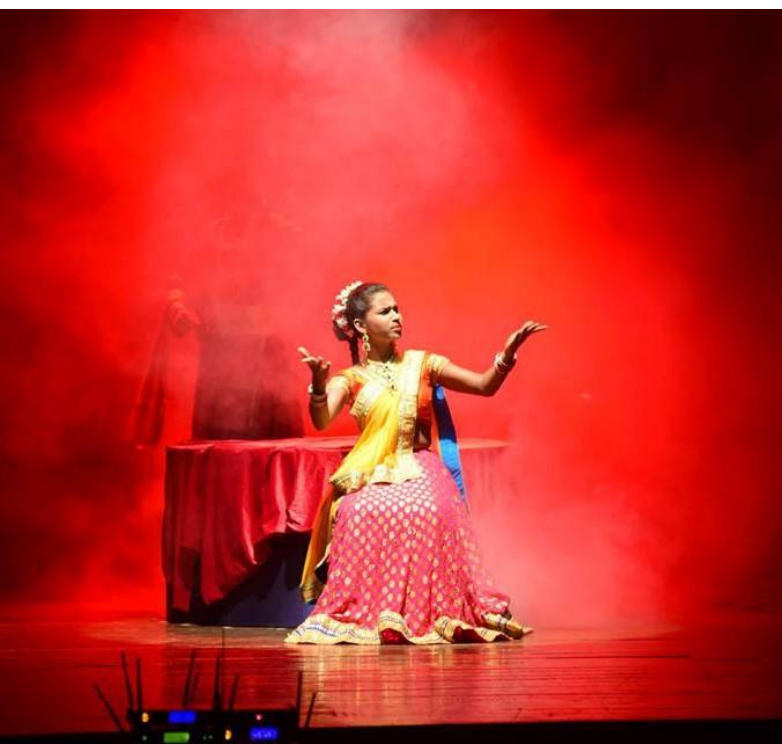


Kalpataru –a Musical Play was conceptualised, scripted and produced by ARTSCAPE for Flowering Tree Inc and Light Of Life Trust to give the children of their Anant Programme an opportunity to discover and showcase their talent. It left a deep impact and a visible change in the confidence levels of the children opening many opportunities for the children



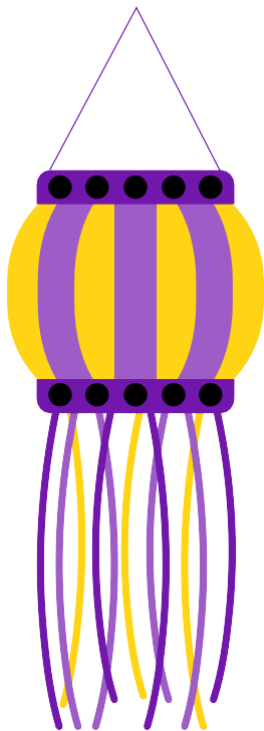
Performance was held at:  
- Sophia Auditorium, Mumbai  
Sept 09, 2017







# DIWALI EVENT



We conducted Diwali Celebrations for the cancer patients and their families at Nana Palkar Smruti Samiti and St. Judes Childcare Centres . There was joy , laughter and music all around.





# TATA MUMBAI MARATHON 2018



At the outset, we would like to convey our deepest gratitude to Team IndiaCast for their support towards Artscape in the Tata Mumbai Marathon 2018. This was our first time as a registered charity for the marathon, and it has been an experience of great value to us. We hope that your participants had as much fun and learning as we did!





# S P I R I T 2 0 1 8

Artscape is grateful to Make A Wish Foundation India, for allowing us to design the event –SPIRIT 2018 to celebrate International Childhood Cancer Day.



This was an event organised to fulfil the wishes of children under treatment for cancer to perform on stage. Here's a glimpse into the entire process of the event, from the auditions to the semi-finals, to the rehearsals and to the finale.

The journey was made possible, thanks to the joint effort of all the teams, the volunteers and the parents of the children. The grand finale of Spirit was held on the eve of International Childhood Cancer Day, 10th February 2018.



You Can Make Wishes  
Come True



Make-A-Wish Foundation of India  
111, Vasan Udyog Bhavan, Sewell Compound,  
Sempati Bagat Marg, Opp. H Street Phoenix Mall,  
Lower Panel, Mumbai - 400 013, India.  
Tel. No.: 022 2497 9457 and 022 2491 9139 or 40  
Website: www.makeawishindia.org

We grant the wishes of children with  
medical conditions with ho

I want to  
meet  
Sachin Tendulkar

(91-22) 226174





# TRANSPARENCY & ACCOUNTABILITY

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1. BOARD MEMBERS
2. FINANCIALS

# BOARD MEMBERS

Name	Position	Sex	Occupation	Area of Competency
<b>Mr. Rajnish Lall</b>	President	M	Business	Management
<b>Mrs Kamalika Guha Thakurta</b>	Secretary	F	Service	Social Work
<b>Mr. Arjun Guha Thakurta</b>	Treasurer	M	Banking	Finance
<b>Ms Shirsha Guha Thakurta</b>	Member	F	Business	Design & Communication
<b>Mrs. Nilanjana Sen</b>	Member	F	Banking	Finance
<b>Mr. Soumya Guha Thakurta</b>	Member	M	Banking	Finance
<b>Mr. Tapobroto Sarkar</b>	Member	M	Banking	Finance



**SRIJON FOUNDATION**  
FLAT NO B 401-402  
HIBISCUS, PANCH MARG,  
YARI ROAD,  
ANDHERI (WEST)  
MUMBAI-400061

**STATEMENT OF INCOME FOR THE YEAR ENDING 31ST MARCH, 2018**  
**ASSESSMENT YEAR - 2018-2019**  
**PAN NO.: AALTS8085Q**

**INCOME FROM OTHER SOURCES:**

Bank Interest		16,880.00	
Donations		1,101,568.71	
Income from other source		<u>2,960,819.00</u>	4,079,267.71
<b>Less:</b>	<b>Application</b>		
	Education	2,952,885.00	
	Exercised the Option under clause (2) of the the Explanation to section 11(1)	<u>446,263.00</u>	
Add :	u/s 11(1)(a)- 15%	<u>3,399,148.00</u>	
		<u>611,890.16</u>	<u>4,011,038.16</u>
<b>Tax</b>	<b>is</b>	<b>NIL</b>	
<b>Less :</b>	TDS	<u>92,800.00</u>	
	<b>Refund Due</b>	<u>(92,800.00)</u>	
			68,230



The Bombay Public Trusts Act, 1950.

**SCHEDULE IX**  
[ Vide Rule 17 (1) ]

Name of the Public Trust : **SRIJON FOUNDATION**

Income & Expenditure Account for the period ending 31st March, 2018

Registration No. f 54605

EXPENDITURE	AMOUNT		INCOME	AMOUNT	
<b>To Expenditure in respect of properties :-</b>		-	(accrued)		
Rates, Taxes, Cesses			<b>By Rent</b> ----- †		
Repairs and Maintenance			(realised)		
Salaries			(accrued)		
Insurance			<b>By Interest</b> ----- † <b>Bank Interest</b>		
Depreciation (by way of provision of adjustments)			(realised)		
<b>Other Expenses</b>					
<b>To Establishment Expenses</b>			On Securities	-	
<b>To Remuneration to Trustees</b>			On Loans	-	
<b>To Remuneration</b> (in the case of a math) to the head of the math, including his household expenditure, if any ...			On IT Refund	16,880.00	16,880.00
			On Bank Account		
<b>To Legal Expenses</b>					
<b>To Audit Fees</b>					
<b>To Contribution and Fees</b>			<b>By Dividend</b>		
<b>To Amount written off :</b>			<b>By Donations</b>		1,101,568.71
(a) Bad Debts			<b>By Grants</b>		
(b) Loan Scholarship					
(c) Irrecoverable Rents			<b>By Income from other sources</b> (in details as far as possible)		
(d) Other Items			a) Fees	974,000.00	
<b>To Miscellaneous Expenses</b>			b) Sponsorship	646,900.00	
<b>To Depreciation</b>		5,235.33	c) Program	1,339,919.00	
<b>To Amount transferred to Reserve of Specific Funds</b>			<b>Less :</b>		
			Expenses		2,960,819.00
<b>To Expenditure on Objects of the Trust</b>			<b>By Transfer from Reserve</b>		
(a) Religious					
(b) Educational - (As per Overlef)		2,952,885.00			
(c) Medical Relief					
(d) Relief of Poverty					
(e) Other Charitable Objects					
<b>To Surplus carried over to Balance Sheet</b>		1,121,147.38	<b>By Deficit carried over to Balance Sheet</b>		
<b>Total Rs....</b>		<b>4,079,267.71</b>	<b>Total Rs....</b>		<b>4,079,267.71</b>

As per our report of even date

+Strike off whichever is not applicable

Dated at 27 JULY ,2018

Chartered Accountants  
Auditors

Dated at 27 JULY 2018

**FOR SRIJON FOUNDATION**

*Karishka Joke Thakur*  
Trustee

**SECRETARY**



**EXPENDITURE**

**RS.**

To **Expenditure on object of the Trust:**

**Educational:**

Salaries	1,254,083.00
Bank Chg	413.50
Printing & Stationery	54,941.00
Rent Paid	340,000.00
Advertisement	17,794.00
Hall Rent	7,000.00
Programme Exp	916,525.00
Travelling Expenses	230,821.00
Office maintenance	4,000.00
Telephone exp	950.00
Registration	12,000.00
Website expense	114,357.50

**TOTAL :** 2,952,885.00

  
Kavita J. Thakur



**ASSETS**

Electronic Tanpura	3,132.04	
Add : additions	-	
	<u>3,132.04</u>	
Less : Depreciation @ 15%	<u>469.81</u>	2,662.23
Ornaments	18,450.00	
Add : additions	-	18,450.00
Tabla	8,352.10	
Add : additions	-	
	<u>8,352.10</u>	
Less : Depreciation @ 15%	<u>1,252.82</u>	7,099.29
Harmonium	14,739.00	
Add : additions	-	
	<u>14,739.00</u>	
Less : Depreciation @ 15%	<u>2,210.85</u>	12,528.15
Fan	921.19	
Add : additions	-	
	<u>921.19</u>	
Less : Depreciation @ 15%	<u>138.18</u>	783.01
Laptop	1,939.46	
Add : additions	-	
	<u>1,939.46</u>	
Less : Depreciation @ 60%	<u>1,163.68</u>	775.78

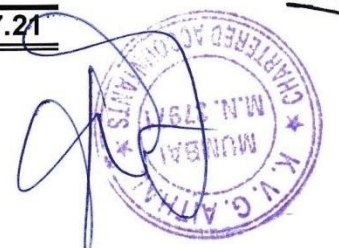
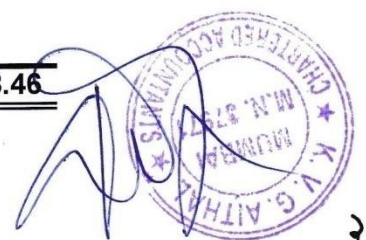
TOTAL :

42,298.46**Cash & Bank Balance:**

RS.

With ICICI Bank On Savings Bank Account	1,536,297.21
Cash on hand	258,430.00

TOTAL :

1,794,727.21*K. V. G. Athalia*

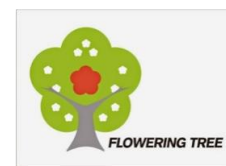
# GRATITUDE

"WITHOUT THE PASSION AND DEDICATION OF OUR TEAM, PARTNERS AND SUPPORTERS THERE WOULD BE NO ARTSCAPE. OUR FACILITATORS, PROGRAMME MANAGERS AND OFFICE STAFF SHARE THE SAME VISION AND ARE UNITED BY OUR PASSION TO MAKE MENTAL HEALTH A PRIORITY!"

# OUR PARTNERS, DONORS & SUPPORTERS

## Our partners:

1. Vandana Gupta, Founder of V Care Foundation.
2. Mr Mahadik, SuperInDent, Nana Palkar Smruti Samiti.
3. Ms Usha Bhattacharya, CEO, St Jude India Childcare Centre.
4. Dr Vandana Dhamankar, Assistant Director, Cancer Survivorship, Indian Cancer Society.
5. Ms Sumita Ambasta, Founder, Executive Director-Flowering Tree, Inc.
6. Mr Christopher McLeod, Founder, Director Operations, Flowering Tree, Inc., New York, USA.
7. Ms Villy Doctor, Founder, Light of Life Trust.
8. Ms Kamal Damania, CEO, Light of Life Trust.
9. Mr Deepak S Bhatia, CEO, Make-A-Wish Foundation, India.
10. Dr MA Muckaden, MD (Radiation Oncology), President, Indian Association of Palliative Care.
11. Dr R A Badwe, Director, Tata Memorial Centre.
12. Ernest Borges Memorial Home.
13. United way - Tata Mumbai Marathon
14. RBL Bank
15. India Cast



**ERNEST  
BORGES  
MEMORIAL  
CENTRE**



## Our advisors :

1. Ms Kamal Damania, CEO, Light of Life Trust.
2. Ms Sunita Jadhav, Medical Social Worker, Tata Memorial Hospital.
3. Mr Gautam Chatterjee
4. Ms Sneha Senapati
5. Ms Lina Das
6. Ms Shampa Moitra
7. Ms Nobina Banerjee





Individual donor list:

- Dr Niranjani Hiranandani
- Alok Churiwala
- Suchismita Dasgupta
- Amitava
- Nabarun Sen
- Shruti & Prajato Guha Thakurta
- Amar Mandhyan
- Susmita Mitra
- Capt Anindya Mukherjee
- Amitabh Lara
- Rishabh
- Shirsha Guha Thakurta
- Amit Sharma
- Ananda Bose
- Savitha & Subbu
- Sonam Bhagat
- Nilanjana Sen
- Lina Das
- Ruma Upasani
- Aparajita Sen
- Oyndrila Roy
- Aniruddh A Basu
- Dripto & Manjusha Sarkar
- Aatreyee Guha Thakurta
- Arjun Guha Thakurta
- Disha Singh
- Sruti Dasgupta
- Radhika
- Rajeev Ahuja
- Anto Augusty
- Mouli Ganguly
- Sachin Singh
- Jean D'Souza
- Gurumurthy R
- Mukesh Pande
- Dilshad Syed
- Nupur Bhatt
- Shivangi
- Rony varghese
- Sachin Bangera
- Rani MSuryavanshi
- Murugan
- Ravi Teja
- Sameera Shaikh
- Dhaval Mehta
- Anudha Dalal
- Ankita Pandey
- Nitin Pujari
- Aashish
- Clayven
- Daniel
- Hitesh Walia
- Snehdeep Vats
- Rajeev Dewal
- Pranali Wani
- Gaurav Pradhan
- Imtiyaz Pirani
- Neeta Mukerji
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- Zama Gheesta
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- Adity Sinkar
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- Baldev Parmar
- Suraj
- Amita Ajgaonkar
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- Bimlesh Sharma
- Sanjay Darekar
- Kalindi Prabhu
- Vineeth
- Alex Nadar
- Vineeth
- Bhakti Dhuri
- Murielle Rodrigues
- Girish Sharma
- Natarajan Nadar
- Kamlesh Yeotikar
- Durgadas Rege
- SRIRAMIYER
- Durgadas Rege
- Deeksha
- Mathan
- Tejal Desai
- Feeny
- Yashwanth Amin
- Neville Chaina
- Mathan
- Ugrasen Chaurasia
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- Sandeep Sharma
- Shine Arjan Dodani
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- Deeksha
- Rohith Acharya
- Asutosh Padhi
- Deepti Ranjan Bedbak
- sandeep chowdary gangineni
- Gaurav Kumar
- Vishal Sawant

- Chinmai Prabhune
- Santoy John
- Swikar Jain
- Meher Master
- Swapnil Patil
- Vinothkumar A
- Lavin Kanase
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- G Ramaratnam
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- G Ramaratnam
- Nilesh Hate
- Shailendra Upadhyay
- Ranjan
- Amit Dixit
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- Sandeep Bhosale
- Jigar Soni
- Kiran kurale
- Ishwar BSatpute
- Amin Khan
- Siddharth Murudkar
- Amin Khan
- Yashwanth Velma
- Shweta Lavande
- SAURABH
- Sayali Borse
- Aman Agarwal
- Abhijeet Todkar
- Abhimanyu Bhateja
- Nehal Shah
- Abhijeet Davane
- George Joseph
- VLNRao
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- Amit Goel
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- Prasad A Gawand
- Sandeep Sharma
- Pratik Prabhakaran
- Nishant
- Shrey Sheth
- Imran S
- Sandeep Jain
- Rajesh Gunde
- Nitin
- Rajesh Gunde
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- Krish
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- Danny george
- Satyajit Vasant Vama
- Ramamohan PV
- Sandesh Rumde
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- Rekha Achrekar
- Kaushal Singh
- Sharada Khedekar
- Vijay Gopal
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- Sachin M. Joshi
- Saras Mundhra
- Irene Sequeira
- Moulik Patel
- Amol Kole
- Deesha
- Vivek Agarwal
- Rupesh Panchal
- Anil Kumar Dalmia
- hshivaram
- Pooja Solanki
- Mandar Joshi
- Amit Dhole
- Rameshchandra Yadav
- Manjit Singh
- Sanil Shankaran
- PSeth
- Smeeta Jaybhaye
- Ujjayini Ghosh
- Anshul Swami
- Aman Agarwal
- Devanshi Joshi
- Krupa Mehta
- Shruti Puranik
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- Sachin Somani
- Anil Rao
- Anirudha Mulay
- Mahesh Puthran
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- Surabhi Dwivedi
- Srinivasan Iyengar
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- Chinmaya Desai
- Apama Shenoy Golding
- Gyanandra Mishra
- Arun Kelkar
- Bhavana Shrungare
- Sandeep Tandon
- Amit Khandelwal
- Harsh parihaar
- Balkrishan Mishra
- Sunil Damodar
- Jayesh wavhal
- Sunil Damodar
- Shalini Jadhav
- Mehraz Kersi Balaporia
- Suryakant Ankolekar
- Karishma Padbidri
- Neha Raut
- Pranshu Garg
- Harak Singh
- Harak Singh
- Yogesh Pawar
- Mohammed Shirazi Ansari
- Chitralekha Pawar
- Ritu Seth
- Indranil Mukherji
- Shibasish Sarkar
- Rajnish Lall
- Cynthia Miranda
- Varsha Pasekar
- Anand A
- Purva Bhutani
- Lester
- Anjan
- Edelbert Coutinho
- Sutapa Sarkar
- Neeta Jain Phipps

# OUR FACILITATORS AND OUR TEAM

## Our facilitators:

1. Vaishali Tare, Reiki master and healer
2. Aishani Shah, Sr. Practitioner - Dance Movement Therapy, Integrative Restoration – Restpractice
3. Sharmishtha Basu, Graded Vocal Artist
4. Komal Ratanpal, Sr. Practitioner - Dance Movement Therapy

## Our team

1. Kamalika Guha Thakurta, Founder
2. Akshara Ayyar, Project Manager
3. Ravikant Upadhyay, Admin Executive

## Volunteers

1. Charvi Budheo
2. Nishtha Lall
3. Rashika Guha Thakurta
4. Aditya Guha Thakurta



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ANDHERI WEST, MUMBAI

PHONE: +919820216454

MAIL: [artscape2017@gmail.com](mailto:artscape2017@gmail.com)

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