

A young girl in a colorful, patterned dress is the central focus, holding a large, multi-colored hula hoop (yellow, green, blue, and red). She is smiling and looking down at the hoop. In the background, other children are also holding hula hoops, and a teacher or adult is visible. The setting appears to be an outdoor school activity. The image is overlaid with a white text box on the left side. At the top of the page, there is a horizontal bar with a yellow section on the left and a purple section on the right. At the bottom of the page, there is a solid yellow background.

2018

ANNUAL REPORT

ARTSCAPE
SRIJON
FOUNDATION

ARTSCAPE

FOUNDER'S FOREWORD



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

In today's context, one of the biggest hurdles to mental wellbeing is Stress, given that it has been linked to so many other complications, from heart problems to dementia.

Relaxation is an important part of maintaining health and wellbeing, and being able to calmly deal with life's stresses. It improves your mental health, and gives the body a chance to take a break.

Try relaxing whenever possible, and in whatever way works for you, whether it's reading a book, taking a walk, meditating, running, whatever suits your interest and that you feel best relaxes both your body and mind.

Life goes on, no matter what kind of day it is. You may be racing to meet deadlines at work today or handling a stressful personal crisis.

But while it feels good to conquer the day, in the end, it just simply feels better -- and is more beneficial to your health -- to *relax*.

A handwritten signature in black ink that reads "Kamalika Guha Thakurta".

Kamalika Guha Thakurta

CONTENTS

1. Organization Overview

- ✚ Why we exist
- ✚ About us
- ✚ Our processes
- ✚ Tools we use

2. Our Programmes

- ✚ Care for Cancer
- ✚ Beyond Academics
- ✚ Corporate Wellness
- ✚ Advantages
- ✚ Impacts

3. Our Events

- ✚ Tata Mumbai Marathon

4. Transparency and Accountability

- ✚ Board Members
- ✚ Financials
- ✚ Our partners
- ✚ Our donors and supporters
- ✚ Our facilitators
- ✚ Our team

5. Gratitude



ORGANIZATION OVERVIEW

- ✚ Why we exist
- ✚ About us
- ✚ Our processes
- ✚ Tools we use


As an organization, we are united by our passion to make mental health a priority. To enable a state of mental well-being in which individuals realize their own potential, are able to engage with and express their emotions, cope with every situation, work productively and make fruitful connections with the community.

ORGANIZATION
OVERVIEW

WHY WE EXIST

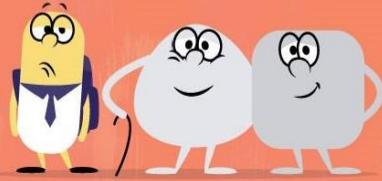
Facts about Mental Health

The government estimates that about **1 IN 5** people in the country need counselling, either psychological or psychiatric.



Most suicides in India are by people aged **BELOW 44** years.

(Source - WHO)



36% of Indians are likely to suffer from major depression at some point in their lives.

(Source - WHO)



ORGANIZATION

OVERVIEW

ABOUT US

Established in 2015, Artscape is registered as an NGO, with a vision that one day every individual will be in a state of mental well-being and lead a quality life under any circumstance. To achieve this. It is a pioneering Non-Profit Organization that works in the field of mental wellness using Expressive Arts Therapy. It aims to enable personal transformation in all individuals for a good quality of life under any given circumstance. Artscape was founded by Kamalika Guha Thakurta, who has 20 years of experience in Performing Arts and has formal training in Dance Movement Therapy from Tata Institute of Social Sciences(TISS).

Artscape is registered as Srijon Foundation under the Societies Registration Act, 1860 holding a valid 80G certificate and is exempted from income tax u/s 12A of the Income Tax Act, 1961. We are registered with Guidestar and have a valid FCRA certificate.

Expressive Arts Therapy works on the connection between our Mind, Body, and Soul. The process invites us to engage and discover ourselves through an art form - dance/movement, drawing/painting, sculpting, music, creative writing, storytelling, the sound that comes from an emotional depth. 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.



Our Vision

One day all individuals will be in a state of Mental Wellbeing and lead a good quality of life under any circumstance.

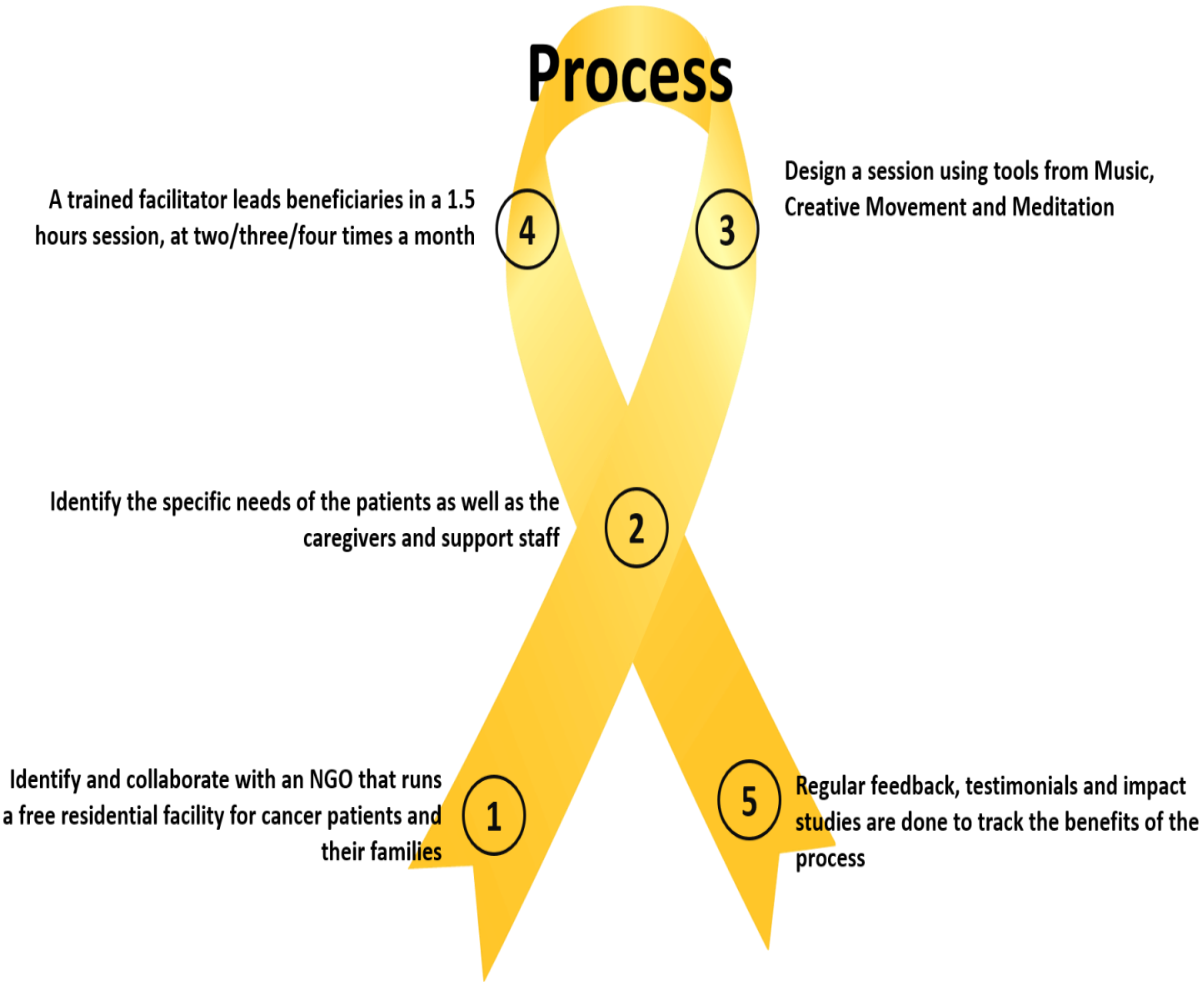
Our Mission

To enable a state of Mental Wellbeing in which individuals realize their own potential, recognize their everyday stressors, cope with them, work productively and are able to make fruitful connections with the community at large through Expressive Arts Therapy using Music, Meditation, Art and Movement.

ORGANIZATION
OVERVIEW

**OUR
PROCESSES**

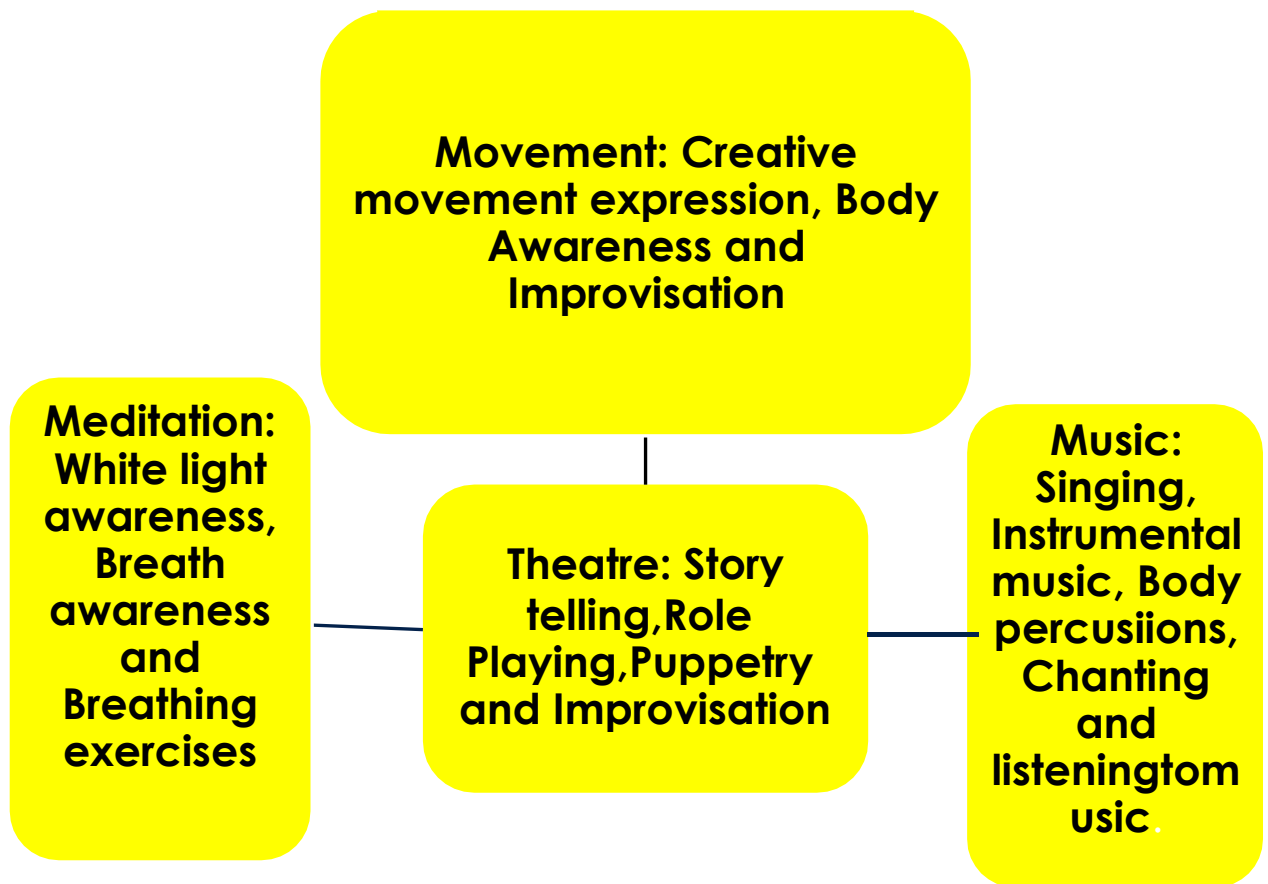
Process



ORGANIZATION

OVERVIEW

TOOLS WE USE





OUR PROGRAMMES

- ✚ Care for Cancer
- ✚ Beyond Academics
- ✚ Corporate Wellness
- ✚ Project Advantages
- ✚ Our Impacts

OUR PROGRAMMES

**CARE FOR
CANCER**

The anxiety and uncertainty of a Cancer diagnosis can create extreme disruption in the life of cancer patients and caregivers affecting their physical, psychological, social and financial environment. This disruption leads to feelings of distress which remain unaddressed. These suppressed emotions over a long period of time lead to emotional outbursts, anxiety, depression and slow recovery causing deaths or increased burden on care facilities.

Artscape recognizes the dire need to intervene in this area through its Care for Cancer programme. The objective is to provide a platform to cancer patients, survivors and caregivers to engage and express their emotions, help them relax and enable them to attain a state of mental wellbeing under any given circumstance. This is achieved through Expressive Arts Therapy using Music, Movement, and Meditation & Art. Apart from helping patients, survivors and caregivers engage and express their unaddressed emotions; Expressive Arts Therapy also increases participation, sharing of feelings and social integration of the patients and caregivers. It also increases self-awareness, enables one to identify her/his stressors and provides coping strategies available to deal with their environment. In the short term, the programme provides relaxation and relief which helps the beneficiaries divert their mind off the pain and stress momentarily.

Our programme target population are the low income cancer patients, survivors and caregiver from all over India. Hence, it is delivered pro bono. We are pioneers and currently the only ones to bring Expressive Arts Therapy for holistic healing in Cancercare.

OUR PROGRAMMES

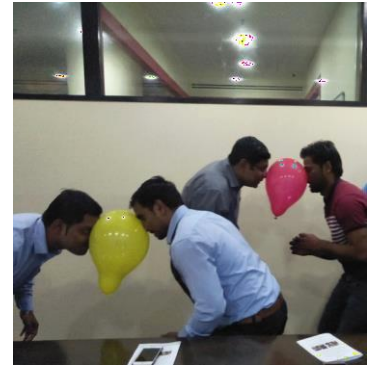
**BEYOND
ACADEMICS**

Each day, the pace of today's world is increasing faster than ever. With constant news and occurrences of anti-social elements, inhumanity, and wars, it is crucial to envision and work towards a world run through the power of love, compassion, and respect for each other as well as nature.

Artscape recognizes the dire need to create individuals who are empowered yet compassionate citizens of tomorrow. The Beyond Academics programme focuses on providing value and moral education among school going children for the responsible living. Sessions are designed using tools of Expressive Arts Therapy such as Music, Movement, Meditation & Visual Arts to provide value education and life skills. It helps them connect with their inner-self, understand the values, but also to reflect them in their attitudes and behaviour, and contribute to society through good citizenship and ethics. Beyond Academics enables students to put their best foot forward while stepping into the world despite their circumstances.

The programme provides 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 the Arts empowers an individual, helping them take a step to break mental barriers and enables them to become the best version of themselves.

OUR PROGRAMMES

**CORPORATE
WELLNESS**

Globally, 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. This disruption leads to feelings of distress which remain unaddressed. These suppressed emotions over a long period of time lead to emotional outbursts, anxiety, and depression causing inefficiency and increases the burden on the organization.

Artscape recognizes the dire need to intervene in this area through its Corporate Wellness programme to provide a platform to engage and express their emotions, help them relax and enable them to attain a state of mental well-being under any given circumstance through Expressive Art Therapy. Sessions are designed using Music, Movement, Meditation & Art. Our sessions ensure introspection, the deeper understanding of personal motives, changes in perspective to facilitate optimum communication, creativity, and efficiency in the workplace.

Sessions are designed to ensure better connection with oneself resulting in better communication, enhanced social interaction and a sense of trust amongst the entire team. The participants leave the session relaxed, stress free, motivated and positive. The fee earned through this module is used entirely to fund the Care for Cancer programme. Our target population is the employees of corporate organization.

OUR PROGRAMMES

ADVANTAGES

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.



Creative Movement Expression

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



Art Therapy

- Creates a safe place 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.



OUR PROGRAMMES

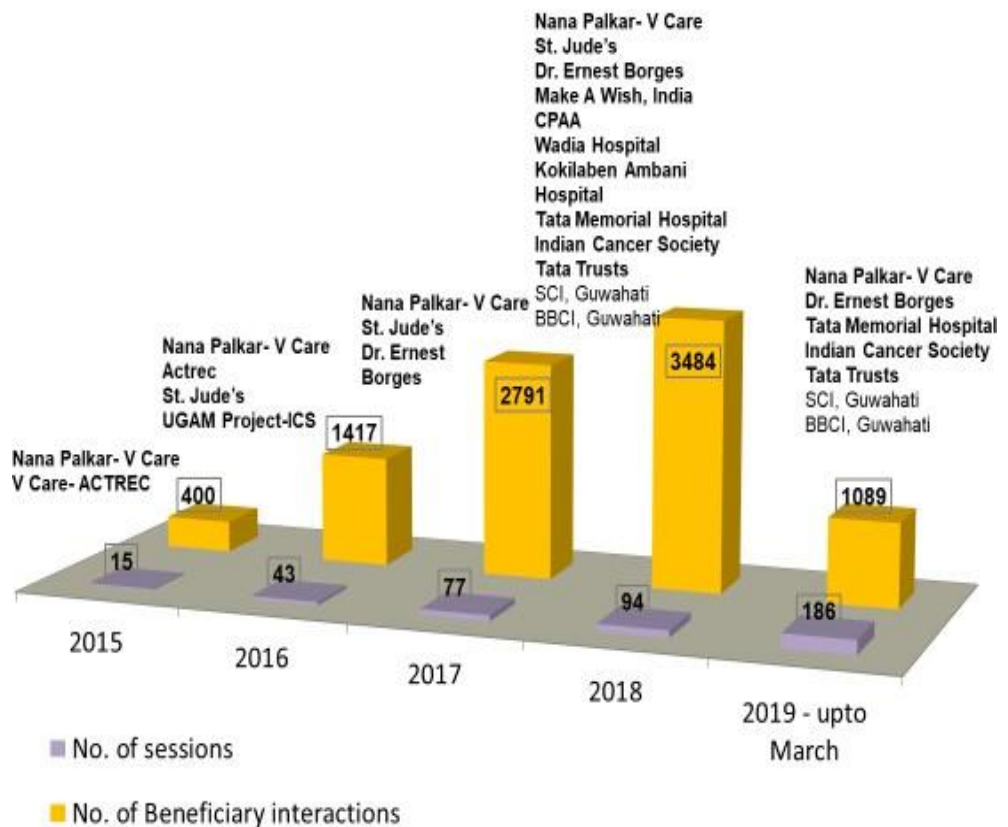
IMPACTS



Artscape conducted 172 sessions in this year and reached out to a huge area of the target population. Based on the data collected, following are some insights:

Care for Cancer

Care for Cancer- Outreach Chart



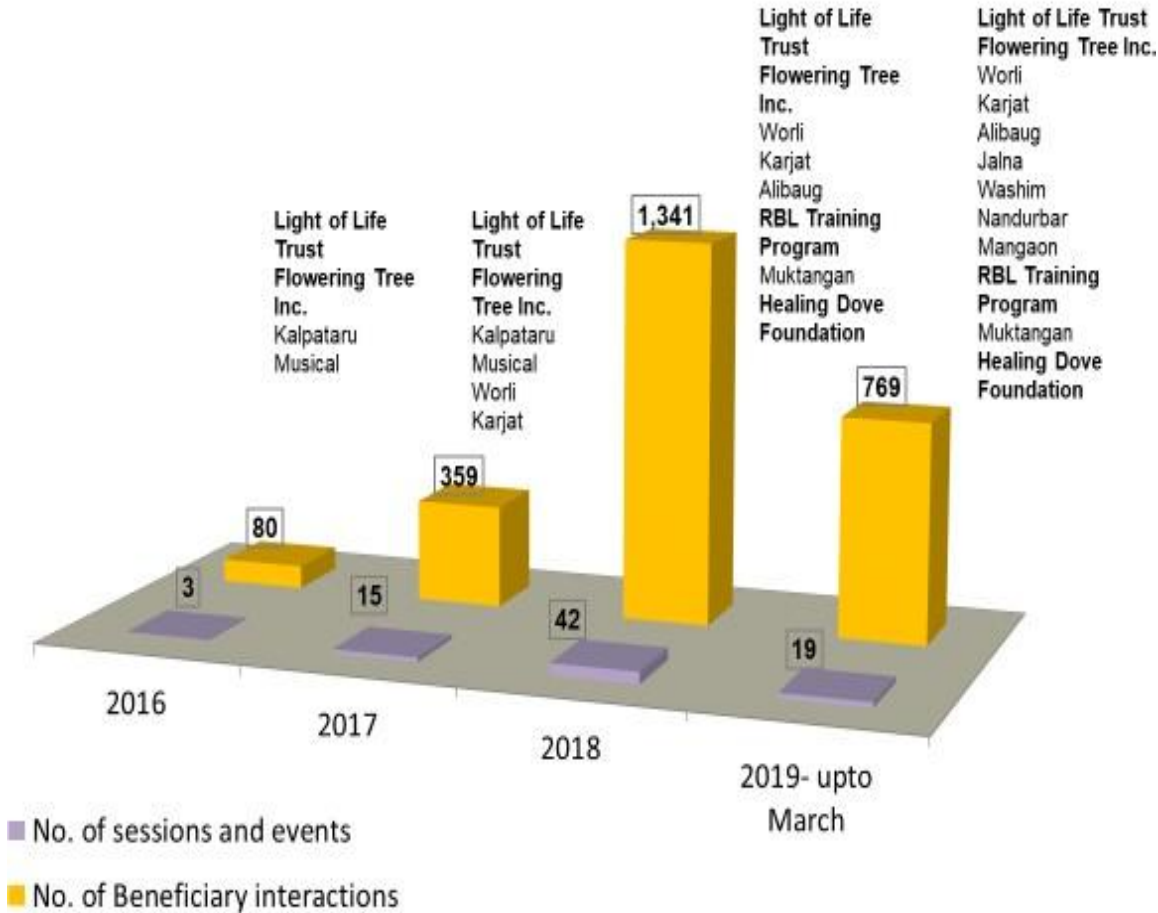
OUR PROGRAMMES

IMPACTS



Beyond Academics

Beyond Academics- Outreach Chart



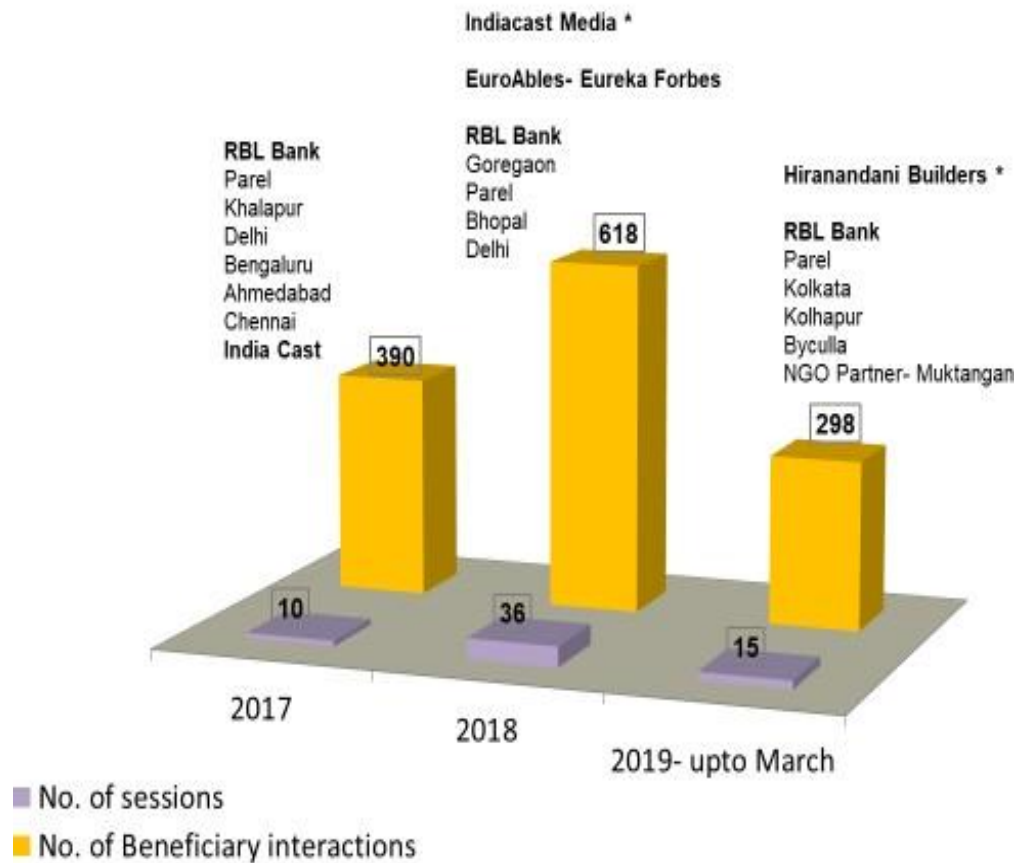
OUR PROGRAMMES

IMPACTS



Corporate Wellness


Corporate Wellness- Outreach Chart



* Corporate partners in the Tata Mumbai Marathon



OUR EVENTS

-  Tata Mumbai Marathon

OUR EVENTS

TATA MUMBAI MARATHON 2019

For our second time with the Tata Mumbai Marathon, Artscape was heartily supported by the Hiranandani team. The overall experience was greatly valuable and we are deeply grateful to all our supporters. Wishing for a continued engagement and encouragement!

On 20th January 2019, 15 individuals will be running to support emotional well being among cancer patients, survivors and caregivers!



Hiranandani

creating better communities

Thank you. Team Hiranandani. for making your participation more than just a run!



ARTSCAPE

TRANSPARENCY AND ACCOUNTABILITY

Board Members

Name	Position	Gender	Occupation	Area of Competency
Rajnish Lall	President	M	Business	Management
Kamalika Guha Thakurta	Secretary	F	Service	Social Work
Arjun Guha Thakurta	Treasurer	M	Banking	Finance
Shirsha Guha Thakurta	Member	F	Business	Design & Communication
Nilanjana Sen	Member	F	Banking	Finance
Soumya Guha Thakurta	Member	M	Banking	Finance
Tapobroto Sarkar	Member	M	Banking	Finance

Financials

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, 2019
ASSESSMENT YEAR - 2019-2020
PAN NO.: AALTS8085Q

INCOME FROM OTHER SOURCES:

Bank Interest	24,560.85	
Donations	415,500.00	
Income from other source	<u>3,903,197.00</u>	4,343,257.85

Less:

Application

Education	4,734,350.00
Camera	10,849.00
Hard Disk	4,600.00
Laptop	38,490.00
Scanner	4,275.00
Speaker	<u>10,298.00</u>
	4,802,862.00

Less:- Expense deemed to be applied in the last year
 Option under clause (2) of the the Explanation to section 11(1)

	<u>446,263.00</u>	
	4,356,599.00	
Add :	<u>651,488.68</u>	<u>5,008,087.12</u>
Tax is	NIL	(664,829)

Add : u/s 11(1)(a)- 15%

Less :	TDS	<u>169,120.00</u>
	Refund Due	<u>(169,120.00)</u>

25/09/2019

<https://udin.lcal.org/print-udin/3694539> The Bombay Public Trusts Act, 1950
SCHEDULE - IX C
 (Vide Rule 32)

Statement of income liable to contribution for the year ending 31/03/2019

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

Registered No. **F 54605.**

	Rs.	P.	Rs.	P.
I. Income as shown in the Income and Expenditure Account (Schedule IX)				4343258/-
II. Items not chargeable to Contribution under Section 58 and Rules 32 :				
(i) Donations received from other public Trusts and Dharmadas				
(ii) Grants received from Government and Local authorities				
(iii) Interest on Sinking or Depreciation Fund				
(iv) Amount spent for the purpose of secular education				
(v) Amount spent for the purpose of medical relief				
(vi) Amount spent for the purpose of veterinary treatment of animals				
(vii) Expenditure incurred from donations for relief of distress caused by scarcity, drought, flood, fire or other natural calamity				
(viii) Deductions out of income from lands used for Agricultural purposes :-				
(a) Land Revenue and Local Fund Cesses				
(b) Rent payable to superior landlord				
(c) Cost of production of lands are cultivated by trust				
(ix) Deductions out of income from lands used for Non-agricultural purposes :-				
(a) Assessment, cesses and other Government or Municipal Taxes				
(b) Ground rent payable to the superior landlord				
(c) Insurance premia				
(d) Repairs at 10 per cent of gross rent of building				
(e) Cost of collection at 4 per cent of gross rent of buildings let out				
(x) Cost of collection of income or receipts from securities, stocks, etc. at 1 per cent of such income				
(xi) Deductions on account of repairs in respect of buildings Not rented any yielding no income, at 10 per cent of				
The estimated gross annual rent				
Amount liable for Contribution :				
Gross Annual Income chargeable to contribution Rs. 				(391092)/-

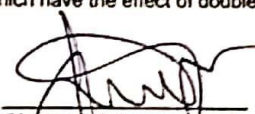
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Certified that while claiming deductions admissible under the above Schedule, the Trust has not claimed any amount twice, either wholly or partly, against any of the items mentioned in the Schedule which have the effect of double - deduction.

Trust Address : 401/402, HIBISCUS PANCH MARG,
 OFF. YARI ROAD,
 ANDHERI - (WEST),
 MUMBAI - 400 061.

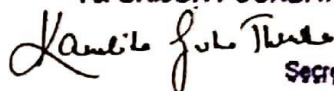
Dated : 23/09/2019

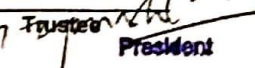
Dated : 23/09/2019


 Chartered Accountant
 Auditor
 (M. No. 037971)
 For SRIJON FOUNDATION

TAX PRINT, 177, Perin Nariman (Bazargate) St.,
 Fort, Mumbai - 1. Phones : 22693321 - 22695676

<https://udin.lcal.org/print-udin/3694539>

For SRIJON FOUNDATION

 Secretary

For SRIJON FOUNDATION

 Treasurer

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, 2019

Registration No. F 54695

EXPENDITURE	AMOUNT	AMOUNT	INCOME	AMOUNT	AMOUNT
To Expenditure in respect of properties :- Rates, Taxes, Cesses Repairs and Maintenance Salaries Insurance Depreciation (by way of provision of adjustments) Other Expenses			(accrued) By Rent ———— † (realised) (accrued) By Interest ———— † Bank Interest (realised)		
To Establishment Expenses			On Securities	-	
To Remuneration to Trustees			On Loans	-	
To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any			On IT Refund On Bank Account	24,560.85	24,560.85
To Legal Expenses					
To Audit Fees					
To Contribution and Fees			By Dividend		
To Amount written off : (a) Bad Debts (b) Loan Scholarship (c) Irrecoverable Rents (d) Other Items			By Donations		415,500.00
To Miscellaneous Expenses			By Grants		
To Depreciation		22,084.49	By Income from other sources (in details as far as possible) a) Fees b) Sponsorship c) Program d) Session	933,900.00 695,188.00 308,313.00 1,965,796.00	
To Amount transferred to Reserve of Specific Funds			Less : Expenses		3,903,197.00
To Expenditure on Objects of the Trust (a) Religious (b) Educational - (As per Overleaf) (c) Medical Relief (d) Relief of Poverty (e) Other Charitable Objects		4,734,350.21	By Transfer from Reserve		
To Surplus carried over to Balance Sheet			By Deficit carried over to Balance Sheet		413,176.85
Total Rs....		4,756,434.70	Total Rs....		4,756,434.70

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Dated at 23 SEPT, 2019

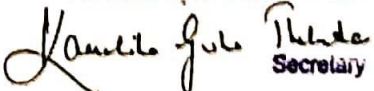
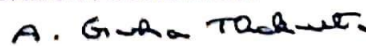
As per our report of even date

 Chartered Accountant

 Auditors

*Strike off whichever is not applicable
 For SRIJON FOUNDATION

 President
 Dated at 23 SEPT 2019

For SRIJON FOUNDATION

 Secretary
 For SRIJON FOUNDATION

 Treasurer

<https://udin.ical.org/print-udin/3694539>

1/1

<u>EXPENDITURE</u>	<u>RS.</u>
To <u>Expenditure on object of the Trust:</u>	
<u>Educational:</u>	
Salaries	837,320.00
Commission	4,884.00
Artscape	2,591,535.00
Bank Chg	23,548.21
Printing & Stationery	43,176.00
Rent Paid	263,950.00
Advertisement	26,534.00
Hall Rent	89,200.00
Programme Exp	658,696.00
Travelling & Conv Expenses	154,307.00
Office maintenance	21,745.00
Telephone exp	5,630.00
Professional fees	11,825.00
Website expense	2,000.00
TOTAL :	<u>4,734,350.21</u>




The Bombay Public Trusts Act, 1950.

SCHEDULE VIII
[Vide Rule 17 (1)]

Name of the Public Trust : SRIJON FOUNDATION
Balance Sheet as at 31st March, 2019.

Registration No. F 54605

FUNDS & LIABILITIES		AMOUNT	AMOUNT	PROPERTY AND ASSETS	
		AMOUNT	AMOUNT	AMOUNT	AMOUNT
Trust Funds or Corpus :-				Immovable Properties:- (at cost) BUILDING	
Balance as per last Balance Sheet	87,400.00			Balance as per last Balance Sheet	
Add : Received during the year	-	87,400.00		Additional during the year	
				Less : sale during the year	
				Depreciation up to date	
Other Earmarked Funds :-				Investments :-	
(Created under the provision of the trust deed or scheme or out of the Income)				Note : The market value of the above investments is Rs	
Depreciation Fund				Furniture & Fixtures :- (As per Overleaf)	
Sinking Fund				Balance as per last Balance Sheet	88,725.97
Reserve Fund				Additions during the year	
Any other Fund (cancer research center)				Less : Sales during the year	
				Depreciation for the year	
Loans (Secured or Unsecured) :-				Loans (Secured or Unsecured) : Good / doubtful :- Loan Scholarship	
From Trustees				Other Loans	
From Other				Advances:-	
Liabilities :-				To Trustees	
For Expenses		126,770.00		To Employees	
For Advances				To Contractors	
For Rent and Other Deposits				To Lawyers	
For Sundry Credit Balance				To Other Deposits	
				To Other Advances :- TDS F.Y.12-13	9,000.00
				- TDS F.Y.13-14	500.00
				- TDS F.Y.14-15	11,200.00
				- TDS F.Y. 16-17	30,600.00
				- TDS F.Y.17-18	92,800.00
				- TDS F.Y.18-19	169,120.00
				- Security Deposit	58,809.00
				- Artscape	274,880.00
					644,889.00
Income Outstanding :-				Income Outstanding :-	
Rent				Rent	
Interest				Interest	
Other Income				Other Income	
Cash and Bank Balances: (As per Overleaf)				Cash and Bank Balances: (As per Overleaf)	
				a) In Current Account	
				In Fixed Deposit Account with	
				b) with the trustee	
				c) with the Manager	
				Income and Expenditure Account :-	
Income and Expenditure Account :-			1,862,217.82	Balance as per Balance Sheet	
Bal. as per last Balance Sheet	2,275,394.67			Less Appropriation, if any	
Less : Appropriation, if any	-			Add Deficit as per Income and	
				Less Surplus Expenditure Account	
Add : Surplus as per Income and	-				
Less : Deficit Expenditure Account	413,176.85				
Total Rs....		2,076,387.82		Total Rs....	2,076,387.82

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As per our report for even date

[Signature]
Chartered Accountants
Auditors

Dated at 23 SEPT, 2019.

+ Income Outstanding : The above Balance Sheet to the best of my/our
(if accounts are kept on cash basis) belief contains a true account of the Funds and
Liabilities and of the Property and Assets of the
Trust. **For SRIJON FOUNDATION**
Rent :
Interest :
Other Income :
TOTAL Rs. : Dated at 23 SEPT, 2019. *[Signature]*
President



For SRIJON FOUNDATION
[Signature]
Secretary
For SRIJON FOUNDATION
[Signature]
Treasurer

ASSETS		
Camera	10,849.00	
Add : additions	-	
	<u>10,849.00</u>	
Less : Depreciation @ 15%	<u>813.88</u>	10,035.33
Electronic Tanpura	2,662.23	
Add : additions	-	
	<u>2,662.23</u>	
Less : Depreciation @ 15%	<u>309.33</u>	2,262.90
Ornaments	18,450.00	
Add : additions	-	
	<u>-</u>	18,450.00
Tabla	7,099.29	
Add : additions	-	
	<u>7,099.29</u>	
Less : Depreciation @ 15%	<u>1,064.89</u>	6,034.40
Harddisk	4,600.00	
Add : additions	-	
	<u>4,600.00</u>	
Less : Depreciation @ 15%	<u>690.00</u>	3,910.00
Harmonium	12,528.15	
Add : additions	-	
	<u>12,528.15</u>	
Less : Depreciation @ 15%	<u>1,879.22</u>	10,648.93
Scanner	4,275.00	
Add : additions	-	
	<u>4,275.00</u>	
Less : Depreciation @ 15%	<u>641.25</u>	3,633.75
Speaker	10,298.00	
Add : additions	-	
	<u>10,298.00</u>	
Less : Depreciation @ 15%	<u>772.35</u>	9,525.65
Fan	783.01	
Add : additions	-	
	<u>783.01</u>	
Less : Depreciation @ 15%	<u>117.45</u>	665.56
Laptop	775.78	
Add : additions	<u>38,490.00</u>	
	<u>39,265.78</u>	
Less : Depreciation @ 40%	<u>15,706.31</u>	23,559.47

TOTAL : 88,725.97

Cash & Bank Balance:		RS.
ICICI BANK		378,886.00
HDFC BANK		733,267.85
RBL BANK		13,503.00
Cash on hand		217,116.00

TOTAL : 1,342,772.85



Our Partners

1. Vandana Gupta, Founder of V CareFoundation
2. Mr Mahadik, SuperIntendent, Nana Palkar Smruti Samiti
3. Ms Usha Bhattacharya, CEO, St Judes India Childcare Centre
4. Dr Vandana Dhamankar, Assistant Director, Cancer Survivorship, Indian CancerSociety
5. Ms Sumita Ambasta, Founder, Executive Director-Flowering Tree,Inc
6. Mr Christopher McLeod, Founder, Director Operations, Flowering Tree, Inc., New York, USA
7. MsVilly Doctor, Founder, Light of LifeTrust
8. Ms Kamal Damania, CEO, Light of LifeTrust
9. Deepak S Bhatia, CEO, Make-A-Wish Foundation ofIndia
10. Sunita Jadhav, Medical Social Worker, Tata MemorialHospital
11. Dr MA Muckaden, MD (Radiation Oncology), Master of Science (in Palliative Medicine, Cardiff, UK), Professor (Department of Palliative Medicine), Tata Memorial Centre, Mumbai (Grant in aid Institute under Dept. of Atomic Energy, Govt. of India) Past-Chairperson, International Children's Palliative Care Network President, Indian Association of PalliativeCare
12. Dr R A Badwe, Director, Tata Memorial Centre
13. Ernest Borges MemorialHome
14. State Cancer InstituteGuwahati
15. Dr B Barooah Cancer Hospital, Guwahati
16. United way - Tata MumbaiMarathon
17. RBL Bank
18. IndiaCast
19. Healing DoveFoundation
20. Cancer Patients Aids Association(CPAA)
21. Euroables, Eureka Forbes

OUR PARTNERS, DONORS & SUPPORTERS

Our Donors and Supporters

1. India Cast
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OUR FACILITATORS AND OUR TEAM

Our Facilitators

1. Vaishali Tare, Reiki master and healer
2. Aishani Shah, Dance Movement Therapy Practitioner, integrative restoration- Rest practice
3. Sharmishtha Basu, Music Facilitator
4. Komal Ratanpal, Dance Movement Therapy Practitioner
5. Charvi Budheo, Dance Movement Therapy Practitioner
6. Sejal Bhatt Paleja, Therapeutic Practitioner
7. Sanjeevani Jain, Music Facilitator

Our Team

1. Kamalika Guha Thakurta, Founder
2. Ravikant Upadhyay, Admin Executive
3. Shruti Khanolkar, Program Manager
4. Poonam Doley, Manager(Guwahati)
5. Pranami Samrah, Assistant Manager(Guwahati)

Our Volunteers

1. Arya Kadakia
2. Tejal Mahanwar
3. Nishtha Lall
4. Aayushi Tibrewal
5. Shivali Agarwal
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