



HARMONY

The Official Newsletter of ATMA Foundation
...Happy Living with Healthy Relationships...

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FOUNDER'S MESSAGE

Blessed Self, Salutations!

It is that month of the year where Diwali fills up the air with light and laughter. We thank the Almighty for all the blessings He has showered upon all of us.



As part of our Community Development Initiative, we could distribute 37 sewing machines and 8 motors as a part of our livelihood project. Our laptop distribution has reached its fourth phase and we plan to distribute two wheelers exclusively to working women.

Yoga is a way of life and this is something we have imparted to all our children. We are happy that our Gurukulam child Anupriya has bagged the second prize for the 42nd State Yogasana Championship.

Team ATMA wishes all our members and well wishers prosperity and happiness this season.

Love,

C.K. Suresh

Livelihood Project - Sewing Machine Distribution



As a part of our livelihood project, ATMA Foundation, in collaboration with National NGO's Confederation, could distribute sewing machines and motors to 45 deserving women in november

ATMA UYARE

ATMA Uyare has conducted 91 classes this month, for students from standard 5 to college level, including special Communicative English sessions

Family Get Together



ATMA organised a family get together for our members, staff and volunteers on the auspicious day of Diwali. Our Gurukulam children gave music, dance and yoga performances that entertained the audience. ATMA Director C.K. Suresh gave Diwali message that filled their hearts with positivity and peace. It was a day filled with fun, delicious food and togetherness.

ATMA GURUKULAM

Dance, Music, Value Education, Tuition and Counselling classes are being held regularly for our students.

Our children celebrated Diwali to their hearts content. The children have their own vegetable garden and are excited about their harvest.

Accolades



Our Gurukulam student Anupriya M.P. won the Second prize at the 42nd State Yogasana Championship held on 19th November, 2023 at Palakkad.

Adithya.A. won A Grade in the Sub District Mime Competition.

Reshma V won A Grade in Javelin throw and has also qualified for State level Competitions.

ATMA VAYOBANDHU

A team of 17 senior citizens went on a day trip to Triprayar Sree Rama Temple on November 8th evening.

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

ATMA DAFEC



ATMA DAFEC conducted various classes on financial literacy in panchayats like Vadanappilly, Vellangallur, Pavaratty etc. 106 people benefitted from these classes.

3 new students sought admission in our DAFEC computer class this month. Now we have a total of 57 students learning computers in our institute.

ATMA KALAKSHETRAM /YOGAPEETHOM

Regular Classical Dance, Music and Yoga classes are being conducted at our Thrissur, Palakkal and Kolazhi centres.

Admissions are open to anyone who is interested in any of these activities.

ATMA SPC



1 case was reported this month at ATMA Service Providing Centre, Palakkal. The second sub - committee meeting was held this month at Vinayaka Ayurvedic Nursing Home, Palakkal.

One class was held at Sanjari Anganwadi center as a part of SPC monthly activity

As part of 'Orange the World' Campaign, SPC conducted 2 awareness classes on women empowerment and domestic violence for the students of Gurukulam Public School, Venginissery and for Kudumbasree members at Cherpu Block Panchayath.

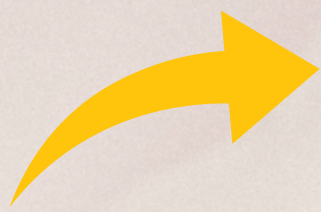
77 people benefitted from these classes in November.

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

ATMA FCC & CADC

5 families took help from ATMA FCC & ATMA CADC this month.

Support Us.
Volunteer.
Donate.



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