



# HARMONY

The Official Newsletter of ATMA Foundation

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



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## Volunteer of the Month



*Congratulations*

**Dr Sangeetha N**



We extend our warmest congratulations to Dr. Sangeetha, our long-time volunteer, for taking the initiative to conduct the "Living in Harmony" talk series at Chinmaya Vidyalaya, Kolazhy. Dr Sangeetha, along with a committed group of interns from various colleges, personally conducted door-to-door campaigning in Kolazhy Panchayath, creating awareness among the public about the event, and inviting them to attend. Congratulations, Sangeetha, for your inspiring dedication!!



## FOUNDER'S MESSAGE

Dear Friends,  
Salutations!

I am very happy to share with you the opening of yet another new initiative of ATMA Foundation - the ATMA Ayush Wellness Centre at Kolazhi.



Along with providing AYUSH consultations and treatments, the center will also host different activities for senior citizens, women and children.

As a prelude to the opening, we were also able to conduct a 5-day 'Living in Harmony' talk series at Chinmaya Vidyalaya Kolazhi, which saw public outreach by our ATMA volunteers, and attracted good participation from the community. My sincere gratitude to the Chinmaya Family for providing the venue and support for this initiative. I also thank all the dignitaries who felicitated the talk series on each day.

As always, my love and appreciation to all our ATMA volunteers and well wishers. Looking forward to working together and creating greater impact in the coming year..

Love,  
C K Suresh

# Inauguration

## ATMA Vayobandhu AYUSH Wellness Center



As part of the ATMA Vayobandhu initiative, ATMA has started an AYUSH Wellness Center for Senior Citizens at Kolazhy. The center was inaugurated on 28<sup>th</sup> April by Sampujya Swami Vivikatanandaji, Regional Head of Chinmaya Mission, Kerala. Smt Lakshmi Viswambharan Hon President, Kolazhy Grama Panchayat, also graced the occasion with her presence. Supported by C.H. Robinson Worldwide Freight Ltd, the ATMA Wellness Centre offers authentic Ayurvedic treatments, yoga, art, and leisure activities for all ages, with special focus on senior citizens.

# Living in Harmony



ATMA Foundation organised a 5-day talk series on “Living in Harmony” at Chinmaya Vidyalaya, Kolazhy, from 23<sup>rd</sup> to 27<sup>th</sup> April, 6 to 7.45 pm. Living in Harmony is a practical philosophy of happy living, developed by Sri C K Suresh, the Founder- Director of ATMA Foundation. His sessions explored harmony with self, relationships, nature, society, and daily life—encouraging participants to reflect, reconnect, and realign with what truly matters. The talk was attended daily by over 70 people from nearby areas. The participants gave very positive feedback.



The talk series was inaugurated by CA Dr V Venugopal, Director, Chinmaya Vidyalaya. Sri Komattil Chandran, President of Karthika Nair Samajam, Kolazhi, Dr M V Natesan, former Professor of Sanskrit at Sree Sankaracharya University Kalady & Smt Geetha Natesan, Dr K Jayakrishnan, renowned Mridangam Artiste & Mrs Bindu Jayakrishnan and Smt Bini, Principal, Chinmaya Vidyalaya Kolazhi, graced the venue as guests of honour on different days of the talk.

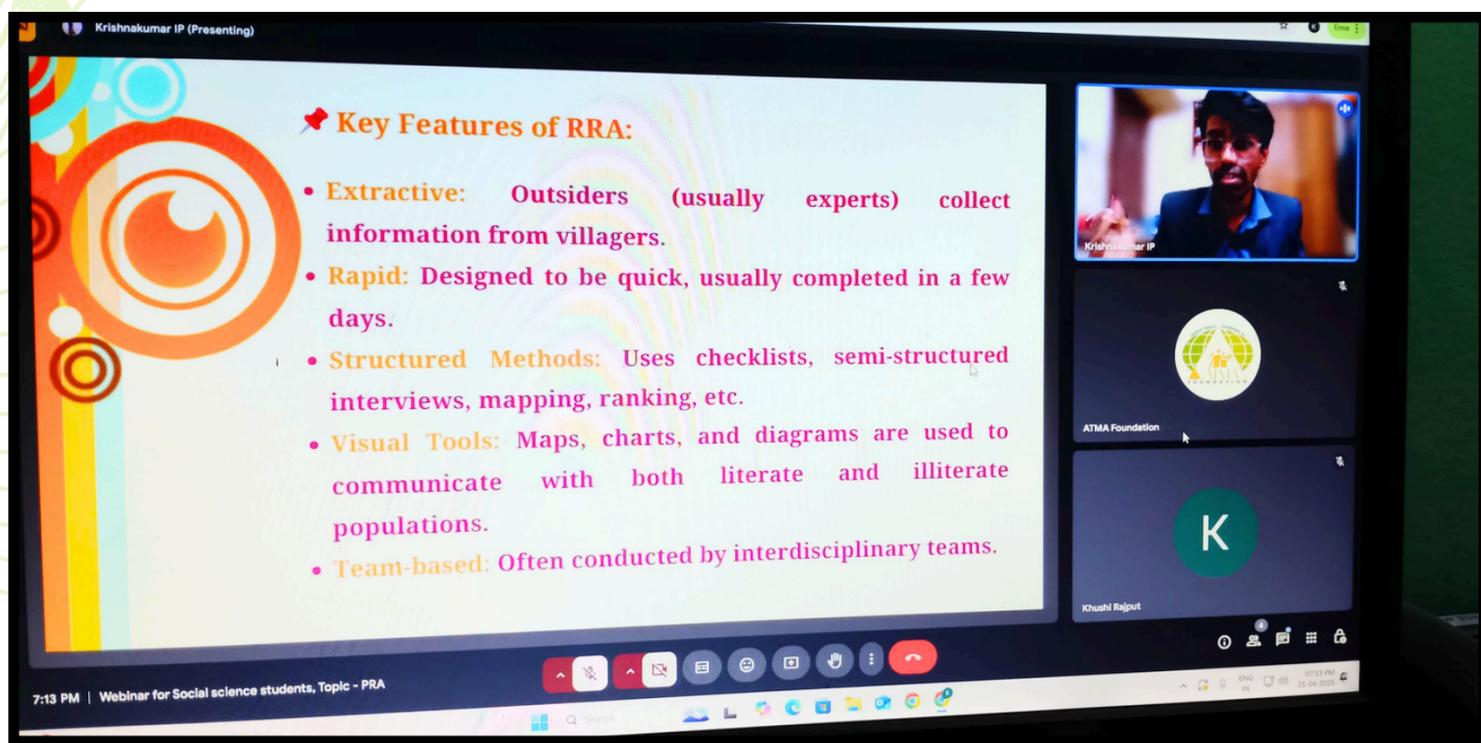
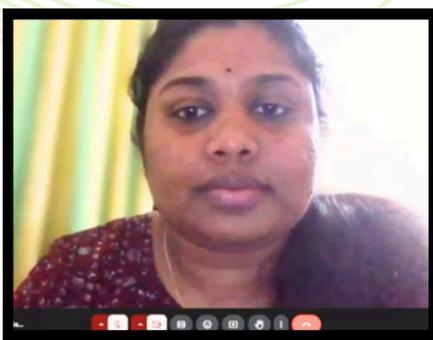
Every day, before the session, there were short cultural programmes by students of Chinmaya Vidyalaya, as well as by other talented children from the neighbouring community.



## Harmony Meditation

From 24<sup>th</sup> to 27<sup>th</sup> April, sessions on Harmony Meditation were conducted by Sri C K Suresh, at the ATMA Wellness Centre Hall, Kolazhi from 7 am to 8 am. These sessions were attended by over 20 persons, including the children of ATMA Gurukulam. The sessions gave an insight into the concept of Meditation with hands on practice.

# Webinar



The ATMA Research and Development Centre, organized a two-day webinar tailored for Social Science students, covering key topics such as **Participatory Rural Appraisal, Research Methods, Sustainable Development Goals (SDGs), and Essential Professional Skills in Social Work**. The insightful sessions were led by experts Mr. Krishnakumar, co-founder of Inclusive Land Foundation, Mr. Vinay Kumar, founder of Step Ahead India, Mr. Shubham Yadav, Director of Mymenia Foundation, and Ms. Adharsa Ajayan, Ph.D. scholar at NIMHANS. The sessions offered valuable learning and practical perspectives for aspiring social work professionals.

## ATMA Gurukulam

The children attended a camp at the ATMA office, where they actively participated in arts, drawing, dance, and music classes, exploring their creativity and talents. They also practiced yoga regularly and benefited from counselling and value-based education. A visit to the Thrissur Pooram exhibition added to the experience, making it both enriching and memorable. Ms Anrunpriya was enrolled for the swimming classes conducted by the Sports Authority of India. The children also attended the Living in harmony and Harmony Meditation sessions at Kolazhi.



## Vishu Family Get together

The ATMA family joyfully celebrated Vishu 2025 at ATMA Gurukulam with children, volunteers, staff, and well-wishers. The day was filled with reminiscences, cultural programmes and a delicious Vishu Sadya with different food items brought by various ATMA volunteers.

# ATMA Prakrithi



As part of the ATMA Prakrithi Project, tree planting activities are actively progressing at the Munnodi Devasthanam in Alappuzha. The current phase focuses on planting a variety of fruit trees, contributing to environmental sustainability and local biodiversity. This green initiative reflects ATMA Foundation's continued commitment to ecological well-being and community engagement.



## ATMA Shreya



As part of the ATMA Shreya Livelihood Enhancement project, certificates were awarded to 43 women entrepreneurs in Mayannur who successfully completed the Eco-Friendly Mushroom Cultivation program, conducted in collaboration with the Entrepreneurship Development Institute of India (EDII), Ahmedabad.

House visits were conducted to support and encourage the women entrepreneurs in Thrissur who successfully completed the mushroom cultivation course and have begun their entrepreneurial journey. These visits aimed to understand their progress and offer guidance as they build their ventures.

# ATMA DAFEC



## Financial Literacy

5 classes on Financial Literacy were conducted across three blocks: Anthikkad (2 classes), Pazhayannur (2 classes), and Ollukkara (1 class). These sessions collectively benefited 82 participants.



## Digital Literacy

Two sessions on “Evolution of Technology” and “Infobesity – How to Manage” were conducted by Mr. Anoop Mohan. More than 20 students attended these sessions.

## **Apni Pathshala**

A total of 33 students have enrolled in regular courses through the Apni Pathshala Live Pod. Among them, 6 women entrepreneurs are actively participating in the course 'Digital Tools for Entrepreneurs', aimed at enhancing their digital skills for business growth.

## **ATMA FCC & CADC**

3 families took help from ATMA Family Counseling Center & Child and Adolescent Development Center in March.

## **ATMA RADC**

ATMA hosted 9 new interns in April - 8 MSW students from Christ College Irinjalakkuda, SNDPYSS College Perinthalmanna, Ideal College Kuttippuram and one UG student from St Mary's College Thissur.

2 youngsters have volunteered with us in this month.

## ATMA Yogapeethom



ATMA conducted a special session on "Yoga for Harmony" by Sri V.A. Sreenivasan at the ATMA Wellness Centre, Kolazhy. The session offered valuable insights into the holistic benefits of yoga for physical and mental well-being.

## Sessions with C K Suresh



In April, Sri C.K. Suresh led four impactful sessions: a children's camp by Chinmaya Mission at Thiruvananthapuram with 120 participants, the Balamithra youth programme by Balagokulam in Thanur with 60 students, and two Sree Sukeeyam sessions at Parlikkad—one for children with 80 participants and another for youth with 30. In addition, a career guidance session organized in Thissur, by Sevabharathi, benefitting 40 students.

## ..Heartfelt Condolences..



We deeply mourn the loss of our beloved Radha Chechi (Retd. District Nursing Officer), a loving well-wisher of ATMA Foundation. Ever active and energetic, her deep compassion drove her to render her services to society even after retirement. She played a key role in the Pain and Palliative Care Society, offering care and succour to thousands of terminally ill patients.

ATMA Foundation was fortunate to get an opportunity to show our love and respect to her by organising a celebration for her 70<sup>th</sup> Birthday, with a seminar for students of helping professions.

*We shall greatly miss you, Radha Chechi..  
you will always be an inspiration for us!*

Your NEW Destination for  
Holistic Wellness

## ATMA AYUSH Wellness Centre

@ KOLAZHI, Thrissur

- Ayurvedic Consultation
- Panchakarma Treatments
- Yoga Classes

with pick up & drop off facility

Ph: 8330010041, 0487 -2325232

## Upcoming Events

**ATMA Raising Day Celebration**

on 19<sup>th</sup> May, Monday





# ATMA Foundation

Surya Gardens, Paliyam Rd, Thrissur,  
Kerala - 680001

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