



HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

CONTENTS

Founder's Message	...1
NGO's for the Future	...2
The Empowered Teacher	...3
Family Get together / Sessions by C K Suresh	...4
ATMA Gurukulam / ATMA Uyare / ATMA DAFEC	...5
ATMA Service Providing Centre / ATMA FCC & CADC	...7
Announcements	...8

Founder's Message

Salutations!

Two programmes conducted at ATMA this month carry great significance.



NGOs or voluntary organisations are driving significant changes in the society in various sectors. Several wonderful people, through these platforms, are making compassionate contributions to their fellow beings. Though social service is an expression of the compassion of the heart, modern social work demands a professional approach and development. Our program for NGOs is an attempt in mentoring their leaders to prepare them for the future.

'Empowered Teacher' was another programme to invoke the best from our wonderful teachers who take up the amazing responsibility of moulding the future generation.

Both the programmes were well appreciated.

Vedika, through ATMA DAFEC's digital pathsala, winning a present from Apni Pathshala is also a proud moment. Appreciations to her!

My love and regards to all our team members who make things happen at ATMA..

Love

C K Suresh

NGOs for the Future



ATMA Foundation organised a one-day workshop, "NGOs for the Future," on July 13, 2024, at ATMA Foundation office, Thrissur, with the participation of 46 delegates from 29 Kerala-based voluntary organizations. Expert sessions were conducted by Sri. C K Suresh, Ms. Parvathy G, and Ms. Sangeetha Nandakumar, focusing on relevant topics like legal compliance, technology adoption, social media, fundraising and resource mobilization. The workshop was a first step towards ATMA's commitment to strengthen the NGO sector in Kerala.

The Empowered Teacher



The workshop titled "The Empowered Teacher" conducted by ATMA Foundation on July 27, 2024, at YWCA Hall, Thrissur, was attended by more than 50 teachers from 15 educational institutions. The event was inaugurated by eminent educator Sri. Ajithkumar Raja. Sri. M K Ramachandran, President, Thrissur Sahodaya, offered felicitations. Expert sessions were led by Dr. Bindu M P, Dr. V Bindu, and Sri CK Suresh on the topics "NEP 2020 - Be the Change Agent," "Bringing Credit System to Schools," and "Personal Empowerment for Professional Effectiveness." The participants gained new insights on how they can prepare themselves to align with the new systems and needs.

Family Get together



Our Monthly Family Get-Together was held on July 21st, coinciding with Gurupurnima, at the ATMA Office premises. Everyone shared cherished moments about their Gurus, and ATMA Foundation Director Sri. C K Suresh delivered the Gurupurnima message.

Session by C K Suresh



On July 28th, Sri C K Suresh, Director of ATMA Foundation, conducted a parenting session at Gurudev Vidyanikethan in Puthur. 150 people benefited.

On the same day, Ms Sangeetha and Ms. Ayana from ATMA Foundation conducted Life Skills sessions for the students of Gurudev Vidyanikethan, benefiting 200 students.

ATMA Gurukulam

Three new children joined ATMA Gurukulam in the last month. On July 23rd, Ms Siby Nobel, the ICDS supervisor from DCPU Adat, conducted an inspection focusing on educational standards and child welfare. The month concluded with vibrant cultural activities, including music, dance, mime, and drama performances organized by the children.

Expert artistes are providing regular classes in classical music and dance to the children at Gurukulam. Additionally, they are participating in Uyare online classes.

ATMA Uyare

ATMA Uyare conducted 74 sessions in July. Highlights include a meeting with Child Care Institution (CCI) authorities on July 5th, attended by 26 CCIs, and a mathematics subject council meeting on July 19th.

ATMA DAFEC

We are extremely happy to announce that Vedika, a student of ATMA DAFEC has won the 'Apnipathshala Content Champion' Award.



Apnipathshala & Selligion provided Vedika with a Selligion Praho computer.

It was handed over to her by ATMA Foundation Director Sri C K Suresh, at the ATMA Monthly Family Get Together. Congratulations Vedika!!



Financial Literacy classes were conducted in Chalakkudy, Mala, Poyya, Aloor, Vallatholnagar, and Kondazhi panchayaths, reaching a total of 186 beneficiaries.

Computer classes were conducted for 61 students of Namboothiri Vidyalayam, Kottappuram. A digital literacy session was conducted in Gurudev Vidyanikethan School, Puthur.

In DAFEC computer classes, Thrissur, a total of 130 registrations were completed. 5 new students joined this month. Currently, 28 students are continuing their courses. 16 students completed the course in July and were given certificates.

ATMA SPC



2 women took legal aid at ATMA SPC this month. As part of our monthly activity, 2 classes on domestic violence were conducted by Adv Gayathri T.D and Ms Masleeha Majeed at Paralam Health centre and Buds School, Paralam. 43 people benefited from these classes.

ATMA FCC & CADC

7 families sought help from ATMA Family Counseling Center & Child and Adolescent Development Center.

Announcements

ATMA Vayobandhu provides different services to its registered members. Registration and volunteering opportunities are open now. Call: 9188641098

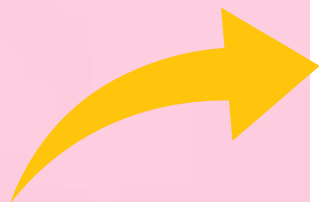
ATMA DAFEC is providing free computer classes for every age group. Make use of this opportunity. To register, call 8330010038

SPC provides free legal aid and counselling support to women and children, who are victims of domestic violence. Ph: 9400210101

Admissions Open
for Dance, Music & Yoga Classes.
Call: 8330010042

Support Us.
Volunteer.
Donate.

Scan this QR code
to make your contribution



or click this link to go to our donations page
<https://www.atmafoundation.org/donate.html>



ATMA Foundation

info@atmafoundation.org

www.atmafoundation.org

Connect with us



HARMONY | July 2024