



Empathy Wellness
Foundation

ANNUAL REPORT'24

One Year of Spreading Kindness,
Healing & Mental Well-Being

YEAR OF REPORT 2024

Annual Impact Report

Company Name:

Empathy Wellness Foundation

Founder

Ridhima Batra

Co Founder

Rajat Lamba



An abstract geometric design featuring various shades of green hexagons and black lines of different lengths and orientations, creating a complex, interconnected pattern that resembles a network or a molecular structure. The design is primarily located in the top right and bottom right corners of the page, with some elements extending towards the center.

2024 ANNUAL REPORT

ORGANIZATION NAME

Empathy Wellness Foundation

FOUNDER

Ridhima Batra

CO FOUNDER

Rajat Lamba

Message from the Founder

As I reflect on the past year, I am overwhelmed with gratitude for the impact we've created together. Empathy Wellness Foundation was built on the belief that kindness, emotional support, and mental well-being should be accessible to all. In just one year, we have touched thousands of lives through acts of kindness, mental health workshops, food drives, hospital visits, and healing programs.

This report is a celebration of the collective efforts of our volunteers, supporters, and partners who have stood with us in this journey. We have received media recognition, community love, and invaluable testimonials that continue to fuel our mission.

Thank you for being a part of this movement. We are just getting started!

- Ridhima

Founder & CEO, Empathy Wellness Foundation



Our Mission

To promote mental well-being, kindness, and emotional healing by creating safe spaces, mental health awareness programs, and acts of kindness initiatives that bring communities together.

Our Vision

A world where mental health is prioritised, kindness is a way of life, and no one feels alone in their struggles.



1. Hug Campaign

5,000+ Warm Hugs Shared

Our Hug Campaign became a symbol of love and human connection, offering warmth to those in need.

- 50+ Hug Stations set up
- 5,000+ individuals embraced with kindness
- 20+ cities participated



2.Acts of Kindness

10,000+ Lives Touched

We believe in spreading joy through small but meaningful gestures.

- 2,000+ handwritten notes of encouragement placed in books, cafés, and workspaces
- 1,500+ flowers distributed to strangers, hospital patients, and elderly residents
- 500+ care packages filled with essential items for those in need
- 300+ surprise kindness events (paying for meals, gratitude jars, community clean-ups)



3.Food Drives

10 Food Drives, 5,000+ Meals Served

Hunger affects mental well-being, and we stepped in to ensure no one is left behind.

- 10 food drives conducted in underprivileged areas
- 5,000+ meals served to homeless individuals and families
- Special meal distributions at hospitals and orphanages
- Collaboration with local businesses & donors to fund meals



4. Visiting Hospitals & Elderly Care Homes

Bringing Love & Companionship

We spent time offering companionship, love, and small moments of joy to those in need.

- 20+ hospital visits, distributing flowers, handwritten notes, and care kits
- 15+ elderly care home visits, spending time, listening to stories, and organizing activities
- Surprise musical performances & storytelling sessions for patients and seniors



5. Safe Spaces

2,000+ Participants Supported

We created spaces where people could express, heal, and find community support.

- 100+ Mental Health Circles
- 50+ Expressive Art & Journaling Workshops
- 20+ Storytelling & Open Mic Nights
- 10+ Therapeutic Gatherings in Nature



6. Meditation & Healing Programs

1,500+ Individuals Benefited

Our healing programs helped individuals find peace and resilience

- 50+ Mindfulness & Breathwork Sessions
- 30+ Sound Healing & Mantra Chanting Programs
- 20+ Inner Child Healing & Emotional Release Workshops
- 10+ Healing with Art & Music Therapy Sessions



7. Mental Health & Self-Growth Workshops

50+ Sessions

We conducted workshops in schools, colleges, and workplaces to raise mental health awareness and encourage self-growth.

- 20+ School & College Mental Health Awareness Programs
- 10+ Corporate Wellness Workshops on stress management & emotional intelligence
- 15+ Career Guidance & Youth Empowerment Sessions
- Self-Love & Healing Workshops for Women & Young Adults



Media Recognition & Community Support

Empathy Wellness Foundation's work has been recognized by major media houses, bringing awareness to mental health and kindness initiatives.

01. Featured in

Dainik Bhaskar, Hindustan Times, The Tribune, and other leading newspapers

02. TV & Radio Interviews

Discussing mental health and acts of kindness

03. Awards & Recognition

Honored for contributions to mental health advocacy and community service





Community Impact & Testimonials

“I was going through a rough time when a volunteer handed me a flower with a note saying, ‘You are loved.’ That small act brought tears to my eyes. Thank you for spreading kindness.”

– **Hospital Patient**

“Attending the Healing Workshop helped me reconnect with myself after years of emotional struggles. The safe space you created was life-changing.”

– **Workshop Participant**

“Seeing young volunteers visiting elderly homes and just listening to our stories—it means the world to us.”

– **Elderly Home Resident**

Join the Movement

Every small act of empathy brings us closer to a world where mental health is prioritized, kindness is celebrated, and healing is accessible to all.

Want to get involved? You can:

- Volunteer with us
- Attend an event or workshop
- Collaborate to bring an initiative to your community
- Support us by donating or spreading the message

Thank You for an Incredible Year!

“Together, we have built a movement of empathy, healing, and kindness. Let's continue to make the world a better place –one small act at a time.

Contact us today to be a part of the change!

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