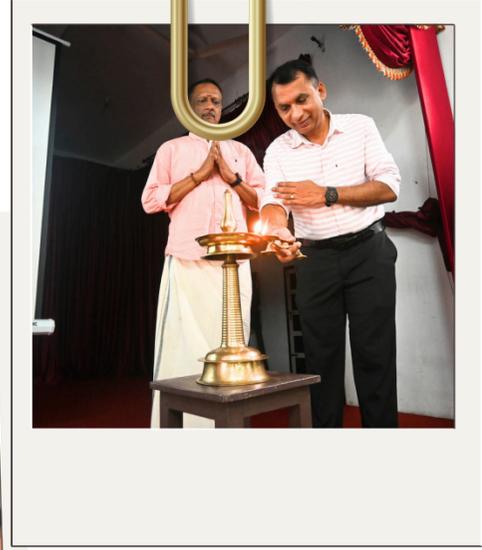
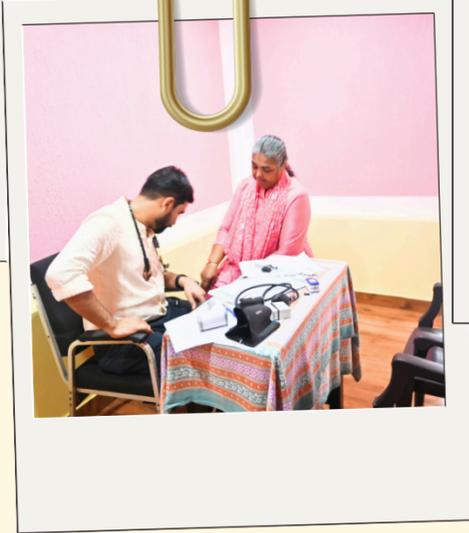
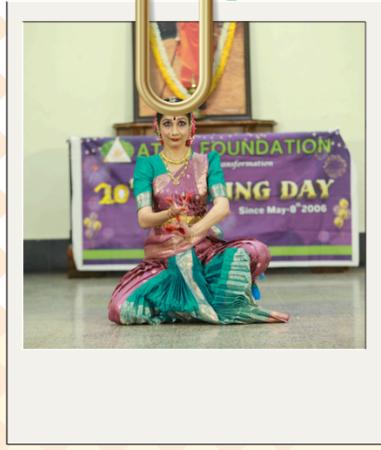




HARMONY

Official Newsletter of ATMA Foundation

... Happy Living with Healthy Relationships...



CONTENTS

Volunteer of the month	2
Founder's message	3
Raising Day Celebrations	4
AYUSH Health Centre- Medical Camp	5
Empowered Mentor	6
ATMA Vayobandhu / Gurukulam	7
ATMA Prakrithi / Shreya	8
ATMA DAFEC / SPC/ FCC& CADC	9
ATMA RADC / Yogapeethom /	
Medical Aid	10
Menstrual Awareness Day	11
Upcoming Events	12



Volunteer of the Month

Congratulations



Ms Sreeja Suresh

Your systematic, patient and silent work in the accounts department is key to ensuring ATMA's organisational credibility. Your expertise and commitment are invaluable to our team's success.

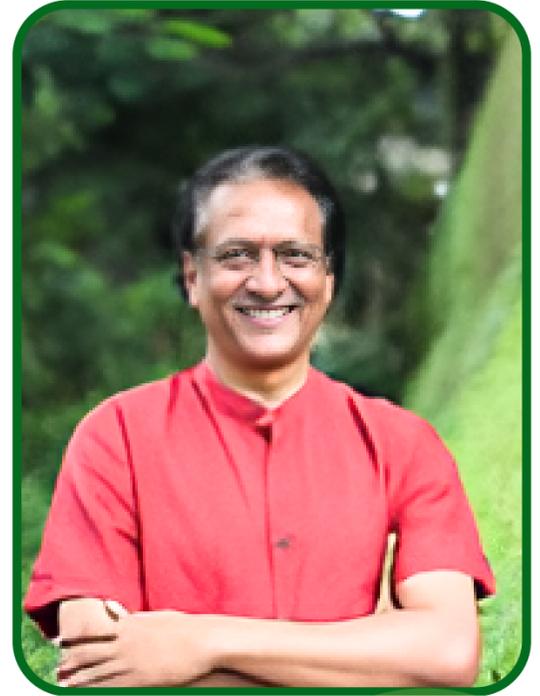


Special appreciation to **Ms. Aswathy, Ms. Reshma, and Ms. Shahna** from Priyadarshini Arts & Science College for their admirable responsibility and timely completion of tasks during their internship at ATMA Foundation. Their dedication and consistent contributions were truly commendable.

FOUNDER'S MESSAGE

Dear Friends,
Salutations!

ATMA completes 19 years of service! As we celebrated our Raising Day in May, it is with great joy and satisfaction that I look back at these years.



ATMA began as an organisation to promote Living in Harmony, resurrect declining family values and relationships, and offer counselling support to those in need. Over the years, ATMA has responded to the urgent needs of the society, entering into new avenues of service, commencing different projects in various thematic areas. Even as we navigated the increasing complexities of the social sector, we have managed to hold on to our core values of compassion, integrity and transparency. Now, as we enter the 20th year, we have 14 projects, have begun expanding our activities across Kerala, and are the only NPO from Kerala to register on the Social Stock Exchange.

I dedicate these achievements at the lotus feet of my Gurudev, Sampujya Swami Chinmayanandaji! And I extend my gratitude to all the volunteers who have shared this journey with me!

Love,
C K Suresh

Raising Day Celebrations



We joyfully celebrated our 20th Raising Day on May 19th, with a vibrant gathering of ATMA Team & Family. **Brigadier Ravindran Nair**, our esteemed Chief Guest, inspired all with his presence and words, evoking a strong sense of patriotism and national pride. **Pujya Swami Gabheeranandaji**, Acharya, Chinmaya Mission, Thrissur, blessed the occasion with his presence and words. There were presentations about ATMA activities and future plans. The children of ATMA Gurukulam showcased their talents through cultural programmes. The evening was enriched by a graceful performance by Ms. Deepthi Menon, an ATMA well wisher and Kuchipudi dancer. The Raising Day, held at Neeranjali Hall, Thrissur, was both a celebration of ATMA's milestones and a reaffirmation of our commitment to serve society.

AYUSH Health Center

MEDICAL CAMP



A free Ayurvedic medical camp was successfully conducted on Saturday, 24th May 2025, at Kolazhy. A total of 26 people benefited from the consultation and services provided. The camp was led by Dr. Yadav K. Mohan (BAMS, PGDSR, DMMS), Dr. Keerthy P. (BAMS, MS), and Dr. Akshathi K. Suresan (BAMS). The doctors offered personalized assessments and shared valuable advice on lifestyle, diet, and natural remedies tailored to individual health needs. Overall, the medical camp proved to be a meaningful initiative in promoting Ayurvedic healthcare and community well-being.



Empowered Mentor



A full-day workshop titled 'Empowered Mentor' was conducted on May 1st at the YWCA Hall, Thrissur, focusing on developing mentoring skills. The session was attended by 50 participants, including teachers, parents, social workers, and homemakers, all keen to work with youth and adolescents. The interactive workshop, led by Sri C K Suresh, ATMA Director and an experienced counsellor, provided valuable insights and practical tools for effective mentoring, benefitting all those committed to supporting and guiding the younger generation.



ATMA Vayobandhu



On May 16th, 2025, during the Ayyanthole Residence Forum's Family Get-Together, Dr. Sangeetha N. conducted a Graceful Ageing awareness session at the Kerala State Pensioners' Hall. Her engaging talk on healthy and positive ageing was well-received by the 50 participants.

ATMA Gurukulam

Ms Haripriya successfully passed 10th standard, while Ms Anjali and Ms Saniya cleared their Plus Two exams. The children of Gurukulam joined swimming classes at the Aquatic Complex in Thrissur and participated in a science camp organized by the Kerala Sastra Sahitya Parishad at Chinmaya College, Kolazhy. They continued to receive regular tuition, along with classes in computer, dance, music, art, and drawing. They benefited from counseling, remedial sessions, and value education classes, supporting their overall development.

ATMA Prakrithi

Firmenich Biodiversity restoration programme

As part of the Firmenich Biodiversity Restoration Programme, tree planting activities are actively underway at Munnodi Devasthanam, Alappuzha. With the successful completion of the Nakshathravanam and fruit tree planting, efforts have now shifted to establishing a Miyawaki forest—demonstrating ATMA Foundation's ongoing commitment to ecological sustainability and community involvement. The project is supported by DSM Firmenich under their CSR initiative.

ATMA Shreya



House visits were conducted to support and encourage the women entrepreneurs in Mayannur who successfully completed the mushroom cultivation course and have begun their entrepreneurial journey. These visits aimed to understand their progress and offer guidance as they build their ventures.

ATMA DAFEC



Apni Pathshala

A total of 68 students attended Apni Pathshala Live Pod classes in May. Among them, 13 were newly enrolled in regular courses.

ATMA SPC

ATMA Service Providing Centre is relocating from Palakkal to the Sanjeevani Samithi building in Urakam. The new center will continue to offer free legal aid and counseling services. This move aims to enhance accessibility and better serve the community.

ATMA FCC & CADDC

4 families took help from ATMA Family Counseling Center & Child and Adolescent Development Center in May.

ATMA RADC

ATMA hosted 7 new interns in May - 6 MSW students from Priyadarsini Arts & Science College, Malappuram, Don Bosco Arts & Science College, Kannur, Sree Saraswathy Thyagaraja College, Pollachi and one MSc Geography & Disaster Management student from Sree Sankaracharya University, Kalady.

ATMA Yogapeethom

Yoga classes are ongoing at the ATMA Ayush Health Centre, Kolazhy, offering participants a consistent opportunity to enhance their physical and mental well-being under the guidance of Sri V A Sreenivasan.

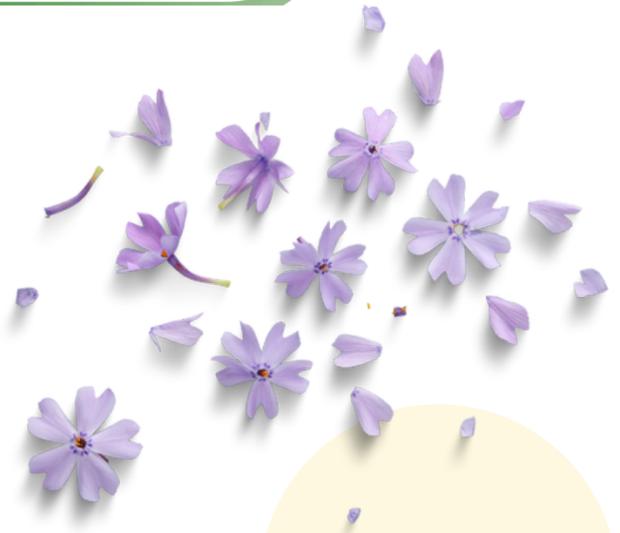
Medical Aid



ATMA extended timely medical assistance to a family in urgent need, offering crucial relief during a difficult time and demonstrating the profound impact of empathy and collective support in times of crisis.



Menstrual Awareness Day



As part of Menstrual Awareness Day, the internship students at ATMA Foundation organized a menstrual health awareness session and actively engaged with women participants by collecting their thumb impressions as a gesture of support and participation.



**Upcoming
Events!!**

ATMA EC LAB

*YOU are the creator, sustainer & destroyer of YOUR world..
If YOU need a better world, you must CREATE it!*

- C K Suresh



ATMA Foundation

invites you for our exclusive
year-long training programme

The EC Lab

An Experiential Learning Lab
based on **Living in Harmony**
with inputs from TA, NLP & Counselling
Be **E**mpowered & **C**ompassionate!



- 12 Full Day Training Sessions in one year
- A group of 25-30 participants
- Guided by Sri C K Suresh, expert Trainer, Counsellor & Life Coach

**Sessions starting in
JULY 2025**

**REGISTER
NOW!**

Details & Registration:

9400995232, 0487-2325232



YOGA CLASSES

New Batches @ Kolazhi

Morning Batch: 6.30 - 7.30 am

Evening Batch: 7.00 - 8.00 pm

Details & Registration:

8330010039, 9400995232

WEBINAR



Kerala's First NPO Registered for Social stock Exchange!

ATMA FOUNDATION

HOSTING

Capacity Building Online Webinars for CSOs

TOPICS

1. FUNDRAISING FOR NGOS
2. SOCIAL MEDIA FOR NGOS
3. VOLUNTEER MANAGEMENT



Thu - Sat

12 TO 14 JUNE, 2025



Timing (Online)

6:30 - 7:45 PM

REGISTRATION
& DETAILS

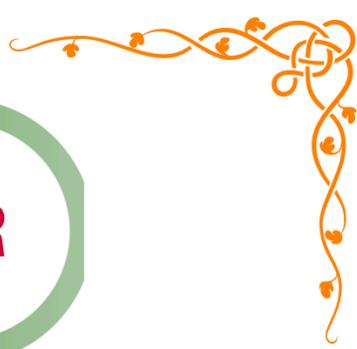


9400995232



www.atmafoundation.org





ATMA AYUSH HEALTH CENTER

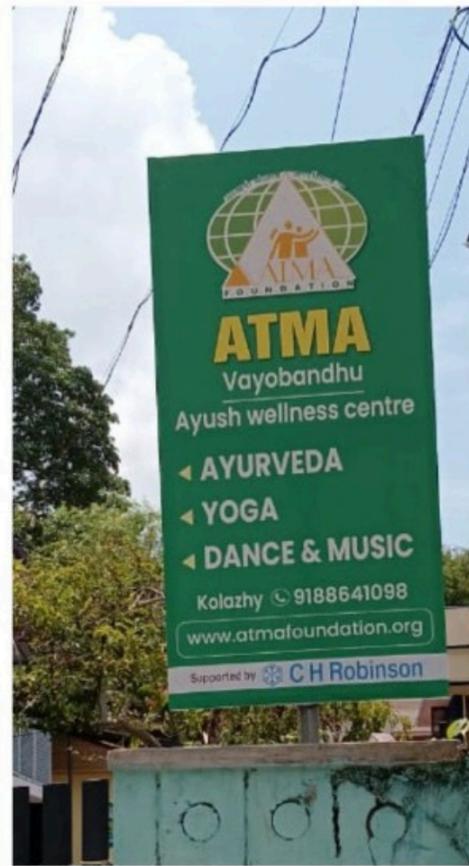


ATMA AYUSH HEALTH CENTER KOLAZHY



വിദഗ്ദ്ധരായ ഡോക്ടർമാരുടെ
മേൽനോട്ടത്തിലുള്ള
ആയുർവേദ ചികിത്സയും
സ്വാസ്ഥ്യ സംരക്ഷണവും.

@ കോലഴി,
മലപ്പുറം ഭഗവതി ക്ഷേത്രം റോഡ്,
കോലഴി, തൃശ്ശൂർ - 680 010



ചികിത്സയ്ക്ക് വരുന്നവർക്ക്
ആവശ്യമെങ്കിൽ വാഹനസൗകര്യം ലഭ്യമാണ്.

For Details & Appointment: ☎ 949 723 1098, 918 864 1098





ATMA AYUSH HEALTH CENTER

ഞങ്ങളുടെ സേവനങ്ങൾ

- ഡോക്ടർമാരുടെ മേൽനോട്ടത്തിലുള്ള പഞ്ചകർമ്മ ചികിത്സ.
- വയോധികർക്കും സ്ത്രീകൾക്കുമായി പ്രത്യേക ആരോഗ്യ പരിരക്ഷ.
- ക്യാമ്പുകൾ, ബോധവൽക്കരണ ക്ലാസ്സുകൾ.
- യോഗ ക്ലാസുകൾ.
- സ്പെഷ്യൽ മൺസൂൺ പാക്കേജുകൾ.

DOCTORS



Dr. YADAV K MOHAN
BAMS, PGDSR, DMMS
Ayurveda Sports Medicine
& General Consultant
WEDNESDAY & FRIDAY :
05.00 PM TO 07.00 PM



Dr. KEERTHY P
BAMS, MS (Ayu)
Ayurveda Gynaecologist
THURSDAY & SATURDAY :
05.00 PM TO 07.00 PM



Dr. AKSHATHI K SURESAN
BAMS
General Practitioner
ALL DAYS :
10.00 AM TO 05.00 PM

TREATMENT PACKAGES

രോഗത്തിന് അനുസരിച്ചുള്ള ഡോക്ടർ നിർദ്ദേശിച്ചിട്ടുള്ള TREATMENT PACKAGES മിതമായ നിരക്കിൽ.

ആരോഗ്യ സംരക്ഷണത്തിനായുള്ള WELLNESS PACKAGES.

പ്രസവാനന്തര ചികിത്സ.

For More Details :
ATMA AYUSH HEALTH CENTER,
KOLAZHY,
NEAR MALAPPURAM BHAGAVATHY TEMPLE
☎ **949 723 1098,**
918 864 1098



An Initiative of

ATMA Foundation

Surya Gardens, Paliyam Road, Thrissur - 680001
Ph: 0487-2325232, 9400995232
Email : info@atmafoundation.org
Visit : www.atmafoundation.org





ATMA Foundation

Surya Gardens, Paliyam Rd, Thrissur,
Kerala - 680001

Support Us.

Volunteer.

Donate.

Click this link to go to our donations page

<https://www.atmafoundation.org/donate.html>

OR

Scan this QR code



to make your contribution



www.atmafoundation.org



info@atmafoundation.org

ATMA FOUNDATION

boism-8304949380@boi

Connect with us

