



# HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

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## Founder's Message

Salutations !

As we approach our 19th Raising day celebrations, it marks the completion of 18 years for ATMA Foundation..

Gratitude to all those who supported this satisfying journey.. 🙏



In April we had the SMART Camps and Art Intensives for children at 3 places.. April was also a time to re-evaluate our activities of last year and our preparations for the future. The training program we attended at BIRD of NABARD at Mangalore has deepened our insights about the future of social work. Any social intervention now will have to focus more on IMPACT - its measurement and documentation. Output and Outcome based reporting is now giving way to Social Impact Assessment by professionals.

At ATMA, though we have already started thinking on these lines, we still have to do a lot of structural and systemic modifications. We sincerely look forward to capable and committed Volunteers to take the journey forward..

We welcome you to the team!

Love

C K Suresh



## Training @ BIRD



C K Suresh, Director, & Parvathy G, ATMA Volunteer, attended the 3-day training programme on Social Stock Exchange & Impact Assessment organised by the National Bank for Agriculture & Rural Development (NABARD) at the Bankers' Institute of Rural Development (BIRD), Mangalore, from 22nd- 24th April.

## Living in Harmony

Sri C K Suresh conducted a session on 'Living in Harmony' for the staff of Fluid Control Research Institute (FCRI), Palakkad on 18th April 2024. He also conducted a session for children at Parlikkad on the topic 'We too can Win' on 25th April.





# Vishu Family Get Together



ATMA Foundation's Special Vishu Get -together was held at Rukku's care, Kolazhi on 13th April. ATMA well-wishers, volunteers and Gurukulam children celebrated Vishu with cultural programmes, games and reminiscences.

Ms.Reena Jabran, International Master Coach & Author, engaged the audience in a motivating session of learning through games. Sri Srinivasan, expert Yoga trainer, shared some tips on daily yoga practice. Sri C.K. Suresh gave the Vishu message. The celebration concluded with a sumptuous *sadya*.



# ATMA Summer camp



ATMA received an overwhelming response for our Summer Camp conducted in April. The camp was organised in 3 venues - Thrissur, Kolazhi & Palakkal, with a participation of 64 children aged 5 to 15 years. There were fun 'n' learn sessions, as well as art intensives for music, dance, drawing and craft. The next camp is being planned from May 13th - 24th.



# Women on Wheels



We could distribute Honda Activa Two-Wheelers to 4 women this month.

The 'Women on Wheels' program, in collaboration with NGO's Confederation, offers two wheelers to deserving working women at a 50% subsidy, to empower them with the ease and independence of mobility



## ATMA Vayobandhu



Our Yatra this month was to Thripunithura, to visit the famous Hill Palace and the Poornathrayeesa temple. The group also went to the Chottanikkara Temple.

### Next trip planned:

Snehatheeram Beach, Thalikulam

On May 15th Wednesday

You are WELCOME to Join!!

For Details: **9188641098**



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



## ATMA GURUKULAM

As the vacation season commenced, we seized the opportunity to organize a SMARTCAMP for our children. For two weeks, they camped at the ATMA Kalakshetram at Kolazhi. Their days were busy with Fun -n - Learn sessions, dance, music, drawing & craft sessions. They went to see a movie in the nearby theatre, and had dinner at a good restaurant. They thoroughly enjoyed the experience.



Our senior girls cast their vote in the Lok Sabha Election. At ATMA Gurukulam, we inculcate in them a spirit of democracy and commitment to the Nation -building process. We nurture them to grow into responsive and responsible citizens of our great country.



## Congratulations!

Our girls at ATMA Gurukulam have once more made us proud! Three of our children have completed their degree/ post graduation with flying colours from Vimala College, Thrissur. They have earned enough 'Outstanding' Grades to claim their place as good performers!!

Ms Reshma P P  
MA Malayalam



Ms Athira A R  
B Com Finance Regular



Ms Laya Chandran  
BA English Literature



And, Ms Chinchina A R, 2nd Prof BAMS student at Vishnu Ayurveda College, Shoranur has won the 3rd prize in short video making competition in yoga, conducted by AMAI



# ATMA Digital and Financial Development Center



32 new students registered this month in our DAFEC computer class. This makes the total number of students as 103. 69 of these students intend to continue their classes with us.

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

## ATMA SERVICE PROVIDING CENTRE







3 cases were reported at our SPC unit this month.  
2 classes were conducted at SPC for the students attending the summer camp as well as for ASHA workers at Cherpu Health Centre.

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

**ATMA Family Counseling Center;  
Child & Adolescent Development Center**

7 families sought help from ATMA FCC & CADC centers in Thrissur and Palakkal.



Upcoming  
Events

അവധിക്കാലം  
ആഘോഷമാക്കി....



ATMA FOUNDATION

# Smart Camp & Art Intensives

2024 May 6th to 24th

@ 4 Venues

- ATMA Foundation Office, Paliyam Road, THRISSUR
- ATMA Gurukulam, PURANATTUKARA
- ATMA Kalakshetram, Vinayaka Nursing Home, PALAKKAL
- ATMA Kalakshetram, Rukku's Care, KOLAZHI

## Fun & Learn

- ❖ Spoken English ❖ Hindi ❖ Sanskrit
- ❖ Malayalam ❖ Mental Maths ❖ Art
- ❖ Magic ❖ Activities and Games
- ❖ Life Skill
- ❖ Leadership and Communication Skill
- ❖ Music ❖ Dance ❖ Drawing & Craft

Register Now !

Details & Registration :

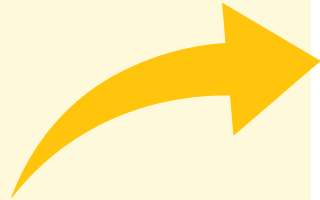
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