



# HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

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## Volunteer of the Month



**Ms Reshmi Kurumath**

We appreciate your effective outreach for soliciting recurring contributions for ATMA Foundation. It is a bold step, and an inspiration to all our team members.

Thank you!



**Proud of you Parvathy!**



You have once again proved your mettle by clearing the Social Impact Assessors Certification Examination offered by the National Institute of Securities Markets. Congratulations! Your new profile will be beneficial to ATMA in our development journey!



## Founder's Message

Dear friend, Salutations!!

The concept of ATMA Shreya evolved early this year, as we organised a one-day workshop for women entrepreneurs.



The spirited response we got for the workshop, led us to seek new initiatives for enhancing the economic participation of women. And now, in November, we have been able to launch the one-month training programme for women on mushroom cultivation. My sincere thanks to the Entrepreneurship Development Institute of India, for the collaboration!

Our Parvathy has cleared the NISM exam for Social Impact Assessor, and would now be able to take the lead in ensuring greater impact for ATMA activities (and evaluation for other NGOs) which would be a mandatory requirement soon.

Preparations are going on for the ATMA Social Impact Conclave in January, with some major guests confirming. I request all our well wishers and volunteers to devote as much time and energy as possible to make this event a success.

Love,

Suresh



# ATMA Shreya



ATMA Foundation, in collaboration with the Entrepreneurship Development Institute of India (EDII), Ahmedabad, launched a 26-day entrepreneurship training program on eco-friendly mushroom cultivation on November 20, 2024. The training is being conducted at two venues - the ATMA Foundation Yoga Hall, Thrissur and at Nila Seva Samithi Thanal Mathrusadanam, Mayannur. The training and subsequent handholding aims to empower 100 women to become successful entrepreneurs.



## ATMA Gurukulam

- Ms Anupriya M P has joined C-Design, a reputed multimedia company in Thrissur, for her internship.
- Regular dance and music classes, academic support sessions, yoga, value education and counselling sessions were conducted as usual.

## ATMA Uyare

In November, 69 online tutoring sessions were conducted. In addition to regular tuition, Uyare is offering special classes to strengthen foundational skills in Basic English and Mathematics. These sessions are designed to build confidence and enhance learning for students at all levels.

## Training @ Smile Foundation



Ms Parvathy G, ATMA Foundation trustee, was invited to conduct a training for NGOs organised by Smile Foundation at Satara, Maharashtra as part of their Empowering Grassroots programme, from 29th November to 1st December 2024.



## ATMA DAFEC



The DAFEC computer classes have registered 137 students, with 30 currently attending. Certificates were distributed to 37 students, who attended the DAFEC classes at Pambur. 3 computer classes were held at NV UP School, Kottappuram with 66 students, 3 at Olarikkara School with 172 students and 2 at Gurudev Vidya Nikethan School with 139 students.

## ATMA SPC



As part of the 'Orange the World' campaign, four classes were organized at different anganwadi centers. The classes, held at Kasthoorba, Anugraha, and Priyadarshini anganwadi centers in Paralam, Cherpu, Avinissery, and Vallachira gramapanchayats, benefited a total of 108 individuals, with sessions taking place on November 26, 27, and 29, 2024.



## ATMA RADC

2 MSW students from Sahridaya college, Kodakara and 3 BSW students from Don Bosco College, Kannur joined ATMA Foundation for their internship in November.

## ATMA FCC & CADC

7 families took help from ATMA Family Counseling Center & Child and Adolescent Development Center.

## Family Get together



Our monthly Family get-together was held on 24th November at the ATMA Yoga hall. Certificates were awarded to students who successfully completed the ATMA DAFEC classes held at Pambur Library.



## **Sessions by C K Suresh**

Sri C.K. Suresh conducted a youth empowerment program for the students of Ashtangam Ayurveda College, Koottanad, with the participation of 70 students.

## **Fellowship - Sewa International**

Ms. Khushi Rajput from Sewa International has joined the ATMA Foundation as a Fellow. Welcome, Ms Khushi! We hope this will be a good learning experience for you, and an opportunity to contribute to the people we serve.

## **New Volunteers**

We are delighted to welcome our new trainees and volunteers - Ms. Athira and Ms. Keerthana, both MSW graduates from Yeldo Mar Baselios College, Kothamangalam, and Ms. Mythili Warriar, a BSc Psychology graduate from Vimala College, Thrissur, join our team as volunteers.

Ms Devika S Nair has joined us as the new Child Welfare Officer of ATMA Gurukulam. Welcome, Ms Devika!



## Upcoming Events

# ATMA Social Impact Conclave 2025

**The mega-confluence of leaders & stakeholders  
in the development sector..**

**10th- 12th January 2025 @ Thrissur**

- **Keynote sessions**
- **Master classes**
- **Panel discussions**

**...with experts & dignitaries**

**A forum for effective discussions & interaction  
involving**

- **Social Work Practitioners**
- **Academicsians**
- **Policymakers**
- **Development professionals**

**Join the Team!**

**Contribute your efforts to make the event  
a resounding success!**



**Support Us.  
Volunteer.  
Donate.**

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