



HARMONY

Happier Living with Healthier Relationships

www.atmafoundation.org



Shining victory of ATMA Gurukulam

Our girls score high in their Plus Two Exams!

WHAT'S INSIDE

P.2 Founder's Message

P.4 ATMA Gurukulam

P.3 'Domestic Violence'
Online Workshop

ATMA RCHD

P.5 ATMA UYARE

Harmony Counselling
Online class

P.6 Upcoming Events

Founder's Message



For more than 4 decades now, I have been involved in social work. As part of this, I have visited many children's homes, or 'orphanages' as they were referred to then. Every time, in spite of being happy that children were being safely protected, one lingering discomfort would crop up in my mind. I would think - is this really enough? Or is there something more that we owe these children?

When we started ATMA Gurukulam in 2011, my dream was to create a home where the children would be given not only safety and security, but also love, freedom and opportunities to grow. Right from the beginning, we insisted on the importance of learning. Everything else was scheduled around this. Our volunteers and teachers coaxed, mentored, and guided the children to dream big and to work with focus. This year, too, with the plus two results, our children have done us proud. They have once again proved that our efforts are in the right direction. Congratulations to them!

And we are happy that, with Uyare, the benefits of good education can be reaped by more deserving children all over Kerala. As we complete one year of Uyare, we have 400 plus children from 34 institutions. Congratulations to our Uyare team, volunteer teachers and participants!

We still have a long way to go.. I trust in the goodness and support of all our volunteers and donors.. Together, we can help many a dream see the light of day!

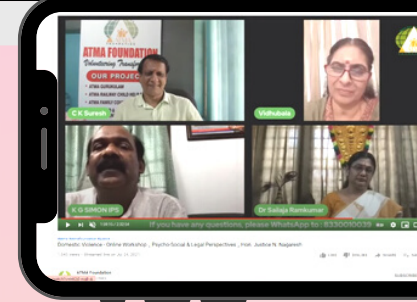
- C K Suresh

Director, ATMA Foundation

Online Workshop on DOMESTIC VIOLENCE: Psycho-Social & Legal Perspectives

"Empowerment is the primary solution to stop domestic violence. This empowerment can be physical, financial, educational, or intellectual. In the case of children, even a simple awareness about what constitutes violence will help them" said Hon Justice Sri N Nagresh, in his keynote address, as he inaugurated the Online Workshop on Domestic Violence. The inaugural session was followed by an in-depth panel presentation and discussion by eminent speakers Sri K G Simon IPS,

Smt Vidhubala, and Dr. Sailaja Ramkumar. Sri C K Suresh, Director, ATMA Foundation moderated the discussion. Rev Fr Dr. Xavier CS CMI, Principal, K E College Mannanam offered felicitations. The workshop which was telecast on YouTube was watched live by over 600 delegates including college students and professionals. It now has more than 1.5K views.



[Click HERE](#) to watch the full session on [ATMA YouTube Channel](#)

HARMONY COUNSELLING

A 5-day online workshop on 'Harmony Counselling' by C K Suresh, Harmony Mentor and Counsellor, was conducted from 26th to 30th July. The workshop, attended by 11 participants, was the second training program of its kind this year. Harmony Counselling workshops equip the individual with basic attitudes and skills in understanding oneself and others - helping people keep themselves happy and support loved ones in need.

[Click here](#) to watch the complete 'Living in Harmony' series by C K Suresh

LEARN HARMONY COUNSELLING
Basic Skills
JULY 26th TO 30th
6.15 PM TO 8.15 PM IST
with
C K SURESH
the Harmony Mentor

Free
INTRODUCTORY SESSION
22nd July, Thursday
@ 6.30 PM IST

ATMA GURUKULAM

+2 RESULTS

All three children who had appeared for the +2 public exam have passed with flying colours. 2 of them got an A+ in all subjects, with a total score of 98% and 97% respectively. Our hearty congratulations, girls! You have done us proud!!



VIVEKAYANAM 2021

Two of our children got selected for the third round of Vivekayanam 2021, an online competition conducted by Sri Ramakrishna Math for higher secondary & college students. The competition was organized by 'Prabudhakeralam' magazine and Vivekananda Youth group.

ATMA RCHD

OPEN HOUSE

Over 100 families from Ward 9 of Thrissur Corporation attended the open house program conducted by Railway Child Help Desk Thrissur on 18th July, on the topic 'Reducing the Stress of Online Classes'.

The program was inaugurated by Dr K G Viswanathan, Chairman, CWC Thrissur, and the session was guided by Sri Joby Kondoor, Coordinator, Childline, Tvm.



TRAINING

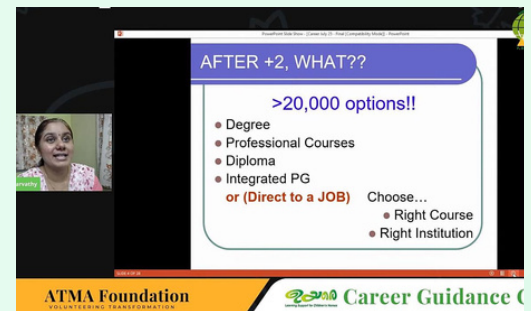
In connection with the World Day Against Trafficking in Persons, a training program on 'Child Trafficking' was conducted on 30th July for the railway stakeholders, with the session guided by former public prosecutor Adv. Pious Mathew.

ATMA UYARE

CAREER GUIDANCE SESSION

An online session on CAREER GUIDANCE was organized for students from Std 10 onwards. The webinar was broadcast on the ATMA Foundation YouTube channel on 25th July 2021 at 2 pm IST.

The session was guided by Sri C K Suresh, Director, ATMA Foundation, Ms. Parvathy G, teacher and entrepreneur, and Sri Venugopal, expert PSC coach. Over 500 children from different Child Care Institutions attended the program live.



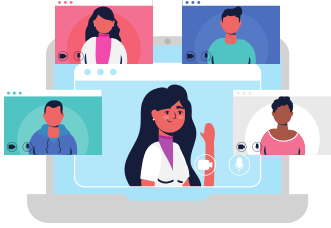
[Click Here](#) to Watch the complete Session : '[Career After 10th](#)'

BOARD EXAM RESULTS

The Kerala State 10th & 12th Board Exam results were published. 9 students in Std X and 5 in std XII, who are participants of Uyare, have scored an A+ grade in all their subjects. The other children too, have cleared the exams with good scores. The Uyare dreams are indeed bearing fruit!



UPCOMING....



HAPPITUDE CONCLAVE International Webinar Series

Who doesn't want to be happy!

ATMA Foundation, as the technical partner of Professional Trainers' Club, Thrissur, invites you for the Online Conclave **HAPPITUDE..**

Sessions by distinguished dignitaries on Exploring Happiness in different walks of Life ..

From 10th to 13th August 2021 @ 7 pm IST

Live streaming on

[ATMA Foundation Youtube Channel.](#)

'UYARE' TURNS ONE




Learning Support for Children's Homes

CAREER OPTIONS AFTER 10TH !

Class by -

- Shri C K Suresh
- Ms Parvathy G
- Shri Venugopal



The ATMA UYARE project, launched by ATMA Foundation to provide educational support for children residing in Child Care Institutions, is celebrating its first anniversary. Through Uyare, ATMA provides online classes by expert teachers to build a strong foundation, bridge the gaps in education and inspire interest towards learning. 407 students from 34 institutions are now benefiting from Uyare.

Join us to share the joy on **15th August, Sunday 2 pm IST**

@ **[ATMA Foundation Youtube Channel](#)**



ATMA Foundation

Volunteering Transformation

Surya Gardens, Paliyam Rd,
Thrissur, Kerala 680001

www.atmafoundation.org



+91 - 9400995232



info@atmafoundation.org

Would you like to Make a Difference to SOMEONE's Life?

Whether you are a student, professional or housewife, young or old, all it needs is the ATTITUDE to Help Others.

You are welcome to **VOLUNTEER** with ATMA!

Teaching, designing, organising, content-writing, office work - whatever skills you have, ATMA helps you to USE it to benefit the community. **Interested??**

Share your details in this **FORM** -
we shall get in touch with you! Or **[Click Here](#)**

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