



# HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

**ATMA Foundation**  
**invites volunteers for our new projects**

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## FOUNDER'S MESSAGE

Dear all,

Salutations

Hope everyone celebrated onam in a cheerful and happy way... Happy that many of you could participate in our onam get together at Gurukulam...



At ATMA, though we have been doing some good work all these years, we always have a wish to do more and do better!! Many of you have volunteered and contributed well too.. still, 'more and better' is a possibility...

We are stepping into two more areas of creative social intervention. One is a senior citizen's help desk where we can support them in different areas of their daily life. We have started with a survey to study and plan the details...

Another one is livelihood support - to create more economic opportunities for better income and to raise the standard of living of people..

Please give your suggestions on this..

We also need more volunteers to run our projects more effectively.. be with us.. be actively good..

Love

C K Suresh

## Onam @ ATMA

On 28th August, 'Uthradam' day, we celebrated Onam at ATMA Foundation office and *Onakkodi* was distributed by Sri.C.K.Suresh, Director, ATMA Foundation, for the staff.



A special family get together was held at ATMA Gurukulam premises. ATMA well-wishers, volunteers and neighbours of ATMA Gurukulam participated with family. Cultural programmes were presented by Gurukulam children and ATMA volunteers.



## Educational Support Initiative

As a part of educational support initiatives, ATMA distributed laptops for 5 students this month.



## ATMA Vayobandhu

As a part of creative social intervention, ATMA Foundation started its new project, ATMA 'Vayobandhu', a project to support senior citizens.

A survey is being conducted to study, analyse and plan the next steps.

ATMA Foundation is looking for more volunteers for the smooth running of these projects. We cordially invite you to join us!

## Family Get-together & Independence Day Celebration

The ATMA monthly family get together was held on 15th August 2023, where we also celebrated Independence Day. All participants shared their thoughts about Indian independence and the glorious culture and history of our nation.



## ATMA UYARE.

An online capacity building programme was conducted for teachers on 20th August. ATMA Foundation director Sri. C.K. Suresh was the resource person.

Uyare has conducted 71 classes including exam oriented sessions in August.

## ATMA DAFEC

ATMA Digital & Financial Empowerment Center conducted 4 classes in Avanur, Adat and Venkitangu panchayaths. 66 people benefited from these classes. 38 students were pursuing computer courses under DAFEC in August. 22 students registered in August as a part of Apni Pathsala live pod programme.

DAFEC conducted Independence Day Poster Making Competition and Onam Painting competition in MS Paint. Prizes were distributed to winners.



## ATMA GURUKULAM

As part of Onam celebration, all children were given 'Onakkodi'. Children celebrated Onam by putting on 'Pookalam' for 10 days from Atham.

On Onam day, the children had a delicious 'Onam sadya' and they presented various cultural programmes.

A new hall has been built in Gurukulam for children to practise classical dance, music and yoga.

Gurukulam children are attending regular dance and music classes.

## **ATMA YOGAPEETHOM**

Yoga classes were regularly conducted in both Thrissur and Palakkal centers.

## **ATMA KALAKSHETHRAM**

Regular dance and music classes are in full swing at Thrissur, Palakkal and Kolazhi centers.



**Admission  
continues in  
ATMA  
Yogapeethom and  
Kalakshethram at  
Thrissur, Kolazhi  
and Palakkal  
centers.**

## ATMA SERVICE PROVIDING CENTRE

2 cases were reported in ATMA SPC, Palakkal in August.

As a part of SPC activity, Adv Gayathri T D took classes on Domestic Violence Act for B.Ed students of JPE Training college Koorkenchery on 10th August. On 21st August, there was a class at Resmi Anganwadi Center, Vallachira.



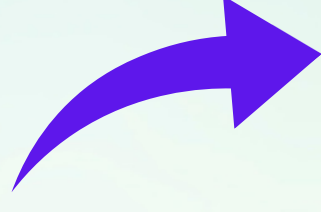
## ATMA FCC & CADC

6 people sought help from ATMA Family Counselling Center and 2 children were availed guidance in Child and Adolescence Development Center.

Ms. Masleeha, Counsellor, ATMA Family Counselling Center, Palakkal took a class on mental health for B.Ed students at JPE Training College Koorkenchery on 10th August.



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Donate.



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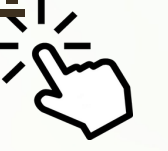


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