



HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

CONTENTS



Founder's Message	1
ATMA Vayobandhu	2
ATMA Gurukulam	3
ATMA Uyare /	
ATMA DAFEC	4
ATMA FCC & CADC / Family Get together	5
ATMA Yogapeethom	6
ATMA RADDC / Sessions by C K Suresh	7
Upcoming Events	8

Founder's Message



Salutations!

With the involvement of committed volunteers and sincere staff members, definitely work @ ATMA is progressing reasonably well.

We learn new things, adopt new strategies and put in our team efforts to serve our community as always.. Many of our well-wishers support us in these endeavours with their contributions and this support alone makes our work possible. Many friends spread the word about us, and help ATMA reach out to more people. Most others do share words of appreciation. All these make us feel good and encourage our team to take up more responsibilities.

Still I had always wished more of you to come forward to take up some responsibilities by way of volunteering; by helping us to mobilise more resources; by sharing our website and social media handles to more people who can support us further... May I request that here?

Please do support us by sharing this news letter.. by making and asking for contributions to expand this good work... by encouraging more people to connect with ATMA...

Please do support us! This is a humble request...

Love,
C K Suresh
for Team ATMA

ATMA Vayobandhu



As part of the ATMA Vayobandhu project, monthly trips are organised for senior citizens and families. This month, ATMA Vayobandhu team visited Thiruvullakkavu Temple, Peruvanam Temple and Thayamkulangara Temple.

Join our next trip

July 10th Wednesday

- **Thirumoozhikkulam Sree Lakshmana Perumal Temple**
- **Payammal Sree Shathrugna Swamy Temple**



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



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ATMA Gurukulam



Many of our senior children have secured admissions for higher education courses according to their interest and aptitude.

Ms Laya C achieved the 6th rank in the entrance test for the MSW program at Vimala College, Thrissur. Ms Reshma V, attained the 4th rank in the entrance test for the Praksasthri course, equivalent to higher secondary, at Sanskrit University, Puranattukara. Ms Saranya S got admission in the Bachelor of Naturopathy and Yoga course at SDM College, Dharmasthala, Karnataka. Ms Athira A R enrolled for a Diploma course in Tally & GST after completing her BCom. Proud of you, girls! Wishing you all success in your academic pursuits!

Gurukulam children attended a Bharatanatyam concert by a young dancer, which was also graced by many eminent senior artistes. It was a good opportunity for our children to increase their understanding and appreciation of classical dance. Gurukulam children are being provided regular classes in classical music and dance, by expert artistes.

ATMA Uyare



ATMA Uyare's online classes have resumed this month following the summer break, with a total of 33 sessions conducted in June. In addition to regular tuitions, Uyare offers classes covering foundational subjects such as English, Mathematics, Hindi, and more.

ATMA DAFEC



ATMA Digital and Financial Empowerment Center conducted classes at Chalakkudy, Mala, Poyya and Aloor panchayaths, benefitting over 250 people.

In June, 11 new students registered at the ATMA DAFEC Digital Pod, bringing the total to 121 students.

ATMA FCC & CADC



12 families sought help from ATMA Family Counseling Center & Child and Adolescent Development Centers in Thrissur and Palakkal

Family Get-together



Our Monthly Family Get together was held on 23rd June at the ATMA Office premises. Dr.Reni M K, Medical Officer, Yoga & Naturopathy Department, Ayurveda Hospital, Thrissur, conducted an interactive session on Lifestyle and Health, based on the concepts of Naturopathy and Yoga.

ATMA Yogapeethom



As part of International Yoga Day on 21st June, ATMA Foundation, organised a yoga session for students and public at the Federal Institute of Science and Technology (FISAT), Angamaly, in association with the college NCC unit. Expert Yoga trainer Sri Anil Kumar P, guided the session. Ms Saranya S & Ms Anupriya M P of ATMA Gurukulam performed a yoga dance.

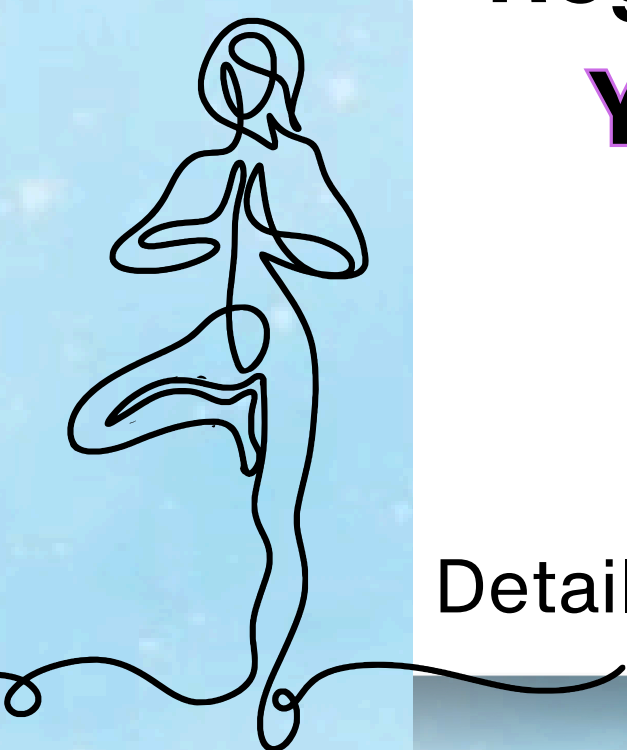
ATMA has always given focus on the health and wellness of our team members. As a step towards this, a regular yoga class has been started at the ATMA office, for our own employees and volunteers.

Regular Classes @ ATMA **YOGA, Dance, Music**

For all age groups

**@ Thrissur, Palakkal,
Kolazhi & Puranattukara**

Details & Registration: 8330010040



ATMA RADC



Ten students pursuing different course from prestigious colleges completed their internship at ATMA Foundation in June 2024 under ATMA Research and Development Center.

Sessions by C K Suresh



In June, Sri C.K. Suresh, Director of ATMA Foundation, conducted three training programmes. He conducted a session on Career Guidance and Adolescence Empowerment at TGSM Saraswathi Vidyanikethan School, Udayanagar, benefiting over 300 students. Another session was held at Sukrutham Koottukudumbam, Edavilangu, in which 80 people participated. A session for 15 teachers of Brahmaswom Madom was conducted, wherein they were given guidance on facing the challenges of adolescents in the current times. All these sessions helped to spread the concept of 'Living in Harmony', which is the core philosophy that ATMA Foundation wishes to disseminate among the public.

Upcoming Events



ATMA Vayobandhu Yathra -

- Thirumoozhikkulam Sree Lakshmana Perumal Temple
- Payammal Sree Shathrughna Swamy Temple

On July 10th Wednesday

NGOs for the future-

One day capacity building workshop for key functionaries of NGOs and Voluntary Organisations

@ATMA Foundation, Thrissur

On 13th July 2024

The Empowered Teacher

Capacity building workshop for
TEACHERS

@YWCA Hall, Thrissur

On 27th July 2024

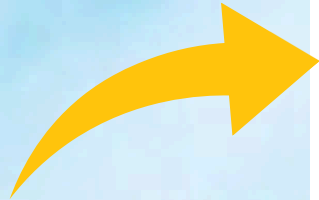


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