



HARMONY

The official newsletter of ATMA foundation

...Happy Living with Healthy Relationships...

Celebrate 55+ : ATMA workshop on Graceful Ageing

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FOUNDER'S MESSAGE

Blessed Self, Salutations !!!

ATMA begins 2024 with a sense of gratitude for all the love and blessings everyone has showered on us. While welcoming the new year, we can only resolve to serve society better and make a greater impact on the lives of



people around, helping them to lead a happier life with healthier relationships.

Our ATMA Vayobandhu project is slowly gaining momentum. Celebrate 55+, as part of the Graceful ageing series, was a success with rich content and smooth conduct. Our senior citizens deserve more support from the community and you too can be a volunteer at Vayobandhu.

We are sparing no effort to make ATMA a great place to Volunteer for social good and this year we are taking up several initiatives to improve our professionalism, while maintaining warm personal relationships among our team members.

Be with us! Your support and assistance is always our strength!

Love

C. K Suresh

CELEBRATE 55+



A workshop on graceful ageing, 'Celebrate 55+' was held on 26th January, 2024 at Raghavendra Bhajana Madam Pushpagiri, Punkunnam. Shri M Narayanan (Former G M, NABARD) inaugurated the workshop. The participants had the opportunity to enjoy a session on 'Quality of Life' by Sri Varghese Koikkara (Former banker), a practical yoga session by Sri Anilkumar.P (Yoga Expert), a games session by Sri Anoop K Mohan (IT Professional & ATMA Volunteer) and a session on 'Intimacy' by Sri.C.K. Suresh (Founder Director, ATMA).





Games



yoga



Sessions



Discussions



ATMA Vayobandhu



This month, as part of the ATMA Vayobandhu project, a trip was arranged to Coimbatore, to visit the Isha Foundation and the Arya Vaidya Pharmacy. This time, the ATMA Gurukulam children also accompanied the seniors. At the AVP, the ATMA team was given a warm welcome, and had the opportunity to converse with the renowned Physician Acharya V Vasudevan (senior disciple of 'Aaraam thampuran' of Pumully Mana) about ayurveda, yoga and lifestyle. Conveying our heartfelt gratitude to Sri. Sivadas Varrier, Director of AVP, for organizing a delightful feast for team ATMA.

Next trip:

21st Feb 2024, Wednesday

Kodungallur Temple, Muziris Heritage Museum and other places nearby.

Book your spot NOW!

Call: 9188641098

ATMA Vayobandhu provides different services to its registered members. Registration & volunteering opportunities are open now.

ATMA UYARE



As part of our educational initiative ATMA UYARE, we could distribute 5 refurbished desk tops and around 1000 note books for children from 19 child care institutions in Kerala. The CCIs received the materials from Sri P R Sasidharan at a function held at Thanal Balasramam, Mayannur. A total of 86 classes were taken by the teachers of ATMA Uyare in January.

ATMA GURUKULAM



The children of ATMA Gurukulam were taken on a pleasure trip to Coimbatore on 18th January. They had the opportunity to attend a session on Ayurveda by the eminent physician Acharya Vasudevan at the AVP. They also visited Isha Foundation, where the bullock cart ride and the Laser show were thrilling experiences for them. They enjoyed travelling together and dining out, as a part of the trip.

ATMA KALAKSHETHRAM



A group of art lovers from ATMA Kalakshetram attended the debut performance of 'Krishnarppanam', a production by our dance teacher Kalakshethra Raghi Satheesh and her students along with senior artistes at the Guruvayur temple on 29th January, 2024. Regular dance, music and yoga classes are being held at Thrissur, Kolazhy and Palakkal.

Admissions Open for Dance, Music & Yoga Classes.

Call: 8330010042

ATMA Digital and Financial Development Center



ATMA DAFEC conducted various classes on financial literacy at Mullasserri, Vadanappilly and Engandiyur panchayats. 87 people from these panchayats participated in the classes.

Now 64 students are registered in DAFEC, and 38 students are continuing their computer classes. 7 students appeared for final exam in MS Office and Malayalam Typing.

ATMA DAFEC is providing free computer classes for all age groups. Make use of this opportunity. To register
call : 8330010038

Support from Rotary Club



Representatives of the Rotary Club of Trichur donated 6 refurbished laptops to ATMA Foundation. Rotary club Secretary Dr.Rajan.M.P and members Mr.M.E.Rajan and Dr.David Saj Mathew handed over the laptops.

ATMA SERVICE PROVIDING CENTRE

One person took legal support at ATMA SPC this month. 2 classes on domestic violence were conducted at Sri Vyasa NSS College, Vadakkancheri and Mahatma Anganwadi. A total of 136 students attended these classes.



ATMA 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 Adolencent Development Center

15 families sought help from ATMA FCC & CADDC centers in Thrissur and Palakkal.

ATMA Family Get together



The ATMA monthly get together was held on 21st January at ATMA office.

Upcoming Events

- Webinar on “Horizons of Social Work” for social work students on Feb 9 & 10. To register: <https://forms.gle/MHfkBUiZPpRdY1Xv9>
- Family Get together at ATMA Office on February 17th
- Vayobandhu trip to Muziris Heritage & Kodungallur Sreekurumba Bhagavathi Temple on February 21st.
- Seminar on “Economic Empowerment of Women” exclusively for women at YWCA Hall on March 2nd

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