

**HAPPY
NEW YEAR!**



HARMONY

the Official Newsletter of ATMA Foundation

... Happy Living with Healthy Relationships...



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Upcoming Events

DINE & CONNECT

Celebrate Life. Discover Harmony

Talk on harmony@life.in

by Sri C K Suresh

January 9, Friday

5.30pm - 8.30pm

Hotel Pearl Regency, Thrissur

Register Now

<https://forms.gle/hAF9n9BZvbpSGusC8>

☎ 83300 10039 | 0487 2325232

YOGA CLASSES
Starting from January



ATMA Foundation, Thrissur | 5.00 PM - 6.00 PM

ATMA Ayush Health Center, Kolazhi | 6.30 PM - 7.30 PM

For Enquiries & Registration:
83300 10039 | 0487-2325232



Harmony |

Dec 2025

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Founder's Message



Namaskaram!

A very Happy New Year to all our friends and wellwishers!

It is not just for the new 'year'..



I believe that life must become a life long Celebration for the intelligent.. Yes, at first it looks near impossible.. still THINK! When we learn to live life moment by moment, celebrating each moment, it need not be such a fearsome task.. Learn to live in the present! Keep aside the dead past and the unborn future!

Remember only our thoughts and impacts and not the past that troubles us. The past is gone! Drop such luggages NOW!

If the thoughts about the future motivate us, then alone are they worth keeping with us! Drop the anxieties and fears.. The future does not actually exist now!

Let us Celebrate the present..

Let us Live in Harmony - within and with the world outside.. Let us together do more good !

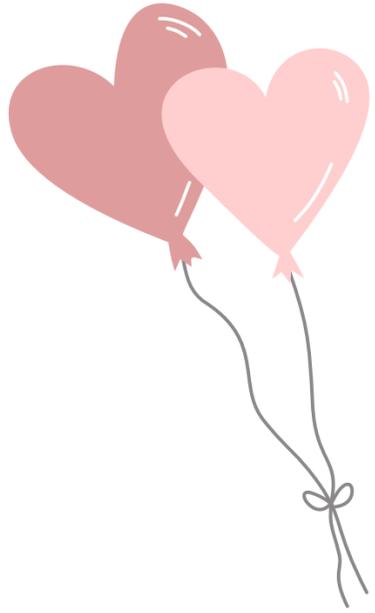
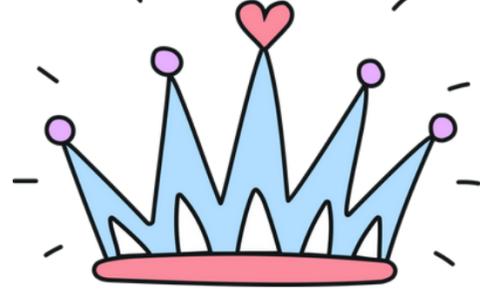
Love

C K Suresh

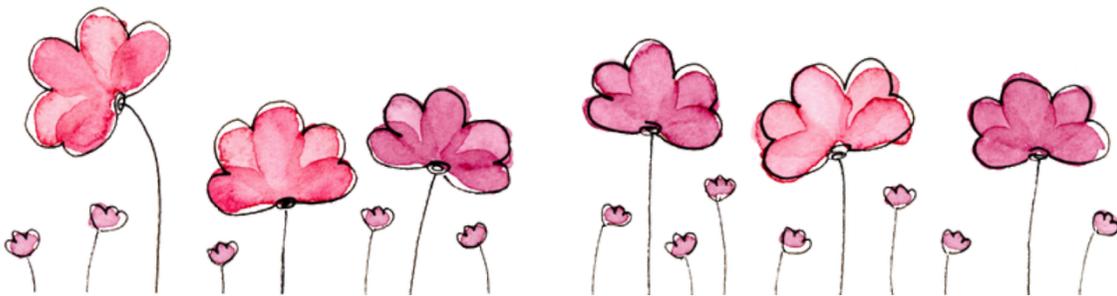


Volunteer of the Month

Congratulations
Ms Vandana K



ATMA DAFEC received the 'Best POD of the Month' award from **APNI Pathshala**, selected from over 80 PODs across India. This achievement was made possible through consistent documentation and reporting. We sincerely appreciate Ms. Vandana, ATMA DAFEC Computer Teacher, for her regular reporting and dedicated efforts. Congratulations Vandana!!



Happy
New Year





ATMA Prakrithi



As part of the ATMA Prakrithi project, 1,857 trees have been planted so far at Munnodi Devasthanam, Alappuzha. The steady growth of these trees is truly encouraging. It is joyful to see butterflies and birds coming to the area.

On 26th December, the ATMA team, along with the Gurukulam children, visited the site and counted the plants. They also watered and nurtured them to support healthy growth.

ATMA Shreya



42 women, after completing mushroom cultivation training, have registered with UDYAM and many of them have started their own farms. With ATMA Foundation's guidance and support, they are growing in confidence and taking strong steps toward self-reliance and entrepreneurship.

ATMA Gurukulam



The Gurukulam Committee meeting was held on 19th December with the presence of DCPU representative Mr. Alex and on 26th December the children had a memorable visit to the ATMA Prakrithi Project in Alappuzha. They attended a one-day camp at Sadgamaya Balikasadanam, led by Dr. Sangeetha, which gently guided them in academic goal-setting and personal growth. And they took part in the sacred 'Havanam', Hanuman Chalisa Bhajan, conducted by the Chinmaya Mission.

During the Christmas holidays, the children delighted in outings to Nehru Park, Thrissur and nearby temples, had a special lunch at Hotel Elite International and continued their regular tuition, drawing, music, dance and value education classes—nurturing their minds, hearts, and overall well-being.

ATMA Uyare

As part of the ATMA Uyare initiative, 18 sessions were conducted to provide regular tuition support. The programme focused on strengthening foundational learning and overall academic development.

ATMA DAFEC



We are proud to announce that ATMA POD has been selected as the 'Best POD of the Month' by **APNI Pathshala**, selected from over 80 PODs across India. As part of this recognition, our POD was awarded a projector, which will significantly enhance the teaching-learning experience. This achievement is a matter of pride for our team

Throughout the month, regular computer classes were conducted at ATMA DAFEC. A total of 438 students attended classes from three schools as a part of our outreach programs.

ATMA Yogapeethom



Daily yoga classes are being held at the ATMA Foundation office under the guidance of Sri Tanmoy Roy. These sessions help participants cultivate physical well-being, mental clarity and a sense of overall balance..

ATMA SPC

The ATMA SPC Legal Counselor, Adv Gayathri T D has provided legal assistance in 10 cases, referred by the Women Protection Office, in this month.

ATMA SPC conducted three awareness sessions in collaboration with Cherpu ICDS, as part of Orange the World campaign.

The sessions were held at AWC No. 84 Palakkal, AWC No. 21 Padinjattumuri Cherpu West and AWC No. 93, 'Ushass' focusing on the Domestic Violence Act and Dowry Prohibition Act.

The classes were led by Adv Gayathri T.D with the participation of the Women Protection Officer Ms Soumya R in one session and a total of 89 members attended across all sessions.

ATMA FCC & CADDC

In December, 5 people sought and received guidance from the ATMA Family Counselling Centre and Child and Adolescent Development Centre.

ATMA RADC

Mr. Tanmoy Roy from West Bengal, a Sewa Fellow with Sewa International, joined ATMA Foundation this month.

We extend a warm welcome to him!

Family Gettogether



The ATMA monthly family get-together and Christmas celebration, held on 20th December at the office premises, was filled with festive cheer and heartfelt joy. Volunteers and staff enthusiastically took part in games and activities, while Santa's presence added delight and created a lively and joyful atmosphere.

Session for Students



Dr. Sangeetha led a half-day session at Sadgamaya Balika Sadanam, where 42 students participated. The session encouraged the children to dream big, set meaningful goals and adopt effective study habits, inspiring them to grow personally and reach their highest potential with confidence and focus.

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- **Panchakarma Treatments**
- **Yoga Classes**
- **Medical Camps**

with pick up & drop off facility

Ph : 9497231098, 9188641098

New Year. New Energy.

ATMA Yogapeethom
Yoga Classes

From January onwards

Breathe better. Move freely. Live healthier

ATMA Foundation, Thrissur | 5.00 PM - 6.00 PM

ATMA Ayush Health Center, Kolazhi | 6.30 PM - 7.30 PM

**For Enquiries & Registration:
83300 10039 | 0487-2325232**



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ATMA Foundation

Surya Gardens, Paliyam Road,
Thrissur, Kerala - 680001

Support Us.

Volunteer.

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

OR

Scan this QR code 
to make your contribution



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