



15 Celebrating Years of Service



8th May 2006

ATMA Foundation formally formed

HARMONY

Happier Living with Healthier Relationships

THE OFFICIAL NEWSLETTER OF ATMA FOUNDATION

It has been a joyous 15 years...

We still have miles to go...

Thank you for being a part of this journey.

It is your love and support that makes

ATMA Foundation what it is today.

THANK YOU!!



What is sacrifice? Giving away something that is of no use to me is definitely not a sacrifice. That is only a convenience. When you get new clothes, your cupboard is so full, so to make some space, you give away your old ones. Is it really charity? Think!

Something that is valuable to me, something that I can still utilise - when I realise that it can be useful for others also, I give it gracefully - this is sacrifice.

Which means, in order to sacrifice for the well being of the world, we should first and foremost have something of value with us.

This concept is behind ATMA Foundation's tagline - Achieving your Best and Sharing it with the Rest....

...When I myself have nothing of value, how do I GIVE? When I myself am not happy, how can I make others happy?

First, EMPOWER yourself. Learn to BE HAPPY!
Learn to CELEBRATE LIFE!

KNOW that the joy you share will multiply boundlessly within you..

Then it is no more Charity, it becomes your CONTRIBUTION to this world !!

ATMA Foundation, on its 16th Raising Day, wishes all of you a happy journey of volunteering and service!

Smile more, and create more smiles!



- **C K Suresh**

Speaking at the ATMA Volunteers' Conclave





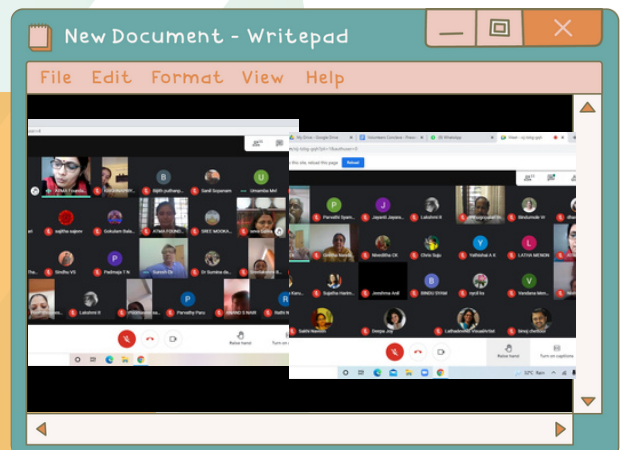
RAISING DAY

Over 150 volunteers and well-wishers joined us online on 8th May to celebrate the 16th raising Day of ATMA Foundation. H H Swami Nandatmajanandaji of Sree

Ramakrishna Mission inaugurated the programme. There were presentations, felicitations, discussions and cultural programs.

ATMA UYARE

The online classes for the children in Child Care Institutions recommenced for the new academic year on 15th May. Following the success of the pilot program in 2020-21, this year, more institutions from different parts of Kerala have enrolled. 430 students from 34 Children's Homes are now learning with ATMA Uyare, supported by 30 volunteer teachers from all over the world.



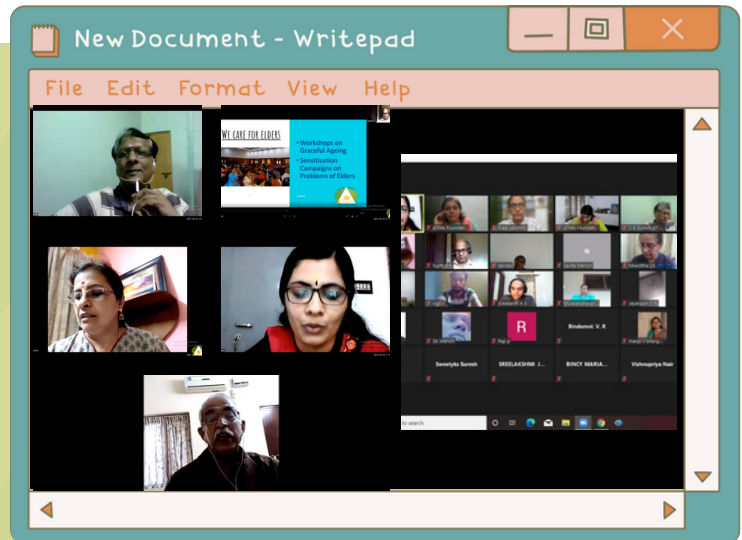
GOKULAM



On 4th May, we welcomed a new calf into our ATMA Gokulam!

VOLUNTEERS' CONCLAVE

The ATMA Volunteers' Conclave was organised online on 23rd May. Over 80 volunteers from different parts of the world participated in the conclave.



Access the recorded session here:

https://youtu.be/4FGCYc3_AYA

Be an ATMA Volunteer!

If you would like to join us in this joyous journey of service, you are WELCOME! Share your details in this [FORM](#) - we shall get in touch with you!



ATMA Foundation
Volunteering Transformation

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