



HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

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FOUNDER'S MESSAGE

Greetings one and all

The month of May is nostalgic as it is the month of our origin - The birth of ATMA. We began our journey this month 17 years ago.



Your love is what helps us conquer all our dreams and inspires us to aim higher.

Our Raising Day was celebrated along with many of our well wishers and it was an unforgettable evening. ATMA KALAKSHETRAM organised a grand scale 'ART FEST' this month. It was an honour to have 'PUSTHAKAPURA', donate a few books to ATMA Gurukulam, so we can expand our library. Thank you.

Team ATMA Uyare took our children to watch the Pooram exhibition. Thank you Thrissur Pooram Committee and Inker Robotics for the special privileges! Watching the excitement on our children's faces was an experience of pure delight..

My sincere gratitude to all those who worked hard to make these programs and camps a huge success.

Love

C. K. Suresh

RAISING DAY

ATMA celebrated our 18th Raising Day with so much joy. It was a memorable evening filled with dance, music, sumptuous food and loads of fun.

The day was celebrated on 14th May, at Bharatiya Vidya Bhavan's Sarva Dharma Maitri Prathistaan Hall, Vadakke Chira, Thrissur. The highlight of the day was a presentation of our dream, ATMA Harmony Village and the proposed senior citizens wellness project.



Dr Kiran Anand Namboothiri, former Melshanthi of Guruvayur Temple blessed the evening as our Guest of Honour. He is also an Ayurveda Physician, Vlogger, Musician and Music Therapist.

ATMA KALAKSHETHRAM

ATMA Kalakshethram conducted summer camps at Thrissur, Kolazhi and Palakkal. Classical Music, Dance, Drawing and Craft classes were offered for kids belonging to different age groups.

As a culmination of the summer camps, 'ATMA ART FEST' was organised on May 29 at the Sahitya Academy Hall, Palace Road, Thrissur. The students and teachers from the camp exhibited their skills at the fest. It was an honour to have Sri. K. M. S. Mani, the famous Mridangam artist as the Chief Guest.



ATMA GURUKULAM

Gurukualm children received some books from 'Pusthakapura'. The books were donated by a couple from Tamil Nadu, Mrs. Sandhya and Mr. Rajasekharan through 'Pusthakapura'.

The books were handed over by Dr.V.Bindu, honourable Principal of Kulapati Munshi Bhavan's Vidya Mandir, Pottore. Dr. N.R. Gramaprakash, Dr. Praseetha Manoj and Dr.K.R.Beena participated in the event.



ATMA UYARE

Uyare conducted a total of 42 Spoken English and Hindi classes in May.

ATMA UYARE arranged a trip for over 75 children to the Pooram Exhibition in Thrissur. The children were offered special passes by the Pooram committee and Inker Robotics. The day was exciting for the kids and they enjoyed thoroughly. Our children were exposed to the world of Artificial Intelligence which was very educative for them. Thank you Thrissur Pooram Committee and Inker Robotics!



ATMA DAFEC

ATMA DAFEC conducted 17 financial empowerment classes at various panchayats in Thrissur. 277 people benefitted from these classes.

ATMA DAFEC organised a series of digital empowerment classes. Free sessions were conducted with MS word, MS Excel, MS Power point as well as the basics of internet were offered for a period of 30 hours.

ATMA DAFEC also conducted computer classes for 37 kudumbasree women who are auditors belonging to the West Fort panchayat. It was an educative and enriching experience for all of them.



ATMA SPC

ATMA SPC handled 3 cases this month. Various classes on Domestic Violence Act were conducted at couple of colleges and anganawadis too.

ATMA conducted our first Sub committee meeting at ATMA SPC Palakkal office on 30th May. The meeting was attended by various dignitaries.



ATMA FCC & CADC

1 case was reported at the ATMA Family counselling center. The Child & Adolescent Development Center handled 10 cases in Thrissur. 3 cases were reported at ATMA FCC Palakkal.

RCHD

A total of 15 cases were reported at the Railway Help Desk this month. RCHD staff and our interns conducted a sensitization program for the porters at the railway station. We conducted our outreach program where many women benefitted from the same.



VOLUNTEERS' CONCLAVE

ATMA organised a family get together on 7th, May. It was a fun filled evening where many topics of concern were discussed. Our Raising Day was around the corner and it was the major source of discussion.

ATMA YOGA PEETHOM ↓

Yoga classes were organised at ATMA Yoga Peethom from May 8th onwards for all age group at both our centres at Thrissur and Kolazhi.

ADMISSION CONTINUES

Admissions for new batches in ATMA Kalakshethram and ATMA Yoga Peethom are in progress.

UPCOMING EVENT

ATMA is organising a SCREENING CAMP for children born with CLEFT LIP or CLEFT PALATE in association with 'OPERATION SMILE'.

TIME
10 AM TO 4 PM
on 25 JUNE 2023

VENUE:
**ATMA FOUNDATION,
SURYA GARDENS,
PALIYAM ROAD,
THRISSUR.**

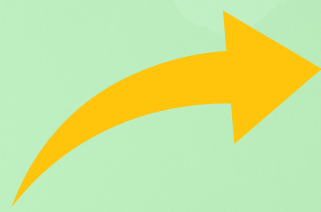
SURGERY for eligible children on a later date @
kinder Hospitals Kalamassery **FREE OF COST**

For registration Call :
04872325232, 8330010042

[Please click here to register](#)



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