

# HARMONY

The Official Newsletter of ATMA Foundation



A beautiful Navaratri celebration and family get together were held at ATMA Foundation premises on the auspicious “Mahanavami” day. Garba dance by ATMA volunteers and Gurukulam girls was the star attraction. Sweets, dance, talks and laughter were all present...



# ATMA DEEPAVALI CELEBRATION



The ATMA Deepavali get-together, themed “Volunteering transformation” was a great success. The programme began with Lakshmi pooja by ATMA Gurukulam girls, followed by a Ganapati Sthuthi by Volunteer and dancer, Ms. Divya. Ms. Jyothi Kuruppath briefed the gathering about the new standardization initiatives of ATMA Foundation. All participants were actively involved in the discussion chaired by the Director, Mr. C K Suresh.

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## FOUNDER'S MESSAGE

Salutations!

Navaratri and Deepavali were the two important events of the month. The concept of 'Goddess' or the real Celebration of Womanhood is the unique pride of our culture.



When woman is empowered with Sakthi, Budhi and Knowledge, it not only leads to her achieving Sidhi, but she also becomes Sidhidathri (giver of Sidhi). What beautiful thinking !! And Deepavali is the celebration of lights...any festival or celebration in our culture has a depiction of Victory of Dharma over Adharma.. only the stories and characters change!

ATMA family did not miss both celebrations...

For Navaratri, the focus was Gurukulam.

ATMA Deepavali get together focused on volunteering transformation, which is our Swadharma, becoming contributors to the wellness of the community. I appreciate all those who participated and showed their willingness to take up more responsibilities in our endeavours!! Now we are looking for more volunteers who can take up more responsibilities in our way forward. We are also planning to adopt better systems and technologies for better efficiency in the future..

Please do join us... Together, let us CONTRIBUTE MORE..

Love

C K Suresh





## ATMA DAFEC

The Mobile Training Unit of ATMA DAFEC has commenced its pilot programmes of rural outreach. The first session was conducted on 15th October 2022 at Thekumkara Panchayath. Various aspects of digital and financial literacy were explained by experts in the program which was attended by 33 participants.



District Planning Officer Sonal Kuruvila, Standing Committee Chairman P R Radhakrishnan, Ward Members Manikanthan, Aishwarya P. M, Sabita Suresh and others were also present.





## ATMA DAFEC

Two more sessions were conducted on 22nd October, 2022 at Kodakara Panchayat. The morning session at Manakulangara (Ward 18) was attended by 18 participants. Panchayat President Mrs. Ambili Soman was present on the occasion. The afternoon session at Marathampilly (Ward 13) was attended by 19 participants. Ward member Sri. K. G. Rajesh was present. Sri. U.S. Mohanan (Retd. Principal, Govt.College,Thrissur), and Shri.V.K.Ramachandran (Retd. Chief Manager, Bank of Baroda) handled the sessions.



## FIELD VISIT

47 students and 3 faculty members from the DEpt of Social work, Carmelgiri college, Adimali, visited ATMA Foundation on 28th October 2022. They interacted with ATMA Foundation director C K Suresh about the ground realities of professional social work.



## ATMA GURUKULAM

Navratri celebration was held with great enthusiasm at ATMA Gurukulam. the children arranged “Bomma Kolu” and performed poojas on each day of Navratri. They also participated in Navratri celebrations held at ATMA Foundation premises.



Students attended value education classes conducted by Devika ji.





## ATMA UYARE

In October, a total of 83 sessions were conducted for students of classes V to XII.

On 14th October 2022, Uyare coordinator, Ms. Reshmi visited TGSM Saraswathi Vidyanikethan school, Udayanagar, Thrissur and took an orientation class on ATMA UYARE for teachers and invited them to be a part of the UYARE project. On 29th October, she visited Madhavamritham Balavikasakendram, Vadama and interacted with the children and staff.



On 26th October, a capacity building session was organised for UYARE volunteer teachers, under the guidance of Sri. C.K.Suresh, Director, ATMA Foundation.



## ATMA LIVELIHOOD PROGRAMME

ATMA Foundation provided a sewing machine to Smt Rekha Rajesh of Perunna, Changanacherry, as part of our Livelihood initiatives. Sri Binu Kurup handed over the machine on behalf of ATMA.



## ATMA RCHD

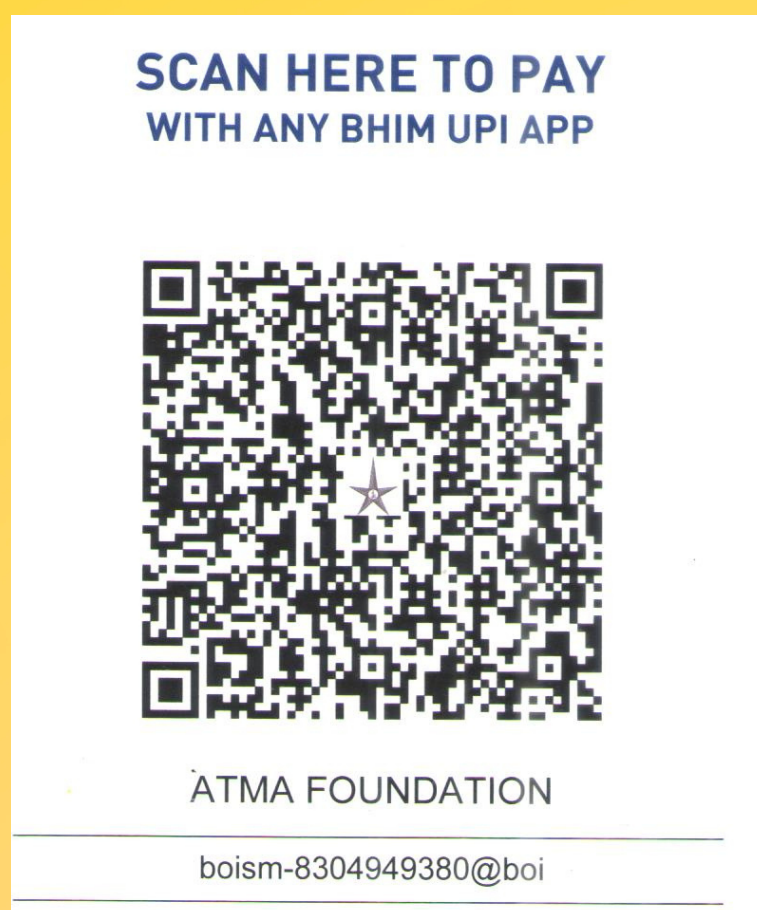
11 children were rescued this month, who were victims of child sexual abuse, unsafe migration, trafficking etc.

A Platform outreach was given to Trivandrum District NCC team and teachers on 21st October and to students and teachers of Little Flower Public School, Chalakudy on 30th October.





**Support Us!**  
**Donate.**  
**Volunteer.**  
**Spread the Word.**



**Happier Living with Healthier Relationships**



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