



HARMONY

The Official Newsletter of ATMA Foundation
...Happy Living with Healthy Relationships...

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Volunteer of the Month



Congratulations Smt Radhika Krishnan

ATMA Family congratulates Smt Radhika Krishnan, Trustee and longtime volunteer, for her dedicated efforts in successfully coordinating the charity dinner, DINE & CONNECT in February.

She has helped ATMA reach out to potential contributors, spreading word about our work and our impact.

Proud of You!

Ms Athira A R, our senior girl at ATMA Gurukulam, has secured her first job at the office of Balaram & Nandakumar, Chartered accountants. After finishing B Com with good grades, Athira had also recently completed a course in Accounting Softwares. All the Best, Athira!!





FOUNDER'S MESSAGE



Dear Friends,
Salutations!

Following the success of the ATMA Social Impact Conclave and ATMA's entry into the Social Stock Exchange in January, it is now time to consolidate our team, and streamline our activities



As a step in this direction, we organised the 'Dine & Connect' in February, to bring our well wishers together and share with them ATMA's past, present and future impact.

We also announced the 'ATMA SIP for Social Impact' (Systematic Involvement Plan)- a system of recurring monthly donations to support ATMA projects regularly. The concept was well-received by the audience, and we are looking forward to more people becoming a part of ATMA through SIP.

We have also commenced the second phase of ATMA Bharateeyam Cultural Festival, by organising performances by upcoming artistes in campuses.

It is also heartening to see the Shreya project gaining momentum- with ATMA supporting the women entrepreneurs through further training and mentoring.

The ATMA DAFEC has launched a special Digital Skilling programme for them too!

With all these new endeavours, ATMA is set on course to create a larger impact.

Love,
C K Suresh



Dine & Connect



Dine & Connect was a charity dinner organised by ATMA on 6th February 2025, celebrating our SSE registration. The event was attended by over 120 well-wishers, volunteers and donors of ATMA Foundation. The event highlighted our journey, key initiatives, and impact while sharing our vision for the future. Former Central Minister Sri V. Muraleedharan graced the occasion with his felicitation.

Exhibition

ATMA Foundation participated in an exhibition held at Paramekkavu Vidyamandir, Punkunnam. The event provided a platform to showcase our initiatives and engage with the attendees.





ATMA Bharatheeyam



ATMA Foundation, under the Cultural Function and Production Grant Scheme of the Ministry of Culture, Govt of India, has commenced the second phase of ATMA Bharatheeyam Indian Arts Festival. This phase involves campus performances of introduce young students to Indian classical dance. The first session on February 15, 2025, at Sree Sharada Girls' Higher Secondary School, featured Ms. Gayathri Padmanabhan's Mohiniyattam lecture demonstration for 150 students and teachers. The second session on February 25 at St. Mary's College, Thrissur, led by Ms. Manjumol C.S., explored the evolution of Mohiniyattam with 50 students. The final session on February 27 at MD College, Pazhanji, showcased Kuchipudi through an engaging demonstration by Ms. Nimisha

ATMA Gurukulam

Students actively participated in Atma Uyare tuition classes, along with sessions in music, drawing, dance, and computers. They also incorporated regular yoga practice into their routine, while counseling, remedial teaching, and value education sessions further enriched their learning experience.

Dr. Lisiya from Amala Hospital led an informative session on menstruation and hygiene.

We also extend our best wishes to Athira on her new role at Balaram, Nandakumar Chartered Accountants!

ATMA Uyare

56 classes were conducted in ATMA Uyare including revision and basic classes.

ATMA Shreya

With encouragement, guidance and support from the ATMA team, 23 women who had attended the EDII mushroom cultivation classes took Udyam Registration and 3 women took FSSAI registration. Many have successfully launched their own mushroom cultivation businesses, turning their training into a promising venture.

ATMA DAFEC



Financial Literacy

3 sessions on Financial Literacy were conducted in Olarikkara, Nadathara and Eravimanagalam with 61 beneficiaries.

Apni Pathshala

At the Apni Pathshala Live Pod, 34 students attended regular classes for different courses. 10 women regularly attended the course on 'Digital Tools for Entrepreneurs.'

Four outreach sessions were conducted at Olarikkara GUP School with 167 students, and four sessions at NUVP School with 66 students.

ATMA FCC & CADC



5 families took help from ATMA Family Counseling Center & Child and Adolescent Development Center

ATMA RADC



In February, 3 PGDM students from SCMS Cochin School Of Business, Ernakulam joined ATMA Foundation for their internship.

ATMA Yogapeethom

Regular Yoga classes are continuing at the ATMA Foundation Yoga Hall at Paliyam Road, Thrissur.

Family Get together

Our monthly family get-together was held at ATMA Foundation premises on February 24th.

Sessions with C.K Suresh



Shri C.K. Suresh conducted a motivational session for the students of Govt. Model Boys' School, Thrissur. 47 students benefited.

Out reach Programme

ATMA Foundation and the BSW Department of MD College, Pazhanji organized a Community Outreach Program on Solid Waste Management. Ms. Subhitha Menon, Social & communication Expert of Kerala Solid Waste Management Project, led the session, highlighting the importance of proper waste management and students' role in sustainability.



Join
ATMA SIP



Systematic Involvement Plan
for Social Impact

Smile
Always

Be more than a Donor...

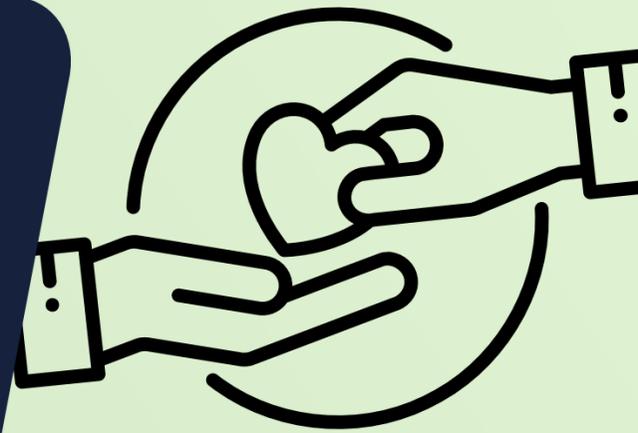
Be a part of ATMA!! 

Help ATMA sustain our regular projects
by making a
recurring monthly donation

This will help us drive greater impact
in the community we serve!

We shall get in touch with you
for details!

If you would like to start an ATMA SIP,
[click here](#)



DONATE



Harmony | February 2025



ATMA Foundation

Surya Gardens, Paliyam Rd, Thrissur,
Kerala - 680001

Support Us.

Volunteer.

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

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