

Happy
New Year

Volume -3 Issue -12 Dec 2023



HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

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FOUNDER'S MESSAGE

Blessed self, Salutations!

2023 has been an incredible journey and team ATMA welcomes 2024 with renewed hope and commitment. We need to be increasingly professional and efficient. We have more projects and campaigns lined up.



We are also trying to expand our Volunteer team.

As a part of our livelihood projects, with the support of NGO's Confederation, ATMA was able to distribute 50 laptops to deserving young students last month alone. With this, we have entered the fourth phase of the campaign.

The privilege of inaugurating the 11th International conference on 'HR for Organizational Sustainability' at SDMIMD campus, Mysore, I feel, is an appreciation of our good work .

We remain forever indebted to all and each and everyone who has shown us love over the years.

Wishing you all a very happy and prosperous New Year!

Love,

C K Suresh



HR Conference



ATMA foundation director, Sri. C K Suresh had the honour of inaugurating the 11th International Conference on ‘HR for organisational Sustainability’ which was organised by SDMIMD Center for Management Excellence, Mysore. Sri. C.K. Suresh shared his thoughts on people management issues with 150 faculty members, researchers, consultants, management practitioners and students.

Livelihood Project



As a part of livelihood project, in association with NGO’s Confederation, ATMA distributed 50 more laptops to young students in December, bringing the total to 90.





ATMA Vayobandhu



21 seniors enjoyed the day trip to Pazhayanur temple, Thiruvilwamala Temple, Akamala Temple, Kuthampully weaving village and Thanal Balashramam at Mayanur on 13th December. 17 people visited Naimisharanyam, Parlikkad on 27th December.

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



ATMA Gurukulam

Sri Anandakumar, Founder and Executive director of Sri Satya Sai Orphanage Trust, visited ATMA Gurukulam and interacted with our children.

Students received classes in music, dance, value education and counselling sessions.

Adithya won the 2nd prize with an A grade in Mime competition at the District School Kalolsavam.

Anupriya got the 2nd prize in spot photography and 2nd prize in mimicry competitions in the fine arts fest conducted by St.Mary's College Thrissur.

Children celebrated Christmas by making cribs, stars and other craft items. They also celebrated Veer Baal Diwas.





ATMA DAFEC



ATMA Digital & Financial Empowerment Center conducted 7 classes in Wadakkanchery, Vadanappilly, Mullassery and Engandiyur Panchayaths. 380 people were benefited.

3 new students registered in December as a part of Apni Pathsala live pod programme. 38 students are continuing their classes in DAFEC.



ATMA DAFEC is providing free computer classes for every age group. Make use of this opportunity.

To register, call 8330010038



ATMA SPC



In December, one case was reported in SPC.

4 classes were conducted in the Anthikkad block, Gandhibhavan, Avinissery and St. Aloysius College Elthuruth for Anganwadi teachers, Employees and for students respectively as part of Nayi Chetana 2.0 programme. The topics discussed were Domestic Violence Act, POSH Act and Gender Equality. 317 people benefitted from these programmes.



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



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ATMA FCC & CADC

10 families took help from ATMA FCC & ATMA CADC this month.

EC Women

ATMA Foundation director, Sri.CK.Suresh took a class at Sanjeevani Balikasadanam for their Mathrusamithi members in December.

Internship & Field visit



10 MBA students from Sree Dharmasthala Manjunatheshwara Institute of Management Development (SDMIMD), Mysore interned with ATMA Foundation for a week, as part of their curriculum.

10 BSW students from Don Bosco College, Mannuthy conducted a field visit to our premise.



Family Get together & Volunteers' Conclave



ATMA monthly family get together was held on 23rd December 2023 at the office premises.



As part of the initiative to strengthen our volunteer team, a volunteers' conclave was conducted on 30th December, with over 50 participants.



ATMA

Kalakshethram/Yogapeethom

ATMA Kalakshetram got an opportunity to perform in “Nattakam Natakotsavam” held at Sree Gurudeva Vidyanikethan Central School, Penakam. Regular dance, music and Yoga classes are in full swing at Thrissur, Palakkal, Puranattukara and Kolazhi centers.



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

ATMA Uyare

55 sessions including Communicative English classes were conducted as part of the Uyare project this month. Students also got exam oriented special sessions.



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Volunteer.
Donate.**



ATMA Foundation

**Surya Gardens, Paliyam Rd, Thrissur,
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