



# HARMONY

*The official newsletter of ATMA foundation*

**...Happy Living with Healthy Relationships...**

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## FOUNDER'S MESSAGE

Blessed Self, Salutations!

February, personally for me had been a time of irreparable loss. I had been so fortunate all these years to be with my beloved mother and her sad demise has given me the biggest sorrow of my life !



She had always been my strength and solace! She was always like a runway for me to take off; and her lap gave me the comfort and safety of a safe landing after my roam-arounds! I know, Amma, you always took care of me like your 'little son' and with you around I enjoyed life at its best. You nourished whatever little compassion and strength that I have in me that helped in taking up responsibilities in life. I learned much in life from you - to love, to serve, to relate, to forbear and what not!

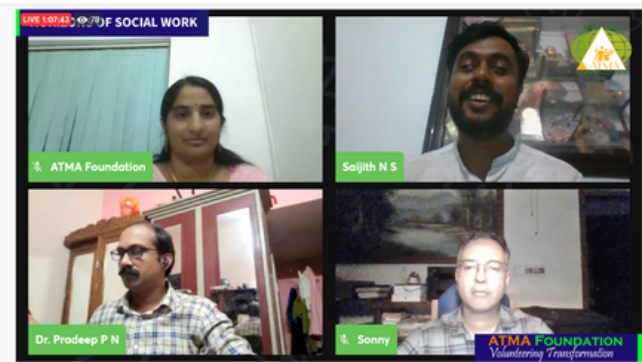
I know this is inevitable; but life will not be the same without you! My pranams and prayers at your feet, with lots of hugs!

I thank one and all who stood with us and shared your love and prayers for Amma..

Love you Amma,

C K Suresh

# WEBINAR



ATMA organised a webinar “Horizons of Social Work” on 9th & 10th February, for students of social work and social sciences.

The sessions were led by eminent experts like Ms. Sindhu Nambiath, (Director, Impact and Customer Success, Nusocia) Ms. Subitha Menon U (Social cum Communication Expert, KSWMP, Thrissur), Dr. Pradeep PN (Assistant Professor, Department of Management and Professional Studies, Rajagiri College of Social Science), Dr. Sonny Jose (Associate Professor, Dept. of Social Work, Loyola College of Social Science, TVM), Dr. V. Shinju (Assistant Professor, Dept of Sociology, Vimala College, Thissur), Dr. Anish.K.R (Assistant Professor, Dept of Social Work, Rajagiri College of Social Science), and Mr. C.K. Suresh (Director, ATMA Foundation, Thrissur).

Click here to watch the sessions on the ATMA Youtube channel

[https://youtube.com/live/4M\\_uAwa38Bo](https://youtube.com/live/4M_uAwa38Bo)

<https://youtube.com/live/zRV9IYfAvZs>



Dr. Elizabeth Alexander (Assistant Professor, Department of Social Work, K E college Mannanam), Mr. Sajith NS (Assistant Professor, Dept. of Social Work, Christ College, Irinjalakkuda), Mr. Lims Thomas (Assistant Professor, Dept of Social Work, Vimala College, Thissur), Ms. Stephy Francis (Head of the Dept of Social Work and Assistant Professor, St. Mary's College, Thrissur) chaired the sessions.

The webinar was attended live on the ATMA YouTube channel by 100 plus participants. The sessions were informative and insightful for the participants

## Education Support Initiative



As part of our education support initiatives, ATMA Foundation, in collaboration with National NGO's Confederation, could distribute laptops to 30 more students this month.



## ATMA Vayobandhu



As part of the ATMA Vayobandhu project, we organised a one-day trip to Kodungallur, which included visits to the famous Kodungallur Sree Kurumba Bhagavathy temple and Thiruvanchikkulam Mahadeva temple and the Muziris Heritage Museums. They also enjoyed the pleasure of a boating trip.

## ATMA Gurukulam

Regular dance & music classes and extra academic support sessions were given to the students of ATMA Gurukulam, along with value education and counseling sessions. Athira secured second prize at the college-level Mimicry competition. She also successfully completed an add-on course in a skill enhancement training program conducted by the PG Department of Commerce and Research at Vimala College, Thrissur. Congratulations to Athira !!

## ATMA Digital and Financial Empowerment Center



Our DAFEC team organized classes in different panchayats, including Varavoor, Cheruthuruthy, and Engadiyur. A total of 335 participants benefited from these sessions. Currently, 40 students are enrolled in computer courses at DAFEC, and seven students have successfully completed their basic computer class and received certificates.

## ATMA Uyare

92 classes were conducted in February, including exam oriented sessions, for children in Child care Institutions, as part of ATMA Uyare

## ATMA Service Providing Center

During this month, one case was reported at the ATMA SPC. Two awareness sessions were organised, which were attended by 64 students.



## ATMA Family Counseling Center / Child & Adolescent Development Center

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

## ATMA Kalakshetram /Yogapeethom

Regular classes in dance, music, and yoga are continuing at all our centers.

## Family Getogether



The monthly family get together was organised on February 17 at the ATMA office premises. We were honored to have Ms. Reena Jabran, a distinguished International Master Coach and author, as our special guest. Ms. Jabran's insightful session on the 'Art of Selling' was well appreciated by the participants. She also announced that 60% of revenue from the sale of her first 100 books will go to ATMA Gurukulam.

Certificates were distributed for 7 students who successfully completed their computer courses in DAFEC.



# Announcements



**Admissions Open for Dance, Music & Yoga Classes.**

**Call: 8330010042**

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

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

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

## Upcoming Events

**ATMA Vayobandhu is organizing a trip to Thirumandhamkunnu Bhagavathi Temple and Kadampuzha Bhagavathi Temple on March 13th.**

**Monthly Family Get together at ATMA Office on 17th March, Sunday, 5 to 6.30 pm.  
Special session: Simple Yoga for All**

**“Join our dedicated community of volunteers, where every act of kindness creates a ripple of beauty in the world. Together, let's make a difference that lasts a lifetime.”**

**Support Us.**

**Volunteer.**

**Donate.**

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