

Invoking Divine Grace

Navarathri
@Atma Gurukulam



HARMONY

Happier Living with Healthier Relationships
The Official Newsletter of ATMA Foundation

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Message from the **Founder**



In October, we had the Navarathri Celebration at our Gurukulam and the Vijayadashami dance festival. I see Navarathri as the celebration of womanhood. The portrayal of Saraswathi symbolising knowledge, Lakshmi symbolising all material wealth and Sakthi as the symbol of supreme strength - this is a unique concept of our Indian culture. Today we have to bring back this attitude of reverence towards Womanhood and women should reintegrate all these great possibilities to their own belief systems and lead our cultural renaissance. Empowerment of women is nothing less.

Love,
C K Suresh



ATMA Gurukulam

- Reshma, who is doing final year B A Malayalam, has cleared her 4th semester exams with an A grade.
- Anupriya and Devika showcased their artistic skills by creating the artwork for ATMA Foundation's Social media posts on World Climate Summit.
- A medical check up was organised for the children of ATMA Gurukulam on 3rd October by Dr Lakshmi Krishnamoorthy, senior Gynaecologist and Dr P S Krishnamoorthy, senior Pædiatrician. Dr Lakshmi also led an interactive session with the children on health and hygiene.
- 2 new children have joined the ATMA Gurukulam family, taking the current strength to 17, and the total number of children benefited so far to 58.

Colours of Navarathri

@ ATMA Gurukulam

With a traditional bommakkolu, beautiful rangoli designs, special prayers and bhajans, Navarathri was joyous, colourful and deeply spiritual. A time to focus on inner peace and growth.



ATMA Railway Child Help Desk

- 6 children were rescued in October, taking the total to 598 till date.
- Through the outreach programme 636 persons were given awareness about Childline services and Child Rights, including 510 adults and 126 children.
- An online sensitization program on Child rights was conducted on 21st October 2021.
- An open house programme, where children can raise their concerns and interact with officials, was conducted on 24th October for the children of the Civil Division.
- A training programme for RPF on Juvenile Justice Act was conducted on 28th October.





Dance Festival

The online ATMA Vijayadasami Dance Festival was conducted from 15th to 22nd October on the ATMA Foundation YouTube channel. 18 artistes, professionals and amateurs participated in the 8 day programme.



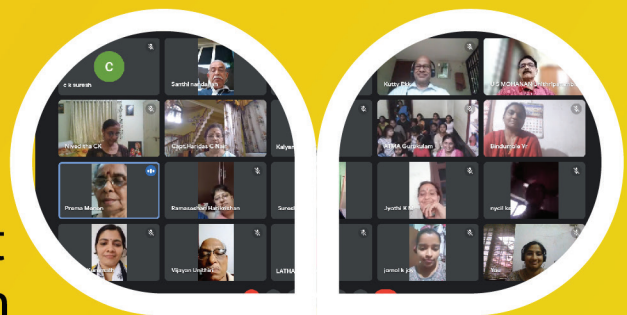
Graceful Ageing

A webinar on “ Celebrating Wellness” was organised on 2nd October 2021, as part of the Graceful Ageing series of ATMA Foundation. Over 50 senior citizens participated.



Family Get-Together

The ATMA Foundation Family Get Together was organised online on 24th October.



Field Visit

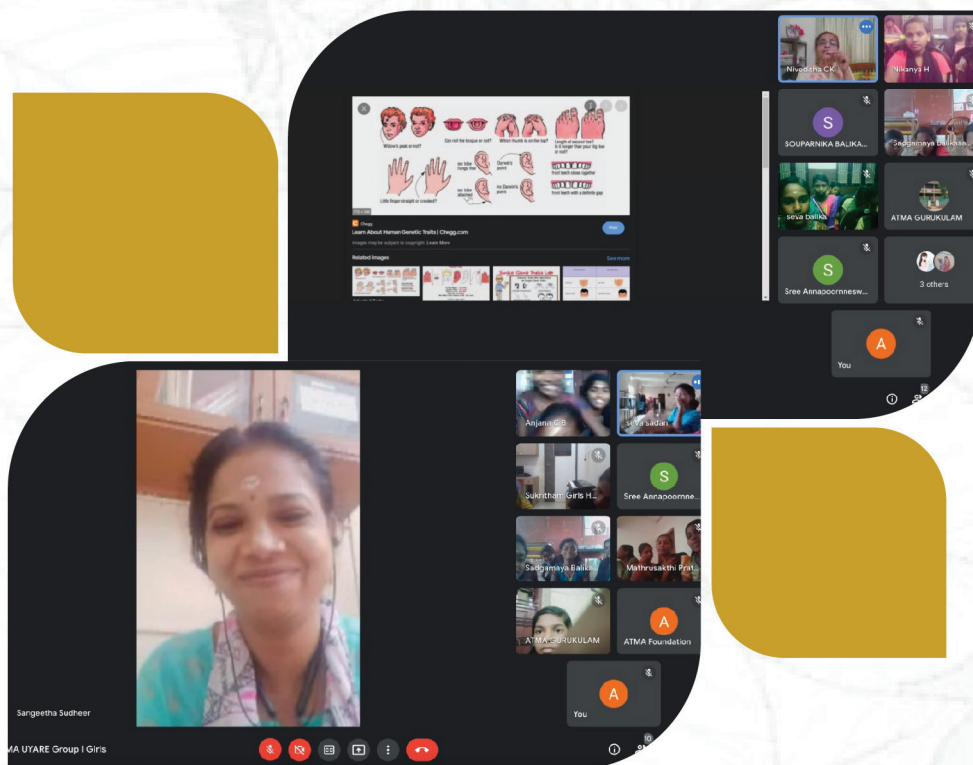
20 social work students of Carmelgiri College, Adimali, along with their faculty, visited ATMA Foundation as part of their field exposure programme on 26th October.



Faculty

ATMA Uyare

- 55 sessions in English, Maths, Science, Hindi and Social Science were organised for the 400 plus children from 34 child care institutions in Kerala, as part of the ATMA Uyare project in October.
- 2 Value Education sessions on the theme 'Hard Work' were conducted -one session by Ms. Sangeetha Sudheer, Special Educator, and another by Ms. Arya S, Child Welfare Officer of ATMA Gurukulam.





ATMA FOUNDATION

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Be an ATMA Volunteer!

If you would like to join us in this joyous journey of services,
your are WELCOME!

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