

HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

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Founder's Message

Salutations !

As we complete 18 years of creative intervention, I, on behalf of the ATMA Team, thank each one of you for your support and sincere wishes!! Thank you!



I have always thought that our Gratitude for all the wonderful blessings we have, should reflect in our contribution to make others' lives better.. Happier lives with healthier relationships is the goal, and compassionate contribution is the path.. that is how ATMA came into being! Through all these years, many of my friends have contributed their time and energy, and all the resources that were needed, to make things happen at ATMA and through ATMA.. my Gratitude to all of them 🙏

Now we look ahead to make this platform more useful to the community; to make ATMA more professional in functioning and a better place to contribute together... I invite all of you to be with us to enable ATMA to contribute more!! Be in touch!

My special appreciation to the Team that took conducted the Vacation Camps for children - the coordinators and the faculty panel..🙏

Love

C K Suresh

for Team ATMA

19th Raising Day



With immense joy, we celebrated our 19th Raising Day on 7th May, creating a memorable evening filled with captivating dance, melodious music, delectable cuisine, and an abundance of laughter and fun, all held at Neeranjali Hall, Thrissur. A colourful handwritten magazine titled "Penem Pencilum," crafted by the talented children of Atma Gurukulam, was also released on the occasion.

Over the last 18 years, ATMA has benefitted more than 4 lakh families through 11 projects, 4 campaigns and 2300 plus outreach events. We have mobilised and sourced directed financial and material support of over INR 1 crore for flood and covid victims, and other vulnerable groups in need.

The Raising Day was an occasion to celebrate our work and to rededicate ourselves to serve with greater passion and compassion.



Women on Wheels



ATMA Foundation, in collaboration with the National NGO's confederation, could distribute Honda Activa Two-Wheelers to 12 women this month, in a vibrant ceremony held at Neeranjali Auditorium premises in Thrissur on 27th May.

Laptop Distribution



As part of our Educational Initiative program, ATMA, with the support of National NGO's Confederation, was able to distribute HP laptops to 40 deserving students.

Financial Assistance

ATMA Foundation was able to source financial assistance for an unmarried elderly lady for her cataract surgery.

Book Distribution : ATMA Uyare

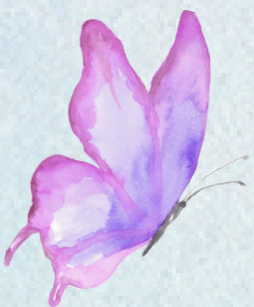


Notebooks and school accessories were distributed to the participants of ATMA Uyare on 27th May. We could distribute 875 books to 159 students from 9 child care institutions.

Livelihood Support



A refurbished laptop was provided to Mr. Shimin K M. who is partially paralyzed due to an accident. The laptop enables him to take up computer-based work according to his skill set.



Smart Camp Conclusion



The closing ceremony of the ATMA Summer Camp and Art Intensives which were conducted during April and May 2024, was held on May 27th at the Chinmaya Mission Neeranjali Hall, Thrissur. Ms. B Geetha Rani, retired principal, Government Music College, Thrissur, and Principal, Chinmaya Kalamandir, Thrissur inaugurated the function. There were cultural performances as well as Art & Craft exhibition by the camp participants. Gifts and participation certificates were distributed to all participants. The teachers and coordinators of the camp were felicitated.



ATMA Vayobandhu



As part of the ATMA Vayobandhu project, monthly trips are organised for senior citizens and families. The trips offer an opportunity for the participants to not only visit places of interest, but also to relax and socialise. This month, ATMA organised a pleasure trip to Snehatheeram Beach, Thalikkulam.

**REGISTER
NOW!**

Next Trip

June 12th

Wednesday

- *Thiruvallakkavu Temple
- *Peruvanam Temple
- *Thayamkulangara Temple

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



ATMA Gurukulam



ATMA Gurukulam children actively participated in the Summer Camp activities and performed at the concluding ceremony.

The results of the class 10, 11 and 12 board exams came out in May. Our girls have scored reasonably well, and have shown commendable improvemnet in their academic performance. Our sincere gratitude to all the volunteer teachers who have helped them achieve this.

Reshma V, who has completed grade 10, has secured 4th place in the Central Sanskrit University entrance test for the Plus One diploma course.



Field Visit



ATMA Foundation organized a trip for over 60 children attending the Smart Camp, Uyare, and DAFEC classes as well as the Gurukulam children on May 22nd. The children were taken to visit Inker Robotics in Thrissur. The children were exposed to the world of Artificial Intelligence which was very educative for them. Thank you, Inker Robotics, for inviting us and for awarding the certificates!

ATMA RADC



Twenty-three students from prestigious colleges completed their internship at ATMA Foundation in May 2024

under the ATMA research & Development Centre.



ATMA DAFEC



Free computer classes were organised for children during the summer vacation. 50 plus children attended the programme on a daily basis.

A special camp was organised at Pamboor, in coordination with the GSS Library. Digital empowerment classes were held for 35 children, at the ATMA Mobile Pod. The children were enthralled by the novelty of the mobile pod, and loved their learning experience.



ATMA conducted financial literacy classes at Vadanapilly and Pavaratty Panchayaths, with a total of 40 participants.



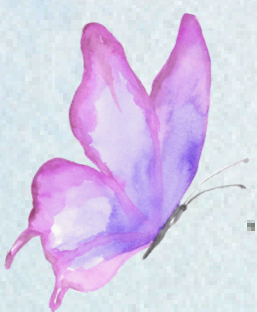
In May, 5 new students registered at the ATMA DAFEC Digital Pod, bringing the total to 110 students.

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

ATMA SPC

Two classes were conducted this month: one on the DV Act for internship students, and the other on the POCSO Act for children in the Smart Camp.

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



ATMA FCC & CADC



12 families sought help from ATMA FCC & CADC centers in Thrissur and Palakkal and 1 case was referred from Cherpu Police station.

Sessions by C K Suresh



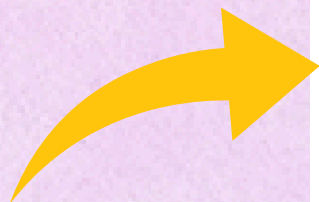
Sri.C.K.Suresh, director, ATMA Foundation conducted a session for adolescents on “Design Your Destiny” at the Sreedevivilasam Hindumatha Convention Trust, related to the Chettikulangara Bhagavathi Temple. 200 plus students participated.

He also gave a session on "Family Harmony" for the members of Madhwasabha at Raghavendra Bhajanamadam, Punkunnam, where 80 people participated.



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