



# HARMONY

The Official Newsletter of ATMA Foundation

*...Happy Living with Healthy Relationships...*





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## LIVING IN HARMONY



Living in Harmony, a five day talk series by Sri.C.K. Suresh was held at ATMA Foundation office premises from 28th December to 1st January. The talk provided simple daily life tips for happy living with healthy relationships. Adv.A.Suresan (Board Member and President, Thrissur Taluk Union, NSS) Smt. Poornima Suresh (Division Counsellor), Dr. T A Sundar Menon (President, Thiruvambady Devaswom), Sri. T.R.Vijayakuamar (MD, Elite Supermarket), Dr.M.Balagopal (President, Paramekkavu Devaswom) and Sri Ramachandra Pisharody (President, Pisharody Samajam) were special guests. The programme was attended daily by over 100 people.



# LIVING IN HARMONY





## FOUNDER'S MESSAGE

Salutations!!

After a long gap due to Covid, we were able to restart our Living in Harmony Campaign in December.. LIH is the basic philosophy of ATMA Foundation. It is also a powerful tool for personal transformation & happiness..



The next LIH Talk Series is scheduled from January 21st to 25th at Ayyanthole, Thrissur.. Appreciation and gratitude to all the ATMA Volunteers who made this revival possible..

We could also arrange a camp for our Gurukulam children at the ATMA office during the December holidays, focussing on their academic improvement.

Sincere thanks to all the teachers who helped out..

In the coming months, we hope to do more LIH campaigns and other regular programmes for the public, on themes the society urgently needs..

We also need to start preparing for our Annual Fundraising Campaign in February- March 2023.

As the New Year dawns, let us rededicate ourselves to serve our brethren in need..

Love,  
C K Suresh



## ATMA GURUKULAM

A 5-day camp was organised for the children of ATMA Gurukulam, at ATMA office premises, with focus on their academic improvement. Under the guidance of Uyare teachers and ATMA Volunteers, the children were given regular classes based on their school/college curriculum, to better their performance in upcoming exams. The children also attended the Living in Harmony Talk Series in the evening.

Regular dance classes by Kalakshetra Raghi Satheesh were restarted in offline mode. Music classes by Smt.Sathyabhama were also conducted.

They attended value education classes by Devikaji and a special session by Sreedevi teacher.

Our Saranya, who is pursuing Bachelors in Physical Education from Christ College, was part of the College team that won the Gold in the Calicut University Women's Kho - Kho championship.



Anupriya, who is pursuing her B Voc in Multimedia from St.Mary's College, Thrissur participated in the intercollegiate Yoga competition and her team won the 4th place. Congratulations to Saranya and Anupriya!



## CARNIVAL PROGRAMME



Gurukulam children participated in the Kalyan hypermarket special carnival programme and sold hand made items and food items. They have done mehandi design applications too.



## ATMA RCHD

3 children were rescued this month at the Railway Child Held Desk, who were included in the 'Child Missing' category



## ATMA UYARE



ATMA Foundation director Sri.C.K.Suresh conducted a motivational class for the children of Sadgamaya Balikasadanam, Venkitangu on 25th December as a part of their winter camp.

61 classes were held in the month of December. Revision classes were conducted for Uyare participants for their half yearly examination.

## ATMA KALAKSHETHRAM



Voice Modulation and voice culture classes have commenced at ATMA Foundation office, under the guidance of Dr.T.Unnikrishnan, former Professor of music at Indira Kala Sangeeth University, Chattisgarh.





There were four cases reported in December and one case was referred from Cherpu police station.

In accordance with 'Orange the World Programme' SPC conducted 6 awareness classes on the topic 'Domestic Violence and Gender Equality.'

The classes were conducted at Kokkala 'Harisree Ayalkoottam', Variyam Road residence association, Sports Authority of India, Thrissur, St.Mary's College , ATMA SPC office, Palakkal and Maithreyi CDS, Ayyanthole .

2 other classes were also conducted as part of the monthly activity - one at ATMA SPC and FCC Palakkal for MBA students of SDMIM, Mysore on the topic, Domestic Violence and Gender Equality, and the second for the students of Govt. VHSS Cherpu on the topic Gender equality . The classes were taken by Adv.Gayathri.T.D, legal counselor of ATMA Service Providing Center.





Under the auspices of ATMA Digital and Financial Empowerment Center, financial and digital literacy training programmes were conducted in different wards of Avinissery Panchayath .



There were a total of 7 sessions on digital and financial literacy in the month of December. The classes were held in the wards 1, 3, 8, 9, 10, 12 & 14. The Panchayath President, ward members and CDS members participated in the classes.



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ATMA FOUNDATION

boism-8304949380@boi

**Happier Living with Healthier Relationships**



**ATMA Foundation**

Surya Gardens, Paliyam Rd, Thrissur, Kerala - 680001

 [info@atmafoundation.org](mailto:info@atmafoundation.org)

 [www.atmafoundation.org](http://www.atmafoundation.org)

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