

ARTSCAPE FOUNDATION



2022-2023 ANNUAL REPORT

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Website

www.artscape.com

Registration

[80G, 12A, GUIDESTAR, FCRA](#)



Founders Note

It is indeed a different world today. Covid has changed our way of living, individually, as a family and as a community. It has compelled us to look at the world through a different lens, encouraging us to realign and readjust.

The new alignment has brought changes in our Body and drawn many new impressions on our Mind. The need to pay attention to this change within us is absolutely critical. The need for Artscape's core focus of building and encouraging conversations on Emotional Wellbeing and Resilience received continued recognition allowing us to build on our Programs.

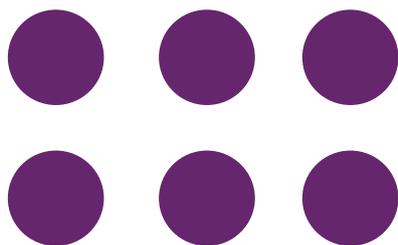
The arts is a beautiful tool in which to find solace and this entire year we were able to touch so many lives through the magic of music, movement, art, storytelling, drama.

'Art can permeate the very deepest part of us, where no words exist.' Eileen Miller

On behalf of Team Artscape, I want to thank all our partners, facilitators, managers, donors, supporters, friends, well-wishers each and every individual who stood with us in this year of transition.

Wish you all peace and happiness, in your being.

Love
Kamalika



Founder



Kamalika Guha Thakurta has been personally involved with the arts as a student and performer for more than three decades and that experience has given her an understanding that Arts can be used beyond entertainment. She has studied for a Diploma in Dance Movement Therapy from TISS, Mumbai. Kamalika uses her experience and learnings to design Sessions that cater to the needs of specific populations. She is supported by an able team of Managers, Mentors, Facilitators, Educators, Counsellors, Volunteers, Institutional Partners, and NGO Partners.

Partners

Tata Memorial Hospital, Tata Trust - Assam Cancer Care Foundation, Indian Cancer Society, St Jude's India Child-care Center, V Care Foundation, Dr Ernest Borges Memorial Home, OnCare - Masina Hospital, RBL Bank, Eureka Forbes (EuroAbles), Hiranandani Builders, HUL, Tata Education and Development Trusts, Abbo, India Cast, ATG Tires, United Way Mumbai, Light of Light Trust, Flowering Tree Inc, Vatsalya Foundation, Vedanya School



About Us

Artscape is a pioneering Non-Profit Organization, established in 2016, which works in holistic wellness, with emphasis on the need for emotional wellbeing.

Artscape is registered as SRIJON Foundation under the Societies Registration Act, 1860 holding a valid 80G certificate and is exempt from income tax u/s 12A of the Income Tax Act, 1961. It is registered with GUIDESTAR and has a valid FCRA certificate.

As defined by the World Health Organization (WHO), Health is “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

Artscape is aligned with the Goal 3 of Sustainable Development Goals: Good Health and Wellbeing. The programs are designed to enable personal transformations by building on emotional awareness and a deep sense of Self that largely impact our attitude, decisions, relationships, and the way we look at life both in personal and professional spaces.

The organisation has four broad programs

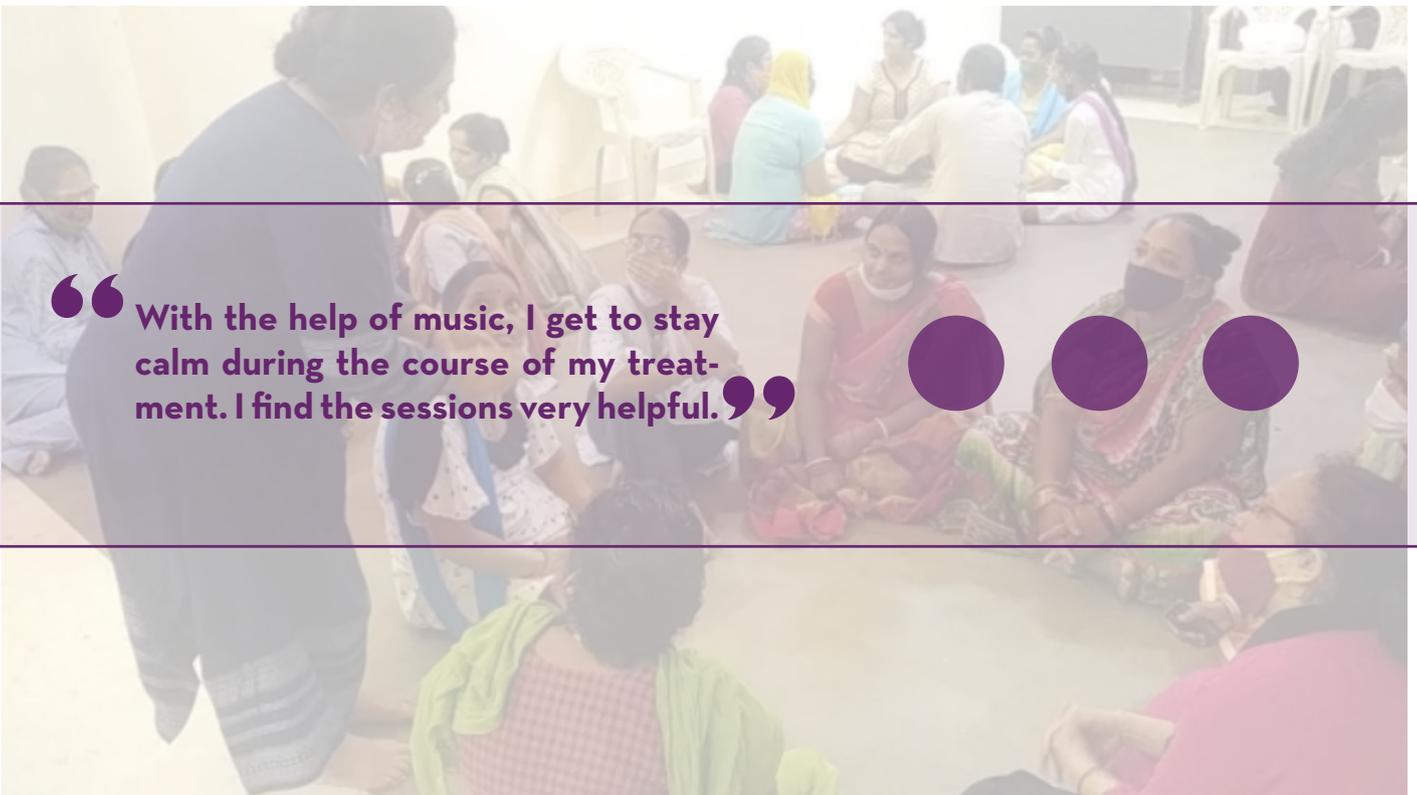
- Care for Cancer
- Beyond Academics
- Corporate Wellness
- Open Circles



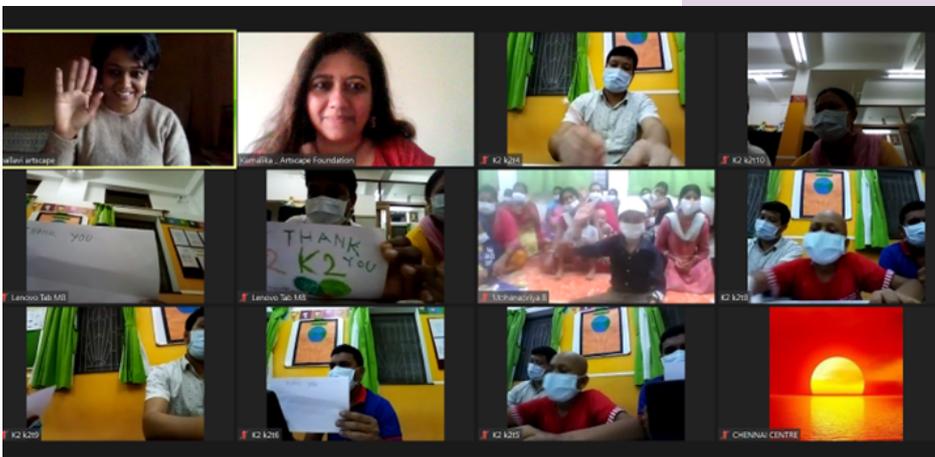
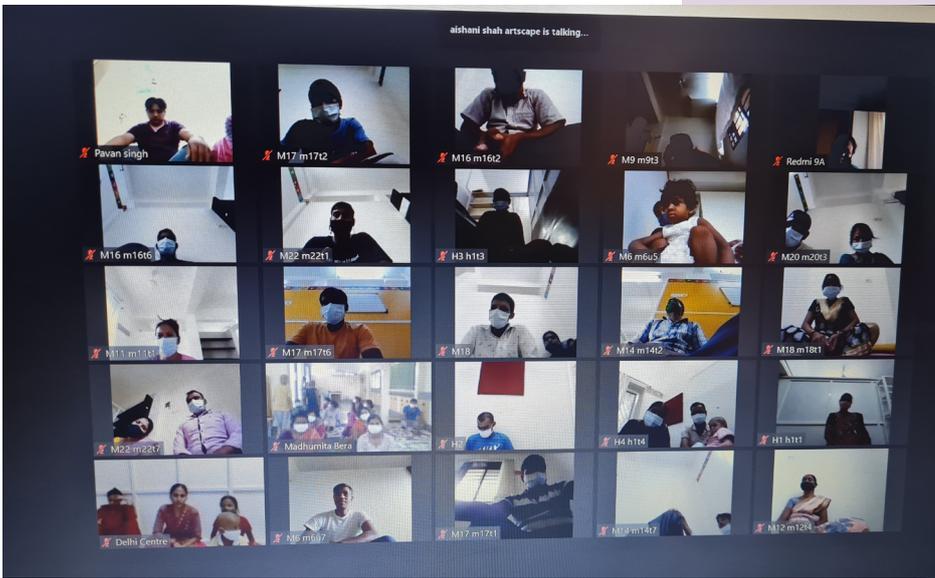
Care for Cancer



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 well-being under any given circumstance. Emotional support to Cancer Patients, Survivors and Caregivers to ease the process of recovery and rehabilitation.



“With the help of music, I get to stay calm during the course of my treatment. I find the sessions very helpful.”



Care for Cancer

Total number of sessions : 64

Total number of beneficiaries: 4826

Partners

St. Judes India Child Care Center

Indian Cancer Society

Karo Trust

V-Care Foundation





Beyond Academics

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. Life Skills and Value Education for children and young adults to create a confident generation, capable of rational thought and action, responsible towards themselves and to society at large.



“ Through these sessions I have learnt how to balance different things in my life and concentrate on what is important to be able to live a happy and fulfilling life. ”



Beyond Academics

Total number of sessions : 84

Total number of beneficiaries: 1190

Partners

Acorn Foundation

YMCA - Juhu Cente

Door Step School

Kabir Learning Valley Foundation

United Way Of Mumbai

Apne Aap - Project Mumbai



“ The session has given me an understanding of how to relax and destress and also how it is important to love myself. ”

Total number of sessions : 10

Total number of beneficiaries: 390

Partners

Antarmanh Consulting Private Limited

Abbott Healthcare Pvt. Ltd

Corporate Wellness

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. Interactive and fun Sessions that help in better integration with the Self, and in turn with the Team and Workplace, thereby creating an effective environment for better internal functioning.



“ It was really something different I experienced today. Every activity helped me connect with myself on a different level and find meaning behind each task given. ”

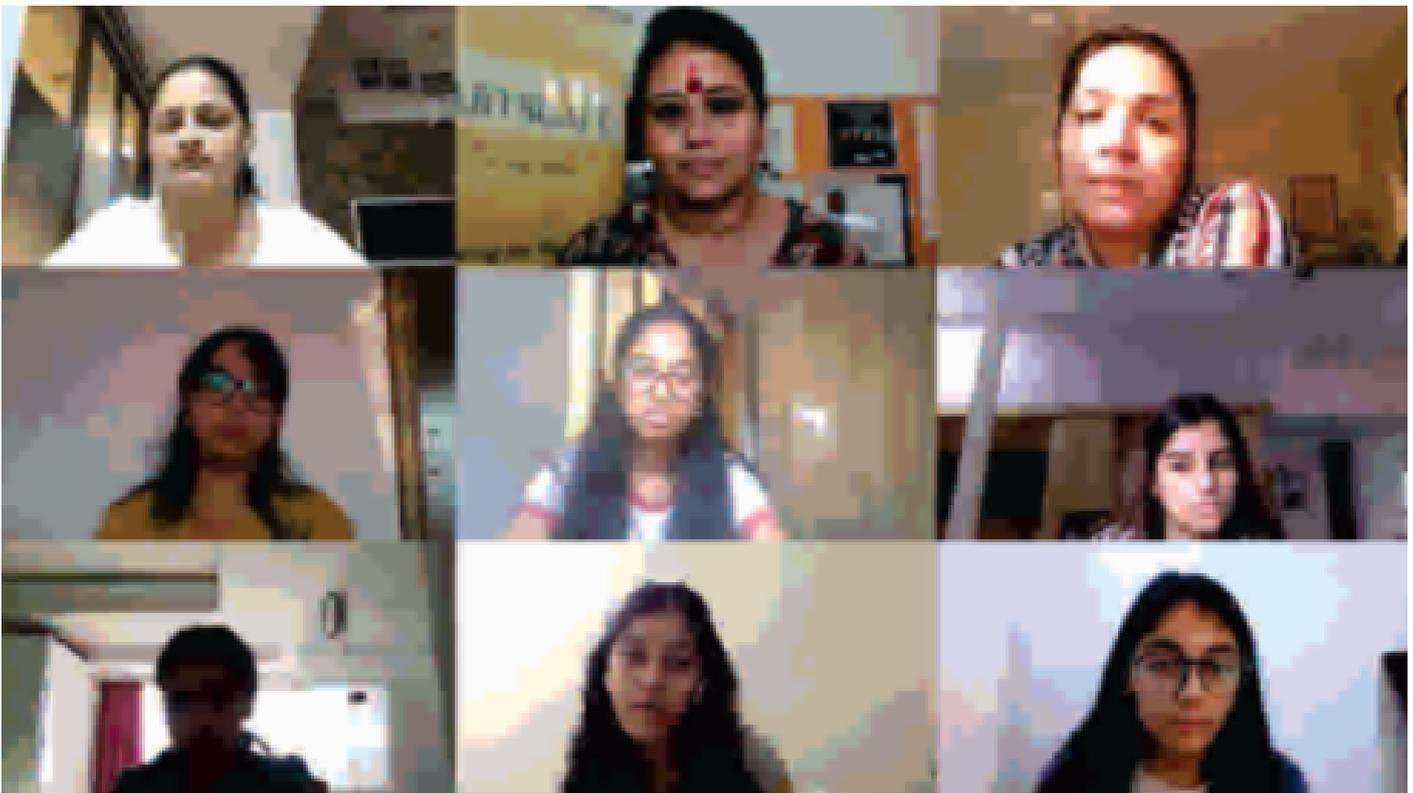
Open Circle

Total number of sessions : 3

**Total number of beneficiaries:
44**

**Partners
Showers of Compassion
Connect for
Dan Utsav**

Virtual sessions for all population groups focused on selfcare and relaxation

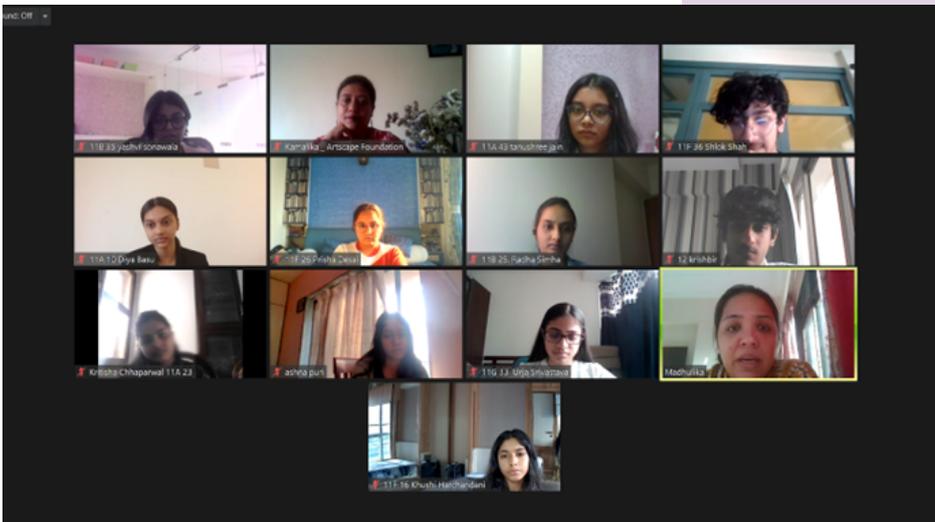


Volunteer Program

Volunteer Program-

Artscape was happy to participate in Jamnagar Narsee Co-Op Programme for the students of JNS ISC and JNIS IBDP Grade 11 and 12 to equip them with life experiences from March 17 to April 17, 11 Students contributed to the organization's work through different activities given to them based on their interest areas and skill sets.





Our Process

Artscape has engaged with and emotionally empowered more than 30,000 beneficiaries through 4000+ Expressive Art Therapy Sessions delivered in physical and virtual platforms.

PROCESS

The method used for the implementation of the program is Expressive Arts therapy that combines psychology and the creative art techniques to promote emotional growth and healing. Trained facilitators conduct need-based sessions using music, body movement, drama, art, meditation, journaling, and creative art techniques that allow participants to find Emotional balance through Introspection - Reflection - Engagement - Expression to enable physical, emotional, social, and psychological well-being. Different forms of expressive art-music, movement, drama, visual arts, and several other tools are used to create a safe space for Individuals to engage and express their emotions non-verbally. The creative process helps one connect with their own self, thereby facilitating growth and healing.



Movement

- **Creative natural movement**
- **Body awareness**
- **Improvisation**



Music

- **Singing**
- **Chanting**
- **Listening to music**
- **Creating Rhythm**

Visual Arts

- **Dramatics**
- **Story telling**
- **Puppetry**
- **Clay modelling**
- **Creative writing**
- **Collage making**
- **Coloring/painting**



Meditation

- **White light meditation**
- **Breathing exercises**
- **Breath awareness**



Stories of Impact



Mrs. Neelam Srivastava
Cancer Survivor
Partner : Indian Cancer Society

“ I enjoyed this session very much. Through the activities, I got to know about myself and that I am a good person. Knowing this has made me very happy. ”

“ Today for the first time in my life I did something for myself. It was like my soul, body and mind were blessed. ”



Mrs. Reeta Pandey
Cancer Survivor
Partner : Indian Cancer Society

“ I attended sessions on Self awareness, Motivation, Time management etc. I learned that we should move forwards with our strength and not think about our weakness everytime. It is better to see within yourself instead of looking negative things on others. ”

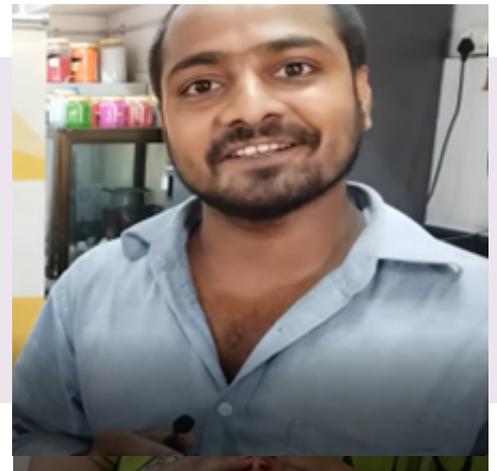
Ms. Shubhangi Lohre, Student
Partner - United Way Mumbai



Mrs. Meena Mandale,
Cancer Survivor
Partner : Indian Cancer Society

“ We are cancer patients and these sessions are conducted to motivate us. We like it very much and forget about our problems for sometime. ”

“ The Children become more focused in their studies and other work due to these sessions. ”



Mr. Sandeep Mandal,
Teacher
Acorn Foundation, Dharavi

“ I learned a lot from the Artscape session. Through the activities I learnt about my weaknesses and how to improve myself. After attending the Session on time management I am better able to manage my time in my study and normal life. ”

Harsh Pandey, College Student
Partner - United Way Mumbai

“ Do not judge people's fear and understand that fear of other people is valid. ”

Mr. Aditya, Acorn Foundation

Team Members

Ms. Kamalika Guha Thakurta - Founder and CEO
Ms Madhulika Dhindaw - Outreach Consultant
Mr. Ravikant Upadhyay - Manager - Admin
Ms. Aishani Shah - Facilitator
Ms. Sharmishtha Basu - Facilitator
Ms. Atteet Bhandari- Facilitator
Ms. Sejal Bhatt- Facilitator
Mr. Aditya Garud - Facilitator
Ms. Milonee Parekh - Facilitator
Ms. Pallavi Deshmukh- Facilitator
Ms. Renelle Snelleksz - Facilitator
Ms. Divya Toshniwal - Facilitator
Ms. Vidhi Desai - Facilitator

Partners

Tata Trust
Hiranandani Foundation
RBL Bank
United Way Mumbai
Indian Cancer Society
V Care Foundation
St. Judes India ChildCare Centers
Nana Palkar Smruti Samiti
Light of Life Trust
Flowering Tree Inc
Cancer Patients Aid Association
Dr. Ernest Borges Memorial Home
Make A Wish

State Cancer Institute- Guwahati
Dr. B Borooah Cancer Institute- Guwahati
Eureka Forbes
Tata Memorial Center
Vatsalya Foundation
NK Dhabar Cancer Foundation
Healing Dove Foundation
Connect For
Alliance Tyre Group
Project Mumbai
Karo Trust
Acorn Foundation
YMCA