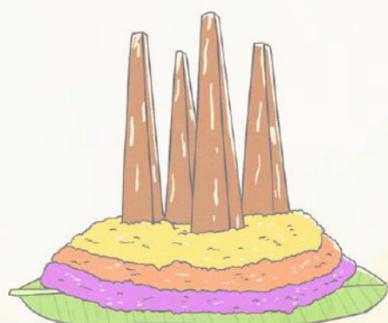




# HARMONY

The Official Newsletter of ATMA Foundation

... Happy Living with Healthy Relationships...



## CONTENTS

Upcoming Events	2
Founder's message	3
Volunteer of the month	4
ATMA AYUSH Health Centre -Medical Camp	5
ATMA Gurukulam /	
ATMA Uyare	7
ATMA DAFEC /	
ATMA Kalakshetram	8
ATMA SPC / FCC& CADC / RADC	9
Family Gettogether / Celebration Corner	10
Sessions with C K Suresh / Good luck!	11





## Upcoming Events

- **ONAM CELEBRATIONS @ ATMA Gurukulam on 7<sup>th</sup> September**
- **ATMA Family Gettogether @ ATMA Foundation on 20<sup>th</sup> September**
- **Drawing classes @ ATMA Foundation starting from 10<sup>th</sup> September**
- **Training for Women Entrepreneurs on Mushroom Cultivation starting in September**

**Batch 1 @ ATMA Foundation, Thrissur**

**Batch 2 @ Gramabharathi, Venkitangu**





## FOUNDER'S MESSAGE



Dear Friends,  
Salutations!

Wish you all a very Happy Onam  
in advance.. 🌹



Last month one of our focus projects was the ATMA Ayush Health Centre. The medical camps got a warm response. The online dance festival organised as part of independence day celebrations also went well. Other regular activities were also conducted as usual during last month. My appreciations to all volunteers contributed for the success of all programs.

Our efforts to streamline the Governance of our organisation is going on in right earnest. Transparency, Technology and Team building can go further to make ATMA a model organisation of the future. Efforts are on in this direction now.

Invite more Volunteers to join our Team.. With you - we can do still Better..

Love

C K Suresh



## Volunteer of the Month

ಶುಭಾಶೀರ್ವಣ



*Congratulations*



**Ms SNEHA RAJU**



We extend our heartfelt appreciation to Ms. Sneha Raju, a dedicated volunteer employee of ATMA Foundation, for her remarkable enthusiasm and energy in organizing medical camps in Kolazhy area under ATMA Ayush Health Center and ATMA Vayobandhu initiatives. Her cheerful nature and positive spirit add great value to every initiative she undertakes.





# ATMA AYUSH Health Centre

## Medical Camp



On Sunday, August 3<sup>rd</sup>, 2025, a one-day medical camp was conducted at ATMA Ayush Center, Kolazhy, in collaboration with **Hemaas Clinic**, Thrissur. A total of 45 people attended the camp, and 42 of them underwent medical tests focusing on key health areas such as heart, liver, and kidneys. The camp featured specialist doctors, including Dr. Susheela Krishnankutty, Dr. A.J. Pauly, and Dr. Aswathy and was well-received by the community, raising awareness about preventive healthcare.



# Medical Camp - Ayurvedam



Two free Ayurveda medical camps were organized on 23rd and 28th August 2025 at Karshikakalamandiram Vayanashala, Pottore, and ZMLP School, Kolazhy respectively, to promote holistic health and Ayurvedic awareness in the community. Led by Dr. Kavitha, Dr. Haritha, Dr. Jiji, and Dr. Akshathy, the camps provided free consultations, diagnoses, and Ayurvedic medicines, with a special focus on senior citizens and underserved communities. With a total of 58 participants, both camps were well-received and effectively fostered trust in the benefits of Ayurvedic healthcare.





## ATMA Gurukulam



In August, Dr. K.E. Usha, a retired professor from Agriculture University and Secretary of Chinmaya Mission, conducted a satsang at ATMA Gurukulam. based on Ramayana. The session was a beautiful value-oriented blend of timeless stories and teachings from the epic.

The students celebrated Independence Day with flag hoisting, and a dance performance by Ms Sabarisree. They also warmly welcomed Onam by creating lovely pookkalams together at Gurukulam.

The students actively participated in regular tuition, yoga, arts, computer classes, and value education sessions, fostering their academic, physical, emotional, and moral development.

## ATMA Uyare

One offline teachers' meeting was conducted. A total of 37 classes were held through ATMA Uyare, along with one offline class.



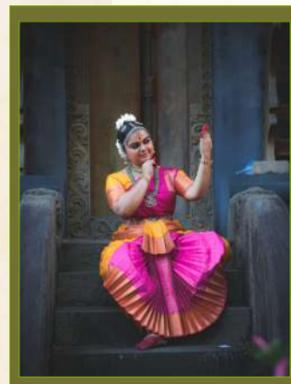
## ATMA DAFEC

A total of 188 students participated in ATMA DAFEC outreach sessions at Namboothiri Vidhyalayam and Olarikkara Govt. UP School, reflecting strong community interest.



At the **Apni Pathsala** POD Centre, 28 of 36 students attended regularly, showing steady commitment. A proud milestone this month is Mrs. Sreeja Vinodkumar's success in clearing the IRDA exam, supported by the ATMA Digital Literacy Programme.

## ATMA Kalakshethram



ATMA Foundation successfully organized ATMA Bharatheeyam, a Global Online Indian Dance Fest, in celebration of Independence Day from August 9th to 15th. The event, streamed on the ATMA YouTube channel, featured captivating performances by Smt Uma Govind, Ms. Arathy Sudhakaran, Ms. Vinutha Aiyappan, Ms. Priya Kumar, Ms. Priyadarshini Sreenivasan, Ms. Tess L. Vadakoott, and Ms. Sree Rudra.

## ATMA SPC



In observance of World Senior Citizens' Day, ATMA SPC Awareness Sessions were held at Kadalassery Anganwadi Centre No. 39 and Avinissery Anganwadi Centre No. 73 under Cherpu Block Panchayath. The sessions, attended by 40 participants, focused on the Domestic Violence Act and mental health, led by Adv. Gayathri T.D. and Family Counsellor Ms Kavya Surendran.

## ATMA FCC & CADC

8 People took help from ATMA Family Counseling Center & Child and Adolescent Development Center in August.

## ATMA RADC



As part of their academic curriculum, 40 MSW students from Mariyan Academy of Management Studies visited ATMA Foundation and had an engaging interaction with the Director, Sri C. K. Suresh.

## ATMA Family Get together



Our family get-together was held at ATMA Foundation Yoga Hall and was enriched by an insightful session led by Dr. Jose Babu T. J., Medical Director of Alpha Palliative Care. He shared valuable perspectives on living wills and their importance in honoring and safeguarding an individual's treatment preferences during end-of-life care.

## Celebration Corner



We celebrated the birthdays of our Director Sri C. K. Suresh, Programme Head Dr. Sangeetha, volunteer employee Sneha, and Gurukulam student Athira, along with the wedding anniversary of our volunteers Sri Sivadas and Smt Niveditha Sivadas, making it a heartwarming and memorable occasion for the ATMA family.

## Sessions with C K Suresh



Mr. C.K. Suresh delivered an inspiring speech on parenting at Thathwamasi Seva Samithi, Ayyanthole, attended by over 100 participants. He also conducted an interactive session at NSS Ayyanthole for around 30 participants on Positive Parenting – How to Build Happiness and Confidence in Children. Additionally, a YouTube Live session titled "Parenting Adolescents with Love and Logic" was hosted on the ATMA Foundation's YouTube channel, reaching a wider audience online.

## Good Luck Sneha!!



Ms. Sneha Raju, ATMA Vayobandhu Coordinator, has embarked on a new chapter in her life as she moves to a new job in her hometown.

We extend our heartfelt congratulations and best wishes for continued success and happiness in all her future endeavors.

**Your NEW Destination for  
Holistic Wellness**

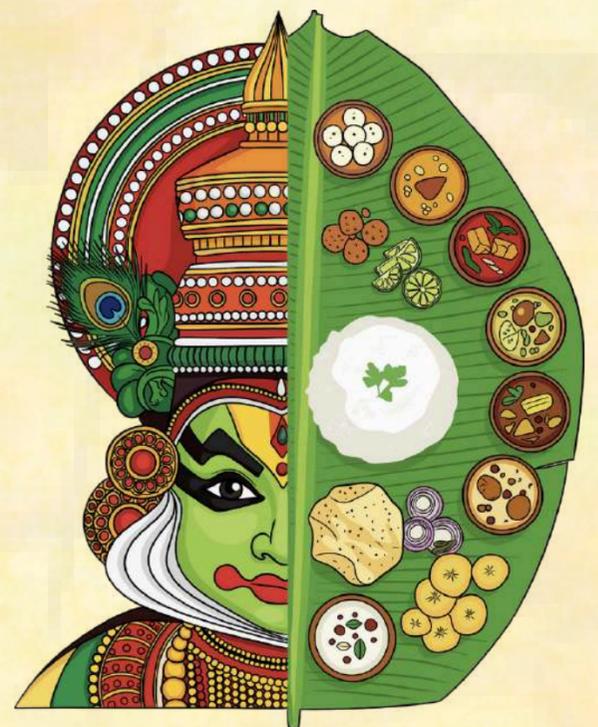
## **ATMA AYUSH Health Centre**

**@ KOLAZHY, Thrissur**

- **Ayurvedic Consultation**
- **Panchakarma Treatments**
- **Yoga Classes**
- **Medical Camps**

with pick up & drop off facility

**Ph: 8330010041, 0487 -2325232**





# ATMA Foundation

Surya Gardens, Paliyam Rd, Thrissur,  
Kerala - 680001

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**Volunteer.**

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