



ATMA Foundation

#Children #Women Empowerment #Education #Healthcare #Elderly Care #Community & Rural Development



HARMONY

Happier Living with Healthier Relationships

The Official Newsletter of ATMA Foundation

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Help Us Create An
Impact!





ATMA Fan of the Month
Jan 2022

Ms Aswini A S

Congratulations!



Being an ATMA Volunteer has always been exciting! Each month, we come up with a call for a particular support. At the end of the month, whoever has achieved the best results will be our 'Fan of the Month'. They will be given a special 'Shout Out' on all our social media handles, a certificate, and sometimes, a special gift too. Last month we had come up with our very first idea of the year to motivate and stretch the skills of our dear volunteers. Monthly Challenge #1 was to get maximum followers for ATMA on Instagram Ms. Aswini A S has got us 47 followers and is the ATMA "Fan of the Month - January 2022". Congratulations! Your support is indeed been our strength!

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Founder's Message

Community service or organised social work involves a lot of resources. No doubt, human resource - compassion, commitment and contribution- is the most critical resource! Still financial resource is also an important aspect, which has to come from the community itself. Mobilising financial resources involves both the goodwill of the organisation and the purpose for which it is being raised. Conviction and communication only will create the connect between the community and the organisation.

Our volunteers are taking up this task in this February and March utilising the platform of GiveIndia. I look forward to and request your wholehearted participation and generous contribution.

Let us do more for our less privileged fellow beings.

Love,

C K Suresh



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ATMA Fund Raising Campaign

ATMA Foundation has kick-started February with the GiveIndia Fund Raising Challenge 2022, to mobilise resources for our various projects. Through this campaign we aim to raise funds to support three of our projects - ATMA Gurukulam, Educational support to underprivileged children, and medical aid to poor people suffering from long term illnesses. As part of this campaign, GiveIndia also provides us with the opportunity to win matching rewards upto 25% on all donation we raise.

If you would like to support us, you can make a donation yourself, and start a fundraiser to share with your friends & family, encouraging them to donate for a cause close to their heart.

Click here to DONATE or START A FUNDRAISER:
<https://fundraisers.giveindia.org/nonprofits/atma-foundation>



ATMA Gokulam

On the auspicious occasion of “Mattu Pongal”, ATMA Foundation celebrated the ‘Gopooja’ on 16th of this month. Last month we had welcomed two cows and calves respectively to our family as a part of ATMA Gokulam project situated in the premises of ATMA Gurukulam. Mattu Pongal is observed on the third day of Pongal festival where cows, bulls and other cattles are worshipped with traditional rituals. The children of ATMA Gurukulam along with ATMA Volunteers had participated in the rituals which helped create love for culture and respect towards all life, symbolized by the ‘Gomaatha’, in them.





ATMA Uyare

The ATMA Uyare project provides online learning support by expert teachers to 400 plus children in 34 Child Care Institutions in Kerala. In this month we have conducted 35 sessions in English, Math, Science and Social Science for HS & UP students from various child care institutions. Apart from that we have conducted 45 exam oriented special classes for students of std X, XI and XII, in English, Math, Physics, Chemistry, Biology, Economics and Accountancy. There were special sessions taken by Ms. Dhanya on 12th January as part of National Youth Day/ Swami Vivekananda Jayanti and on 22nd January, National Girl Child Day. A capacity building session for teachers was also conducted on 30th January, under the guidance of Sri.C.K.Suresh, ATMA Director, Counsellor & Trainer.

https://www.atmafoundation.org/atma_uyare.html



ATMA Railway Child Help Desk

8 children were rescued in January. 3600 persons were given awareness through outreach programmes.

A mass awareness program was conducted on 11th January 2022 in connection with National Human Trafficking Awareness Day by Railway Child Help Desk in collaboration with KISMAT Project to create awareness among migrant labourers.

The Web Open House was conducted at Ayyanthole Division on 22nd January, 2022.

Two sensitization programmes were conducted for +1 students at GVHSS Ayyanthole, regarding adolescents' concerns and their difficulties and at GHSS Pookunnam about the POCSO Act. 96 students participated.



ATMA Nrityotsav

A Kathakali Performance was organised by ATMA Foundation, as part of the ATMA Nrityotsav under the CFPG scheme of Ministry of Culture, Govt. of India. The performance, in association with the Kathakali Club, Thrissur was held on 16th January 2022, 5.45 pm IST at the Paramekkavu Agrasaala Hall, Thrissur. The theme was 'Nalacharitham Day 4'

Eminent artistes Shri. Kalamandalam Krishnakumar, Shri. Kalamadalam Praveen, Shri. Kalamadalam Viswas, Shri. Kalamandalam Rajanarayanan, Shri. Kalamandalam Champakkara Vijayakumar, Shri. Kalamandalam Babu Namboothiri, Shri Kalamandalam Ravisankar, Shri. Kalamandalam Rajesh graced the stage with their performances. The same was streamed live on our youtube channel.

Watch the performance on ATMA Foundation YouTube Channel: <https://bit.ly/atmakathakali>

Yoga & Counselling

The regular activities of ATMA Foundation are continuing with adherence to covid protocols. Yoga classes are going on at ATMA Foundation premises in Thrissur and Kolazhi. Family counselling and LD remediation sessions are also going on in offline and online mode, according to needs.



Field Visit

As a part of curriculum, students from Peoples Co-operative Arts and Science College, Munnad, Kasaragode, visited ATMA Foundation on 6th January 2022. 35 BSW students and 2 faculty members interacted with Shri. C K Suresh, ATMA Founder-Director and Ms. Sangeetha N, PhD Scholar in Social work, long-time volunteer in ATMA. They discussed about the different activities and projects under ATMA Foundation. The session gave the students an insight on how an NGO functions on the ground.

Monthly Volunteer Challenge

Start a fundraiser on the ATMA Foundation page on Give India Fundraisers.

<https://fundraisers.giveindia.org/nonprofits/atma-foundation>

Volunteers who raise maximum funds and get most number of donors will be declared ATMA Fans of the Month for February 2022

To get help with creating your fundraiser, call or whatsapp: +91-8330010039, +91- 9400995232

Start NOW!

Help ATMA win upto 30 lakhs
in prizes from GFC 2022.



ATMA Foundation

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Connect with us

