

MONTH : DECEMBER

YEAR : 2021



COVER STORY:

Swarna Devi
Thampy, our
eldest 'daughter'
of ATMA
Gurukulam
receiving her
Nursing Degree



HARMONY

Happier Living with Healthier Relationships

The Official Newsletter of ATMA Foundation

MONTHLY VOLUNTEER CHALLENGE

Being an ATMA Volunteer has just become much more exciting! With our new, Monthly Volunteer Challenge, we bring to you an opportunity to stretch your skills to support ATMA projects in different ways.

Each month, we will come up with a call for a particular support. At the end of the month, whoever has achieved the best results will be our 'Volunteer of the Month'. They will be given a Shout Out on all our social media channels, a certificate, and sometimes, a special gift too.

Every kind of support that you harness for ATMA translates into our strength to provide timely help to a person in need. So gear up, everyone! It is fun with a purpose.

Turn to the last page of this newsletter to find out about the first challenge of the year!

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FOUNDER'S MESSAGE

On behalf of ATMA Foundation, I wish you all a fantastic, rewarding and love filled year ahead.

Last year, though under the pressure and limitations posed by the continuing Covid effects, we have tried well to continue our good work. Let me thank you all as we complete the first anniversary of 'Harmony', our newsletter. There is still much more, that we can contribute. Togetherness and Volunteerism is the key. My appreciation to all our dear volunteers.

For next year, we are adopting a key slogan "Synergise volunteers to scale up and speed up ATMA" . Let us express our gratitude for the blessings we have through fruitful contribution.

Love,

C K Suresh.



Swarna Devi Thampy, our eldest child of ATMA Gurukulam, received her Nursing degree from Govt. Nursing College, Thrissur, at the 10th batch convocation ceremony, in the presence of Prof. Dr. Mohanan Kunnummal, Hon. Vice Chancellor, Kerala University of Health Sciences. She received her certificate from Prof. Dr. Prathap Somnath, Principal, Govt. Medical College, Thrissur.

The ATMA Family felicitated Swarna with a special gift during the christmas celebration. Chinchina, Laya, Athira and Sandra were also given special gifts on the occasion, in appreciation of their recent successes. Chinchina had cleared KEAM with a category rank of 350 and secured admission for B. Tech Dairy Science & Technology at the

College of Dairy Sciences, KVASU. The others had completed Plus two with commendable grades and have joined various undergraduate programmes.





ATMA GOKULAM

The arrival of new 'guests' has expanded the ATMA Gokulam project. We now have 4 cows, a goat, a few hens and some fish. The ATMA Gokulam project aims to promote cattle rearing as a culture and economic activity. Currently located at the ATMA Gurukulam premises, it also provides good engagement to the Gurukulam children. Taking care of and spending time with the cows and other animals helps the emotional development of the children.





ATMA UYARE

66 sessions in English, Maths, Science, Hindi and Social science were conducted for the 400+ children from 34 childcare institutions in Kerala, as a part of ATMA Uyare project in december. Moreover , a value education session on the theme 'Forgiveness' was also conducted on 22nd December.

Atma Uyare Coordinator Smt. Reshmi Praveen conducted two sessions on the topic 'Education' for Sevabharathi Balikasadanam, Kozhikode (online) and Sadgamaya Balikasadanam, Venkitangu (offline) on 27th December

2021. VINTAGE SARGAM 2021

Sri C K Suresh, Ms Parvathy G and Ms Sangeetha N participated in the Sargam 2021 residential camp for the tribal children of Attappadi, from 27th to 29th December 2021. Sri Suresh is the Chairman of the Viswasanthi Initiative for Nurturing Talent and Genius in Education (VINTAGE) an education project by Viswasanthi Foundation. Ms Parvathy and Ms Sangeetha helped in mentoring the children at the camp.

ATMA RAILWAY CHILD HELP DESK



17 children were rescued in December at the Thrissur Railway station premises. Through the outreach programme, awareness about Childline was given to 114 children and 352 adults. On 10th December, the RCHD team, along with the Collab team, conducted an awareness session on Childline.



The Puppet Show method was used for awareness, which was attended by 50 children and 12 children at the Geetha Ravi Public School, Valappad.



RCHD team also conducted awareness sessions for 20 Kudumbasree workers, Asha workers and Anganvadi teachers in the Ayyanthole division. The RCHD collaborated with the GRP for their combing programme on 18th and 19th December. The team also participated in a capacity building programme conducted by the Childline Nodal Agency on 29th December.



CHRISTMAS & NEW YEAR CELEBRATION

The ATMA Family celebrated Christmas & New Year with a special get-together at the ATMA Foundation office premises on 23rd December. Over 60 people, including ATMA Volunteers, their family members, well-wishers, interns, and the children of ATMA Gurukulam participated.

Final year students from Kerala Agricultural University College of Agriculture, Vellayani, Thiruvananthapuram visited ATMA Foundation and ATMA Gurukulam on 8th December, as part of their academic curriculum. They interacted with ATMA Founder Director Sri C K Suresh. They also gave a demonstration to the children of ATMA Gurukulam on effective methods of cultivating a kitchen garden.



FIELD VISIT

MONTHLY CHALLENGE #1

Follow us on instagram @atmafoundationkerala.
Get at least 10 friends to follow ATMA on instagram.
Post your list as a comment under the Monthly
Challenge post on our insta handle. Everyone who
completes the task gets a shout out! The person who
gets us maximum follows will get a certificate!



ATMA Foundation

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