

*Let us Welcome the New Year
by discovering new realms of Happiness
in our family & workplace!*



Dine & Connect!

with ATMA Foundation



Friday

2026 January

09

5.30 pm - 8.30 pm

**@Hotel Pearl Regency
Thrissur**

**Exclusively for those who want to
CELEBRATE LIFE**

- +** Listen to an inspiring session by Sri C K Suresh
- +** Join the ATMA Family for a networking dinner
- +** Connect with others and get to know ATMA too..

www.atmafoundation.org

ANXIETY
STRESS
CONFLICT

harmony@life.in

by C K Suresh

CONFLICT
TENSION
STRESS

Harmony Mentor & Life Coach,
Founder -Director, ATMA

Key Takeaways

- Discover your locus of control and lead life with confidence and inner balance
- Handle emotions with clarity & ease through simple practical techniques
- Discover the possibilities in family relationships and build deeper connections
- Learn to create team synergy at work through better interpersonal relationships

**Register
NOW**

**Event Contribution:
INR 1000/- per person
(including high tea)**

Call or whatsapp:

83300 10039

0487-2325232

Or scan this code:



ATMA Foundation

...the first NPO from Kerala to register on India's Social Stock Exchange...

ATMA Foundation is a non-profit voluntary organisation in the social sector dedicated to community development as well as empowerment of individuals and families. A fully compliant ISO certified Charitable Trust with 12A, 80G, FCRA and CSR 1 registrations, we are also certified by Great Place to Work.

ATMA Foundation works across different thematic areas: Care & Protection, Education & Empowerment, Health & Wellness, Environment and Community Development. Our projects include -

- ATMA Gurukulam, care home for disadvantaged girls
- ATMA Uyare, learning support for underprivileged children
- ATMA Family Counselling Centre
- ATMA Child & Adolescent Development Centre
- ATMA Service Providing Centre providing free legal aid & counselling to domestic violence victims
- ATMA Vayobandhu - Senior Citizens' Wellness initiative
- ATMA Digital & Financial Empowerment Centre
- ATMA Yogapeethom & Kalakshetram
- ATMA Shreya - livelihood development programme
- ATMA Prakriti - environmental sustainability & climate action
- ATMA Ayush Health Centre

From May 2006 - March 2025,

Through 14 projects, 4 major campaigns and 2400+ outreach events,
ATMA has benefitted over 4 lakh families



Living in Harmony

ആധുനിക മനുഷാസ്ത്രവും മാനേജ്മെന്റും ഭാരതീയ ചിന്താധാരകളോട് സംയോജിപ്പിച്ച്, നിയത ജീവിതത്തിന്റെ ഭാഷയിലേക്കു തർജ്ജമ ചെയ്തിട്ടുള്ള ഒരു പ്രായോഗിക തത്വശാസ്ത്രമാണ് ലിവിങ് ഇൻ ഹാർമണി. കുടുംബത്തിലും തൊഴിലിടത്തിലും നിരന്തരം അനുഭവിക്കുന്ന സമ്മർദ്ദങ്ങളകറ്റാനും , ബന്ധങ്ങൾ ഊഷ്മളമാക്കാനുമുള്ള ലളിതവും എന്നാൽ വളരെ ശാസ്ത്രീയവുമായ ജീവിത നിർദ്ദേശങ്ങളിലാണ് ഈ പ്രഭാഷണത്തിലൂടെ ശ്രീ സി കെ സുരേഷ് മുന്നോട്ടു വെക്കുന്നത്.

C K Suresh



A counsellor, mentor, trainer, and life coach who guides and enables clients to achieve their true potential and fulfilment. A thought leader and influencer, he is a transformational speaker who inspires deep personal change in the audience. From his four decades of experience in management, psychology, spirituality & social work, he has developed the practical philosophy of 'Living in Harmony' – an approach and attitude to life that enables happier living with healthier relationships. With master's degrees in Psychology, Management & Journalism, his talks on Effective Living, many of which have been frequently telecast on Asianet & Amrita TV.

Listen to C K Suresh on harmony@life.in

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ATMA FOUNDATION

(First SSE registered NPO from Kerala)

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Thrissur - 680001

Email: info@atmafoundation.org

Visit: www.atmafoundation.org