



# HARMONY

*Happier Living with Healthier Relationships*

The official Newsletter of ATMA Foundation

## WILL 2021 - WINNERS

Virtual Competitions organised as part of Women's Day 2021

### ESSAY WRITING



1

Rhea Agarwal  
NIFT  
Bengaluru, Karnataka



2

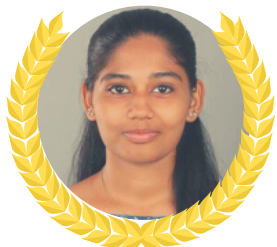
Dikshant Sharma  
HPNLU  
Shimla, HP



3

Meena P  
Government Law college  
Trivandrum

### ELOCUTION



1

Anakha S Thampy  
Baselios College, Kottayam



2

Della Dixon  
Vimala College, Thrissur



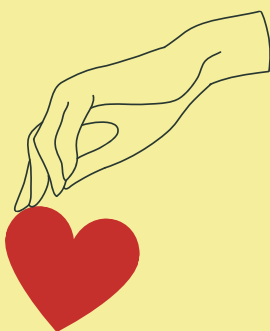
3

Sruthi Sreejith  
Anzar College, Perumpilavu



give  
INDIA

Fundraisers | Feb 01- Mar 28



*Sincere gratitude from ATMA Foundation to all donors and supporters who helped us in completing the GIVEINDIA Fundraising Challenge 2021 successfully... Looking forward to your continued association..*

*Thank you*



visit [www.atmafoundation.org](http://www.atmafoundation.org) for updates !

# शिवरात्रि



ONLINE DANCE FESTIVAL , MARCH 05-11  
AS PART OF SHIVRATRI CELEBRATIONS

You  
Tube

Watch full  
performances on  
ATMA YouTube



Kuchipudi by  
Sri Vinu Ambadi



Bharatanatyam by  
Natyamayoori Archana &  
Natyamayoori Chethana



Bharatanatyam by  
Smt Devaki Rajendran



Bharatanatyam by  
Sri Dhanoop P K



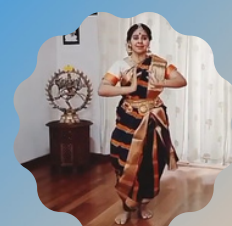
Kathak by  
Smt Gauri Swakul



Bharatanatyam by  
Smt Jisha Raghav



Bharatanatyam by  
Smt Gayathri Rajaji



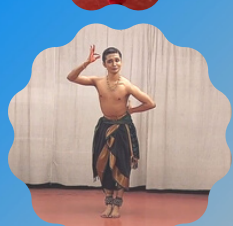
Bharatanatyam by  
Smt Meghna Venkat



Bharatanatyam by  
Smt Manju V Nair



Bharatanatyam by  
Smt Prachi Saathi



Bharatanatyam by  
Sri Pritam Das



Odissi by  
Smt Uthara Antharjanam



Kuchipudi by  
Smt Reshma U Raj



Mohiniyattam by  
Smt Divya Warier



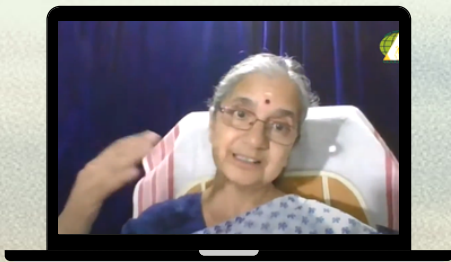
Special Thanks to Smt Uma Govind for her  
great support in organising Shivadam!





**WILL 2021****8th - 11th March 2021****Online Talk Series on  
"Women in Life & Leadership"**

Eminent Women Leaders shared their thoughts, experiences & wisdom at  
ATMA platform in WILL 2021

**KEYNOTE SPEAKERS****Ms NIVEDITA RAGHUNATH BHIDE**

(All India Vice President,  
Vivekananda Kendra)

Women in Life & Leadership

**Dr SUMATHI NARAYANAN**

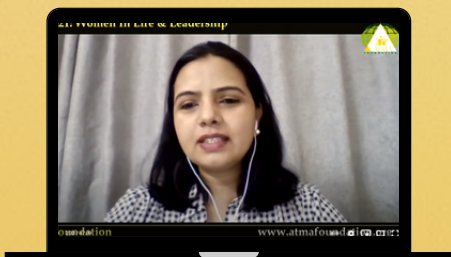
(President of Creative Communication  
and Management Centre, Chennai)

Women creating their unique path

**Smt HIMA NANDAN**

(Lead – SMB Marketing, Lenovo India)

Women in corporate world & life

**Smt ARUNA DAS**

(Image Consultant & Life Coach)

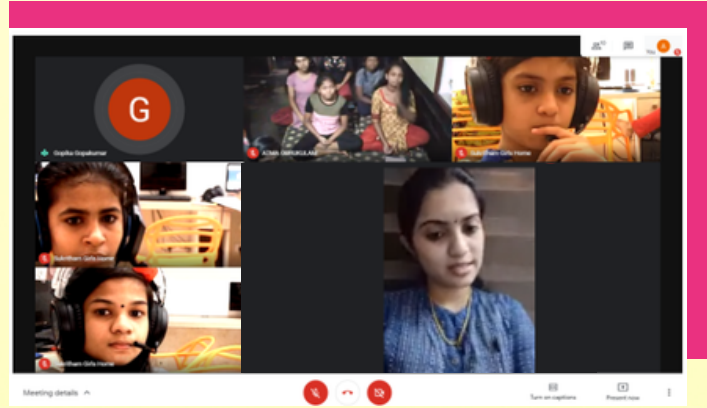
Building Leaders for Tomorrow



[click here to watch the full series !](#)



**A series of** Menstrual Awareness Campaigns were conducted in association with P&G (Whisper). 93 Girls from 8 Child Care Institutes attended the 3 sessions held on different days.



**Our young 'farmers'** at ATMA Gurukulam had their first harvest from the vegetable garden!

**JCI** Trichur City, as part of their 'Santhwanam' project, visited ATMA Gurukulam on March 27th. The chief guest Dr Bhuvan Raval, EVP of JCI, planted a sapling, and handed over JCI's financial support to ATMA Gurukulam. The children released green helium balloons into the air.



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Volunteering Transformation  
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[www.atmafoundation.org](http://www.atmafoundation.org)