



HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

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Founder's Message

Onam is the true festive season for every Malayali across the globe. After the tragedy in Wayanad, Onam gave Kerala an opportunity to return to normalcy.



At ATMA Gurukulam, we all came together for the Onam get-together this year. This time, our celebrations didn't end there. ATMA Family made an offering of Vallasadya at Aranmula Parthasarathy Temple on the 28th of September. Many of our volunteers and well-wishers joined us for this occasion.

This cultural extravaganza was a unique experience for all who participated. Thank you all for making this endeavor a great success.

We are also gearing up to make the upcoming ATMA Social Work Conclave a memorable event. We invite everyone to join us as we move forward.

Love,
C.K. Suresh



HARMONY September 24



Aranmula Vallasadya





Aranmula Vallasadya

The ATMA Family collectively made an offering of the renowned Vallasadya, a traditional feast to Lord Parthasarathy at the iconic Aranmula Parthasarathy Temple, on September 28th. The ceremonial procession, accompanied by energetic renditions of 'Vanchippattu', added to the spiritual ambience. The 'Vallasadya' was reverently served to the deity, with 64 traditional items, showcasing the rich culinary heritage of Kerala. This ritualistic feast symbolizes the community's gratitude and devotion to Lord Parthasarathy, seeking his blessings and protection. 129 members of ATMA Family, including our Gurukulam children participated in the ceremony.



[Valla Sadhya Youtube Link](#)





Onam Celebration



Our Onam celebration was held on September 14th at ATMA Gurukulam, along with our monthly family get-together. The children presented their artistic talents and ATMA volunteers shared their memories of Onam. Everyone enjoyed a nice home-made 'onasadya', made and served with love by our Gurukulam Ammas. ATMA director Sri C K Suresh distributed '*onakkodi*' to the staff.





ATMA Gurukulam

Onam was a time of joy and creativity for the children. Every day, they made amazing floral carpets (pookkalam), mostly using flowers and leaves from the Gurukulam compound.

All children were given 'Onakkodi'. On Thiruvonam, they had a delicious 'Onam sadya' and they also presented various cultural programmes.

Ms Anija participated in the Propel Project camp for Attapadi tribal children, organized by the Swami Vivekananda Medical Mission from September 18-20 at Sanskrit University, Puranattukara. The camp participants and project executives visited Gurukulam on the evening of September 19th and enjoyed an insightful conversation with Sri C K Suresh .

Ms Anupriya M.P. won 2nd prize in the district yogasana championship conducted on the 29th of September at St. Mary's College, Thrissur.

Ms Reshma V participated in the district sports competition, representing the Central Sanskrit University, Guruvayur Campus.



ATMA Uyare

27 classes including exam oriented sessions were conducted in September, as part of ATMA Uyare.





ATMA DAFEC



36 students are being given free computer education at the Apni Pathshaala Live Pod at ATMA DAFEC. 1 computer class was conducted for the students of Namboothiri Vidyalayam.

Link:



ATMA SPC

Ms Masleeha Majeed, Counsellor at ATMA SPC, attended a meeting for Service Providing Centers at Thrissur Collectorate on 26th September.



ATMA FCC & CADDC

6 people sought help from FCC & CADDC this month.



ATMA RADC



ATMA Foundation was fortunate to have the services of Sri. Ashish Thakur, a Social Worker from Delhi, who volunteered with us for a month in September. It was a mutual learning experience. Thank you, Ashish!

39 BSW students from Marian Academy of Management Studies and Yeldho Mar Baselios College, Kothamangalam and 24 students from Bharatha Matha College, Angamali, visited our organisation as part of their curriculum.

2 MSW students from Christ College, Irinjalakuda and 3 BSW students from Rajagiri College, Kalamassery have joined for internship in ATMA Foundation in September.



Sessions by C K Suresh



Sri C K Suresh was the chief faculty for the session on 'Counseling skills' conducted for the school counsellors at Costford, Ayyanthole on September 4th by the District Child Protection Unit, Thrissur. 75 counsellors participated in the programme.



Upcoming Events

The ATMA Social Work Conclave 2025

A confluence of Stakeholders in the Development Sector

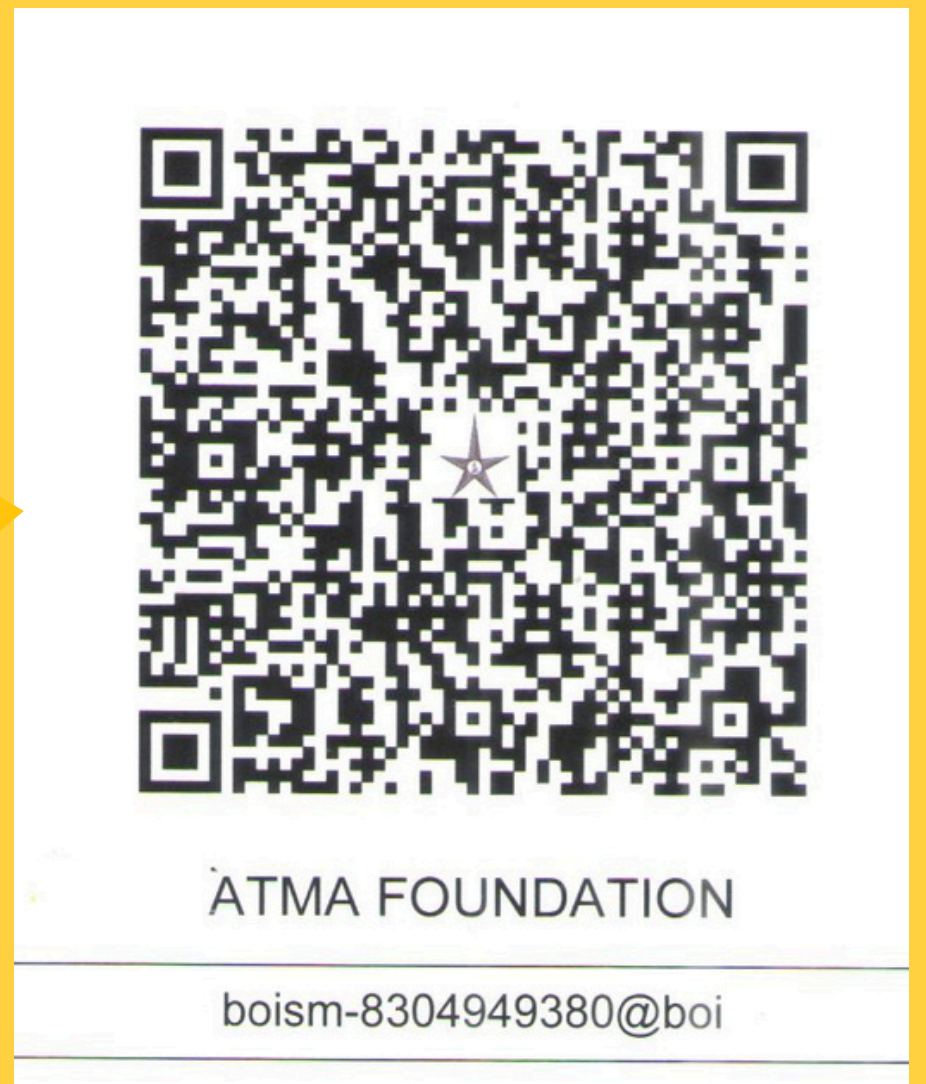
January 10, 11, 12 @ Thrissur

[Click here for details](#)



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