



HARMONY

The official newsletter of ATMA foundation

...Happy Living with Healthy Relationships...

CONTENTS

Founder's Message	...1
Women on Wheels	...2
ATMA Sreya 2024	...4
ATMA Vayobandhu	...6
ATMA Gurukulam / Uyare /	
DAFEC	...7
ATMA SPC	...9
ATMA FCC & CADC/	
Monthly get together	...10
Student Empowerment Programme/	
Family Harmony	...11
Summer Camp	...12
Upcoming Events	...13

FOUNDER'S MESSAGE

Dear all, Salutations!

While moving forward, twists and turns are but natural!



ATMA, through all these years, has been trying to make use of every opportunity that we have come across. Our association with the National NGO's Confederation was one that prompted new steps. Whether it is laptop, sewing machines, or two wheelers we took the risk to get those benefits across to the community.

ATMA *Shreya* is another project through which we intend to empower women to take up new livelihood initiatives and improve the standard of their life. By getting them the guidance, training or the infrastructural/ device support that they need, we believe that we can assist them to grow. We shall be providing them the necessary mentoring support as well.

The Woman Empowerment seminar, the banking consultation, and the distribution of two wheelers to women were all very satisfying programs in this direction.

Next year we wish to take all our projects and programs to the next level.

Thanking you all and looking forward to your support in our way forward...

Love

C K Suresh

‘Women on Wheels’



We could distribute Honda Activa Two-Wheelers to 17 women this month. In a vibrant ceremony held at ATMA Foundation office premises in Thrissur on 24th March, the vehicles were handed over to 15 women. Two more were separately handed over - one at Thrissur and one at Palakkad.

The 'Women on Wheels' program, in collaboration with NGO's Confederation, offers two wheelers to deserving working women at a 50% subsidy, to empower them with the ease and independence of mobility. Witnessing the radiant smiles of these wonderful women as they receive their new wheels fills our hearts with happiness. Grateful to be the reason behind their smiles!

'Women on Wheels'



ATMA Shreya 2024



Inaugural session



Mr.Sivan Ambattu



Mr.C.K.Suresh



Zumba by Ms. Sinju



The Success Stories



Ms.Parvathy.G



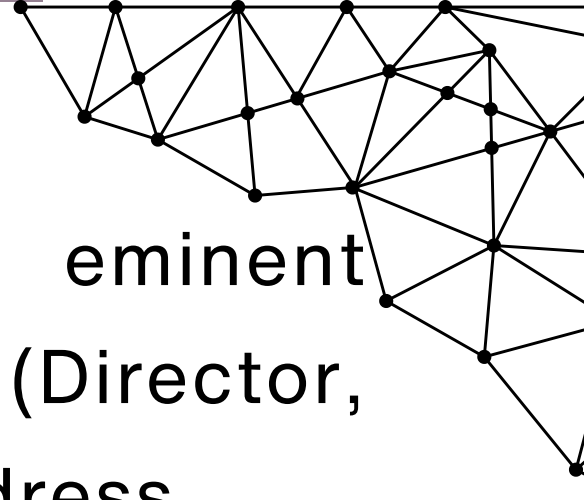
Ms.Reena Jabran



Mr.Ajith.G



Shreya 2024 “Empower to Prosper” - a one day workshop on economic empowerment conducted by ATMA Foundation exclusively for women on 2nd March at YWCA Hall, Thrissur. The workshop focussed on Economic Empowerment and Entrepreneurship. 75 ladies participated in the programme.



We were privileged to have an eminent faculty panel. Sri Sajeesh Manjila (Director, Double Horse) gave the keynote address.

Sri Sivan Ambattu (Faculty Member, Entrepreneurship Development Institute of India, Thrissur) and Sri Ajith G.(AGM, SME Banking, SBI, Thrissur) led sessions on Entrepreneurship Development and Support Systems respectively. Highlighting the importance of physical activity, Ms Sinju Satheesh (Zumba Instructor & Personal Trainer) conducted a vibrant zumba session.

Smt Vardhini Prakash (MD Kalyan Hypermarket) moderated a session featuring an interaction with successful entrepreneurs Smt Rajamma Sathiavan (Founder, Onkari Foods), Ms Kavitha Kesavan (Award Winning Entrepreneur) and Smt Soumya Menon (Founder, Fashion Bay Boutique).

Ms Parvathy G (Teacher & Entrepreneur) spoke on online tools for entrepreneurs. Sri. C.K. Suresh (Trainer & Life Coach) handled a session on self development.

A follow up programme was held at 13th March at ATMA Foundation with SBI officials. They enlightened the participants on the processes and criteria to obtain loans for their business ventures.

ATMA Vayobandhu

We're currently registering participants for the Vayobandhu project to provide services to needy senior citizens. About 400 families have already signed up.

Team ATMA invites all senior citizens to be a part of this project, by offering as well as availing support services.

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

Yathra



This month, ATMA organised a trip to Kadampuzha & Thirumandhamkunnu temples.

**REGISTER
NOW!**

**Next Trip
April 11th**

**Thripunithura &
Chottanikkara**

ATMA Gurukulam

Regular dance and music classes, additional academic support sessions, as well as value education and counseling sessions were conducted as usual. Laya wrote the CUET exam as a pivotal step in her journey toward higher education.

ATMA Uyare

45 exam oriented sessions were conducted in March for children in Child care Institutions, as part of ATMA Uyare.

ATMA Digital and Financial Empowerment Center



132 people benefitted from the financial literacy classes at Thekkumkara, Varavoor and Pavaratty panchayaths. 5 new students joined computer classes, bringing the total to 41.

SUMMER CAMP

@ ATMA
DAFEC

FREE COMPUTER CLASSES FOR CHILDREN

at ATMA Foundation



REGISTER NOW!!

+91 8330010038

Let your child harness
the power of the internet
& excel in the digital realm!

@ ATMA Foundation, Paliyam Road, Near NORTH BUS STAND, THRISSUR

LEARN WITH ATMA



BUILD A STRONG DIGITAL FOUNDATION



UTILISE TECHNOLOGY FOR GROWTH



BOOST PROBLEM-SOLVING SKILLS



LEARN THE BASICS OF CODING

THRIVE WITH THE WORLD

Vacation Courses

ByteBasics

Bootcamp for children with limited or no access to computers and the internet.

Coder-Kid

A platform for children to learn coding by creating everything from small programs to games using latest methods.

ATMA Service Providing Center



In February, one case was reported at the ATMA SPC, referred by the Woman Protection Officer. SPC conducted legal awareness sessions on Dowry Prohibition Act and Domestic Violence Act at different places in Avinissery Panchayath. 44 people benefited from these classes.

The SPC Sub committee meeting was held on 26th March at ATMA SPC Office Palakkal. Representatives from the Women Protection Office, Police, Health Department and LSG Institutions attended the meeting.

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

Ph: 9400210101

ATMA FCC & CADC

7 families and children sought help from the ATMA FCC and CADC in March.

Monthly Family Get Together



Our Monthly Family Get together was held on 17th March at the ATMA Office premises. There was a session by Sri Anil Kumar P, Yoga Trainer, on relaxation techniques rooted in pranayama

Support from Inner wheel Club



We extend our sincere gratitude to the Inner Wheel Club of Trichur for their generous financial support to ATMA Gurukulam.

Student Empowerment Programme

Sri. C K Suresh, Director, ATMA Foundation, addressed 100 plus student delegates on the topic “Design Your Destiny” at the camp organised by Balavikasakendra Samanwayasamithi at Mathrusakthi Prathishthan Balikasadanam in Tottakkattukara.



Family Harmony



A Family Harmony session by Sri.C.K Suresh was held at Pallath Lane Residence Association, Cheroor, Thissur on 24th March. 30 people participated in the programme.

ATMA Foundation is gearing up to ignite creativity and intelligence with our Smart Camp & Art Intensives, set to enrich summer holidays across all four of our centers from April 1st.

അവധിക്കാലം
ആഘോഷമാക്കി....

ATMA FOUNDATION

Smart Camp & Art Intensives

April 1st to 12th and May 6th to 24th

@ 4 Venues

- ATMA Foundation Office, Paliyam Road, THRISSUR
- ATMA Gurukulam, PURANATTUKARA
- ATMA Kalakshetram, Vinayaka Nursing Home, PALAKKAL
- ATMA Kalakshetram, Rukku's Care, KOLAZHI

Fun & Learn

- ❖ Spoken English ❖ Hindi ❖ Sanskrit
- ❖ Malayalam ❖ Mental Maths ❖ Art
- ❖ Magic ❖ Activities and Games
- ❖ Life Skill
- ❖ Leadership and Communication Skill
- ❖ Music ❖ Dance ❖ Drawing & Craft

Register Now !

Details & Registration :

83 300 100 42
0487-23 252 32

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

UPCOMING EVENTS

Fundraising Campaign

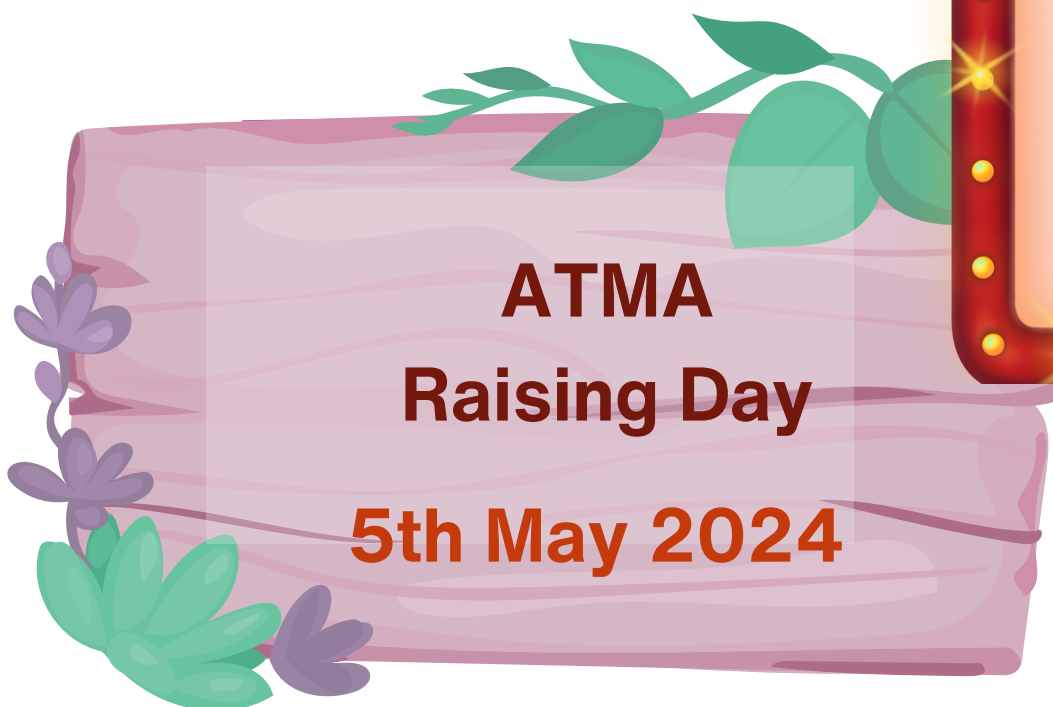
to mobilize resources for next year's projects.. We appeal to all our well-wishers for support !



Monthly Family Get Together & Vishu Celebration



April 13th, Saturday
10.30 am - 12.30 pm
@ ATMA Kalakshetram,
KOLAZHI



**Donors' Meet &
Charity Dinner**
18th May 2024

**Come join our dynamic volunteer community.
Together, we can create a lasting legacy of
positive change and compassion. Join us today
and make a difference!!**

Support Us.

Volunteer.

Donate.

Scan this QR code
to make your contribution



ATMA FOUNDATION

boism-8304949380@boi

or click this link to go to our donations page
<https://www.atmafoundation.org/donate.html>



ATMA Foundation

www.atmafoundation.org

Connect with us



ATMA Foundation,
Surya gardens, Paliyam Road, Thrissur- 680001

www.atmafoundation.org



HARMONY March 2024