

Happy
New Year



HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

CONTENTS

Congratulations Sangeetha	
Volunteer of the Month	2
Founder's Message	3
ATMA Shreya	4
ATMA Gurukulam / Uyare	5
ATMA DAFEC / SPC	6
ATMA FCC & CADC / RADC	7
ATMA Yogapeethom /	
Family Get together & Christmas Celebration	8
Sessions with C K Suresh /	
Congratulations Parvathy	9



Congratulations SANGEETHA



Our dear Sangeetha, long-time ATMA Volunteer, has completed the defence -viva for her PhD in Social Work, on 19th December 2024 at Vimala College Thrissur. She has been recommended for award of PhD by the University of Calicut.

Volunteer of the Month



Thank You

NIVEDITHA TEACHER

We appreciate your dedicated efforts in successfully organising the one month long training programme for women on Environment friendly Mushroom Cultivation at Thrissur & Mayannur. You have helped more than 90 women to earn a better livelihood!





FOUNDER'S MESSAGE

Dear Friends,
Salutations!

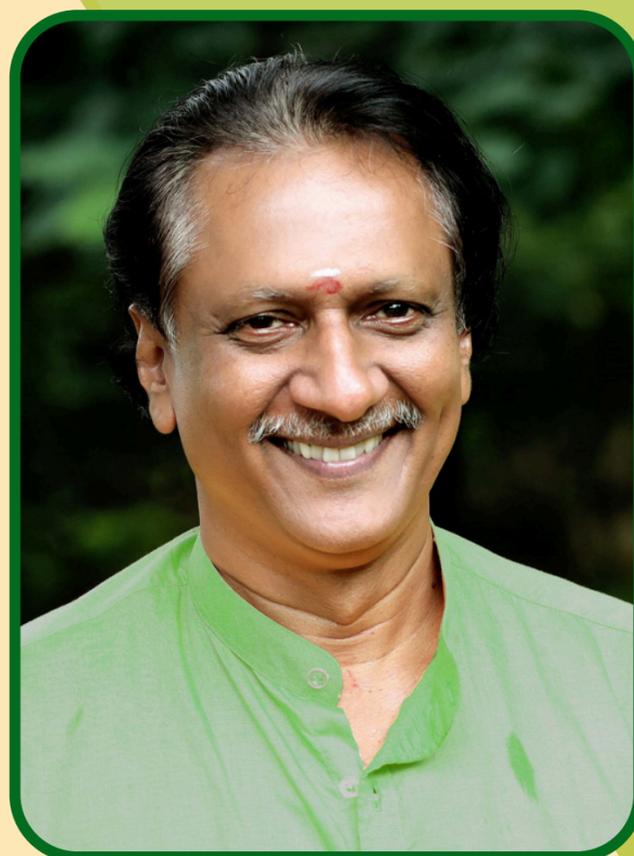
This December, we were very happy to see our Women Empowerment project Shreya take off into a new dimension.

We were able to organise a month-long training programme for aspiring women entrepreneurs. We hope to continue to support the participants, to convert their training into a successful enterprise.

We are ushering in the New Year with our much-awaited ATMA Social Impact Conclave. The work is going on in earnest. We have been fortunate that some very eminent dignitaries and experts have consented to associate with ATMA and be a part of the conclave. We hope that the discussions will initiate a positive change in the social development ecosystem of Kerala.

New Year Wishes to the ATMA team, and to all our donors and well wishers! Together, let us achieve more and serve more in the coming year!

Love,
C K Suresh





ATMA Shreya



The 26-day training programme in Environment-friendly mushroom cultivation conducted by ATMA Foundation in collaboration with the Entrepreneurship Development Institute of India (EDII), Ahmedabad, successfully concluded at the two centers in Thrissur and Mayannur. 90 aspiring women entrepreneurs completed the course, equipping themselves with the skills and knowledge needed to embark on their entrepreneurial journey.





ATMA Gurukulam



Our senior child, Laya C, secured first prize in the quiz competition organized by Kudumbashree, and was awarded the certificate by Sri Arjun Pandian IAS Honourable District Collector of Thrissur. Ms Athira A R and our housemother Smt Kowsalya successfully completed the mushroom cultivation training program organized by the Entrepreneurship Development Institute of India. All Gurukulam children attended regular classes in music, drawing and dance, along with yoga practice & value education sessions.

ATMA Uyare

A total of 27 revision classes were conducted as part of the ATMA Uyare program, providing students with an opportunity to strengthen their understanding of key concepts and clarify doubts. These sessions were designed to enhance their academic performance, ensure thorough preparation, and boost their confidence for the upcoming exams.



ATMA DAFEC



The Apni Pathshala live pod had 12 students continuing the course. A session was conducted at Olarikkara GUP School, where 114 students actively participated.

Another session was conducted specifically for the women participating in the mushroom cultivation training at Mayannur, providing them with valuable insights and practical knowledge to complement their entrepreneurial journey.

ATMA SPC



On 10th December, Adv Gayathri and Ms Masleeha conducted a class about Domestic violence Act and POSH Act for Anganwadi workers and helpers at the Cherpu Block Panchayath Hall. 93 people benefited.



ATMA FCC & CADC

6 families took help from ATMA FCC & ATMA CADC this month.

ATMA RADC



13 MBA students from Sree Dharmasthala Manjunatheshwara Institute of Management Development (SDMIMD), Mysore interned with ATMA Foundation for a week, as part of their curriculum.

4 MSW students from St. Joseph's College, Irinjalakuda, 4 BSW students from Safa College, Valanchery and 3 BSW students from Gurudev Arts and Science College, Payyannur joined for internship at ATMA Foundation this month.





ATMA Yogapeethom

A new batch of yoga classes has started at the ATMA Yoga Hall, offering a serene space for participants to enhance their well-being under expert guidance.

Family Get together & Christmas Celebration



The ATMA monthly family get together was held on 22nd December 2024 at the office premises. The ATMA family celebrated Christmas with great joy and enthusiasm on 24th December at its premises, with volunteers, staff, and interns actively participating. The event featured various engaging programs, culminating in the ceremonial cake cutting by Sri T M Raghunandan, Senior ATMA Volunteer and our Gurukulam child, Ms. Arunpriya, symbolizing the spirit of togetherness and festive cheer.





Sessions with C K Suresh



A session on "The Power of Togetherness: Effective Team-Building Strategies", was conducted by Mr. C.K. Suresh at S.N. College, Nattika, organized by the Women's Cell. 90 students benefitted.

Congratulations Parvathy!

Our Parvathy has registered with the Institute of Social Auditors of the Institute of Company Secretaries of India (ICSI - ISA) and has now become a SEBI-empanelled Social Impact Assessor.



**Support Us.
Volunteer.
Donate.**



ATMA Foundation

Surya Gardens, Paliyam Rd, Thrissur,
Kerala - 680001

Click this link to go to our donations page

<https://www.atmafoundation.org/donate.html>

OR

Scan this QR code 
to make your contribution



ATMA FOUNDATION

boism-8304949380@boi



www.atmafoundation.org



info@atmafoundation.org

Connect with us

