



# ATMA NRITYOTSAV 2022

Under the  
CFPG Scheme of  
Ministry of Culture,  
Govt of India



## HARMONY

Happier Living with  
Healthier Relationships

The Official Newsletter  
of ATMA Foundation







# ATMA Fan of the Month March 2022

**Congratulations!**

**Sangeetha N**

ATMA Fan of the Month is our own Sangeetha, for her commendable efforts in the Giveindia Fundraising Challenge. She has reached out to more than a 1000 people, through all her social media channels and personal contacts, spreading the word about our work. She has also taken a leadership role in mobilising our volunteers, supporting and inspiring them to go forward with their own campaigns for ATMA. And she herself has made a significant donation too! Great work, Sangeetha! You are an inspiration!!

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## FOUNDER'S MESSAGE

After two long years of the pandemic, we were able to finally do live outdoor programmes in March.. The 3-day dance festival and campus performances as part of ATMA Nrityotsav.. A health check up camp for the public..



Women's Day celebrations with flash mob, street play and pamphlet distribution.. We were also able to facilitate safe drinking water in 3 tribal communities in Wayanad and also in a village in Thrissur. .

For the last two months our volunteers have been focusing on mobilising resources for our activities for next year.. Thanks to their efforts, ATMA could perform well in the recently concluded GiveIndia Fundraising Challenge .. We were able to raise some amount and also get some good matching rewards from GiveIndia.. My sincere thanks to all who supported..

Now we are looking forward to more good programmes in the coming days..

Wishing you all a Happy Vishu!

Love,

C K Suresh



## HEALTH CAMP

ATMA Foundation organized a Free Health Check Up Camp for women and public at the North Bus Stand, Thrissur on 8th March, with the support of Malabar Eye Care Clinic and Mother College of Nursing. Over 400 people including women and senior citizens availed the facilities and got their eyes, BP, BMI, Bone density, etc checked totally free of cost. Dr Induchudan of Rudraksha Ayurvedics, Thrissur and Dr Vineeth, Psychiatrist were also available at the camp for consultation. Our sincere thanks to the Inner Wheel Club of Trichur for their support.





## WOMEN'S DAY CELEBRATION

On the occasion of Women's Day, ATMA Foundation organised programmes at the North Bus Stand, Thrissur. There were Flash mobs and Street plays by Social Work students from St Mary's College, Thrissur and SNDP Yogam Sathabdi Smaraka College, Perinthalmanna based on the theme 'Women Empowerment'. Pamphlets with information on the support systemns available to women were also distributed to the public.





## SAFE DRINKING WATER PROJECT

ATMA Foundation was able to provide safe drinking water to 100+ families in 3 Tribal colonies in Wayanad district and at Mulankunnathukavu Gramapanchayath in Thrissur District. The project, with the support of Singapore Red Cross, is scheduled to be implemented in more areas in the near future.





# ATMA NRITYOTSAV 2022

## Dance Festival under the CFPG scheme of the Ministry of Culture, Govt of India

A 3-day dance festival was conducted from March 11th to 13th at TGSM Saraswathi Vidya Niketan, Udayanagar, Ayyanthole, Thrissur, with performances by eminent artistes with live orchestra. Smt Kalakshetra Raghi Satheesh gave a Bharatanatyam recital on Day 1, followed by Kuchipudi by Dr Dhanya Menon Pattathil & team on day 2, culminating with a Koodiyattam performance of 'Subhadradhananjayam' on the final day.

Campus performances were organised at Chinmaya Vidyalaya, Kolazhi, MD College Pazhanji, and Vaidyaratnam Ayurveda College, Ollur on March 4th, 7th and 19th by expert artistes Sri Alex Rapheal, Ms Aswathy K Suresh and Sri Satheesh Neeleswaram respectively.





## ATMA GURUKULAM

Children from classes 5,6 and 7 attended “Kerala Quiz” conducted by ATMA Uyare.

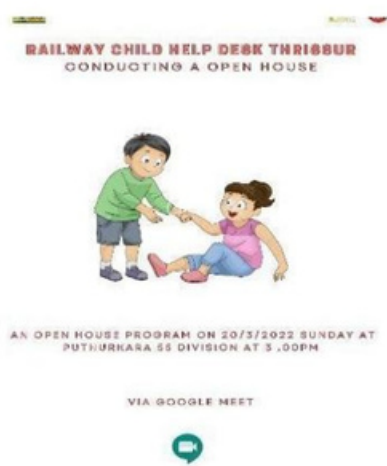
Saranya won 2nd place in the “Prana” competition conducted by ICPS, Women and Child Development Dept. as part of “Sargavasantham- 2021”

Arya S, Child Welfare Officer at ATMA Gurukulam attended a resource organization meeting organized by Childline.

## ATMA RAILWAY CHILD HELP DESK

The Railway Child Help Desk, Thrissur rescued 23 children in March, and reached out to 300 adults and children through outreach program.

The CHG meeting was held on 24th March at the VIP lounge, Thrissur Railway station.



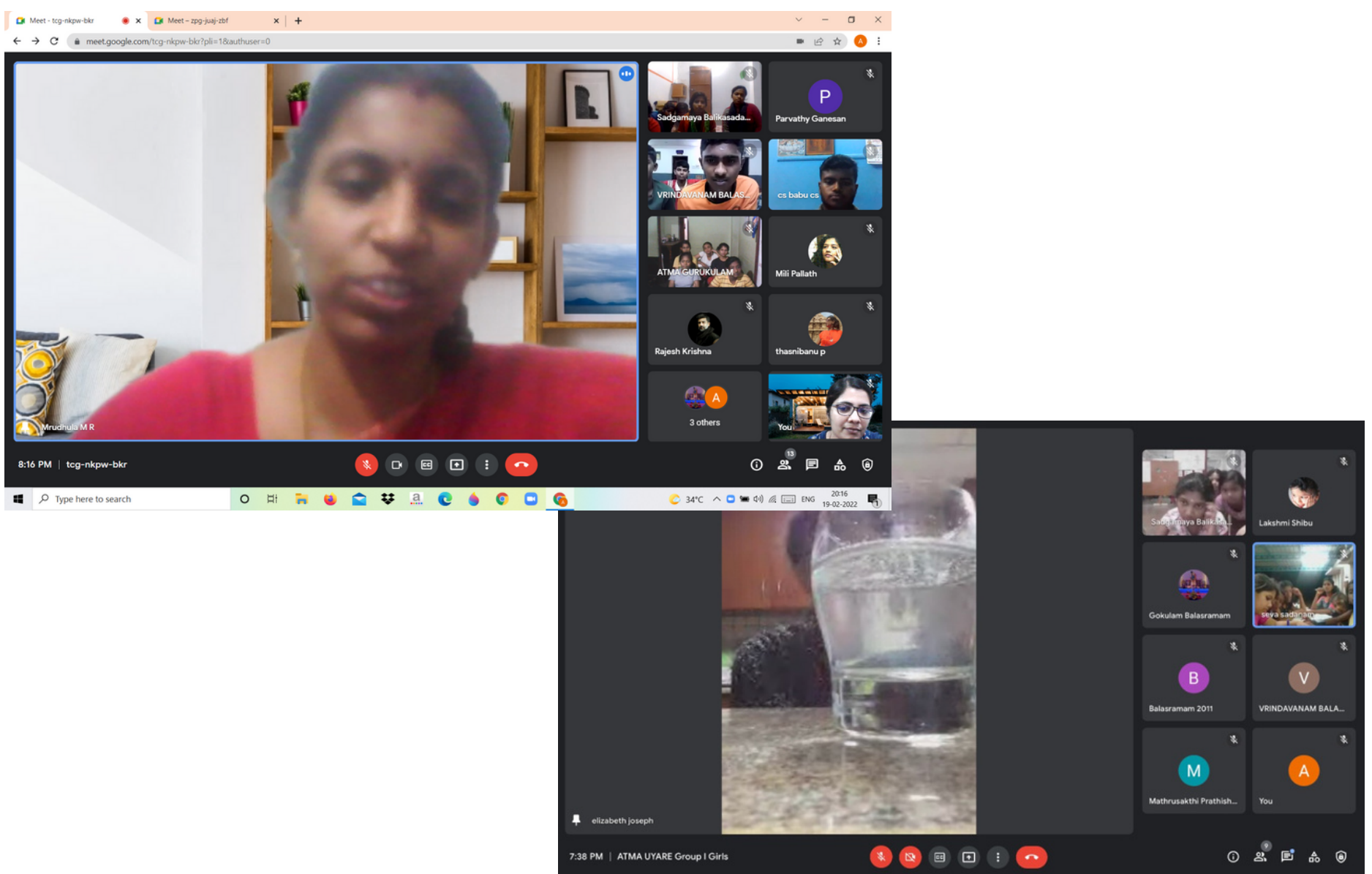
## ATMA RESEARCH AND DEVELOPMENT CENTRE

As part of International Women’s Day, the ATMA RADDC team conducted a health survey to screen the well-being of women above the age group 18. There was also a general health survey in men. 150 women and 100 men participated in the survey.



## ATMA UYARE

In this month there were 28 sessions of English, Maths, Science and Social Science for HS & UP students from various child care institutions. Exam oriented special classes were held for classes 10,11 and 12 in English, Maths, Physics, Chemistry, Biology, Economics & Accountancy.



## GFC 2022

The GiveIndia Fundraiser campaign has come to an end. With much effort, we were able to raise a fairly good amount. We were able to start 52 fundraisers and gain 445 supporters. We were in the 34th position with regard to the amount collected and in the 4th position with regard to the number of donors. Our sincere thanks to all those who supported!



# Support Us!

## Donate.

## Volunteer.

## Spread the Word.

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ATMA FOUNDATION

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