



# HARMONY

The Official Newsletter of ATMA Foundation

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



## CONTENTS

Upcoming Events	2
Founder's message	3
Bon Voyage / Congratulations	4
Volunteer of the month / Anemia Day	5
ATMA Shreya	6
ATMA Gurukulam /	
ATMA Uyare	7
ATMA DAFEC / SPC	8
ATMA FCC& CADC / RADC	9
Family Gettogether / Celebration Corner	10
Sessions with C K Suersh / Seminar	11
Words that Motivate! /	
Video of the Month	12



## Upcoming Events



### EC Women

March 14<sup>th</sup>

Venue: YWCA Hall

### Yoga for Elders

March 14 & 15

Venue: ATMA Ayush Health Centre



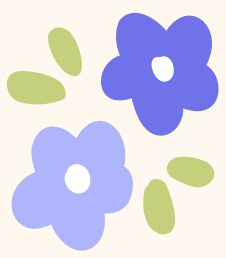
### • Graceful Ageing

March 21<sup>st</sup>

### • Volunteer's Conclave

March 29<sup>th</sup>





## Founder's Message

Dear Friends,  
Salutations!

It is a great joy to see our children growing and progressing at ATMA Gurukulam. Swarna joining the Ministry of Health in the Sultanate of Oman and



Anupriya securing the 3rd rank in Calicut University are wonderful achievements that make us all proud. Many students who have left the Gurukulam also continue their commitment to personal growth, which proves that Gurukulam is creating the right impact. Our heartfelt appreciation goes to everyone who has contributed their best efforts to this project.

Volunteers and beneficiaries of ATMA Shreya have participated in various exhibitions and are showing great enthusiasm in taking the project forward.

Our volunteers have also been conducting more classes in computers and spoken English at four primary schools, which is a great help to the children.

Congratulations to all our committed team members!

As we are now in the process of consolidating and expanding our work, we would be happy to involve more volunteers in this journey ahead.

We warmly welcome you to join the team.

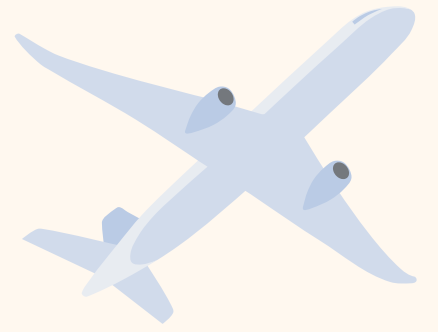
With love,

C. K. Suresh





**Bon Voyage!!**



Bon Voyage, **Ms. Swarnadevi Thampy!** It is a moment of deep pride and joy for us to see our eldest Gurukulam girl step out into the world as a nurse with the Ministry of Health in the Sultanate of Oman.

We wish her a beautiful journey ahead filled with service, growth and happiness.

**Congratulations!!**



Heartiest congratulations to **Ms Anupriya M P** for securing 3rd rank in the University of Calicut B.Voc Multimedia exam!!



A shining testament to her hard work and the nurturing impact of ATMA Gurukulam!



It brings us immense joy to see the girls of ATMA Gurukulam shine in their chosen fields. Each achievement is a proud milestone, reflecting their strength, determination and the inspiring journeys they continue to create. ✨

## Volunteer of the Month



We appreciate our volunteer, Ms Saritha G, for her dedicated support in office administration, ATMA Shreya exhibitions and conducting classes at Velappaya School. Her selfless commitment truly strengthens our mission and we acknowledge her valuable contribution.

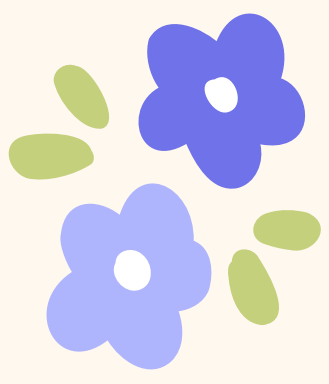
## World Anemia Day



On World Anemia Day (13th February), an awareness programme on anemia prevention and menstrual hygiene, along with a free health check-up for women, was organized at ATMA Foundation in collaboration with the Thrissur Obstetrics & Gynaecological Society.

Dr. Sareena Gilvaz delivered an informative session on anemia prevention and menstrual hygiene, offering guidance for women's health and well-being.

35 women participated in the programme, undergoing free Hb, RBS, and thyroid tests and receiving iron and folic acid tablets as part of the initiative to promote their overall wellness.



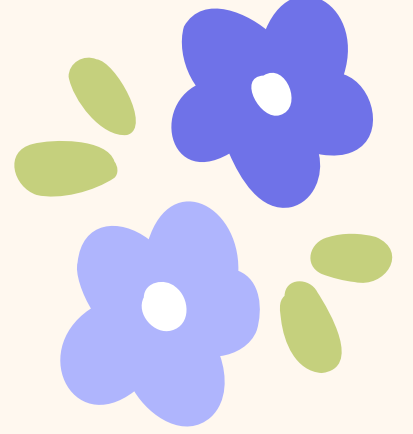
## ATMA Shreya



The women entrepreneurs of ATMA Shreya participated in three exhibitions last month - at Paramekkavu Vidyamandir, Punkunnam; TGSM Saraswathi Vidyanikethan, Ayyanthole and the Southern Regional Agriculture Fair 2026 at Kerala Agricultural University, Vellanikkara. where they showcased and sold a variety of value-added products through their stall. Trained in mushroom cultivation and processing, these full-time entrepreneurs exhibited various products like organic mushrooms, mushroom payasam, pickles, cutlets, squash, mushroom & mixed fruit juice, mushroom beds and diverse snacks—reflecting both their skill and inspiring journey toward self-reliance.



## ATMA Gurukulam



Ms Laya C got the first place in the Gender-Based Quiz Competition organized by the Kudumbashree Mission in Thrissur for college students. On 21st February, Ms Susmitha S took part in the Kaval Plus programme, focussed on exam preparation.

On 13th February, a medical camp was conducted for Gurukulam students, during which screenings for thyroid function, hemoglobin levels and blood sugar were carried out to support their overall health and well-being.

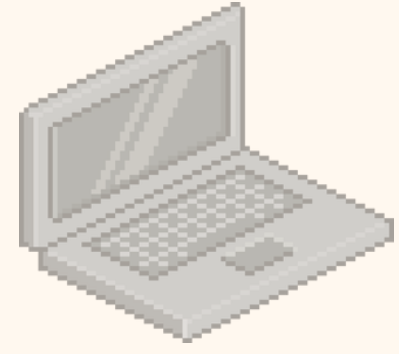
## ATMA Uyare

34 online sessions were conducted under ATMA Uyare, covering Basic Mathematics, English, regular tuition, and revision classes to strengthen students' academic performance.

The offline classes for students of SDS School, Velappaya (19 sessions) and Government UP School, Olarikkara (10 sessions) are progressing, ensuring consistent academic support and engagement.



## ATMA DAFEC



School-based computer classes at Namboothiri Vidyalayam, GUP School Olarikkara and GUP School, Arimboor are ongoing, providing over 400 students with continuous learning in basic computer skills and digital literacy.

4 students in ATMA DAFEC, **APNI Pathshala** Pod, received their MS Office certificates, marking a positive achievement in skill development.

Ms. Vandana and Ms. Athira conducted a session on Digital Tools for Entrepreneurs for 25 women, who are attending mushroom cultivation training at the Indian Institute of Scientific Heritage, Mazhuvanchery.

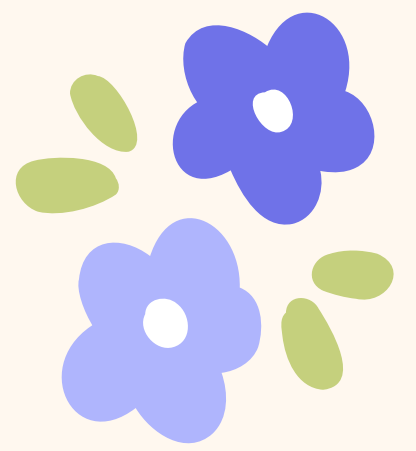
## ATMA SPC

This month, ATMA SPC extended support and assistance to six women in distress.

ATMA SPC conducted an awareness session at the Kerala Police Academy, Thrissur for officers ranging from SI to DySP on the topics of the DV Act and Witness Protection Scheme. The session was led by Adv Gayathri T D, Legal Counsellor, ATMA SPC, with 20 members participating.

Adv Gayathri attended Women's Coclave 2026 at Nishagandhi Auditorium, Thiruvananthapuram on February 6<sup>th</sup> & 7<sup>th</sup> conducted by Department of Women and Child Development.

## ATMA FCC & CADC

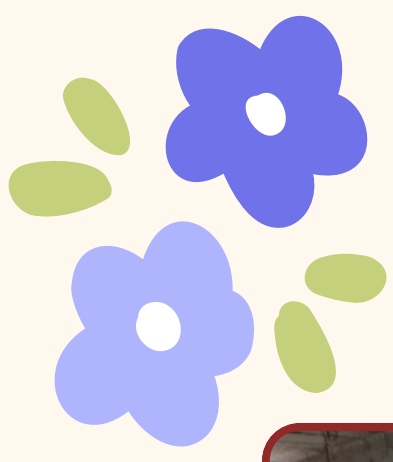


7 families took help from ATMA Family Counselling Centre & Child and Adolescent Development Centre in February.

## ATMA RADC



55 MSW and BSW students, accompanied by their faculty, visited ATMA Foundation on 11<sup>th</sup> February. The visit provided an opportunity for the students to learn about the organization's initiatives and engage with its ongoing community programs.



## Family Gettogether



The monthly family get-together at the premises of ATMA Foundation witnessed the participation of around 50 members in a warm and reflective setting. The highlight of the session was a talk on music therapy by Dr Bharadwaj S Prasad, an Ayurvedic doctor and musician, who explained how music can be effectively used as a therapeutic tool in the management of various diseases.

## Celebration Corner



The family get-together was filled with warmth as we celebrated the birthday of our volunteer Lima Teacher.

We also honored Ms. Saritha G as Volunteer of the Month, making it a beautiful moment of appreciation and togetherness within the ATMA family.

## Sessions with C K Suresh



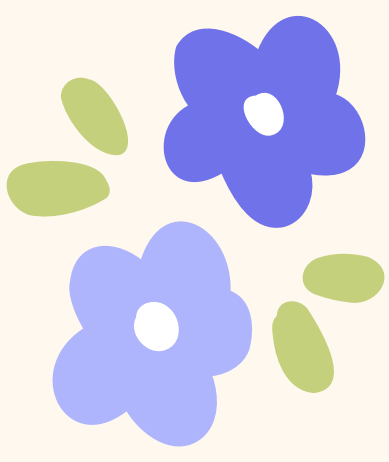
Sri C. K. Suresh graced the Kindergarten Graduation Ceremony at Amrita Vidyalayam Thrissur as Chief Guest on February 28th, where he also led a parenting session attended by around 100 participants.

He also connected with 25 school students through a meaningful session at Providence Centre Ayyanthole, making the day truly impactful.

On February 14th, Sri C. K. Suresh delivered a YouTube Live session titled 'I Love You' on the ATMA Foundation YouTube channel, sharing insights on nurturing relationships that are healthy and respectful and meaningful.

## Seminar

Ms. Reshmi K and Ms. Babra V. H attended a half-day seminar on Social Stock Exchange, conducted by NABARD at KIDS Kottappuram, Kodungallur on 13<sup>th</sup> February.



## Words that Motivate!



Thank you very much for your kindness to send the Journal Harmony every month.

Pleased to note the activities of ATMA Foudation which get publicity among many for the last twenty years because of different social activities undertaken by concentrating more with active youth involvement.

Congrats to Sri C K Suresh and Team ATMA.

Best wishes

**Prof. Raveendranathan**

Hearty congratulations! ATMA Shreya mushroom cultivation training is worth appreciation. Similarly Bee keeping can be taken up. Govt of India encourages this since honey can bring foreign money.

Inspiring activities! Keep it up!

**Dr G Mukundan**



## Video of the Month



[Click here to watch the video of the speech,](#)

[I LOVE YOU](#)



- Ayurvedic Consultation
- Panchakarma Treatments
- Yoga Classes
- Medical Camps

**ATMA AYUSH Health Centre**

@ KOLAZHY, Thrissur

**Your NEW Destination for  
Holistic Wellness**

with pick up & drop off facility

**Ph : 9497231098, 9188641098**

## **Yoga Classes**

**Breathe better. Move freely. Live healthier**

**ATMA Yogapeethom**

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

**Dance - Music - Drawing**

***For Every Age, Every Soul***

**ATMA Kalakshetram**

***Where Art Becomes Culture***

**@ Thrissur, Kolazhy & Puranattukara**

***For Enquiries & Registration:***

**83300 10042**





# ATMA Foundation

Surya Gardens, Paliyam Road,  
Thrissur, Kerala - 680001

Support Us.

Volunteer.

Donate.

Click this link to go to our donations page

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

OR

Scan this QR code   
to make your contribution



[www.atmafoundation.org](http://www.atmafoundation.org)



[info@atmafoundation.org](mailto:info@atmafoundation.org)

ATMA FOUNDATION

boism-8304949380@boi

Connect with us

